



PLEASE NOTE: Divisions and Rules may need to be modified depending on entries. Every endeavour will be made to ensure competitors are evenly matched.

Team events:

- 1. Each National Association or Allied Association may enter a male team and a female team. For Team patterns only, the team may be made up of both males and females.
- 2. Due to time constraints there will be Team Sparring and Team patterns only for black belts and team patterns for juniors (green belt and below) and Seniors (blue stripe to black stripe)
- 3. Each National Association or Allied Association may enter one team for pre-arranged free sparring (the team may be either single or mixed gender)

Individual Events

Sparring:

Children: up to and including 12 years of age 2 x 1 min rounds with 20 sec break

Adolescents: 13-17 years 2x 1.5 min rounds with 20 sec break

Adults: coloured belts 2x 1.5 min rounds with 20 sec break

Black belts 2 x 2min rounds with 30 sec break

Contact should always be controlled onto the target. Scoring/warnings and fouls as per ITF rules.

Patterns:

Coloured belts: one designated pattern as per the pattern performed for the last grading. In the event of a tie, one optional pattern will be performed.

Black belts: one Optional pattern and one Designated pattern selected from a rank lower than the competitors own rank excluding the chosen optional.

Special techniques:

All divisions will be separate gender.

Division	Jumping upwards kick	Jumping turning kick	Flying overhead kick	
	(height)	(height)	(height)	
junior female	1.6m		0.9m	
junior male	1.7m		1m	
Adult female colour	2m		1.2m	
Adult male colour	2.3		1.2m	
Junior female BB	2m	1.9m	1.2m	
Junior Male BB	2.3m	2m	1.2m	
Female BB	2.3m	2m	1.2m	
Male BB	2.5m	2.1m	1.5m	





Breaking:

All Divisions will be separate gender

Division	Sonkal taerigi (knifehand)	Yopcha jirugi (Side kick)	Dollyo chagi (Turning kick)	Ap joomok jirugi (forefist)	Bandae dollyo chagi (reverse turning)
Junior females	1 black	2 black	2 green	(1010100)	
Junior males	2 green	2 black	2 black		
Adult female colour	2 green	2 black	2 black		
Adult male colour	2 black	3 black	3 black		
Junior female BB	2 green	2 black	2 black		
Junior male BB	2 black	3 black	3 black		
Senior female BB	2 black	3 black	3 black		
Senior Male BB	1black one	2 green +1	2 brown (slide	1 black one	2 brown (slide
	white (fuji	brown (slide	together)	white (fuji	together)
	mae)	together)		mae)	

Black and green boards for all competitors other than BB males are push together (UMAB) boards with teeth. (black boards are equivalent to 1.5 timber and green are equivalent to 1 timber board)

BB males will have mixture of Fuji Mae boards and slide together European boards. (brown boards are equivalent to 2 x timber boards, green boards are equivalent to 1.5 timber boards)