

2024 Hurricane Taekwondo Cup

GENERAL INFORMATION

Please read this tournament handbook and become very familiar with the rules.

TIME: Doors open 8am & Competition begins at 9am

LOCATION: Carrollwood Day School 1515 W Bears Ave Tampa, FL 33613

REGISTRATION: Online registration only for all participants (coaches and athletes),
www.worldchampioncenter.com/hurricane

All registration must be completed online PRIOR to the event. There will be NO onsite registrations.

REGISTRATION DEADLINE & COMPETITION FEE:

All registration deadline is March 6, 2024. There will be no onsite registration.

Early Registration	February 29, 2024	<ul style="list-style-type: none">• \$85 for one event,• \$20 more for each additional event excluding Pair Form, Team, Demo Team• Pair Poomsae - \$70 per pair• Team Poomsae \$70 per team• Demo Team- \$200 per team
Late Registration	March 1-6, 2024	<ul style="list-style-type: none">• \$95 for one event,• \$20 more for each additional event excluding Pair Form, Team, Demo Team• Pair Poomsae - \$80 per pair• Team Poomsae \$80 per team• Demo Team- \$250 per team

COMPETITOR AWARD: Medals for Individual Poomsae, Breaking, Sparring and Weapon. will be award to one 1st, one 2nd and two 3rd place winners. Trophies for Pair and Team Poomsae and Demonstration. **Hurricane Champion™ Trophies** for Black Belt- WT only Poomsae, High Kick, Speed Kick, Power Kick.

TYPE OF COMPETITION:

Events	Age	Belts
1. Mini Ninja Course	7-year-old and under	All belts
2. WT Poomsae – Color Belt	All age	Color belt
3. WT Poomsae- Black Belt	All age	Black belt only
4. Open Form	All age	All belts
5. Pair Form- 2 athletes only	All age	All belts
6. Team/ Family Form- 3 or more athletes	All age	All belts
7. Freestyle Breaking	All age	All belts
8. High Kick	All age	All belts
9. Speed Kick	All age	All belts
10. Power Kick	All age	All belts

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11. World Class Demonstration Team	All age	All belts
12. Festive Demonstration Team	All age	All belts
13. Weapons	All age	All belts
14. Sparring	All age	All belts

UNIFORM & MANDATORY SAFETY EQUIPMENT: All competitors must wear a clean and wrinkle free uniform.

Mandatory Safety Equipment required for all Sparring contestants:

1. head gear
2. chest gear
3. forearm guard
4. instep and shin guard
5. Mouthpiece
6. protective cup (male only)
7. **Daedo socks (Black Belts only)**

BREAKING COMPETITION BOARD FEE: \$3 each. All breaking boards must be purchased at the competition. Judges reserve the right to inspect any and all materials at the time of competition.

SPECTATOR FEE: \$10 per person; Children 5 and under- FREE
Admission tickets must be purchased at the door during the competition.

COACH PASS: \$50. Each participating school will receive 2 coach badges. Register at www.worldchampioncenter.com/hurricane by March 1, 2024.

