



**Hall's Traditional Tae Kwon Do
Open Tournament**



Saturday, May 2nd 2026

Indian Land Recreation Center

8286 Charlotte Hwy

Indian Land, SC 29707

OFFICIAL RULES AND PROCEDURES

Thank you for taking an interest in this open style tournament. The goal of this tournament is to expose everyone's students to new styles, new people, and new ideas. Since I expect to have several different martial arts styles represented, I wanted to make sure each school understands the rules of competition, and how judging will be conducted.

The purpose of this tournament is to expand the martial arts network and family. To give our students the experience that comes with winning, losing, and competing to help them grow as a person. For everyone to have fun and go home **SAFE**. At the end of the day, we want everyone to be a better martial artist than they were when the day started.

Please spend some time looking at the information that follows and explain to your students. If you have any questions, please reach out to me at dwhallstkd@gmail.com. If you'd like to schedule a time for me to do a presentation or "workshop" with your school I will do my absolute best to make that happen.

All competitors will wear full traditional uniform with belt. You will not be allowed to compete in street clothes.

Black Belts are expected to be in full uniform, and are expected to help judge.

I look forward to a great day of friendly competition!!

I. Agenda and Schedule

- a. 7:00 am – Set up (anyone willing to help is welcome)
- b. 8:30 am – Registration Begins
- c. 9:00 am – Black Belt Meeting
- d. 9:45 am – Opening Ceremony / Introductions
- e. 4:00 pm – Competition Ends

II. Divisions

- a. We will strive to keep divisions small enough to give everyone a chance to medal, yet big enough to create competition.
 - i. In general, we will try to have no less than 5 and no more than 8 in a division. Even if that means we create multiple divisions of the same rank and age.
 - ii. Competitors will be grouped based on rank, age, size (when applicable), and gender to the greatest extent possible.

- iii. Because each school and style have different ranking systems, we ask that you annotate relative experience on the registration forms.
 - 1. Beginner = 1 to 9 months of training
 - 2. Intermediate = 10 months to 2 years of training
 - 3. Advanced = 2+ years of training up to Recommended Black Belt

III. Patterns / Forms / Kata

a. Presentation

- i. Each competitor will be called by name and present themselves to the judges.
- ii. Competitors will enter from the rear of the ring.
- iii. Competitors will bow to the judges and introduce themselves and ask permission to begin.
 - 1. Suggested format for introduction: “Judges, my name is _____. I represent *insert school name*. My form is _____. With your permission I will begin.”
- iv. Competitors will arrange themselves as needed within the ring, assume their “ready” position and begin their form when ready.
- v. Upon completion of their form, competitors will return to their “ready” position to receive their score.
- vi. After receiving their score, competitors will bow to the judges and exit the ring in a respectful manner.

b. Scoring

- i. Forms will NOT be judged on “correctness.” We should not expect a Tae Kwon Do practitioner to judge a Kung Fu form for accuracy, or vice versa. As such, Forms will be judged on the following criteria.
 - 1. Confidence/Poise – how you present yourself. Eye contact, posture
 - 2. Power
 - 3. Balance
 - 4. Flow – does the competitor move from one technique to the next, or do they stop to think.
 - 5. Technique
- ii. Competitors will be allowed one restart. Only the second attempt will be judged. (Does not apply for Black Belts. Black Belts get 1 attempt)
- iii. Points will be awarded on a scale of 6 – 10. Half points may be used.
 - 1. 5 = Unable to Finish
 - 2. 6.5 – 8.5 = Average
 - 3. 9 – 10 = Exceptional

iv. Tie Breaker

1. If a tie exists for 1st, 2nd, or 3rd place.
2. The competitors who are tied will be called up and notified of the tie.
3. Both competitors will perform their form again. (separately, not side by side)
4. Once both competitors have finished, they will be called to the center of the ring.
5. At the head judges command all ring judges will point to the winner of the tie breaker.
6. The loser of the tie break will take the next lowest ranking and everyone below them will move down a ranking.

