2026

38TH NEW YORK STATE

GOVERNOR'S CUP

NYC INTERNATIONAL OPEN

World Class
Sports Poomsae
Demo Team
Scholarship

NOV. 15TH SUN
QUEENS COLLEGE
FITZGERALD GYM
65-30 KISSENA BLVD.
QUEENS, NY 11367

Registration online
WWW.TKDEVENT.COM
DEAD LINE: NOV 9TH, 2026
iLovenyctkd@gmail.com

Hosted by:

Sponsored by: ATU Martial Arts Depot martialartsdepot.org MAS9

2026 38TH NEW YORK STATE GOVERNOR'S CUP

Information Packet

WELCOME TO THE 38TH NEW YORK STATE GOVERNOR'S CUPS

Dear Grandmasters, Masters, and Instructors,

We sincerely welcome Taekwondo enthusiasts from all over the country to **2026 38TH NEW YORK STATE GOVERNOR'S CUP** which will be held again at the Fitzgerald Gym at Queens College! As always, we will work diligently to provide a fair, safe, and memorable tournament for every competitor involved.

We thank you for your continued support to the New York State Taekwondo Association, a non-profit organization that has been promoting the growth of Taekwondo since 1986. Best of luck to all competitors and coaches as you prepare for this truly unique event!

Sincerely,
Master Kwang Sup Kim
NYSTA President

CHAMPIONSHIP VENUE (LOCATION)

Fitzgerald Gym – Queens College
65-30 Kissena Blvd
Queens, NY 11367

GENERAL INFORMATION

- **Date:** November 15th, 2026
  - **Sunday, Nov 15th:** All Grassroots & World Class Competitions. Demo Team Competition
- **Location:** Fitzgerald Gym – Queens College

SCAN QR CODE TO REGISTER
***Registration closes on Nov 9th**

EVENTS

Grassroots Events ***ALL competitors ages 4+**	Forms	Breaking	Sparring	Demonstration Team
World Class Events ***ELITE Black Belts ages 10+**	Sport Poomsae	Pair Poomsae	Team Poomsae	Sparring

* Electronic hogus paired with KP&P **(K1 Dual)** software will be provided onsite by NYSTA for **World Class sparring divisions ONLY**. World Class sparring competitors will NOT be eligible for Grassroots sparring.

- **General Admission Fee:** $20.00 for ages 5 and up (under 4 years old is FREE)/ $20.00 for ID printing.

- **Individual Awards:**
  - Sparring: One First Place, One Second Place, Two Third Place
  - Forms: One First Place, One Second Place, One Third Place
  - Breaking: One First Place, One Second Place, One Third Place

- **Demonstration Team Prizes: (Each Team will free demo board)**
  - First Place: $1,000
  - Second Place: $500
  - Two Third Place: $250

- **World Class Winners Awards:** 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. Cadets, 4 divisions; Juniors, 4 divisions.

  * 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, no option for an exhibition match, or no opportunity to unify your division, you will be given a full refund. (**Note: No Scholarships/prizes for any other divisions**).

- **Sports Poomsae Winners Awards:** Male and female, Cadet and Junior individual division first-place winners will be eligible for a scholarship, with a **gift voucher worth up to $250**.

REGISTRATION

Registration for ALL competitors **MUST BE DONE ONLINE** at www.tkdevent.com. All registration must be completed BEFORE the registration deadline.

- **REGISTRATION DEADLINE: NOVEMBER 9TH, 2026, 11:59PM EST**
  - * **REGISTRATION FEE WILL INCREASE $40 AFTER NOV 9TH.**
  - * ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE
  - * CREDENTIALS (ID CARD) WILL BE E-MAILED UPON COMPLETION OF ONLINE REGISTRATION.

- **Registration Fee: ONLINE REGISTRATION ONLY**
  - **Regular Division:** Grassroots Sparring, Form, Board Breaking and Demo

Events	Fee	Early Registration Rate *Before October 20th
One Event Only	$140	$130
Two Events Only	$170	$160
Three Events	$200	$190
Four Event Demo, Form, Breaking and Sparring	$220	$210

  - **Special Division:** World Class Sparring and Sports Poomsae, & Team Poomsae

Events	Fee	Early Registration Rate *Before Oct 20th
One Event	$180	$160
Two Events	$230	$210
Three Events	$280	$260
Coach	$50	

  - **Demonstration Team:**

Each member of the team must register online. **The registration fee is $130 per student.**
Demonstration teams must first register their school by emailing: nystkd1986@gmail.com. Once the team is approved, individual students can complete their online registration.

