

# **TOURNAMENT RULES**

## **CODE OF CONDUCT**

Good sportsmanlike conduct is at the sole discretion of Tournament Officials.

### **Competitors**

- In order to maintain the Highest Standards for Excellence, Safety and Ethics, the following Standard of Excellence will be strictly enforced.
- Good sportsmanlike conduct will be conducted at all times. To include:  
Proper language at all times to include volume of voice. Proper respect to include but not limited fellow competitors, tournament officials, volunteers, spectators, event Staff, facility staff and the facility itself. Proper self-control to include but not limited to emotions, gestures and physical actions:
- When the competitor has completed his/her divisions and awards have been given they are to clear the competition area.
- All competitors will also be held to the Highest Standard of Excellence. There will be Zero Tolerance for Unsafe or Un-sportsmanlike Behavior. This includes any disrespectful gestures or behavior while performing or attending any event.
- Must obey the direction of tournament officials. Spectator/Instructor/Coach or other Participant
- Positive coaching must be applied at all times
- No person may step into a ring unless their student or child is injured or invited by The Chief Referee.

### **Coaches**

- Good sportsmanlike conduct will be conducted at all times. To include: Proper language to include volume of voice. Proper respect to include but not limited fellow competitors, tournament officials, volunteers, spectators, event Staff, facility staff and the facility itself. Proper self-control to include but not limited to emotions, gestures and physical actions:
  - When the instructor/coach has completed his/her responsibilities they are to clear the competition area
  - Only individuals participating in the event (Instructor/Coach, Officials, Volunteers, or Competing Participant) may be in the competition area.
  - Must obey the direction of tournament officials.
- Our primary goal is to provide a Standard of competition that is Safe, Fair and Motivating Environment in which a competitor can test their skills. It is through our example of Excellence that we can achieve our goal.
- AAU Events Require AAU Coaches shirt.

## **COMPETITOR'S RESPONSIBILITY:**

1. Check in at least 60 minutes before the start of your event division. Any missed divisions are the sole responsibility of the competitor and does not constitute refunds or start-overs.
2. Prepared to compete including all gear, equipment, music if applicable and weapons.
3. In the event of a dispute or question, it is the competitor's responsibility to ask his/her coach or ask themselves if their coach is not available, of the Score Keeper to ask the Head Judge to obtain an Arbitrator before the end of the division and awards are given. The Arbitrator's decision is final.
4. Permitted jewelry worn is at the sole discretion of your Center Referee. (removal of all jewelry is recommended).
5. Competitors are required to wear the uniform of their school or club while competing. Competitors are also required to wear their appropriate belt or sash to signify their proper rank. Uniforms must clean & un-torn and worn at all times during their performance. Removal of uniform top, pants or belt is not permitted during performance. T-shirts are only allowed if that is the uniform of their school and a school logo is displayed on it.
6. All uniforms, equipment and weapons markings may not be insulting, vulgar or offensive as deemed by the Tournament Officials.

## **COACHING RESPONSIBILITY:**

1. A coach is defined as a recognized instructor/ black belt from a participating school that is the head of or designated by the head of a martial arts school/team or club.
2. A non-appointed person may not coach.
3. Coaches must be registered and credentialed with a coaches pass.
5. All coaches must sign a Sports Waiver and Permission Form.
6. Coaches are responsible for their competitors'. The designated coach must adhere to the Code of Conduct, assist that only authorized personnel are in the competition floor. Only registered coaches will be allowed on the floor. Further request is to assistance in educating parents/guardians and spectators from his/her school on the proper protocol of the event. All coaches must attend the event coaches meeting. The meeting may be at a designated time at the event location or ringside.
7. Coaches are only allowed in the center of The Competition Floor, a minimum of 2 ft from the ring. During fighting, when their athlete is in the ring, (1) coach will be allowed

to sit on the side of the ring in a designated seat & must conduct themselves in a sportsmanlike manner in accordance these rules & regulations.

8. Coaches Credentials that are transferred to any person other than the original person it was issued to will be revoked. Athletes may not coach when they are through competing, unless they are the designated coach for the team .

9. Coaches must be dressed in an appropriate manner. Coaches may not be in shorts, cut-off t-shirts, wear hats or any article that is deemed inappropriate by tournament officials. Any coach displaying vulgar or offensive clothing will not allow on or be asked to leave the floor and or the event. AAU Events Require AAU Coaches shirt, the shirt must be worn at all times while coaching and or lanyard credentials.

10. All Coaches must adhere to This Code of Conduct. No negative coaching is allowed. Rule infractions will result in the coach's athletes being penalized under the contact warnings section of this passbook, and in revocation of Coaching Credential & a request to leave the event.

## SCORING

# BOARD BREAKING

All Board Breaking Materials must be purchased on day of event from vendor World Martial Arts Supply. **No outside materials will be accepted!** Cost: TBA Regular Pine# 2 Boards for Traditional Board Breaking and ½ inch Pine #2 for Aerial Board Breaking.

***Please note: participants must provide their own holders for breaking.***

This will contribute for a fair and even judging with same materials for all competitors.

The Judging criteria: 3 scores given for (creativity), (degree of difficulty), (completion). Range will start at 5 up to a perfect 10 using score boards  
Each contestant must break boards 3-6 boards at different stations.

Breaks must be set up and completed within 2 minutes or contestant will get the lowest score of 5 in the completion score.

# POWER BREAKING

All Power Breaking Materials must be purchased on day of event from vendor World Martial Arts Supply. No outside materials will be accepted! Cost: TBA

This will provide for a fair and even judging with the same materials for all competitors.

The Judging criteria: 3 scores given for (creativity), (degree of difficulty), (completion). Range will start at 5 up to a perfect 10 using score boards  
Each contestant must break boards 3-6 boards at different stations.

