

Competition Rules

California State Games Taekwondo Championships

POOMSE/FORMS

Poomse competitors must perform only the Poomse designated for their specific rank. Scores will be based on; proper order, beauty, grace, rhythm, accuracy, power, techniques and attitude. Authorized Poomse are those approved by the World Taekwondo Federation: Taeguek 1 -8, Palgwe 1-8 and black belt Poomse; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonwon, Hansoo & Ilyo. All weight divisions compete together in each age group for both Male & Female. The age groups are the same as Kyo-roogi, except the oldest age group is 33 & older. The current USA Taekwondo 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 size of the group. Head kicks for juniors (light contact only) will be allowed in addition to head kicks for senior divisions. However, if referee and judges feel an injury was due to a malicious attack (with anger or the intent to injure), the attacker will be disqualified.

Rank	10-9	8-7	6-5	4-3	2-1	1st Dan	2nd Dan	3rd Dan	4th Dan
WTF Belt	White	Yellow	Green	Blue	Red	Black	Black	Black	Black
Other Belt	White	Yellow Orange	Purple Green	Brown	Red	Black	Black	Black	Black
Taeguek Palgwe	1	1 or 2	3 or 4	5 or 6	7 or 8	Koryo	Keum-gang	Taebaek	Pyong-won

White to Red Belt All Ages & Black Belt Ages 33 & Above (in pounds)

Age	Female Light	Male Light	Female Middle	Male Middle	Female Heavy	Male Heavy
Under 5	under 40.1	under 42.8	40.1 - 55.0	42.8 - 55.0	42.8 - 55.0	over 55.0
6 - 7	under 47.6	under 50.1	47.6 - 66.7	50.1 - 65.0	over 66.7	over 65.0
8 - 9	under 64.8	under 65.1	64.8 - 79.7	65.1 - 80.0	over 79.7	over 80.0
10 - 11	under 82.1	under 82.1	82.1 - 97.0	81.1 - 96.7	over 97.0	over 96.7
12 - 13	under 105.1	under 103.1	105.1 - 120.0	103.1 - 118.0	over 120.0	over 118.0
14 - 17	under 117.1	under 137.1	117.1 - 132.0	137.1 - 152.0	over 132.0	over 152.0
18 - 32	under 125	under 157	125 - 147	157 - 170	over 147	over 170
33 - 39	under 135	under 167	135 - 150	167 - 182	over 150	over 182
40 - 49	under 135	under 167	167 - 182	135 - 150	over 150	over 182
50 & older	under 135	under 167	167 - 182	135 - 150	over 150	over 182

KYOROOGI

Sparring Rules For Competitors Age 6-11 Years Old:

Sparring competitors, ages 6-11 years old, may not make head contact at any time during the competition. A competitor who executes a technique to the head area will be subject to one of the following actions:

- Any technique attempted to the head area but does not make contact, will be given a warning by the referee (Kyong-go)
- Any technique which makes any contact with the head area will result in a one-point deduction by the referee (Gamjeom)
- If the competitor cannot continue because of contact with the head area, the attacker will be disqualified
- 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

Sparring Rules For Competitors Age 12-17 Years Old:

The competitor is encouraged to attempt kicks to the facial area, however absolute control must be exercised or the appropriate penalty shall be invoked

- The competitor who executes a successful technique (light contact without causing injury) shall be awarded one point
- The competitor who executes a kick to the face or neck, which results in a minor injury, shall receive a one-point deduction. A minor injury is defined as an abrasion or bleeding caused by excessive contact.
- The competitor who executes a kick to the face or neck, which results in the inability of the opponent to continue because of injury, shall be disqualified. The jury, referee and judges, after consultation with the tournament physician, if necessary, shall make this determination. (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)
- World Class Black Belt competitors, ages 14-17 and 18-32 will follow WTF senior competition rules
- Certain rules and/or regulations are subject to change at the discretion of the tournament producer

Developmental Black Belt Sparring Divisions (in pounds)						
Male Age	Male Fin	Male Feather	Male Light	Male Welter	Male Middle	Male Heavy
10 - 11	under 65.1	65.1 - 78.0	78.1 - 90.0	90.1 - 102.0	102.1 - 115.0	over 115.0
12 - 13	under 75.1	75.1 - 87.0	87.1 - 100.0	100.1 - 112.0	112.1 - 125.0	over 125.0
Age	Female Fin	Female Feather	Female Light	Female Welter	Female Middle	Female Heavy
10 - 11	under 65.1	65.1 - 78.0	78.1 - 90.0	90.1 - 102.0	102.1 - 115.0	over 115.0
12 - 13	under 70.1	70.1 - 82.0	82.1 - 94.0	94.1 - 106.0	106.1 - 120.0	over 120.0

2007 California State Games Taekwondo Championships
 Jenny Craig Pavilion, 5998 Alcalá Park, Info: (619) 255-5314
 Cal-State Games <http://www.calstategames.org>

World Class Black Belt Sparring Divisions (in pounds)										
Male Age	Fin	Fly	Bantam	Feather	Light	Welter	Light Middle	Middle	Light Heavy	Heavy
14 - 17	under 99	99.0 - 105.8	105.9 - 112.4	112.5 - 121.2	121.3 - 130.0	130.1 - 138.9	139.0 - 149.9	150.0 - 160.9	161.0 - 172.0	over 172
18 - 32	under 118.9	118.9 - 127.6	127.7 - 136.4	136.5 - 147.4	147.5 - 158.4	158.5 - 171.6		171.7 - 184.8		over 184.8
Female Age	Fin	Fly	Bantam	Feather	Light	Welter	Light Middle	Middle	Light Heavy	Heavy
14 - 17	under 92.5	92.5 - 97.0	97.1 - 101.4	101.5 - 108.0	108.1 - 114.6	114.7 - 121.2	121.3 - 130.0	130.1 - 138.9	139.0 - 149.9	over 149.9
18 - 32	under 103.5	103.5 - 112.2	112.3 - 121.0	121.1 - 129.8	129.9 - 138.6	138.7 - 147.4		147.5 - 158.4		over 158.4