



# CMA Referee/ Judge Seminar

Uniform of the referee and judge – official T-shirt and black pants

Must attend referee meeting (8:00 am)

Lunch will be provided

Referee Group Picture – After Competition

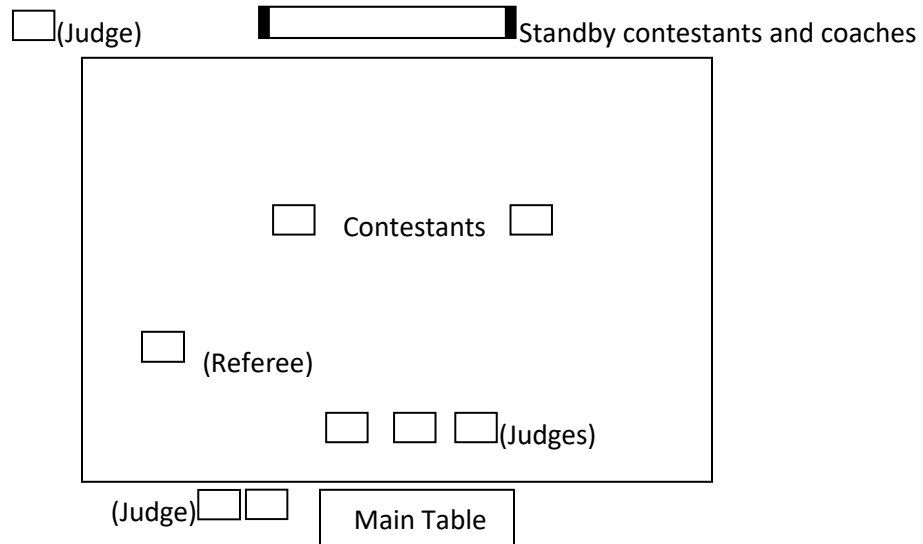
All Referee must stay until competition ends.

The following Competition rules apply to CMA festival.

10yrs old and younger division can mix male and female, 11yrs old and up must divide male and female division.

## 1. Form

- A. Position of the Judge: Three judges shall sit in front of contest Area(or next of main table) and 1m away in-between each other. Judge shall be positioned facing the contestants.
- B. Position of the referee: The referee shall be positioned Left front of contest Area and facing forward.
- C. The Positions of the contestants: Contestants shall be positioned at middle for contest Area and 3m in-between each contestant.
- D. The Position of Standby contestants and coaches: standby contestants and coaches shall be positioned back of contest Area, 1m away from the boundary line.

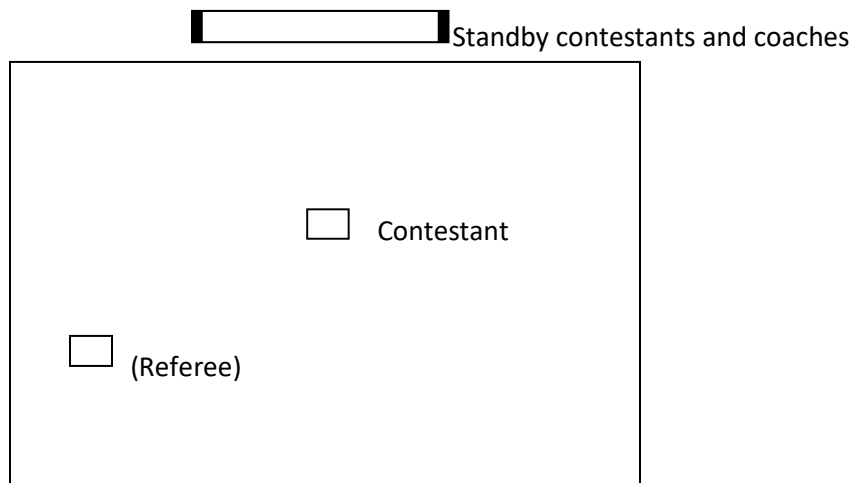


- E. Divisions shall be divided according to age and form, not by belt.  
Divisions shall be classified as follows: Age 3-4, 5-6, 7-8, 9-10,11-12, 13-14, 15-17,18-32, 33 and Up. All Contestants must perform the same level of forms.