Breaks must be set up and completed within 2 minutes or contestant will get the lowest score of 5 in the completion score.

NO Use of the Foot will be allowed for this event.

## **JUMPING HIGH KICK**

Each participant has a maximum of 30 seconds to attempt to break the board with Running Jumping Front Snap Kick. Each participant has only one attempt to break the board for each round.

Participants may not cover the breaking foot with any bandages, tape or any other material. The referee must approve any injuries that may need to be covered. The running distance is end of the ring, and the starting board height will be determined by the referee. The order of participants (who breaks first) will be determined by height. The shortest participant will attempt to break first.

Participants must break the board to advance to the next round. Board must be broken by the kicking technique to be considered a successful break. Once the participant passes the designated halfway mark (Blue Line), an attempt is counted upon approach. (For example, once the participant crosses the designated halfway mark, they may not return to the starting position to attempt to break again.) After each round, the board height will be raised incrementally at the referee's discretion.

The participant to break the highest board will be declared the winner. In the event of a tie for 1st place, the height will be raised until a participant FAILS to break the board. (If all participants fail to break the board, then 1st place will be awarded to the SHORTEST participant.)

Disqualification If any part of the body touches the floor besides the feet, it is an automatic disqualification.

Note: This event the tournament will provide breaking boards at no extra cost

## **Blaster Pads**

Strike/push opponent only with the pad. Keep both hands on pad at all times. Going out of bounds or falling down (including touching pad to ground) results in opponent's point. One foot out. Best two out of three points. No skill divisions. Luck

## **Scoring /Weapons/Forms**

All weapons & forms divisions shall be scored in the following manner:

Scoring should start from the top and deductions taken for mistakes. All scores count towards the final total unless there are 4 judges. With 4 judges the high & low scores are dropped. In the event of a tie you add back the low. If a tie still exists the high score is added back. Performing again breaks all other ties. **(Note: Time Limit of 90 seconds to complete forms)**

## **WARNINGS AND PENALTIES**

The scorekeepers will do all deductions. Videotapes are not admissible evidence to determine infractions.

Warnings and penalties apply to but not limited to competitors, instructors/coaches, parents/guardians, and spectators. Violations may be treated with disqualification from the division in which the person is competing and may result up to disqualification from the current and any future Events and or a request to leave the event.

Violation of the Competitor or Spectator/Instructor/Coach or other Participant Code of Conduct will apply to applicable competitor as follows:

1st time = Verbal Warning

2nd time = a point will be awarded to opponent

3rd time = Disqualification

Warnings and Penalties/Weapons/Forms

Judging in all Weapons & Forms Divisions shall begin when the athlete enters the ring

The following rule infractions result in Mandatory deductions from the total score. The scorekeepers will do all deductions.

1 Point Deductions

Dropping the weapon; Re-starts (only 1 allowed), Violation of division description in performance of the form or weapons

Should a weapon break during one's form competition but deemed unsafe to continue by the Center Referee, that competitor may get another weapon within 1 minute and re-perform; 1 point will be deducted from the total score.

Should a portion of the weapon break during the competition but deemed safe to continue by the Center Referee, the competitor may continue with that weapons, 1 point will be deducted from the total score.

All competitors should be responsible for their weapons and equipment. Non-conforming weapons will not be permitted to compete.

## **FORMS**

Judging in all Weapons & Forms Divisions shall begin when the athlete enters the ring (i.e. if athlete drops their weapon when entering the ring, which would be a 1-point deduction. However the competitor may still continue their routine)

## Traditional Forms

The contestants will be expected to perform Form in accordance with its respective systems. Any type of traditional form will be allowed from Korean, Japanese, Kenpo, to Kungfu. **(Note: Time Limit of 90 seconds to complete forms)**

Criteria for decision:  
Forms Performance

- A. The Forms must be performed with competence & demonstrate a clear understanding of the principles it contains
- B. Correct breathing, demonstration of power, speed, timing, balance & focus
- C. Balance, consistency & correctness of stances
- D. Correct weight distribution
- E. Smooth transition between stances & Balance
- F. Correct Tension
- G. Feet edges firmly on the floor

Form should uniformly demonstrate unwavering concentration, understanding of the techniques and present a realistic, rather than theatrical demonstration of movements. Mandatory Deductions from the point total: NO Acrobatic or Theatrical movements -1 point.

Traditional Forms are defined as an event involving an individual performing a pre-arranged series of empty-handed movements without music. This division is open to all styles. They may not include gymnastics, acrobatics, or other freestyle type movements. Techniques may not involve any more than a 360-degree turn. Competitors may execute up to 3 kicks in any direction before touching their foot to the floor.

## Creative Forms

1 –2 Members (any rank)

· 2 Minute demonstration time limit

· All technical Taekwondo skills are graded for execution, presentation and difficulty · Creative Forms are granted freedom to add creativity to their demonstration, however synchronization may or may not be part of the forms demonstration

· All props are subject to inspection of Chief Referee, and may be prohibited if deemed unsafe

Music is HIGHLY ENCOURAGED and All music must be suitable for a family environment; no explicit lyrics. music player will be provided at event (head phone jack (aux) input only). Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Boards must be purchased at event.

ALL props must be provided by the participant. The following will complete each team's score: Base Points - Each competitor/team always begins with 50 points. a. Correct

Execution of Each Technique (10 points) i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)

ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place

iii. Speed and Power of Each Hand Technique b. Taekwondo Spirit (10 points) i. Kihap – confidence ii. Attitude and Etiquette – proper respect as soon as the Team’s name is officially called to perform c.

