



Grand Valley Games

September 27th, 2025

Purpose

Competition offers many benefits: increased sharpness, power, and accuracy; learning to deal with adrenaline in a safe environment; the opportunity to learn from martial artists with different experience levels; goal setting and achievement; developing resilience, tenacity, and emotional control; and FUN! At Grand Valley Taekwondo, we strongly encourage all students to take advantage of opportunities to compete.

The Grand Valley Games tournament is specifically intended for **grassroots** competitors – athletes of all ranks who are relatively new to competition. While more experienced athletes are welcome to attend, we ask that all competitors and coaches commit to creating a positive environment. Athletes, coaches, and spectators alike commit to uphold the Tenets of Taekwondo throughout the event. This includes treating opponents, coaches, and officials with courtesy; persevering when competition is challenging or disappointing; and helping all athletes have a positive experience.

Registration

Please register online at www.grandvalleytaekwondo.com/grandvalleygames

Schedule	Deadline	Fees
Regular Registration	Fri. Sept. 12th by 11:59pm MST	\$55 for one event \$15 for each additional event
Late Registration	Wed. Sept. 17th by 11:59pm MST	\$70 for one event \$15 for each additional event

Please note: Athletes competing in Breaking events must pre-order boards (see below). Demo Teams will supply their own boards. No boards will be available for purchase the day of the event.

Coaching Passes

Registered coaches will be allowed on the competition floor. Each participating school will receive 1 free coach's pass per 10 participating athletes. (For example: if your school has 15 registered athletes, you will receive 2 complimentary coaching passes.) Additional coaches will need to pay for a coaching pass (\$25). To register for your coaching pass, please register online at www.grandvalleytaekwondo.com/grandvalleygames

Spectator Fees

Spectator tickets may be purchased in advance during registration. If you plan to pay at the door, please bring cash.

\$5 Age 7+
Free Age 6 & under

Event T-Shirt

We are excited to offer an exclusive Grand Valley Games 2025 event t-shirt! Each shirt will have the names of all participating athletes on the back. Shirts will be available for pre-order during registration. Only a limited number of shirts will be available for sale at the event, so be sure to pre-order if you want one!

Tournament Day Schedule

All events will take place at Central High School, 550 Warrior Way, Grand Junction CO 81504

Time	Event
8:00am	Referee Meeting
8:30am	Doors Open
8:45am	Coaches Meeting
9:00am	Opening Ceremonies

Immediately following the Opening Ceremonies, we will proceed by division through all events. Once a group is finished, we will move immediately to the next division. If an athlete is not present when their division is called, they will be disqualified. No refunds will be issued for athletes who miss their divisions.

Event Rules

All athletes must wear a full taekwondo uniform & belt. Any color or style of uniform will be permitted, with the exception that blue or red uniforms will not be permitted for Olympic Sparring.

Traditional Forms

Divisions will be based on age and rank for the closest match. We will put all competitors into a division to give them the opportunity to compete. The athletes' scores will be based on accuracy, power, speed, rhythm, focus, and energy. The Taeguk series will be the only accepted poomsae for this event. The following are suggested poomsae by rank:

Rank	Suggested Poomsae
White (Including stripes)	Taeguk 1 (Il Jang)
Yellow (9 th -7 th gup)	Taeguk 1-2 (Il or Ee Jang)
Green (6 th -5 th gup)	Taeguk 2-4 (Ee, Sam, or Sa Jang)
Blue (4 th -3 rd gup)	Taeguk 4-6 (Sa, Oh, or Yuk Jang)
Red (2 nd -1 st gup)	Taeguk 6-8 (Yuk, Chil, or Pahl Jang)
Black (1 st Poom/Dan +)	Koryo, Keumgang, Taebeck, etc

Individual Traditional Forms

Athletes will perform their poomsae individually. It is recommended to select the current rank form. Athletes will declare their poomsae during registration and must perform that poomsae at the event.

Pairs Traditional Forms

Pairs can be made up of same gender or mixed gender. There must be 2 people registered and they must list the partner during registration. Pairs can be made up of same rank or different rank. In the case of different ranks, the pair should perform the rank poomsae of the lowest ranking member of the pair. For example, if the team has a black belt and a red belt, the pair should perform Taeguk 8, not Koryo. In addition to the criteria for individual poomsae, pairs will also be judged on unity.

