



Chung Do Kwan National Tournament

www.ChungDoKwanNationals.com

FORMAT/RULES/TIMELINE:

FORMAT

- 1) Forms and Sparring Divisions are separated by Rank, Age division (PeeWee, Kids, Adults), and sex.
 - a. Exceptions: 4th degree and higher combined age and sexes, White Belts combined sexes
- 2) Forms are judged multiple contestants at a time, scored 1-10, highest score wins.
 - a. If tie, compete head to head. Judges pick winner of tie breaker.
- 3) Sparring
 - a. 7 or less contestants in division will have full pool format. (ie. 7 people equals 6 fights)
 - b. 8 to 14 contestants in division will be divided into two or three pools (randomly sorted), with single elimination bracket for top two of each pool.
 - c. 15 or more will be divided into three or four pools (randomly sorted), with single elimination bracket for top one or two of each pool.

FORMS RULES

CONTESTANTS:

- 1) Full uniform required
- 2) Bow before you enter and leave the ring.
- 3) Address the review board: Say your name, school, and name of form.
- 4) Do your best Form once the head judge says begin.
- 5) Have fun!

JUDGES:

- 1) Competitors choose one form from their current rank to practice. If they make a mistake and stop during the form, they will be allowed to try one more time to complete the form in its entirety. Points will be deducted at the judge's discretion.
- 2) There will be 5 scoring judges.
 - a. Judges are to individually score forms on a 10 point scale. 1 being worst, 10 being best. **NO HALF POINTS.**
 - b. Judges are encouraged to use the mid band of scoring early on in the competition to allow room for better or worse competitors later on in the division. For example, if the first competitor is given a "10" by the judges, then there is no room to reward better competitors who compete afterwards.
 - c. Judges are highly encouraged to use a wide band in scoring. Your job is to JUDGE!
 - d. Total number of points will be used to calculate winner. ie. Given 5 judges then the best possible score is 50.
- 3) After contestant finishes form, judges will write score on piece of paper and pass to score keeper.
- 4) IF THERE ARE ANY QUESTIONS DURING COMPETITION, PLEASE SEE CERTIFICATION BOARD
- 5) TIEBREAKER: If tie, contestants compete head to head. Judges pick best form (no scoring).
- 6) After all contestants are finished, Head Judge must bring score sheet to certification board for review, and to receive awards.

SPARRING RULES

CONTESTANTS:

- 1) NO TOUCH
- 2) Headgear and mouth guards must be worn
- 3) If you make ANY contact to the head you will forfeit that match.
 - a. Contestants are not to comment on either making or receiving contact.
 - b. If contact is "called", contestants must respect judge's decision.
- 4) Sweeps are permitted as long as the sweeping foot remains in contact with the floor at all times. Sweeper is responsible for opponent's safety after being swept.
- 5) No attacks below the belt or to the back.
- 6) If an attacker turns their opponent to expose their back, NO techniques may be thrown to the back. A loud "Kiai" is sufficient instead!
- 7) No grabbing AND lifting as you block. (We don't want anyone getting hurt.)
- 8) Spin kicks are permitted. BE CAREFUL, NO CONTACT.
- 9) 1 minute rounds, "Overtime"=30 seconds, if Overtime is tied then "Sudden Death"=1st point wins.
- 10) HAVE FUN & SHOW GOOD SPORTSMANSHIP

JUDGES:

- 1) Headgear and mouth guards must be worn
- 2) Referee runs ring but is NOT a scoring judge.
- 3) There will be 4 corner judges, who should try to declare a winner or loser and reserve ties for extreme cases.
- 4) There will be one head judge sitting at head table. Head judge is ALSO the timekeeper.
- 5) Head Judge has authority to break tie or declare "Overtime"/"Sudden Death"
- 6) ABSOLUTELY NO-CONTACT TO THE HEAD IS ALLOWED. If ANY contact is witnessed by ANY one of the 5 judges, OR REFEREE then they have the obligation to stop the match and disqualify the attacker. The defender would then win the match immediately.
- 7) Any attack that is "inside the defender's range" that isn't sufficiently blocked will count as one point.
- 8) Aggressive contact will result in a point deduction.
- 9) Trembling shock, knocking the wind out of an opponent, getting swept off the ground without being assisted to the floor: would result in disqualification purely at discretion of Head Judge.
- 10) Sparring round is 1 minute.
 - a. If a tie results, then overtime is 30 seconds.
 - b. If overtime is tied, then the match goes into "sudden death"
 - i. "Sudden Death" can be decided by ANY of the 5 judges.
- 11) Head Judge has responsibility run a safe match and has authority to: warn, issue point deductions, or disqualify any contestant.**
- 12) IF THERE ARE ANY QUESTIONS DURING COMPETITION, PLEASE SEE CERTIFICATION BOARD
- 13) After all contestants are finished, score keeper must bring score sheet to certification board for review, and to receive awards.

SPECTATOR INSTRUCTIONS:

- 1) If you have ANY questions/comments/feedback please see volunteers wearing gold colored arm-bands.
- 2) Please cheer-on competitors in a sportsmanlike manner.
- 3) Please be considerate and do not post pictures of children on Facebook or other social networks without parent's permission.

TIMELINE

NOTE: THERE WILL NOT BE A FORMAL LUNCH BREAK.

PLEASE BRING A PACKED LUNCH AND DRINKS TO TOURNAMENT

8:00am	Doors open: Registration, T-shirts distribution & merchandise sales.
9:30am	REGISTRATION CLOSSES
10:00am	LINE UP; Welcome: Stretching: Basics:
10:20am	National Anthems
10:25am	Announcements:
10:30am	Upper Belt Forms Competition HEAD JUDGE: Form Rules:
10:50am	Sparring Rules: <u>NOTE: Headgear and mouth guards must be worn, Headgear will be available to borrow, Mouthguards will be for sale.</u>
10:55am	Set Up all rings/Get Ready
11:00am+/-	Forms & Sparring Competition all other ranks.
12:30pm	DEMONSTRATIONS
1:00pm	Tournament Continues Award Presentations:
3:30pm	Upper Belt Sparring: REFEREE: HEAD JUDGE: <u>NOTE: VOLUNTEERS NEEDED TO HELP CLEAN-UP</u>
6pm (approx.)	After tourney gathering location to be announced.