ATA-XTREME COMPETITION RULES

ELIGIBILITY REQUIREMENTS:

The competitor must be a member in good standing of the ATA.

The competitor must be a member in good standing of a licensed ATA / STF / WTTU school or club.

The competitor must have their Instructor's permission.

The competitor's Instructor or School / Club owner must have purchased the ATA-Extreme Program (or the XMA program prior to the availability of the ATA-Xtreme Program).

It is very important that with the introduction of the ATA-Xtreme events that we do not neglect the traditional aspects of Songahm Taekwondo and the roots of the ATA. It is because of these traditional roots that we have grown to be the largest and best martial arts organization in the world. To keep strong in all aspects of Songahm Taekwondo, competition will be open to color belts and black belts that meet the requirements listed below:

> The competitor must have been **EITHER** a World or State Champion in Forms **OR** be currently listed in the World Champion or State Champion Top Ten standing for Forms (must have been listed within the last 30 days of the registration deadline) to be eligible to compete in the ATA-Xtreme Forms competition. The competitor **MUST** also compete in the Traditional Forms competition of any event that they compete in the ATA-Xtreme Forms competition.
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> The competitor must have been **EITHER** a World or State Champion in Weapons **OR** be currently listed in the World Champion or State Champion Top Ten standing for Weapons (must have been listed within the last 30 days of the registration deadline) to be eligible to compete in the ATA-Xtreme Weapons competition. The competitor **MUST** also compete in the Traditional Weapons competition of any event that they compete in the ATA-Xtreme Weapons competition.
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> Competition for the ATA-Xtreme events will be offered at ATA Class AAA (World Championships), Class AA (Spring and Fall Nationals), and may be offered at Class C (In-school) events. ATA-Xtreme events will not be offered at Class A or B (Regional) events for the time being. This point may be revisited throughout the year based on popularity and demand. There is a strong possibility that the ATA-Xtreme events may be offered at regional events starting with the 2006 – 2007 tournament year.

UNIFORM REQUIREMENTS:

A competitor may wear either the ATA-Xtreme uniform, the XMA uniform, or the traditional ATA dobok for the ATA-Xtreme competition events. Advantages of wearing the ATA-Xtreme Uniform or the XMA uniform are the lack of sleeves to interfere with weapons performances as well as give the judges a clearer view of the hand techniques during a forms performance.

If a competitor wears either the ATA-Xtreme uniform or the XMA uniform, the male competitors **MAY** wear the white long sleeve shirt under the uniform if they choose; the female competitors **MUST** wear the white long sleeve shirt under the uniform for discretion.

If a competitor wears either the ATA-Xtreme uniform or the XMA uniform they may wear either the belt that comes with the uniform or they may wear their traditional belt. An advantage of wearing the belt that comes with the ATA-Xtreme uniform or the XMA uniform is that it will not get in the way of weapons performances like the long ends of the traditional belt may.

Black belts may also wear the ATA-Xtreme uniform or the XMA uniform during Black Belt traditional weapons competition at the National and World events.

WEAPONS REQUIREMENTS:

Color belts of all ages must use the Protech safety equipment when performing with the Single or Double Bahng Mahng Ee, the Single or Double Ssahng Jeol Bong, or the Ssahng Nat. The Jahng Bong can be of their choice as long as it is in good repair. Color belts will not be allowed to perform with any other weapons than those listed above.

Black belts of all ages may use the ATA-Xtreme competition weapons (when they become available), the XMA branded competition weapons, or the Protech safety equipment. Black belts may perform with any weapon within the Protech curriculum.

DIVISIONS:

Divisions will be:

Boys / All Color Belt Ranks / 11 years old & under
Boys / All Color Belt Ranks / 12 to 16 years old
Girls / All Color Belt Ranks / 11 years old & under
Girls / All Color Belt Ranks / 12 to 16 years old
Men / All Color Belt Ranks / 17 to 35 years old
Men / All Color Belt Ranks / 36 years old & over
Women / All Color Belt Ranks / 17 to 35 years old
Women / All Color Belt Ranks / 36 years old & over

Boys / All Black Belt Ranks / 11 years old & under
Boys / All Black Belt Ranks / 12 to 16 years old
Girls / All Black Belt Ranks / 11 years old & under
Girls / All Black Belt Ranks / 12 to 16 years old
Men / All Black Belt Ranks / 17 to 35 years old
Men / All Black Belt Ranks / 36 years old & over
Women / All Black Belt Ranks / 17 to 35 years old
Women / All Black Belt Ranks / 36 years old & over

Divisions may be adjusted in the future based on competitor participation.

COMPETITION RULES:

ATA-Xtreme Forms & Weapons

The form must be no longer than 3 minutes in length. The judges will stop evaluating a performance at the 3 minute mark and the competitor will be stopped at the 3 ½ minute mark. The time starts once the competitor has been given the command to begin **AFTER** being formally called to perform and bowed in by the center judges. The score keeper will use a stop watch to time the performances and inform the center judge when 3 minutes has expired.

The forms 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.

This Extreme Form and Extreme Weapons competition allows contemporary martial arts techniques that have evolved over the last 30 years. These may be added to a traditional form, or the form may be devised in its entirety by the competitor.

Gymnastic type movements or other movements not found in martial arts disciplines will be allowed, but will not be given any more credit towards scoring than traditional martial arts movements.

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 as well as control the volume.

The Extreme Forms and Extreme Weapons will be compared to the other competitors in that ring at that time and judged on the following (not in any particular order):

- Creativity
- Difficulty
- Presentation
- Attitude
- Precision of Technique
- If music is used, is the form choreographed to the music (not just background music)
- Control of the Weapon

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 offered in the junior divisions.

MISC. INFORMATION:

There will not be a World or State Champion in the ATA-Xtreme events this first year. This will probably start with the second year of these events along with the availability of these events on the regional level.

The cost for competing at Class AAA (Worlds) and Class AA (Nationals) events will be as follows:

With five (5) events available: Traditional Forms, Traditional One-Steps/Free-Sparring, Traditional Weapons, ATA-Xtreme Forms, and ATA-Xtreme Weapons;

Any two (2) events will be $75.00. Each added event will be $35.00. If all five (5) events are entered there is a discount afforded for a total competition cost of $145.00.