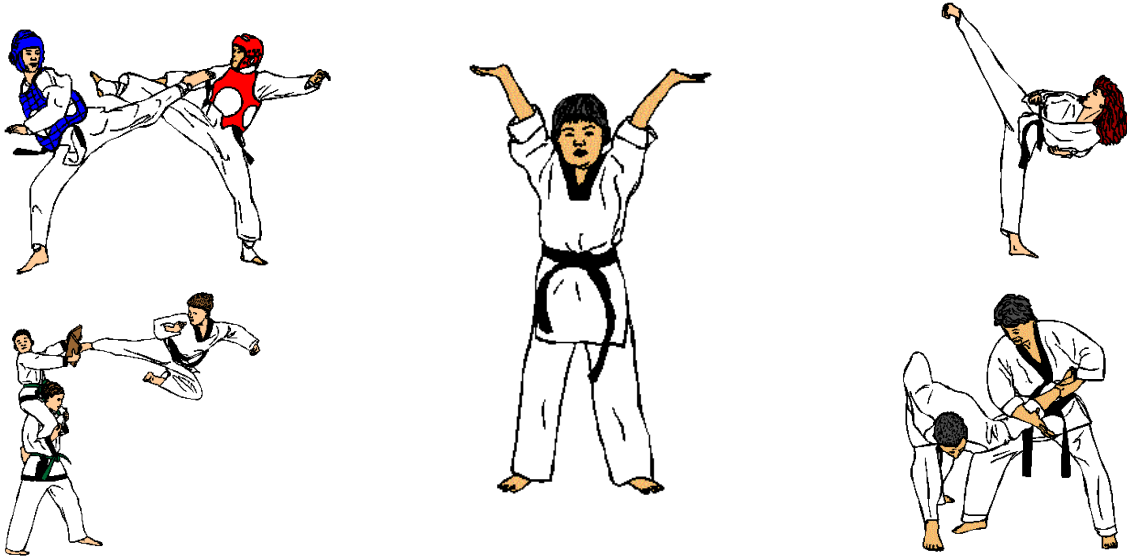


2017

Powerade State Games of North Carolina Sport & Traditional Taekwondo Championships



Competition Management Handbook

Athletes * Coaches * Referees * Judges * Timekeepers
Scorekeepers * Key Coordinators * General Volunteers
* Spectators *

June 17, 2017
PowerAde State Games of North Carolina
Sport & Traditional Taekwondo Championships
Greensboro Coliseum Special Events Center

Revised: June 1, 2017

June 17, 2017

Greetings to all Athletes, Coaches, Referees, Volunteers and Spectators:

Welcome to the 2017 Powerade State Games of North Carolina Sport & Traditional Taekwondo Championships! Please be reminded that the competition rules are an evolving work in progress.

Medal winners of the Powerade State Games of North Carolina Taekwondo Championships event become eligible to advance to the National State Games of America. (www.stategames.org) Please visit www.ncsports.org for more information. 2017 Grand Rapids Michigan!

This year, we will feature the following competition events:

- World Class Black Belt Sparring (15-17) (18-30) (Adult Full Contact)
- **World Class Daedo Black Belt Sparring (age 10-30) – “Coming in 2018!”**
- Sport Poomsae: Individual, Co-ed Pairs – 1 Male & 1 Female, Female Team (3), and Male Team (3) Taeguk Poomsae and World Taekwondo Federation (WTF) Black Belt.
- Creative Poomsae, Creative Kyukpa (Breaking) and Creative Weapons
- Self Defense Team (No music or fanfare)
- Demonstration Team (complete fanfare)
- Traditional Poomsae – Taeguk & WTF Poomsae only
- Traditional Poomsae Open (Forms) WTF, ITF, ATA, other;
- Grassroots Olympic-style Sparring (JSR, & Adult Light Head Contact –LHC)
- **New competition schedule for 2017.** All youth, age 11 and under in all divisions will compete first, followed by age 12-14, 15-17, 18-30 and 31 and over.

