



2023 ATU National Championship GENERAL INFORMATION

- **Hosted By:** American TaeKwonDo United (ATU)
- **Organized BY:** Georgia State Taekwondo United (GSTU)
- **Date:** May 26th, 27th and 28th, 2023
- **Location:** World Congress Center C-4 Hall:
285 Andrew Young International Blvd., N.W. Atlanta, GA 30313

Hotel Information:

Hyatt Place Atlanta/ Centennial Park
300 Luckie St. NW, Atlanta, GA 30313
\$199 + Tax per night(Single/Double) – Breakfast included

To make your reservations, please click here: <https://www.hyatt.com/en-US/group-booking/ATLZT/G-ATU3>

By Calling 1-877-803-7534 (ATU National Championship)

Cut off day – Friday, May 5th, 2023

- **World Class Event (Sunday 29th) = All Elite Black Belt competitors (age 10 and Older)**
 - **World Class Sparring who will compete in the *Electronic HoGu* division. (KP & P) and Sports Poomsae**
 - **World Class Competitors *will not be able to participate in Saturday 28th. event.***
- **No Registration will be accepted after May 20, 2023**
- **ATU Team Selection (Adults Rule) – World Class 12-14 and 15-17 Black Belt (KP & P system will be use)**
- **Early Registration Fee: Regular Division (Sparring and Poomsae):**
One Event - \$110, Two Events - \$140 Breaking - \$130 (5 Boards will be provided)
Special Division: World Class/ Sports Poomsae/ Team Poomsae - \$130, \$50 for each additional event
and Membership Fee \$30 Coach - \$50
Registration Fee will increase \$20 after May 1st.
- **General Admission:** \$20.00 (Under 4 years old is Free)
- The current ATU Rules and Regulations and modified rules of the World Tae Kwon Do (WT) will govern these Championships for the Gyorooogi and Traditional Poomse divisions rule.
- All competitors must bring their own safety gear including chest protector, headgear, shin/instep guards, forearm guards, protective cup, mouthpiece and a standard **white V-neck WT approved uniform in good condition**. Black trim around the collar is allowed for black belts. NO equipment will be provided. **Any type of Glass/Sports Glass wear is NOT allowed for Sparring Competition.**
- **Individual Awards:** Sparring – One First Place, One Second Place, Two Third Place
Form – One First Place, One Second Place, One Third Place
- **Team Demonstration Awards (Scholarship):** One First Place - \$2,000
(Entry Fee \$500) One Second Place - \$1,000
Two Third Place - \$500

Visit our website for online Registration and you may obtain all the information at www.joinatu.com

More information contact us at atuoffice@gmail.com

ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE



Schedule of Events



Friday, May 26th, 2023 - World Congress Center C-4 Hall Atlanta, GA

ALL PRE-TOURNAMENT ACTIVITIES (WEIGH-INS) WILL BE HELD AT World Congress Center Atlanta, GA

5:30 PM to 9:30 PM – WEIGH-INS (for all **Sparring Competitors Only**) Not for World Class sparring
(Weigh-in for all World Class competitors must be done by Saturday, May 27th Only)

7:00 PM **Demonstration Team preliminary competition**

Saturday, May 27, 2023 – World Congress Center C-4 Hall Atlanta, GA

Weigh-In Schedule (SPARRING ONLY) - World Class Weigh-In 1:30 PM to 2:30 PM and 5:30 PM to 9:30 PM

07:30 AM to 8:30 AM – (Age 4 to 9 All Belts)

10:30 AM to 12:00 PM – Weigh-In at Tournament Site (Age 10 to 14 All Belts)

1:30 PM to 2:30 PM – Weigh-In at Tournament Site (All Belts Ages 15-17 and All Belts Ages 18 and Older)

Competition Schedule

9:00 AM – Form, Breaking and Sparring (Age 4 to 9 All Belts)

Must arrived at the floor at 8:30 AM

1:00 PM – (OPENING CEREMONIES and Team Demonstration Competition Final)

2:00 PM – Sparring, Breaking and Form (Age 10 to 14 – All Belts)

Must arrived at the floor at 1:30 PM

3:30 PM – Form and, Breaking and Sparring (Age 15 and Older – All Belts)

Must arrived at the floor at 3:00 PM

Sunday, May 28, 2023 – World Congress Center C-4 Hall Atlanta, GA

9:00 AM - Sports Poomse, Pair Poomse and Team Poomse (cadet division competitors must arrived at the floor at 8:30 AM)
(Jr. division competitors must arrived at the floor at 11:30 AM)

9:00 AM – World Class Sparring (all **World Class Sparring** competitors, please check for your schedule at www.atuevents.info and “Division” – “Match Status” Saturday May, 27th 10:30 PM)

ELIGIBILITY OF COMPETITOR

ALL COMPETITORS MUST B 4YEARS AND OLDER.ALL COMPETITORS
MUST AGREE TO ABIDE BY THE RULES OF THE ORGANIZING COMMITTEE

Mandatory Equipment:

All Gyorooigi competitors must bring their own safety gear including chest protector, headgear, shin/instep guard, forearm guard, protective cup and mouth guard.

