



International Taekwon-Do Federation



TOURNAMENT RULES

ITF HQ

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SECTION 1. GENERAL

Article 1. Definition

Taekwon-Do competition is the course for comparing the techniques as taught by Taekwon-Do Founder, Gen. Choi Hong Hi.

Article 2. Purpose

The purpose of the competition is to ensure the uniformity of techniques, to raise Competition standards to a high level in all Championships organized/promoted by ITF.

Article 3. Applications

The Tournament Rules shall apply in all the Competitions organized/promoted by ITF, be they Continental, Regional and National Federations.

Article 4. Modifications and Changes

- 4.1 Those who wish to modify or change any parts of the Tournament Rules should forward their written proposals of modifications or changes of the relevant Tournament Rules to the ITF HQ at least 6 months before the ITF Congress.
- 4.2 ITF Executive Board will study the proposed modifications or changes. If they find them to be reasonable, they will propose them to the ITF Congress for approval.
- 4.3 Until any modifications or changes of the Tournament Rules have been decided, all Competitions shall be conducted according to the original ITF Tournament Rules.

SECTION 2. TOURNAMENT ORGANIZING COMMITTEE (T.O.C.)

Article 5. Formation of T.O.C.

Tournament Organizing Committee should be formed in the Championship-hosting country at least 12 months before the Championship.

Article 6. Numbers of T.O.C. Members

The T.O.C. shall be formed with the necessary numbers of officials in conformity with the actual situation of the hosting country.

Article 7. Authority and Duties of T.O.C.

- 7.1 The T.O.C. shall send their draft invitation and information for the Championship to the ITF HQ for its approval at least 6 months before the Championship and distribute to all the ITF NGBs and other concerned parties.



- 7.2 The T.O.C. shall arrange for all facilities, equipment and manpower necessary for the Championship.
- 7.3 The T.O.C. is responsible for the arrangement of medals and other awards.
- 7.4 The T.O.C. shall receive and register the teams and individual competitors invited to the Championship.
- 7.5 The T.O.C. shall hold draws and weigh-in according to the respective mode of competitions.
- 7.6 The T.O.C. shall bring together up-to-date tournament results and draw up the competition tables for the next day to distribute to each participating team before the Competition starts every day.
- 7.7 The T.O.C. shall provide 3 figured number patches (20×15 cm) to all competitors.
- 7.8 The T.O.C. shall provide medical teams (minimum 1 team for 2 rings) which shall attend the whole Competition.
- 7.9 The T.O.C. must ensure the security of all participants.
- 7.10 The T.O.C. shall be responsible for the board and accommodation of the ITF VIPs, Umpires and Tournament Committees members. Shall be also responsible for organizing the board and lodge for all participants during the Championship.
- 7.11 The T.O.C. shall consult all issues arising from the Championship with the ITF Tournament and Umpire Committees.
- 7.12 The T.O.C. will be responsible to the ITF for the organization and the running of the Championship toward the ITF.
- 7.13 The T.O.C must provide the necessary number of trained officials to assist the ITF Tournament and Umpire Committees in the running of the Competition.

SECTION 3. APPLICATION

Article 8. Application for participation in the Championships

All ITF-affiliated members wishing to participate in the Championship shall submit their entry forms to the Organizing Committee by the deadline.

Article 9. Confirmation of Application

The competitors' entry forms must be signed by the authorized officials of their NGB or concerned parties.



Article 10. Acceptance of Participation in Championships

In the case of any NGB that has not submitted its entry forms for their participants or wishing to alter or change their entry forms, T.O.C. may discuss their participation according to the following conditions;

- 10.1 The NGB that has not submitted its entry form by the deadline should pay a penalty of USD 300 to the T.O.C.
- 10.2 Any NGB that has not submitted its entry forms at all until 3 days before the Championship shall pay a penalty of USD 500 to the T.O.C.
- 10.3 Any NGB wishing to make any changes in their entry forms with a valid reason shall pay a penalty of USD 150 to the T.O.C.