Execution of Compulsory Techniques (10 points) i. Execution of the minimum number of kicks (additional types and number of kicks are allowed): 1. 2 Front Snap Kicks (any variation of Front Snap Kicks) 2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks) 3. 2 Side Kicks (any variation of Side Kicks) ii. Execution of Each Kicking Technique d. Creativity (10 points)

i. Composition of choreography ii. Creativity of entire routine iii. Degree of Difficulty. e.

Unity of Team Performance (10 points) If there is more than one person. i. Team synchronization ii. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an "echo" movement) will NOT result in a lower score. 5.

Deductions a. members cross outside of the ring (1 point deduction for each occurrence)

b. Exceeds the time limit (1 point deduction for every 10 seconds over time limit) c.

Unsportsmanlike conduct (1 point deduction) d. Fails to perform required techniques (1 point deduction for each kick omitted) For example, 1 Front Snap Kick instead of 2 (1 point deduction) No Front Snap Kicks (2 point deduction)

## Demo Team

- 3 –5 Member Teams (any rank)
- 3 Minute demonstration time limit
  - All technical Taekwondo skills are graded for execution, presentation and difficulty
  - Teams are granted freedom to add creativity to their demonstration, however synchronization may or may not be part of the team demonstration
  - All props are subject to inspection of Chief Referee, and may be prohibited if deemed unsafe

Music is HIGHLY ENCOURAGED and must be uploaded on the registration site.

(Please bring a backup CD.) All music must be suitable for a family environment; no explicit lyrics. music player will be provided at event (head phone jack, or bluetooth input only).

Props are allowed and must be appropriate for a family environment. (For example, a hat is allowed. weapons are allowed.) Breaking boards ARE considered a prop and are acceptable. Board fragments ARE allowed. ALL props must be provided by the participant.

The following will complete each team’s score:

Base Points - Each team always begins with 50 points.

- a. Correct Execution of Each Technique (10 points)
  - i. Posture - correct stances (For example, is it a correct forward stance - is it too long or too narrow?)
  - ii. Accuracy of Each Hand Technique – In addition to the technique, setting hands properly for blocks and strikes, as well as following the correct path and finishing in the correct place
  - iii. Speed and Power of Each Hand Technique
- b. Taekwondo Spirit (10 points)
  - i. Kihap – confidence
  - ii. Attitude and Etiquette – proper respect as soon as the Team’s name is officially called to perform
- c. Execution of Compulsory Techniques (10 points)
  - i. Execution of the minimum number of kicks (additional types and number of kicks are allowed):
    1. 2 Front Snap Kicks (any variation of Front Snap Kicks)
    2. 2 Roundhouse Kicks (any variation of Roundhouse Kicks)
    3. 2 Side Kicks (any variation of Side Kicks)
  - ii. Execution of Each Kicking Technique
- d. Creativity (10 points)
  - i. Composition of choreography
  - ii. Creativity of entire routine
  - iii. Degree of Difficulty.
- e. Unity of Team Performance (10 points)
  - i. Team synchronization
  - ii. Movements should be executed by each team member at the same time. However, team members may be facing different directions. Unintentional movements out of synchronization with other team members will result in a lower score. Intentional movements out of synchronization (for example, an "echo" movement) will NOT result in a lower score.

## WEAPONS

The Chief Referee will examine each weapon prior to the competition to ensure safety, authenticity, construction & materials. Any weapon which is deemed unsafe or unfair may be excluded. Competitors will be given 2 Minutes to present a different weapon if their weapon is excluded.

### **Event definitions/ Traditional Open to all Styles Weapons**

Weapon divisions are defined as an event involving an individual performing a pre-arranged series of movements that include the use of a clearly identified weapon. Judging is based on the proper use and control of the Weapon. You may not release or toss the weapon at any time. No Overly Creative Manipulation of the weapon. Weapon must be Traditional in construction. No music or gymnastics moves are allowed. The definition from Traditional forms as it applies to kicks also applies to traditional weapons  
**(Note: Time Limit of 90 seconds to complete form)**

### Acceptable Weapons

**Bo** – must be made entirely from hardwood, without tapered ends. No Bo will be allowed that is made of extremely light materials to include but not limited to graphite. The wood must be fully exposed, may not be painted and may not be covered in material such as metallic Mylar film. The Bo may be stained. Bo must be within 1 fist of the top of a competitor’s head



**Tonfa** – must be made of hardwood and have a length when grasped by the handle, to reach the competitor's elbow. 2 Tonfa are to be used

**Nunchaku** – One pair consists of 2 hard wood handles connected by a cord, suggested 12" length

**Sai** – Must be made of Steel or other solid metal. When grasped the tip should reach the tip of the competitor's elbow.

**Kama** – 2 Kamas are to be used. Handle should be made of hardwood and the blade should be unsharpened steel. Lanyards or cords are permitted.

**Spear (Qiang)** - The spear shall have a metal tip and shall be fitted with a tassel. .. The whole length shall be no shorter than the height of the performer's wrist when he stands erect with his arm raised straight overhead.

**Staff and Southern Staff (Gun and Nangun)**- Staffs may only have one end tapered - staffs with both ends tapered (such as "bo" staffs) are not permitted. The whole length of the staff/southern staff shall not be shorter than the performer's height.

**Traditional Sword** - The weapon shall be a non live edged sword. Sword can be straight or slight curved blade made of stainless steel or aluminum material with a dull blade (unsharpened blade).

**Sword (Jian)** - The weapon shall be a single-hand, double-edged straight sword. .. The point of the sword shall not be shorter than the bottom of the performer's ear when the sword is held by the guard. For contemporary external and contemporary internal events only: a tassel shall be attached to the pommel of the weapon.

**Broadsword and Southern Broadsword (Dao and Nandao)** - Both weapons shall be a singled-edged blade with slight convex curvature on the cutting edge. The point of the broadsword/southern broadsword shall not be lower than the top of the performer's shoulder when the broadsword is held, guard in hand. For contemporary external and contemporary internal events only: a flag shall be attached to the pommel of the broadsword. .

