



# 2024 NYS GOVERNOR'S CUP CHAMPIONSHIP

## GENERAL INFORMATION

- **Hosted By:** New York State Taekwondo Association (NTA)
- **Organized BY:** NTA
- **Date:** NOV 17th, 2024 (Sunday)

**Location:** Queens College – Fitzgerald Gym 65-30 Kissena Boulevard Flushing, NY 11367

### ➤ This Year Special Notice

1. Board breaking competitors must buy the boards from the vendor, 3 Board each direction.
2. All Color Belt and Black Belt registered for Regular Sparring  
Color belts no head contact.  
Black belts allowed head contact with consent of each other's coaches in the regular division.

*\*World Class Competitors = All Black Belt competitors (age 10 and Older) who will compete in the **Electronic HoGu division (KP & P)**.  
World Class Competitors **will not be able to participate in Regular SPARRING division.***

- *No Registration will be accepted after Nov 11, 2024*
- *NTA Team Selection (Adults Rule) – World Class 12-14 and 15-17 Black Belt (KP & P system will be use)*
- **Early Registration Fee: Regular Division (Sparring, Poomsae and Breaking):**  
One Event - \$120, Two Events - \$140 Three event - \$160 (**Boards Breaking max 15 Board**)  
  
**Special Division: World Class Sparring/ Sports Poomsae/ Team Poomsae – \$160, \$50 for each additional event**  
  
Coach - \$50

*Registration Fee will **increase \$20 after Nov 11<sup>th</sup>.***

### ➤ **General Admission: \$20.00 (Under 4 years old is Free) / ID Print same day \$20 (Before you come, Print your ID)**

- The current NTA Rules and Regulations and modified rules of the World Tae Kwon Do (WT) will govern these Championships for the Gyorroogi and Traditional Poomsae divisions rule.
- All competitors must bring their own safety gear including chest protector, headgear, shin/instep guards, forearm guards, protective cup, mouthpiece and a standard **white V-neck WT approved uniform in good condition**. Black trim around the collar is allowed for black belts. NO equipment will be provided. **Any type of Glass/Sports Glass wear is NOT allowed for Sparring Competition.**
- **Individual Awards:** Sparring – One First Place, One Second Place, Two Third Place  
Form Board Breaking – One First Place, One Second Place, One Third Place
- **Team Demonstration Awards:**  
(Entry Fee \$50 per member)  
**\*All members must be registered to at least one individual event**  
First Place – Trophy - \$1,000.00  
Second Place – Trophy - \$500.00  
Third Place – Trophy - \$250.00

**ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE**



# Schedule of Events



Sunday, Nov 17, 2024 - **Queens College – Fitzgerald Gym** 65-30 Kissena Boulevard Flushing, NY 11367

*ALL PRE-TOURNAMENT ACTIVITIES (WEIGH-INS) Queens College*

**8:00AM to 8:30 AM – WEIGH-INS (for all World Class Sparring Competitors Only) Not for Regular Class**  
*(Weigh-in for all World Class competitors must be done by Sunday, Nov 17th Only **No Weigh-in Regular sparring**)*

Sunday, Nov 17, 2024 - **Queens College – Fitzgerald Gym** 65-30 Kissena Boulevard Flushing, NY 11367

## Competition Schedule

- **8:00 AM – (OPENING CEREMONIES and Team Demonstration Competition)**
- 9:00 AM – Form, Breaking and Sparring (Age 4 to 9 All Belts) Must arrive at the floor at 8:30 AM
- 12:00 PM – Sparring, Breaking and Form (Age 10 to 14 – All Belts) Must arrive at the floor at 11:45 AM
- 1:00 PM - Sports Poomsae, Pair Poomsae and Team Poomsae (cadet division competitors must arrive at the floor at 12:30 PM) (Jr. division competitors must arrive at the floor at 12:30 PM)
- 2:30 PM – Form and, Breaking and Sparring (Age 15 and Older – All Belts) Must arrive at the floor at 2:00 PM

Sunday, Nov 17, 2024 - **Queens College – Fitzgerald Gym** 65-30 Kissena Boulevard Flushing, NY 11367

8:30 AM – World Class Sparring (all **World Class Sparring** competitors, please check for your schedule at [www.nystaekwondo.com](http://www.nystaekwondo.com) and Face book or Instagram New York State Taekwondo Association

1:00 PM - Sports Poomsae, Pair Poomsae and Team Poomsae (cadet division competitors must arrive at the floor at 12:30 PM) (Jr. division competitors must arrive at the floor at 12:30 PM) [www.nystaekwondo.com](http://www.nystaekwondo.com)

## ELIGIBILITY OF COMPETITOR

ALL COMPETITORS MUST B 4YEARS AND OLDER.ALL COMPETITORS MUST AGREE TO ABIDE BY THE RULES OF THE ORGANIZING COMMITTEE

### Mandatory Equipment:

All Gyorooigi competitors must bring their own safety gear including chest protector, headgear, shin/instep guard, forearm guard, protective cup and mouth guard.

