

INTERNATIONAL TAEKWON-DO FEDERATION

Proposed

TOURNAMENT RULES

**APPROVED BY THE ITF EXECUTIVE COMMITTEE MEETING IN VIENNA; AUSTRIA.
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PROPOSED AND COMPILED BY: GRANDMASTER LEONG WAI MENG
CHAIRMAN OF UMPIRE COMMITTEE, ITF**

I.T.F. TOURNAMENT RULES

Tournament Rules Index

SECTION 1 - GENERAL

Article 1	-	Purpose
Article 2	-	Application
Article 3	-	Officials
Article 4	-	Duties
Article 5	-	Competitors
Article 6	-	Dress
Article 7	-	Safety Equipment and Protective Wear
Article 8	-	Medical Attention
Article 9	-	Injury Liability and Insurance for Competitors
Article 10	-	Insurance for Event
Article 11	-	Square
Article 12	-	Result Recording
Article 13	-	Delegates
Article 14	-	Coaches
Article 15	-	Awards
Article 16	-	Official Terminology
Article 17	-	Division of Competition
Article 18	-	Competitors Numbers - Individuals and Teams
Article 19	-	Order of Match
Article 20	-	Weight Check
Article 21	-	Draw for Order Of Competing
Article 22	-	Announcements
Article 23	-	Equipment Check
Article 24	-	Courtesy

SECTION 2 - PATTERN

Article 25	-	Groups
Article 26	-	Elimination – Junior / Senior / Veteran Individual
Article 27	-	Performance and Decisions – Individuals
Article 28	-	Elimination – Junior / Senior / Veteran Team
Article 29	-	Performance and Decisions – Team
Article 30	-	Officials for Pattern Division

SECTION 3 - SPARRING

Article 31	-	Divisions
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- Article 32 - Duration of Bouts and Decisions
- Article 33 - Target Area
- Article 34 - Attacking Tools
- Article 35 - Point Awards
- Article 36 - Scoring Procedure
- Article 37 - Disqualification
- Article 38 - Fouls
- Article 39 - Warnings
- Article 40 - Injury
- Article 41 - Bout Procedure – Individual and Team
- Article 42 - Timing
- Article 43 - Officials for Sparring Competition

SECTION 4 - POWER

- Article 44 - Divisions
- Article 45 - Procedure – Individual only
- Article 46 - Officials for Power Breaking

SECTION 5 - SPECIAL TECHNIQUE

- Article 47 - Divisions
- Article 48 - Procedure – Individual only
- Article 49 - Officials for Special Technique

SECTION 6 – SELF DEFENSE ROUTINE

- Article 50 - Divisions
- Article 51 - Duration
- Article 52 - Performance and Decisions
- Article 53 - Officials for Self-defense routine

SECTION 7 - PROTEST PROCEDURE

- Article 54 - Protest
- Article 55 - Decisions
- Article 56 - Disqualification
- Article 57 - Team / Competitor Withdrawal

SECTION 8 – RULES

- Article 58 - Copies of Rules

TOURNAMENT RULES

SECTION 1 – GENERAL

Article 1 : PURPOSE

The purpose of the Competition Rules is to elevate and maintain the quality, fairness and smooth management of competition at all levels promoted/or organized by the ITF, its Continental Federations, Regional Federations and national Associations.

To create an environment allowing all participants to display the ultimate of their abilities in fair and friendly competition.

Article 2 : APPLICATION

The Competition Rules shall apply to all competitions for Degree holders promoted/or organized by the ITF, its Continental Federations, Regional Federations and National Associations. Any ITF affiliated Federations or Associations wishing to modify some part of the Competition Rules must have the written approval of the ITF before doing so.

Article 3 : OFFICIALS

The Juries, Referees and Judges, will be selected from the roles of certified Umpires who hold the “Class A” International Umpire Certificate of the International Taekwon-Do Federation.

Article 4 : DUTIES

- a) Jury will normally consist of three (3) senior Umpires who will be seated in the place of honor, in front, and will render the final decision in case of a tie or dispute.
- b) Referee will be in the square to control the match.
- c) Judges for Pattern will be seated in a line facing the Competitors. Judges for Sparring will be seated at the four corners of the square, they will give points in accordance with their judgement.
- d) Timekeepers will be seated at ringside to check and indicate the beginning, end and continuation of each match.
- e) Recorder will be seated at ringside to keep match records.

Article 5 : COMPETITORS

JUNIOR COMPETITORS must be 13 to 17 years old at the beginning of the championships and will compete in the divisions laid down in the Competition Rules. They must be 1st, 2nd or 3rd degree ITF black belt certificate holders.

SENIOR COMPETITORS must be 18 to 39 years old at the beginning of the championships and will compete in the divisions laid down in the Competition Rules. They must be 1st, 2nd, 3rd or 4th degree ITF black belt certificate holders. **4th degree holders must compete without the black stripes on their *doboks*' shirtsleeves and trousers.**

VETERAN COMPETITORS must be 40 years old and above at the beginning of the championships and will compete in the divisions laid down in the Competition Rules. Competitors between 40 – 50 years old belong to the Silver Divisions. Competitors between 51 – 60 years old belong to the Gold Divisions. Competitors between 61 – 70 years old belong to the Diamond Division. Competitors 71 years old and over belong to the Platinum Division. They must be 1st, 2nd, 3rd, 4th, 5th and 6th degree ITF black belt certificate holders. **4th degree holders and over must compete without the black stripes on their *doboks*' shirtsleeves and trousers.**

All Competitors must be healthy and registered with their National Associations.