Feel free to nominate your Taekwondo School, Competition Team and/or Individual Competitor, Volunteer or Tournament Official for the Top School Support Award, Top Competitive School Award, Top Male and Female Competitor Award, Male and Female Athlete of The Year Award, Male and Female Sportsmanship Award, Coach, Referee and Volunteer of the Year Award.

Please note that all participants (Competitors, Referees, Coaches, Masters, Volunteers and Spectators) are expected to abide by the **State Games of North Carolina Code of Conduct**.

The Powerade State Games of North Carolina Taekwondo Championships are sponsored by North Carolina Amateur Sports (NCAS) www.ncsports.org and organized and promoted by the North Carolina Taekwondo Organization (NCTO).

The mission of NCTO is to enable North Carolina Taekwondo athletes to achieve sustained competitive excellence, and to promote and grow the sport of Taekwondo.

A special thanks to all of the volunteers and officials for your dedicated hard work.

Good luck to all of you and have a great Powerade State Games!

Sincerely,

Ron Whitted
Competition Manager
910-385-GOLD (4653)
wtkdcte@intrstar.net

David Shaw
Director of Powerade State Games
800-277-8763
david@ncsports.org

Friday: June 16, 2017 www.poweradestategames.org
Powerade State Games Athlete's Opening Party
Rockin' Jump Trampoline Park, (5:00pm-8:00pm)
7840 North Point Blvd #130 Winston-Salem, NC 27106
Athlete, Coach, Referee & Volunteer Credentials Pickup & Weigh-in
Hilton Garden Inn 4307 Big Tree Way, Greensboro, NC 27409 @ 6:00pm – 10:00pm
Saturday: June 17, 2017 – 8:00am to 5:00pm – Greensboro Coliseum
Special Events Center, 1921 W Gate City Blvd, Greensboro, NC 27403
Traditional and Olympic-style Sport Taekwondo Competitions
All times are approximate and are subject to changes

June 16, 2017

5:00pm – 8:00pm – Powerade State Games Athlete's Opening Party

6:00pm – 10:00pm – Competitor, Coach, Referees, VIP Officials and Volunteers

Credentials Pickup and Weigh-ins / Late Registrations

Hilton Garden Inn, 4307 Big Tree Way, Greensboro, NC 27409

June 17, 2017 – Sport & Traditional Taekwondo Competitions –

Greensboro Coliseum Special Events Center

8:00am – Doors Open for Competitors and Coaches

8:00am – Onsite Registration for Competitors and Coaches

8:00am – Pre-registered Competitors and Coaches Credentials Pickup

8:00am – Sparring Competitor weigh-ins

9:00am – Coaches and Officials Meeting

9:45am – Taekwondo Parade of Athletes

10:00am – Taekwondo Opening Ceremonies

10:15am – Taekwondo Self Defense Team Competition

- Taekwondo Demonstration Team Competition
 - Youth age 11 & under – Creative Poomsae
 - Youth age 11 & under – Creative Weapons
 - Youth age 11 & under – Creative Breaking
- Youth age 11 & under – Traditional Poomsae Open (WTF, ATA, ITF, Other)
- Youth age 11 & under – Traditional Poomsae (WTF Black Belt & Taegeuk Poomsae only)
 - Youth age 11 & under – WTF Sport Poomsae (Individual, Pairs, Team)
 - Youth age 11 & under – Olympic-style Sparring
 - Cadet age 12-14 – Creative Poomsae
 - Cadet age 12-14 – Creative Weapons
 - Cadet age 12-14 – Creative Breaking
 - Cadet age 12-14 – Traditional Poomsae Open (WTF, ATA, ITF, Other)
 - Cadet age 12-14 – Traditional Poomsae (WTF Black Belt & Taegeuk Poomsae only)

