

ATA-XTREME

COMPETITION RULES AND GUIDELINES

ATA-XTREME COMPETITION RULES and GUIDELINES:

ATA-Xtreme Form and ATA- Xtreme Weapons competitions are a “Free Style” performance that allows the mix of traditional and contemporary martial arts techniques that have evolved to present day, as well as the inclusion of gymnastic type movements and martial arts “tricks”. These may be added to a traditional form (but at least 50% of the performance **MUST** be original), or the form may be devised in its entirety by the competitor.

The following guidelines are in place for ATA-Xtreme competition (Forms & Weapons):

- The form must be no longer than 2 minutes in length.
- The time starts **IMMEDIATELY AFTER** the competitor has been called to the ring to perform and formally bowed in by the center judge. The center judge should complete the formal bow in and then state for the competitor and the score keeper/time keeper to hear “Your Time Begins...Now!” There will not be any extra time given to “prepare” for the performance. If the competitor wants to reposition themselves, include an “introduction”, etc., this must take place within the 2 minutes allowed. The competitor will still need to signal their “helper” to begin their music. It would be advisable to create the entire performance to last no longer than 1 minute 30 seconds to 1 minute and 45 seconds to prevent going past the 2 minute timeframe. If there is a music malfunction, the center judge is allowed to use their best judgment as to whether time should be temporarily stopped for the malfunction to be corrected, or the competitor is allowed to start over with the bow in, or the competitor needs to perform without music. The creative competition rules will be updated to reflect this change.
- The score keeper/time keeper will use a stop watch to time the performances and inform the center judge when 2 minutes has expired.
- Any performance that exceeds 2 minutes will result in a disqualification. If the performance does exceed 2 minutes, the center judge should allow the competitor to finish. At the time that scores would be given, the center judge will tell the competitor that their performance exceeded the 2 minute limit and the judges will not be giving scores. An example of what could be said would be; “I am sorry to say that your performance has exceeded the 2 minute time limit. Because of that, per the rules of this competition, we will not be able to give scores for your performance.” The creative competition rules will be updated to reflect this change.
- The forms or weapons performance will be scored using the same process and point range as the ATA Traditional Forms and Traditional Weapons competition **except that all three judges will judge the overall presentation rather than specific parts.**
- The ATA-Xtreme Forms and ATA-Xtreme Weapons will be compared to the other competitors in that ring at that time. Because scores are given based on a **COMPARISON** of the performances, scores for a single competitor (using the same routine) may fluctuate from group to group or event to event. The criteria used to compare performances will be the following (not in any particular order):

These rules take effect beginning at the 2009 Songahm Taekwondo Fall Nationals and apply to each and every ATA sanctioned event after.

- Creativity
 - Difficulty
 - Presentation
 - Attitude
 - Precision of Technique
 - Music is allowed, but not mandatory. If music is used and the form is choreographed to the music (not just background music) it can improve the score. If music is not used, there will be no score deduction.
 - Control of the Weapon
- Gymnastic type movements, “tricks”, or other movements not found in martial arts disciplines are encouraged and, in fact, some are required (please see next point).
 - For all of the competition age groups up to, and including, adult 30 to 45 year olds, each routine **MUST** include at least one aerial movement that involves a spin or twist of more than 360 degrees **AND** at least one movement where the body is inverted more than parallel to the floor (the head is lower than the waist or body). These moves must happen within the actual performance itself; after time has officially started. Any performance that does not include these required moves will be disqualified.
 - For the competition age group 46 year olds and over, the rule is adjusted to, each routine **MUST** include at least one aerial movement that involves a spin or twist of more than 360 degrees **OR** (instead of and) at least one movement where the body is inverted more than parallel to the floor (the head is lower than the waist or body).
 - “Chinese Wushu” type butterfly kicks and other butterfly kicks with twists **ARE** allowed.
 - The difficulty, quality, and number of successful movements will be taken into consideration by the judges for scoring.
 - For ATA-Xtreme Weapons competition, the body movement requirements listed above will be the same (at least one aerial movement of more than 360 degrees and one inverted move is required).
 - For ATA-Xtreme Weapons competition, weapon “releases” are allowed. “Releases” are defined as the intentional leaving of the weapon entirely from the body such as, but not limited to, tosses or throws. The judges will take these types of moves under consideration when evaluating the difficulty of the presentation.
 - For ATA-Xtreme Weapons competition, dropping the weapon (the unintentional/accidental leaving of the weapon entirely from the body and the weapon hits the ground) one time during a single presentation will result in an automatic **2 TENTH (0.2)** of a point deduction from each judge (a score of 9.9 would be reduced to 9.7). The retrieval of the weapon must be done in some sort of creative fashion (forward or shoulder rolls, cartwheels or round offs, the front or the side splits are examples). Failure to do so will result automatically in an **ADDITIONAL 1 TENTH (0.1)** of a point deduction from each judge (a score of 9.7 would be reduced to 9.6). Dropping the weapon a second time during a single presentation will result in an automatic disqualification. A fumble or mishandle of a weapon that does not hit the ground will not fall under this category and it will be up to each judge to determine the impact of this on the score they are going to give. The center judge will announce out loud for the judges and competitor to hear, before scores are given, when there are to be point deductions made and how many. If a disqualification is warranted, the center judge will tell the

competitor that the judges will not be giving scores based on the reason for the disqualification.

- Music is allowed for both the ATA-Xtreme Form and ATA-Xtreme Weapons competition but both the equipment to play the music and the music itself must be supplied by the competitor along with someone at ringside to start and stop the music and control the volume. Electrical power will not be provided.
- A competitor may not remove any part of the uniform worn during ATA-Xtreme competition.