Article 6 : DRESS

- a) Organizing officials will wear a common dress code and colors of their choice subject to ITF's approval.
- b) Umpires will wear in accordance to the dress code as laid down in the I.T.F. Umpires Rules.
- c) Competitors, during competition must wear the "*official approved*" ITF *dobok* and badges. The Competitor's black belt must be of the official dimensions and must indicate the Competitor's degree. A number patch will be issued to all Competitors which must be worn on the lower back part of the *dobok's* shirt at all times.
- d) Competitors are allowed, when not performing, to wear normal sportswear such as tracksuits, dressing gowns, training shoes, etc. however is at the discretion of the Tournament Adjudication Committee. For opening and closing ceremonies, countries may wear the official ITF *dobok* or their official outfit of choice, however all team members should wear the same dress. No participant in the parade is permitted to carry cameras, flags, banners, etc. into the arena during the opening and closing ceremonies.
- e) Drinking of alcoholic beverages or smoking while wearing the *dobok* is prohibited.

Article 7 : SAFETY EQUIPMENT AND PROTECTIVE WEAR

- a) Competitors during Sparring Competition must wear:

- I) *All Competitors must wear Safety equipment of an approved type on their hands and feet.*
- II) *Male Competitors must wear groin guards inside the dobok trousers.*
- III) *Junior and Veteran Competitors must wear Head Guards of an approved type.*
- IV) *All Competitors must wear ribs and abdominal protection inside the dobok.*

b) Competitors may wear as an option the following :

- I) *Shin protectors.*
- II) *Forearm protectors.*
- III) *Breast protectors (female only).*
- IV) *Mouth guards.*
- V) *Head Guard*

The above mentioned equipment must be of an approved type consisting of elastic material with sponge or rubber type padding and containing no metal, bone or hard plastic or similar hard material whatsoever, nor including the use of zip, lace or stud fasteners.

- c) No other protective or safety equipment may be worn.
- d) All Competitors with injuries that require bandaging or strapping of any kind must obtain the approval of the official tournament medical officer(s) and Umpires before performance. The bandaging or strapping must not constitute an advantage to the wearer or a disadvantage to the wearer's opponent.
- e) No jewelry, watches or other adornments may be worn; hair may be kept in place using material of a soft elastic nature only, no grips or slides are allowed.

Article 8 : MEDICAL ATTENTION

All tournaments must have a Doctor(s) and qualified First Aid Personnel in attendance. Doctor's recommendations, with regards to Competitors' further participation after an injury, must be adhered to.

Article 9 : INJURY LIABILITY AND INSURANCE – COMPETITORS

All Competitors must sign a tournament entry form and must have insurance coverage for all eventualities.

Article 10 : INSURANCE – FOR EVENT

All hosts must ensure that the event booked has all the necessary public liability insurance, fire certificates and Government licenses required for such events.

Article 11 : THE RING

The ring size will be **9 by 9** meters floor space. When the ring is elevated then the elevations must be at least **2** meters greater in size than the ring. Elevations may be from **50** cm to **100** cm. Lighting must not be lower than **5** meters above the ground.

The official table where the Jury, Recorder and Timekeeper are seated is beside the ring.

Article 12 : RESULT RECORDING

All tournaments must have several forms of visual display of results for the benefit of participants and audience. Results should generally be shown as often as possible so as to enable the competitors to follow the course of the event while it is in progress.

Article 13 : DELEGATES

The delegate of the individual or team may be any person authorized by the National Governing Body. A delegate registers the Competitors, submits the documents, lodges complaints and co-operates with the other officials in the competition.

Article 14 : COACHES

For individual or team Sparring Competition there can only be one coach to a ring, however, the coach cannot interfere in the competition by action or words.

During the competition, the coach must wear a training suit and gymnastic shoes.

During Sparring Competition, the coach will be seated at least 1 meter from the ring.

The coach must not speak to the Referees.

The coach is the only person allowed to present an official protest.

Failure to the above mentioned rules will render the Coach liable to be disqualified from his advisory position.

Article 15 : AWARDS

Junior Championships – Individual

PATTERN (male)	3 gold – 3 silver – 6 bronze
PATTERN (female)	3 gold – 3 silver – 6 bronze
SPARRING (male)	5 gold – 5 silver – 10 bronze
SPARRING (female)	5 gold – 5 silver – 10 bronze
POWER (male)	1 gold – 1 silver – 1 bronze
POWER (female)	1 gold – 1 silver – 1 bronze
SPECIAL TECHNIQUE (male)	1 gold – 1 silver – 1 bronze
SPECIAL TECHNIQUE (female)	1 gold – 1 silver – 1 bronze
SELF-DEFENSE ROUTINE (male)	4 gold – 4 silver – 8 bronze
SELF-DEFENSE ROUTINE (female)	3 gold – 3 silver – 6 bronze
OVERALL CHAMPION (male)	1 trophy
OVERALL CHAMPION (female)	1 trophy

Senior Championships - Individual

PATTERN (male)	4 gold – 4 silver – 8 bronze
PATTERN (female)	4 gold – 4 silver – 8 bronze
SPARRING (male)	5 gold – 5 silver – 10 bronze
SPARRING (female)	5 gold – 5 silver – 10 bronze

POWER (male)	1 gold – 1 silver – 1 bronze
POWER (female)	1 gold – 1 silver – 1 bronze
SPECIAL TECHNIQUE (male)	1 gold – 1 silver – 1 bronze
SPECIAL TECHNIQUE (female)	1 gold – 1 silver – 1 bronze
SELF-DEFENSE ROUTINE (male)	4 gold – 4 silver – 8 bronze
SELF-DEFENSE ROUTINE (female)	3 gold – 3 silver – 6 bronze
OVERALL CHAMPION (male)	1 trophy
OVERALL CHAMPION (female)	1 trophy

