

2025 IDAHO Cup Taekwondo Championship Official Tournament

Rules and Regulations

Rules and regulations apply to all participants including volunteers, staff, vendors, competitors, coaches, masters, instructors, guests and spectators. Failure to comply will result in removal from the event and property without refund, loss of decision, loss of medal or awards, legal actions taken or other penalties. Organizing Committee, Tournament chairman and directors will enforce the rules and regulations of this event.

1. Participants will always show respect, sportsmanship and goodwill to themselves and all participants of the event.
2. Participants will not harass, threaten or physically or verbally assault persons. They will be respectful at all times.
3. Participants will not act in an illegal or inappropriate way.
4. Participants will always compete, coach and participate in fair play and present themselves in a truthful manner and will not disguise their belt rank, weight class or age. Falsifying personal information will not be tolerated.
5. Participants will use and wear the approved, required and appropriate gear and present themselves in a respectable manner which is non-offensive or safety hazard.
6. Participants will be of sound mind, clean hygiene and always act in a safe manner dictated by the sport and martial arts of taekwondo.
7. Participants will not use or be in the possession of illegal drugs (including performance enhancing drugs), tobacco, marijuana, e-cigarette or similar device or alcohol at the event or on site.
8. Participants will not bring any firearms, knives or weapons into the event (except for use for approved demonstration purposes).
9. Participants will not conduct themselves in an unprofessional manner including physical or verbal abuse of themselves or those around them or to distract a competitor during competition.
10. Participants will only compete in one division per event with maximum of two events total. No refund shall be given.
11. Participants will not defame, damage or take property belonging to event facility or organizers.
12. Participants will not obstruct viewing of others around them, block walkways, hang legs off railing or enter restricted areas (including staging and competition floor when not authorized to do so).
13. Participants will have correctly and truthfully sign waivers for participation.
14. Participants will always show respect and follow instructions from the Idaho Cup Taekwondo directors, staff and officials while attending and participating at the event.

Individual Taekwondo Forms (Poomsae) Competition Rules

Each participant will compete with two competitors in the ring separated by equal distance. If there are an odd number of competitors in the division, judges will determine randomly who will compete as a single competitor in the ring. Competitors will be judged on power, speed, control, flexibility, stance, focus, stepping out of bounds, expertise and kihap. Judge 1: Scoring taekwondo spirit, Judge 2: Scoring accuracy of poomsae, Judge 3: Technical skills/ timing. Competitors may earn up to 1-10 points from each judge (3 judges per panel) with 30 being highest an individual can earn, with the highest score winning. In case of a tie for first place, judging will be based on hand signals with participant who receives best out of 3 judges winning the tie break. Forms competitors may perform WT style taekwondo forms. Breakdown of taekwondo forms division: **Yellow Belt:** Taegeuk 1-2, **Green Belt:** Taegeuk 1-4, **Blue Belt:** Taegeuk 3-6, **Red Belt:** Taegeuk 4-8, **Deputy:** Taegeuk 1~8, **Black Belts:** Koryo- Illeto. Individual Competitors will choose to perform one poomsae. Competitors may only register for one individual poomsae division.

Taekwondo Sparring (Gyoroogi) Competition Rules

Sparring rules will be followed with modified head contact rules. Refer to Head Contact attachment. (Tournament director has the right to change the duration of round, rules, division size and official decisions of events without advanced notice and remove persons from event to ensure fairness, safety and good sportsmanship). Winner of the match will be determined by calculating points/scoring. Ages 18-32, 15-17, Black Belts: 2 rounds 1:30 minute each. All other divisions: 3

rounds, 1 minute each. All divisions w/ 30 second rest period. Black Belt Competitors must wear approved Black V-neck White Uniforms. IDAHO CUP Weight Class based on current national weight classes:

Explanation for Parents: How Taekwondo Sparring Works in Tournaments

In Taekwondo tournaments, sparring is when two athletes fight each other using kicks and punches to score **points**.

How Do They Win a Match?

- Each time a fighter lands a **clean and legal technique**, they earn **points**.
 - Kicks to the body = 2 points
 - Spinning body kick = 4 points
 - Head kicks = 3 points
 - Spinning head kicks = 5 points
 - Punch = 1 points (Per Judges opinion)
- At the end of the match, the person with **more points wins** the match.
- They do **not** have to knock out the opponent — this is not full-contact fighting.

How Does the Tournament Work?

In some tournaments, it's not only about **winning a match**, but also **how many points** you score.

Here's how it works:

1. Each student fights in one or more sparring rounds.
2. Every time they fight, they collect **points**.
3. After the first round, the tournament may group fighters by their **total points** — not just who won or lost.

Who Fights Who Next?

- The fighter with **higher points** will be matched with another fighter who also has **higher points**.
- The fighter with **lower points** will be matched with someone else who has **lower points**.

This helps keep matches fair and balanced, so students compete with others at a similar level.

Why Is This Important for Parents to Know?