Any type of Glass/Glass wear is NOT allowed for Sparring Competition

A standard WT approved uniform in good condition, **white V-neck with black or white trim only around the collar.**

- Shin and instep protector, white only, elastic sponge-cushion type stocking.
- Forearm protector, same as shin/instep guard, but only covers form the elbow to the wrist.
- Protective cup worn inside the pants.
- Chest protector and headgear are mandatory for all sparring competitors.
- A Mouth Guard Is Mandatory

**PLEASE NOTE THAT THIS TOURNAMENT WILL FOLLOW THE RULES OF THE ATU AND WT
CERTAIN RULES AND/OR REGULATIONS ARE SUBJECT TO CHANGE AT THE DISCRETION
OF THE EXECUTIVE COMMITTEE/ORGANIZING COMMITTEE**

**AGE 4-14 All Belt and AGE 15-17 Color Belt****GYOROOGI: (Sparring)**

Age	Belt	Male	Female	Age	Belt	Male	Female
4-5 And 6-7	All Belts	Under 40 lbs.	Under 40 lbs.	8-9	All Belts	Under 55 lbs.	Under 55 lbs.
		40.1-52 lbs.	40.1-52 lbs.			55.1-67 lbs.	55.1-67 lbs.
		52.1-65 lbs.	52.1-65 lbs.			67.1-80 lbs.	67.1-80 lbs.
		65.1-78 lbs.	65.1-78 lbs.			80.1-92 lbs.	80.1-92 lbs.
		78.1-90 lbs.	78.1-90 lbs.			92.1-105 lbs.	92.1-105 lbs.
		Over 90 lbs.	Over 90 lbs.			Over 105 lbs.	Over 105 lbs.
10-11	All Belts	Under 65lbs.	Under 65 lbs.	12-14	All Belts	Under 72.75 lbs.	Under 63.93 lbs.
		65.1-78 lbs.	65.1-78 lbs.			72.76-81.57 lbs.	63.94 -72.75 lbs.
		78.1-90 lbs.	78.1-90 lbs.			81.58-90.38 lbs.	72.76- 81.57 lbs.
		90.1-102 lbs.	90.1-102 lbs.			90.39-99.20 lbs.	81.58- 90.38 lbs.
		102.1-115 lbs.	102.1-115 lbs.			99.21-108.02 lbs.	90.39- 97.0 lbs.
		Over 115 lbs.	Over 115 lbs.			108.03-116.84 lbs.	97.01-103.61 lbs.
15-17	All Belts	Under 99.2 lbs.	Under 92.6 lbs.			116.85-125.66 lbs.	103.62-112.4 lbs.
		99.3-105.8 lbs.	92.7-97.0 lbs.			125.67-134.48 lbs.	112.44-121.25 lbs.
		105.9-112.4 lbs.	97.1-101.4 lbs.			134.49-143.30 lbs.	121.26-130.07 lbs.
		112.5.-121.3 lbs.	101.5-108.0 lbs.			143.31 and Over	130.8 and Over
		121.4-130 lbs.	108.1-114.6 lbs.				
		130.1-138.9 lbs.	114.7.1-121.3 lbs.				
		139.0-149.9 lbs.	121.4-130.0 lbs.				
		150.0-160.9 lbs.	130.1-138.9 lbs.				
		161.0-172.0 lbs.	139.0-149.9 lbs.				
172.1 lbs. and Over	150.0 lbs. and Over						

POOMSE (Form)

Age	Belt	Male	Female	Age	Belt	Male	Female
6-7	All Belt	Under 52 lbs.	Under 52 lbs.	8-9	All Belt	Under 67 lbs.	Under 67 lbs.
		52.1-78 lbs.	52.1-78 lbs.			67.1-92 lbs.	67.1-92 lbs.
		Over 78 lbs.	Over 78 lbs.			Over 92 lbs.	Over 92 lbs.
10-11	All Belt	Under 78 lbs.	Under 78 lbs.	12-14	All Belt	Under 87 lbs.	Under 82 lbs.
		78.1-102 lbs.	78.1-102 lbs.			87.1 – 96 lbs.	82.1-91.2 lbs.
		Over 102 lbs.	Over 102 lbs.			96.1 – 105 lbs.	91.3 – 100.4 lbs.
15-17	Color Belts	Under 117 lbs.	Under 112 lbs.			105.1 – 114 lbs.	100.5 – 109.6 lbs.
		117.1-142 lbs.	112.1-138lbs.			114.1 – 123 lbs.	109.7 – 118.8 lbs.
		Over 142 lbs.	Over 138 lbs.			123.1 – 132 lbs.	118.9 – 128 lbs.
						Over 132 lbs.	Over 128