- F. 8 years old and under will perform 10 steps with count (Must)
- G. Basic Form 1 & Basic Form 2 can perform 8 steps.
- H. 9 years old and older will perform the entire form on their own (no count).
- I. All Black Belts will perform all steps regardless of their age.
- J. Each contestant will perform 2 times within their own group division.
- K. Make divisions with 3 or 4 contestants. (If possible, do not match students from the same school)
- L. The contest shall begin with the declaration of “Joon-bi” (ready) and “Shi-jak”(start) by the competition coordinator. After the end of the Poomsae, the contestants shall stand in their respective positions and make a standing bow at the coordinator’s command of “Ba-ro”(stop), Cha-ryeot(Attention), “Kyeong-rye”(Bow).
- M. The main judge shall use the Score Board to declare the winner.
- N. At the end of the match, the Referee shall declare the 1<sup>st</sup>, 2nd, 3rd places, and award the medals.
- O. Scoring Criteria
  - Accuracy of Poomsae technique – Basic movements, Details of each Poomsae
  - Presentation – skill, accuracy of range of movements, balance, speed and power
  - Expression – Strength/speed/rhythm
- P. Schools may have a different belt system, but regardless of belt color all competitors will compete in the same form group. However, all competitors must compete at their current rank or are eligible for disqualification.

**2. Breaking**

- A. Position of the Judge: judges shall hold board in the competition area.
- B. Position of the referee: The referee shall be positioned in the Left front of contest Area and facing forward.
- C. The Positions of the contestants: Contestants shall be positioned at middle for contest Area.
- D. The Position of Standby contestants and coaches: standby contestants and coaches shall be positioned back of contest Area, 1m away from the boundary line.



Main Table

E. Division shall be divided according to age and Technique.

Divisions shall be classified as follows: Age 3-4, 5-6, 7-8, 9-10,11-12, 13-14, 15-17,18-32, 33 and Up. All Contestants must perform same technique except black belt. All Contestants must use the same size board.

F. All contestants have only 30 sec to set up.

G. Color belts follow Official's Direction. Black Belts do their own routine.

H. 3 to 6yrs old – Pee Wee Board, 7 to 10yrs old – Child Board, 11 to 14yrs old – Teen Board, 15yrs old & Up – Adult Board

I. There are three chances for each breaking

J. Black Belt may use a child board for above 360 degree and high technique breaking (Also acrobatic breaking)

K. Breaking Scoring Criteria – No or 1 mistake – 1<sup>st</sup> Place

2 or 3 mistakes – 2<sup>nd</sup> Place

More than 4 mistakes – 3<sup>rd</sup> Place

L. The contest shall begin with the declaration of "Cha-ryeot" (Attention), "Kyeong-rye"(bow) and "Shi-jak"(start) by the competition coordinator. After the end of the Breaking, the contestants shall stand in their respective positions and make a standing bow at the coordinator's command of "Ba-ro"(stop), Cha-ryeot(Attention), "Kyeong-rye"(Bow).

M. Publication of scoring – Master(Score Board)

N. End of the division Referee shall declare the 1<sup>st</sup>, 2nd, 3rd places, and award medals.

### 3. Power Breaking

Knife hand or hammer fist only

### 4. Weapon Competition

A. All competitors routines must be minimum of 30 seconds and a maximum 1 min long.

B. Competitors with the same weapon will compete against each other

### 5. Jump high kick competition

There will be 21 ft between the starting line and the target, No shoes allowed

### 6. Ninja warrior breaking competition

10 front kick(with jump), tunnel, zig zag run, under the hurdle(crawl), jump over the target, board breaking (hammer fist – 3 to 6yrs, axe kick – 7 to 10yrs)

### 7. Sparring

A. All division will be 1minute 2 round with 30S break

B. All color belt **No head contact.**

**C. Black belts 13 and up can do light head contact (apply junior safety rule)**

**D. The competitor who executes a kick to the face which results in a minor injury shall receive a one-point("Gam-Jeom") deduction. A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The competitor who executes a kick to the face which result In the inability of the opponent to continue sparring because of injury shall be disqualified.**

E. When match ties the sudden death round will apply.

F. Points

1 point – Valid punch and kicks on the chest protector

2 point – Valid turning kicks on the chest protector

3 point – Valid kicks to the head (Black Belt ages 13 & up Only)

G. Down load **TaekwondoScore** from your Phone APP – All Judge will use this app for scoring for sparring.