



Rules and Regulations for CET sanctioned tournaments

Updated: January 2014



Table of content

1. Rules for competition	3
2. CET Weight and Breaking Information	4
3. Colour Belts Divisions	6
4. Black Belt Divisions.....	10



1. Rules for competition

The CET rules and regulations will be enforced for black belt division official CET Sanctioned events.

1.1. Patterns

- 2 Competitors elimination system will be used for all **colored belt** division
- **Black belts** will compete individually using the ITF scoring system
- In the case of a tie the 2 competitor elimination will be applied

1.2. Sparring

- 1 1/2 minutes continuous sparring will be in effect for all **Colored belt** divisions
- 2 minutes continuous sparring will be in effect for all **Black belt** divisions. There will be 2 rounds of 2 minutes for the Gold medal match.

1.3. Sparring Gear

All competitors must have the following **mandatory gear** to compete in the Sparring division:

- FOOT
- HAND
- HEAD GEAR
- MOUTH PIECE
- GROIN CUP (BOYS)

1.4. Coaches

Only **Registered coaches** will be allowed on the competition floor. There will be no exception to the rule.



2. CET Weight and Breaking Information

BLACK BELT WEIGHT CATEGORIES

JUNIOR GIRLS 14-15, 16-17		JUNIOR BOYS 14-15, 16-17		ADULT&SEN WOMEN 18-34 & 35 PLUS		ADULT&SEN MEN	
MICRO	0-44.9 KG	MICRO	0-49.9 KG	MICRO	0-49.9KG	MICRO	0-57.9 KG
LIGHT	45-49.9	LIGHT	50-54.9	LIGHT	50-54.9	LIGHT	58-63.9
WELTER	50-54.9	WELTER	55-59.9	WELTER	55-59.9	WELTER	64-69.9
MIDDLE	55-59.9	MIDDLE	60-64.9	MIDDLE	60-64.9	MIDDLE	70-75.9
HEAVY	60-64.9	HEAVY	65-69.9	HEAVY	65-69.9	HEAVY	76-81.9
HYPER	65 KG +	HYPER	70 KG +	HYPER	70 KG +	HYPER	82 KG +

PRE-JUNIOR BLACK BELT WEIGHT CATEGORIES

PRE-JUNIOR GIRLS 12-13		PRE-JUNIOR BOYS 12-13	
MICRO	0-34.9 KG	MICRO	0-39.9 KG
LIGHT	35-39.9	LIGHT	40-44.9
WELTER	40-44.9	WELTER	45-49.9
MIDDLE	45-49.9	MIDDLE	50-54.9
HEAVY	50-54.9	HEAVY	55-59.9
HYPER	55 KG +	HYPER	60 KG +

BLACK BELT POWER BREAKING TECHNIQUES

1	AP-JOOMUK JURUGI (FORE FIST)
2	SONKAL TAERIGI (KNIFE HAND)
3	YOPCHA JURUGI (STEPPING SIDE KICK)
4	DOLLYO CHAGI (TURNING KICK)
5	BANDAE DOLLYO CHAGI (REVERSE TURNING KICK)

POWER BREAKING TABLE (1 INCH BOARD)

	AGE		12-13		14-15		16-17		18-34		35 +		
	GENDER		F	M	F	M	F	M	F	M	F	M	
AP JOOMUK JURIGI	-	-	-	-	-	-	-	-	5	-	5	1" BOARD	
SONKAL TAERIGI	2	2	3	3	3	3	3	3	5	3	5	1" BOARD	
DOLLYO CHAGI	3	3	4	4	4	4	4	4	7	4	5	1" BOARD	
YOPCHA JURUGI	4	4	5	5	5	5	5	5	5	5	5	1" BOARD	
BANDAE DOLLYO CH.	-	-	-	3	-	-	-	-	5	-	5	1" BOARD	

BLACK BELT SPECIAL TECHNIQUES



Rules and Regulations for CET sanctioned tournaments



1	TWIMYO AP CHAGI (FLYING FRONT SNAP KICK)
2	TWIMYO NOMO YOP CHAGI (FLYING SIDE KICK)
3	TWIMYO DOLMYO CHAGI (360 FLYING HOOK KICK)
4	TWIMYO DOLLYO CHAGI (FLYING TURNING KICK)
5	TWIMYO BANDAE DOLLYO CHAGI (FLYING REVERSE TURNING KICK)

