



2025 3RD UNITY-CUP

TAEKWONDO CHAMPIONSHIP

General Information

All Registration must be done through the website. (NON-REFUNDABLE)

WWW.UCTKDC.COM

- **Hosted by:** NJ Team Taekwondo
- **Date:** 09/28/2025 Sunday
- **Location:** Fairleigh Dickinson University
100 University Plaza Dr., Hackensack, NJ 07601
- **Registration Deadline:**
 - **NO REGISTRATION WILL BE ACCEPTED AFTER (SEPTEMBER 21st, 2025)**
- **General Admission:** \$10.00 Card or Cash (4 and Under is FREE)
- **Breaking Boards:** \$3.00 - per Board at the tournament
All boards MUST be purchased at the tournament site
- **Competitors Age:** **Must Be 5 years and older (age by year)**
- **Individual Awards:**
 - 1st Place Individuals – GOLD MEDAL
 - 2nd Place Individuals – SILVER MEDAL
 - 3rd Place Individuals – BRONZE MEDAL
- **Demonstration Team:**
 - 1st Place Team Special Trophy + Gold Medals
 - 2nd Place Team Special Trophy + Silver Medals
 - 3rd Place Team Special Trophy + Bronze Medals
- **Obstacle Course:** Individual Medals for competitors (5-14 years old)



Competition Rules and Regulations

The current UNITY-CUP Rules & Regulations and modified rules of the World Taekwondo (WT) will govern this Championship for the following Sparring Divisions

All athletes aged by year.

All sparring divisions will be divided into Competition Athletes (School Team Members) and Regular Students (In-School Students). All master must register them separately according to their skill and level.

UCTKDC uses the date December 31 of the given year to determine the competition age for all athletes. EX. A 14-year-old athlete turns 15 years old on September 27th, meaning they would compete as a 15-year-old athlete for all events during the calendar year.

AGE: 5 and Up

SPARRING (Gyeorugi)

Each match will be a single elimination that consists of a round system with a 1-minute duration (for COLOR BELTS) and 1 minute 30 seconds (for BLACK BELTS) All competitors will have a 30 second break in between each round. Athletes must win 2 out of the 3 rounds and 3rd round only occurs if the score is 1-1 by the second round. If 5 Gam-Jeoms or a 12-point gap occurs during the match, the winner will be decided immediately stopping the match from continuing.

All competitors must bring their own safety gears including headgear, shin guards, forearm guards, gloves, groin cup, mouthpiece and a standard white V-neck WT approved uniform in good condition. Black trim around the collar is allowed for black belts. Other than electronics equipment, all athletes must have their own equipment.

Electronic Hogu and Electronic helmet will be provided at the Ring.

Sparring athletes must have KPNP E-Socks.

Any type of Glass/Sports Glassware is NOT allowed for Sparring Competition.

