# 2026 4TH 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:** 12/13/2026 Sunday
- **Location:** Fairleigh Dickinson University
  100 University Plaza Dr., Hackensack, NJ 07601
- **Registration Deadline:**
  - **NO REGISTRATION WILL BE ACCEPTED AFTER (DECEMBER 06TH, 2026 )**
- **General Admission:** $15.00 Card or Cash (4 and Under is FREE)
- **Breaking Boards:** $3.00 - per board at the tournament (**NO REFUND**)
  ***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 to 9 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 Contac

# Weight Categories

| 7 & Under (Yellow/Green/Blue/Red/Black) | | |
|---|---|---|
| **Weight** | **MALE WEIGHT RANGE** | **FEMALE WEIGHT RANGE** |
| -22 kg | Not exceeding 22 kg | Not exceeding 22 kg |
| -25 kg | Over 22 kg & not exceeding 25 kg | Over 22 kg & not exceeding 25 kg |
| +25 kg | Over 25 kg | Over 25 kg |

| 8-9 (Yellow/Green/Blue/Red/Black) | | |
|---|---|---|
| **Weight** | **MALE WEIGHT RANGE** | **FEMALE WEIGHT RANGE** |
| -24 kg | Not exceeding 24 kg | Not exceeding 24 kg |
| -28 kg | Over 24 kg & not exceeding 28 kg | Over 24 kg & not exceeding 28 kg |
| -33 kg | Over 28 kg & not exceeding 33 kg | Over 28 kg & not exceeding 33 kg |
| +33 kg | Over 33 kg | Over 33 kg |

| 10-11 (Yellow/Green/Blue/Red/Black) | | |
|---|---|---|
| **Weight** | **MALE WEIGHT RANGE** | **FEMALE WEIGHT RANGE** |
| -30 kg | Not exceeding 30 kg | Not exceeding 30 kg |
| -35 kg | Over 30 kg & not exceeding 35 kg | Over 30 kg & not exceeding 35 kg |
| -40 kg | Over 35 kg & not exceeding 40 kg | Over 35 kg & not exceeding 40 kg |
| +40 kg | Over 40 kg | Over 40 kg |

# Weight Categories

| 12-14 (Yellow/Green/Blue/Red/Black) | | | |
|---|---|---|---|
| **Weight** | **MALE WEIGHT RANGE** | **Weight** | **FEMALE WEIGHT RANGE** |
| -33 kg | Not exceeding 33 kg | -29 kg | Not exceeding 29 kg |
| -37 kg | Over 33 kg & not exceeding 37 kg | -33 kg | Over 29 kg & not exceeding 33 kg |
| -41 kg | Over 37 kg & not exceeding 41 kg | -37 kg | Over 33 kg & not exceeding 37 kg |
| -45 kg | Over 41 kg & not exceeding 45 kg | -41 kg | Over 27 kg & not exceeding 41 kg |
| -49 kg | Over 45 kg & not exceeding 49 kg | -44 kg | Over 41 kg & not exceeding 44 kg |
| -53 kg | Over 49 kg & not exceeding 53 kg | -47 kg | Over 44 kg & not exceeding 47 kg |
| -57 kg | Over 53 kg & not exceeding 57 kg | -51 kg | Over 47 kg & not exceeding 51 kg |
| -61 kg | Over 57 kg & not exceeding 61 kg | -55 kg | Over 51 kg & not exceeding 55 kg |
| -65 kg | Over 61 kg & not exceeding 65 kg | -59 kg | Over 55 kg & not exceeding 59 kg |
| +65 kg | Over 65 kg | +59 kg | Over 59 kg |

| 15-17 (Yellow/Green/Blue/Red/Black) | | | |
|---|---|---|---|
| **Weight** | **MALE WEIGHT RANGE** | **Weight** | **FEMALE WEIGHT RANGE** |
| -45 kg | Not exceeding 45 kg | -42 kg | Not exceeding 42 kg |
| -48 kg | Over 45 kg & not exceeding 48 kg | -44 kg | Over 42 kg & not exceeding 44 kg |
| -51 kg | Over 48 kg & not exceeding 51 kg | -46 kg | Over 44 kg & not exceeding 46 kg |
| -55 kg | Over 51 kg & not exceeding 55 kg | -49 kg | Over 46 kg & not exceeding 49 kg |
| -59 kg | Over 55 kg & not exceeding 59 kg | -52 kg | Over 49 kg & not exceeding 52 kg |
| -63 kg | Over 59 kg & not exceeding 63 kg | -55 kg | Over 52 kg & not exceeding 55 kg |
| -68 kg | Over 63 kg & not exceeding 68 kg | -59 kg | Over 55 kg & not exceeding 59 kg |
| -73 kg | Over 68 kg & not exceeding 73 kg | -63 kg | Over 59 kg & not exceeding 63 kg |
| -78 kg | Over 73 kg & not exceeding 78 kg | -68 kg | Over 63 kg & not exceeding 68 kg |
| +78 kg | Over 78 kg | +68 kg | Over 68 kg |

# Weight Categories

| 18+ (Yellow/Green/Blue/Red/Black) | | | |
|---|---|---|---|
| **Weight** | **MALE WEIGHT RANGE** | **Weight** | **FEMALE WEIGHT RANGE** |
| -54 kg | Not exceeding 54 kg | -46 kg | Not exceeding 46 kg |
| -58 kg | Over 54 kg & not exceeding 58 kg | -49 kg | Over 46 kg & not exceeding 49 kg |
| -63 kg | Over 58 kg & not exceeding 63 kg | -53 kg | Over 49 kg & not exceeding 53 kg |
| -68 kg | Over 63 kg & not exceeding 68 kg | -57 kg | Over 53 kg & not exceeding 57 kg |
| -74 kg | Over 68 kg & not exceeding 74 kg | -62 kg | Over 57 kg & not exceeding 62 kg |
| -80 kg | Over 74 kg & not exceeding 80 kg | -67 kg | Over 62 kg & not exceeding 67 kg |
| -87 kg | Over 80 kg & not exceeding 87 kg | -73 kg | Over 67 kg & not exceeding 73 kg |
| +87 kg | Over 87 kg | +73 kg | Over 73 kg |

## 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.**
**ANY TYPES OF BOARD SPACERS WILL NOT BE ALLOWED.**
Age: 5 and up

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

| **Belt** | **Power Breaking (Hammer Fist)** | **Technique (Freestyle)** |
|---|---|---|
| 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.

| BELT DIVISION | Compulsory Poomsae |
|---|---|
| YELLOW | Taegeuk 1 Jang |
| GREEN | Taegeuk 3 Jang |
| BLUE | Taegeuk 5 Jang |
| RED | Taegeuk 7 Jang |
| BLACK | Koryo (1st Dan) / Keumgang (2nd Dan) / Taebaek (3rd Dan) / Pyongwon (4th Dan) |

## INDIVIDUAL POOMSAE

| INDIVIDUAL POOMSAE DIVISION | | |
|---|---|---|
| AGE CLASS | AGE DIVISION | BELT COLOR |
| LION | 5 | ALL BELTS (BLACK) |
| 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: Minimum 12 Members 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 9 years old (2021-2017)

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 9 years old (2021-2017)**

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. **Board Breaking (Hammer Fist)**

# OBSTACLE COURSE LAYOUT
# 5~9 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. BOARD BREAKING (Hammer Fist)**

# 2026 4TH UNITY-CUP
# TAEKWONDO CHAMPIONSHIP

**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 (5-9yrs ONLY)**
**(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**
**(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 2026 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 2026 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: : ___ /___ / _____