SCHEDULE OF EVENTS

SUNDAY, NOVEMBER 15TH

Event	Time	Division
Weigh-Ins	**8:00am to 8:30am**	**For all World Class Sparring Competitors Only. Not for Regular Sparring**
Opening Ceremonies	**8:00am**	**ALL competitors and spectators are invited to watch and cheer on the demo teams!**
Demo Competition		
Grassroots Competition – Form, Breaking, and Sparring	**9:00am**	**Ages 4 to 9**
Grassroots Competition – Form Breaking, and Sparring	**12:00pm**	**Ages 10 to 14**
Grassroots Competition – Form Breaking, and Sparring	**2:30pm**	**Ages 15 and older**
World Class Sparring 8:30 AM (All World Class Sparring Competitors check your schedule at www.nystaekwondo.com) **Sports Poomsae Pair Poomsae, and Team Poomsae** 8:30 AM (All Sports Poomsae Competitors check your schedule at www.nystaekwondo.com)		**Youth**
		Cadets
		Juniors
		Seniors

COMPETITION RULES & REGULATIONS

***ALL COMPETITORS MUST BE 4 YEARS AND OLDER.**

*** ALL COMPETITORS MUST AGREE TO ABIDE BY THE RULES OF THE ORGANIZING COMMITTEE.**

*** IN ACCORDANCE WITH CURRENT USA TAEKWONDO (USAT TKD) REGULATIONS, ATHLETES BORN MALE WILL COMPETE IN MALE DIVISIONS, AND ATHLETES BORN FEMALE WILL COMPETE IN FEMALE DIVISIONS. ELIGIBILITY AND DIVISION PLACEMENT WILL BE DETERMINED PURSUANT TO CURRENT USAT TKD RULES AND POLICIES.**

*** VISIT https://www.nystaekwondo.com/ FOR ALL WEIGHT CATEGORIES**

*** CERTAIN RULES AND/OR REGULATIONS ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE EXECUTIVE COMMITTEE/ORGANIZING COMMITTEE.**

The current NYSTA rules and regulations and modified rules of World Taekwondo (WT) will govern these championships for the Gyoroogi (sparring) and Traditional Poomsae (forms) divisions.

• WT/NYSTA Official Poomsae (Forms)

The Poomsae (Forms) will consist of WT/NYSTA 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 NYSTA and World Taekwondo.

Black Belt Poomsae
1st Dan: Koryo
2nd Dan: Keumgang
3rd Dan: Taebaek
4th Dan: Pyung Won
5th Dan: Sip Jin
6th Dan: Ji Tae

Color Belt Poomsae
Yellow Belt: Taegeuk & Palgwe 1 - 2
Green Belt: Taegeuk & Palgwe 3 - 4
Blue Belt: Taegeuk & Palgwe 5 - 6
Red Belt: Taegeuk & Palgwe 7 - 8

• Gyoroogi (Free Sparring)

- Competition will be single elimination and will continue until a winner has been established.
- All Gyoroogi competitors must bring their own safety gear. *check below for the "Mandatory Equipment"
- Any type of eye glasses or eye 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.
- If the coach is not present at the scheduled start time of the sparring match, the referee will wait for up to two (2) minutes. If the coach does not arrive within that time, the match will start without them.

Mandatory Equipment

*NO equipment will be provided by NYSTA

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 for all sparring competitors.

• Junior Competition (Safety) Rules

The Competition Rules regulate and govern all matters pertaining to Taekwondo competition at all levels sanctioned or promoted by NYSTA. 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

AGE	BELT COLOR	RULES
6 and 7	All Belt	No Head Contact
8 and 9	Yellow to Red Belt	No Head Contact
	Black Belt	No Head Contact
10 and 11	Yellow to Red Belt	No Head Contact
	Black Belt	Light Head Contact
12 to 14	Yellow to Red Belt	No Head Contact
	Black Belt	Light Head Contact
	World Class Black Belt	Adult Rules
15 to 17	Yellow to Red Belt	No Head Contact
	Black Belt	Light Head Contact
	World Class Black Belt	Adult Rules
18 to 32	Yellow to Red Belt	No Head Contact
	Black Belt	Light Head Contact
	World Class Black Belt	Adult Rules
33 and Up	Yellow to Red Belt	No Head Contact
	Black Belt	Light Head Contact

*In National Qualifiers and National 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 ("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.