SPECIAL NOTE: School owners and Instructors **MUST** listen to and approve all music including the appropriateness of the lyrics and the subject matter of the song prior to the competitor using it for competition. If it isn't appropriate for our junior students to listen to, it isn't appropriate in our competition. Inappropriate lyrics or subject matter, which would be determined by ATA International Headquarters, may cause the disqualification and loss of potential points of the competitor.

Eligibility Requirements:

In order to compete in any ATA-Xtreme competition, the competitor must:

1. Be a member in good standing of the ATA.
2. Be a member in good standing of a licensed ATA / STF / WTTU school or club that has the ATA-Xtreme Program license (or the XMA program prior to the availability of the ATA-Xtreme Program).
3. Have their Instructor's permission.
4. The competitor **MUST** also compete in the traditional event that correlates to the ATA-Xtreme event in which they wish to compete

EXAMPLE: If a competitor wishes to compete in ATA-Xtreme Forms, the competitor must also compete in Traditional Forms during that competition event. The same would apply for ATA-Xtreme Weapons competition.

Approved Uniforms:

Either the ATA Traditional Dobok or the ATA-Xtreme Uniform may be worn during this competition. Please refer to pages 8 thru 11 of the Official Rules. The use of any other type or style of uniform **WILL** result in a disqualification and loss of potential points. Any changes to this, or any of the rules, will come in writing from the ATA International Headquarters.

Approved Weapons:

The following rules apply to weapons used in the ATA-Xtreme Weapons competition. The use of any other type, style, or incorrect size of weapon **WILL** result in a disqualification and loss of potential points.

Color Belts:

The color belt student must confer with their Instructor concerning the weapon they will use in competition. As in traditional forms competition, the student must have his/her instructor's permission to compete. Color Belts **MUST** only use ATA Protech safety weapons. Colors Belts **MUST NOT** use the ATA-Xtreme weapons or XMA branded weapons. The only exception to this rule is the ATA-Xtreme Jahng Bong.

If competing in ATA-Xtreme Weapons, a color belt **MAY ONLY** compete with one of the following:

- Single or Double Bahng Mahng Ee
If competitor is under 60" tall, they **MAY** use either 21" or 25" weapon
If competitor is 60" or over, they **MUST** use 25" weapon
- Single or Double Ssahng Jeol Bong
If competitor is under 60" tall, they **MAY** use either 9" or 12" weapon
If competitor is 60" or over, they **MUST** use 12" weapon
- Jahng Bong
Length of weapon **MUST** be at least shoulder height
- Ssahng Nat
If competitor is under 60" tall, they **MAY** use either 9" or 12" weapon
If competitor is 60" or over, they **MUST** use 12" weapon
- Gum Do
- Oh Sung Do
- Weapons used for ATA-Xtreme Competition **MAY** be decorated. If in the opinion of the Regional Chief of Tournaments (or his/her assigns) the decorations alter the weapon (see next point), the weapon will not be allowed to be used in competition. The RCT decision is final.
- Weapons used for ATA-Xtreme Competition **MUST NOT** be altered in shape or size.

Black Belts:

- **MUST** use a weapon that exists within the "Protech" curriculum.
- **NO** other weapons or variations of existing weapons are added for ATA-Xtreme competition (as example, using two swords or a single Ssahng Nat is not allowed).
- Black belts of all ages **MAY** use the ATA-Xtreme competition weapons or XMA branded weapons.
- Black belts may perform with any "Protech" version or "Protech" approved weapon
- Weapons used for ATA-Xtreme Competition **MAY** be decorated. If in the opinion of the Regional Chief of Tournaments (or his/her assigns) the decorations alter the weapon, the weapon will not be allowed to be used in competition. The RCT decision is final.
- Weapons used for ATA-Xtreme Competition **MUST NOT** be altered in shape or size.

SPECIAL NOTE: Special attention should also be paid to the attitude of the competitor during ATA-Xtreme competition. Rudeness or inappropriate behavior during any competition will not be tolerated and may cause disqualification.

ATA-Xtreme Divisions

Divisions are based on gender, age of the competitors, and rank. At the conclusion of each tournament season, the International Tournament Director will evaluate the number of competitors in each division and determine if any changes are to be made for subsequent tournament seasons. Divisions change as the organization grows and more students in different age and rank groups compete.

Effective Saturday, June 28, 2008, the ATA-Xtreme divisions are:

Color Belt Divisions (all color belt ranks are together)

BOYS

- 8 years old & under
- 9 to 12 years old
- 13 to 16 years old

GIRLS

- 8 years old & under
- 9 to 12 years old
- 13 to 16 years old

MEN

- 17 to 29 years old
- 30 to 45 years old
- 46 years old & over

WOMEN

- 17 to 29 years old
- 30 to 45 years old
- 46 years old & over

Black Belt Divisions (all black belt ranks are together)

BOYS

- 8 years old & under
- 9 to 12 years old
- 13 to 16 years old

GIRLS

- 8 years old & under
- 9 to 12 years old
- 13 to 16 years old

MEN

- 17 to 29 years old
- 30 to 45 years old
- 46 years old & over

WOMEN

- 17 to 29 years old
- 30 to 45 years old
- 6 years old & over

Divisions at National and World events will reflect these age groups.

Regional events may combine divisions (color belts or black belt divisions) to provide competition opportunities. In ATA-Xtreme Divisions at Regional Events, the RCT will combine Male and Female Divisions of the same age group to create a full division. A combined division will not be separated for points at the conclusion of the event.

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ATA-Xtreme Awards

As in traditional competition, 1st, 2nd, and 3rd Places will be awarded in both the ATA-Xtreme Form competition and the ATA-Xtreme Weapons competition. Competitor awards **WILL BE GIVEN** in the junior divisions.

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