- Cadet age 12-14 – WTF Sport Poomsae (Individual, Pairs, Team)
 - Cadet age 12-14 – Olympic-style Sparring
 - Juniors age 15-17 – Creative Poomsae
 - Juniors age 15-17 – Creative Weapons
 - Juniors age 15-17 – Creative Breaking
- Juniors age 15-17 – Traditional Poomsae Open (WTF, ATA, ITF, Other)
- Juniors age 15-17 – Traditional Poomsae (WTF Black Belt & Taegeuk Poomsae only)
 - Juniors age 15-17 – WTF Sport Poomsae (Individual, Pairs, Team)
 - Juniors age 15-17 – Grassroots Olympic-style Sparring (JSR)
 - Juniors age 15-17 – World Class Sparring (Full Contact)
 - Seniors age 18-30 – Creative Poomsae
 - Seniors age 18-30 – Creative Weapons
 - Seniors age 18-30 – Creative Breaking
 - Seniors age 18-30 – Traditional Poomsae Open (WTF, ATA, ITF, Other)
- Seniors age 18-30 – Traditional Poomsae (WTF Black Belt & Taegeuk Poomsae only)
 - Seniors age 18-30 – WTF Sport Poomsae (Individual, Pairs, Team)
 - Seniors 18-30 – Grassroots Olympic-style Sparring (LHC)
 - Seniors age 18-30 – World Class Sparring (Full Contact)
 - Ultra-seniors age 31-40 – Creative Poomsae
 - Ultra-seniors age 31-40 – Creative Weapons
 - Ultra-seniors age 31-40 – Creative Breaking
 - Ultra-seniors age 31-40 – Traditional Poomsae (WTF, ATA, ITF, Other)
- Ultra-seniors age 31-40 – Traditional Poomsae (WTF Black Belt & Taegeuk Poomsae only)
- Ultra-seniors age 31-40 – WTF Sport Poomsae (Individual, Pairs, Team)
 - Ultra-seniors age 31-40 – Grassroots Olympic-style Sparring
 - Ultra-seniors age 41 & over – Creative Poomsae
 - Ultra-seniors age 41 & over – Creative Weapons
 - Ultra-seniors age 41 & over – Creative Breaking
 - Ultra-seniors age 41-50 – Traditional Poomsae (WTF, ATA, ITF, Other)
- Ultra-seniors age 41-50 – Traditional Poomsae (WTF Black Belt & Taegeuk Poomsae only)
- Ultra-seniors age 41-50 – WTF Sport Poomsae (Individual, Pairs, Team)
 - Ultra-seniors age 41-50 – Grassroots Olympic-style Sparring
 - Ultra-seniors age 41-50 – World Class Olympic-style Sparring
 - Ultra-seniors age 51 & over – Creative Poomsae
 - Ultra-seniors age 51 & over – Creative Weapons
 - Ultra-seniors age 51 & over – Creative Breaking
- Ultra-seniors age 51 & over – Traditional Poomsae Open (WTF, ATA, ITF, Other)

- Ultra-seniors age 51 & over – Traditional Poomsae (WTF Black Belt & Taegeuk Poomsae only)
- Ultra-seniors age 51 & over – WTF Sport Poomsae (Individual, Pairs, Team)
 - Ultra-seniors age 51 & over – Grassroots Olympic-style Sparring
 - Ultra-seniors age 51-over – World Class Olympic-style Sparring
 - Taekwondo Closing Ceremonies

General Information

Registration & Eligibility: Pre-registration is highly suggested. **On-Site Registration** is available. The official entry form must be filled out completely and accompanied by cash, check, money order, personal or DoJang check. Be sure to complete all entry instructions. This tournament is open to all styles and systems. However, all athletes must abide and follow the modified USAT/ State Games rules governing this tournament.

Equipment: Protective equipment is mandatory for all competitors. All competitors must wear a clean white Dobok. Black collar Doboks may be worn only by black belts. All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, etc. When sparring, all competitors must wear a reversible blue or red chest protector, shin & instep guard, forearm guard, headgear (red, blue or white and must correspond with chest protector) and mouthpiece. Males must also wear a groin cup & supporter (on the inside please). Groin guard is optional for females. WTF Taekwondo gloves are optional. However, red, blue or white is allowed, and must correspond with the chest protector.