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

<u>Excessive contact to the facial or head area:</u>
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, 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.

<u>8- Count</u>
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 extra points in all sparring divisions.

1. Permitted Technique
    1) Fist techniques: Delivering a punch using the tightly clenched fist to the chest.
    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. 2) Head: This is the area above the collarbone. Only foot techniques are 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:

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.

Face:

The area above the collarbone.

Valid Points

1. Legal Scoring Areas
    1) Body: The blue or red covered area of the trunk protector.
    2) Head: The area above the chin (i.e., the whole part of the head, including both ears and the back of the head.)
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 (1) point for a valid fist technique on trunk protector. Two (2) points for a valid attack on trunk protector with a direct foot technique.

    Four (4) points for a valid turning kick to the trunk protector./ Four (4) points for a Back Kick to the trunk protector. Three (3) points for a valid kick to the head.

    Four (5) points for a valid turning kick to the head.
4. Invalidation of points: When a contestant scores through the use of a prohibited act, the point(s) scored shall be annulled.

Guidelines for Officiating:

Accuracy:

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

Power:

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.

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.

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 wills 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:

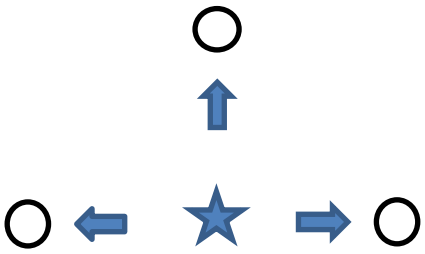
- The fallen opponent is in an immediate defenseless state.
- The impact of any technique which strikes a fallen contestant will be greater due to the contestant’s position. These types of aggressive actions toward a fallen opponent are not in accordance with the spirit of Taekwondo and as such are not 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.

- **Breaking**

In Breaking competition, competitors use powerful, correctly executed Taekwondo hand and foot techniques to break wooden boards. The established techniques per belt division are as below

Board Break Divisions	**Breaking Techniques**
Under 12 years old**: 3 boards per technique **(9 boards total). ***12 years old and above:**4 boards per technique **(12 boards total).***	**White to Purple Belt** ~ Station 1: Any type of Front Kick ~ Station 2: Any type of Axe Kick ~ Station 3: Any type of Push or Roundhouse Kick
Breaking Setup – This formation cannot be changed. 	**Red to Red/Black Belt** ~ Station 1: Any type of Side Kick ~ Station 2: Any type of Back Kick ~ Station 3: Any type of Hook Kick **Black Belt** ~ Freestyle Breaking. 5 stations only. *Each technic is limited to 3 boards*. **Total 15 Boards** ***Boards must be held by Masters and Instructors.**

Competitors are expected to display technical skills and proper Taekwondo Manner. **Competitors must purchase their boards at the venue from the certified vendor** **Board Sizes: 8X11 – 3/8" for all ages**

1. For the Black Belt division, competitors may choose the 5 techniques, for 5 stations. Any Taekwondo striking or kicking technique.
2. Competitors and helpers will have **90 seconds** 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 manners. A display of poor sportsmanship (profanity, etc.) may be penalized by either 0.1 0r 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 "O" 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 in 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, Presentation and Power.

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.
4. Power: It will be determined based on the number of boards broken at each station. Each station will be limited to 3 boards.

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 16 seconds", "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.

- **Sports Poomsae**

Uniform

a. Athletes are required to wear a standard Taekwondo uniform. Official WT Poomsae uniforms are also acceptable for competition.

b. Age divisions and exact times will be announced later. The event starts at 8:30 AM, and each category's schedule will be posted before the competition. All Sports Poomsae competitors must check their schedule at www.nystaekwondo.com

c. Accessories
*Athletes are not permitted to wear any clothing accessories such as shoes, hats, or jewelry, except for religious coverings or soft ties used to secure long hair.

Classification of Competition

a. There will be two primary classifications for Poomsae competition
i. Male Individual
ii. Female Individual
* In accordance with current USA Taekwondo (USAT TKD) regulations, athletes born male will compete in male divisions, and athletes born female will compete in female divisions. Eligibility and division placement will be determined pursuant to current USAT TKD rules and policies.

b. Divisions
i. Within each classification, athletes will be divided by age as follows:
- Male & Female Individual: Ages 12–14, 15–17, 18–30, 31+

ii. Division eligibility will be determined by the athlete's date of birth as entered during online registration.