AGE 15-17 BLACK BELT

GYOROOGI: (Sparring)

Divisions	Men's Weight (lbs. & kegs)	Women's Weight (lbs. & kegs)
FIN	Under 99.2 lbs. (45kg)	Under 92.6 lbs. (42kg)
FLY	99.3 – 105.8 lbs. (45 – 48kg)	92.7 – 97.0 lbs. (42 – 44kg)
BANTAM	105.9 – 112.4 lbs. (48 – 51kg)	97.1 – 101.4 lbs. (44 – 46kg)
FEATHER	112.5 – 121.3 lbs. (51 – 55kg)	101.5 – 108.0 lbs. (46 – 49kg)
LIGHT	121.4 – 130.0 lbs. (55 – 59kg)	108.1 – 114.6 lbs. (49 – 52kg)
WELTER	130.1 – 138.9 lbs. (59 – 63kg)	114.7 – 121.3 lbs. (52 – 55kg)
LIGHT MIDDLE	139.0 – 149.9 lbs. (63 – 68kg)	121.4 – 130.0 lbs. (55 – 59kg)
MIDDLE	150.0 – 160.9 lbs. (68 – 73kg)	130.1 – 138.9 lbs. (59 – 63 kg)
LIGHT HEAVY	161.0 – 172.0 lbs. (73 – 78kg)	139.0 – 149.9 lbs. (63 – 68kg)
HEAVY	Over 172.1 lbs. (78kg)	Over 150 lbs. (68kg)

POOMSE: (Form)

Dan	Division	Men's	Women's
1 st . Dan – 6 th . Dan	LIGHT	Under 105.8 lbs.	Under 97 lbs.
	L. MIDDLE	105.9-121.2 lbs.	97.1-108 lbs.
	MIDDLE	121.3-138.9 lbs.	108.1-121.2 lbs.
	L. HEAVY	139.0-160.9 lbs.	121.3-138.9 lbs.
	HEAVY	Over 160.9 lbs.	Over 138.9 lbs.

Adults National *Black Belt* Division (18-32)

GYOROOGI: (Sparring)

Divisions	Men's Weight (lbs. & kegs)	Women's Weight (lbs. & kegs)
FIN	Under 119.0 lbs. (54kg)	Under 101.4 lbs. (46kg)
FLY	119.1 – 127.9 lbs. (54 – 58kg)	101.5 – 108.0 lbs. (46 – 49kg)
BANTAM	128.0 – 138.9 lbs. (58 – 63kg)	108.1 – 116.9 lbs. (49 – 53kg)
FEATHER	139.0 – 149.9 lbs. (63 – 68kg)	117.0 – 125.7 lbs. (53 – 57kg)
LIGHT	150.0 – 163.1 lbs. (68 – 74kg)	125.8 – 136.7 lbs. (57 – 62kg)
WELTER	163.2 – 176.4 lbs. (74 – 80kg)	136.8 – 147.7 lbs. (62 – 67kg)
MIDDLE	176.5 – 191.8 lbs. (80 – 87kg)	147.8 – 160.9 lbs. (67 – 73 kg)
HEAVY	Over 191.8 lbs. (87kg)	Over 160.9 lbs. (73kg)

POOMSE: (Form)

Dan	Divisions	Men's Weight (lbs.)	Women's Weight (lbs.)
1Dan – 6 Dan	LIGHT	Under 127.6 lbs.	Under 103.3 lbs.
	MIDDLE	127.7 – 147.4 lbs.	103.4 – 121.0 lbs.
	LIGHT HEAVY	147.5 – 171.6 lbs.	121.1 – 143.0 lbs.
	HEAVY	Over 171.6 lbs.	Over 143.0 lbs.