Veteran Championships – Individual

PATTERN (male)	12 gold – 12 silver – 24 bronze
PATTERN (female)	12 gold – 12 silver – 24 bronze
SPARRING (male)	10 gold – 10 silver – 20 bronze
SPARRING (female)	10 gold – 10 silver – 20 bronze
POWER (male)	1 gold – 1 silver – 1 bronze
POWER (female)	1 gold – 1 silver – 1 bronze
SELF-DEFENSE ROUTINE (male)	4 gold – 4 silver – 8 bronze
SELF-DEFENSE ROUTINE (female)	3 gold – 3 silver – 6 bronze
OVERALL CHAMPION (male)	1 trophy
OVERALL CHAMPION (female)	1 trophy

Overall Individual winner: one trophy given to the man and one to the woman with the most medal count, in case of a tie, silver and bronze will be counted.

N.B: *Medals, which count towards the overall champion award cannot be won without at least 4 Competitors for the event.*

Team Championships – Junior, Senior and Veteran

PATTERN (male)	6 gold – 6 silver – 12 bronze
PATTERN (female)	6 gold – 6 silver – 12 bronze
SPARRING (male)	6 gold – 6 silver – 12 bronze
SPARRING (female)	6 gold – 6 silver – 6 bronze
OVERALL CHAMPION (male)	1 trophy
OVERALL CHAMPION (female)	1 trophy

- Only Gold medals will count towards the Overall Winners. Only points gained in Team events will count for Overall Team Winner. However, in the event of two or more teams having the same number of Gold medals, then the Silver and the Bronze medals will count in determining the Overall Team Winner. In the event that this also results in a tie then the Teams will be awarded with the same Trophies.
- Overall Team winner: one trophy given to the female team and one to the male team with the most medal count, in case of a tie, silver and bronze will be counted.

N.B : *Medals, which count towards the overall team champion, cannot be won without at least 4 Teams for the event.*

Nation Classification

- For Junior and Senior

In order to have the Nations Classification, all points from individual and team events (male and female) will count except for Individual and Team Overall Winner. In case of Team, it will be counted as a single Gold and not multiplied by 6, for example the winning team for Pattern will have only one Gold added to the overall total and not 6 Gold. The first classified Nation will be awarded with one trophy.

- For Veteran

Overall Champion of Countries: Three trophies (1st, 2nd, and 3rd place) given to the country with the most medal counts. In case the number of gold medals are the same, silver and bronze medals will be counted. An individual medal counts as one. However, team winners' medals is only one count.

Most Honourable Award: Trophies given to the oldest male competitor and oldest female competitor.

Most Participation Honour (Country): Award given to the country with the most competitors

Champion of Countries: Award given to overall country with the most medals. Counting the gold medals, and then the silver and bronze if in case of a tie.

Article 16 : OFFICIAL TERMINOLOGY

● CHA RYOT	ATTENTION
● KYONG YE	BOW
● JUN BI	READY
● SHIJAK	BEGIN
● HAECHYO	SEPARATE
● GAESOK	CONTINUE
● GUMAN	END
● JU UI	WARNING
● GAM JUM	DEDUCTING POINTS
● SIL KYUK	DISQUALIFICATION
● HONG	RED
● CHONG	BLUE
● JUNG JI	TIME STOP
● ILHWEJUN	1° ROUND
● YI HWEJUN	2° ROUND
● SUNG	WINNER

Article 17 : DIVISION OF COMPETITION

Competition is divided into *INDIVIDUAL* and *TEAM* matches.

The pyramid system of elimination will be used for deciding the winners for the Pattern, Sparring and Self-Defense Routine competitions.

The system of accumulation of points will be used for deciding the winners for the Power and Special Technique competitions.

Junior Individual matches are divided into :

PATTERN	<i>Male / Female – 1st, 2nd and 3rd degree divisions</i>
SPARRING	<i>Male / Female – Micro, Light, Middle, Heavy and Hyper weight divisions</i>
POWER	<i>Male / Female</i>
SPECIAL TECHNIQUE	<i>Male / Female</i>
SELF-DEFENSE ROUTINE	<i>Male / Female</i>

N.B: *Individual Competitors may enter for all items.*

Senior Individual matches are divided into :

PATTERN	<i>Male / Female– 1st, 2nd, 3rd and 4th degree divisions</i>
SPARRING	<i>Male / Female – Micro, Light, Middle, Heavy and Hyper weight divisions</i>
POWER	<i>Male / Female</i>
SPECIAL TECHNIQUE	<i>Male / Female</i>
SELF-DEFENSE ROUTINE	<i>Male / Female</i>

N.B: *Individual Competitors may enter for all items.*

Veteran Individual matches are divided into :

PATTERN (40 to 50 yrs)	<i>Male / Female – 1st, 2nd, 3rd, 4th, 5th and 6th degree divisions</i>
PATTERN (51+)	<i>Male / Female - 1st, 2nd, 3rd, 4th, 5th and 6th degree divisions</i>
SPARRING (40 to 50 yrs)	<i>Male / Female – Micro, Light, Middle, Heavy and Hyper weight divisions</i>
SPARRING (51+)	<i>Male / Female – Micro, Light, Middle, Heavy and Hyper weight divisions</i>
POWER	<i>Male / Female</i>
SELF-DEFENSE ROUTINE	<i>Male / Female</i>

Team – Junior, Senior and Veteran matches are divided into :

PATTERN	<i>Male / Female</i>
SPARRING	<i>Male / Female</i>

N.B : *Each Team must perform in the team Pattern and Sparring Competitions. Competitors in the Team Sparring Competition may be of any weight.*

Article 18 : COMPETITORS NUMBERS – INDIVIDUAL AND TEAM

INDIVIDUAL : The number of individual Competitors who may enter each item is restricted to **one (1) person per country except for Veteran**. Competitors from the individual events can also compete in team events.

