

The 2nd Annual USAT MAC National Expo



Nov 06, 2010

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WWW.GOUSATMAC.COM

USAT MAC National Expo 2010 Location:
Everglades High School
17100 SW 48 Court
Miramar, FL 33027

Register before Oct 30, 2010
at WWW.GOUSATMAC.COM

**You will receive a
"Free SackBag"** at the gate.

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USAT MAC NATIONAL EXPO 2010

GENERAL INFORMATION

Hosted By: USAT MAC

Supported By: USAT MAC Florida State Taekwondo Association

Date: Saturday, Nov 6th, 2010

Registration: All competitors and coaches must register by Oct 30th, 8:00pm

Please mail registration applications to:

USAT MAC National Expo 2010

2750 Glades Circle #300

Weston, FL 33327

Please note: Online Registration will be available by visiting

www.goUSATMAC.com or www.usat-mac.us

Webmaster George Bleil 937.620.2570

Airport: Fort Lauderdale-Hollywood International Airport

Weigh-In & ID Pick-Up: Friday, Nov 05, 2010 from 5:00 P.M. to 8:00pm

Saturday 8:00am to 9:00 am at Everglades High School

Location: Courtyard by Marriott® Fort Lauderdale SW/Miramar

14500 Hotel Rd

Miramar, Florida 33027

(954) 450-1801

Competition Time: Competition begins at 8:00 A.M. on November 06, 2010.

All competitors must report thirty (30) minutes prior to their scheduled competition.

Special Events:

1. Poomsae Seminar (WTF Sports Poomsae) – Friday, 11/05, 6:00-8:30pm at the Courtyard by Marriott® Fort Lauderdale SW/Miramar (\$45.00 – 2 ½ hours of Credit for future certification)
2. National Team Demo Selection Contest – Friday, 11/05, 6:00pm-8pm (\$45.00/person)

For all information about divisions, schedule, hotel and Registration Forms, please visit www.gousatmac.com or www.usat-mac.us

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Everglades High School

17100 SW 48 Court

Miramar, FL 33027

Hotel Information:

Courtyard® by Marriott® Fort Lauderdale SW/Miramar

14500 Hotel Rd Miramar, Florida 33027 USA

Phone: 1-954-450-1801

Fax: 1-954-450-9130

Sales: 1-954-450-1801

www.marriott.com

Pre-Registration: No application will be accepted for registration after Oct. 30, 2010.

Registration Fee: Total registration fee is dependent on the number of events in which a competitor participates. Refer to chart below.

EVENT	1	2	3	4	5	6	7	8	9	10
AMOUNT	\$80	\$90	\$100	\$110	\$120	\$130	\$140	\$150	\$160	\$170

Please note that ALL breaking competitors must purchase their breaking boards at the tournament site.

General Admission:

Ages 11 and up: \$10.00 Adults

Ages 4-10: \$5.00

Ages 3 and under: Free

Rules and Regulations: The current USAT MAC Rules and Regulations and modified rules of the World Tae Kwon Do Federation (WTF) will govern these Championships for the Gyorooigi and Traditional Poomse divisions. Breaking division rules are provided below.

Breaking Division Rules:

A. Flying Sidekick Competition

- a. If you step on or step past the marked line, you will be disqualified.
- b. You must clearly first kick the target BEFORE landing or you will be disqualified.
 - i. If you land and kick simultaneously, you will be disqualified.
 - ii. Competitors will be given two opportunities to kick the target before disqualification

B. Jumping Kick Competition

- a. An x-ray target will be provided.
- b. Competitors must determine and state how high he/she would like to x-ray target to be held.
- c. Competitors will be given two opportunities to kick the target before disqualification.

C. Power Breaking

- a. Competitors must purchase their own boards at the tournament and can choose the number of boards he/she will break.
- b. Breaking boards must be at least 1 inch thick and 10 inches wide.
- c. Competitors will be provided a piece to put in between each board.
- d. In the case of a tie (two or more competitors break the same number of boards),

the winner will be determined by competitor's weight. The competitor who weighs the least will be determined the winner.

Safety Gear: All competitors must bring their own safety gear including chest protectors, headgear, shin/instep guards, forearm guards, protective cups, mouthpieces, and a standard white V-neck WTF approved uniform in good condition. Black trim around the collar is allowed for black belts. NO equipment will be provided by USAT MAC, so please remember to bring all necessary gear.

Individual Awards:

Sparring – One First Place, One Second Place, Two Third Place

Form – One First Place, One Second Place, Two Third Place

Breaking – One First Place, One Second Place, One Third Place

Weapon - One First Place, One Second Place, One Third Place

Visit our website for more information and you may obtain all the information at

www.gousatmac.com

call 954-217-2471 or e-mail usatmacexpo@gmail.com

COMPETITOR'S APPLICATION FORM WILL **NOT** BE ACCEPTED **WITHOUT MEDICAL QUESTIONNAIRE FORM** AND I.D. PHOTO. ALL FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.