Standard weapons of other specifications may be allowed, at the discretion of the Chief Judge, if deemed appropriate to the style being performed.

## **Event definitions/ Bo/Gum Sul Dallion or Bo/Sword Sparring**

Bo/Gum Sul Dallion or Sword Sparring is a combination of skills employed in Tae Kwon Do/Tang Soo Do with Shani and kicking. The fighter attempts to score points described

below in one-on-one sparring, similar to WTF sparring. All of the ground rules of WTF competition apply with the following additions.

- **Equipment** (in addition to WTF sparring equipment, except for mouth guard)  
Shani, Head cage with wire mesh screen, Protective neck collar, Protective gloves (in addition to WTF arm guards and shin guards), Shoulder pads
- **Safety**  
**Bo/Gum Sul Dallion** should be as safe, if not safer, than traditional USTU sparring. We accomplish this with a combination of the safety equipment above and a prohibition of bo contact to the head or neck. Contestants must strike with both hands on either side of the sword. **All** contact to the head with the foot must be light.  
**No weapon contact to the head or neck.**
- **Points**  
point a) Any contact of the weapon to the shoulder pads down to the wrists or the chest protector  
b) any light foot contact to the head,  
c) Foot contact, light or heavy, to the chest protector or shoulder pads.  
d) Light weapon strike to the leg above the foot and below the knee. Note: A contestant may hold the sword with one hand. However, sword points can be made only with two hands on the sword handle. Kick points are good whether sword is held with one hand or two. Contestants must score on kick point per round for any of the bo points to count.  
e) **Special weapon Sparring Penalties (minus 1 points) and “DQ” for round or match**  
a) **Any** weapon contact to the head or neck. (Center referee will score these penalties by stopping the action and pointing to the offending) Sword contact to the head of any sort, even if deflected off opponent’s sword, is still a penalty. Heavy and/or intentional will warrant a DQ for round or match, depending on the severity.  
b) Heavy kick to the head. (DQ for round or match, depending on severity, if any sign of injury or concussion to the opponent)  
c) Intentional sword strike to non-point scoring areas of opponent’s body  
d) Grabbing opponent’s sword  
e) Any punching of the opponent
- **Miscellaneous Rules**  
a) Round is lost if a contestant falls or drops his/her sword AND opponent is able to tag the contestant before he/she recovers. The opponent wins the round, but not necessarily the match.  
b) A round lasts 1 minute. Match win is best out of three rounds.  
c) A contestant must land at least one kick for any sword points to count in that round. Match is forfeited if a contestant lands an intentional, heavy kick or sword strike to the head or neck. The opponent wins the match.

In the event of a tied round, the contestant with the fewer penalties wins the round. If that is also tied, then the contestant who is more aggressive wins the round.

## **Warnings and Penalties/All Sparring (Point and Olympic)**

**Boundary Warning:** A boundary warning is defined as excessive stepping out of bounds to either escape from an opponent, or to avoid fighting without any physical contact made to force the person out of the ring.

1st time = Verbal Warning (-1/2 point)

2nd time = a point will be awarded to opponent

there after = Verbal Warning (-1/2 point)

Any physical means used to force an opponent out of bounds does not result in a warning or penalty.

**Contact Warning:** This category encompasses the following infractions, to include but not limited to, excessive contact regardless if a legal or illegal target or technique and any contact to an illegal area and/or use of an illegal technique.

1st time = Verbal Warning

2nd time = a point will be awarded to opponent

3rd time = Disqualification

A Contact and Malicious Contact Warning supersedes a point in the same series of techniques. A Contact and Malicious Contact Warning and point cannot be called sequential for the same opponent. If a Contact or Malicious Contact Warning is issued, the other competitor's technique may be considered for a point

If no Contact or Malicious Contact Warning is issued, there may be a call by the Center Referee for points for either competitor.

**Malicious Contact Warning:** The match may be stopped by any Judge in that particular ring to make a call for Malicious Contact Warning, regardless if a legal or illegal target or technique. Upon the call, if a majority of Referees agree, warning will be elevated to disqualification regardless of previous infraction warnings. This call IS NOT reversible by an Arbitrator.

If there is not consensus on the Malicious Contact Warning the Center Referee may downgrade the same offense and call for a Contact Warning.

Penalties for Boundary and Contact Warnings are awarded separately, but the warning points awarded to an opponent accumulate with points scored towards determining the outcome of a match.

**Unsportsmanlike Behavior:** defined as any act considered to be a physical display of disrespect to an official, other competitor or spectator. This includes but is not limited to Profanity, Vulgarity, and Throwing of equipment, speaking in a loud or disrespectful manner. This results in one or all of the following; warning to the competitor, point awarded to the opponent, disqualification of the competitor from the match and or disqualification from the tournament.

Negative Coaching: defined as any unsportsmanlike or vulgar act committed by an instructor, coach, parent, friend or other interested party of a competitor. This also includes stepping inside the NO COACHING ZONE without authorization from the Center Referee or other Official. This results in one or all of the following; warning to the competitor, point awarded to the opponent, disqualification of the competitor and expulsion of the interested party from the event.

Negative Coaching and Unsportsmanlike Behavior will be treated as Contact Warnings.

## **POINT SPARRING**

AGE and BELT Color

Equipment:

Approved Head guard, dipped foam gloves or vinyl covered gloves, dipped foam boots or vinyl covered boots, and groin protector; and mouth guard. Chest guard is optional.

