

OPEN DUTCH CHAMPIONSHIPS TANG SOO DO 1ST APRIL 2017

BY TANG SOO DO MUDJEOK E YONG

RULES AND REGULATIONS

SPARRING

1. Traditional uniforms must be worn
2. Proper discipline and respect must be maintained at all times.
Any disrespect or improper attitudes will constitute an immediate disqualification
3. There will be 3 judges in each ring
4. Match duration is 2 minutes or 5 points difference
5. When 2 minutes are passed and there is no winner the match goes on in sudden death. This means the first one who scores is the winner. All judges must see the scoring point!

Sparring gear for hands are required for youth. Sparring gear for head, hands and feet are **required** for all adult sparring competitors (14 and older).

Illegal techniques:

- Spinning hand techniques
- Below the belt kicks or hand techniques
- No sweeping
- No grabbing

Also not allowed:

- Unsportsmanlike conduct such as "showboating" (i.e. jumping up and down, raising hand in air)
- Cheering for oneself etc. when a point is scored or thought to be scored
- Running out of the ring
- Coaching from the sidelines from parents, instructors, etc.
- Arguing with judges about a call
- All of the above can result in a warning, loss of point or disqualification!

What's legal?

Light Body Contact in adult competition (skin touch)

Point/Scoring system:

1 point techniques:

- Hand techniques to the body or head
- Kicks to the body or head

2 point techniques:

- Spinning techniques to head or body
- Jumping kicks (non kicking leg must be knee level off the floor).
- Blocking and immediate counter technique

All techniques must be correct and in proper distance (hand 5cm from target, feet 10cm from target)

No contact allowed in the youth divisions! In the adult competition a skin touch is allowed.



BREAKING RULES

1. Competitors must supply their own wood or breaking boards
2. Materials for breaking will be wood for adult competitors
3. Materials for breaking will be wood or special plastic breaking boards for competitors under age of 14
4. Only the competitors and their holders are allowed in the ring
5. All adult competitors are limited to 3 breaks (stations). The youth is limited to 2 breaks
6. Three attempts to break will be allowed.
7. Ties: Competitors will do one 1 break of their choosing, with one 1 board
8. Separators are not allowed

Size of the wood:

For 14 yrs and above: 25 x 25 x 1,8cm

Maximum wood size: 30 x 30cm

FORMS

1. Any traditional form of Chil Sung form is allowed
2. The use of music is not allowed
3. SCORING: lowest score 6 points, highest score 10 points
4. There are 3 judges in each ring
5. In the event of a tie another form may be requested. If the student is new and only knows one form, he or she can repeat the same form

WEAPON FORMS RULES

1. Music is not allowed
2. SCORING: lowest score 6 points, highest score 10 points
3. There are 3 judges in each ring
4. In the event of a tie, the competitor can perform a different form or perform the same form