WT/ATU OFFICIAL POOMSE

Black Belt Poomse (Form)	Color Belt Poomse (Form)
1 st - Koryo	Yellow - Taeguk & Palgwe 1-2
2 nd - Keumgang	Green - Taeguk & Palgwe 3-4
3 rd - Taebaek	Blue - Taeguk & Palgwe 5-6
4 th - Pyung Won	Red - Taeguk & Palgwe 7-8
5 th - Sip Jin	
6 th - Ji Tae	

Ultra Divisions (Age: 33-40, 41-50, Over 50)

GYOROOGI (Sparring)

Rank	Age	Men's Weight (lbs)	Women's Weight (lbs)
All Belts	33-40, 41-50	Under 127.6 lbs.	Under 112.2 lbs.
		127.7-147.4 lbs.	112.3-129.8 lbs.
	And	147.5-171.6 lbs.	129.9-147.4 lbs.
	Over 50	Over 171.6 lbs.	Over 147.4 lbs.

POOMSE (Form)

Rank/Belt	Age	Divisions	Men's Weight(lbs)	Women's Weight
All Color Belts	33-40, 41-50	LIGHT	Under 158.4 lbs.	Under 138.6 lbs.
		HEAVY	Over 158.4 lbs.	Over 138.6 lbs.
1 st , 2 nd , 3 rd Dan and	And			
4 th Dan & Higher Dan	Over 50			

ADULTS COLOR BELT (Age: 18-32)

GYOROOGI (Sparring)

Men's Weight	Belt	Women's Weight
Under 127.9 lbs.	All Color Belts	Under 112.4 lbs.
128 -147.7 lbs.		112.5 -130.1 lbs.
147.8 -172.0 lbs.		130.2 -147.7 lbs.
Over 172.0 lbs.		Over 147.7 lbs.

POOMSE (Form)

Division	Men's Weight	Belt	Women's Weight
LIGHT	Under 147.4 lbs.	All Color Belts	Under 129.8 lbs.
HEAVY	Over 147.4 lbs.		Over 129.8 lbs.

Breaking (All ages and belts)

Age	Belt	Male	Female	Age	Belt	Male	Female
4-5	All Belt	1-999 lbs.	1-999 lbs.	6-7	All Belt	Under 52 lbs.	Under 52 lbs.
						Over 52 lbs.	Over 52 lbs.
8-9	All Belt	Under 80 lbs.	Under 80 lbs.	10-11	All Belt	Under 90 lbs.	Under 90 lbs.
		Over 80 lbs.	Over 80 lbs.			Over 90 lbs.	Over 90 lbs.
12-14	All Belt	Under 108 lbs.	Under 97 lbs.	15-17	All Belt	Under 130 lbs.	Under 114.6 lbs.
		Over 108 lbs.	Over 97 lbs.			Over 130 lbs.	Over 114.6 lbs.
18-32	All Belt	Under 147.7	Under 130.1 lbs.	33-40	All Belt	Under 158.4 lbs.	Under 138.6 lbs.
		Over 147.7	Over 130.1 lbs.			Over 158.4 lbs.	Over 138.6 lbs.
41-50	All Belt	Under 158.4 lbs.	Under 138.6 lbs.	51-99	All Belt	Under 158.4 lbs.	Under 138.6 lbs.
		Over 158.4 lbs.	Over 138.6 lbs.			Over 158.4 lbs.	Over 138.6 lbs.



Competition Rules and Regulations:

The current ATU Rules and Regulations and modified rules of the World Tae Kwon Do Federation (WT) will govern these Championships for the Gyorooigi and Traditional Poomse divisions.

WT/ATU Official Poomse (Forms)

The Poomse (Form) will consist of WT/ATU Official Poomse competition. The Poomse divisions will be divided by belt ranking, weight and sex. The Official Poomse for the competition will be those recognized by the ATU and World Taekwondo Federation.

Gyoroogi (Free Sparring)

Each match will be single elimination. For Gyoroogi competition. The current American TaeKwonDo United (ATU) Rules and Regulations are modified rules of the World Taekwondo Federation (WT) and will govern this event .Competition will be single elimination and will continue until a winner has been established. All competitors must bring their own safety gear including chest protector, headgear, shin/instep guards, forearm guards, protective cup, mouthpiece and a standard white V-neck WT approved uniform in good condition. Black trim around the collar is allowed for black belts. NO equipment will be provided

Demonstration Competition Rules

- *More than 70% of the Demonstration members must participate in the individual event(s).*
- *Masters are not allowed to be a demonstration team member.*
- *For any team that has at least 2 or more members within each age group, will be awarded an additional point.*

<i>7and younger</i>	<i>11 and younger</i>	<i>12-14</i>	<i>15-17</i>	<i>18-32</i>	<i>33 and older</i>
<i>0 point</i>	<i>0.5 Point</i>	<i>0.5 Point</i>	<i>0.5 Point</i>	<i>0.5 Point</i>	<i>0 Point</i>

