



## FREQUENTLY ASKED QUESTIONS ABOUT TAEKWONDO TOURNAMENTS.

***Q. Is my child required to compete?***

A. No, competition experience is not required. HOWEVER ... participating in tournaments is highly encouraged and regarded as an essential part of the learning experience. Students that do not compete typically progress at a much slower rate than students that do compete.

***Q. What basic equipment is needed to compete in tournaments?***

A. Each student is responsible for bringing their own equipment to tournaments. The instructor does not bring an extra supply of equipment. The basic equipment includes:

- V-neck Style Do-bok (uniform)
- Mouth Guard
- Forearm Guards
- Chest Protector
- Some tournaments may require additional padding for the fist and instep.
- Dee (Belt)
- Cup
- Shin Guards
- Helmet

***Q. My child is only a \_\_\_\_\_ belt. Is he or she ready to compete in tournaments?***

A. Yes. Competitors will be matched with others of the same age and rank. If you plan on participating in any competitions it is highly recommended to begin as soon as possible. The longer someone waits to enter their first tournament the more likely they are to develop a fear of competition and they will have less experience than other competitors in their division. Students that compete early-on are ahead of the curve, have more self-confidence, enjoy competition and take training more seriously. Inform the instructor about your competition plans so that he or she can help your child to be as prepared as possible.

***Q. How much does it cost to go to a tournament?***

A. Entry fees for regional and local competitions are typically \$40.00-\$50.00 per tournament. National and international tournaments are typically \$75.00 and up. Usually, parent and spectators are charged a small admission fee to watch the competition.



***Q. Will my child be coached at tournaments?***

- A. Instructors will make every effort to be available at tournaments for coaching. However, depending on the number of students participating in the tournament, the type of sparring (stop-point vs. continuous), and rank of individual competitors, instructors may not be available for each student. As a rule, the higher ranked students are given first priority for coaching input due to the level of competition and the amount of time invested in training.

***Q. How are the children sorted into sparring and forms divisions?***

- A. Depending on the number of participants, competitors are sorted for sparring based on height, weight, rank and gender. When signing up for a tournament, you will be required to fill in all of this information on the registration form. Tournament officials will do their best to sort children based on these criteria. Occasionally, two or more small divisions may be combined to provide the participants with more competition.

***Q. How are points scored in sparring matches?***

- A. The following techniques will score under the USTU sparring rules:
- Kicking the Headgear or Chest protector with any part of the foot below the ankle.
    - Children under 12 are not permitted to make contact to the head.
    - Children 12-17 are allowed to make light contact to the head.
    - Adults over 17 are allowed to make full contact to the head.
  - Punching the chest protector with the forefist.
  - Any legal technique that results in a knockdown will score an additional point.

***Q. What things are prohibited in sparring matches?***

- A. The following acts are prohibited in sparring and may result in the loss of points or disqualification as declared by the referee.
- |  |  |
|--|--|
| · Crossing the Boundary Line   | · Falling down                                     |
| · Evading by turning the back to the opponent  | · Grabbing the opponent                            |
| · Holding the opponent   | · Touching the opponent with the hand or the trunk |
| · Pretending injury  | · Butting or attacking with knee                   |
| · Attacking the groin  | · Stamping or kicking any part of the leg or foot  |
| · Hitting the opponent's face with hands or fist   | · Avoiding the match                               |
| · Interrupting the progress of the match on the part of the contestant or the coach and unsportsman-like conduct |  |



***Q. How can a sparring match be protested or stopped?***

- A. At sanctioned USTU and WTF competitions, when a decision seems to violate the rules an official protest can be made by a certified Coach. Each protest must be written on the official protest form and presented to the Chairman of the Umpire Committee within five minutes from the end of the match. The Umpire Committee will then examine the circumstances of the protest and will decide:
- 1.) to validate the match;
  - 2.) to repeat the match;
  - 3.) to assign the victory of the match to the loser;
  - 4.) to disqualify both competitors.

Most local and regional competitions do not allow matches to be protested but all competitions will allow a match to be stopped either by the tournament personnel, the competitor, the coach or the parents. Regardless of the rules, YOU (the parent) have the final say regarding your child's safety. Just because someone is a referee or a Black Belt does not mean they have common sense or concern for your child's safety. If you believe that your child is mismatched, calmly and politely inform the ring personnel or Coach that your child WILL be withdrawn from competition, state your position and do not allow the match to proceed.

***Q. Where can I get more information on tournament rules?***

- A. Although we train to compete using the same rules used in the Olympic Games, not all Taekwondo tournaments are created equal. Ultimately, the person or organization sanctioning the tournament has the final say regarding rules. Most tournaments will provide a printed copy of the competition rules with their entry forms, some smaller tournaments may wait until competition day to announce the rules. To learn more about Olympic Style Taekwondo rules, terminology, judging, and taekwondo as practiced under U.S.T.U. and W.T.F. guidelines, visit [www.wtf.org](http://www.wtf.org) and [www.ustu.org](http://www.ustu.org).

***Q. What can I do to make competition a positive experience?***

- A. It is imperative that you do everything possible to support your child and ensure that competition is a positive experience. Help your child prepare by bringing them to class often. Provide time for practice and tournament preparation outside of class. Make sure they understand what is legal and what will result in a warning or deduction. Shape your child's competition experience by starting at smaller tournaments allowing him or her to experience some success before competing at the higher levels. Guarantee your child that he or she has your support, you are proud of them, and the most important thing is that they always do their absolute best and learn from the experience. Be aware of the example you are setting, do not make excuses for your child by blaming the officiating. Never tell your child "I told you so" or "You should have done 'X' but instead you did 'Y'". Refrain from pointing out glaring mistakes, since they will be painfully aware of them already. Win, loose or draw focus on the positive aspects immediately following competition and when your child is ready, help them to plan how they improve their next performance. When their competition is over, allow them to relax and enjoy the tournament by cheering for classmates or possibly going out afterwards. Remind them that competition experience is an invaluable training tool that will help them discover and evaluate their weaknesses and strengths alike. If they use the experience in a positive way, improvement and growth is inevitable.