Rounds : **This is a continuous fighting no breaks in match.**

Men/Women(16 and up): 2- 60- second rounds

Children/Seniors (15 and under/ 49 and up): 2 - 60-second rounds

Children (6 and under): 2 - 60-second rounds

30 sec. rest between rounds

Match will stop after time limit or 12 point spread

A point shall be defined as a controlled legal technique, executed to a legal target area, either making contact where allowed, or with the ability to have made contact.

Techniques must show extension and minimum of 3 inch retraction. Lite contact is allowed to certain areas, but may be scored upon if a technique is within 1 inche, (i.e. the face) , with the same parameters of extension & retraction.

18 + Same as 17 and under except, all points are scored when an approved target area is contacted with light contact to moderate contact.

**Approved Hand and Kicking Techniques to an approved target area are scored (1) one point.**

**Approved Kicking Techniques to an approved area of the Head are scored (2) two points.**

**Approved spinning Kicking Techniques to an approved target area are scored additional (1) one point.**

Prior to a Referee stopping the match; a competitor may be scored on if only one of his/her foot is in bounds and the competitor scoring is in bounds. However in the event that the competitor's foot that was in bound lifts there leg off the ground implying to kick, his/her may be scored on with a legal technique to a legal area. The competitor that is out of bounds may not score a point.

### **Fighting legal target areas penalties and contact**

**The Face:** Defined as the area from the top of the eyebrows to the chin and the front of the one ear to the front of the other ear. Face shields are to be considered an extension of the face.

18+: No No-contact techniques will be scored

Fighting rules/legal target areas/light contact allowed

**Light Contact** to be defined as a legal technique, touching on a legal target area for contact, where the technique hits with a minimum of force. Light Contact should not rock the person in an excessive manner as to cause harm or bodily damage to the person. If the head or other body part moves in an extreme manner due to the force of the technique, the technique would be considered unsafe and illegal. That would result in a contact warning or disqualification. The word allowed is defined as light contact is permissible but not necessary to score a point.

**The Head:** defined as all parts of the head other than the face.

Fighting legal target areas/moderate contact allowed

**Moderate contact** is defined as a legal technique, touching on a legal target area for contact, where the technique is allowed to hit with enough force that could generate some movement of the body in the direction of the technique. Techniques that generate enough force to physically cause damage to the person would be ruled excessive & could result in a contact warning or disqualification. The word allowed is defined, as moderate contact is permissible but not necessary to score a point.

**Front Upper Torso,** defined as the area from the Shoulders to the Waist, not including the arms.

**Side Upper Torso,** defined as the side of the upper torso, from the armpit to the waist

Fighting rules/illegal target areas

Illegal target areas are defined as areas that no points can be scored and that penalties would result from directing an illegal or legal technique towards this area. Contact does not have to be made to incur a penalty if a technique is directed at an illegal area.

Upper Torso: Spine, back, Top of Shoulders, Neck, Face, and Lower Torso defines as the complete area from the waist down, NO GROIN KICKS

### **Fighting legal techniques**

Legal techniques/strikes are defined as techniques that can score a point when directed at a legal target area. They must also be executed with focus and start and finish on balance.

Closed Hand Techniques: Vertical Punch, Reverse Punch, Side Punch, Lunge Punch, Back Fist, Hammer Fist, Jab

Open Hand Techniques: Inner Knife, Outer Knife, Ridge Hand

Kicking Techniques: Roundhouse, Front, Side, Hook, Inner Crescent, Outer Crescent, Axe, and Back.

Hand & Leg Techniques may be done with a spin so long as the person attacking is looking at their opponent.

Leg Techniques may also be done with a jump, skip or double fake.

Opponents may be scored on when down on the ground by an opponent with a legal technique to a legal target if within 2 seconds or until any referee stops the match, whichever is first. However, the competitor that is down on the ground may not score a point.

### **Fighting rules/illegal techniques (Deductions of 1 full point)**

Illegal techniques are defined as techniques that are not allowed to be used whether or not they are directed to a legal target. The use of an illegal technique results in a Contact Warning, (see penalties/contact warning)

Sweeps are NOT permitted front leg to front leg/boot to boot.

If not listed above as a legal technique to include but not limited to Finger Tip Strikes, Palm Heel, Scratch, Elbows, Knees, Checks, head butts, Takedowns, Throws, Chokes, Arm Locks, and Leg Locks.

Blind Techniques: defined as any technique executed while not looking at the opponent

Fighting rules/non techniques

Non-techniques are defined as techniques that do not count as a point or penalty, but are directed at a legal target area.

If either fighters hand is touching the ground

## **OLYMPIC SPARRING**

### **Kyoroogi Competition Rules (Based upon WT Rules and Guidelines)**

AGE

Weight

Tournament Weight Classes

Weigh in before competition, must be 4lbs within range on entry form.

Equipment: WTF approved Head guard, Chest guard, forearm, shin-instep, and groin protectors; and mouth guard.

#### **Rounds**

Men/Women(16 and up): 2 - 90- second rounds

Children/Seniors (15 and under/ 49 and up): 2 - 60-second rounds

Children (6 and under): 2 - 60-second rounds

30 sec. rest between rounds

#### **Permitted techniques**

1. Fist techniques: Delivering techniques by using the front parts of the forefinger and middle finger of the tightly clenched fist.
2. Foot techniques: Delivering techniques by using the parts of the foot below the ankle bone.

Fist techniques:

In the original Korean terminology of techniques, the term “Pa-run-ju-mok” can be interpreted as a correctly clenched fist. Therefore, striking with the front part of the middle and forefinger knuckles of the correctly clenched fist is permitted without consideration of the angle, trajectory, or fist placement of the strike.

#### **Foot techniques:**

Any striking techniques using the part of the foot below the ankle bone are legal, whereas any others using the part of the leg above the ankle bone, i. e. part of the shin or knee, etc. are not permitted.