BLACK BELT SPECIAL TECHNIQUES TABLE (1/2" BOARD)

	AGE		12-13		14-15		16-17		18-34		35 +	
	GENDER		F	M	F	M	F	M	F	M	F	M
	HEIGHT		CM	CM	CM	CM	CM	CM	CM	CM	CM	CM
TWIMYO NOPI AP CHAGI			200	220	200	260	200	260	220	280	200	260
TWIMYO DOLLYO CHAGI			200	200	200	230	200	230	220	250	200	230
TWIMYO NOMO YOP CHA JIRUGI			160	280	180	300	180	300	180	320	180	300
TWIMYO DOLMYO YOP CHA JIRUGI						220		220		240		220
TWIMYO BANDAE DOLLYO CHAGI						220		220		240		220

OBSTACLE (BARRIER) HEIGHTS:

Adults, Senior and Juniors

FEMALE: 50 cm

MALE: 70 cm

Pre-junior

FEMALE: 40cm

MALE: 40 cm



3. Colour Belts Divisions

3.1. Patterns Colour Belts – Boys, Girls, Adult Women, Adult Men

BOYS & GIRLS				RING #
1	5 & UNDER		ALL BELTS	
2	6 - 7 - 8		WHITE BELT TO GREEN STRIPE	
3	6 - 7 - 8		GREEN BELT TO RED STRIPE	
4	6 - 7 - 8		RED BELT TO BLACK STRIPES	

BOYS & GIRLS				RING #
5	9 - 10 - 11		WHITE BELT TO GREEN STRIPE	
6	9 - 10 - 11		GREEN BELT TO RED STRIPE	
7	9 - 10 - 11		RED BELT TO BLACK STRIPE	

GIRLS				RING #
8	12 - 13 - 14		WHITE BELT TO GREEN STRIPE	
9	12 - 13 - 14		GREEN BELT TO RED STRIPE	
10	12 - 13 - 14		RED BELT TO BLACK STRIPE	

BOYS				RING #
11	12 - 13 - 14		WHITE BELT TO GREEN STRIPE	
12	12 - 13 - 14		GREEN BELT TO RED STRIPE	
13	12 - 13 - 14		RED BELT TO BLACK STRIPE	

GIRLS				RINGS
14	15 - 16 - 17		WHITE BELT TO GREEN STRIPE	
15	15 - 16 - 17		GREEN BELT TO RED STRIPE	
16	15 - 16 - 17		RED BELT TO BLACK STRIPE	

BOYS				RING #
17	15 - 16 - 17		WHITE BELT TO GREEN STRIPE	
18	15 - 16 - 17		GREEN BELT TO RED STRIPE	
19	15 - 16 - 17		RED BELT TO BLACK STRIPE	

ADULT WOMEN				RING #
20	18 - 34		WHITE BELT TO GREEN STRIPE	
21	18 - 34		GREEN BELT TO RED STRIPE	
22	18 - 34		RED BELT TO BLACK STRIPE	

ADULT MEN				RING #
23	18 - 34		WHITE BELT TO GREEN STRIPE	
24	18 - 34		GREEN BELT TO RED STRIPE	
25	18 - 34		RED BELT TO BLACK STRIPE	



3.2. Patterns Colour Belts – Senior Women, Senior Men - Divisions

SENIOR WOMEN				RING &
26	35 +		WHITE BELT TO GREEN STRIPE	
27	35 +		GREEN BELT TO RED STRIPE	
28	35 +		RED BELT TO BLACK STRIPE	

SENIOR MEN				RING #
29	35 +		WHITE BELT TO GREEN STRIPE	
30	35 +		GREEN BELT TO RED STRIPE	
31	35 +		RED BELT TO BLACK STRIPE	



3.3. Sparring Colour Belts – Girls, Boys - Divisions

LIGHT	HEAVY	GIRLS		RING #
32	33	5 & UNDER	ALL BELTS	
34	35	6 - 7 - 8	WHITE BELT TO GREEN STRIPE	
36	37	6 - 7 - 8	GREEN BELT TO RED STRIPE	
38	39	6 - 7 - 8	RED BELT TO BLACK STRIPE	

LIGHT	HEAVY	BOYS		RING #
40	41	5 & UNDER	ALL BELTS	
42	43	6 - 7 - 8	WHITE BELT TO GREEN STRIPE	
44	45	6 - 7 - 8	GREEN BELT TO RED STRIPE	
46	47	6 - 7 - 8	RED BELT TO BLACK STRIPE	