FOOD: Concessions will be available for purchase onsite

TOURNAMENT DIRECTOR: Master Kang 813-525-8321

CUSTOMER SERVICE CONTACT: Jessica Jung 813-728-4409

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SCHEDULE OF EVENTS

8:00 AM	CREDENTIAL PICK UP Receive Competition Tag, purchase boards, and prepare for competition.
	REFEREE MEETING
8:30 AM	COACH'S MEETING
9:00 AM	OPENING CEREMONY / NATIONAL ATHEM
	SPECIAL TAEKWONDO DEMONSTRATION
	COMPETITION BEGINS – Competitors to Rings
	<u>MINI NINJA OBSTACLE COURSE COMPETITION</u> – All belt under 7 years old
	<u>POOMSAE COMPETITION</u>
	1. WT Poomsae- Color Belt
	2. Open Poomsae- All Color Belt and Black Belt
	3. Black Belt- WT Poomsae- Hurricane Champion Trophy Koryo- Under 12-year-old KeumGang- 13–16-year-old TaeBaek- 17–30-year-old Pyeong-won- 31-year-old and up
	4. Pair Poomsae- All Color Belt and Black Belt
	5. Team Poomsae- All Color Belt and Black Belt
	<u>BOARD BREAKING COMPETITION</u> - All Color Belt and Black Belt
	1. Freestyle Board Breaking
	2. High Kick (TR Pad)- Medals & <i>Hurricane Champion™ Trophy</i>
	3. Speed Kick (TR Pad)- Medals & <i>Hurricane Champion™ Trophy</i>
	4. Power Kick (TR Shield)- Medals & <i>Hurricane Champion™ Trophy</i>
	<u>WEAPON COMPETITION</u> - All Color Belt and Black Belt
12:00PM	LUNCH- The competition will continue throughout the day. Snacks will be available at the venue. Competitors chose their own lunch time and must prepare for the upcoming event. Rings and judges will have designated lunch time.
	<u>DEMONSTRATION COMPETITION-</u> All Color Belt and Black Belt
	1. Festive Demonstration
	2. World Class Demonstration
	<u>SPARRING COMPETITION-</u> All Color Belt and Black Belt

COMPETITION DIVISIONS & RULES:

MINI NINJA OBSTACLE COURSE

Open to all competitors aged 7 and younger and split into by age and height. Participants will be tested on how fast they can complete the obstacle course. Aside from form techniques the judges will test on the following criteria: Power, Balance, Focus, Respect, and Cleanliness/Neatness. Winner will be declared after one round of competition.

COMPETITION DIVISIONS & RULES: POOMSE (FORMS)

The poomsae category is subdivided into 5 categories: **WT Color Belt Poomsae, WT Black Belt Poomsae, Open Poomsae, Pair Poomsae and Team Poomsae.**

JUDGING CRITERIA: Winner will be determined by show of hands.

1. Accuracy and precision of:
 - a. Stances
 - b. Hand techniques
 - c. Kicking technique
2. Presentation:
 - a. Tempo
 - b. Power
 - c. Eye Focus
3. Taekwondo spirit:
 - a. Kihap
 - b. Etiquette/ Respect
 - c. Cleanliness/ Neatness
4. **Disqualification criteria:**
 - a. Participant exceeds the 90-second time limit
 - b. Unsportsmanlike conduct

1. WT COLOR BELT POOMSAE- WT style Taekwondo only

Open to all color belts and split into age groups and by belt levels. Participants will choose and be tested on one of the designated forms according to the belt color. Winner will be declared after two rounds of competition.

Belt Rank	Form
White-Yellow Belt	Taegeuk 1 or 2
Orange-Green Belt	Taegeuk 3 or 4
Purple-Blue Belt	Taegeuk 5 or 6
Brown-Red Belt	Taegeuk 7 or 8

COMPETITION DIVISIONS & RULES: POOMSE (FORMS)

2. WT BLACK BELT POOMSAE- WT style Taekwondo only- *Hurricane Champion™* Trophy

Open to black belt and up and split by age groups. Competitors who sign up in this division will compete against others in the same age bracket regardless of belt rank. These competitors have the chance to compete for the Grand Champion Trophy if they earn first place in their division. After all the divisions are complete, the first-place medalists will compete against each other for one Grand Champion Trophy. If a competitor chooses a Poomsae not aligned with their age bracket they will fall in the ***Open Poomsae bracket (See Open Poomsae for more information)*** and cannot compete for the ***Hurricane Champion™*** Trophy.

Age	Form
12 years and younger	Koryo
13-16 years old	KeumGang
17-30 years old	TaeBaek
31 years and older	Pyeong-won

3. OPEN POOMSAE- All styles of Taekwondo or similar Korean martial arts

Open to all belt and age division, split by age and belt rank. Each competitor needs to demonstrate a recognized Taekwondo form. Winner will be declared after two rounds of competition.

