

2022 Washington State Governor's Cup Taekwondo Championship Official Tournament Rules and Regulations

Rules and regulations apply to all participants including volunteers, staff, vendors, competitors, coaches, masters, instructors, guests and spectators. Failure to comply will result in removal from the event and property without refund, loss of decision, loss of medal or awards, legal actions taken or other penalty. Organizing Committee, Tournament chairman and directors will enforce the rules and regulations of this event.

1. Participants will always show respect, sportsmanship and goodwill to themselves and all participants of the event.
2. Participants will not harass, threaten or physically or verbally assault persons. They will be respectful at all times.
3. Participants will not act in an illegal or inappropriate way.
4. Participants will always compete, coach and participate with fair play and present themselves in a truthful manner and will not disguise their belt rank, weight class or age. Falsifying personal information will not be tolerated.
5. Participants will use and wear the approved, required and appropriate gear and present themselves in a respectable manner which is non-offensive or a safety hazard.
6. Participants will be of sound mind, clean hygiene and always act in a safe manner dictated by the sport and martial arts of taekwondo.
7. Participants will not use or be in the possession of illegal drugs (including performance enhancing drugs), tobacco, marijuana, e-cigarette or similar device or alcohol at the event or on site.
8. Participants will not bring in any firearms, knives or weapons into the event (except for use for approved demonstration purposes).
9. Participants will not conduct themselves in an unprofessional manner including physical or verbal abuse of themselves or those around them or to distract a competitor during competition.
10. Participants will only compete in one division per event with maximum of two events total. No refund shall be given.
11. Participants will not defame, damage or take property belonging to event facility or organizers.
12. Participants will not obstruct viewing of others around them, block walkways, hang legs off railing or enter restricted areas (including staging and competition floor when not authorized to do so).
13. Participants will have correctly and truthfully sign waivers for participation.
14. Participants will always show respect and follow instructions from the Washington State Governor's Cup directors, staff and officials while attending and participating at the event.
15. Participants must follow all rules regarding masks, social distancing and Covid Protocols.

Individual Taekwondo Forms (Poomsae) Competition Rules

Each participant will compete with two competitors in the ring separated by equal distance. If there are an odd number of competitors in the division, judges will determine randomly who will compete as single competitor in the ring. Competitors will be judged on power, speed, control, flexibility, stance, focus, stepping out of bounds, expertness and kihap. Judge 1: Scoring taekwondo spirit, Judge 2: Scoring accuracy of poomsae, Judge 3: Technical skills/ timing. Competitors may earn up to 1-10 points from each judge (3 judge panel) with 30 being highest score an individual can earn. In case of a tie for first place judging will be based on hand signals with participant who receives best out of 3 judges winning the tie break. Forms competitors may perform WT style taekwondo forms. Breakdown of taekwondo forms division: **Yellow Belt:** Taegeuk 1-2, **Green Belt:** Taegeuk 1-4, **Blue Belt:** Taegeuk 3-6, **Red Belt:** Taegeuk 4-8, **Black Belts:** Koryo– Sipjin. Poomsae designation will be posted no later that week of event. Black Belt Competitors must wear approved WT Poomsae or Black Vneck White Uniforms. Competitors may only register for one individual poomsae division.

Taekwondo Sparring (Gyorogi) Competition Rules

USAT sparring rules will be followed with modified head contact rules. Refer to Head Contact attachment. (Tournament director/ chairman has the right to change the duration of round, rules, division size and official decisions of events without advanced notice and remove persons from event to ensure fairness, safety and good sportsmanship). Winner of the match will be determined by electronic judging /scoring. If a match is tied a sudden death round of 1 minute will occur with the first person to score winning the match. Referees will reserve the right to adjust scoring for head kicks and deduct points for shots that were incorrectly scored in their judgment. 18-32, 15-17, 12-14 Black Belts: Best out of 3 rounds 1:30 minute each. All other divisions: Best out of 3 rounds 1 minute each. All divisions w/ 30 second rest period. Athlete must win 2 out of 3 rounds to be declared winner of the match. If an athlete wins the first two rounds, the third round will not be contested. Governor's Cup Weight Class based on current national weight classes: See USAT weight divisions.