1. *Demonstration Time: Maximum of 6 minute*
2. *Number of team competitors: a minimum of 8 and a maximum of 30 members*
3. *Technical Regulations*

- A. *Poomse, breaking, and self-defense elements are required.*
- B. *Equipment and costumes can be chosen by the performers*
- C. *There will be NO weapons allowed in the Demonstration.*
- D. *Music and sound effects can be used*

Scoring:

1. *Each judge will score a maximum of 10 points for originality and 10 points for technique.*
2. *Seven judge will score each performance, with the highest and lowest scores excluded.*
3. *Deductions:*
 - A. *Exceeding time limit:*
 - a. *Over 6 minute will be a 0.5- point deduction from your overall score*
 - b. *Over 6 minute 30 second will be a 1.5- point deduction from your overall score*
 - c. *Over 7 minute will be disqualified.*
 - B. *Violating technical regulations*

Junior Competition (Safety) Rules

The Competition Rules regulate and govern all matters pertaining to Taekwondo competition at all levels sanctioned or promoted by ATU. However, the following special section of the Junior Competition (Safety) Rules (which will be referred to as “Junior Safety Rules” hereafter) shall further apply to junior sparring divisions as stated below.

1. General Rules for Head Contact

Age	Belt Color	Rules
6 and 7	All Belt	No Head Contact
8 and 9	Yellow to Red	No Head Contact
	Black Belt	Light Head Contact
10 and 11	Yellow to Red	No Head Contact
	Black Belt	Light Head Contact
12 to 14	Yellow to Regular Black Belt	Light Head Contact
	World Class Black Belt	Adult Rules
15 to 17	Yellow to Red	Light Head Contact
	All Black Belt	Adult Rules
18 to 32	Yellow to Red	Light Head Contact
	All Black Belt	Adult Rules
33 +	All Belt	Light Head Contact

1. In National Qualifier and National Championships sparring competition, the rules concerning a kick to the face shall be as follows:

- a. Any technique, which causes injury to the head area will result in a one-point penalty by the referee (“Gam-jeom”).
- b. If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.

NOTE: Inability to continue because of fright, crying or loss of will following a kick to the head, which did not cause injury does not constitute grounds for disqualification of the attacker.

C.

1. In National Qualifiers and National Championship sparring competition, the Senior Black Belt adult rules shall apply for these divisions.

Excessive contact to the facial or head area:

Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact to be excessive, and declare the appropriate penalty.

Where Junior Competition Rules are in effect per Article 1.B above, the competitor who executes a successful technique to the face (light contact without causing any injury) shall be awarded three points. This is to better align with current WT standards; however, the criteria for “excessive contact” will continue to be strictly enforced.

8- Count

Under Junior Competition Rules, the referee should NOT give 8-count for ANY technique, even a legal one, to the head area; if a kick to the head is powerful enough to warrant an 8-count, it should be considered excessive, and the appropriate penalty should be declared. However, the referee can and should begin an 8-count for a legal kick to the trunk area that results in a knockdown condition.

Turning Kicks

Successful turning kicks to the body shall be awarded two points in all sparring divisions.

1. Permitted Technique

- 1) Fist techniques: Delivering a punch using the tightly clenched fist.

2) Foot techniques: Delivering techniques using any part of the foot below the anklebone.

2. Permitted Areas

- 1) Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. Attack to the spine, however, is not permitted.
- 2) Head: This is the area above the collarbone. Only foot techniques are permitted.

Fist Techniques:

Striking with the correctly clenched fist is permitted without consideration of the angle, trajectory, or fist placement of the strike.

Foot techniques:

Any striking techniques using any part of the foot below the anklebone are legal. Attacks using any part of the leg above the anklebone, i.e., the shin, knee, etc., are not permitted.

Trunk:

As depicted in the following illustration, the area covered by the trunk protector between the armpit and the pelvis is the legal attacking area. Thus, trunk protector should be worn according to the rule on the size of trunk protector for each weight category and the physique of each contestant.

Face:

As depicted in the following illustration, this is area above the collarbone.

Valid Points

1. Legal Scoring Areas

- 1) Body: The blue or red covered area of the trunk protector.
 - 2) Head: The area above the chin (i.e., the whole part of the head, including both ears and the back of the head.)
2. Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas.
3. The valid points are divided as follows:
One (2) point for a valid attack on trunk protector
Four (4) points for a valid turning kick to the trunk protector./ Four (4) points for a Back Kick to the trunk protector.
Three (3) points for a valid kick to the head.
Four (5) points for a valid turning kick to the head.
4. Match score shall be the sum of points of the three rounds.
5. Invalidation of points: When a contestant scores through the use of a prohibited act, the point(s) scored shall be annulled.

