



Cheezic Tang Soo Do Federation

Tournament Rules

General Rules

- **Traditional Uniforms** must be worn. No t-shirts as uniforms.
- **Legal Age Rule:** The contestants' legal age is their chronological age. A competitor may only compete in that division designated by his/her chronological age. Always refer to the tournament registration form for detailed division descriptions.
 - Youth Division 17 years of age and younger
 - Adult Division 18 years of age and older
 - Senior Division 35 years of age and older
- **Proper discipline** and respect must be maintained at all times. Any disrespect, improper attitudes, or unsportsmanlike conduct will cause participant to be immediately disqualified.
- **Judges:** When there are 5 judges, the low and the high scores will be dropped from the total score to determine winners. In the case of a tie, the low and then high scores will be added back into the total score to break the tie. There will be 3 or 5 judges in each ring.
- **Divisions:** All divisions must have 2 competitors to complete a division, otherwise competitor moves up. When there are more than 6 competitors in the same division, the first 3 competitors will perform their forms or weapons one at a time. When the third competitor is finished, the judges will then score those first 3 competitors one at a time. The competition will then continue with each subsequent competitor being scored at the completion of their open form or weapon form.
- **Awards and points** will be awarded for 1st, 2nd, 3rd, and 4th place.
- **Powers of the Referee:** warning and penalty points are determined by a majority decision. A center referee cannot overrule a majority call of the officials.
- **Arbitration:** all decisions from the tournament coordinator are final.
- **Competitor's Responsibility:**
 - It is the competitors' responsibility to know the rules and to be ready for competition when his/her ring is called.
 - They must be properly dressed and at the appropriate ring when competition begins.
 - Three calls will be made for competition, a first call, a second call and a final call.
 - If the competitor is not at his/her ring when competition begins, he/she will not be allowed to compete and will be disqualified. If a contestant leaves the ring after the competition begins he/she will not be allowed to compete and will be disqualified.

Breaking Rules

- **Materials** for breaking in all divisions will be #2 pine, 1x12 only.
- **Board Widths:**
 - Children (up to 11 years old) 4 Inch Boards
 - Juniors (12 to 17 years old) 6 Inch Boards
 - Adults (18 years old and up) 8 Inch Boards
- **Competitors** must supply their own wood.
- **Stations:**
 - Under Blackbelt divisions will be allowed 2 stations.
 - Blackbelt divisions will be allowed 3 Stations.
 - A station may contain multiple breaks. One foot, however, remains stationary or is used to pivot on while the other foot may move. Moving both feet means you have more than one station at that break.
- **Time Limit:** competitors will have 3 minutes to setup, explain, and perform the break.
- **Breaking Attempts:**
 - Colored Belts: a total of 3 attempts for the entire routine, not per station.
 - Blackbelts: ONE attempt per break.

Forms & Weapons Rules

- **Music** is not allowed.
- **Restarting of Form:** if a contestant unintentionally drops his/her weapon, or forgets the form and has to start over, he/she is automatically disqualified. The referee may allow the competitor to start over and demonstrate his/her form but no score will be given.
- **Ties:** in the event of a tie, competitors will be asked to perform a form of their choice different than the first one.
- **Safety:** weapons are subject to the referee's approval; no sharp weapons allowed.

Sparring Rules

- **Safety Equipment:** sparring gear for head, hands, feet, as well as mouthpieces are mandatory in all sparring divisions. Equipment must be free of heavy taping, tears, etc. that may cause injury.
- **Not Allowed:** coaching from the sidelines from instructors, parents, etc.; arguing with a judge's call. This can result in a warning, loss of point, or disqualification.
- **Legal Techniques:**
 - Light touch to the body.
 - Focus to the head/face.
- **Illegal Techniques:**
 - Spinning hand techniques.
 - Contact to the head/face.
 - Contact below the belt, to the back, or joints.
 - Sweeping of any kind.
- **Scoring:**
 - All hand techniques and kicks are 1 point.
 - Under Blackbelt divisions – 3 points, 2-minute match.
 - Blackbelt divisions - 5 points, 2-minute match.

• **Warning System:**

- The majority of judges must agree in order for a warning to be called.
- First warning – for the competitor’s benefit.
- Second warning – minus 1 point to the person committing the penalty.
- Third warning – disqualification.
- Warnings do not have to be of the same infraction to qualify for minus a point or disqualification.
- Warnings are given for illegal techniques, striking non-target areas, continuing after “stop fighting” is called, uncontrolled techniques, excessive force, unsportsmanlike behavior.
- When a competitor is disqualified with only four competitors left he/she automatically takes fourth place or the lowest place left in the round such as when competitors are competing for first or second place.

Grand Championships

Junior Under Black -----Weapons & Forms

Junior Blackbelts -----Weapons & Forms

Adult Under Black -----Weapons & Forms

Adult Blackbelts ----- Weapons & Forms

Women Blackbelts ----- Sparring

Men Blackbelts ----- Sparring