

# Martial Arts – Taekwondo



*Register online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com)*

## GENERAL INFORMATION

**DATE:** Saturday, July 18, 2020

**TIMES:**

**Black Belt & Athlete Meeting:** 9:30 a.m.

**Competition begins:** 10 a.m.

**SITE:** Lied Activity Center (2700 Arboretum Dr, Bellevue)

**AWARDS:** Custom Cornhusker State Games gold, silver and bronze medals will be awarded to the top three finishers in each division.

## SPONSORED BY:



## EVENTS

Event Name	Event Code
Sparring	1
Forms	2

**DIVISIONS:** Divisions will be set based on entries received. Divisions will be based on age, rank, height, and weight. Black belts must specify Dan level (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, etc.). The director reserves the right to combine or divide divisions depending on the number of entries.

**RANK STRUCTURE TO BE USED:** Consider the number of promotions you have received, including stripes, when registering.

**Beginner:** (0-2 promotions) First 3 belts - white, orange, yellow

**Intermediate:** (3-5 promotions) Next 3 belts - green, blue, purple

**Advanced:** (6-8 promotions) Last 3 belts - brown, red, recommended black

**Black Belts:** 1<sup>st</sup> Dan and higher. Include rank-level when registering (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, etc.)

## RULES

### SPARRING

**Scoring:** Light contact. One point for all legal techniques. Punches and backfists are the only legal hand techniques. Kicks must score with the foot. Legal target areas: Headgear (no face or throat) and “strike zone” from the collar bone to the belt and side seams forward. Spinning techniques are legal: striker must have eyes on the target and abide by light contact rules when strike lands.

**Victory:** Colored belts-2 minute rounds. Black Belts-3 minute rounds. First competitor to gain a 5-point spread (up by 5: 5-0, 6-1, 7-2, etc.) wins. If time expires, competitor with the most points wins. Ties at the end of regulation time broken by sudden victory. Sparring divisions will use a consolation bracket system in division with 4 or more competitors (this means competitors with a loss may still compete).

**Penalties and Warnings:** Penalties will be issued for illegal techniques, excessive force, and unsportsmanlike conduct. Face contact results in an automatic point deduction. Competitors earn two warnings before suffering penalties. Consecutive penalties earn point deductions. A competitor who loses three points due to penalties suffers disqualification from the match.

**Required Sparring Gear:** Mouthpiece, groin cup (for males), hand, foot, and headgear are mandatory. Toenails and Fingernails must be trimmed. No bag, grappling, or boxing gloves. Gear will not be available for purchase at event. Athletes without required gear may be disqualified.

### **FORMS**

Forms will be judged on focus, power, timing, difficulty, and overall beauty of the form. Form must be representative of traditional taekwondo.

**Required Uniforms:** Uniforms must be clean, have long sleeves and long pants, and be representative traditional martial arts. No shorts, T-shirts, or cap sleeves.

### **ATHLETE PACKETS & TEAM BOXES**

#### **Choose the Shipping Option and get a Free Arby's Sandwich!**

Save time, avoid hassles and receive your CSG gear more than a week before the Opening Ceremonies by shipping your athlete packet (\$10) or team box (\$15). Athlete packets contain the athlete shirt and Super Pass. Athlete packets will begin to ship in June. The packet shipping option will only be available for those registered by the final entry deadline. If you don't choose the shipping option, you will need to pick up your athlete packet or team box.

### **JOIN US AT SPORTFEST AND OPENING CEREMONIES ON JULY 17!**

Make plans to join us on Friday, July 17 at Lincoln East High and Seacrest Field for SportFest and the Opening Ceremonies!

#### **SportFest | 4:30 – 7 p.m. | Lincoln East High School**

SportFest is the pre-Opening Ceremonies party for Athletes and their families and includes a free meal for anyone with a Super Pass. Meal is provided by Arby's, Pepsi, Frito-Lay and Hiland Dairy.

#### **Opening Ceremonies | 8 p.m. | Seacrest Field**

Program includes: Parade of Athletes, Skydivers (Lincoln Sport Parachute Club), Introductions, Presentation of Colors (Nebraska National Guard), National Anthem, Oath of Athletes, Mascot Showcase/Shirt Cannons, Featured Entertainment, Torch Lighting Ceremony (Mystery Torchlighter), Fireworks, Photos/Autographs and more.

### **REGISTRATION FEES & DEADLINES**

For pricing and dates, please check the Martial Arts Taekwondo web page.

**ENTRY FEE INCLUDES:** Competition in the 2020 Cornhusker State Games; White cotton athlete shirt (micro-fiber or soft cotton lightweight tri-blend upgrade available); Pass for free admission to SportFest, the Opening Ceremonies, and all competition venues; Sponsor gifts and coupons.

**PAPER ENTRY FORMS:** Paper entry forms will be accepted with a \$5 processing fee. Registering online at [CornhuskerStateGames.com](http://CornhuskerStateGames.com) saves time, money and trees.

### **FURTHER INFORMATION**

**Sport Specific Questions:** Contact Taekwondo Co-Director Hilary Catron at 402-742-7490, Michael Catron at email [ChungDoKwanUTA@hotmail.com](mailto:ChungDoKwanUTA@hotmail.com).

**Online Registration/Website Questions:** Contact the Cornhusker State Games office at 402-471-2544 or [info@nebraskasportscouncil.com](mailto:info@nebraskasportscouncil.com).