- Even if your child **wins their first match**, they may face a stronger opponent next if they scored a **lot of points**.
- If they scored **fewer points**, they might face an opponent with a similar score.
- This system helps make sure all kids have a chance to improve and grow, not just based on win or loss — but also on **performance**.

***Example (Easy to Understand):**

Let's say 4 kids spar:

Name	Points Scored
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Match 1. Alex	15 (High)
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Match 1. Bella	13 (Lower)
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Match 2. Chris	8 (High)
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Match 2. David	5 (Lower)
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- Alex and Bella scored the most.
- Chris and David scored less.

Next round:

- Alex (High) vs Chris (High)
- Bella (Lower) vs David (Lower)

This is fair because it matches kids with others at the same performance level.

Board Breaking (Kyupa) Competition Rules — Creative Break (ages 6 and up)

Participants have 60 secs to set up and 60 secs to execute their breaks. All boards will be demo boards. **Yellow Belt: 10 Boards**, **Green Belt: 10 Boards**, **Blue Belt: 10 Boards**, **Red Belt: 10 Boards**, **Black Belts: 10 Boards**. Participants may not cover any part of the body that will be used for breaking a board with any bandages, tape or any other material. The referee, medical staff or staging director must approve any injuries that may need to be covered. Props CANNOT be used, and boards cannot be altered. (For example, board fragments cannot be put on the top of the board to create an unfair advantage.) Participants must provide their own holders that are age appropriate. Holders will ONLY be allowed on the competition floor during the participant's event. There are no uniform requirements for board holders. (However, a taekwondo uniform is HIGHLY encouraged. If board holders are NOT in a taekwondo uniform, clothing must be suitable for

a family environment and follow rules and regulations.) ONLY tennis shoes are allowed on the mats by board holders. The participant may attempt to break each technique a maximum of 3 times. Broken boards may not be replaced on the 2nd or 3rd attempt. Deductions include; participant exceeds the 60-second time limit for setup, participant exceeds the 60 second time limit for execution, participant exceeds the maximum number of attempts per break, maximum of 3 attempts, participant crosses outside ring and goes out of bounds, and unsportsmanlike conduct. Judge 1: Scoring taekwondo spirit, Judge 2: Performance / Breaking routine/ difficulty, Judge 3: Penalties and missed/ fail attempts. In case of a tie, a Golden Point tie breaker will be conducted. Tied competitors will be given a single demo board each and they will have 30 seconds to attempt a break of their choosing with their holders. After all competitors complete their attempt, they will stand in front of the judges and judges will signal to the person with the strongest score, who will then be declared 1st place and the other 2nd place. Boards must be purchased online during registration.

Coaches & Masters:

Coaches and Masters agree to understand and follow event rules:

1. Inappropriate behavior, verbal, physical harassment or abuse will not be tolerated.
2. To coach with the goal of athlete development, goodwill, sportsmanship and safety of the athlete.
3. Follow event dress code (see registration packet).
4. As a courtesy, we will hold one match if athlete is waiting for coach when able to do so.

Competitors will need to arrive in the staging area to be placed into their divisions prior to their competition time. Event schedule is based on estimated completion time. Actual start of matches is determined on length of matches and number of competitors in each division. Schedule is liable to change. Please listen for announcements during the competition day. Competitors who are late may not be staged and disqualified. No exhibition matches will be given. It is at the discretion of the tournament director to allow for additional matches. Tournament Chairman and Director have the right to adjust divisions, duration of rounds, change method of scoring, electronic scoring system settings, implement point gap or point ceiling rule, determine if equipment does not meet event safety requirement or is considered a safety hazard, overturn outcome to ensure fairness, safety and sportsmanship. If a coach or competitor requests a change in score or results due to officiating, they will be required to contest in writing within 30 minutes to present their case and evidence to the tournament director who will then determine the best course of action. This may include review after event date.

Tournament director's decision will be final. We are all martial artists and have a responsibility to act and display the tenets of taekwondo. By attending, sponsoring, or participating at the Idaho Cup Taekwondo Championship, you have agreed to follow all the rules and regulations of this event and its organizers. You consent that any pictures furnished by me or any pictures or images of you in connection with the event can be used for publicity, promotion or video showing, and you waive all compensation in regard, thereto. In addition, you will not print, publish, post or rebroadcast any images, video or recording at the Idaho Cup Taekwondo Championship without the permission and written consent of the organizing party and committee and will agree to any penalties in unauthorized publication. No tripod or professional recording or electronic equipment will be allowed on the competition floor or stands without prior permission and must be removed if obstructing view or walkways. Contact us to make special arrangements if a participant or spectator needs assistance due to medical needs. The Organizing committee will do its best but does not guarantee all requests can or will be met. Organizing committee has the right to refuse application, entry or admission and remove person or persons from event and venue. This is a private event. These rules are not limited to the ones listed above and may be added or altered by the tournament director and appropriate actions will be taken by the organizing committee to ensure fair play, sportsmanship and safety; including removal from event or appropriate legal action. If you have any questions, contact the IDAHO CUP committee and call Master Eric Kim at (208) 887-6768 or email Idahocuptaekwondo@gmail.com