## Permitted areas

### **(Children 14 and under no face contact except Red belt and Black belt children permitted)**

#### Trunk:

Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on the part of the spine.

#### Face:

This area is the face excluding the back of the head, and attack by foot techniques only is permitted.

#### Trunk:

As depicted in the following illustration, the area covered by the trunk protector between the arm pit and the pelvis is the legal attacking area. Thus, trunk protector should be worn according to the rule on the size of trunk protector for each weight category and the physique of each contestant.

#### Face:

As depicted in the following illustration, this is the whole parts of the face including both ears except the back of the head.

## Scoring the valid point

### The concept of a valid point:

Valid point means the point awarded to a technique which makes accurate contact on a legal area with adequate power and which is delivered with the correct part of the hand or foot.

The difficulty in precisely defining a valid point reliability from the lack of an objective scale for measuring the impact of techniques. Therefore the Referee must have a clear, personal concept of scoring techniques which must be consistent with both the rules and other experienced Referees' concepts.

The competition rules define scoring techniques as accurate, powerful contact made by legal hand or foot techniques. Accurate contact means a blow which contacts the opponent's scoring area with precision, utilizing the central part of the hand or foot without encountering and blocking impediments. Powerful contact means forcible striking with clearly visible mass and velocity. Therefore, scoring techniques can be defined as clean, forcible contact to the scoring target.

The Referee's general concept of scoring techniques has, in some respects, two problems. First is the overly stringent and narrow criteria many hold for awarding a point: next is the lack of flexibility in applying criteria which depend on technique or area.



Guideline for application Of scoring criteria Analysis of scoring criterion: In the competition rules there are two aspects to the criteria of scoring:

Accuracy, and Power.

Accuracy means the degree of precision in the contact made between the legal scoring area and the striking part of the technique.

Precise Contact

Partial Contact

Over-extended Contact

Impeded Contact

Power means the amount of force transferred to the opponent's body. Power has two essential components: The velocity and the mass with which the technique is loaded. In practice, however, If the opponent is abruptly displaced, through contact, or even without visible displacement, the power of a technique which is elastically transferred to the target area can be evaluated as forcible contact.

The following is the concept of contact as classified according to the degree of power:

powerful contact (forcible hitting), light contact (slight hitting), pushing contact (slow hitting), minimal contact (brushing hitting)

Guidelines

Accuracy

Contact with target area.

Other contact.

Power

1. Changing of the center of gravity; abrupt displacement. Sound emitted of contact; weightily sound of strike. Shape of technical exertion in the moment of contact; displacement of both contestants center of gravity mass and velocity of the technique.

Area

1) Face: Accurate contact 2 point

Not accurate but visibly powerful-point

2) Torso: Scoring area; accurate and powerful contact 1 point

Special scoring situations:

Simultaneous consecutive striking , Consecutive striking, Rapid exchange of strikes, Infrequent striking situation, Unusually heavy strike

Legal scoring areas

5. Legal Scoring Areas

A. Mid-section of the trunk: The part covered by the trunk protector

B. Face: The permitted parts of the face.

6. Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the body.

Legal scoring areas

Trunk: The whole part of the protector except the spine – vertical center of the back.

Face: The whole part of the face including both ears except the back of the head

Valid Points

7. Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the body. Accurately:

This means the proper aspect of a legal attacking technique, fully contacting the opponent within the designated limits of a legal target area.

Powerfully:

Trunk protector not equipped with electronic sensor: Sufficient power is demonstrated as the opponent's body is abruptly displaced by the impact of the strike.

8. The valid points are divided as follows:

A. One (1) point for attack on trunk protector

B. One (3) point for attack on face

C. One (1) point for spinning attack

9. Match score shall be the sum of points of the two rounds.

Junior Competition Rules

1. same as adult with exceptions to very light contact to face and head with foot.

Joo-eui The referee may use his/her own discretion to give "Joo-eui (Caution)" before giving "Kyong-go" penalty to a contestant for his/her undesirable acts. However, the use of "Joo-eui" shall be permitted twice at the maximum, and "Kyong-go" penalty shall be

declared for the third commitment. If the act is considered intentional, “Kyong-go” shall be declared without prior “Joo-eui”. “Joo-eui” shall not be used for the act of “Interference with the progress of the match”.

Kyong-go: interference with progress of match

10. Crossing the Boundary Line

11. Falling down

12. Evading by turning the back to the opponent

Crossing the Boundary Line:

When the both feet of a contestant move out of the boundary line, the referee shall give a “Kyong-go” penalty immediately.

Boundary Line (Officiating Guideline):

When both feet of a contestant have moved out of the boundary line, the referee must declare “Kal-yeo” immediately and give a “Kyong-go” penalty. In case both feet of the both contestants have moved out of the boundary line, the referee must give a “Kyong-go” penalty to the one who did such first.

Falling down:

In case a contestant falls down due to the opponent’s prohibited acts, “Kyong-go” penalty shall not be given to the contestant, and penalty shall be given to the opponent. Although a contestant falls down while performing a technique or attacking, “Kyong-go” shall be given. In case both contestants fall down, the one who falls down intentionally or falls down first will be given the penalty.

Evading by turning the back to the opponent:

This act involves turning the back to avoid the opponent’s attack and this act should be punished as it expresses the lack of fair play spirit and may cause a serious injury. Same penalty should also be given to evading the opponent’s attacks by bending down the waist level or crouching.

**Kyong-go: undesirable acts**

Grabbing the opponent

Holding the opponent

Touching the opponent with the hand or the trunk

Pretending injury

Butting or attacking with knee

Attacking the groin

Stamping or kicking any part of the leg or foot

Hitting the opponent's face with hands or fist

Interrupting the progress of the match on the part of contestant or the coach

Avoiding the match

13. Grabbing the opponent:

This includes grabbing any part of the opponent's body, uniform or protective equipment with the hands. Also included in the act of grabbing the foot or leg or hooking either one on top of the forearm.