Color belt- 7 years old and under	Black belt- 9 and under
Color belt- 8–9-year	Black belt- 10-11 years
Color belt- 10-11 year	Black belt- 12-14 years
Color belt- 12–14-year	Black belt- 15 years old and up
Color belt- 15–17-year	
Color belt- 18–32-year	
Color belt- 33 years old and older	

4. PAIR POOMSAE- All styles of Taekwondo or similar Korean martial arts

Open to all belt and age division, split by age. It will have only two competitors as a pair. Each pair need to demonstrate any recognized Taekwondo / martial arts style form. Winner will be the pair with the highest score.

Age	Poomsae
17 and younger	Open Choice
18 and older	Open Choice

5. TEAM POOMSAE- All styles of Taekwondo or similar Korean martial arts

Open to all belt and age division, split by age. It will have minimum of three competitors and a maximum of five competitors as a team. Each team need to demonstrate any recognized Taekwondo/ martial art style form. Winner will be the team with the highest score.

Age	Poomsae
17 and younger	Open Choice
18 and older	Open Choice

COMPETITION DIVISIONS & RULES: BREAKING

The breaking category is subdivided into 4 categories: **Freestyle Board Breaking, High Kick, Speed Kick and Power Kick.**

1. FREESTYLE BOARD BOARDING

Open to all belts, split into male and female group, as well as age and by belt.

Breaking boards must be purchased at the competition venue upon check-in. The Tournament Director must approve all breaking boards. All breaking competitors must supply their own holders.

JUDGING CRITERIA- Winner will be determined by the highest score.

1. Qualifications:

- a. Creativity and degree of difficulty.
- b. Presentation and concentration.
- c. Taekwondo spirit and etiquette.

2. Deductions:

- a. Participant exceeds the sixty second time limit for setup or performance. (-0.3)
- b. Participant exceeds the maximum number of attempts allowed per break. (-1)
- c. Altering the board in any way. (-0.5)
- d. Participant crosses outside of the ring. (-0.5)
- e. Unsportsmanlike conduct. (-1)

3. Tiebreaks - Only if first place participants tie will a tie break occur.

- a. Second or Third place ties will result in both competitors receiving the medal they tied for.
- b. Participants who are tied for first will perform a breaking routine one additional time. Then judges will rescore. If there is still a tie, two first places will be awarded.

FREESTYLE BOARD BREAKING RULE

- Sixty second setup and execution time.
- Minimum of five boards and maximum of fifteen boards.
- All boards are one-fourth-inch pine boards purchased at the competition.
- Breaking boards cannot be altered in any way.
- Participant is allowed to do multiple boards for a technique.
- Participants must be wearing only their uniform and belt.
 - a. No gloves, sparring gear, tape, etc.
 - b. Referee must approve any injuries that may need to be covered.
- Props for the purpose of holding or to help holding may be used. No other props will be allowed.
- Participants are allowed to provide their own holders (only coach and registered student)
 - a. Holders will only be allowed on the competition floor during the participant's event.
 - b. Holders must be in Taekwondo uniform and coach attire.
 - c. only martial arts shoes are allowed on the mats.
- Participants may attempt to break each technique a maximum of three times.
- Broken boards may not be replaced on the second or third attempt.
- The coach or parents must provide the breaking routines and holders for participants aged six and under.

COMPETITION DIVISIONS & RULES: BREAKING

<p>HIGH KICK, SPEED KICK & POWER KICK (TR PAD) DIVISION- Medal & Hurricane Champion™ Trophy Open to all belts and ages, split into groups of gender and age. Groups of up to four participants in a division will compete to earn a gold, silver, or bronze medal. One Hurricane Champion™ Trophy will be awarded to the best performance in each category (High Kick, Speed Kick and Power Kick) regardless of age, gender and belt.</p>	
Male	Female
7 years old and under	7 years old and under
8-9 years old	8-9 years old
10-11 years old	10-11 years old
12-14 years old	12-14 years old
15-17 years old	15-17 years old
18-32 years old	18-32 years old
33 years old and older	33 years old and older
*Division placement may vary based on judge's discretion. *	

2. HIGH KICK (TR PAD)- Medal & Hurricane Champion™ Trophy

- Thirty second execution time.
- Must perform running jumping front kick.
- Each participant has only one attempt to sufficiently contact the target.
- Once the participant passes the halfway mark, an attempt is counted.
- Participants must be wearing only their uniform and belt.
 - a. No socks, sparring gear, tape, etc.
 - b. Referee must approve any injuries that may need to be covered.
- The shortest participant will attempt to break first.
- After each round, the target height/distance will be raised incrementally at the referee's discretion.
- The last remaining participant in each division will be declared the winner.



