



21st ANNUAL SACRAMENTO INVITATIONAL TAE KWON DO CHAMPIONSHIP

June 22nd, 2024

West Park High School, 2401 Panther Pl, Roseville, CA 95747
 Register online at: WWW.SACINVITATIONAL.COM
 Text or Call for more Info: (916) 288-9830

COMPETITION RULES & REGULATIONS

The Organizing Committee recognizes that each school may have a different belt color system. Please refer to the rank & color

COLOR BELT CHART

Rank	10-9-8-7	6-5	4-3	2-1	Poom-Dan
USAT/Kukkiwon Belt Colors	White-Yellow-Orange	Green-Purple	Blue	Brown-Red	Black
Poomsae: Taeguek	1 or 2	3 or 4	5 or 6	7 or 8	Designated Rank

POOMSAE: Poomsae competitors must perform only the Poomsae designated for their specific rank. Scores will be based on: proper order, beauty, grace, rhythm, accuracy, power, technique and attitude. Authorized Poomsae are those approved by the World Taekwondo Federation: Taeguek 1-8 and black belt Poomsae:

KYOROOGI: The current USAT competition rules will govern this championship. The Organizing Committee may modify some rules according to the local conditions. It also reserves the right to combine or divide weight categories depending on the number of players in their respective groups. The Sacramento Invitational Tournament Organizing Committee reserves the right to make modifications to the divisions to provide fair and sufficient competition for all competitors. In the event that the Tournament Committee cannot find a suitable match, we will attempt to arrange an exhibition match. If a suitable match cannot be made, you will be awarded a gold medal for an uncontested win. There will be no refund due if no suitable match can be made.

KYOROOGI Rules for Ages 7 & Under (All Belts) and Ages 11 & Under (Color Belt Divisions)

Sparring competitors, ages 11 & under (color belts) and 7 & under (all belts), may not make head contact at any time during the competition. Any competitor who executes a technique to the head area will be subject to one of the following actions:

1. Any technique attempted to the head area but does not make contact will be given a warning by the referee (Kyong-go).
2. Any technique which causes injury to the head area will result in a one-point deduction by the referee (Gamjeom)
3. If the competitor cannot continue because of injury caused by contact with the head area, the attacker will be disqualified.
4. The referee, with or without consultation with the tournament medical staff, shall determine if there is an injury and if the attack is excessive or non-excessive.

Note: Inability to continue competition because of fright, crying or loss of will following a legal kick to the body, does not constitute grounds for disqualification of the attacker.

KYOROOGI Rules for Competitors Ages 8-11 (Black Belts), Ages 12-14 (All Belts), and Ages 15-17 (Color Belts)

1. The competitor is allowed to kick to the facial area; however, the kick must be **LIGHT** contact with appropriate control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
2. The competitor who executes a successful technique (light contact without causing injury) shall be awarded three (3) points.
3. The competitor who executes a kick to the face which results in a minor injury, shall receive a one-point deduction ("Gam-jeom"). A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament medical staff, shall determine if the abrasion or bleeding is a minor injury and if the attack is a non-excessive one.
4. The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if an excessive contact, and if the injury is a major one.

Note: Inability to continue because of fright, crying or loss of will, following a LEGAL kick to the head, does not constitute grounds for disqualification of the attacker.

Excessive contact to the facial or head area:

5. Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact to be excessive and declare the appropriate penalty.
6. Where Junior Competition Rules are in effect per USAT Article 1.B, the competitor who executes a successful technique to the face (light, controlled contact without causing any injury) shall be awarded three points. This is to better align with current WTF standards; however, the criteria for "excessive contact" will continue to be strictly enforced.
7. 8-Count: Under Junior Competition Rules, the referee should NOT give an 8-count for ANY technique, even a legal one, to the head area; if a kick to the head is powerful enough to warrant an 8-count it should be considered excessive, and the appropriate penalty should be declared. However, the referee can and should begin an 8-count for a legal kick to the trunk area that results in a knock-down condition.

Competition Category	Punch to Body	Kick to Body	Turning Kick to Body	Kick to Head	Turning Kick to Head
Black Belts 15-17 & 18 - 32	1 Point	2 Point	4 Points	3 Points	5 Points
Black Belts 8-11 & 12-14	1 Point	2 Point	4 Points	3 Points	5 Points
Black Belts 7 & Under	1 Point	2 Point	4 Points	N/A	N/A
33 & Over All Belts	1 Point	2 Point	4 Points	3 Points	N/A
Color Belts 12 - 17	1 Point	2 Point	4 Points	3 Points	N/A
Color Belts 4 - 11	1 Point	2 Point	4 Points	N/A	N/A