NO EQUIPMENT = NO COMPETING

Age 7 & Under (Color Belt & Black Belt) – No Head Contact

Age 8 – 11 (Color Belt) – No Head Contact

Age 8 -11 (Black Belt) – Light Head Contact

Age 12 & Up (Color Belt & Black Belt) – Light Head Contact

Age	<u>Category</u>	<u>Male</u>	<u>Female</u>
7 & Under	Light	Under 40 lbs.	Under 40 lbs.
	Middle	40 lbs. ~ 65 lbs.	40 lbs. ~ 65 lbs.
	Light Heavy	65 lbs. ~ 90 lbs.	65 lbs. ~ 90 lbs.
	Heavy	Over 90 lbs.	Over 90 lbs.
8 – 9	Light	Under 55 lbs.	Under 55 lbs.
	Middle	55 lbs. ~ 80 lbs.	55 lbs. ~ 80 lbs.
	Light Heavy	80 lbs. ~ 105 lbs.	80 lbs. ~ 105 lbs.
	Heavy	Over 105 lbs.	Over 105 lbs.
10 – 11	Light	Under 65 lbs.	Under 65 lbs.
	Middle	65 lbs. ~ 90 lbs.	65 lbs. ~ 90 lbs.
	Light Heavy	90 lbs. ~ 115 lbs.	90 lbs. ~ 115 lbs.
	Heavy	Over 115 lbs.	Over 115 lbs.
12 - 14	Light	Under 81 lbs.	Under 73 lbs.
	Light Middle	81 lbs. ~ 99 lbs.	73 lbs. ~ 91 lbs.
	Middle	99 lbs. ~ 117 lbs.	91 lbs. ~ 109 lbs.
	Light Heavy	117 lbs. ~ 135 lbs.	109 lbs. ~ 127 lbs.
	Heavy	Over 135 lbs.	Over 127 lbs.
15 - 17	Light	Under 105.8 lbs.	Under 97.0 lbs.
	Light Middle	105.8 lbs. ~ 121.3 lbs.	97 lbs. ~ 108.0 lbs.
	Middle	121.3 lbs. ~ 138.9 lbs.	108.0 lbs. ~ 121.3 lbs.
	Light Heavy	138.9 lbs. ~ 160.9 lbs.	121.3 lbs. ~ 138.9 lbs.
	Heavy	Over 160.9 lbs.	Over 138.9 lbs.
18 and up	Fin	Under 119.0 lbs.	Under 101.4 lbs.
	Fly	119.0 lbs. ~ 127.9 lbs.	101.5 lbs. ~ 108.0 lbs.
	Bantam	127.9 lbs. ~ 138.9 lbs.	108.0 lbs. ~ 116.9 lbs.
	Feather	138.9 lbs. ~ 149.9 lbs.	116.9 lbs. ~ 125.7 lbs.
	Light	149.9 lbs. ~ 163.1 lbs.	125.7 lbs. ~ 136.7 lbs.
	Welter	163.1 lbs. ~ 176.4 lbs.	136.7 lbs. ~ 147.7 lbs.
	Middle	176.4 lbs. ~ 191.8 lbs.	147.7 lbs. ~ 160.9 lbs.
	Heavy	Over 191.8 lbs.	Over 160.9 lbs.



BREAKING BOARD (KYUK PA)

All Athletes must purchase the Competition-Approved Boards at the tournament. Boards will be held by ONLY a holding stand for the power breaking portion. All other techniques must be held by athlete's master.

Age: 5 and up

1. Power Breaking
 - ALL AGES - HAMMER FIST (NO MAXIMUM BOARDS)
2. Freestyle
 - Each Technique – 1 Board Maximum (No Power Breaking)

<u>Belt</u>	<u>Power Breaking (Hammer Fist)</u>	<u>Technique (Freestyle)</u>
Yellow	No Maximum Boards	2 Freestyle Techniques (No more than 2 boards)
Green	No Maximum Boards	2 Freestyle Techniques (No more than 2 boards)
Blue	No Maximum Boards	3 Freestyle Techniques (No more than 3 boards)
Red	No Maximum Boards	3 Freestyle Techniques (No more than 3 boards)
Black	No Maximum Boards	5 Freestyle Techniques (No more than 5 boards)

Board Break Judging Guidelines:

Score: Maximum - 10 points / Average - 6 points

Accuracy: Measuring whether all the boards were broken.

Expression of Energy: Measuring the confidence and energy displayed by the athlete.

Number of the boards: Measuring the number of the boards were broken during the power breaking.

***Deduction points By**

Not break all boards (-2) / Fall down (-0.5) / Cross the line (-1)

***Additional points for Extra Boards at the Power Breaking station**

1 Board (+0.5) 2 Board (+1) 3 Board (+1.5) 4 Board (+2)

***Additional Equipment NOT allowed**

Chairs, Wooden Box, Target, etc NOT ALLOWED

***ONLY DEMONSTRATION BOARD**



Competition Rules and Regulations

The current UNITY-CUP Rules and Regulations and modified rules of the World Taekwondo (WT) will govern this Championship for the Recognized Poomsae Divisions.

World Taekwondo Recognized Form (Poomsae)

The Poomsae (Form) will consist of World Taekwondo Recognized Poomsae competition. The Poomsae divisions will be divided by belt ranking, age, and sex. The Official Poomsae for the competition will be those recognized by the World Taekwondo. Athletes must perform the correct poomsae appropriate for their belt rank. If failing to do so, it will result in immediate forfeit of competition.

