

Poomsae divisions:

Ages 5-7

White-Yellow

Green-Blue

Red

Black

Ages 8-10	11-14	15-17	18-28	29+
White-yellow	white-yellow	white-yellow	white-yellow	white-yellow
Green-blue	green-blue	green-blue	green-blue	green-blue
Red	red	red	red	red
Black	black	black	black	black

\*All Poomsae divisions will be required to compete using rank appropriate form. 1<sup>st</sup>-5<sup>th</sup> place for all Poomsae divisions. WTF and ITF poomsae will be allowed.

Sparring divisions:

Ages 5-7

Combined

White-Yellow

Green-Blue

Red

Black

Ages 8-10		Ages 11-14	
Boys	Girls	Boys	Girls
White-Yellow	White-Yellow	White-Yellow	White-Yellow
Green-Blue	Green-Blue	Green-Blue	Green-Blue

Red	Red	Red	Red
Black	Black	Black	Black

\*No weight division for these age groups.

Ages 15-17

Men	Women
White-Yellow Lightweight	White-Yellow Lightweight
White-Yellow Middleweight	White-Yellow Middleweight
White-Yellow Heavyweight	White-Yellow Heavyweight
Green-Blue Lightweight	Green-Blue Lightweight
Green-Blue Middleweight	Green-Blue Middleweight
Green-Blue Heavyweight	Green-Blue Heavyweight

15-17 continued...

Red Lightweight	Red Lightweight
Red Middleweight	Red Middleweight
Red Heavyweight	Red Heavyweight
Black Lightweight	Black Lightweight
Black Middleweight	Black Middleweight
Black Heavyweight	Black Heavyweight

15-17 weight brackets

	Womens	Mens
Light	Under 108 lbs	Under 121 lbs
Middle	108-138.8 lbs	121-160.9 lbs
Heavy	138.9+	170+

\*Taken from NCTA Collegiate/High School divisions

Ages 18-28

Same belt and weight division as above with the following weight brackets.

	Womens	Mens
Light	Under 117	Under 145
Middle	117-137	145-172
Heavy	137.1+	172.1+

\*Taken from ECTC weight divisions

Ages 29 and up. Same belt and weight divisions as above with the following weight brackets.

	Womens	Mens
Light	Under 124	Under 150
Middle	124-145	150-175
Heavy	145.1+	175.1+

The following link has the sparring division rules; <http://www.teamusa.org/USA-Taekwondo/V2-Events/Competition-Rules>

The exceptions to the sparring rules are listed below:

No head contact in any white/yellow belt division.

No head contact in any 5-7, 8-10 division.

No head contact in any 11-14 division except black belt where light head contact is allowed.

Round Length: 5-7, 8-10, 11-14 Two 1:00 rounds. All other divisions Two 1:30 rounds.

All sparring competitors must wear shin guards, instep protection), forearm guards, headgear, chest protector, and mouthpieces.

All male competitors must wear groin protector.

All protective equipment must be either cloth or daedo type gear. (Pictures of gear provided), no foam dipped gear excluding head gear.

Adjustments to divisions and competition rules subject to change, athletes will be notified of any changes.



**Tournament Date: Sunday August 4th**

**Location: Liberty University indoor track**

**Tournament Schedule: 8 AM athlete check in and weigh in**

**9:15 athlete meeting, Referee briefing**

**9:30 Begin Poomsae competition**