LIGHT	HEAVY	GIRLS		RING #
48	49	9 - 10 - 11	WHITE BELT TO GREEN STRIPE	
50	51	9 - 10 - 11	GREEN BELT TO RED STRIPE	
52	53	9 - 10 - 11	RED BELT TO BLACK STRIPE	

LIGHT	HEAVY	BOYS		RING #
54	55	9 - 10 - 11	WHITE BELT TO GREEN STRIPE	
56	57	9 - 10 - 11	GREEN BELT TO RED STRIPE	
58	59	9 - 10 - 11	RED BELT TO BLACK STRIPE	

LIGHT	HEAVY	GIRLS		RING #
60	61	12 - 13 - 14	WHITE BELT TO GREEN STRIPE	
62	63	12 - 13 - 14	GREEN BELT TO RED STRIPE	
64	65	12 - 13 - 14	RED BELT TO BLACK STRIPE	

LIGHT	HEAVY	BOYS		RING #
66	67	12 - 13 - 14	WHITE BELT TO GREEN STRIPE	
68	69	12 - 13 - 14	GREEN BELT TO RED STRIPE	
70	71	12 - 13 - 14	RED BELT TO BLACK STRIPE	

LIGHT	HEAVY	GIRLS		RING #
72	73	15 - 16 - 17	WHITE BELT TO GREEN STRIPE	
74	75	15 - 16 - 17	GREEN BELT TO RED STRIPE	
76	77	15 - 16 - 17	RED BELT TO BLACK STRIPE	

LIGHT	HEAVY	BOYS		RING #
78	79	15 - 16 - 17	WHITE BELT TO GREEN STRIPE	
80	81	15 - 16 - 17	GREEN BELT TO RED STRIPE	
82	83	15 - 16 - 17	RED BELT TO BLACK STRIPE	



3.4. Sparring Colour Belts – Adult and Senior Men & Women - Divisions

LIGHT	HEAVY	ADULT WOMEN		RING #
84	85	18 - 34		WHITE BELT TO GREEN STRIPE
86	87	18 - 34		GREEN BELT TO RED STRIPE
88	89	18 - 34		RED BELT TO BLACK STRIPE

LIGHT	HEAVY	ADULT MEN		RING #
90	91	18 - 34		WHITE BELT TO GREEN STRIPE
92	93	18 - 34		GREEN BELT TO RED STRIPE
94	95	18 - 34		RED BELT TO BLACK STRIPE

LIGHT	HEAVY	SENIOR WOMEN		RING #
96	97	35 +		WHITE BELT TO GREEN STRIPE
98	99	35 +		GREEN BELT TO RED STRIPE
100	101	35 +		RED BELT TO BLACK STRIPE

LIGHT	HEAVY	SENIOR MEN		RING #
102	103	35 +		WHITE BELT TO GREEN STRIPE
104	105	35 +		GREEN BELT TO RED STRIPE
106	107	35 +		RED BELT TO BLACK STRIPE



4. Black Belt Divisions

4.1. Patterns Black Belts – All

PEEWEE GIRLS & BOYS			RING #
1	9 - 11	ALL DEGREES	
PRE-JUNIOR GIRLS			RING #
2	12 - 13	1ST DEGREE	
3	12 - 13	2ND DEGREE	
PRE-JUNIOR BOYS			RING #
4	12 - 13	1ST DEGREE	
5	12 - 13	2ND DEGREE	
JUNIOR GIRLS			RING #
6	14 - 15	1ST DEGREE	
7	14 - 15	2ND DEGREE	
8	14 - 15	3RD DEGREE	
9	16 - 17	1ST DEGREE	
10	16 - 17	2ND DEGREE	
11	16 - 17	3RD DEGREE	
JUNIOR BOYS			RING #
12	14 - 15	1 ST DEGREE	
13	14 - 15	2 ND DEGREE	
14	14 - 15	3 RD DEGREE	
15	16 - 17	1 ST DEGREE	
16	16 - 17	2 ND DEGREE	
17	16 - 17	3 RD DEGREE	
ADULT WOMAN			RING #
18	18 - 34	1 ST DEGREE	
19	18 - 34	2 ND DEGREE	
20	18 - 34	3 RD DEGREE	
21	18 - 34	4 TH DEGREE	
22	18 - 34	5 TH & 6 TH DEGREE	
ADULT MEN			RING #
23	18 - 34	1ST DEGREE	
24	18 - 34	2ND DEGREE	
25	18 - 34	3RD DEGREE	
26	18 - 34	4TH DEGREE	
27	18 - 34	5TH & 6TH DEGREE	
SENIOR WOMEN			RING #
28	35 +	1ST DEGREE	
29	35 +	2ND DEGREE	
30	35 +	3RD DEGREE	
31	35 +	4TH DEGREE	
32	35 +	5TH & 6TH DEGREE	