IV. Sparring

a. Protective Gear

- i. At a minimum competitors will wear dipped foam pads:
 1. Hand pads - fully cover the fingers
 2. Foot pads – Full boot style preferred, WT style with open heel is allowed. Must be foam or padded, not hard.
 3. Head pad – covers the side, top, and back of the head. Face shield not required
 4. Mouth Guard – Dental insert to protect your teeth
- ii. Not required, but certainly welcome:
 1. Shin and/or arm pads
 2. Chest protector
 3. Groin protection

b. Brackets

- i. All competitors will spar at least twice.
 1. Tournaments are as much about learning and exposure as they are about competition. Everybody deserves to get the most out of the experience.
- ii. Depending on division size the competition will be arranged as either:
 1. Traditional “bracket” style - winners advance towards the final
 - a. This will not be double elimination. Competitors who are defeated in their first match will spar each other for experience, or to determine 3rd place.
 2. Round Robin – each competitor faces every other competitor and the best record wins

c. Competition

- i.** Rounds will be 2 minutes.
 - 1.** Continuous time. The clock will not stop unless there is an injury, warning, or the head judge determines there has been an unnecessary delay.
- ii.** First person to score 7 points, or person with the most points at the end of the round, wins.
- iii.** Points
 - 1.** All hand techniques and kick to the body are worth 1 point.
 - 2.** Kicks to the head are worth 2 points.
- iv.** You cannot score from outside the ring; you must have at least one foot in the ring to score.
- v.** Points will be awarded when the majority of judges award the same points to the same competitor.
 - 1.** Judges will call break when they deem a point should be awarded.
 - 2.** Head judge will place competitors back in the center of the ring.
 - 3.** Head judge will command “Judges Call.”
 - 4.** Judges will either point to the competitor to receive a point or make no motion at all.
 - a.** Hold up 1 finger for one point or 2 fingers for a kick to the head and two points.
 - b.** At least 2 judges must agree to earn the points.
 - 5.** If calling an infraction, the judge will make a slashing motion down and toward the offending participant.
 - a.** The center referee will confer and issue a warning as warranted.
- vi. Legal techniques:**
 - 1.** Kicks – front, crescent, round, turning, side, hook, jump, spin, ect..
 - 2.** Punch – punch, ridge hand, hammer fist, back fist, palm strike
- vii. Illegal techniques:**
 - 1.** Blind techniques – you must be looking at your target to strike
 - a.** IE – spinning backfist or back kick where the competitor can’t get their eyes on target before executing the technique
 - 2.** Sweeps / take-downs – you may not intentionally take your opponent to the ground
 - 3.** Grabs – you may not grab and hold your opponent in any fashion
 - 4.** Open handed spearing type attack (strike cannot be designed to hit with the finger tips)
- viii. Legal Targets:**
 - 1.** Chest/stomach – legal for all ages and ranks – must be above the waist.
 - 2.** Ribs – legal for all ages and ranks – must be above the waist and in front of the “shoulder seam.”

3. Head – legal for all ages and ranks - Only padded areas of the head are legal to include back, side, top, and forehead. The face (to include jawline and chin) is not a legal target.

ix. Illegal Targets:

1. Legs
2. Groin
3. Anything below the waistline
4. Back and spine
5. Face (including jawline and chin)
6. Neck and throat area
7. A downed opponent

x. Warnings:

1. Excessive contact – This is a FRIENDLY tournament, and everyone must go home safe and healthy.
 - a. Light contact point sparring.
 - b. Judges must use best judgement when determining if contact is excessive.
 - i. Was contact excessive due to lack of restraint, or because the opponents charged into each other?
 - ii. Did the head snap or deflect sharply at impact?
 - iii. Was the contact strong enough to knock the opponent off balance?
2. Repeatedly attacking illegal target areas.
3. Using illegal techniques.
4. Avoiding the fight
 - a. Turning to present the back to an attack with no intent to counter
 - b. Running out of the ring

xi. Disqualifications:

1. Drawing Blood.
2. 2nd warning.
3. Purposely using excessive force.
4. Purposely throwing, tripping, sweeping, or taking down an opponent.