SECTION 4. QUALIFICATIONS

Article 11. Principle of Qualifications for Participation in Championships

- 11.1 Only ITF affiliated NGBs and ITF registered black belt holders can participate in the Championship.
- 11.2 A NGB that is not yet affiliated to the ITF wishes to participate in the Championship for whatever reason must have the approval of the ITF HQ.
- 11.3 A black belt who is not yet registered with ITF but is representing an ITF affiliated NGB must have the approval of the ITF Tournament and Umpire Committees in order to participate. It is the duty of the T.O.C. to inform the ITF HQ and the ITF Tournament and Umpire Committees whenever such cases occur. In such cases, the ITF HQ and the ITF Tournament and Umpire Committees can accept or reject their applications without providing any reason. The head of delegation must sign a declaration stating that all competitors are physically and mentally fit to participate at the competitions. Without this declaration (Waiver of Liability Form), they will not be allowed to participate.

Article 12. Principle of Qualifications for Participation in Junior Categories

Competitors participating in all ITF Junior Taekwon-Do Category Competitions must be 14–17 years old on the starting day of the Competitions and must be 1st, 2nd, or 3rd Dan ITF black belt certificate holders.

There will be 2 age divisions, **14–15 years old** and **16–17 years old** for competitors, both male and female, participating in ITF Junior Sparring which include Individual and Team events.



Article 13. Principle of Qualifications for Participation in Adult Categories

Competitors participating in all ITF Adult Taekwon-Do Category Competitions be between **18–39 years old** on the starting day of the Competitions and shall be 1st, 2nd, 3rd, 4th, 5th and 6th Dan ITF black belt certificate holders. 5th and 6th Dan ITF black belt certificates holders can only participate in the individual and team patterns.

2 competitors (male and female) per country are allowed to compete in the individual competitions (Pattern and Sparring).

Article 14. Principle of Qualifications for Participation in Veteran Categories

Competitors participating in all ITF Veteran Taekwon-Do Category Competitions must be between 40–49 years old (Silver Class), 50–59 years old (Gold Class) on the starting day of the Competitions and must be 1st, 2nd, 3rd, 4th, 5th or 6th Dan black belt holders.

Article 15. Confirmation of Qualifications for Participation in Championships

The Dan and age of competitors must be valid on their Dan certificates and passports.

Article 16. Penalty for Doping

If any competitor is found to fail in a doping test as a result of medical judgment, the ITF Umpire Committee will disqualify that competitor from competition and the Championship. Further disciplinary action may be taken against that competitor by the ITF Disciplinary Committee at a later date.

SECTION 5. DRESS CODE & EQUIPMENT

Article 17. Dress Code

17.1 Juries and Umpires shall wear the umpire suits laid down in the ITF Umpire Rules (navy blue coat, white shirt, navy blue trousers, navy blue neck tie, white track shoes and white socks). In excessive high temperatures, the umpires would be allowed by the Umpire committee to wear short sleeve shirts.

17.2 Dress Code for T.O.C. members

The T.O.C. members should wear their uniforms set by the T.O.C.

17.3 Dress Code for Competitors

17.3.1 Competitors shall wear official ITF-approved Doboks.

** The 4th, 5th and 6th Dan holders are not allowed to wear their Doboks with black stripes on their sleeves of the shirt and trousers during competition.*



- 17.3.2 The black belt worn by the competitor should be of correct dimensions as laid down in ITF Rules and indicate the Dan of the competitor. The wearer's Dan should be marked on the left-hand edge of the belt, whilst in its tied state.
- 17.3.3 The number of patches issued to competitors must be stuck on the lower part of the back of Dobok shirt.
- 17.3.4 Competitors are allowed, when not performing, to wear other tracksuits, dressing gown, training shoes etc.
- 17.3.5 Competitors participating in opening and closing ceremonies are allowed to wear ITF Dobok or official outfits of their choice and the participants in the parade and medal awarding ceremonies are not allowed to carry camera, banners, slippers or bare-footed.
- 17.3.6 National Flag and Trademark of the Sponsor
- 17.3.6.1 Competitors should bear the national flag on the right part of the front of Dobok shirt at the same level of ITF Logo the dimension of which should be 3×5 cm.
- 17.3.6.2 Competitors should bear the NGB Logo or the Trademark of sponsor on the left sleeves of Dobok which should be 15 cm. below from shoulder line.

Article 18. Safety and Protective Equipment

- 18.1 Safety equipment and protective gears for the competitors participating in sparring competition.
- 18.1.1 Compulsory safety and protective equipment
- 18.1.1.1 The gloves are to be closed, 10 OZ and in good condition. Gloves should be fixed with an adhesive tape, strings are not allowed. Hand and feet protectors must be those approved by the ITF.
- 18.1.1.2 The competitor must wear a mouth guard.
- 18.1.1.3 The male competitor must wear a groin guard inside his Dobok trousers.
- 18.1.1.4 The female competitor must wear a breast protector inside her Dobok shirt.
- 18.1.1.5 All competitors must wear a helmet. The helmet must cover the whole of the head with exception of face.
- 18.1.1.6 All competitors must wear shin guards.