Team Traditional Forms

Teams will be formed by groups of 3-10 athletes of any age, rank, and gender. When registering, each team member should list the same team name and the poomsae to be performed. In the case of a team of different ranks, the team should perform the rank poomsae of the lowest ranking member of the team. For example, if a team includes black belts and red belts, the team should perform Taeguk 8, not Koryo. In addition to the criteria for individual poomsae, teams will also be judged on unity.

Olympic Sparring

Divisions will be based on age, rank, gender, and weight, for the closest match. We will do our best to provide every competitor with a match.

Competitors must wear the following standard competition gear:

- Helmet (white, or matching the assigned hogu color)
- Mouth guard (any color but solid red. Athletes with dental braces must wear mouth guards that cover all the braces, i.e. on both the upper and lower teeth)
- Hogu
- Forearm guards
- Gloves (required for black belts, optional for color belts)
- Groin guard
- Shin guards
- Foot guards (required for black belts, optional for color belts)

Please ensure that fingernails and toenails are trimmed short. Forearm, shin, and groin guards must be worn inside the dobok. No metal or hard objects are allowed, such as jewelry, pins, glasses, hard knee braces, etc.

We will follow the current rules from World Taekwondo (<http://www.worldtaekwondo.org/rules-wt/rules.html>), with the following exceptions:

Light head contact will be required for all divisions age 11 and under, and for color belt divisions age 12-17. If the center referee deems the head contact excessive, a gamjeon will be issued and any points scored will be removed. If the excessive contact results in the opposing player being unable to continue the match, the competitor who executed the kick will be disqualified. Inability to continue due to fright, crying, or loss of will following a legal kick to the head does not constitute grounds for disqualification of the attacker.

In the event that there is a mixed-age division (ie a 10 year old black belt facing a 12 year old black belt) we will use light head contact rules.

Competition duration will be as follows:

Color Belts: 1-minute rounds with 30-second rest periods

Black Belts: 2-minute rounds with 1-minute rest periods

Athletes will not be required to weigh-in before the event. However, we reserve the right to check competitor weights the day of the event. Please be accurate with your weight during registration. Competitors that do not meet the declared weight may be disqualified.

Blaster Sparring

Divisions will be based on age and rank for the closest match. We will do our best to provide every competitor with a match.

Each athlete will be provided with a blaster pad (i.e. kicking shield) which they will use to strike/push their opponent. Contestants lose by:

- Crossing the boundary line (one foot fully out)
- Falling down (any part of the body besides the foot touches the floor)
- Falling on the pad (the shield is allowed to touch the floor, but if the shield is on the floor and the player falls onto the pad, this counts as falling down)

Contestants may not touch one another with anything other than the blaster pad. There is no time limit; play continues until one of the above conditions is met. The referee will reset the athletes to the center of the ring for the start of each round.

Matches will play best of three rounds.

Creative Board Breaking

Competitors must pre-order boards during registration. Boards may not be brought into the event and no boards will be available for purchase on the day of the event. Competitors must provide their own board holders.

The demonstration boards will be available for purchase in the following sizes. The size of boards is at the discretion of the athlete.

Demo 1 = 12" x 8" x 3/8" thick

Demo 2 = 12" x 8" x 1/2" thick

Demo 3 = 12" x 8" x 3/4" thick

Divisions will be based on age, rank, and weight, for the closest match. We will put all competitors into a division to give them the opportunity to compete.

Competitors must break with at least 2 techniques and may break with as many as 10. Each competitor will have 3 minutes to set up and break. At the time limit, any unbroken boards will count against the score. Any Taekwondo striking or kicking technique may be used, with the exception of head strikes, which shall result in a 0.3 deduction each.

Competitors will receive higher scores for techniques of higher difficulty. The difficulty of kicking techniques shall consider the following order of superiority: standing kick technique, turning kicks, jumping or flying kicks, jumping/flying kicks with turns (the greater the number of rotations, the higher the difficulty), multiple consecutive kicks in a jump, and multiple consecutive kicks in a jump with a spin.

The difficulty of hand techniques shall consider *basic* skills to include hammerfist strike, palm heel strike, forward elbow strike, and similar techniques. *Moderate* skills shall include punch, knife hand strike, ridge hand strike, backfist, and similar techniques. *Advanced* skills shall include spear hand strike, chicken beak strike, and similar techniques.