Guidelines for Officiating:

Accurately:

This means the proper aspect of a legal attacking technique, fully contacting the opponent within the designated limits of a legal target area.

Powerfully:

- a. Trunk protector not equipped with electronic sensor: Sufficient power is demonstrated as the opponent's body is abruptly displaced by the impact of the strike.
- b. In the use of electronic Protector and Scoring System: Force of impact is measured by the PSS, with the level of force by which points are scored varying by weight division and gender.

Prohibited Acts

1. Penalties shall be declared by the referee for any prohibited acts.
2. Penalties is "Gam-jeom" (deduction penalty).
3. A "Gam-jeom" shall be counted as an additional point for the opposing contestant.

1. Prohibited acts

- 1) The following acts shall be classified as prohibited acts, and "**Gam-jeom**" shall be declared.
 - a. Attacking the opponent after "Kal-yeo"
 - b. Attacking the fallen opponent
 - c. Throwing the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand.
 - d. Intentionally attacking the opponent's face with the hand
 - e. A coach or contestant interrupting the progress of the match
 - f. Violent or extreme remarks or behavior on the part of a contestant or a coach
 - g. Intentionally avoiding match
 - h. In case of using PSS, before each round of competition, the referee shall check whether any attempts were made to manipulate the scoring system and/or increase sensitivity of the sensing socks, or any other method. In the event that the referee finds intentional manipulation, the referee shall reserve the right to give "Gam-jeom" to the pertinent contestant and shall reserve the right to declare the violating athlete as the loser by penalty based on the degree of seriousness of the violation.

b. Avoiding or delaying the match

This act involves stalling with no intention of attacking. A contestant who continuously displays a non-engaging style shall be given a penalty. However, the referee shall distinguish intentional avoidance from tactical defense, and the penalty shall not be given for tactical defense. If both contestants remain inactive after five (5) seconds, the center referee will signal the "Fight" command. A "Gam-jeom" will be declared: On both contestants if there is no activity from them 10 seconds after the command was given; or, on the contestant who moved backwards from the original position within 10 seconds after the command was given. Turning the back to avoid the opponent's attack should be punished, as it expresses the lack of a spirit of fair play and may cause serious injury. The same penalty should also be given to evading the opponent's attack by bending below waist level or crouching.

"Pretending injury" means exaggeration injury or indicating pain in a body part not subjected to a blow for the purpose of demonstrating the opponent's actions as a violation, and also exaggerating pain for the purpose of elapsing the match time. In this case, the referee shall give the indication to continue the match to the contestant two times in five (5) seconds intervals, and then shall give a "Gam-jeom" penalty unless the contestant follows his/her instructions.

Attacking the fallen opponent (Gam-Jeom)

This action is extremely dangerous due to the high probability of injury to the opponent.

The danger arises from the following:

- The fallen opponent is in an immediate defenseless state.
- The impact of any technique which strikes a fallen contestant will be greater due to the contestant's position. These types of aggressive actions toward a fallen opponent are not in accordance with the spirit of Taekwondo and as such are not appropriate to Taekwondo competition. In this regard, penalties should be given for intentionally attacking the fallen opponent regardless of the degree of impact. A Gam-jeom penalty should also be given in case a contestant pretends to attack a fallen opponent.
- Throwing the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand or action to interfere with the opponent's attack by grappling the opponent's foot in the air or pushing with the hand.

Intentionally avoiding the match: (Gam-Jeom)

In case that a competitor intentionally turns the back and steps away from the opponent to avoid the attack of the opponent, the referee shall give "Gam-jeom". If the referee finds that the action was resulted from obvious lack of spirit of fair play and sportsmanship, the referee may report to the Technical Delegate after the contest for consideration of further sanction against the competitor.

*Register online. We will e-mail your I.D. card! (If you register online, NO waiting time for I.D. pick-up)
Visit our website for online Registration and you may obtain all the information at www.joinatu.com*

Breaking Competition Rules

In Creative Breaking competition, competitors use powerful, correctly executed Taekwondo hand and foot techniques to break pine board. Competitors are expected to display technical skill and proper Taekwondo Manner.

ATU will provide 5 Boards to all breaking competitors.