**Any type of Glass/Glass wear is NOT allowed for Sparring Competition**

A standard WT approved uniform in good condition, **white V-neck with black or white trim only around the collar.**

- a) Shin and instep protector, white only, elastic sponge-cushion type stocking.
- b) Forearm protector, same as shin/instep guard, but only covers form the elbow to the wrist.
- c) Protective cup worn inside the pants.
- d) Chest protector and headgear are mandatory for all sparring competitors.
- e) A Mouth Guard Is Mandatory

PLEASE NOTE THAT THIS TOURNAMENT WILL FOLLOW THE RULES OF THE ATU AND WT CERTAIN RULES AND/OR REGULATIONS ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE EXECUTIVE COMMITTEE/ORGANIZING COMMITTEE

Visit our website for online Registration and you may obtain all the information at [www.nystaekwondo.com](http://www.nystaekwondo.com)

More information contacts us at [iLovenyctkd@gmail.com](mailto:iLovenyctkd@gmail.com)

1. **WORLD CLASS SPARRING Cadet & Junior**
2. **SPORTS POOMSE**

1. Divisions winners from **World Class Cadet & Junior** Sparring Will receive a gift voucher towards a **SCHOLARSHIP** gift voucher worth up to \$250

The divisions will be as follows: *Fin and Fly, Bantam and Feather, Light and Welter, and finally, Middle and Heavy.* There will be only 4 weight divisions per age category. **If there are no competitors in the division, then there will be no SCHOLARSHIP awarded—however there will be a full refund of competition fees given in such cases to individuals under these circumstances.**

**\*If there is no one for you to compete against in YOUR weight class period, you will be given a full refund.**  
(Note: **No** Scholarships/prizes for any other divisions)

2. Sports Poomsae – Male and Female Cadet / Jr. Individual Division of 1<sup>st</sup> place will be eligible for a **SCHOLARSHIP. Gift voucher worth up to \$250**

**\*All World Class competitors must arrive On the floor by 8:00 AM**

**Sport Poomsae competitors must arrive On the floor by 12:00 PM**

Detailed schedule will be announced on [www.nystaekwondo.com](http://www.nystaekwondo.com) or SNS\***KP&P** is the official Electronic Chest Gear for Our World Class Competition

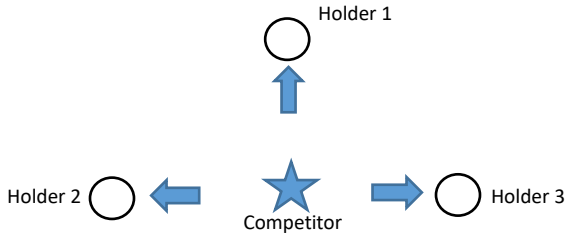
World Class INFO:  
**All Male and Female Competitors**

\* Must be 10 - 32 years old \* Black belts only.

\* Must have KP&P electronic foot gear (May be available for purchase at the venue)

## Kyuk-Pa (Board Breaking)

Students must buy their boards at the tournament. **Participants are not allowed to bring their own boards.**

<p><b>Board Break Divisions</b></p> <ul style="list-style-type: none"> <li>Everyone uses a Demonstration Board. Each technic is limited to 3 boards.</li> </ul> <p><b>Extra Point</b> 1 Board = 0 Point / 2 Boards = + 1 Point 3 and up Boards = + 3Points 1st Try 0 / 2nd Try - 1 / 3rd Last Try - 3</p> <p><b>Breaking Setup – This formation cannot be changed.</b></p> 	<p><b>Breaking Techniques</b> Competitors Age 14 and younger will use ½” X 8” thick and Age 15 and Older will use 1/2” X 10” thick board.</p> <p>Step Forward, Jumping, Spinning, Flipping etc.</p> <p><b>White to Purple Belt</b> Station 1: Any type of Front Kick Station 2: Any type of Axe Kick Station 3: Any type of Push or Roundhouse Kick</p> <p><b>Red to Red/Black Belt</b> Station 1: Any type of Side Kick Station 2: Any type of Back Kick Station 3: Any type of Hook Kick</p> <p><b>Black Belt</b> Freestyle Breaking. 5 stations only.</p> <p><b>*Holders</b> <b>Board Breaking Must hold by School Instructors or Masters.</b></p>
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# AGE 4-14 All Belt and AGE 15-17 Color Belt

## GYOROOGI: (Sparring)

Age	Belt	Male	Female	Age	Belt	Male	Female
4-5 And 6-7	All Belts	Under 40 lbs.	Under 40 lbs.	8-9	All Belts	Under 55 lbs.	Under 55 lbs.
		40.1-52 lbs.	40.1-52 lbs.			55.1-67 lbs.	55.1-67 lbs.
		52.1-65 lbs.	52.1-65 lbs.			67.1-80 lbs.	67.1-80 lbs.
		65.1-78 lbs.	65.1-78 lbs.			80.1-92 lbs.	80.1-92 lbs.
		78.1-90 lbs.	78.1-90 lbs.			92.1-105 lbs.	92.1-105 lbs.
		Over 90 lbs.	Over 90 lbs.			Over 105 lbs.	Over 105 lbs.
10-11	All Belts	Under 65lbs.	Under 65 lbs.	12-14	All Belts	Under 72.75 lbs.	Under 63.93 lbs.
		65.1-78 lbs.	65.1-78 lbs.			72.76-81.57 lbs.	63.94 -72.75 lbs.
		78.1-90 lbs.	78.1-90 lbs.			81.58-90.38 lbs.	72.76- 81.57 lbs.
		90.1-102 lbs.	90.1-102 lbs.			90.39-99.20 lbs.	81.58- 90.38 lbs.
		102.1-115 lbs.	102.1-115 lbs.			99.21-108.02 lbs.	90.39- 97.0 lbs.
		Over 115 lbs.	Over 115 lbs.			108.03-116.84 lbs.	97.01-103.61 lbs.
15-17	All Belts	Under 99.2 lbs.	Under 92.6 lbs.			116.85-125.66 lbs.	103.62-112.4 lbs.
		99.3-105.8 lbs.	92.7-97.0 lbs.			125.67-134.48 lbs.	112.44-121.25 lbs.
		105.9-112.4 lbs.	97.1-101.4 lbs.			134.49-143.30 lbs.	121.26-130.07 lbs.
		112.5.-121.3 lbs.	101.5-108.0 lbs.			143.31 and Over	130.8 and Over
		121.4-130 lbs.	108.1-114.6 lbs.				
		130.1-138.9 lbs.	114.7.1-121.3 lbs.				
		139.0-149.9 lbs.	121.4-130.0 lbs.				
		150.0-160.9 lbs.	130.1-138.9 lbs.				
		161.0-172.0 lbs.	139.0-149.9 lbs.				
		172.1 lbs. and Over	150.0 lbs. and Over				