Competition Rules: This is an Olympic-style Taekwondo tournament. The current USA Taekwondo and State Games modified rules and regulations will govern this tournament.

Matches: Eliminations and finals for all adult Black Belt divisions will consist of **(2) - two-minute rounds**. All adult color belts and seniors (33 & up) will consist of **(2) – 1 ½ -minute rounds**. All junior competitor divisions will consist of **(2) - one-minute rounds**. All divisions for junior Black Belts age (15-17) will consist of **(2) - two-minute rounds**.

Divisions: WTF/USAT Sport Poomsae: Individual, Pairs(1 male, 1 female) & Team Poomsae,(3 males or 3 females, World Class Sparring, Grassroots Olympic-style Sparring (JSR & Adult Light Head Contact-LHC), Open Traditional Poomsae (WTF, ITF, ATA, other), Creative Poomsae, Creative Kyukpa (Breaking) and Creative Weapons, Self Defense Team Competition and Demonstration Team Competition .

Juniors and Adults will be divided into light, middle and heavy weights; ages 4-5, 6-7, 8-9, 10-11, 12-13, 14-15, 16-17, 18-30, 31-40, 41-50, & 51 & over. All sparring competitors must weigh-in. World Class divisions will compete under WTF rules.

Belt Ranks: white-gup 10 & 9, yellow-gup 8 & 7, green -gup 6 & 5, blue -gup 4 & 3, red-gup 2 & 1, and black = Poom/Dan, 1st, 2nd, 3rd Poom/Dan and 4th Poom/Dan.

Awards: Beautiful quality Olympic-style **medals** for 1st, 2nd, and 2 -3rd place finish in Poomsae competition and 1st, 2nd, and 2-3rd place finish in Kyorugi competition. Taekwondo Teams will receive an award based on the most entries and/or medals won.

General Information – continued

Special Programs and Awards:

Athlete of the Year: Each state chooses a male and female athlete of the year. From these athletes, a National State Games Athlete of the Year is chosen. The Competition Manager of each sport is asked to nominate a male and female from their sport to be considered for the State Games of North Carolina Athlete of the Year.

Please turn in your application form to the Competition Manager today.

Opening & Closing Athletes Party: The Powerade State Games are taking over Rockin' Jump Trampoline Parks for this year's Opening & Closing Parties! We are renting out the ENTIRE facility from 5pm to 8pm and giving our athletes the chance to bounce around for FREE. Who says dodgeball is not a Powerade State Games Sport? Dodgeball and Slam Dunk Basketball are just a few of the exciting things that make Rockin' Jump and the Powerade State Games Athlete Parties such a unique experience! Did we mention there will be LED lighting, music, glow necklaces + bracelets and official Powerade State Games neon t-shirts? That's right, athletes will be getting the full Rockin' Jump After Dark experience! Athletes will also receive a Powerade State Games drawstring bag and Powerade water bottle. Jump times will fill quickly so be sure to visit www.poweradestategames.org to sign up and claim your spot!** Athletes must register for the Powerade State Games prior to receiving their jump time. The Athlete's Closing Party – June 24 @ Rockin' Jump Trampoline Park, Greensboro, 4215 W. Gate City Blvd.

Educational Scholarships: The NCAS Endowment Fund will award educational scholarships for athletes who are participants in the 2017 Powerade State Games of North Carolina. These athletes must be rising seniors in high school or older who are attending or are planning to attend an institution of higher learning. Please visit www.ncsports.org to print an application form. You may also call the State Games office (919) 361-1133 for an application form. Scholarship application forms must be returned by July 17, 2017.

NCAS Endowment Fund: The NCAS Endowment Fund provides funds to 501©(3) tax exempt organizations that promote amateur athletics, individuals training for elite level competitions, physical fitness programs and other programs pursuing the Olympic ideal as approved by a committee made up of members from the NCAS Board of Directors. Applications must be received on or before July 17, 2017.