TEAM : Teams (**not necessarily chosen out of the individual competitors**) will consist of 6 Competitors (5 + 1 reserve) and the same team must be used for all other team events using the same team members. Any 5 out of the 6-team members may perform in team Pattern and Sparring Competitions (male and female).

Article 19 : ORDER OF MATCH

The order of match for Junior and Senior Championships shall be Pattern, Sparring, Self-Defense Routine, Special Technique and Power. The order of match for the Veteran Championships shall be Pattern, Sparring, Self-Defense Routine and Power. These are the preferred Order of Match that should be followed where possible, however, due to special circumstances the ITF Tournament Committee may allow for some modification of these formats.

Article 20 : WEIGHT CHECK

Weight Check of Competitors will not be earlier than 72 hours and not later than one hour before competition.

Article 21 : DRAW FOR ORDER OF COMPETING

The order of competitions for Individual and Team matches are drawn in public. Medals, which count toward the Overall Trophies, cannot be included without at least 4 competitors or teams for that event. None of the Competitors or Teams can win 2 rounds one after another without competing, unless it is due to the withdrawal of their opponent caused by a previous injury. Byes will be decided at the draw. When the drawing of matches is completed, then registration for participation will be closed.

Article 22 : ANNOUNCEMENTS

An announcement will be made for each match with the name, number and country or place of origin of the competitor announced clearly. The competitor is responsible to report to Ring's Jury Table with his identification card. The competitor must have with him the necessary equipment, if required, for the match. If the competitor does not report to the Jury Table within half minute, a second announcement will be made. If the competitor does not report to the Jury Table again, a third and final announcement will be made. If the competitor still does not report to the Jury Table for the third time, then the competitor will be **disqualified**.

Article 23 : EQUIPMENT CHECK

The Referee shall check to ensure that *doboks*, equipment, etc are of the officially approved types and that they are not defective. If any item(s) is found to be defective or sub-standard, then it must be replaced and the Competitor has a maximum of **3 minutes** to do so. If replacement is not done within **3 minutes**, then that competitor will be **disqualified**.

Article 24 : COURTESY

Competitors must at all time bow to the Jury and also to each other at the beginning and end of each performance or match.

SECTION 2 – PATTERN

Article 25 : GROUPS

Male and Female.

Article 26 : PATTERN – INDIVIDUAL

The pyramid system of elimination will be used. Competitors will compete 1 to 1 and will perform simultaneously *1 optional* Pattern and *1 designated* Pattern (*within their degree, see article 27*). The Judges will choose the better one to go forward to the next round.

Article 27 : PERFORMANCE AND DECISIONS – INDIVIDUAL

1st degree will compete against 1st degree with the optional Pattern being any one from KWANG-GAE to GE-BAEK, and the designated Pattern being any one from CHON-JI to GE-BAEK.

2nd degree will compete against 2nd degree with the optional Pattern being any one from EUI-AM to JU-CHE, and the designated Pattern being any one from CHON-JI to JU-CHE.

3rd degree will compete against 3rd degree with the optional Pattern being any one from SAM-IL to CHOI-YONG, and the designated Pattern being any one from CHON-JI to CHOI-YONG.

4th degree will compete against 4th degree with the optional Pattern being any one from YON-GAE to MOON-MOO, and the designated Pattern being any one from CHON-JI to MOON-MOO.

5th degree (Veterans only) will compete against 5th degree with the optional Pattern being any from SO-SAN and SE-JONG, and the designated Pattern being any one from CHON-JI to MOON-MOO.

6th degree (Veterants only) will compete against 6th degree with the optional Pattern being TONG-IL, and the designated Pattern being any from CHON-JI to MOON MOO.

In individual matches, the following decisions will apply:

- 1) When 3 or more Judges give a decision in favor of one Competitor, then that Competitor is the winner.
- 2) When 3 Judges give a draw and 2 Judges give a decision in favour of one Competitor, then the result is a draw. The Jury President will designate another Pattern to be performed, until the winner is decided.

- 3) When 2 Judges give a decision in favour of one Competitor and 1 Judge give in favour of the other and 2 Judges give a draw, then the Competitor with 2 Judges in favour is the winner.
- 4) When 2 Judges give a decision in favour of one Competitor and another 2 Judges give a decision in favour for the other, and 1 Judge gives a draw, the result is a draw. The Jury President will designate another Pattern to be performed, until the winner is decided.

Article 28 : ELIMINATION – TEAM

The pyramid system of elimination will be used. A draw by the toss of a coin will decide which Team will perform first. The first Team will perform the optional Pattern of its choice, followed by the second team that will do likewise. The Jury President will then choose a designated Pattern by draw that will be performed first by the first Team and then the second Team will perform the same designated Pattern. The judges will choose the better Team to advance to the next round.

Article 29 : PERFORMANCE AND DECISIONS – TEAM

Each team (*5 competitors*) must perform one optional Pattern and one designated Pattern. The Team can choose the optional Pattern of its choice from CHON-JI to MOON-MOO and from CHON-JI to CHOI-YONG for Junior only. The Jury President will choose the designated Pattern by draw from CHON-JI to GE-BAEK. The Team may line up in any format that they choose and team members may perform individual movements, or together, as they choose, but it must be seen as teamwork, for example: one member may not perform moves of the Pattern on his own without the others following in unison.