## POOMSE (Form)

Age	Belt	Male	Female	Age	Belt	Male	Female
6-7	All Belt	Under 52 lbs.	Under 52 lbs.	8-9	All Belt	Under 67 lbs.	Under 67 lbs.
		52.1-78 lbs.	52.1-78 lbs.			67.1-92 lbs.	67.1-92 lbs.
		Over 78 lbs.	Over 78 lbs.			Over 92 lbs.	Over 92 lbs.
10-11	All Belt	Under 78 lbs.	Under 78 lbs.	12-14	All Belt	Under 87 lbs.	Under 82 lbs.
		78.1-102 lbs.	78.1-102 lbs.			87.1 – 96 lbs.	82.1-91.2 lbs.
		Over 102 lbs.	Over 102 lbs.			96.1 – 105 lbs.	91.3 – 100.4 lbs.
15-17	Color Belts	Under 117 lbs.	Under 112 lbs.			105.1 – 114 lbs.	100.5 – 109.6 lbs.
		117.1-142 lbs.	112.1-138lbs.			114.1 – 123 lbs.	109.7 – 118.8 lbs.
		Over 142 lbs.	Over 138 lbs.			123.1 – 132 lbs.	118.9 – 128 lbs.
						Over 132 lbs.	Over 128

## AGE 15-17 BLACK BELT

**GYOROOGI: (Sparring)**

Divisions	Men's Weight (lbs. & kegs)	Women's Weight (lbs. & kegs)
FIN	Under 99.2 lbs. (45kg)	Under 92.6 lbs. (42kg)
FLY	99.3 – 105.8 lbs. (45 – 48kg)	92.7 – 97.0 lbs. (42 – 44kg)
BANTAM	105.9 – 112.4 lbs. (48 – 51kg)	97.1 – 101.4 lbs. (44 – 46kg)
FEATHER	112.5 – 121.3 lbs. (51 – 55kg)	101.5 – 108.0 lbs. (46 – 49kg)
LIGHT	121.4 – 130.0 lbs. (55 – 59kg)	108.1 – 114.6 lbs. (49 – 52kg)
WELTER	130.1 – 138.9 lbs. (59 – 63kg)	114.7 – 121.3 lbs. (52 – 55kg)
LIGHT MIDDLE	139.0 – 149.9 lbs. (63 – 68kg)	121.4 – 130.0 lbs. (55 – 59kg)
MIDDLE	150.0 – 160.9 lbs. (68 – 73kg)	130.1 – 138.9 lbs. (59 – 63 kg)
LIGHT HEAVY	161.0 – 172.0 lbs. (73 – 78kg)	139.0 – 149.9 lbs. (63 – 68kg)
HEAVY	Over 172.1 lbs. (78kg)	Over 150 lbs. (68kg)

**POOMSE: (Form)**

Dan	Division	Men's	Women's
1 <sup>st</sup> . Dan – 6 <sup>th</sup> . Dan	LIGHT	Under 105.8 lbs.	Under 97 lbs.
	L. MIDDLE	105.9-121.2 lbs.	97.1-108 lbs.
	MIDDLE	121.3-138.9 lbs.	108.1-121.2 lbs.
	L. HEAVY	139.0-160.9 lbs.	121.3-138.9 lbs.
	HEAVY	Over 160.9 lbs.	Over 138.9 lbs.

**Adults National *Black Belt* Division (18-32)****GYOROOGI: (Sparring)**

Divisions	Men's Weight (lbs. & kegs)	Women's Weight (lbs. & kegs)
FIN	Under 119.0 lbs. (54kg)	Under 101.4 lbs. (46kg)
FLY	119.1 – 127.9 lbs. (54 – 58kg)	101.5 – 108.0 lbs. (46 – 49kg)
BANTAM	128.0 – 138.9 lbs. (58 – 63kg)	108.1 – 116.9 lbs. (49 – 53kg)
FEATHER	139.0 – 149.9 lbs. (63 – 68kg)	117.0 – 125.7 lbs. (53 – 57kg)
LIGHT	150.0 – 163.1 lbs. (68 – 74kg)	125.8 – 136.7 lbs. (57 – 62kg)
WELTER	163.2 – 176.4 lbs. (74 – 80kg)	136.8 – 147.7 lbs. (62 – 67kg)
MIDDLE	176.5 – 191.8 lbs. (80 – 87kg)	147.8 – 160.9 lbs. (67 – 73 kg)
HEAVY	Over 191.8 lbs. (87kg)	Over 160.9 lbs. (73kg)

**POOMSE: (Form)**

Dan	Divisions	Men's Weight (lbs.)	Women's Weight (lbs.)
1Dan – 6 Dan	LIGHT	Under 127.6 lbs.	Under 103.3 lbs.
	MIDDLE	127.7 – 147.4 lbs.	103.4 – 121.0 lbs.
	LIGHT HEAVY	147.5 – 171.6 lbs.	121.1 – 143.0 lbs.
	HEAVY	Over 171.6 lbs.	Over 143.0 lbs.