Sportsmanship Program: This program promotes, recognizes and rewards good sportsmanship exhibited during the Powerade State Games of North Carolina. Poor sportsmanship will not be tolerated. The Competition Manager will select one male and

one female athlete to receive a Sportsmanship plaque or certificate. Feel free to submit your selection to the Competition Manager by the end of the competition events.

Top School Support Award: Taekwondo Teams will receive a 1st, 2nd, or 3rd place award based on the number of entries documented by the early registration deadline date of June 6, 2017.

Top Competitive Team and Top Competitive Athlete Awards: Presented at the conclusion of competition events to the Taekwondo Team and Athlete who wins the most medals. Teams and Athletes will receive 1 point per entry, 3 points for each Bronze, 5 points for each Silver and 7 points for each Gold medal won.

Please nominate an Athlete, Coach, Referee and Volunteer of the Year Awards.

Junior Competition Rules

Purpose:

The Competition Rules regulate and govern all matters pertaining to Taekwondo competition at all levels sanctioned or promoted by USA Taekwondo. However, the following special section of the Competition Rules (which will be referred to as “Junior Competition Rules” hereinafter) shall further apply to junior sparring divisions as stated below. (Please refer to the attached chart for each division’s contact rules).

Article 1. Junior Kyorugi (Sparring) Safety Rules

1. General Rules

A. No Head Contact

Ages 7 & Under (All Belts) and Ages 11 & Under (Color Belt Divisions)

1. In National Qualifier and National Junior Olympic Championships sparring competition, the rules concerning a kick to the face shall be as follows:
 - a. Any technique contacted to the head area which does not cause any injury, will be given a warning by the referee (“Kyong-go”)
 - b. Any technique, which causes injury to the head area, will result in a one-point penalty by the referee (“Gam-jeom”).
 - c. 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.

B. Junior Safety Rules (JSR)

Ages 8-11 (Black Belts), 12-14 Year Old Divisions (All Belts), and 15-17 Year Old Divisions (Color Belts)

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

- a. The competitor is allowed to kick to the facial area; however, the kick must be light contact with appropriate control without causing any injury or excessive contact or the appropriate penalty shall be invoked.
- b. The competitor who executes a successful kicking technique to the face (light contact without causing any injury) shall be awarded three (3) points.
- c. The competitor who executes a kick to the face, which results in a minor injury shall receive a one-point (“Gam-jeom”) penalty. A minor injury is defined as an abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is minor injury, and if the attack is a non-excessive one.
- d. The competitor who executes a kick to the face, which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.

C. 15-17 Year Old Black Belts and Senior Divisions (All Belts)

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

Excessive contact to the face 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 WTF standards; however, the criteria for “excessive contact” will continue to be strictly enforced.

8-Count

Under Junior Competition Rules, the referee should NOT give an 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 knock-down condition.

Points:

A legal punch to the body will receive 1 point. A legal kick to the trunk will receive 2 points. Successful turning kicks to the body shall be awarded three (3) points in all sparring divisions. Successful turning kicks to the head in all Belt divisions age 15 & over (Junior/Adults) will be awarded four (4) points.

Sport Poomsae Contest Rules

Competitors of Sport Poomsae will be judged based on the WTF/USAT Poomsae Scoring Guidelines. Competitors will be judged on a 4.0 scale for Poomsae Accuracy and a 6.0 scale for Presentation. Total Accuracy and Presentation equals 10.0.

Traditional Poomsae (Forms) Contest Rules

Scoring

1. Score
 1. The referee and judges shall award a score, on a scale of five to ten, ten being the highest.
 2. Any tenth of one point may be awarded. (0.1, 0.9, etc.).
 3. The highest and lowest scores will be dropped from total computation. In case of a tie, however, all scores will be computed to break the tie.
 4. If a three-judge system is used, all scores will be computed. In case of a tie, However, the closest to the mean number is the winner. (e.g., 8.4, 8.5, 8.6 is the winner vs 8.1, 8.5, 8.9).