In team matches, the following decisions will apply:

- 1) When 3 or more Judges give a decision in favour of one Team, then that Team is the winner.
- 2) When 3 Judges give a draw and 2 Judges give a decision in favour of one Team, the result is a draw. The Jury President will designate another Pattern to be performed, until the winner is decided.
- 3) When 2 Judges give a decision in favour of one Team, 1 Judge gives in favour of the other and 2 Judges give a draw, then the Team with 2 Judges in favour is the winner.
- 4) When 2 Judges give a decision in favour of one Team, 2 Judges give in favour of the other Team and 1 Judge gives a draw, the result is a draw. The Jury President will designate another Pattern to be performed, until the winner is decided.

Article 30 : OFFICIALS FOR PATTERN DIVISION

- 1 Jury President
- 2 Jury Members
- 5 Referees
- 1 Recorder

One of the 5 Referees shall give the commands.

SECION 3 – SPARRING

Article 31 : DIVISIONS

INDIVIDUAL : (a) Male and Female groups
(b) Weights

JUNIOR WEIGHT DIVISION

Male : MICRO	up to 52 kg.	Female : MICRO	up to 42 kg.
LIGHT	over 52 to 58 kg.	LIGHT	over 42 to 48 kg.
MIDDLE	over 58 to 63 kg.	MIDDLE	over 48 to 53 kg.
HEAVY	over 63 to 70 kg.	HEAVY	over 53 to 60 kg.
HYPER	over 70 kg.	HYPER	over 60 kg.

SENIOR WEIGHT DIVISION

Male : MICRO	up to 54 kg.	Female : MICRO	up to 52 kg.
LIGHT	over 54 to 63 kg.	LIGHT	over 52 to 58 kg.
MIDDLE	over 63 to 71 kg.	MIDDLE	over 58 to 63 kg.
HEAVY	over 71 to 80 kg.	HEAVY	over 63 to 70 kg.
HYPER	over 80 kg.	HYPER	over 70 kg.

VATERAN WEIGHT DIVISION

Male : MICRO	up to 64 kg	Female : MICRO	up to 54 kg
LIGHT	64.1 to 73 kg	LIGHT	54.1 to 61 kg
MIDDLE	73.1 to 80 kg	MIDDLE	61.1 to 68 kg
HEAVY	80.1 to 90 kg	HEAVY	68.1 to 75 kg
HYPER	90.1 kg and up	HYPER	75.1 kg and up

TEAM JUNIOR AND SENIOR DIVISION

Each Male and Female Team, of any weight and degree up till 3rd degree for Junior Divisions, up till 4th degree for Senior Divisions and up till 6th degree for Veteran Divisions, will consist of 5 Competitors and 1 reserve.

Article 32 : DURATION OF BOUTS AND DECISIONS

Each individual bout will consist of 2 rounds of 2 minutes each with 1-minute break between rounds for Juniors and Seniors. For Veterans the bout will consist of 2 rounds of 1.5 minutes each with 1 minute break between rounds. Each team bout will be 1 round of 2 minutes.

In individual matches, the following decisions will apply:

- 1) When 3 or 4 Corner Referees give a decision in favour of one Competitor, then that Competitor is the winner.
- 2) When 3 or 4 Corner Referees say that it is a draw, then a further one-minute round will take place. ***If this results in a further draw then the first scored point will decide the winner.***
- 3) When 2 Corner Referees give a decision in favour of one Competitor, 1 for the other and 1 for a draw, the Competitor who receives the 2 favored decisions is the winner.
- 4) When 2 Corner Referees give a decision in favour of one Competitor, and 2 Corner Referees give a draw, the Competitor who receives the 2 favoured decisions is the winner.
- 5) When 2 Corner Referees give a decision in favour of one Competitor and the other 2 Corner Referees give a decision in favour of the other Competitor, then a 1-minute extension will follow. ***If this results in a further draw then the first scored point will decide the winner.***

In team matches, the following decisions will apply:

- 1) When 3 or 4 Corner Referees give a decision in favour of one Competitor, then that Competitor is the winner and **2 points** will be added to that Competitor's Team score.
- 2) When 3 or 4 Corner Referees give in favour of a draw, then **1 point** will be added to each Team score.
- 3) When 2 Corner Referees give a decision in favour of one Competitor, 1 Corner Referee gives in favour of the other and 1 Corner Referee gives in favour of a draw, then the Competitor who receives the two favoured decisions is the winner and **2 points** will be added to that Competitor's Team score.
- 4) When 2 Corner Referees give a decision in favour of one Competitor and the other 2 Corner Referees give a decision in favour of the other Competitor, then the result will be a draw and **1 point** will be added to each Team score
- 5) When all the 5 bouts are finished and the result is a draw, then each Coach will select 1 Competitor to spar an extra bout. The Team whose Competitor wins this bout will be the winner. ***However, if this results in a further draw, then the first scored point will decide the winner.***

Article 33 : TARGET AREA

- a) Face and neck area at the front and sides but not at the back.
- b) Trunk of the body from neck to navel vertically and from a line drawn from the armpit vertically down to the waist on each side (*that is frontal area only, excluding the back*).
- c) No limit for the target area in the execution of 360°, 540° and mid-air consecutive kicks.