14. Holding the opponent with the hand or arm:

Pressing the opponent's shoulder with the hand or arm, hooking the opponent's body with the arm with the intention of hindering the opponent's motion. If, during the competition the arm passes beyond the opponent's shoulder or armpit for the above mentioned purpose, a penalty must be declared.

15. Touching the opponent with the hand or the trunk:

Pushing the opponent with the hand, or stretches the arms and takes down.

Explanations

When both contestants get too close, it is permitted to push the opponent with the fist. However, the use of the hands on the purpose to fall the opponent down is prohibited and penalty shall be declared.

Pretending injury:

Punishing the absence of the spirit of fair play is the intention of this sub-article. This means exaggerating injury or indicating pain in a body part not subjected to a blow for the purpose of demonstrating the opponent's action as a violation, and also exaggerating pain for the purpose of elapsing the game time. In this case, the referee shall give the indication to continue the match to the contestant two times with five (5) seconds interval, and then shall give "Kyong-go" penalty unless the contestant follows the instruction of the referee.

Butting or attacking with the knee or forehead:

This article relates to an intentional butting or attacking with the knee when in close proximity to the opponent. However, actions of attacking with the knee that happen in the following situation cannot be punished by this article:

a. When the opponent rushes in abruptly at the moment of performing foot techniques.

b. Inadvertently, or as the result of a discrepancy in distance in attacking.

Attacking the groin:

This article applies to an intentional attack to the groin. When a blow to the groin is caused by the recipient of the blow or occurs in the course of an exchange of techniques, no penalty is given.

Stamping or kicking any part of the leg or foot:

This article applies to strong kicking or stamping actions to any part of the thigh, knee or shin for the purpose of interfering with the opponent's technique. No penalty will be given to those actions that occur through inadvertent contacts or normal technical exchanges.

Hitting the opponent's face with the hands or fist:

This article includes hitting the opponent's face with the hand (fist), wrist, arm, or elbow. However, unavoidable actions due to the opponent's carelessness such as excessively lowering the head or carelessly turning the body cannot be punished by this article.

Interrupting the progress of the match on the part of the contestant or coach:

This includes:

A. -When a coach leaves the designated coach's mark during the match creating a disturbance or intentionally leaving the competition area.

B. -When a coach goes around the competition area with a purpose of interfering the progress of the match or making a protest against the referee's decision.

C. -When a coach or a contestant gestures to indicate scoring or deduction of points.

Avoiding the match:

In case a contestant avoids the fighting with no intention to attack. The penalty shall be given to the one more defensive and steps back more frequently.

Gam-jum: interference with progress of match

16. Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand.

17. Intentionally attacking the fallen opponent after declaration of 'Kal-yeo'.

18. Intentionally attacking the opponent's face with fist.

Gam-jum: undesirable acts

19. Temporary suspension the match due to violent remarks or behaviors on the part of the contestant or the coach.

When a contestant intentionally refuses to comply with the Competition Rules or the referee's order, the referee may declare the contestant loser by penalty after 1 (one) minute.

Explanations

20. Interference with the progress of the match

A. Intentionally throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or pushing the opponent with the hand. Action to interfere with the opponent's attack by grappling the opponent's foot in the air or pushing with the hand.

B. Attacking the fallen opponent after "Gal-yeo"

This action is extremely dangerous due to the high probability of injury to the opponent.

The danger arises from:

The fallen opponent might be in a state of being unprotected in that moment.

The impact of any technique which strikes a fallen contestant will be greater due to the contestant's position. These types of aggressive actions toward a fallen opponent are not in accordance with the spirit of Taekwondo and so are not appropriate to Taekwondo competition. With this regard, penalties should be given on attacking the fallen opponent intentional or unintentional. "Gam-jeom" penalty should be given in case a contestant attacks or pretends to attack the fallen opponent intentionally.

C. Intentionally attacking the opponent's face with fist

A "Gam-jeom" penalty shall be given to the one who has committed any of the followings by the referee's own decision.

When the starting point of the fist attack was over the shoulder

When the fist attack was made upward

When the attack was made for the purpose of causing an injury, not as a part of technical exchanges

21. Undesirable acts

A. A temporary suspension of the match due to violent remarks or behaviors on the part of the contestant or the coach In this instance, the undesirable behaviors include shouting, threatening the referee, protesting against the referee's decision in an illegal way. When misconduct is committed by a contestant or coach during the rest period, the referee can immediately declare the penalty and that penalty shall be recorded on the next round's results.

### Multiple penalties

In the case of multiple penalties being committed simultaneously, the heavier penalty shall be declared.

Multiple penalties being committed simultaneously:

In this instance, only the severer penalty may be assessed. For instance, if a "Kyong-go" and a "Gam-jeom" occur simultaneously, the "Gam-jeom" must be assessed. If both violations are of equal severity, the referee will use his/her own discretion in choosing which penalty to declare.

### Invalidation of points

Invalidation of points: When a contestant performs an attack to score through the use of the prohibited actions, and the points scored shall be annulled.

Invalidation of a point:

It is a rule that points gained through illegal techniques or actions cannot be valid. In this situation, the referee must indicate invalidation of the point by hand signal and declare the appropriate penalty.

### **Guideline for officiating**

If the above situation, the referee shall immediately declare "Kal-yeo" and shall first invalidate the point by hand signal, and then declare the appropriate penalty.

Match suspension/injury When a contestant is to be stopped due to the injury of one or both of contestants, the referee shall take the following measures:

22. The referee shall suspend the contest by declaration of "Kal-yeo" and order the Recorder to suspend the time keeping by announcing "Kye-shi" (suspend).