2. Merits

Judges and referees will award scores on the basis of the following merits:

1. Correct and orderly execution of each movement, Degree of proficiency which will be judged on the basis of: Beginning and ending the Poomsae at the same spot, executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment, Mental concentration, focused eye and head movements, accurate targets, Balance, Rhythm, Inhaling and exhaling at the proper moment, Taekwondoistic attitude * Synchronization of entire body movements, competition manner;

PROHIBITED ACTS (update: all penalties will receive a Gam-jeom)

1. Penalties shall be declared by the referee for any prohibited acts.
2. Penalties are declared by “Gam-jeom” (full point penalty).
3. Gam-jeom penalties shall be counted as an additional point for the opposing contestant. However, the contest is over when one contestant receives a total of 10 Gam-jeoms.
4. A “Gam-jeom” shall be counted as an additional point for the opposing contestant.

5. Prohibited acts:

1) The following acts shall be classified as prohibited acts, and “Gam-jeom” penalty shall be declared.

- a. Crossing the Boundary Line
- b. Avoiding or delaying the match
- c. Falling down
- d. Grabbing, holding or pushing the opponent out of bounds
- e. Pushing the opponent in the act of a legal technique
- f. Attacking below the waist
- g. Butting or attacking with the knee
- h. Hitting the opponent’s face with the hand
- i. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach
- j. Lifting the knee to avoid a valid attack or impede the progress of an attack
- k. Attacking the opponent after “Kal-yeo”
- l. Attacking the fallen opponent.

- m. Throwing down the opponent by grappling or hooking the attacking foot in the air or by pushing the opponent with the hand.
 - n. Intentionally attacking the opponent's face with the hand.
 - o. A coach or contestant interrupting the progress of the match.
 - p. Violent or extreme remarks or behavior on the part of a contestant or coach.
 - q. Manipulating, or attempting to manipulate, the electronic scoring system
- 6. When a contestant intentionally refuses to comply with the Competition Rules or the referee's order, the referee may declare the contestant loser by penalty after one (1) minute.
 - 7. When the contestant receives ten (10) "Gam-jeom" penalties, the referee shall declare the contestant loser by penalties.
 - 8. "Gam-jeom" shall be counted in the total score of the three rounds
 - 9. When the referee suspends a contest for declaration of a "Gam-jeom," the contest time shall not be counted from the moment of the referee's declaration of "Kalyeo" (or "Kye-shi") until "Kye-sok is declared for resumption of the contest.

General Guidelines For Creative Poomsae & Weapons (Modified)

- A. Competitor must be a 2017 Powerade State Games of North Carolina Taekwondo Championship competitor.
- B. No Taekwondo, Karate, Kung Fu, or any other established style of martial arts forms will be allowed.
- C. Competitor may wear non-standard Dobok.
- D. Maximum performance time is two minutes.
- E. Performance will be solo only.
- F. Choreography of the Creative Poomsae must include the following:
 - The Poomsae should end in the same position as it starts.
 - At least 12 or more kicks must be performed.
- G. Performance will be done within the regulated Tournament ring size

Judging Criteria for Creative Poomsae & Weapons Poomsae

- A. Practicability, Applicability and Focus: Practical, applicable techniques with focus are superior to non-applicable techniques without focus.
- B. Balance, Rhythm and Flexibility: Techniques with balance, rhythm and flexibility are superior to techniques without balance, rhythm and flexibility.
- C. Accuracy, Speed and Power: Techniques with speed, power, impact and without mistakes or hesitations are superior to techniques without speed, power, and impact and with mistakes or hesitations.
- D. Beauty, Grace and Artistic Performance: Techniques with beauty, grace and artistic movements are superior to techniques without beauty, grace, and artistic movements.
- E. Technical Superiority: Flying is superior to jumping. Jumping is superior to skipping. Skipping is superior to sliding. Sliding is superior to standing. Spinning is superior to non-spinning. Kicking is superior to any hand techniques. Techniques with more combinations are superior to techniques with less or single techniques.
- F. Concentration and Breath Control: Performance with concentration and proper breath control is superior to the performance without concentration or proper breath control.
- G. Etiquette and Manners: Courtesy and attitude of competitors from entrance, performance and up to the finish will be counted.