The athlete will be scored out of 10 based on: the difficulty of each individual technique, the size of the boards, the number of boards broken, the variety of technique, the expression of energy, and the entertainment value of the routine as a whole. Confidence, speed, smooth footwork, and loud kiyaps all increase the score. Gymnastics are appropriate! Points are deducted for unbroken boards, multiple attempts to break a board, and lack of entertainment value.

Power Breaking

Divisions will be based on board size, age, rank, and weight, for the closest match. We will put all competitors into a division to give them the opportunity to compete.

Board Size Options:

Demo 3 (demonstration type board 12" x 8" x 3/4" thick)

10x12 (pine board 10" x 12" x 3/4" thick)

Competitors may break between 1 and 15 boards with spacers (spacers will be provided). Cinder blocks will be provided for board holding. Athletes must pre-order boards during registration. At the start of the division, each athlete will declare how many boards they will attempt.

Competitors will break with 1 hand technique (i.e. hammerfist, knife hand, palm heel, elbow strike). Each competitor will be allowed 1 attempt to break; after the attempt, any unbroken materials will count against the score.

The athlete will be scored out of 10 based on: demonstration of correct taekwondo technique, the number of boards broken, the number of boards attempted, the expression of energy, and the overall demonstration of power.

Creative Forms

Divisions will be based on age and rank for the closest match. We will put all competitors into a division to give them the opportunity to compete.

Music is HIGHLY ENCOURAGED. There will not be separate divisions for music/no music. Competitors using music must email it to masterholley@grandvalleytaekwondo by September 17th. All music is subject to approval and must not contain any vulgar, racist, or otherwise discriminatory lyrics.

No props will be permitted. Each competitor will have a 1 minute time limit to perform. There will be a .3 deduction for every 10 seconds or portion thereof over time. The athlete's score will be based on correct taekwondo technique, sharpness, focus, power, speed, expression of energy, creativity, and entertainment value.

Individual Creative Forms

Athletes will perform their creative form individually.

Team Creative Forms

Teams will be formed by groups of 2-10 athletes of any age, rank, and gender. When registering, each team member should list the same team name. In addition to the criteria for individual poomsae, teams will also be judged on unity.

Weapons

Divisions will be based on age and rank for the closest match. We will put all competitors into a division to give them the opportunity to compete.

Competitors must bring their own weapon, which will be checked for safety. No sharp blades will be permitted, nor projectile weapons of any kind.

Music is HIGHLY ENCOURAGED. There will not be separate divisions for music/no music. Competitors using music must email it to masterholley@grandvalleytaekwondo by September 17th. All music is subject to approval and must not contain any vulgar, racist, or otherwise discriminatory lyrics.

Each competitor will have a 1 minute time limit to perform. There will be a .3 deduction for every 10 seconds or portion thereof over time. The athlete's score will be based on sharpness, focus, power, speed, energy, control of the weapon, creativity, practical application, and entertainment value.

Individual Weapons Forms

Athletes will perform their weapons form individually.

Team Weapons Forms

Teams will be formed by groups of 2-10 athletes of any age, rank, and gender. When registering, each team member should list the same team name. In addition to the criteria for individual weapons, teams will also be judged on unity and harmony amongst the team members.

Demonstration Team

Demonstration Team competition is a group performance highlighting many aspects of the art of Taekwondo, such as poomsae, board breaking, acrobatic kicks, and self defense techniques, with the addition of music and choreography.

The maximum set-up time is 1 minute. The performance must not exceed 6 minutes. The maximum clean-up time is 1 minute. All music must be submitted to masterholley@grandvalleytaekwondo.com by September 17th. All music is subject to approval and must not contain any vulgar, racist, or otherwise discriminatory lyrics.

Weapons and props are allowed, with the following guidance: there will be NO standing on tables or chairs, and no use of tumbling boards or any similar devices. Athletes are welcome to use each other as "human launch pads." Use of poles and similar devices to hold boards for jumping breaks is permitted. No projectile weapons of any kind are

permitted. Weapons may not have sharp blades or points; all weapons are subject to approval and may be disallowed if deemed unsafe. Absolutely no pyrotechnics, fireworks, or flame will be permitted.