V. Skills and Spirit

a. Participation

- i. Designed for students **under 6 years of age** who don't have forms and sparring to compete in.
- ii. Competitors will be placed in groups of 3 to compete.

b. Format

- i. 2 Rounds of Activity
 1. Sitting Stance and Punch

- a. Horse stance, middle stance, riding stance, ect...
 - b. At the head judges command competitors will get into the proper stance and execute a number of punches with alternating hands on the judges count.
2. Walking Stance and Front Snap Kick
 - a. Forward Stance, Front Stance, Low Stance, Deep Stance, ect...
 - b. At the head judges command students will get into the proper stance and execute a number of front snap kicks on the judges count.
 - c. Competitor will kick with one leg and return to the stance, not stepping forward.
 - d. After 4-5 kicks competitors will be directed to switch stances/sides.
3. Judges Choice
 - a. Head judge will designate a basic kick or hand technique.
 - b. Ring assistant will hold a target pad.
 - c. Competitor will strike the pad on the judges count.

c. Judging

- i. Placing will be 1st – 3rd based on
 1. Focus
 - a. Listening to Judges
 - b. Eyes on the Judges or target as appropriate
 - c. Waiting patiently
 - d. Maintaining proper body position (not wiggling or fidgeting)
 2. Balance
 3. Spirit / Energy
 - a. Loud answers
 - b. Proper Respect
 - c. Kihaps!
 4. Proper technique
 - a. Strong movements
 - b. Straight punches (not swimming or opening doors)
 - c. Good kicks with proper snap, not simply swinging the leg up.
- ii. Scoring is similar to forms competition.
 1. There will be no ties.

VI. Team Demonstration

a. Participation

- i.** Minimum of 3 members
- ii.** Maximum of 15 members
- iii.** No rank or age requirements
- iv.** Schools may enter as many teams as desired.
 - 1.** Members may only compete on 1 team.
- v.** May wear any uniform desired, but not street clothes
- vi.** All team members must be from the same school

b. Time Requirements

- i.** Minimum of 2 minutes
- ii.** Maximum of 5 minutes
- iii.** Time starts when the demo starts, or the music starts

c. General Information

- i.** Entertain the audience using a display of martial arts skills.
 - 1.** Forms or Kata's
 - 2.** Self-Defense Techniques
 - 3.** Board Breaking
 - 4.** Weapons
 - 5.** Any combination of the above. It's your demo, do what you want.
- ii.** Entering the Ring
 - 1.** Whole team enters when called, just like for Forms
 - 2.** Team gives its introduction and team captain asks permission to begin.
 - 3.** Team then arranges itself for the demo and begins.
- iii.** Props
 - 1.** All/any "knives" or "guns" must be props. Preferably rubber.
 - 2.** No dangerous props.
 - 3.** Bladed weapons must be dull edged.
 - 4.** Demo boards or real boards.
 - 5.** Team provides all its own boards, props, weapons.
- iv.** Music
 - 1.** Music is optional.
 - 2.** Tournament will provide a speaker.
 - a.** Expect either a Bluetooth or headphone type jack.
 - b.** CD player will not be available. Bring one if you need it.
 - 3.** All music must be appropriate for all ages.
 - a.** Music with foul or abusive lyrics will be turned off.
 - b.** Team using such music will be disqualified.

d. Judging

- i. Based on the following criteria
 1. Presentation
 2. Entertainment value
 3. Smooth transitions between elements of the demo
 4. Synchronization
 5. Technical Merit
 6. Difficulty Level
- ii. Scores will be from 5 to 10 using 0.5 increments.
- iii. In case of a tie judges will confer amongst themselves and declare a winner. Teams will not perform a second time.

VII. Breaking

- a. Individual event without divisions.
- b. 3 stations using re-breakable boards.
 - i. Re-breakable boards will be appropriate strength for age and size.
- c. 10 second limit at each station
 - i. Unsuccessful attempts may be retried within the 10 second limit.
- d. Techniques based on rank.
- e. Scoring:
 - i. No Break = no medal
 - ii. 1 Break = Bronze medal
 - iii. 2 Breaks = Silver medal
 - iv. 3 Breaks = Gold medal

Halls



TKD