COMPETITION DIVISIONS & RULES: BREAKING

3. SPEED KICK (TR PAD) - Medal & Hurricane Champion™ Trophy

- Fifty second execution time.
- Must perform front kick at belt height.
- The kicking leg must contact the floor before the other foot can leave the floor to do its kick. Failure to do this procedure will result in disqualification.
- Participants must be wearing only their uniform and belt.
- No socks, sparring gear, tape, etc.
- Referee must approve any injuries that may need to be covered.
- The participant in each division with the highest number of kicks will be declared the winner.



4. POWER KICK (TR SHIELD)- Medal & Hurricane Champion™ Trophy

- Thirty second execution time.
- Any kick except jumping flying side kick is allowed.
- Participants will have three attempts to strike the target. Only the highest will be counted for score.
- Participants must be wearing only their uniform and belt.
 - a. No socks, sparring gear, tape, etc.
 - b. Referee must approve any injuries that may need to be covered.
- The last remaining participant in each division will be declared the winner.



COMPETITION DIVISIONS & RULES: WEAPON

Open to all belt and ages split into age and belt. Divisions will not be based on weapon choice. Participants can use different weapons that include the following:

- Sword (Kum)
- Long staff (Jang bong)
- Nunchucks (E-Dan bong) Wood, Bamboo, Plastic, and light metal materials are allowed.
- Sticks
- Fans and more.

Any weapons that will be used must first be approved by the judge. No sharp weapons allowed. Judges have the right to inspect and disqualify any weapon.

- Sixty second setup and execution time.
- Divisions of one to four participants will be judged after one round of competition.
- Winner will be declared after all participants receive their score.

JUDGING CRITERIA:

1. **Execution:** The act or process of performing (executing) the techniques of the weapon routine. The execution stage of judging is the most critical and should weigh the most in the judge's final score.

Elements of Execution: balance, power, speed, stability, proper technique formation, coordination, flexibility, stamina, timing, technique skill, etc.

2. **Presentation:** the image or impression of the competitor as reflected in his/her performance of the weapon routine. The presentation stage is the second most important or critical and should be weighted accordingly in the judge's final score.

3. **Difficulty:** the complexity and intricacy of the form or weapon routine. The difficulty category is the least critical of the three judging categories, but could become the deciding factor of winning or losing if a judge feels that two competitors are equally as good in the execution and presentation categories. Value should never be awarded for difficulty techniques or forms performed poorly. Difficulty alone, without proper execution, should always be downgraded.

Elements of Difficulty: Complexity of techniques, flexibility, balance, versatility of techniques, stamina, length, ambidexterity, etc.

Important elements of weapon judging, in addition to execution, presentation and difficulty, are:

The competitor's control of the weapon. The weapon should be seen as an extension of the competitor's arms and hands. The absolute control of the weapon at all times within the routine is essential. The transition and combination of regular martial arts techniques with the weapon (i.e., kicking, blocking, etc.).

The percentage of weaponry movements to non-weaponry movements: The majority of any weapon form should consist of the use of the weapon.