- 18.1.2 Optional safety and protective equipment
 - 18.1.2.1 Veteran competitors may wear ribs and abdominal protectors inside the Dobok.
 - 18.1.2.2 Competitors may wear forearm protectors inside the Dobok.
 - 18.1.2.3 All other safety and protective equipment must be consisting of elastic sponge or soft rubber type padding or other soft materials which must have the approval of the ITF Tournament and Umpire Committees.
- 18.2 Any other safety and protective equipment are not allowed.
 - 18.2.1 The safety and protective equipment must not contain hard materials such as metal, bone and plastic.
 - 18.2.2 The safety and protective equipment must not use zip lace or stud fasteners.
 - 18.2.3 No watches or other adornments are allowed.
 - 18.2.4 Female competitors are not allowed to use grips or slides to fix her hair. Tying hair with anything other than a rubber band is prohibited.
 - 18.2.5 Competitors shall be prepared for the competition in advance, their faces must be clean, without any oily areas, as well as the whole body. No athlete is allowed to compete with the presence of blood. Fingernails and toenails should be cut. Jewelry, including piercings, cannot be worn during competitions.
- 18.3 An injured competitor requiring bandaging or strapping of any kind must not contain materials of any kind that may provide an advantage to the wearer and/or a disadvantage to the wearer's opponent. The injured competitor must be certified by the official Tournament Medical Officer to wear any of such material for his/her injury.
- 18.4 In the sparring competition, the competitor from the red corner must wear red hands and feet safety equipment and the competitor from the blue corner must wear blue hands and feet safety equipment.

SECTION 6. INSURANCE & MEDICAL ASSISTANCE

Article 19. Insurance

- 19.1 The T.O.C. must ensure that the competition venue must have all the necessary public liability insurance, fire certificates and Government licenses required for such events.



- 19.2 All Competitors must sign their entry forms and have insurance coverage for their participation in the Championship.

Article 20. Medical Assistance

- 20.1 Competitors injured during the competition shall receive the treatment of the medical teams provided by T.O.C.
- 20.2 In case the accidents occur, the doctor should recommend to the Ring Official the further participation of that competitor within 3 minutes. The doctor's decision is final.

SECTION 7. COMPETITION VENUE & FACILITIES

The Competition Venue must have the full facilities and the T.O.C. must provide the required equipment. The T.O.C. shall arrange special seats for the VIPs.

Article 21. Lighting of Competition Area

Lighting must not be lower than 5 meters above the area for the competition.

Article 22. Ring

- 22.1 The Ring for sparring, pattern and self-defense routine competition measures 9×9 meters and there must be at least 1 meter of safety border surrounding this.
- 22.2 The Ring may be elevated. In this case the elevation shall be between 50–100 cm from the ground, and the safety border around the Ring shall be at least 2 meters.
- 22.3 The Ring must be covered with competition mats measuring at least 2 cm in thickness.
- 22.4 The competition area of the Ring (9×9 m) shall be covered with the yellow or orange color competition mats. The safety border area can be of any color other than yellow or orange color.
- * However, for the competition and safety area, the color of the mat may be changed with any other color.*
- 22.5 In the middle of the Ring, there must be a Red piece of competition mat (1×1 m) and a Blue piece of competition mat (1×1 m) to indicate the Red Corner and the Blue Corner. The distance between the Red mat and the Blue mat is 1 meter.
- 22.6 The position of the red corner mat is on the center-right of the ring and the blue corner mat is on the center-left of the ring, facing the Jury table.



Article 23. Place of T.O.C. Members

The main table of the Championship shall have a commanding view over the arena and must have broadcasting facilities. Next to the main table of the Championship shall be arranged a working place for computer control with enough space that provides the installation of all necessary equipment (computers, printers, copy machine). The computer control shall have visibility to the arena and the awarding zone.

Article 24. Place of Tournament and Umpire Committees

ITF Umpire Committee shall be situated beside the main table.

Article 25. Seats of Reserve Umpires

The reserve umpires shall be seated behind the ITF Umpire Committee.