Schedule of Events

Friday, November 5th (Marriott Hotel)

2:00 pm to 10:00 pm.....Referee Seminar
6:00 pm to 8:00 pm.....Coach Seminar
5:00 pm to 8:00 pmWeigh In and I.D. Pick up
6:00 pm to 8:30 pmPoom Sae Seminar

Saturday, November 6th (Everglades High School)

8:00 am to 9:00 amWeigh In and I.D. Pick up
9:00 am.....Poom Sae Competition (A)
10:30 am.....Weapon All Ages
11:30 am.....Breaking All Ages
12:00 am.....Opening Ceremony
1:00 pm.....Sparring All Ages

Mandatory Equipment: All Gyorooqi competitors must bring their own safety gear including chest protector, headgear, shin/instep guard, forearm guard, protective cup and mouth guard. Headgear and chest protectors will **NOT** be provided at the tournament.

a) A standard WTF approved uniform in good condition, **white V-neck with black or white trim**

only around the collar.

- b) Shin and instep protector, white only, elastic sponge-cushion type stocking.
- c) Forearm protector, same as shin/instep guard, but only covers from the elbow to the wrist.
- d) Protective cup worn inside the pants.
- e) Chest protector and headgear are mandatory for all sparring competitors.
- f) A mouth guard is mandatory.

PLEASE NOTE THAT THIS TOURNAMENT WILL FOLLOW THE RULES OF THE USAT MAC AND WTF.

CERTAIN RULES AND/OR REGULATIONS ARE SUBJECT TO CHANGE AT THE DISCRETION OF THE EXECUTIVE COMMITTEE/ORGANIZING COMMITTEE.

USAT MAC NATIONAL EXPO 2010



Breaking and Demonstration Competition Rules

Team Demonstration and Regulations:

1. *Demonstration Time: Maximum of 6 minutes*
2. *Number of team competitors: Minimum of 10 and a maximum of 16 members*
3. *Technical Regulations*

- A. *Poom sae, breaking, and self-defense elements are required.*
- B. *Equipment and costumes can be chosen by the competitors.*
- C. *Any weapons to be used for performance must be imitations.*
- D. *Music and sound effects may 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. *A team demonstration lasting over **6 minutes** will incur a 5- point deduction from the overall score.*
 - b. *A team demonstration lasting **over 6 minutes and 30 seconds** will incur a 15- point deduction from the overall score.*
 - c. *A team demonstration lasting over **7 minutes** will be disqualified.*

B. Violating technical regulations

Board Breaking Criteria:

*** All breaking competitors **must purchase their breaking boards at the tournament site.**

Point System:

Starting Score will be 7 points. Judges are to award points by virtue of difficulty and

presentation. Each competitor will have a chance to break each board 3 times. Deductions for not breaking a board will be as follows:

1st Try – no deductions

2nd Try – ½ point deduction

3rd Try – 1 point deduction (The number of board breaking stations can only be up to 3 stations)



Junior Competition (Safety) Rules

The Competition Rules regulate and govern all matters pertaining to Taekwondo competition at all levels sanctioned or promoted by USAT MAC. 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

A. No Head Contact

Ages 7 & Under (All Belts) and Ages 11 & Under (Color Belt)

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

- a. Any technique contacted to the head area which does not cause any injury, will be given a warning by the referee (“Kyong-go”).
- b. Any technique, which causes injury to the head area will result in a one-point deduction by the referee (“Gam-jeom”).
- c. 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.

B. Junior Safety Rules

Ages 8-11 (Black Belt), 12-13 Year Old Divisions (All Belts), and 14-17 Year Old Divisions (Color Belt)

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

- a. The competitor is allowed to kick to the facial area; however, the kick must be light contact with absolute control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
- b. The competitor who executes a successful technique (light contact without causing any injury) shall be awarded one point.
- c. The competitor who executes a kick to the face which results in a minor injury shall receive a one-point (“Gam-jeom”) deduction. A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with

the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.

d. The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.

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

C. 14–17 Year Old Black Belts and Senior Division (All Belts)

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

**** Note: 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 one point. Two point scores for head contact shall not be awarded under Junior Competition Rules, nor are extra points awarded in the event the referee begins an 8-count for a legal technique to the trunk area. The Bonus Point ONLY applies to the senior competition rules. Under Junior Competition Rules, the referee should NOT give an 8-count for ANY technique, even a legal one, to the head area; if a kick 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 knock-down condition; however, in this case, no Bonus Point is awarded.*

Competition Rules and Regulations

The current USAT MAC Rules and Regulations and modified rules of the World Tae Kwon Do Federation (WTF) will govern these Championships for the Gyorroogi and Traditional Poomse divisions.

WTF / USAT MAC Official Poomse (Forms)

The Poomse (Form) will consist of WTF/USAT MAC 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 USAT and World Taekwondo Federation.

Gyorroogi (Free Sparring)

Each match will be single elimination for Gyorroogi competition.

The current USAT MAC Rules and Regulations are modified rules of the World Taekwondo Federation (WTF) 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 protectors, headgear, shin/instep guards, forearm guards, protective cup, mouthpieces, and a standard white V-neck WTF approved uniform in good condition. Black trim around the collar is allowed for black belts. NO equipment will be provided by USAT MAC.

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***Certain rules and/or regulations are subject to change at the discretion of the
Executive Committee/Organizing Committee***