Article 34 : ATTACKING TOOLS

- a) **Hand Parts** ; Forefist, Sidefist, Backfist, Knife-Hand, Reverse Kinfe-Hand
- b) **Foot Parts** ; Ball of the foot, Footsword, Back Heel, Instep, Sole, Toes

Article 35 : POINT AWARDS

One (1) point will be awarded for :

- * *Hand attack directed to mid or high section.*
- * *Hand attack while in the air (both feet must be off the ground) directed to the mid section.*
- * *Foot attack directed to mid section.*

Two (2) points will be awarded for :

- * *Foot attack directed to high section.*
- * *Hand attack while in the air (both feet must be off the ground) directed to the high section.*

Three (3) points will be awarded for :

- * *Jumping or flying kick directed to mid section.*

Five (5) points will be awarded for :

- * *Jumping or flying kick directed to high section.*

Important note :

In each match, every competitor must execute as compulsory techniques at least two of the following listed techniques:

- Flying 180° back piercing kick.
- Flying 180° reverse turning or hooking kick.
- Flying 180° reverse downward kick.
- Flying 360° back spinning side kick.
- Flying 360° reverse turning or hooking kick
- Flying 360° turning kick
- Flying 540° back spinning side kick
- Flying 540° reverse turning or hooking kick
- Flying 540° turning kick
- Flying consecutive kicks (any combinations)

If a competitor does not execute at least two of the above mentioned flying techniques, at the end of the match, he/she will have one or two warning(s) added to his/hers score.

Article 36: SCORING PROCEDURE

In competition a technique is valid when :

- * *It is executed correctly,*
- * *It is dynamic, that is to say it is delivered with strength, purpose, rapidity and precision,*
- * *It is controlled within 5 centimeters from the target.*

Article 37: DISQUALIFICATION

A Red Card will be raise by the Center Referee upon the followings:

- (a) Misconduct against officials or ignoring instructions.
- (b) Heavy contact.
- (c) Receiving 3 yellow cards.
- (d) Any competitor suspected of being under influence of alcoholic beverages or drugs.

N.B : A Competitor cannot be disqualified for sum of warnings.

Article 38: FOULS

One (1) point will be deducted for the following offences :

A Yellow Card will be raise by the Center Referee upon the followings:

- * *Loss of temper*
- * *Insulting an opponent in any way*
- * *Biting – scratching – clawing*
- * *Attacking a fallen opponent*
- * *Contact*
- * *Attacking with knee, elbow or forehead*

N.B : The sum of three (3) fouls automatically result to a disqualification by which the Competitor will be shown with a red card.

Article 39: WARNINGS

Warnings will be assigned for the following offences :

- * *Attack to an illegal target,*
- * *Stepping completely out of the ring (both feet),*
- * *Falling down, whether intentional or not (this means any part of the body, other than the feet, touching the ground),*
- * *Holding – grabbing – pushing,*
- * *Sweeping,*
- * *Faking pain, pretending to be injured to gain an advantage,*
- * *Intentionally avoiding Sparring,*
- * *Repetitively pretending to have scored a point by raising the arm,*
- * *Paying no attention to orders,*

- * *Turning the back intentionally to avoid combat,*
- * *Talking with the opponent or the referee*
- * *If the competitor does not perform one of the compulsory flying techniques*
- * *Obstructing the opponent while he/she is executing a flying kick, by jamming into him/her.*

3 warnings will result to one (1) minus point.

If an athlete is pushed out of the ring with intent (*without undergoing a technique*) then he will not receive a warning.

3 points deducted for warning is not disqualification.

If an athlete is out of the square, they must restart at 1 meter inside the square.

Article 40: INJURY

- a) When a competitor is injured, the Centre Referee must stop the match and call the Doctor. The Doctor must diagnose, treat the wounds and decide on the match continuation.
- b) When a contender cannot continue because of Doctor's decision :
 - * *He is the winner if his opponent is responsible,*
 - * *He is the loser if his opponent is not responsible.*
- c) An injured Competitor that is unfit to fight, according to the Doctor's decision, cannot fight again during the Event.
- d) A Competitor that refuses to accept the Doctor's decision will be disqualified.
- e) If two Competitors injure themselves at the same time and if both are found to be unfit to continue by the Doctor, the winner is the Competitor who has more scored points up till that moment. If the Competitors are even, the Jury President will count the penalties, and if the penalties are even, the Ring Council will decide about the bout.

Article 41: BOUT PROCEDURE – INDIVIDUAL AND TEAM

INDIVIDUAL: the bout will start with the Competitors on the start positions each with red or blue sparring equipment to differentiate between them. At the command of the Centre Referee the competitors bow to the Jury table and then to each other. The Centre Referee will then start the match with the command "**shijak**" and the Competitors continue to spar until the Referee issues the command "**haechyo**". At this point the competitors cease to spar and remain where they are until restarted with command "**gaesok**". On completion of time, the Timekeeper will signal audibly to warn the Centre Referee, but the bout only ends on the final command "**guman**" by the Centre Referee. The reverse for bowing will follow and the result will be declared.

In a draw situation, warnings and/or minus points are not carried forward.

TEAM : bout procedure will be as individual. A coin will be tossed to decide which competitor goes first, and will continue in alternate mode.

Article 42: TIMING

On the first “*shijak*” (start) command from the Centre Referee, the Timekeeper starts the clock and this continues until full time, unless the Centre Referee calls for a “*jung-ji*” (time out) by saying “*guman*”. At this time the Timekeeper stops the clock until the “*gaesok*” command is given, he starts clock again to continue match.