Light head contact and JSR rules apply for all divisions with head contact except for: Black Belts 15-17 and 18-32 with regular head contact allowed. In the event electronic scoring is disabled judges will score by traditional paper method or

alternative scoring system. Electronic Chest Guard use will be in all Red Belt and Black Belt Sparring Divisions. Electronic chest guard threshold and settings will be determined based on weight and age. Final settings will be determined by tournament committee for fair play, performance and safety. Competitors may request to compete in older or higher belt rank division but must first request in writing 15 days prior to event and be approved by organizing committee. Electronic chest guard and electronic head gear (in division with head contact) will be provided by tournament committee for divisions using electronic scoring gear. Competitors must provide own e-foot protector. Daedo Gen 2 E-foot protectors are required to compete in divisions using the electronic chest guards. In case a competitor is the only person in his/her division exhibition match will not be guaranteed. It is at the discretion of the tournament director to allow for additional matches based on competitor availability, time and safety. Referee, Tournament Director & Medical staff will have the authority to end a match due to safety.

Coaches, Master, VIP:

Coaches, Master and VIP you agree to understand and follow event rules:

1. Inappropriate behavior, verbal, physical harassment or abuse will not be tolerated.
2. Agree to submit to background check if coaching.
3. To coach with the goal of athlete development, goodwill, sportsmanship and safety of the athlete.
4. Follow event dress code (see registration packet).
5. Tournament Committee reserves the right to revoke pass
6. As a courtesy, we will hold one match if athlete is waiting for coach when able to do so.

Competitors will need to arrive in the staging area to be placed into their divisions prior to their competition time. Event schedule is based on estimated completion time. Actual start of matches is determined on length of matches and number of competitors in each division. Schedule is liable to change. Please listen for announcements during the competition day. Competitors who are late may not be staged and disqualified. No exhibition matches will be given. It is at the discretion of the tournament director to allow for additional matches. Tournament Chairman and Director have the right to adjust divisions, duration of rounds, change method of scoring, electronic scoring system settings, implement point gap or point ceiling rule, determine if equipment does not meet event safety requirement or is considered a safety hazard, overturn outcome to ensure fairness, safety and sportsmanship. If a coach or competitor requests a change in score or results due to officiating, they will be required to contest in writing within 30 minutes to present their case and evidence to the tournament director who will then determine the best course of action. This may include review after event date. Tournament director's decision will be final. We are all martial artists and have a responsibility to act and display the tenets of taekwondo. By attending, sponsoring, or participating at the Washington State Governor's Cup Taekwondo Championship you have agreed to follow all the rules and regulations of this event and its organizers. You consent that any pictures furnished by me or any pictures or images of you in connection with the event can be used for publicity, promotion or video showing, and you waive all compensation in regard, thereto. In addition, you will not print, publish, post or rebroadcast any images, video or recording at the Washington State Governor's Cup Taekwondo Championship without the permission and written consent of the organizing party and committee and will agree to any penalties in unauthorized publication. No tripod or professional recording or electronic equipment will be allowed on the competition floor or stands without prior permission and must be removed if obstructing view or walkways. Contact us to make special arrangements if a participant or spectator needs assistance due to medical needs. The Organizing committee will do its best but does not guarantee all requests can or will be met. Organizing committee has the right to refuse application, entry or admission and remove person or persons from event and venue. This is a private event. These rules are not limited to the ones listed above and maybe added or altered by the tournament director and appropriate actions will be taken by the organizing committee to ensure fair play, sportsmanship and safety including removal from event or appropriate legal action. If you have any questions, contact the WA. St. Governor's Cup Committee and call Master Angie Lee at (360) 459-3661 or email wagovcup@gmail.com.