



## Tournament and Umpire Committee

### Power Test

#### General Notes

- An appropriate mechanical holding device must be used throughout the Power Test Competition.
- Competitors are not permitted to add weight to the machine at any time.
- The official will determine if the machine is properly positioned and stabilized correctly; from this point on, **NO** adjustment to the location or stability of the machine is permitted.
- In order to ensure equality for each competitor, plastic Re-Breakable Boards shall be used.

#### General Duties

The Referee is responsible for ensuring that the competition is equal for all competitors. They must ensure that the machines are set up in the same manner each time; the boards are set up correctly in the same manner each time, the competitors perform the correct procedure for breaking, and that no contravention of the rules takes place.

Positioning of the boards will consist of ensuring:

1. The direction of joint in the board is in the same position for each board
2. The direction of the joint in the board faces the same direction for each competitor
3. The boards are assembled in the same numerical order for each competitor
4. The boards used in each individual technique remain the same boards used for that technique throughout the competition
5. All edges are aligned correctly and the boards are positioned in the machine solidly

The officials will determine if the machine is stable. Once approved, any movement (sliding or lifting) of the machine will be considered an integral part of the competitor's break, and will **NOT** be grounds for an additional attempt.

Only if the event of equipment malfunction, will an additional attempt be considered, and then, only at the discretion of the Jury President.

#### System of Scoring

- Each fully separated board will count as two (2) points, and each bent board will count as one (1) point.
- The Referee will undertake a visual inspection of each board to determine whether it is broken or not.
- Referees must not attempt to separate bent boards in an effort to assign a higher score. Boards are either bent or fully broken.
- Any board that has a noticeable concave deviation from its normal joined position, and which remains in a position where it is no longer flat, with a noticeable line of separation at the joint; is bent.
- Referee has the final decision as to whether a board is bent or broken.



## Tournament and Umpire Committee

### Number of Boards

KOREAN	ENGLISH	BOARDS Junior	BOARDS Senior
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#### *MALE – Junior and Senior*

Ap-Joomuk Jirugi	Forefist Punch	2	3
Sonkal Taerigi	Knifehand Strike	2	3
Yopcha Jirugi	Side Piercing Kick	3	4
Dollyo Chagi	Turning Kick	3	3
Bandae Dollyo Chagi	Reverse Turning Kick	2	3

#### *FEMALE – Junior and Senior*

Sonkal Taerigi	Knifehand Strike	1	2
Yopcha Jirugi	Side Piercing Kick	2	3
Dollyo Chagi	Turning Kick	2	2



## Tournament and Umpire Committee

### Procedure

1. Referee calls the competitor to enter the competition floor.
  2. Competitor faces the Jury. Referee then gives the command "CHARYOT".
  3. Referee then gives the command "KYONG-YE", the competitor bow to the Jury.
  4. The Referee instructs the competitor to **ADJUST** the height of each machine for their breaks.
    - a. When adjusting the height, competitors may stand IN FRONT of the machine and verbally indicate whether the machine should be lowered or raised.
    - b. Adjustment must not be done with the attacking tool extended towards to boards; otherwise the break will be disqualified.
  5. After the competitor has adjusted each machine, the Referee directs them to the first machine.
  6. Referee then gives the command "JUNBI".
  7. The competitor must adopt an L-Stance Forearm Guarding Block.
  8. After the competitor has adopted an L-Stance Forearm Guarding Block, the Referee will then extend a red flag in a horizontal position.
  9. The referee will then simultaneously raise the red flag and give the command "SIJAK"
    - a. **This point is considered to be the starting point for this break.** All rules regarding Time, Ready Positions, Measurements, Stepping and Contacting the board are in effect.
    - b. The Referee will not raise the flag, indicating the beginning of the break, until such time as the competitor has adopted an L-Stance Forearm Guarding Block.
  10. At this point the competitor then has fifty (50) seconds to execute all of the following:
    - a. **One (1) COMPULSORY MEASUREMENT**  
(Competitor may touch the board - ONCE),
    - b. **One (1) L-Stance Guarding Block**  
(Before the attempt to break)
    - c. **One (1) attempt to break the boards**  
(The stepping criteria is now in effect until the moment of contact with the board)
    - d. **One (1) L-Stance Guarding Block**  
(After the attempt to break)
- Note:**
- i. In the event that the 50 second time expires prior to the competitor attempting the technique, the Jury Member must indicate that time is over. The Referee will issue the command "HAECHYO" and must stop the competition and not permit the competitor to attempt the break.
  - ii. In the event that the competitor commits an infraction of the rules, the referee will issue the command "HAECHYO", stopping the attempt to break, and indicate the appropriate infraction.
11. One (1) measurement is defined as one (1) extension of the attacking tools towards to board, with or without a step.
  12. One (1) step is allowed when performing the break.
    - a. A step is defined as the removal and subsequent replacement of one or more feet on the floor, regardless as to whether there is any advancement towards the target.
  13. One (1) Pre-action (backward motion performed in a continuous action) is permitted when executing the technique.
  14. The competitor must finish each technique in an L-Stance Forearm Guarding Block.
    - a. This point is considered to be the finishing point for this break.
  15. After the attempt to break, the referee will then inspect the boards, and award the appropriate score, showing it to the competitors, coaches and Jury President.
  16. The Referee will then direct the competitor to the next machine to execute their attempt.
  17. This procedure is followed until all breaks are attempted.



