

TEAM SPARRING COMPETITION

Competitors may wear a Traditional Taekwondo or Specialty Uniforms, including Taekwondo America training shirt, uniform pants, uniform top (optional), rank belt (optional).

Competitors must have a set of Taekwondo America co-branded sparring gear in good repair.

Each 3-member team is made up of students ranked Green Belt and Up. Team members can only be on one team.

RULES / PROCEDURE

- **Divisions**
 - Adult Male (16+)
 - Adult Female (16+)
 - Teen Male (12-15)
 - Teen Female (12-15)
- **Judging / Scoring**
 - Both teams meet in the middle of the ring, the Center Judge and Corner Judges will pair off competitors according to size and skill.
 - All matches are 30 seconds long. Time stops for “Breaks” as called by the Center Judge.
All standard Continuous Sparring rules apply. With the following exceptions:
 - At the end of each round, clickers are NOT reset “zeroed out”. Scores are cumulative across all three matches. Winners are NOT announced between rounds.
 - Because it is a team competition, scores and warnings are carried over from round to round.
 - There is a 5 warning limit per team per match. If any one team member receives 3 warnings they are disqualified, a disqualification is worth 3 points.
 - At the end of the 3 rounds, both teams are brought to the middle and the winner is announced.
 - In the event of a tie, each team picks their "champion" to spar for 30 more seconds. If it's tied again, then each team picks a different member to spar. This is repeated until one of the teams wins.
 - Medals will be awarded for the 1st, 2nd, 3rd, and 4th place teams.