1. Competitors may choose the 5 techniques for 5 station is maximum with any Taekwondo striking or kicking technique.
2. Competitors and helpers will have Two Minute to set up, perform the breaking routine and clean up all boards, broken boards and wood fragments. Exceeding the time limit will result in 0.5 point deduction in the final score for each 10 seconds, or fraction thereof, over the time.
3. There is a maximum of two attempts for each break. Failure to break all of the boards in a single attempt will result in 0.2 deduction for each missed board. Failure to complete the break after two attempts will result in a 0.5 point deduction in the final score, in addition to the penalties for missed boards. A "Broken Board" is defined as one that is a. completely separated; b. held together only by wood strands, such that if one side is held horizontal, the other side naturally drops perpendicular to the floor.
4. The performance must be confined to the 8X8 competition area. A competitor who crosses the boundary line with both feet will receive a 0.5 point deduction for each violation.
5. Competitors are expected to display self-control and good competition manner. A display of poor sportsmanship (profanity, etc.) may be penalized by either 0.1 or 0.5 depending upon severity.

• Scoring Guidelines for Breaking Competition.

Judging will be based on Three Criteria:

- a. Difficulty (30%)
- b. Demonstration of Taekwondo Skill & Presentation (40%)
- c. Breaking (%30)

If a competitor fails to break any boards at all, the total score for Difficulty of Techniques and number of Boards Broken is "0" The competitor still receives a score for Presentation.

Difficulty

Difficulty is individually assessed by each judge on a scale of 1.0 to 3.0 based on the judge's consideration of the difficulty of the overall performance. Here are guidelines for assessing difficulty:

- a. **Difficulty of Kicking Techniques will be assessed on the following order of superiority:**
 1. Standing kick technique
 2. Kicking technique with turning motion
 3. Jumping or flying kick technique
 4. Jumping or flying kick with turning motion (the greater the number of rotations, the higher the assessed difficulty)
 5. Multiple breaking using jumping or flying kick
 6. Multiple breaking spinning jumping or flying kick

- b. **Difficulty of Hand Techniques be assessed on the following order of superiority:**
 1. Basic skills such as straight or reverse punch, palm heel strike and hammer fist
 2. More technical skills such as knife hand strike, ridge hand strike and back fist
 3. Advanced skills such as spear finger strike, long punch, chicken beak strike, etc.

- c. **Suspended holding ("i.e., "speed breaking") is considered more difficult than fixed holding.**

- d. **Demonstration of Taekwondo skill will be based on Accuracy, Speed and Presentation.**
 1. **Accuracy:** Breaking on the first attempt is superior to breaking on the second attempt, and breaking at the center of the board is superior to breaking off-center.
 2. **Speed:** Rapid, smooth, continuous motion is superior to taking extra time between breaks.
 3. **Presentation:** In addition to displaying correct Taekwondo technique, this includes confidence, balance, rhythm, smoothness of performance and good competition manner from entrance into the contest area through the completion of the performance.

E. Declaration of Penalties

One deduction penalty is equal to 0.5 point. Deduction penalties will be declared by the referee after the performance is completed by stating the number of deductions, and what they are for. (Example: "Two deductions for exceeding performance time by 16seconds", "Two deductions for going out of the contest area.")

F. Decision and Declaration of Winner

The winner shall be the contestant who is awarded the highest mean score (calculated to two decimal points.)

When using the five judge system, the highest and lowest scores will be dropped from the final total then a mean score calculated by dividing by 3.00. With the three judge system, all scores will be used then a mean score calculated by dividing by 3.00.

In case of a tie, the winner will be selected based on the combined Performance score. If still tied:

1. Five judge system – The highest and lowest scores will be added back in, and then a mean score calculated by dividing by 5.0000 to select the winner.
2. Three judge system – The competitor with fewer Technical Deductions will be the winner.
3. If the competitors remained tied after the above tie-breaking conditions, the competitor with highest total Presentation points will be the winner.



2023 AMERICAN TAEKWONDO UNITED SCHOOL (CLUB) MEMBERSHIP APPLICATION

School (Club) Information

School (Club) Information _____

Address _____

City / State / Zip _____

Telephone _____ Fax _____

Email _____

Web Site _____

School (Club) Owner's Information

Name: _____

Address: _____

Telephone _____ E-mail _____

Payment Information

Payment Type:

MC

Visa

AMEX

Check

If you are paying by credit card, please complete the following:

Name on Card: _____

Billing Address: _____

Address: _____

City / State / Zip: _____

Credit Card # _____

Expiration Date ____ / ____ Security Code _____

Signature _____ Date _____

By signing above I agree to pay the total amount according to the card issuer agreement (or merchant account agreement) or payment terms set forth. Cancellations until December 31st. 2023 will be charged a \$ 100 fee.