Article 26. Seats of Medical Team

The medical officials shall be designated to a place, where they are able to work with the injured, with the Red Cross or Red Crescent mark on their desk to indicate the Doctor table.

Article 27. Seats of Jury

Juries shall be seated in front of each Ring.

Article 28. Seats for Judges

- 28.1 Center referee for sparring competition controls competitions in the Ring. For Pattern and Self-Defense Routine competition the center referee shall be seated in the middle among 5 Judges.
- 28.2 Corner referees will be seated at the four corners of the Ring for sparring competition.
- 28.3 Judges for Pattern and Self-Defense Routine competition shall be seated in front of the Jury table.
- 28.4 Judges for Special Technique and Power Breaking competition shall be in a commanding position close to the holders.

Article 29. Seats of Recorders and Timekeepers

Recorder and timekeeper shall be seated beside the Juries.

Article 30. Seats of Coach for Sparring

During the Sparring competition, coaches shall be seated at their respective corners where should be 1 meter away from the Ring.



Article 31. Equipment

The Competition arena must be provided with equipment for special technique and power breaking competitions and visual display instrument.

- 31.1 The number of the areas at a World or Continental Championship is a minimum of 6 for sparring, pattern and self-defense routine, one area (zone) for special technique, another area (zone) for power testing and the other areas (zones) for the sparring equipment check.
- 31.2 Each ring is provided with at least one monitor with a screen no less than 50 inches, which shall show the results.
- 31.3 Each ring is provided with at least two cameras for video protest.
- 31.4 There should be a minimum 4 machines for the special technique competition, and a track for the overhead kick, a minimum of 5 machines for the power test competition, flags, awarding platform and enough space for easy movement of the participants and work of referees.
- 31.5 There should be capacity for a minimum of 3,000 seats, divided into sections one for the audience, and the other for the participants in the competition and VIP visitors and be organized so as to avoid or minimize contacts between these groups. If this poses difficulty, the best solution is to separate entrance corridors for the competitors, spectators and for the VIPs respectively.
- 31.6 The competition arena must be separated from the auditorium appropriately and have the potential for a corridor for the participants movement to prevent uncontrolled entry of unauthorized persons to the competition area.
- 31.7 There must be a refreshment room separated from the audience, for the VIPs. This must have a buffet with coffee and soft drinks of constant supply from the staff or the organizer.
- 31.8 There must be a separate closed room for medical care
- 31.9 Premises for the umpires with a buffet (coffee, soft drinks) is required
- 31.10 There must be adequate male and female changing areas for the competitors outside the arena.
- 31.11 In the competition arena, there should be designated areas for warming up for the competitors. This must be clearly marked and at a proper distance from the competition area. Warming up and training elsewhere is not allowed.
- 31.12 The competition arena should have good intercom and sound system with microphones for each ring, tournament, umpires - committees and organizers.
- 31.13 The flags of all participating countries should be displayed in the hall.



The flags should be of the same size and design. (The organizer shall prepare a single set of all national flags of the participating countries.)

31.14 In the competition arena, there must be a good signposting system, using signs, arrows and colours. The text of the signs shall be in English. The signposting system must clearly indicate which areas and corridors are to be used by competitors and coaches and which are for the audience. It must also show which areas may be entrances for only authorized persons (e.g. using colours corresponding to the colour of the identification cards).

31.15 If there is a separate hall for warming up (outside the competition arena) it must have real-time information about which competition and disciplines are running and what is happening next in each of the rings. It is recommended that information on the order of the competitions and disciplines is to be displayed on screens using electronic devices.

31.16 Awarding Area

31.16.1 The competition arena must have a separate area (zone) for official ceremonies, equipped with:

31.16.1.1 In the awarding Area, there must be logo of ITF, the flag of ITF, a photo of Gen. Choi Hong Hi, the logo and name of the Championship.

31.16.1.2 The awarding platform must be properly marked with clearly visible signs. The manufacture of the platform must allow for two teams in third place.

31.16.1.3 There must be a convenient location for medals, cups and other awards.

31.16.1.4 There must be a convenient place for VIPs who conduct the awarding ceremony; if possible, they should be provided with seats.

SECTION 8. WEIGHT-CHECK & DRAW

Article 32. Weight-Check

32.1 Weight-check shall start 72 hours before and closes an hour before the Championship begins. It shall be conducted by officials appointed by the ITF T.C., confirming the entry forms submitted by the NGBs or concerned parties.

