Rules & Instructions

Weapon Sparring:

- **Required safety gear:** Gumdo head gear with face cage (Helmets and Swords will be provided)
- **Weapon Sparring** will be judged by stopping the match when a valid point is scored. Only the center ref/judge may stop the match to call score. (ref will say "judges' score" all judges will point in the direction of the individual they think scored)
- All fights will be **two "one minute rounds"** except **Black Belts which are two "one and a half minute rounds"** with a 30 second break
- **Valid Scoring Areas:** 1 Point for Strikes to trunk and helmet.
- **No strikes to back of head or back of body. No strikes below the waist.** (Center ref must use their discretion for penalties or disqualification).
- For **tie scores** we will have an extra one minute sudden death round.
- **Injury time outs** will be one minute after which the center referee will call red and blue back to center ring. If the injured competitor is unable to continue, the match is forfeit. (Only if injury is a result of a valid attack)
- **Penalties** will be minimized; i.e. if someone is continuously running out of bounds then half-point deductions will be assessed but if they are fighting out of bounds then the match should continue(center ref will use their discretion)
- **Coaching;** Only one coach per competitor; anyone can be a coach. Spectators need to stay clear of the ring side.
- Keeping the rings moving is priority. The next pair of fighters will be on standby while the current match is in progress

Division/order of completion:	Advanced (Black Belt) Poomse
	Intermediate (Blue-Red) Poomse
	Novice (White-Green) Poomse