Article 43: OFFICIALS FOR SPARRING COMPETITION

- 1 Jury President
- 2 Jury Members
- 1 Centre Referee
- 4 Corner Referees
- 1 Timekeeper
- 1 Recorder

SECTION 4 – POWER

Article 44: DIVISIONS

Male and Female groups. It is compulsory for each competitor to attempt each item listed, for his / her group.

Male :

- (a) *Ap Joomuk Jirugi*
- (b) *Sonkal Taerigi*
- (c) *Yopcha Jirugi*
- (d) *Dollyo Chagi*
- (e) *Bandae Dollyo Chagi*

Female :

- (a) *Sonkal Taerigii*
- (b) *Yopcha Jirugi*
- (c) *Dollyo Chagi*

Article 45: PROCEDURE – INDIVIDUAL ONLY

For each item a standard will be set by the Tournament Adjudication Committee.

- a) Each board should be cm 30 x 30 x 1.5 thick.
- b) In Power Breaking, it is permitted to make *one step forward*, to slide and to skip, as long as the competitor does not jump (as in the case of a jumping or flying kick), that means that one foot keeps contact with the floor at the moment of contact.

For *Sonkal Taerigi* the strike may be either inwards or outwards.

- d) For each item, each competitor will have only *1 attempt* to break, and only *1 prejudging* of distance is allowed which is optional. The competitor will adopt a *ready posture* in the form of either an L-stance forearm guarding posture or a sitting ready stance posture. On command from the Referee the competitor will be allowed to make *1 prejudging*, returns

to **ready posture**, then attempt to break in one continuous movement, and returns to the **ready posture** upon completion on the attempt.

(ready posture + pre-judging + ready posture + break + ready posture)

Upon the command signal, the competitor has 30 seconds to complete that item.

During **prejudging** the striking tool is allowed to touch the target softly. If the referee feels that the touch is done with too much force, the referee may ask the board(s) to be changed.

- e) Referees may disallow an attempt for failure in maintaining the following:
 - *correct balance and posture throughout technique,*
 - *correct attacking tool in the correct manner.*
- f) Referees must examine each board before each attempt.
- g) Each broken/separated board will count as **3 points** and each bend/cracked board will count as **2 points**.
- h) The winners will be the Competitors with the highest scores after having attempted all items listed for their group.
- i) In the event of a tie the Judge will select (*by drawing*) one item to be the “tiebreaker”. He will decide how many boards are to be used. The tied Competitors will then carry on until the places are decided.
- j) ITF approved metal holders must be used to give uniform resistance to break for all Competitors.

Article 46: OFFICIALS FOR POWER BREAKING

- 1 Jury President
- 2 Referees
- 1 Recorder

SECTION 5 – SPECIAL TECHNIQUE

Article 47: DIVISIONS

Male and Female groups. It is compulsory for each competitor to attempt each item listed for his / her group.

JUNIOR AND SENIOR

Male:

- (a) *Twimyo nopi apcha busigi*
- (b) *Twimyo nomo yopcha jirugi*
- (c) *Twimyo dolmyo yopcha jirugi*
- (d) *Twimyo dollyo chagi*
- (e) *Twimyo bandae dollyo chagi*

Female:

- (a) *Twimyo nopi apcha busigi*
- (b) *Twimyo nomo yopcha jirugi*
- (c) *Twimyo dollyo chagi*

Article 48:PROCEDURE – INDIVIDUAL ONLY

In each event a standard of movable target will be used. The target's height or length will be set by the Tournament Adjudication Committee prior to the event.

- a) For each item, each competitor will have **1 attempt** to hit the target, only with **1 pre-judging** of distance allowed without touching the target, which is optional. The competitor will adopt a **ready posture** in the form of the L-stance forearm guarding posture. On command from the Referee the competitor will be allowed to make **1 prejudging**, returns to the **ready posture**, then attempt to strike at the target in one continuous movement, and returns to the **ready posture** upon completion on the attempt.

(ready posture + pre-judging + ready posture +break + ready posture)

Upon the command signal the competitor has 30 seconds to complete that item.

- c) Referees may disallow a technique for failure in maintaining the following :
 - * *Correct balance and posture throughout technique,*
 - * *Correct attacking tool in the correct manner,*
 - * *Knocking over any of the hurdles.*
- c) Referees must examine each target before each attempt.
- e) Each broken/separated board will count as **3 points**, each bend/cracked board will count as **2 points** and each touch on the board without break/separation or bend/crack will count as **1 point**.
- f) Once a wooden board is used, it cannot be used again.
- g) The winners will be the Competitors with the highest scores after having attempted all items listed for their group.
- h) In the event of the tie, the Jury President will select *(by drawing)* one item to be the “tie-breaker”. He will decide the target's height / length to be set and the tied Competitors will then carry on until places are decided.
- i) Each board should be 30 x 30 x 1.5 thick.
- j) ITF approved metal holders must be used to give uniformity for all Competitors.

Article 49: OFFICIAL FOR SPECIAL TECHNIQUE

- 1 Jury President
- 2 Referees
- 1 Recorder

SECTION 6 – SELF DEFENSE ROUTINE

Article 50: DIVISIONS

One Male vs Three Males

One Female vs Two Males

The pyramid system of elimination will be used.

Article 51: DURATION

The duration of each performance shall be minimum 50 seconds and maximum 60 seconds for the male performers. The duration of each performance shall be minimum 40 seconds and maximum 50 seconds for the female performers. The performers can wind up their performance by returning to the centre of the ring.

For the male performers, at the 60 seconds mark, and for the female performers, at the 50 seconds mark, the timekeeper will sound the gong once to indicate times up and the performers must wind up their performance within 10 seconds. The timekeeper will sound the gong three times at the end of the ten seconds limit the performers will automatically receive a demerit of one point if they are not yet finished.