32.2 When a competitor does not have the required weight during the first test measurement, he/she may change their category in a vacancy for their country category.



- 32.3 In Continental and World Championships, the participation of foreign citizens on behalf of a national team is not allowed unless they reside in the country (proof must be provided). Competitors must present their Dan Certificates, ITF Booklets, Passports or National IDs, Tournament ID cards and Head of Delegation must sign declaration (for all the competitors) for weight check.
- 32.4 International standard scales must be used for weigh check.
- 32.5 Only competitors who pass the weight-check will be allowed to participate in the discipline “individual sparring”.
- 32.6 The head coach or an appropriate representative of each participating country must attend the draws.
- 32.7 Weigh-in is performed within the time given with the proposals in properly closed room, separate for men and women, and will be controlled by officials appointed by the Tournament committee.

Article 33. Draw

- 33.1 The draw shall be conducted in the principle that the 1st, 2nd and 3rd placed competitors in the previous Championship should not compete against each other at the opening bouts. As a rule, the 1st place competitor with the highest accumulated points shall be arranged on the top of the competition table. The 2nd placed competitor shall be arranged at the bottom of the competition table. The next two 3rd placed competitors shall be arranged in the middle of the competition table with one competitor competing upward and the other competing downward.
- 33.2 Officials appointed by the ITF Tournament Committee and the T.O.C. and two representatives from each participating country will attend the draws. The draws are to be conducted publicly.
- 33.3 When there are only 2 or less individual competitors and teams competing in a competition, then the draw will not be necessary.
- 33.4 Draws shall only contain the competitors specified in the entry forms submitted by their NGBs or concerned parties.
- 33.5 Draw for Pattern
- 33.5.1 The order of competitions for individual disciplines shall be drawn according to gender and Dan.
- 33.5.2 The order of competitions for team disciplines shall be drawn according to gender.
- 33.6 Draw for sparring



- 33.6.1 The order of competitions for the individual disciplines shall be drawn according to gender and weight.
- 33.6.2 The order of team competitions shall be drawn according to gender.
- 33.7 Draw for Self-Defense Routine
 - 33.7.1 The order of competitions shall be drawn according to the gender of the hero/heroine.
- 33.8 The order of competitions for the individual and team disciplines shall be drawn according to gender.

SECTION 9. DELEGATES & COACHES

Article 34. Delegates

- 34.1 A delegate representing his/her country must be a person authorized by the National Governing Body.
- 34.2 A delegate registers the Competitors, submits the documents and cooperates with the other officials during the competition.

Article 35. Coaches

All coaches should know and strictly observe the ITF Tournament & Umpire Rules.

All coaches are responsible for ensuring that their competitors conduct themselves in a courteous manner and adhere to the ITF Tournament Rules.

- 35.1 Regulations for coaches
 - 35.1.1 Coaches must unconditionally obey the umpire's commands or decisions as long as they are not contradictory to the ITF Tournament & Umpire Rules.
 - 35.1.2 Coaches must be able to speak the official language – English and use both English and Korean terminology.
 - 35.1.3 During the competition, the coach must wear a tracksuit and gym shoes. Tracksuits should bear the markings of the team. T-shirts may be worn as the occasion demands; however, short pants shall not be allowed. The coach is allowed to bring a towel and a bottle of water for the competitor.
 - 35.1.4 During sparring, pattern and self-defense routines, the coach must stay at least 1 meter away from the ring. During the special technique and power test the coach must stay at least 1 meter from the machine on which the competitor performs a technique.



- 35.1.5 During the competition, the coach must not act in such a manner that may disturb the competition.
- 35.1.5.1 During the competition, the coach may instruct a competitor with hand gestures or verbal instructions, but in a calm and controlled manner.
 - 35.1.5.2 The coach must not enter the ring without the center referee's approval.
 - 35.1.5.3 During the competition, the coach must remain seated. The coach must not stand up from his or her seat to give instructions to the competitor.
 - 35.1.5.4 In principle, coaches should not be replaced during the competition. If special circumstances dictate, and with the center referee's approval, any change of coach must be done during the competition break.
- 35.1.6 When giving instructions during the competition, the coach shall act in a calm and composed manner, and should refrain from chewing gum.
- 35.1.7 During the competition, the coach must not be under the influence of drugs or alcohol.
- 35.1.8 Competitors will not be allowed to compete without a coach. In special circumstances, a competitor may nominate a deputy coach. In this case, the deputy coach must wear the regulation clothing and footwear.
- 35.1.9 The coach shall not use any kind of wireless communication device whilst working in ring area.
- 35.1.10 The coach shall ensure that his or her competitor observes the noble Taekwon-Do spirit and behaves accordingly, both in the competition and public areas of the stadium.
- 35.1.11 The coach shall be held responsible for any violation of regulations or poor behavior of their competitors.