23. The referee shall allow the contestant to receive first aid within one minute.

24. The contestant who does not demonstrate the will to continue the contest after one minute, even in the case of a slight injury, shall be declared loser by the referee.

25. In case resumption of the contest is impossible after one minute, the contestant causing the injury by a prohibited act to be penalized by "Gam-jeom" shall be declared loser.

26. In case both of the contestants are knocked down and are unable to continue the contest after one minute, the winner shall be decided upon points scored before the injuries occurred.

27. When it is judged that a contestant's health is at risk due to losing consciousness of falling in an apparently dangerous condition, the referee shall suspend the contest immediately and order first aid to be administered. The referee shall declare as loser, the contestant causing the injury if it is deemed to have resulted from a prohibited attack to be penalized by "Gam-jeom", or in the case the attack was not deemed to be penalized by "Gam-jeom", shall decide the winner on the basis of the score of the match before suspension of the time. When the referee determines that the competition cannot be continued due to injury or any other emergency situation, the referee may take the following measures:

1) If the situation is critical such as a competitor losing consciousness or suffering a severe injury and time is crucial, first aid must be immediately directed and the match must be closed. In this case, the result of the match will be decided as follows:

A. The causer shall be declared the loser if the outcome was the result of a prohibited act to be penalized by "Gam-jeom".

B. The incapacitated contestant shall be declared the loser if the outcome was the result of a legal action or accidental, unavoidable contact.

C. If the outcome was unrelated to the match contents, the winner shall be decided by the match score before suspension of the match. If the suspension occurs before the end of the first round, the match shall be invalidated.

2. When the injury is not serious, the competitor can receive necessary treatment within one minute after the declaration of "Kye-shi".

A. Permission for medical treatment: When the referee determines that medical treatment is necessary, he/she can direct treatment by the Commission Doctor.

B. Order to resume the match: It is the decision of the referee whether or not it is possible for the contestant to resume the match. The referee can anytime order the contestant to resume the match within one minute. The referee can declare loser any contestant who does not follow the order to resume the match.

C. While the contestant is receiving medical treatment or is in the process of recovering, 40 seconds after the declaration of "Kye-shi", the referee begins to loudly announce the



passage of time in five seconds interval. When the competitor cannot return to the Contestant's Mark by the end of one minute period, the match results must be declared.

D. After the declaration of "Kye-shi", the one minute time interval is strictly observed regardless of the Commission Doctor's availability. However, when the Doctor's treatment is required but the Doctor is absent or additional treatment is necessary, the one minute time limit can be suspended by the judgment of the referee.

E. If resumption of the match is impossible after one minute, the decision of the match will be determined according to sub-article 1) a. of this article.

3. If both contestants become incapacitated and are unable to resume the match after one minute or urgent conditions arise, the match result is decided according to the following criteria:

A. If the outcome is the result of a prohibited act to be penalized by "Gam-jeom" by one contestant that person shall be loser.

B. If the outcome was not related to any prohibited act to be penalized by "Gam-jeom", the result of the match shall be determined by the match score at the time of suspension of the match. However, if the suspension occurs before the end of the first round, the match shall be invalidated and organizing Committee will determine an appropriate time to recontest the match. If, by the determined rematch time, a contestant is still unable to compete, that contestant shall be considered with drawn.

C. If the outcome is the result of prohibited acts to be penalized by "Gam-jeom" by both contestants both contestants shall lose.

### **Outcome**

28. A deduction of 3 penalty points causes that competitor to lose immediately.

29. The most points scored after deductions determines the winner. Superiority

30. In the case of a tie score by deduction of points, the winner shall be the contestant awarded any point or more points through the three rounds.

31. In the case of a tie score other than case #1 above, (where both contestants received the same number of points and/or deductions) the winner shall be decided by the Referee based on superiority throughout all three rounds.

32. Decision of superiority shall be based on the initiative shown during the contest. In the case of a tie score by deduction of points, the contestant who earned more valid points in the winner.

In case of a tie score by the both scores and deduction: The one who has scored 3 (three)

points by one valid attack – is the winner.

Throughout all two rounds: Assessment of superiority is made on the basis of the overall results of the match on a round to round basis and the decision of superiority is made at the end of the final round.

\*Assessment of superiority per round (in a way to going down from 10)

1) “Deuk-jeom” (1:0 = 10:8, 3:1 = 10:7)

2) “Gam-jeom” (-1:0 = 9:10)

3) The one who scored double or triple points by one valid attack (10:9)

4) The one who has showed the initiative (10:9):

Technical dominance of an opponent through aggressive match management

The greater number of techniques executed

The use of the more advanced techniques both in difficulty and complexity

Display of the better competition manner

Protest

Deliberation procedures

33. After reviewing the protest application, the contest of the protest must be arranged according to the criterion of “Acceptable” or “Unacceptable”.

34. If necessary, the Board can hear opinions from the referee or judges.

35. If necessary, the Board can review the material evidence of the decision, such as the written or visual recorded data.

36. After deliberation, the Board holds a secret ballot to determine a majority decision.

37. The chairman will make a report documenting the outcome of the deliberation and shall make this outcome publicly known.

38. Treatment of the decision:

A. Errors in determining the match results, mistakes in calculating the match score or misidentifying a contestant shall result in the decision being reversed.

B. Error in application of the rules: When it is determined by the Board that the referee made a clear error in applying the Competition Rules, the outcome of the error shall be corrected and the referee shall be punished.

C. Errors in factual judgment: When the Board decides that there was clearly an error in judging the facts such as impact of striking, severity of action or conduct, intentionally, timing of an act in relation to a declaration or area, the decision shall not be changed and the officials seen to have made the error shall be punished.