## WT/ATU OFFICIAL POOMSE

Black Belt Poomse (Form)	Color Belt Poomse (Form)
1 <sup>st</sup> - Koryo	Yellow - Taeguk & Palgwe 1-2
2 <sup>nd</sup> - Keumgang	Green - Taeguk & Palgwe 3-4
3 <sup>rd</sup> - Taebaek	Blue - Taeguk & Palgwe 5-6
4 <sup>th</sup> - Pyung Won	Red - Taeguk & Palgwe 7-8
5 <sup>th</sup> - Sip Jin	
6 <sup>th</sup> - Ji Tae	

### Ultra Divisions (Age: 33-40, 41-50, Over 50)

#### GYOROOGI (Sparring)

Rank	Age	Men's Weight (lbs)	Women's Weight (lbs)
All Belts	33- 40, 41-50	Under 127.6 lbs.	Under 112.2 lbs.
		127.7-147.4 lbs.	112.3-129.8 lbs.
	And	147.5-171.6 lbs.	129.9-147.4 lbs.
		Over 171.6 lbs.	Over 147.4 lbs.
	Over 50		

#### POOMSE (Form)

Rank/Belt	Age	Divisions	Men's Weight(lbs)	Women's Weight
All Color Belts	33-40, 41-50	LIGHT	Under 158.4 lbs.	Under 138.6 lbs.
		HEAVY	Over 158.4 lbs.	Over 138.6 lbs.
1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Dan and	And			
4 <sup>th</sup> Dan & Higher Dan	Over 50			

### ADULTS COLOR BELT (Age: 18-32)

#### GYOROOGI (Sparring)

Men's Weight	Belt	Women's Weight
Under 127.9 lbs.	All Color Belts	Under 112.4 lbs.
128 -147.7 lbs.		112.5 -130.1 lbs.
147.8 -172.0 lbs.		130.2 -147.7 lbs.
Over 172.0 lbs.		Over 147.7 lbs.

#### POOMSE (Form)

Division	Men's Weight	Belt	Women's Weight
LIGHT	Under 147.4 lbs.	All Color Belts	Under 129.8 lbs.
HEAVY	Over 147.4 lbs.		Over 129.8 lbs.

### Breaking (All ages and belts)

<b>Age</b>	<b>Belt</b>	<b>Male</b>	<b>Female</b>	<b>Age</b>	<b>Belt</b>	<b>Male</b>	<b>Female</b>
4-5	All Belt	1-999 lbs.	1-999 lbs.	6-7	All Belt	Under 52 lbs.	Under 52 lbs.
						Over 52 lbs.	Over 52 lbs.
8-9	All Belt	Under 80 lbs.	Under 80 lbs.	10-11	All Belt	Under 90 lbs.	Under 90 lbs.
		Over 80 lbs.	Over 80 lbs.			Over 90 lbs.	Over 90 lbs.
12-14	All Belt	Under 108 lbs.	Under 97 lbs.	15-17	All Belt	Under 130 lbs.	Under 114.6 lbs.
		Over 108 lbs.	Over 97 lbs.			Over 130 lbs.	Over 114.6 lbs.
18-32	All Belt	Under 147.7	Under 130.1 lbs.	33-40	All Belt	Under 158.4 lbs.	Under 138.6 lbs.
		Over 147.7	Over 130.1 lbs.			Over 158.4 lbs.	Over 138.6 lbs.
41-50	All Belt	Under 158.4 lbs.	Under 138.6 lbs.	51-99	All Belt	Under 158.4 lbs.	Under 138.6 lbs.
		Over 158.4 lbs.	Over 138.6 lbs.			Over 158.4 lbs.	Over 138.6 lbs.

## Competition Rules and Regulations:

The current NTA Rules and Regulations and modified rules of the World Tae Kwon Do Federation (WT) will govern these Championships for the Gyorooigi and Traditional Poomsae divisions.

**WT/NTA Official Poomsae (Forms)** The Poomsae (Form) will consist of WT/NTA Official Poomsae competition. The Poomsae divisions will be divided by belt ranking, weight, and sex. The Official Poomsae for the competition will be those recognized by the NTA and World Taekwondo Federation.

## Gyoroogi (Free Sparring)

Each match will be single elimination. For Gyoroogi competition. The current American TaeKwonDo United (NTA) Rules and Regulations are modified rules of the World Taekwondo Federation (WT) and will govern this event .Competition will be single elimination and will continue until a winner has been established. All competitors must bring their own safety gear including chest protector, headgear, shin/instep guards, forearm guards, protective cup, mouthpiece and a standard white V-neck WT approved uniform in good condition. Black trim around the collar is allowed for black belts. NO equipment will be provided. **World Class sparring competitors will need e-socks. e-Hogu and e-Helmet will provide by NTA.**

**Duration: All Belts - 1 minute 2 rounds and 30 Sec. rest (No Head Contact).(New Round system Best of Three)**

**Color belts no head contact.**

**Black belts allowed head contact with consent of each other's coaches in the regular division.**

**World Class Sparring – 1 minute 3 rounds and 30 Sec. rest (WT Rules).**

## Demonstration Competition Rules

- 100% of the Demonstration members must participate in the individual event(s).**
- Masters are not allowed to be a demonstration team member.**
- For any team that has at least 2 or more members within each age group, will be awarded an additional point.**

<i>7and younger</i>	<i>11 and younger</i>	<i>12-14</i>	<i>15-17</i>	<i>18-32</i>	<i>33 and older</i>
<i>1 point</i>	<i>0.5 Point</i>	<i>0.5 Point</i>	<i>0.5 Point</i>	<i>0.5 Point</i>	<i>1 Point</i>

- Demonstration Time: Maximum of 6 minute*
- Number of team competitors: a minimum of 10 and a maximum of 30 members*
- Technical Regulations*
  - Poomsae, breaking, and self-defense elements are required.*
  - Equipment and costumes can be chosen by the performers.*
  - There will be NO weapons allowed in the Demonstration.*
  - Music and sound effects can be used.*

### Scoring:

- Each judge will score a maximum of 10 points for originality and 10 points for technique.*
- Seven judges will score each performance, with the highest and lowest scores excluded.*
- Deductions:*
  - Exceeding time limit:*
    - Over 6 minutes will be a 0.5- point deduction from your overall score.*
    - Over 6 minutes 30 second will be a 1.5- point deduction from your overall score.*
    - Over 7 minutes will be disqualified.*
  - Violating technical regulations*



