

TAEKWONDO/JUDO

Sponsored by



DATE: Saturday, July 19

SITE: Huntley Project High School • Main Gym • 1477 Ash St, Worden

DEADLINES & FEES: by July 1 • Early Registration & Guaranteed T-Shirt Deadline
• Taekwondo \$50 (includes all events)
• Judo \$50
July 2 - July 18 • Online Registration Closes
• Taekwondo \$55
• Judo \$55

TAEKWONDO		
EVENTS	GENDER	SPECIAL INFO
TKD Free Fighting	Male	Height, Weight & Belt Color REQUIRED w/ Registration. Age groups determined at event
TKD Forms	Female	
Board Breaking		
JUDO		
EVENTS	GENDER	SPECIAL INFO
Judo	Male	Height, Weight & Belt Color REQUIRED w/ Registration. Age groups determined at event
	Female	

COMMISSIONER: Daniel Huffman • (406) 670-6249
TKD DIRECTOR: Brice Cady • (406) 861-7862
JUDO DIRECTOR: Dave Allen • (406) 860-7959

TKD SCHEDULE:
8:00 a.m. • Check-in Begins
9:00 a.m. • TKD All Coaches, Brown/Black Competitors Meeting
(ALL BROWN/BLACK BELTS PLEASE ATTEND. MORE SPECIFIC RULES WILL BE DISCUSSED.)
9:45 a.m. • (Approximate) Opening Ceremonies
10:00 a.m. • Brown/Black Belt Forms Competition
NEXT • White-Blue Belts Forms and Breaking Competition
NEXT • White-Blue Belts Sparring Competition
NEXT • Brown/Black Breaking and Sparring

JUDO SCHEDULE:
8:00 a.m. • Check-in Begins (Must Weigh In)
9:00 a.m. • Judo Official Meeting & Rules Review for Competitors
10:00 a.m. • Judo Youth Competition Begins
Teen/Adult Competition to follow

ELIGIBILITY: Residents of MONTANA, IDAHO, NORTH DAKOTA, SOUTH DAKOTA, and WYOMING are allowed to participate.

SPECIAL INFO: Medals awarded for 1st, 2nd, and 3rd places in each competition division.



T-SHIRT DEADLINE INFO:

- Register by July 1 and your t-shirt will be available for pick up at your event site during check-in.
- All participants registered after July 1 will pick up t-shirts at Billings Hotel & Convention Center during t-shirt pickup hours.

DIVISIONS FOR TAEKWONDO & JUDO

Divisions determined the day of the event based on age, size and belt rank. 13 year old and under divisions may be mixed gender.

Judo

Will follow modified IJF rules with junior safety medical rules and other modifications. 3 minute matches, Blue gis are optional. Other rules updated the morning of the competition. No arm locks except in Brown/Black Belt Divisions. No arm locks allowed in novice divisions. Chokes allowed 13 and above.

Free Sparring

Free-sparring includes, but is not limited to:

- The competition will conform to the standard modified single elimination format with three 60 second rounds for all competitors. All competitors are guaranteed a minimum of two matches.
- Contact will be controlled and points will be awarded only for legal, controlled, accurate punching and kicking techniques to legal target areas.
- Kicking to the head will be permitted for green belt and above for all ages; however, kicking will be controlled and only minimal contact will be allowed. All head kicks will score three points including turning/spinning head kicks also being awarded three points. Excessive, willful or careless contact, whether it results in injury/not, will be penalized in accordance to consultation with the Tournament Director.
- Kicks to the body with the proper technique, foot placement and proper amount of force will be awarded two points. Spinning/turning body kicks will be awarded three points. One point will be awarded for a solid punch to the body.
- **All competitors shall provide the following safety equipment:** headgear, mouth guard, chest protector, forearm guards, shin and instep guards, and groin cup (males) and clean uniform.
- The 20 point superior rule will be used (after two completed rounds). If there is a tie score after regulation, the first competitor to score in overtime will be declared the victor.
- The Taekwondo Director has the option of assigning 11 years and under to compete on a 6m x 6m contest area.
- Face-Mask/Face-Cages are not allowed.

Forms - Singles Forms

- Divisions for "singles" forms will be drawn based on rank and/or age.
- All forms will be recognized.
- Competitors should perform the form appropriate to their rank.
- Competition will commence two people at a time on each mat area.

Board Breaking Competition Rules

- **Open to All Ages and Ranks.**
- Competitors can choose the type of techniques and number of boards to break.
- The maximum set-up time is one minute.
- The maximum time to complete the performance is one minute.
- The maximum number of tries for a specific break is two tries.
- Competitors must provide their own boards (for sale at venue \$5 each) and board holders.

Board Breaking Scoring Guidelines

Difficulty of technique will be based on the following order of superiority (in ascending order):

1. Hand technique (least difficult).
2. Standing kick technique.
3. Jump kick technique.
4. Kicking technique with spinning motion.
5. Jump kick with spinning motion.
6. Multiple breaking jump kick.
7. Multiple spinning jump kick (most difficult).
8. Number of boards held at one time.
9. Total number of boards in performance.
10. Technical evaluation will be based on Accuracy, Speed, and Power.
11. Breaking on the first attempt is superior to breaking on the second attempt.