

# GENERAL CHOI MEMORIAL CUP CHAMPIONSHIP TOURNAMENT RULES

## CRITERIA FOR EVALUATING PATTERNS:

### Patterns will be judged based on:

- accuracy of movements
- execution of movements in correct well-balanced posture
- power
- synchronization, rhythm and definition of the movement
- breathing
- finish and end on the same point

## SPARRING RULES:

### Points awarded:

- |          |   |                                                           |
|----------|---|-----------------------------------------------------------|
| 1 point  | - | hand technique to body while on the ground                |
| 1 point  | - | hand technique to head while on the ground                |
| 1 point  | - | foot technique to the body while on the ground            |
| 2 points | - | hand technique to the head while in the air               |
| 2 points | - | foot technique to the head while on the ground            |
| 2 points | - | foot technique to the body while in the air               |
| 3 points | - | foot technique to the head while in the air               |
| 5 points | - | 360° spinning foot technique to the head while in the air |

### PENALTIES:

**One warning** is given to the competitor for committing the following:

- exit floor space
- blocking only and refusing to fight
- turning one's back except to execute a technique
- facial contact
- falling down
- pushing, grabbing, holding, sweeping and/or throwing

**One Minus Point** is given to the competitor for committing the following:

- three warnings accumulated in the same round
- hitting opponent while on the floor
- hitting unauthorized target area
- continuing after referee's command to stop
- hard contact

**Disqualification** of competitor for committing the following:

- three minus points have been registered
- causing an injury when hitting an unauthorized target area
- causing an injury when using an unauthorized technique
- excessive contact
- loss of control
- disrespectful to authorities

### SPARRING EQUIPMENT

#### REQUIRED:

- Foam-dipped helmet
- Closed-finger gloves
- Foot protectors
- Shinguards
- Groin protector (optional for females)
- Mouthguard

**PLEASE NOTE THIS IS A NON-CONTACT  
TOURNAMENT!**

## BLACK BELT SPARRING

Each black belt round will be composed of two (2) two-minute rounds.

- the first round will be based on a point-stop flag system (the corner judges will call and award points immediately by use of flags).
- the second round will be continuous sparring with the corner judges noting the points on a score pad.

A winner will be declared for each round. If the same person wins both rounds, they will move on in the competition.

If there is a split decision (each person wins one round), the competitors will spar for one minute for the "golden point". The first person to score a technique agreed upon by all 4 corner judges, will be declared the winner.

If no point is scored after one minute, a further minute will follow.

If there is still no clear point, then the judges will decide the winner by a show of hands.