For Veteran, the duration of each performance shall be minimum 45 seconds and maximum 60 seconds.

Article 52: PERFORMANCE AND DECISIONS

One Male vs Three Males

A four-member team from one country will compete against a four-member team of another, in pre-arranged self-defense routines. The two teams will take turns to perform that will be decided with the toss of a coin.

The techniques applied must be derived from techniques as taught by Taekwon-do Founder General Choi Hong Hi.

The competitors must perform their self-defense sequences seriously. They must not turn their performance into a comical circus self-defense act.

The “Hero” of the performance will wear the official ITF *dobok*, while the three “attackers” will wear other clothes appropriate to their roles. As a matter of courtesy and etiquette, the “attackers” are not allowed to wear the uniforms of other martial arts systems.

Within the duration of the performance, the following designated techniques are compulsory and they must be demonstrated at the beginning of the performance. The rest of the performance will consist of performance base on the performers’ choice of optional techniques:

- Minimum 1 flying foot technique with a single kick.
- Minimum 1 flying foot technique with a double or triple kick.
- Minimum 1 flying two direction kick.
- Minimum 2 dodging techniques.
- Minimum 1 releasing technique against grasps or holds.
- Minimum 1 defense technique against a weapon (knife, toy gun, chair, etc.).
- Minimum 1 double blocking technique against a double attack.

One female vs two males

A three-member team from one country will compete against a three-member team of another, in pre-arranged self-defense routines. The two teams will take turns to perform that will be decided with the toss of a coin.

The techniques applied must be derived from techniques as taught by Taekwon-do Founder General Choi Hong Hi.

The competitors must perform their self-defense sequences seriously. They must not turn their performance into a comical circus self-defense act.

The “Hero” of the performance will wear the official ITF *dobok*, while the three “attackers” will wear other clothes appropriate for their roles. As a matter of courtesy and etiquette, the “attackers” are not allowed to wear uniforms of other martial arts systems.

Within the duration of the performance, the following designated techniques are compulsory and they must be demonstrated at the beginning of the performance. The rest of the performance will consist of performance base on the performers’ choice of optional techniques.

- Minimum 1 flying foot techniques with a single kick.
- Minimum 1 flying foot technique with a double or triple kick.
- Minimum 2 dodging techniques.
- Minimum 1 releasing technique against grasps and holds.
- Minimum 1 defense technique against a weapon (knife, toy gun, chair, etc.).
- Minimum 1 double blocking technique against a double attack.

The following decisions will apply for Junior and Senior:

- 1) When 3 or more Judges give a decision in favour of one Team, then that Team is the winner.

- 2) When 3 Judges give a draw and 2 Judges give a decision in favour of one Team, then the result is a draw. The teams will be given 30 seconds to perform a short routine of their choice. These extensions will continue until a winner is determined.
- 3) When 2 Judges give a decision in favour of one Team, 1 Judge gives in favour of the other and 2 Judges give a draw, then the Team that receives the two favoured decisions is the winner.
- 4) When 2 Judges give a decision in favour of one Team, 2 Judges in favour of the other and 1 Judge gives a draw, then the result is a draw. The teams will be given 25 seconds to perform a short routine of their choice. The designated techniques need not be included in the short routines. The gong will sound the for times up. These extensions will continue until a winner is determined.

Article 53: OFFICIALS FOR SELF-DEFENSE ROUTINE

- 1 Jury President
- 2 Jury Members
- 5 Referees
- 1 Timekeeper
- 1 Recorder

One of the 5 Referees will give the commands

SECTION 7 – DISPUTE PROCEDURE

Article 54: PROTEST

- a) ***Only the Coach*** can present a protest when a decision seems to violate the rules.
- b) Each protest must be written on the Official Protest Form and presented to the Chairman of the Umpire Committee within **5 minutes** from the end of the match.
The protest must be accompanied by a protest fee that will be fixed by the Tournament Adjudication Committee at the beginning of each tournament.
If the protest is valid then protest fee will be returned to the coach.
- c) The Umpire Committee will then examine the circumstances of the protest and will decide :
 - * *To validate the match,*
 - * *To repeat the match,*
 - * *To assign the victory of the match to the loser,*
 - * *To disqualify both competitors.*
- d) In case of a protest the winner cannot compete again before the decision of the Umpire Committee has been made.

Article 55: DECISIONS

- a) In order to give a decision the Umpire Committee may call anyone else to give evidence on the protest.
- b) When the decision is reached the Umpire Committee will notify all parties concerned with its decision.
- c) The Umpire Committee will at all time base their decision on the rules laid down in this document and their decision cannot conflict with these rules.

Article 56: DISQUALIFICATION

Team Managers, Representatives or Individuals who persist in arguing against decisions made by the Tournament Adjudication Committee may result in having the whole team or the individual, disqualified from all further events at the Championship. The Tournament Adjudication Committee shall consider the matter at a later date with the purpose of taking a further action.

Article 57: TEAM / COMPETITOR WITHDRAWAL

In case of teams or individuals withdrawing from Championship as a protest means :

- a) Automatic disqualification from that event, which means no placing for that event, therefore no medals,
- b) Automatic disqualification from all further events at the Championship,
- c) Further disqualification from future events as decided by the Tournament Adjudication Committee.

SECTION 8 – RULES

Article 58: COPIES OF RULES

A copy of the I.T.F. Tournament Rules must be present at all tournaments and be accessible to all officials and competitors.

TOURNAMENT RULES

I

UMPIRES RULES

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FORMATS/TABLES

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