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18. After all breaks are attempted the Referee calls the competitor back to center of the competition floor.
19. Competitor faces the Jury. Referee then gives the command "CHARYOT".
20. The Jury President announces the total score of all breaks for the competitor.
21. Referee then gives the command "KYONG-YE", the competitor bow to the Jury President.
22. The Referee then dismisses the competitor.

### Procedure Overview

1. **A - ADJUST:** Verbally indicate higher or lower. **DO NOT TOUCH THE BOARD OR MACHINE**
2. **M - MEASURE:** Make on (1) L-Stance Guarding Block (ready)  
Make one (1) mandatory measurement for distance  
Make on (1) L-Stance Guarding Block (before break)
3. **E - EXECUTE :** Break boards  
Make on (1) L-Stance Guarding Block (after break)

### The Referee must disallow an attempt to break for any of the following:

- Making more than one measurement for distance/height.
- Touching the board more than once.
- Failure to begin and/or finish in an L-Stance Forearm Guarding Block.
- Incorrect Tool.
- Loss of Balance.
- Taking more than one (1) step.
  - One step may be defined as one foot lifting off the floor then returning into contact.
- Wearing bandaging, strapping or bracing. The use of any item that provides support is contrary to the rules.
- Competitors may wear a bandage/dressing to cover an open wound providing:
  - It provides no extra support, and,
  - The Doctor confirms it's necessity



## Tournament and Umpire Committee

### Special Technique

#### General Notes

- An appropriate mechanical holding device must be used throughout the Special Technique Test.
- The machine should be capable of indicating both a fully moved board and a half moved board. The machine must be situated the same for each competitor.
- Competitors are not permitted to add weight to the machine at any time.
- Competitors are not permitted to touch the board or the machine at any time.
- The official will determine if the machine is properly positioned and stabilized correctly; from this point on, **NO** adjustment to the location or stability of the machine is permitted.
- The Tournament Committee will set the height for each technique.

#### General Duties

The Referee is responsible for ensuring that the competition is equal for all competitors. They must ensure that the machines are set up in the same manner each time, the boards are set up correctly in the same manner each time, the competitors perform the correct procedure for breaking, and that no contravention of the rules takes place. After a successful attempt, the Referee is responsible to show the correct score to the competitors, coaches and the Jury President.

Positioning of the machines will consist of ensuring:

1. The platform is returned to the neutral position
2. All locks are tight
3. The boards are assembled in the same numerical order for each competitor

The officials will determine if the machine is stable. Once approved, any movement (sliding or lifting) of the machine will be considered an integral part of the competitor's break, and will **NOT** be grounds for an additional attempt.

Only if the event of equipment malfunction, will an additional attempt be considered, and then, only at the discretion of the Jury President.

#### System of Scoring

Each fully moved board will count as two (2) points and each half moved board will count as one (1) point. Boards are either half moved or fully moved.