35.2 Disciplinary Action

The coach shall be subject to disciplinary action in the following cases:

35.2.1 Warning

- 35.2.1.1 When not wearing the regulation clothing or footwear.
- 35.2.1.2 The time to change into the regulation clothing and footwear is 1 minute.



- 35.2.1.3 When disturbing the competition.
- 35.2.1.4 When not acting in a calm and composed manner.
- 35.2.1.5 When chewing gum whilst coaching during a match.
- 35.2.1.6 When any of his or her competitors do not stand up during the playing of the national anthems at the awarding ceremony.
- 35.2.1.7 When any of his or her competitors wear Doboks without their belts in the stadium.
- 35.2.1.8 When any of his or her competitors change their clothes in public. Competitors must use the designated changing facilities in the stadium.
- 35.2.1.9 When drinking alcoholic beverages or smoking whilst wearing a Dobok.
- 35.2.2 Disqualification
 - 35.2.2.1 When any competitor in his or her team mocks or insults an opponent while watching the competition.
 - 35.2.2.1 When any competitor in his or her team creates an unpleasant atmosphere for fellow competitors through the use of instruments such as horns or bugles, while watching the competition.
 - 35.2.2.1 When receiving 3 or more warnings.
- 35.2.3 Suspension of rights and removal of qualifications
 - 35.2.3.1 When entering the stadium under the influence of drugs or alcohol.
 - 35.2.3.2 When the coach does not obey the commands and decisions of the referee or when the coach uses offensive language or behaves in an offensive or aggressive manner, challenging the official competition result.
 - 35.2.3.3 When receiving 3 or more disqualifications.

The disqualified coach shall have his or her tournament ID card confiscated immediately and will not be allowed to work inside the stadium until his or her qualifications are reinstated.

The coach may even be deprived of his or her qualifications as a coach according to the decision of the Tournament Adjudication Committee and the ITF Statute & Ethic Committee.



The Tournament Adjudication Committee and the ITF Statute & Ethic Committee reserve the right to punish the offending coach with a period of disqualification according to the seriousness of the violations. The disqualification may be for the period of the on-going tournament, for a period of 2 to 3 years, or with an indefinite long-term disqualification from all tournaments.

SECTION 10. COMPETITION

Article 36. Competitions and their Order

- 36.1 The order of Competitions for Junior Category shall be directed by the Tournament Committee.
- 36.2 The order of Competitions for Adult Category shall be directed by the Tournament Committee.
- 36.3 The order of Competitions for Veteran Category shall be directed by the Tournament Committee.

Article 37. Divisions

37.1 For Junior Category

37.1.1 Individual Competitions (male/female)

- Pattern: 1st, 2nd and 3rd Dan
- Sparring: 7 weight divisions
Divisions: 14–15 years old
16–17 years old
- Special Technique: (open)

37.1.2 Team Competitions (male/female)

- Pattern
- Sparring
Divisions: 14–15 years old
16–17 years old
- Self-Defense Routine
- Special Technique

37.2 For Adult Category

37.2.1 Individual Competitions (male/female)

- Pattern: 1st, 2nd, 3rd, 4th, 5th and 6th Dan
- Sparring: 8 weight divisions



- Special Technique: (open)
- Power Breaking: (open)

37.2.2 Team Competitions (male/female)

- Pattern
- Sparring
- Self-Defense Routine
- Special Technique
- Power Breaking

37.3 For Veteran Category

37.3.1 Individual Competitions (male/female)

Divisions: Silver class (40–49 years old)

Gold class (50–59 years old)

- Pattern: 1st, 2nd, 3rd, 4th, 5th and 6th Dan
- Sparring: 5 weight divisions (Silver class)
- 3 weight divisions (Gold class)
- Power Breaking: (open) (Silver class only)

37.3.2 Team Competitions (male/female)

Only one team from each country can compete.

- Pattern
- Sparring
- Power Breaking (Silver class only)

Article 38. Principle of participation in Championships

38.1 Individual Competitions

38.1.1 At Junior and Adult Categories, the number of competitors for an individual competition is restricted to two (2) persons per country only for sparring and pattern.