Rules and Regulations for CET sanctioned tournaments



SENIOR MEN			RING #
33	35 +	1ST DEGREE	
34	35 +	2ND DEGREE	
35	35 +	3RD DEGREE	
36	35 +	4TH DEGREE	
37	35 +	5TH & 6TH DEGREE	

4.2. Sparring Black Belts – Mini Pre-Junior, Pre- Junior, Junior Girls & Boys

MINI PRE-JUNIOR GIRLS 9 – 11 YEARS OLD					RING #
38	LIGHT	0-40KG	9-10-11	ALL DEGREES	
39	MIDDLE	40-50KG	9-10-11	ALL DEGREES	
40	HEAVY	50 + KG	9-10-11	ALL DEGREES	
MINI PRE – JUNIOR BOYS 9 – 11 YEARS OLD					RING #
41	LIGHT	0-45KG	9-10-11	ALL DEGREES	
42	MIDDLE	45-55KG	9-10-11	ALL DEGREES	
43	HEAVY	55 + KG	9-10-11	ALL DEGREES	
PRE JUNIOR GIRLS 12 – 13 YEARS OLD					RING #
44	MICRO	0-34.9KG	12-13	ALL DEGREES	
45	LIGHT	35-39.9KG	12-13	ALL DEGREES	
46	WELTER	40-44.5KG	12-13	ALL DEGREES	
47	MIDDLE	45-49.9KG	12-13	ALL DEGREES	
48	HEAVY	50-54.9KG	12-13	ALL DEGREES	
49	HYPER	55 KG +	12-13	ALL DEGREES	
JUNIOR GIRLS					RING #
50	MICRO	0-44.9KG	14-15	ALL DEGREES	
51	LIGHT	45-49.9KG	14-15	ALL DEGREES	
52	WELTER	50-54.9KG	14-15	ALL DEGREES	
53	MIDDLE	55-59.9KG	14-15	ALL DEGREES	
54	HEAVY	60-64.9KG	14-15	ALL DEGREES	
55	HYPER	65 + KG	14-15	ALL DEGREES	
JUNIOR GIRLS					RING #
56	MICRO	0-44.9KG	16-17	ALL DEGREES	
57	LIGHT	45-49.9KG	16-17	ALL DEGREES	
58	WELTER	50-54.9KG	16-17	ALL DEGREES	
59	MIDDLE	55-59.9KG	16-17	ALL DEGREES	
60	HEAVY	60-64.9KG	16-17	ALL DEGREES	
61	HYPER	65 KG +	16-17	ALL DEGREES	
PRE JUNIOR BOYS 12 – 13 YEARS OLD					RING #
62	MICRO	0-39.9KG	12-13	ALL DEGREES	
63	LIGHT	40-44.9KG	12-13	ALL DEGREES	
64	WELTER	45-49.9KG	12-13	ALL DEGREES	
65	MIDDLE	50-54.9KG	12-13	ALL DEGREES	
66	HEAVY	55-59.9KG	12-13	ALL DEGREES	
67	HYPER	60 KG +	12-13	ALL DEGREES	



Rules and Regulations for CET sanctioned tournaments



JUNIOR BOYS					RING #
68	MICRO	0-49.9KG	14-15	ALL DEGREES	
69	LIGHT	50-54.9KG	14-15	ALL DEGREES	
70	WELTER	55-59.9KG	14-15	ALL DEGREES	
71	MIDDLE	60-64.9KG	14-15	ALL DEGREES	
72	HEAVY	65-69.9KG	14-15	ALL DEGREES	
73	HYPER	70 KG +	14-15	ALL DEGREES	
JUNIOR BOYS					RING #
74	MICRO	0-49.9KG	16-17	ALL DEGREES	
75	LIGHT	50-54.9KG	16-17	ALL DEGREES	
76	WELTER	55-59.9KG	16-17	ALL DEGREES	
77	MIDDLE	60-64.9KG	16-17	ALL DEGREES	
78	HEAVY	65-69.9KG	16-17	ALL DEGREES	
79	HYPER	70 + KG	16-17	ALL DEGREES	