## Tournament and Umpire Committee

### Special Breaking Techniques

KOREAN	ENGLISH	HEIGHTS Junior	HEIGHTS Senior
<b>MALE – Junior and Senior</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	260 cm	270 cm
Twimyo Dollyo Chagi	Flying Turning Kick	240 cm	250 cm
Twimyo Bandae Dollyo Chagi	Flying Reverse Turning Kick	220 cm	230 cm
Twio Dolmyo Yop Cha Jirugi	360 Mid Air Kick	220 cm	230 cm
Twimyo Nomo Yop Cha Jirugi	Flying Overhead Side Kick	250 cm / 70 cm	300 cm / 70 cm
<b>FEMALE – Junior and Senior</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	220 cm	230 cm
Twimyo Dollyo Chagi	Flying Turning Kick	210 cm	210 cm
Twimyo Nomo Yop Cha Jirugi	Flying Overhead Side Kick	160 cm / 70 cm	200 cm / 70 cm

**Note:** Measurements for height are made from the surface of the floor or mat, to the bottom (lowest) edge of the board.



## Tournament and Umpire Committee

### Individual and Team Competition

1. Referee calls the competitor to enter the competition floor.
2. Competitor faces the Jury. Referee then gives the command "CHARYOT".
3. Referee then gives the command "KYONG-YE", and the competitor bows to the Jury.
  
4. The Referee directs the competitor to the first machine.
5. Referee then gives the command "JUNBI".
6. The competitor must adopt an L-Stance Forearm Guarding Block.
7. After the competitor has adopted an L-Stance Forearm Guarding Block, the Referee will then extend a red flag in a horizontal position.
8. The referee will then simultaneously raise the red flag and give the command "SIJAK"
  - a. **This point is considered to be the starting point for this break.** All rules regarding Time, Ready Positions, Measurements, and Contacting the board are in effect.
  - b. The Referee will not raise the flag, indicating the beginning of the break, until such time as the competitor has adopted an L-Stance Forearm Guarding Block.
9. At this point the competitor then has sixty (60) seconds to execute all of the following:
  - a. **Execute One (1) measurement**  
(Competitor may not touch the board),
  - b. **One (1) L-Stance Guarding Block**  
(Before the attempt to break)
  - c. **Execute One (1) attempt to break the boards**
  - d. **One (1) L-Stance Guarding Block**  
(After the attempt to break)
  
- Note:**
  - i. In the event that the 60 second time expires prior to the competitor attempting the technique, the Jury Member must indicate that time is over. The Referee will issue the command "HAECHYO" and must stop the competition and not permit the competitor to attempt the break.
  - ii. In the event that the competitor commits an infraction of the rules, the referee will issue the command "HAECHYO", stopping the attempt to break, and indicate the appropriate infraction.
  
10. One (1) measurement is defined as at least one (1) step towards the target.
11. One (1) Pre-action (backward motion performed in a continuous action) is permitted when executing the technique.
12. The competitor must finish each technique in an L-Stance Forearm Guarding Block.
  - a. **This point is considered to be the finishing point for this break.**
  
13. After the attempt to break, the referee will then inspect the boards, and award the appropriate score, showing it to the competitors, coaches and Jury President.
14. The Referee will then direct the competitor to the next machine to execute their attempt.
15. This procedure is followed until all breaks are attempted.
  
16. After all breaks are attempted the Referee calls the competitor back to center of the competition floor.
17. Competitor faces the Jury. Referee then gives the command "CHARYOT".
18. The Jury President announces the total score of all breaks for the competitor.
19. Referee then gives the command "KYONG-YE", the competitor bow to the Jury President.
20. The Referee then dismisses the competitor.



## Tournament and Umpire Committee

### **Board Holders** (Twimyo Nomo Yop Cha Jirugi)

For the Twimyo Nomo Yop Cha Jirugi (Flying Overhead Side Kick), each competitor must supply two (2) persons to hold the board. These persons must be either coaches or competitors in possession of the appropriate Identification Card. Identification Cards should be verified by the Jury Members.