2023 ATU National Championship
REFEREE REGISTRATION FORM

Please complete this form and mail to:
ATU

7807 Montane Run Ct. Waxhaw, NC 28173

ATU will provide the following with full day of judging:
State level Referee: \$50
IR: \$100

Please check the appropriate line(s):

_____ I will be attending the **Referee Seminar on May 26th, 2023**

_____ I will be attending the **Referee Meeting on May 27th and 28th, 2023 at 7:30am**
At the Tournament site

_____ I will be assisting as a Referee at the 2023 ATU National Taekwondo Championship

Last Name: _____ First Name: _____

City: _____ State: _____ Zip: _____

Telephone #: () _____ Age: _____ Date of Birth: _____

Current Dan Rank _____ Sex: Male _____ Female _____

Name of TKD School: _____

Signature of Applicant: _____ Date: _____



2023 ATU National Championship

Team Demonstration Competition Registration Form

Team Demonstration Fee is \$500 Make **Certified check** or **Money order** payable to ATU Deadline, May 20th, 2023

Mail to: ATU 7807 Montane Run Ct. Waxhaw, NC 28173

Team Leader Information:

Name _____

School/State _____

Address _____

City _____ State _____ Zip _____

E-mail _____

LIABILITY WAIVER

In consideration of your acceptance of my registration, I do hereby, for my-self, heirs, executors and administrators waive, release and forever discharge any and all rights claims for damages which I may have, or which may occur to me, against The American TaeKwonDo United Inc. and for its state and district associations, 2023 American TaeKwonDo United Successors, and all members of the tournament, or their respective officers, agents, representatives, successors, and/or assigns, World Congress Center 285 Andrew Young International Blvd NW, Atlanta, GA 30313 and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that TaeKwonDo is a body contact sport and I further understand all contents of the 2023 rules and regulations and general information which was published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation or refund if my conduct is not courteous and cooperative for the successful operation of the championships.

Team Members List:

Name	Age	Name	Age
1.		21.	
2.		22.	
3.		23.	
4.		24.	
5.		25.	
6.		26.	
7.		27.	
8.		28.	
9.		29.	
10.		30.	
11.		31.	
12.		32.	
13.		33.	
14.		34.	
15.		35.	
16.		36.	
17.		37.	
18.		38.	
19.		39.	
20.		40.	

As promised, we are working hard to support our athletes.

Combined winners from the following divisions will be sponsored by ATU to participate in the 2023 Korea Training Trip*:

- *Ten (10) 12-14 year old **World Class Sparring** Division Winners (5 Male, 5 Female)
- *Ten (10) 15-17 year old **World Class Sparring** Division Winners (5 Male, 5 Female)
- *Two (2) 12-14 year old **Sports Poomsae** Division Winners (1 Male, 1 Female)
- *Two (2) 15-17 year old **Sports Poomsae** Division Winners (1 Male, 1 Female)
- *One (1) 12-14 year old **Pair Poomsae** Division Winners
- *One (1) 15-17 year old **Pair Poomsae** Division Winners

World Class Sparring combined division winner **Must compete at least once to make the team**. If there is NO competitors to compete with in the division and/or in combined division ATU Will provide \$250 Scholarship.

**A detailed schedule for the Korea Training Trip will be provided at a later date.*

Some important reminders:

- *All World Class Sparring, Sports Poomsae, Pair Poomsae and Team Poomsae Competitors **must be a member of ATU**. You will be able to sign up as an ATU Member during your online registration period.
- *If an athlete fails to make weight, ATU will allow the athlete to change weight divisions **for a fee of \$100**.
- *All World Class Sparring competitors **can check their competition schedule at www.atuevents.info after weigh-ins conclude on May 27th @ 10:30 PM**. (Navigate to “Division” > “Match Status” to find your match number).
- * KP&P will be the official Hogu and E-Helmet equipment for this event during World Class Competition.
- *On **Sunday, May 28th**, all 12-14 year old Individual Sports Poomsae Competitors **must arrive at the tournament site no later than 8:30 AM**.
- *On **Sunday, May 28th**, all 15-17 year old Individual Sports Poomsae Competitors **must arrive at the tournament site no later than 11:30 AM**.

2023 ATU Team Korea Training Trip Plans

All Team Members are responsible for their own airfare. ATU will cover the following costs for team members: hotel, team uniform, team gear, ground transportation and meals.

The 2023 ATU National Team will be training alongside multiple Korean high school and college teams.

In 2023, ATU could not make the trip to Korea happen because of limited member attendance as a result of high airfare costs. **10 or more-member attendance is required to make the Korea Trip in 2023.**

This plan is subject to change. If ATU decides not to make this Korea Trip with regard for extenuating circumstances, ATU will host a special training camp in the U.S.