



2024 TSDMA MYTSD REGIONALS RULES

Please read the rules and become familiar with the rules prior to competing.

*****Important*****

Competitors may wear face masks.

Head, Hand, Foot, Groin (for males) and teeth protection are mandatory for sparring! Competitors will not be allowed to spar without this protective gear.

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Interclub Rules and Procedures:

General Rules:

1. Competitors may wear face masks.
2. Competitors and spectators should not attend if they have any of the following: fever of 100.4 degrees or higher (must take temperature before taking fever-reducing medications), cough, shortness of breath/trouble with breathing, chills, body aches, sore throat, sudden loss of taste or smell, vomiting, diarrhea.
 - a. If you are sick on the day of the tournament, please contact your instructor.
 - b. Refunds will be provided if the competitor misses the tournament due to illness.
3. All TSDMA competitors will compete in the SAME DIVISION in all interclub tournaments through this year, regardless of rank promotion or age change.

Weapons Rules:

1. The weapons category is for Gups/Color Belts, Cho Dan Bo (Apprentices), and Dans (Black Belts). Little Dragons and Little Ninjas may not compete in weapons.
2. Both Open and Traditional style forms are allowed. In other words, competitors may compete with any form taught by an instructor or a form that they created themselves.
3. **Dropping your weapon** – Color belts are allowed one restart from the beginning of their form. Appropriate point deductions will be made to your score. Dans/Cho Dan Bo will be disqualified – no restart.
4. **Hitting the floor** – If the weapon is going to hit the floor due to the design of the hyung, the judges should be notified in the introduction. Otherwise, hitting the floor as part of your form is not allowed and you will be disqualified in apprentice and black belt divisions. Appropriate point deductions will be made to the score in colored belt divisions.
5. Ties – Ties will be broken by the judges' vote within the scoring. In other words, the three or five judges have in effect voted with their score. Where three judges, at least two judges will have given a higher score to one competitor, that competitor wins.

Forms Rules:

1. Competitors must perform a rank appropriate traditional Tang Soo Do form only.
2. You may **not** change the movements of the form from the way your instructor taught it, you may however, add yells, or change the tempo of the form.
3. **Restart** – Under-belts (gup ranks) are allowed one restart. Appropriate point deductions will be made to your score. No restarts for Apprentices (cho dan bo) or Black Belts.
4. Ties – In the event of a tie, it will be broken by the judges vote within the scoring.

5. **Highest allowable forms (hyung) by rank are listed below.** Please review with your instructor. Forms below the competitor's rank are allowed but forms above the competitor's rank are not allowed. However, you may perform a hyung 1 level higher than listed, if it is taught at your school for your rank.

Little Dragons: instructor's discretion.

10 Gup: Ki Cho Hyung Il Bu, Ki Cho Hyung Ee Bu;

9 Gup: Ki Cho Hyung Sam Bu;

8 Gup: Pyung Ahn Cho Dan, Chil Sung Ee Lo;

7 Gup: Pyung Ahn Cho Dan, Chil Sung Ee Lo;

6 Gup: Pyung Ahn Ee Dan;

5 Gup: Pyung Ahn Sam Dan;

4 Gup: Pyung Ahn Sa Dan, Chil Sung Il Lo;

3 Gup: Pyung Ahn Oeh Dan, Bassai Seo/Sho;

2 Gup: Bassai Dai;

1 Gup: Nai Ahn Chi Cho Dan;

CDB (apprentice): Chil Sung Sam Lo, Doo Moon;

Cho Dan: Jinto, Nai Ahn Chi Ee Dan, Chil Sung Sa Lo, Sojin;

Ee Dan: Lo Hai, Koong San Koong So, Nai Ahn Chi Sam Dan, Chil Sung Oeh Lo;

Sam Dan: Koong San Koong Di, Sip Soo, Chun Jul

Sparring Rules:

1. **Sparring Gear and mouth guards are mandatory.**
 - a. Mouth guard, head/hand/foot gear is required for all competitors.
 - b. Foot gear may not be required in the very young and low-ranking age groups.
 - c. Groin protection will be required for ALL males.
2. Sparring Points
 - a. 2 minutes cumulative points, or 5-point spread. In case of a tie, the match will continue and the competitor scoring next point will be declared the winner.
 - b. Every technique will be scored as one (1) point, there are no 2- or 3-point techniques.
3. Point Area
 - a. **Color belts** – contact to the head, groin, or back will be considered a foul.
 - i. 1st time results in a warning.

- ii. 2nd time 1 point will be awarded, 3rd time competitor will be disqualified.
 - b. **Apprentices and Black Belts** – groin, back or excessive contact to the head will be considered a foul. Same warning system as color belts. As determined by Head Judge.
4. Contact
- a. There will be no contact to the head in color belt divisions. This rule will be strictly enforced.
 - b. Light touch to the head will be allowed in Cho dan bo and Dan sparring but will not be necessary if the technique is deemed to be close enough to the head, and contact could have been made.
 - c. **Excessive Contact** - If the head judge feels that contact to any part of the body was made intentionally or with malice, the competitor will be disqualified without a warning.
5. Out of Ring
- a. If a competitor runs out of the ring 3 times, there will be a point awarded and one more point for each offense thereafter. If the competitor fights his/her way out of the ring, there will be no offense.
6. Restart
- a. The match may be stopped and restarted for safety reasons.

Board Breaking Rules:

1. Boards – Competitors may not supply their own boards and must use boards supplied by the event. Competitors will be given boards at the ring starting at the top of the pile. No one will be allowed to choose which boards they get.
 - a. Number of boards
 - i. Little Dragons/Little Ninjas and 10 through 4 Gups are allowed two boards.
 - ii. Red Belts (3 gup) through Apprentices and Black Belts are allowed unlimited boards.
 - b. Board sizes
 - i. Competitors ages 4-7 years will use ½" x 6" x 12" pine.
 - ii. Competitors ages 8-12 years will use 1" x 6" x 12" pine.
 - iii. Competitors ages 13 and up will use 1" x 8" x 12" pine.
2. Stands/holders – Human held, self-held breaks or breaks using wooden stands are allowed. Wooden stands will be supplied. No one will be allowed to bring their own stands. Human holders are allowed but each competitor must supply their own people.
3. Stations – All competitors are allowed two stations.
4. Attempts
 - a. Three attempts will be allowed. If after three attempts a competitor has failed to successfully break the board(s), they will not be given a score.

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- b. Competitors cannot receive a medal if they fail to break any boards. In effect, if all competitors but two fail their breaks, only Gold and Silver will be awarded.
5. Ties – Ties will be broken by the judges' vote within the scoring. In other words, the three or five judges have in effect voted with their score. Where three judges, at least two judges will have given a higher score to one competitor, that competitor wins.

Procedures: Arrival and Competing

1. All participants, judges, timekeepers, and scorekeepers are asked to conduct a health screening the day of the tournament, prior to arriving. DO NOT COMPETE IF YOU ARE SICK.
2. Spectators should remain on the bleachers as much as possible keeping non-competing children with them at all times.
3. Only competitors and officials are allowed on the main floor. You may walk around the floor to get to the bathroom or concession, but do not loiter there.
4. Tournament divisions will be finalized after online registration closes. During the week prior to the tournament, it is possible that your Breaking division will have an overlapping rank which may affect the size boards you are allowed to use or be required to use.
5. Medals will be awarded after each category at the MYTSD Banner. Medals for board breaking will be awarded at the breaking rings.

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Waterbury Police Activity League (PAL) Gym
64 Division Street
Waterbury, CT 06704