# 2024 NYS GOVERNOR'S CUP CHAMPIONSHIP

## Team Demonstration Competition Registration Form

Team Demonstration Fee is \$50 Per Member Must Register [www.tkdevent.com](http://www.tkdevent.com) Deadline, September 31ST. 2024

All members must be registered to at least one individual event

Mail to: NYS TKD ASSOCIATION or NYSTKD1986@GMAIL.COM

553 2<sup>ND</sup> Ave (Ground FL) NY NY 10016

Team Leader Information:

Name \_\_\_\_\_

School/State \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

### LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for my-self, heirs, executors and administrators waive, release and forever discharge any and all rights claims for damages which I may have, or which may occur to me, against The New York State Taekwondo Association Inc. and for its state and district associations, 2024 NYS TaeKwonDo Asso Successors, and all members of the tournament, or their respective officers, agents, representatives, successors, and/or assigns, Queens College 65-30 Kissena Blvd Flushing, NY 11367 and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that TaeKwonDo is a body contact sport and I further understand all contents of the 2024 rules and regulations and general information which was published by the sponsors, and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation or refund if my conduct is not courteous and cooperative for the successful operation of the championships.

### Team Members List:

Name	Age	Name	Age
1.		21.	
2.		22.	
3.		23.	
4.		24.	
5.		25.	
6.		26.	
7.		27.	
8.		28.	
9.		29.	
10.		30.	
11.		31.	
12.		32.	
13.		33.	
14.		34.	
15.		35.	
16.		36.	
17.		37.	
18.		38.	
19.		39.	
20.		40.	

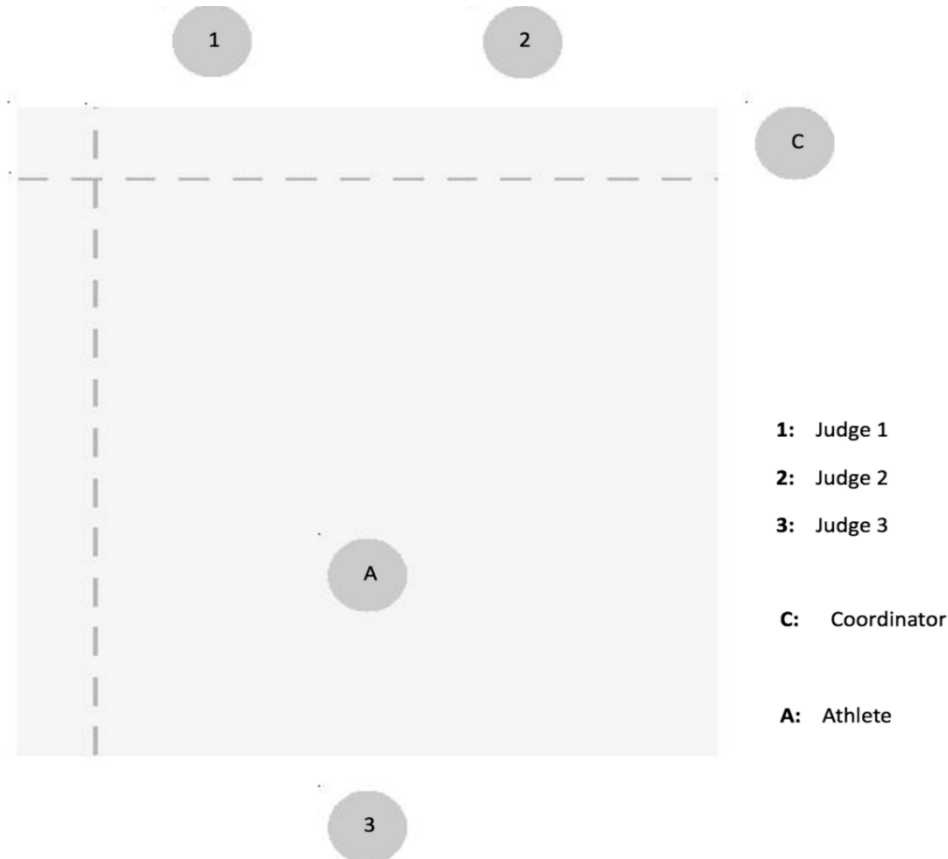
# SPORTS POOMSAE RULES & GUIDELINES

Revised November 2024

## I. REFEREE FORMAT

**Poomsae competitions will be refereed with a three-judge format. Judges will be seated at the front and center of the ring.**

- a. front and center of the ring.



- b. Scoring

- i. Poomsae competitions will be scored using the PoomsaePro electronic scoring system.

## II. UNIFORM

- a. Athletes will be required to wear a white uniform – color belts must have a white collar, and black belts must have a black collar. Official WTF Poomsae Uniforms are also acceptable in competition.
- b. Accessories
  - i. Athletes will not be allowed to wear any sort of clothing accessories, such as shoes, hats, jewelry, etc., with the exception of religious coverings or soft ties to contain long hair.

### III. CLASSIFICATION OF COMPETITION

- a. There will be three top tier levels of classification for poomsae competitions: i. Male Individual ii. Female Individual
- b. Divisions
  - i. Athletes will be divided within the main classification, according to gender and age, as such:
    - 1. Male & Female Individual: 12-14, 15-17, 18-30, 31+
  - ii. Divisions for which you are eligible will be determined by your date of birth through online registration.