JUDGING METHOD FOR CHNG JAHK POOMSAE (Creative Form)

Indication and Calculation of Scores:

- 1) Use score card number 0-9
- 2) Highest score and lowest score will be adjusted to the next highest or lowest score and all scores will be added. All deduction points will be subtracted.

Creative Poomsae Point Award Priority:

- | | |
|---|-----------|
| 1) Techniques, Superiority and Creativity | 30% |
| 2) Applicability and Practicability | 30% |
| 3) Accuracy, Speed, and Power | 25% |
| 4) Balance, Rhythm and Endurance | 10% |
| 5) Spirit and Manner | <u>5%</u> |
| Total 100% | |

Deduction Point and Disqualification Guidelines:

- 1) Time violation: 0.5 deduction every 10 seconds over performance time – Maximum up to 2 minutes.
- 2) Technical violation: 0.5 deduction each violation.
- 3) Boundary violation: 0.5 deduction each violation. Running out of boundary.
- 4) Spirit and Manner violation: 0.5 deduction each violation.

General Guidelines For Self Defense & Demonstration Team Competition

- A. Participant must be a 2017 Powerade State Games of North Carolina Taekwondo Championship competitor. **No music or breaking material allowed for the Self Defense Team Competition.**
- B. There is no limit to the number of players who may enter as Self Defense or Demonstration Team.
- C. Teams are required to have their own board holders and support.
- D. Performance may be synchronized or unsynchronized.
- E. Be creative: Forms, Breaking, Music, Self-Defense techniques, etc.
- F. Non-standard WTF Doboks are allowed.
- G. 10-minute time limit includes setup and cleanup.
- H. Judging based on successful completion of breaking attempts, creativity, originality, plus audience appeal. **Self Defense Team will also be judged on practicality.**
- I. Must provide own materials (i.e. bricks, music (CD or cassette tape), boards).
- J. Eligibility is open to all ages and belt colors.

Creative Kyukpa (Breaking) Guidelines: (Modified)

- A. Competitor must be a 2017 Powerade State Games of NC Taekwondo Championships athlete.
- B. Competitor can choose the kind of techniques and unlimited amount of boards.
- C. The Tournament Committee will provide 5 boards. **Additional boards available for purchase.**
- D. The maximum set-up time to include the maximum performance time is 2 minutes.
- E. The maximum number of tries is 2 times.
- F. The performance must be done within the official Tournament ring size.
- G. All boards for breaking must be 12 inch by 10 inch, ½ inch thick pine or 12 inch by 10 inch, 1 inch thick pine. The thicker boards will carry more difficulty and greater point value.
- H. Competitors must provide their own holders. Referees and Judges are not allowed to hold boards.

Judging Criteria for Creative Kyukpa (Breaking):

- A. Difficulty: Difficulty of technique will be based on the following order of superiority (in ascending order)**
1. Hand technique
 2. Standing kick technique
 3. Kicking technique with spinning motion
 4. Jump kick technique
 5. Jump kick with spinning motion
 6. Multiple breaking jump kick
 7. Multiple spinning jump kick
 8. Flying kick technique
 9. Flying kick with spinning motion
- B. Difficulty of Breaking will be based on the number and thickness of Boards.**
1. Number of boards held at one time.
 2. Total number of boards in the performance, (Unlimited within 1 minute time limit)
 3. The thicker boards carry more difficulty.
- C. Technique will be based on Accuracy, Speed and Power**
1. Accuracy: breaking at the first attempt is superior to breaking at the second attempt, and breaking at the center is superior to chipping the board.
 2. Speed: suspended holding is superior to the fixed holding, and the competitor who executes more techniques with less time is superior to a competitor who executes fewer techniques in longer time.
- Power: higher number of boards broken is superior to the lower number of boards broken.
- D. Presentation is based on Balance, Rhythm and Manner.**
1. Competitor balance, rhythm and good manner from entrance to the competition of the performance is superior to the competitor without balance, rhythm and good manner