Competition Format

a. If a division contains more than 18 athletes, the competition will begin with a preliminary round, in which each athlete performs one (1) form. The top 18 athletes will advance to the semifinal round, where they will perform two (2) forms. From there, the top 8 athletes will advance to the final round, where they will again perform two (2) forms.

b. If a division contains between 9 and 18 athletes, the competition will start at the semifinal round, with each athlete performing two (2) forms. The top 8 athletes will then advance to the final round, where they will again perform two (2) forms.

c. If a division contains fewer than 8 athletes, the competition will begin directly with the final round.

Ring Presence

a. All athletes must enter the competition area alone.

b. Competition Process for Two Poomsae
i. The competition coordinator initiates the first poomsae by calling "Chool-jeon" and motioning the athlete(s) into the ring. The first poomsae begins as the coordinator calls:
- "Char-yeot" (attention)
- "Kyeong-rye" (bow)
- "Junbi" (ready)
- "Shi-jak" (start)

ii. After the first poomsae, the coordinator calls:
- "Bah-roh" (return to ready position)
- "Shi-ah" (relax)
- "Tuae-jahng" (exit)

At this point, the athlete(s) may return to the sideline to consult with their coach during the waiting period between poomsae.
- The waiting time between poomsae will be 30 to 60 seconds.

iii. After the waiting period, the competition coordinator will again call "Chool-jeon" and motion the athlete(s) into the ring. The second poomsae will begin with:
- "Char-yeot" (attention)
- "Junbi" (ready)
- "Shi-jak" (start)

* There is no bow before the second poomsae.

Scoring Criteria

a. Athletes will be evaluated in two main areas:
- Accuracy
- Presentation

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

Deduction

a. Major mistakes will result in a 0.3-point deduction from the athlete's total score. Finishing a performance outside the allotted time (less than 30 seconds or more than 90 seconds) will also result in a major deduction.

b. Minor mistakes will result in a 0.1-point deduction from the athlete's total score.

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 tie, the winner shall be the athlete with the higher presentation score.
ii. If the tie remains, the winner shall be the athlete with the highest total inclusive score—this means the score calculated without dropping the highest and lowest judge scores.
iii. If the tie still persists, a rematch will be conducted to determine the winner.
* Previous scores will not carry over into the rematch.
If the rematch also ends in a tie, the athlete with the highest total inclusive score in the rematch will be declared the winner.
If the tie persists, additional rematches will be conducted until a winner is determined.

Compulsory Poomsae

a. The poomsae to be performed during the competition will be randomly selected according to each age division. Please refer to the chart below for the required poomsae by division.

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

- **Demonstration Competition Rules**

  * All the Demonstration Team members must participate in the individual event(s).
  * Instructors are allowed to be a demonstration team member, but Masters aren't.
  * Any team that has at least two or more members within each age group will be awarded additional points outlined below.

7 and younger	8 - 11	12 -14	15 - 17	18 - 32	33 and older
0 point	0.5 point	0.5 point	0.5 point	0.5 point	0 point

1. Demonstration Time: Maximum of 6 minutes
2. Number of team competitors: a minimum of 8 and a maximum of 30 members
3. Technical Regulations

A. Poomsae, breaking, and self-defense elements are required.
B. Equipment and costumes can be chosen by the performers
C. There will be NO weapons allowed in the Demonstration.
D. Music and sound effects can be used

Scoring:

1. Each judge will score a maximum of 10 points for originality and 10 points for technique.
2. Seven judge will score each performance, with the highest and lowest scores excluded.
3. Deductions:
    A. Exceeding time limit:
        a. Over 6 minutes will be a 0.5- point deduction from your overall score
        b. Over 6 minutes & 30 seconds will be a 1.5- point deduction from your overall score
        c. Over 7 minutes will be result in disqualification.
    B. Violating technical regulations

***PLEASE NOTE THAT THIS TOURNAMENT WILL FOLLOW THE RULES OF THE NYSTA AND WT**

IMPORTANT DEADLINES:

Grassroots & World Class Competition

Early Online Registration Due

October 20th

Learn more about the NYSTA and the New York State Governor's Cup at www.nystaekwondo.com

Weight Division Chart | Demo Team Application Form | Venue Map

Office: 553 2nd Ave. New York, NY 10016

Email: iLovenyctkd@gmail.com