



GENERAL RULES

Guest Guidelines

- **Courtesy & Respect** – Be courteous, respectful, kind and practice good sportsmanship.
- **Cleanup** - Please remember to pick up your trash, water bottles, paper etc.
- **Language** – No cursing or inappropriate language is allowed. Competitors can receive point deductions or be disqualified for cursing, using inappropriate language, trash talking and/or poor sportsmanship.
- **NO Smoking** – The location is a NO SMOKING venue. There is no smoking on venue grounds or parking lots including electronic cigarettes.
- **Alcoholic Beverages** – Alcoholic beverages are not permitted at the tournament or on the venue grounds.
- **No eating inside the Gym** – There will be a designated area for eating.
- **Competition Area** – The competition area includes the competition rings and surrounding space where athletes compete or wait to compete. Only authorized personnel are permitted in this area. Anyone in this area is required to have appropriate credentials.
- **Practice & Warmups** – The competition area will be available for practice and stretching before the competition begins. All practice and warmups before, during and after the tournament must be conducted in a safe manner. Please be careful and cautious of others around you.
- **Injury** - In case of an Injury we will have the EMT Rescue Unit on premises.

Coach Behavior

- Coaches are expected to present themselves in a manner that is consistent with the spirit of Taekwon-Do and good sportsmanship.
- Coaches' attire that is considered offensive or derogatory will not be allowed.
- Is up to the referee to ensure that coaches are representing Taekwon-Do properly.
- Coaches that are in violation of the tournament standards and rules will be asked to leave the area.
- Coaches must be calmly remaining seated during the match.
- Coaches may not use video cameras, cell phones, earphones, etc. while sitting in a coach's chair.
- Coaches may calmly direct comments to their own player only (during sparring).
- Comments considered to be too exciting or directed towards the referees which are intended to either influence their decision or protest scores and penalties will result in penalties being issued.
- All Coaches must attend the Official meeting before the tournament.
- Only registered coaches will be allowed on the competition floor. Coaches can be Master, Instructor, Assistant Instructor, or a Registered Black Belt. Coaches are required to upload a picture (only Headshot) to their profile.

Competitors

Is the competitor's responsibility to be available after their name is called for competition. If the competitor does not report to the ring before the 3 minutes expired, they will be disqualified from the match, making the other competitor the winner of that event.



Dress Code (Dobok) and Gear

 ITF Opened Event	 ITF Sanctioned Event
<p>Uniform (Dobok) A Dobok (any color) with a Belt representing their rank should be worn at all times. competitors with only t-shirts will not be allowed to compete. A t-shirt under the dobok is required for female competitors and optional for male competitors.</p> <p>This is a professional tournament and rules should be followed at all times.</p> <p>Sparring Gear All competitors must have the following mandatory gear to compete in the Sparring Division:</p> <ul style="list-style-type: none">• Foot (covering feet and toes, with no external damage)• Hand (covering knuckles and fingers, with no external damage)• Head (protecting the front, back and side of the head, with no external damage)• Face shields will be allowed ONLY for competitors 9 years old and under.• Mouthpiece (Single or Double)• Groin Cup (for boys is mandatory)• Shin Guards (optional)	<p>Uniform (Dobok) A Dobok (ITF Approved) with a Belt representing their rank should be worn at all times. A t-shirt or competition brow under the dobok is required for female competitors.</p> <p>Patterns</p> <ul style="list-style-type: none">• The ITF Scoring System will be used for judging. Please refer to ITF Umpire Rules. <p>Sparring Gear All competitors must have ITF Approved Gear to compete in the Sparring Division:</p> <ul style="list-style-type: none">• Foot (covering feet and toes, with no external damage)• Hand (covering knuckles and fingers, with no external damage)• Head (protecting the front, back and side of the head, with no external damage)• No face shields are allowed.• Mouthpiece (Single or Double)• Groin Cup (for boys is mandatory)• Shin Guards (optional)