

Indy Cup 2010 Competition Rules Summary

Sparring Competition

Note: The following is a summary of rules. All coaches and officials must attend the 9:30 a.m. meeting on each competition day in order to understand and clarify complete rule sets.

Color Belts (All levels will use safety rules)

- ✓ 1 point for solid punch to the body (straight punch only)
- ✓ 1 point for body kick
- ✓ 2 points for a back kick or a narabong (spinning roundhouse kick) to the body
- ✓ 2 points for any controlled head kick (excessive contact will result in a deduction point)

Black Belts (up to 13) (Younger Black Belts will use safety rules)

- ✓ 1 point for solid punch to the body (straight punch only)
- ✓ 1 point for body kick
- ✓ 2 points for a back kick or a narabong (spinning roundhouse kick) to the body
- ✓ 2 points for any controlled head kick (excessive contact will result in a deduction point)

Black Belts (14+) (Modified WTF)

- ✓ 1 point for solid punch to the body (straight punch only)
- ✓ 1 point for body kick
- ✓ 2 points for a back kick or a narabong (spinning roundhouse kick) to the body
- ✓ 3 points for any head kick (regular contact rules)

*Note: Due to the nature of the new rules regarding spinning kicks and also head kicks, there will be some stops in action to award the extra points.

There will be a 10 POINT GAP. There will be NO POINT CEILING.

Round times and number of rounds will be determined on event day at the coaches and officials meeting. Last year all Black Belts competed using three rounds and we anticipate the same this year.

In the event of a tie score in any match, a sudden death round will occur. The competitor who scores the first point(s) will be the winner, OR the competitor that receives the first minus point (1 Gamjeom or 2 Kyong go's) will lose.

In the event there is a tie score after the sudden death round, the referee and corner judges of the match will decide the winner based on rules of superiority during the final round only.

Summary of Common Infractions

- If there is no action within 10 seconds of a given round, at least one competitor will receive a Kyong go.
- Referees will penalize for holding and pushing. Any competitor who pushes their opponent out of bounds illegally will be penalized.
- Any competitor that steps off the mat will be penalized. Any competitor who is legally kicked off the mat will be penalized.
- Athletes who do not have proper equipment at the ring will be penalized. (Example: Mouth Guards, Groin Cups, too small chest guard, etc.)
- All Athletes MUST have a pad on the top of their foot for sparring. Padding should not be excessive and officials have final say on appropriate padding.
- Referees have the final decision on all match results.

Forms Rules Summary

- All Color Belts competitors and all Black Belt Open Division competitors will perform two at a time using a Double Elimination/True Second place format.
- Judges will decide by a show of hands the winner of the two competitors.
- In most cases, competitors will have another chance to compete. Once a competitor loses twice, they do not compete again.
- Competitors may change forms for each round or they may do the same form every round.
- In some cases, due to the number of contestants in a given division, some competitors may only perform one time.
- In some cases, competitors may face one another more than once during the division.
- True Second: The competitor who loses in the final will face the winner of the consolation bracket UNLESS the consolation winner has lost to the finalist loser earlier in the division.
- The First Place winner is the competitor that never lost. The 2nd and 3rd Place winner are determined by the loser of the final and the winner of the consolation bracket.

For Black Belt WTF Competition Poomsae divisions, see details posted on this website.

Board Breaking Rules Summary

- Board Breaking ONLY – No bricks, tiles, blocks, etc.
- ALL BOARDS MUST BE PURCHASED AT THE TOURNAMENT
- Color Belts age 13 and below will use ½ inch boards.
- Color Belts age 14 + will use standard 1” boards.
- All Black Belts/All Ages must use standard 1” boards.
- In order to protect the competition surface, no bricks or supports are permitted on the mats.
- All boards must be held by a board holder OR by the competitor breaking.
- All Color Belts are limited to 5 boards and 3 techniques.
- All Black Belts are limited to 8 stations. No limit on number of boards.
- Competitors will have two consecutive attempts to break each board/target.
- Competitors who break all boards on the first attempt will be superior (regardless of techniques) to those who take two times or do not break.

Board Holders

- It is the competitor’s responsibility to provide their own board holders.
- Board holders will have access to the competition floor during the breaking competition ONLY.
- All holders should cooperate with officials and staff and be seated on the side bleachers unless needed on the mat during the pertinent contest.
- Board holders need to exit the competition floor upon conclusion of their competitors’ competition.