### IV. FORMAT OF COMPETITION

- a. If the division contains more than 18 athletes, the competition begins with the preliminary round where athletes perform one (1) form. After the preliminary round, the competition is cut to 18 competitors and the semifinal round will begin where athletes perform two (2) forms. After the semifinal round, the competition is cut to 8 competitors and the final round will begin where athletes perform two (2) forms.
- b. If the division contains less than 18 and more than 8 competitors, the competition begins at the semifinal round where athletes perform two (2) forms. After the semifinal round, the competition is cut to 8 competitors and the final round will begin where athletes perform two (2) forms.
- c. If the division contains less than 8 competitors, the competition begins in the final round.

### VI. RING PRESENCE

- a. All athletes must enter the Competition Area alone.
- b. Competition Process for Two Poomsae
  - i. The competition coordinator begins the process for the 1<sup>st</sup> poomsae by commanding “Chool-jeon” and motioning with his/her hand directing the athlete(s) into the ring. The 1<sup>st</sup> poomsae performance begins as the competition coordinator announces “Char-yeot” (attention), “Kyeong-rye” (bow), “Junbi”, and “Shi-jak” (start).
  - ii. At the end of the first Poomsae, the competition coordinator announces “Bah-roh” (junbi), “Shi-ah” (relax), and finally “Tuae-jahng” (exit), at which point the athlete(s) may return to the sideline to consult with the coach during the waiting time between the 1<sup>st</sup> and 2<sup>nd</sup> poomsae.
    - 1. Waiting time between poomsae will be 30 to 60 seconds.
    - iii. At the end of waiting time, the competition coordinator will command “Chool-jeon” and motion with his/her hand directing the athlete(s) into the ring. The 2<sup>nd</sup> poomsae performance begins as the competition coordinator announces “Char-yeot” (attention), “Junbi”, and “Shi-jak” (start). There is no bow before the 2<sup>nd</sup> poomsae.

### VII. SCORING CRITERIA (10 PTS)

- a. Athletes will be scored on two major areas of poomsae: accuracy and presentation. A breakdown of each area is provided below.

Criteria	Details of Criteria	Points
Accuracy (4.0)	Accuracy of details of each poomsae	4.0
	Accuracy of basic movements and balance	
Presentation (6.0)	Speed and power	2.0
	Strength/speed/rhythm	2.0
	Expression of energy	2.0

## VIII. DEDUCTIONS

- a. Major mistakes will result in a 0.3 deduction from the athlete's total score. Finishing before or after the 30 to 90 second times allotted to the athlete's performance will result in a major deduction.
- b. Minor mistakes will result in a 0.1 deduction from the athlete's total score.

## IX. DECISION OF WINNER

- a. The winner shall be the athlete who earns the highest total score at the end of the final round.
- b. Tied Score
  - i. In the case of a tied score, the winner shall be the athlete who earned the highest presentation score.
  - ii. In the case that the scores are still tied, the winner shall be athlete who earned the highest total, inclusive score – the score resulting without dropping the highest and lowest judge scores.
  - iii. In the case that the scores are still tied, a rematch shall be conducted to determine the winner.
    1. The rematch will consist of one compulsory poomsae, designated by the referee. Previous scores will not affect the scores of the rematch.
    2. In the case of a tied score after the rematch, the winner shall be the athlete who earned the highest total, inclusive score. In the case of a tie, another rematch is conducted. The rematch process will be repeated until there is a winner.

## X. COMPULSORY POOMSAE

- a. Poomsae to be performed at competition will be selected randomly according to each age division. Refer to the chart below to see which poomsae should be known for each age division.

Age Division	Compulsory Poomsae
Cadet (12 – 14)	Taeguk 4, 5, 6, 7, 8, Koryo, Keumgang
Junior (15 – 17)	Taeguk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek
Senior I (18 – 30)	Taeguk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Senior II (31+)	

## XI. DESIGNATED POOMSAE

- a. Designated poomsae will be announced online one month prior to the competition.

## XII. AWARDS

- a. Six total winners will be selected to receive a Taekwondo Scholarship worth , sponsored by the New York State Taekwondo Association.
  - i. One winner will be selected per division.
    1. One male and one female from 12-14
    2. One male and one female from 15-17
    3. One male and one female from 18-30

# *Junior Competition (Safety) Rules*

The Competition Rules regulate and govern all matters pertaining to Taekwondo competition at all levels sanctioned or promoted by NTA. However, the following special section of the Junior Competition (Safety) Rules (which will be referred to as “Junior Safety Rules” hereafter) shall further apply to junior sparring divisions as stated below.

## **\*General Rules for Head Contact**

**Color belts no head contact.**

**Black belts allowed head contact with consent of each other’s coaches in the regular division.**

**1 Minute 2 Round each Game (It can be changed depending on the situation)**

<b>Age</b>	<b>Belt Color</b>	<b>Rules</b>
6 and 7	All Belt	No Head Contact
8 and 9	Yellow to Red Black Belt	No Head Contact No Head Contact
10 and 11	Yellow to Red Black Belt	No Head Contact No Head Contact
12 to 14	Yellow to Regular Black Belt World Class Black Belt	No Head Contact Adult Rules
15 to 17	Yellow to Red All Black Belt	No Head Contact Adult Rules
18 to 32	Yellow to Red All Black Belt	No Head Contact Adult Rules
33 +	All Belt	No Head Contact

1. In National Qualifier and National Championships sparring competition, the rules concerning a kick to the face shall be as follows:

- a. Any technique, which causes injury to the head area will result in a one-point penalty by the referee (“Gam-jeom”).
- b. If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.

NOTE: Inability to continue because of fright, crying or loss of will following a kick to the head, which did not cause injury does not constitute grounds for disqualification of the attacker.

C.

1. In National Qualifiers and National Championship sparring competition, the Senior Black Belt adult rules shall apply for these divisions.