Safety: No reckless or careless use of the weapon that would harm the competitor, another competitor, the judges or spectators

COMPETITION DIVISIONS & RULES: DEMONSTRATION

Demonstration competition is a performance highlighting the many aspects of Taekwondo art, such as poomsae, breaking, acrobatic kicks, and self-defense techniques, power breaking, with the addition of music and choreography. The demonstration category is subdivided into 2 categories: **World Champion Demonstration and Festive Demonstration.**

1. WORLD CLASS DEMONSTRATION

- a. Five to twenty-five members with one alternate member.
- b. Seventy percent of the team members must participate in another event in the competition.
- c. Performance time limits:
 - Set-up maximum 1 minute.
 - Performance maximum 7 minutes.
 - Clean-up maximum 1 minute.
- d. Performance area:
 - 12m x 12m contest area.
 - Any performance outside of the boundary will not be considered.
- e. Team uniforms - All contestants must wear appropriate sport attire, a proper Taekwondo uniform, or team track suit. A Taekwondo belt is required to be worn.
- f. Performance music:
 - The deadline is on or before March 2nd, 2024. Submit music to Contact@worldchampioncenter.com.
 - Music mixed with political and religious elements, abusive language, or obscene language is not allowed.
 - Competitors must provide their own speaker to play music at the mat area.
- g. Props for the purpose of holding may be used. No other props will be allowed.
 - No props elevating a person are allowed. (No chairs, tables, stairs, etc.)
- h. Any striking or kicking technique may be used, except for head strikes, which are a 0.3 deduction each.
- i. Boards should be brought by the Demo Team. If you need to purchase boards from the vendor, you can do so but are not required to.
- j. **Scoring Criteria** Reference USAT packet "2020_Demonstration_Team_Rules.pdf" page 2-4. <https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>
- k. **Demo Decision Process** Reference USAT packet "2020_Demonstration_Team_Rules.pdf" page 5. <https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

COMPETITION DIVISIONS & RULES: DEMONSTRATION

2. FESTIVE DEMONSTRATION – Items “j and k” will not be applied to teams competing in this event. All other items will be the same as *World Class Demonstration*. These teams will be placed in their own division separate from *World Class Demonstration* and have their own independent scoring criteria. This gives all teams a chance to compete regardless of their skill level and promotes a larger audience to watch and enjoy the demonstration teams.

JUDGING CRITERIA

- Minimum of one team Poomsae (All styles of Taekwondo or similar Korean martial arts).
- Must include at least one kicking and punching technique during the performance.
- Have the option to use weapon. Any weapons that will be used must first be approved by the judge. No sharp weapons allowed. Judges have the right to inspect and disqualify any weapon.
- Professionalism.
- Creativity.
- Audience reaction.
- Other notes:
 - a. Safety equipment is allowed, such as landing mats.
 - b. Masters and instructors who are not part of the team are allowed to hold breaking boards for their team.

COMPETITION DIVISIONS & RULES: SPARRING

Open to ALL students in ALL level and split by gender, belt rank, age and weight. For sparring competition, it will be conducted in accordance to modified 2023 World Taekwondo Federation and USA Taekwondo rules for competition. ***There is head contact during competition and all participants are required to wear WT–Mandatory Safety Equipment.*** Winner will be declared after up to 3 rounds of competition with 30 second breaks.

MANDATORY SAFETY EQUIPMENT

- head gear
- chest gear (Blue or Red),
- forearm protectors
- Instep and shin protectors
- Mouthpiece (clear only)
- Groin protector (male only)
- ***Daedo socks (Black Belts only)*** (Either Gen 1 or 2 footpads are allowed)

HEAD CONTACT

- Head contact is allowed for all ages and color belt and black belt.
- Color belt- all ages- must wear face shield and light head contact (Junior Safety Rule)
- Black belt- 14 and younger- light head contact (Junior Safety Rule)
- ***All Black Belt participants- Daedo Electronic scoring.*** All Black Belt Divisions will use the Daedo Electronic chest protectors. Daedo electronic chest protector will be provided at tournament.

POINT SYSTEM

For divisions allowing full head contact, the WT/USAT scoring criteria will be used:

- 3 points for head contact; additional 2 points for spinning technique to the head;
- 4 points for turning/spinning kick to the body;
- 2 points for kick to the body
- and 1 point for all other legal scoring actions.
- Twelve-point gap and five penalty rules enforced.

**The Tournament Director reserves the right to add, combine, or modify any divisions.*