4.3. Sparring Black Belts – Adult Women, Adult Men

ADULT WOMEN					RING #
80	MICRO	0-50 KG	18 - 34	ALL DEGREES	
81	LIGHT	50-55KG	18 - 34	ALL DEGREES	
82	WELTER	55-60KG	18 - 34	ALL DEGREES	
83	MIDDLE	60-65KG	18 - 34	ALL DEGREES	
84	HEAVY	65-70KG	18 - 34	ALL DEGREES	
85	HYPER	70KG +	18 - 34	ALL DEGREES	
ADULT MEN					RING #
86	MICRO	0-58 KG	18 - 34	ALL DEGREES	
87	LIGHT	58-64KG	18 - 34	ALL DEGREES	
88	WELTER	64-70KG	18 - 34	ALL DEGREES	
89	MIDDLE	70-76KG	18 - 34	ALL DEGREES	
90	HEAVY	76-82KG	18 - 34	ALL DEGREES	
91	HYPER	82 KG +	18 - 34	ALL DEGREES	

4.4. Sparring Black Belts – Senior Adult Women, Senior Adult Men

SENIOR WOMEN					RING #
92	MICRO	0-50 KG	35 +	ALL DEGREES	
93	LIGHT	50-55KG	35 +	ALL DEGREES	
94	WELTER	55-60KG	35 +	ALL DEGREES	
95	MIDDLE	60-65KG	35 +	ALL DEGREES	
96	HEAVY	65-70KG	35 +	ALL DEGREES	
97	HYPER	70 KG +	35 +	ALL DEGREES	



Rules and Regulations for CET sanctioned tournaments



SENIOR MEN					RING #
98	MICRO	0-58 KG	35 +	ALL DEGREES	
99	LIGHT	58-64KG	35 +	ALL DEGREES	
100	WELTER	64-70KG	35 +	ALL DEGREES	
101	MIDDLE	70-76 KG	35 +	ALL DEGREES	
102	HEAVY	76-82 KG	35 +	ALL DEGREES	
103	HYPER	82 KG +	35 +	ALL DEGREES	



4.5. Black Belt Power Break - Divisions

PRE-JUNIOR GIRLS			RING #
104	12-13	ALL DEGREES	
PRE-JUNIOR BOYS			RING #
105	12-13	ALL DEGREES	
JUNIOR GIRLS			RING #
106	14-15	ALL DEGREES	
107	16-17	ALL DEGREES	
JUNIOR BOYS			RING #
108	14-15	ALL DEGREES	
109	16-17	ALL DEGREES	
ADULT WOMEN			RING #
110	18-34	ALL DEGREES	
ADULT MEN			RING #
111	18-34	ALL DEGREES	
SENIOR WOMEN			RING #
112	35 +	ALL DEGREES	
SENIOR MEN			RING #
113	35 +	ALL DEGREES	

All competitors will compete in all breaking events.

The total of points for all breaks will determine the position of the participant.

The scoring system will be as follows:

1. The participant will get 1 point for each board that is completely broken.
2. The participant will get a ½ point for a cracked board: The official can break it between their hands without efforts.
3. There will no points for boards that are left intact.



Rules and Regulations for CET sanctioned tournaments



Black Belt Special Techniques - Divisions

PRE-JUNIOR GIRLS			RING #
114	12-13	ALL DEGREES	
PRE-JUNIOR BOYS			RING #
115	12-13	ALL DEGREES	
JUNIOR GIRLS			RING #
116	14-15	ALL DEGREES	
117	16-17	ALL DEGREES	
JUNIOR BOYS			RING #
118	14-15	ALL DEGREES	
119	16-17	ALL DEGREES	
ADULT WOMEN			RING #
120	18 - 34	ALL DEGREES	
ADULT MEN			RING #
121	18 - 34	ALL DEGREES	
SENIOR WOMEN			RING #
122	35 +	ALL DEGREES	
SENIOR MEN			RING #
123	35 +	ALL DEGREES	

CET will inform the host of which event will be held at competition.

All events will take place at the National.