In breaking, any Taekwondo striking or kicking technique may be used, with the exception of head strikes, which shall result in a 0.3 deduction each. Boards and props used in the demo will be provided by the Demonstration Team. No boards will be available for purchase at the event. Competitors are encouraged to stage the performance so that flying boards do not endanger officials, spectators, equipment, or other competitors.

There is no limit on the number of team members, but each team member must register individually for the Demonstration Team event. No unregistered athletes will be permitted to compete.

Judging will be based on the following categories:

Technical Skills (6 points)

- **Team Form:** A newly created Poomsae incorporating blocks, strikes, stances, and kicks. All team members must perform in this category, otherwise the team will be awarded 0 points for Team Form.
- **Board Breaking:** At least 1 team member must successfully break with a Taekwondo foot technique. More points will be awarded for more complex kicks.
- **Power Breaking:** At least 1 team member must break at least three 10"x12" pine boards with a single Taekwondo hand technique. Spacers are permitted. Teams will provide their own board holding devices, which must not damage the mats. There is a 0.1 point deduction for each unbroken board during this skill.
- **Self Defense:** At least 2 team members must demonstrate simulated fighting with bare hand and foot. Examples include striking, kicking, locking, grabbing, throwing, and take-downs. There must be a self defense section without the use of breaking boards, or the team will be awarded 0 points for Self Defense.
- **Acrobatic Kicking Action:** At least 1 team member must demonstrate an acrobatic kicking action that includes jumping into the air, rotating upside down, and kicking in the air. If there is no kicking motion, the team will be awarded 0 points for Acrobatic Action.
- **Basic Taekwondo Movements:** Points will be awarded for the practicability of the basic Taekwondo movements throughout the demonstration. Teams are discouraged from using dance or other movements not in harmony with the technical motions of Taekwondo.

Presentation (4 points)

- **Creativity:** Points will be awarded based on the creativity and complexity of the various components of the demonstration.
- **Synchronization and Harmony:** Points will be awarded based on the unity of the team members during group sections, the balance of the different components of the demonstration, and the harmony of the whole.
- **Music and Choreography:** Points will be awarded based on how the music and the choreography contribute to the demonstration.
- **Expression of Energy:** Points will be awarded based on the energy of the team members as seen in attire, facial expressions, intensity of movement, kiyaps, etc., as well as the audience's involvement and the energy generated by the team.

Frequently Asked Questions

How do I read my participant badge?

Your badge will list a ring number and a match number for each of your events. In each ring, the matches will go in order. So if you are Ring 1, Match 1, you know that you will be going first in Ring 1. If you are Match 12, you can estimate 5 minutes per match to know that you'll be going in approximately an hour – but don't go too far. If your match gets called and you are not there, you may be disqualified. We recommend being at your ring at least 3 matches before yours is called.

What do I need to bring?

- Uniform & belt
- Required equipment for your events (ie sparring gear, boards, weapon, music, etc)
- Cash for spectator fees

Can I pay for spectator tickets with a credit card?

You can pre-order spectator tickets with a card on our website until September 17th. At the door, we will only be able to accept cash.

Will there be concessions?

Food trucks will be available outside during the lunch time hours.

Are extra coaches allowed?

Registered coaches will be allowed on the competition floor. Coaches will not be able to register on the day of the event. Please register for coaching passes at www.grandvalleytaekwondo.com/grandvalleygames

Do you need referees?

Yes! All athletes benefit from having referees from a variety of dojangs. If you would like to help judge or referee, please register at www.grandvalleytaekwondo.com/grandvalleygames

Can I wear a black uniform?

Yes. Colored uniforms are allowed for all events with the following exception: blue and red uniforms will not be permitted for sparring.

Do I need board holders?

Yes, you should make arrangements ahead of time for who will hold boards for you. Holders can be coaches, parents, teammates, etc. Board holding is not a pass into the event; if not competing themselves, your board holders will need to purchase a spectator ticket.

How do I know what board sizes to pick?

Please consult your coach on which board sizes are appropriate for your breaks. Keep in mind that breaking bigger/thicker boards will earn you a higher score, but you will be penalized for multiple attempts and for failing to break a board.

Are knock-outs to the head allowed for black belts?

All players age 11 and under must use light head contact. Black belts age 12 and up will have full head contact, as will all players age 18+.

Can I do an exhibition match?

Time permitting, we can do exhibition matches following the conclusion of the scheduled divisions.