Age: 5 and UP

Poomsae Judging Guidelines:

Accuracy:	Measuring any mistakes that were made during the poomsae.
Speed & Power:	Measuring the speed and power of each motion.
Rhythm & Tempo:	Measuring the flow and smoothness of the transition.
Expression of Energy:	Measuring the confidence and energy displayed by the athlete.

Average (6.5 ~ 7.5) Proficient (7.5 ~ 8.5) Excellent (8.5 ~ 9.5)

Scoring: Poomsae competitions will be scored using the Total TKD manual scoring system.

- A. Scoring criteria is out of 10 points and scored on two major areas of poomsae: Accuracy and Presentations. Breakdown of each area is provided below:

Criteria	Details of Criteria	Points
Accuracy (4.0)	Accuracy of basic movements	4.0
	Accuracy of details of each Poomsae	
	Balance	
Presentation (6.0)	Speed and Power	2.0
	Rhythm & Tempo	2.0
	Expression of Energy	2.0

Deduction:

- A. Major mistakes in accuracy shall result in a deduct of 0.3 points when incorrect actions or techniques are performed, or correct techniques or actions are omitted.
- B. Minor mistakes in accuracy shall result in a deduct of 0.1 points when competitors make small errors; does not perform the basic movements accurately, as well as mistakes shown in stance, hand or foot technique not performed in regulations to WT Sports Poomsae guidelines.
- C.

BELT DIVISION	Compulsory Poomsae
YELLOW	Taegeuk 2 Jang
GREEN	Taegeuk 4 Jang
BLUE	Taegeuk 6 Jang
RED	Taegeuk 8 Jang
BLACK	Koryo (1st Dan) / Keumgang (2nd Dan) / Taebaek (3rd Dan) / Pyongwon (4th Dan)

INDIVIDUAL POOMSAE

INDIVIDUAL POOMSAE DIVISION		
<u>AGE CLASS</u>	<u>AGE DIVISION</u>	<u>BELT COLOR</u>
<u>LION</u>	<u>5</u>	<u>ALL BELTS (BLACK)</u>
DRAGON	6-7	ALL BELTS (BLACK)
TIGER	8-9	ALL BELTS (BLACK)
YOUTH	10-11	ALL BELTS (BLACK)
CADET	12-14	ALL BELTS (BLACK)
JUNIOR	15-17	ALL BELTS (BLACK)
UNDER 30	18-30	ALL BELTS (BLACK)
ABOVE 31	31 and up	ALL BELTS (BLACK)



Demonstration Competition Rules

*****ALL DEMO TEAM PARTICIPANTS MUST REGISTER INDIVIDUALLY*****

- Masters are not allowed to be a demonstration team member
- Masters are allowed to hold boards when needed (**Only Exception**)
- Demonstration Time: Maximum of 6 Minute
- Number of Team competitors: No minimum and No Maximum
- Technical Regulations
 - POOMSAE and BREAKING elements **MUST BE** required
 - Equipment and costumes can be chosen by the performers
 - Weapons are allowed in the demonstration (Not Mandatory)
 - Music and Sound effects can be used

Scoring:

1. Each judge will score a maximum of 10 points for originality and 10 points for technique.
2. All judges will score each performance, with the highest and lowest scores excluded.
3. Deductions:
 - a. Exceeding time limit:
 - i. Over 6 minutes will be a 0.5- point deduction from your overall score.
 - ii. Over 6 minutes 30 seconds will be a 1.5- point deduction from your overall score.
 - iii. Over 7 minutes will be disqualified.
 - b. Technical Regulations
 - i. Missing any of the elements in the performance will be -1-point deduction from your overall score.
EX. Not performed Poomsae and Breaking will be -2 point Deduction from your overall score

OBSTACLE COURSE

Age: 5 to 14 years old (2020-2011)

All athletes will start at the beginning line and finish the racing by popping a balloon.
Judges will stand behind and check the time.

All athletes must follow our obstacle course instructions.