Excessive contact to the facial or head area:

*Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact to be excessive, and declare the appropriate penalty.*

*Where Junior Competition Rules are in effect per Article 1.B above, the competitor who executes a successful technique to the face (light contact without causing any injury) shall be awarded three points. This is to better align with current WT standards; however, the criteria for “excessive contact” will continue to be strictly enforced.*

8- Count

*Under Junior Competition Rules, the referee should NOT give 8-count for ANY technique, even a legal one, to the head area; if a kick to the head is powerful enough to warrant an 8-count, it should be considered excessive, and the appropriate penalty should be declared. However, the referee can and should begin an 8-count for a legal kick to the trunk area that results in a knockdown condition.*

Turning Kicks

*Successful turning kicks to the body shall be awarded two points in all sparring divisions.*

## 1. Permitted Technique

- 1) Fist techniques: Delivering a punch using the tightly clenched fist.
- 2) Foot techniques: Delivering techniques using any part of the foot below the anklebone.

## 2. Permitted Areas

- 1) Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. Attack to the spine, however, is not permitted.

### Fist Techniques:

Striking with the correctly clenched fist is permitted without consideration of the angle, trajectory, or fist placement of the strike.

### Foot techniques:

Any striking techniques using any part of the foot below the anklebone are legal. Attacks using any part of the leg above the anklebone, i.e., the shin, knee, etc., are not permitted.

### Trunk:

As depicted in the following illustration, the area covered by the trunk protector between the armpit and the pelvis is the legal attacking area. Thus, trunk protector should be worn according to the rule on the size of trunk protector for each weight category and the physique of each contestant.

## Valid Points

1. Legal Scoring Areas
  - 1) Body: The blue or red covered area of the trunk protector.
2. Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas.
3. The valid points are divided as follows:
  - One (2) point for a valid attack on trunk protector
  - Four (4) points for a valid turning kick to the trunk protector./ Four (4) points for a Back Kick to the trunk protector.
4. Match score shall be the sum of points of the three rounds.
5. Invalidation of points: When a contestant scores through the use of a prohibited act, the point(s) scored shall be annulled.

### Guidelines for Officiating:

#### Accurately:

This means the proper aspect of a legal attacking technique, fully contacting the opponent within the designated limits of a legal target area.

#### Powerfully:

- a. Trunk protector not equipped with electronic sensor: Sufficient power is demonstrated as the opponent's body is abruptly displaced by the impact of the strike.
- b. In the use of electronic Protector and Scoring System: Force of impact is measured by the PSS, with the level of force by which points are scored varying by weight division and gender.

## Prohibited Acts

1. Penalties shall be declared by the referee for any prohibited acts.
2. Penalties is "Gam-jeom" (deduction penalty).
3. A "Gam-jeom" shall be counted as an additional point for the opposing contestant.

### **1. Prohibited acts**

- 1) The following acts shall be classified as prohibited acts, and "**Gam-jeom**" shall be declared.
  - a. Attacking the opponent after "Kal-yeo"
  - b. Attacking the fallen opponent
  - c. Throwing the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand.
  - d. Intentionally attacking the opponent's face with the hand
  - e. A coach or contestant interrupting the progress of the match
  - f. Violent or extreme remarks or behavior on the part of a contestant or a coach
  - g. Intentionally avoiding match
  - h. In case of using PSS, before each round of competition, the referee shall check whether any attempts were made to manipulate the scoring system and/or increase sensitivity of the sensing socks, or any other method. In the event that the referee finds intentional manipulation, the referee shall reserve the right to give "Gam-jeom" to the pertinent contestant and shall reserve the right to declare the violating athlete as the loser by penalty based on the degree of seriousness of the violation.

## **b. Avoiding or delaying the match**

This act involves stalling with no intention of attacking. A contestant who continuously displays a non-engaging style shall be given a penalty. However, the referee shall distinguish intentional avoidance from tactical defense, and the penalty shall not be given for tactical defense. If both contestants remain inactive after five (5) seconds, the center referee will signal the "Fight" command. A "Gam-jeom" will be declared: On both contestants if there is no activity from them 10 seconds after the command was given; or, on the contestant who moved backwards from the original position within 10 seconds after the command was given. Turning the back to avoid the opponent's attack should be punished, as it expresses the lack of a spirit of fair play and may cause serious injury. The same penalty should also be given to evading the opponent's attack by bending below waist level or crouching.

"Pretending injury" means exaggeration injury or indicating pain in a body part not subjected to a blow for the purpose of demonstrating the opponent's actions as a violation, and also exaggerating pain for the purpose of elapsing the match time. In this case, the referee shall give the indication to continue the match to the contestant two times in five (5) seconds intervals, and then shall give a "Gam-jeom" penalty unless the contestant follows his/her instructions.

### **Attacking the fallen opponent (Gam-Jeom)**

This action is extremely dangerous due to the high probability of injury to the opponent.

The danger arises from the following:

- The fallen opponent is in an immediate defenseless state.
- The impact of any technique which strikes a fallen contestant will be greater due to the contestant's position. These types of aggressive actions toward a fallen opponent are not in accordance with the spirit of Taekwondo and as such are not appropriate to Taekwondo competition. In this regard, penalties should be given for intentionally attacking the fallen opponent regardless of the degree of impact. A Gam-jeom penalty should also be given in case a contestant pretends to attack a fallen opponent.
- Throwing the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand or action to interfere with the opponent's attack by grappling the opponent's foot in the air or pushing with the hand.

### **Intentionally avoiding the match: (Gam-Jeom)**

In case that a competitor intentionally turns the back and steps away from the opponent to avoid the attack of the opponent, the referee shall give "Gam-jeom". If the referee finds that the action was resulted from obvious lack of spirit of fair play and sportsmanship, the referee may report to the Technical Delegate after the contest for consideration of further sanction against the competitor.

*Register online. We will e-mail your I.D. card! (If you register online, NO waiting time for I.D. pick-up)  
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## **Breaking Competition Rules**

In Creative Breaking competition, competitors use powerful, correctly executed Taekwondo hand and foot techniques to break pine board. Competitors are expected to display technical skill and proper Taekwondo Manner.