### **Procedure Overview**

1. **A - ADJUST: DO NOT TOUCH THE BOARD, MACHINES OR OBSTACLES**
  1. This step is **ONLY FOR FLYING OVERHEAD SIDE KICK**
  2. **NO ADJUSTMENTS** are allowed for any other breaks
  3. Verbally indicate to the board holders if the board needs to be adjusted in height, angle or lateral positioning, or if the board holders need to be moved.
2. **M - MEASURE:** Make one (1) mandatory measurement for distance
3. **E - EXECUTE :** Break boards

### **The Referee must disallow an attempt to break for any of the following:**

- Making more than one measurement for distance or height.
- Touching the board or machine.
- Failure to begin and/or finish in an L-Stance Forearm Guarding Block.
- Incorrect Tool.
- Loss of Balance.
- Knocking over any or all of the hurdles.
- Wearing bandaging, strapping or bracing. The use of any item that provides support is contrary to the rules. Competitors may wear a bandage/dressing to cover an open wound providing:
  - It provides no extra support, and,
  - The Doctor confirms it's necessity



## Tournament and Umpire Committee

### Hand Signals- Power and Special Technique Breaking

#### How to indicate a Disallowed Break

- The Center Referee stops the competitor by stepping between the competitor and the board holder, while dropping his/her hand, at the same time announcing "HAECHO".
- The Center Referee stands upright in a close stance.
- The Center Referee then uses the correct hand signal to indicate why the break is disallowed.
  - See photographs below.
- The Center Referee then steps back with one leg into walking stance, executing the signal for "NO BREAK"
- The Center Referee announces "No Break".
- After the signal has been made the Center Referee directs the competitor to the next breaking technique.

The following hand signals will be used to indicate a disallowed break.  
See photographs on next page.

#### A. No Break

The break has been disallowed for any of the following reasons:

##### 1. Touching The Board More Than Once

Competitor made contact with the board or the machine either during the Adjustment Stage, or has contacted the board more than one time during the Measurement Phase.

##### 2. Illegal / Incorrect Tool

Competitor made contact with the board using the incorrect tool or portion of the tool.

##### 3. Improper Technique

Competitor executed the technique with an incorrect motion, or executed extra movements within the motion.

##### 4. Stepping Error

Competitor made more than one step, slide, or jump

##### 5. Loss of Balance

Failure to maintain correct balance throughout technique

##### 6. No Guarding Block

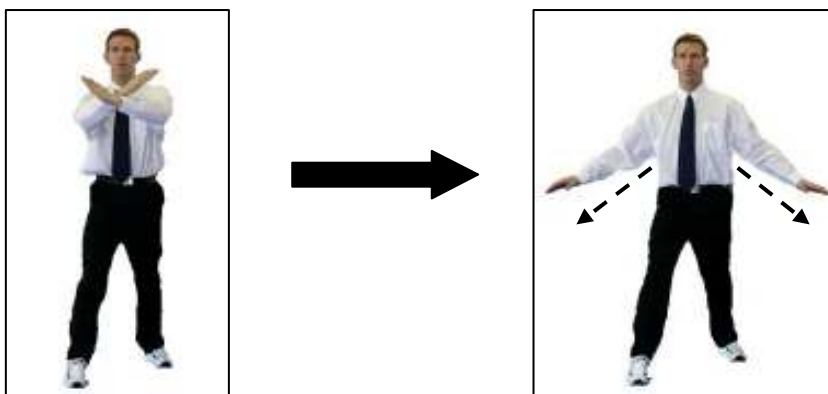
Competitor failed to begin or end in the correct position:  
*L-Stance, Guarding Block (Niunja Sogi, Daebi Makgi)*



## Tournament and Umpire Committee

### HAND SIGNALS FOR POWER AND SPECIAL TECHNIQUE BREAKING

#### Disallowing a Break



#### No Break

(Hands start in X-Knifehand Position then separate downwards)



## Tournament and Umpire Committee

### HAND SIGNALS FOR POWER AND SPECIAL TECHNIQUE BREAKING

#### Disallowed Breaks



1. Touching the Board more than Once

*(Execute a turning punch, touching the opposite hand twice)*



2. Illegal / Incorrect Tool

*(Execute an angle punch)*



3. Incorrect Technique

*(Execute an inward block)*



4. Stepping Error

*(Extend both hands, palms down, parallel to the floor, extend leg in front, touch foot to floor twice)*



5. Loss of Balance

*Extend both hands, palms down, parallel to the floor while lowering the body by bending at the knees)*



6. No L-STANCE, Guarding Block

*(Execute Middle Forearm Guarding Block in L-STANCE)*