Age: 5 to 11 years old (2020-2014)

1. **Pick up the cones** (5 Cones total pick up and return each cone to the starting line one cone at a time)
2. **hopscotch** (10 hoops)
3. **roll 3 times**
4. **crawl under**
5. **6 cup pyramid stack** (6 solo cups must be stacked into a pyramid before moving onto the next obstacle course)
6. **Potato sack jump** (use the potato sack to jump from point A to point B)
7. **Hurtles** (5 hurtles)
8. **Pop a balloon by sitting on it to finish the race**

Age: 12 to 14 years old (2013 - 2011)

1. **Pick up the cones** (8 Cones total pick up and return each cone to the starting line one cone at a time)
2. **Hurtles** (5x)
3. **Bear crawl from point A to point B**
4. **crawl under**
5. **jump rope 10x** (must jump 10x before moving onto the next obstacle)
6. **spin 10x** (spin inside the hoop 10x before moving onto the next obstacle)
7. **Potato sack jump** (use the potato sack to jump from point A to point B)
8. **Pop a balloon by sitting on it to finish the race**

OBSTACLE COURSE LAYOUT

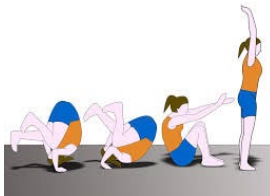
5~11 YEARS OLD



1. **PICK UP THE CONES** (5 Cones total pick up and return each cone to the starting line one cone at a time)



2. **HOPSCOTCH** (10 hoops)



3. **ROLL** (3 times on the mat)



4. **CRAWL UNDER**



5. **6 CUP PYRAMID STACK** (6 solo cups must be stacked into a pyramid before moving onto the next obstacle course)



6. **POTATO SACK JUMP** (use the potato sack to jump from point A to point B)



7. **HURTLES** (jump over 5 hurtles)



8. **BALLOON POP** (Pop a balloon by sitting on it to finish the race)

OBSTACLE COURSE LAYOUT 12~14 YEARS OLD



1. **PICK UP THE CONES** (8 Cones total pick up and return each cone to the starting line one cone at a time)



2. **HURTLES** (jump over 5 hurtles)



3. **BEAR CRAWL** (from point A to point B)



4. **CRAWL UNDER**



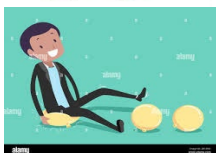
5. **JUMP ROPE 10X** (must jump 10x before moving onto the next obstacle)



6. **SPIN 10X** (spin inside the hoop 10x before moving onto the next obstacle)



7. **POTATO SACK JUMP** (use the potato sack to jump from point A to point B)



9. **BALLOON POP** (Pop a balloon by sitting on it to finish the race)



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COMPETITOR INFORMATION

FIRST NAME: _____ DATE OF BIRTH (age by year) : ____/____/____

LAST NAME: _____ GENDER: MALE / FEMALE

SCHOOL NAME: _____ BELT: YELLOW / GREEN / BLUE / RED

MASTER NAME: _____ BLACK BELT: ____ DAN

WEIGHT: _____ lbs.

EVENTS:
DEMONSTRATION / INDIVIDUAL SPARRING /
INDIVIDUAL POOMSAE / INDIVIDUAL BREAKING /
OBSTACLE COURSE
(PLEASE CIRCLE PARTICIPATING EVENTS)

EVENT FEE:
1 EVENT - \$120.00 / 2 EVENTS - \$135.00 / 3 EVENTS - \$150.00 /
4 EVENTS - \$165.00 / 5 EVENTS - \$180.00 / KPNP ROCKS RENT - \$20
(REGISTRATION AND ALL PAYMENT MUST BE DONE ON WEBSITE)
(NON-REFUNDABLE)

Waiver and Release of Liability

In consideration of your acceptance of my entry. I do hereby, for myself or the minor child, my heirs, executors, and administrators waive, release and discharge any and all rights claims for damages which I may have, or may accrue to me, against NJ Team Taekwondo LLC. and 2025 Unity-Cup Taekwondo Championship and all members of the tournament, or their respective officers, committees, agents, representatives, successors, and assigns, and against any competitors for any and all damages which may be sustained by me in connection with any medical service I may be provided in connection with any such injury or illness. I understand that Taekwondo is a full body contact sport and I further understand all contests of the 2025 USAT rules and regulations and general information which was published by the sponsors, and I agree with them entirely. I understand that any pictures of me participating in the tournament may be used for publicity without compensation.

Signature: _____ Date: : ____/____/____