### **ONLY Official Boards will be accepted.**

1. Competitors may choose the 5 techniques for 5 station is maximum with any Taekwondo striking or kicking technique.
2. Competitors and helpers will have Two Minute to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments. Exceeding the time limit will result in 0.5 point deduction in the final score for each 10 seconds, or fraction thereof, over the time.
3. There is a maximum of two attempts for each break. Failure to break all of the boards in a single attempt will result in 0.2 deduction for each missed board. Failure to complete the break after two attempts will result in a 0.5 point deduction in the final score, in addition to the penalties for missed boards. A "Broken Board" is defined as one that is a. completely separated; b. held together only by wood strands, such that if one side is held horizontal, the other side naturally drops perpendicular to the floor.
4. The performance must be confined to the 8X8 competition area. A competitor who crosses the boundary line with both feet will receive a 0.5 point deduction for each violation.
5. Competitors are expected to display self-control and good competition manner. A display of poor sportsmanship (profanity, etc.) may be penalized by either 0.1 or 0.5 depending upon severity.

### **• Scoring Guidelines for Breaking Competition.**

Judging will be based on Three Criteria:

- a. Difficulty (30%)
- b. Demonstration of Taekwondo Skill & Presentation (40%)
- c. Breaking (30%)

If a competitor fails to break any boards at all, the total score for Difficulty of Techniques and number of Boards Broken is "0" The competitor still receives a score for Presentation.

# Difficulty

Difficulty is individually assessed by each judge on a scale of 1.0 to 3.0 based on the judge's consideration of the difficulty of the overall performance. Here are guidelines for assessing difficulty:

- a. **Difficulty of Kicking Techniques will be assessed on the following order of superiority:**
  1. Standing kick technique
  2. Kicking technique with turning motion
  3. Jumping or flying kick technique
  4. Jumping or flying kick with turning motion (the greater the number of rotations, the higher the assessed difficulty)
  5. Multiple breaking using jumping or flying kick
  6. Multiple breaking spinning jumping or flying kick
  
- b. **Difficulty of Hand Techniques be assessed on the following order of superiority:**
  1. Basic skills such as straight or reverse punch, palm heel strike and hammer fist
  2. More technical skills such as knife hand strike, ridge hand strike and back fist
  3. Advanced skills such as spear finger strike, long punch, chicken beak strike, etc.
  
- C. **Suspended holding ("i.e., "speed breaking") is considered more difficult than fixed holding.**
  
- d. **Demonstration of Taekwondo skill will be based on Accuracy, Speed and Presentation.**
  1. **Accuracy:** Breaking on the first attempt is superior to breaking on the second attempt, and breaking at the center of the board is superior to breaking off-center.
  2. **Speed:** Rapid, smooth, continuous motion is superior to taking extra time between breaks.
  3. **Presentation:** In addition to displaying correct Taekwondo technique, this includes confidence, balance, rhythm, smoothness of performance and good competition manner from entrance into the contest area through the completion of the performance.

## E. Declaration of Penalties

One deduction penalty is equal to 0.5 point. Deduction penalties will be declared by the referee after the performance is completed by stating the number of deductions, and what they are for. (Example: "Two deductions for exceeding performance time by 16seconds", "Two deductions for going out of the contest area.")

## F. Decision and Declaration of Winner

The winner shall be the contestant who is awarded the highest mean score (calculated to two decimal points.)

When using the five judge system, the highest and lowest scores will be dropped from the final total then a mean score calculated by dividing by 3.00. With the three judge system, all scores will be used then a mean score calculated by dividing by 3.00.

In case of a tie, the winner will be selected based on the combined Performance score. If still tied:

1. Five judge system – The highest and lowest scores will be added back in, and then a mean score calculated by dividing by 5.0000 to select the winner.
2. Three judge system – The competitor with fewer Technical Deductions will be the winner.
3. If the competitors remained tied after the above tie-breaking conditions, the competitor with highest total Presentation points will be the winner.





## 2024 NYS GOVERNOR'S CUP CHAMPIONSHIP SCHOOL (CLUB) MEMBERSHIP APPLICATION

### *School (Club) Information*

School (Club) Information \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

Web Site \_\_\_\_\_

### *School (Club) Owner's Information*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

### *Payment Information*

Payment Type:

MC

Visa

AMEX

Check

If you are paying by credit card, please complete the following:

Name on Card: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_ / \_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

By signing above I agree to pay the total amount according to the card issuer agreement (or merchant account agreement) or payment terms set forth. Cancellations until December 31<sup>st</sup>, 2024 will be charged a \$ 100 fee.



**2024 NYS GOVERNOR'S CUP CHAMPIONSHIP**  
**REFEREE REGISTRATION FORM**

Please complete this form and mail to:

**NTA**

**Mail to: NYS TKD ASSOCIATION**  
**553 2<sup>ND</sup> Ave (Ground FL) NY NY 10016**  
**[NYSTKD1986@GMAIL.COM](mailto:NYSTKD1986@GMAIL.COM)**

**NTA will provide the following with full day of judging:**

**State level Referee: \$100**

**IR: \$150**

**Please check the appropriate line(s):**

\_\_\_\_\_ I will be attending the **Referee Seminar on NOV 17TH, 2024**  
**Queens College**

\_\_\_\_\_ I will be attending the **Referee Meeting on Nov 17th, 2024 at 7:00am**  
**At the Tournament site**

\_\_\_\_\_ I will be assisting as a Referee at the 2024 NTA National Taekwondo Championship

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone #: ( ) \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Current Dan Rank \_\_\_\_\_ Sex: Male \_\_\_\_\_ Female \_\_\_\_\_

Name of TKD School: \_\_\_\_\_

Signature of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_