



## JUNIOR COMPETITION GUIDELINES

### CONDITIONS

#### Age Split

- 5-12 years

#### Gender

Mixed

#### Belt Split

- White to Green Stripe
- Green Belt to Black belt
- Black Belts do not compete with colour belts.

#### Venue

4 matted rings 7 x 7 metres

Medals are awarded on the ring; photos are at the podium.

Seating available for spectators.

#### Refereeing

Umpire Course is conducted before event and only fully certificated referees are appointed Centre Referee or Jury President.

#### Level 1 Certificate – Official – Age 14+ -

Blue Belt+ - ring management (registration, weight and height checks, drawsheet administration, scoring system calculation, and time keeping)

#### Level 2 Certificate – Judge – Age 14+ -

**A.** Black Belt+ - Judging (patterns, sparring, special technique, and power). Plus Level 1.

**B.** Red Belt+ - Judging (sparring, special technique, and power). Plus Level 1.

#### Level 3 Certificate – Referee – Age 18+ -

Black Belt+ - Centre Referee and Jury President. Plus Level 1 & 2.

Responsibilities are outlined in Interhouse Competitions Guidelines

Sparring rules are outline in the Interhouse Competitions Guidelines

## **PATTERNS**

6 moves

Chon Ji

Dan Gun

Do San

Won Hyo

Yul Gok

Joong Gun

Toi Gae

Hwa Rang

Choong Moo

Black Belt Patterns 1<sup>st</sup> and 2<sup>nd</sup>

## **PANEL**

3 referees (1 centre referee plus 2 referees)

1 administrator

## **Scoring**

Starts a 5.0.

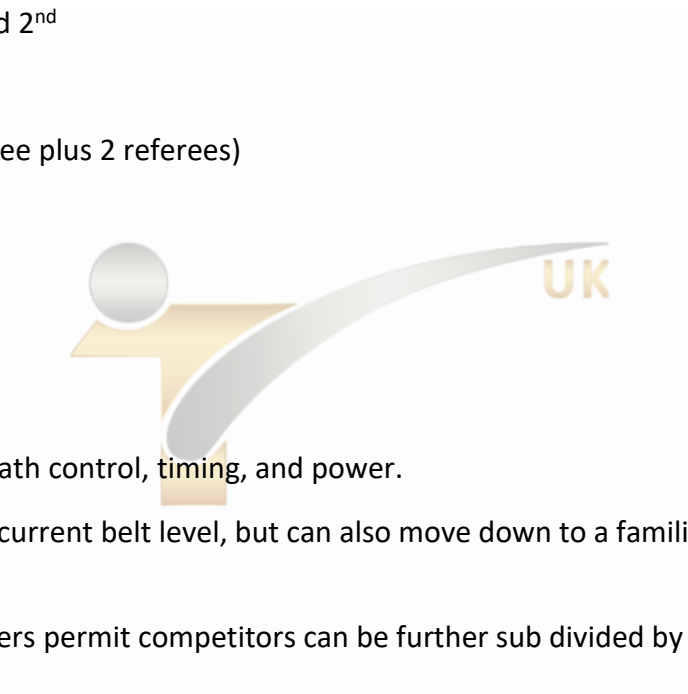
Minus 0.5 per error

Plus 0.5 for accuracy, breath control, timing, and power.

Competitors compete at current belt level, but can also move down to a familiar pattern, especially if recently graded.

Where competitor numbers permit competitors can be further sub divided by age on the ring.

Example 5-8 years, 9- 12 years.



## **SPECIAL TECHNIQUE**

### **FLYING HIGH AND FLYING SIDE**

1 centre referee

2 referees

1-2 pad holders

1 administrator

### **MEASUREMENTS**

MINUS 110CM, 120CM, 130CM, 140CM, 150CM, AND PLUS 150CM

COMPETITORS are measured on site, via premeasured wood. This should be visible to parents and spectators for transparency.

Height checks and competitor names are taken on the rings by referees.

Competitors are given verbal instructions on rules and expectations of competition and given one practice run through.

#### **Special Technique Rules:**

Start and finish technique in guarding block. Showing referee readiness to begin.

Flying Side Kick - Competitor must clear the bar, hit the pad before landing.

Flying High Kick - Competitor must have both feet clear off the ground and be in the air when hitting pad. Bicycle technique must be used.

Competitor is clear and through to next round when landing on feet. (Finish in guarding block)

Competitor is NOT clear or passed through to next round if the ground is touched (hands or fall over).

Height of apparatus is increased at each full round.

Competitors not reaching target are sat down until a clear winner is established. A gold medal is awarded.

In the event of two competitors reaching the same height or distance for 3 attempts two golds can be awarded. At the referee's discretion a silver medal can be awarded to the clear runner up, for example if only two competitors left in a group competed until the winner is established.

Competitors who are sparring are informed to stay on the ring for sparring as this is their height category.

## **SPARRING**

- 4 corner judges
- 1 centre referee
- 1 jury president
- 1 timekeeper
- 1 administrator

## **MEASUREMENTS**

MINUS 110CM, 120CM, 130CM, 140CM, 150CM, AND PLUS 150CM

COMPETITORS are measured on site, via premeasured wood. This should be visible to parents and spectators for transparency.

Competitors are informed to stay on the ring as allocated for special techniques.

Competitors are sent to get full sparring kit on, Head Guard, Mouth Guard, Sparring Hands, Sparring Feet, and Groin Guard for boys. Additional sparring equipment is allowed, face shield, and shin guards, for example.

Competitors are given verbal instructions on rules and expectations by centre referee.

Names are taken and written directly onto draw sheet. Sparring kit is checked.

Sparring bouts are timed to 1 minute.

## **JUNIOR SPARRING ROUNDS**

Winner goes through to the next round.

Loser of first round will go into consolation round. This can move to another ring if available and judged by other referees to reduce waiting time.

Competitors should have the opportunity to spar at least twice, first round, and either consolation or second round.

Large categories from same draw sheet can be conducted on two rings where available.

## **SPARRING CONDITIONS**

### **TARGET AREA**

FRONT TORSO – ABOVE BELT

FOREHEAD & AREAS COVERED BY HEADGUARD

NO **INTENTIONAL** TECHNIQUES TO THE BACK, BELOW THE BELT, OR FACE

LIGHT / TOUCH CONTACT OBSERVED