38.1.2 At the Veteran Category, the number of competitors for Sparring (according to the weight divisions for Silver and Gold classes) and Pattern (according to the Dan for all classes) is restricted to three (3) persons per country.

38.1.3 Competitors participating in individual Competitions are allowed to participate also in team Competitions.

38.2 Team Competitions



The competitor who participates in the team Competitions can also take part in individual Competitions.

38.2.1 Junior and Adult teams shall consist of five members and one reserve of male and female respectively.

38.2.1.1 Each NGB may register up to twelve (12) juniors. Six must be between 14–15 years old and six must be between 16–17 years old to compete in the team sparring. Any combination of the twelve can compete in patterns and special technique.

38.2.1.2 Each NGB may register any six (6) of their adult competitors for each of the team Competitions.

38.2.1.3 Veteran team shall consist of three male and female competitors and one reserve respectively.

38.2.1.4 Only one team from one country can participate and that team shall perform Pattern, Sparring, Special Technique and Power Breaking except for Self-Defense Routine.

Article 39. Announcements

39.1 An announcement will be made for each Competition with the name, number and country of the competitor.

39.2 The competitor is responsible to report to the Ring's Jury Table with his identification card.

39.3 If the competitor does not report to the Jury Table within half a minute after announcements, a third and final announcement will be made at an interval of half a minute. If the competitor still does not report to the Jury Table for the third time, then the competitor will be disqualified.

Article 40. Equipment Check

40.1 In the areas of equipment checking, a referee for the blue competitor and a referee for the red competitor will check to ensure that the Dobok, equipment, etc. are of the officially approved types and are not defective. Competitors are not allowed to leave the areas after they have passed inspection.

40.2 If any item is found to be defective or sub-standard, it must be replaced and the Competitor has a maximum two minutes to do so.

40.3 If replacement is not done within two minutes, that competitor will be disqualified.



Article 41. Courtesy

Competitors must at all time bow to the Jury, Center Referee and also to each other with command of “Taekwon” at the beginning and end of each performance or competition.

SECTION 11. OFFICIAL TERMINOLOGY

| | |
|------------------------|-------------------------------|
| CHA RYOT | ATTENTION |
| KYONG YAE | BOW |
| JA YU MAT SO GI | FREE SPARRING |
| JUN BI | READY |
| SHI JAK | BEGIN |
| HE CHYO | SEPARATE |
| GE SOK | CONTINUE |
| GU MAN | END |
| JU UI | WARNING |
| GAM JOM | DEDUCTING POINTS |
| SIL KYOK | DISQUALIFICATION |
| HONG | RED |
| CHONG | BLUE |
| ILHE JON | 1ST ROUND |
| YI HE JON | 2ND ROUND |
| SAM HE JON | 3RD ROUND |
| YON JANG JON | EXTENSION |
| DUK JOM JON | GOLD POINT BOUT |
| SUNG | WINNER |
| JI JONG TUL | DESIGNATED PATTERN |
| SON TAEK TUL | OPTIONAL PATTERN |
| HO SIN KYONG GI | SELF-DEFENSE ROUTINE |
| TUK GI | SPECIAL TECHNIQUE |
| WI RYOK | POWER BREAKING |
| GAE IN JON | INDIVIDUAL COMPETITION |
| DAN CHE JON | TEAM COMPETITION |
| BEKIM | DRAW |



SECTION 12. AWARDS

Article 42. Awards in Junior Category

42.1 Individual Competitions

| | | |
|--------|-----------------------------------|-------------------------------|
| 42.1.1 | PATTERN (male) | 3 Gold – 3 Silver – 6 Bronze |
| | PATTERN (female) | 3 Gold – 3 Silver – 6 Bronze |
| 42.1.2 | SPARRING (male) 14–15 years old | 7 Gold – 7 Silver – 14 Bronze |
| | SPARRING (male) 16–17 years old | 7 Gold – 7 Silver – 14 Bronze |
| | SPARRING (female) 14–15 years old | 7 Gold – 7 Silver – 14 Bronze |
| | SPARRING (female) 16–17 years old | 7 Gold – 7 Silver – 14 Bronze |
| 42.1.3 | SPECIAL TECHNIQUE (male) | 1 Gold – 1 Silver – 1 Bronze |
| | SPECIAL TECHNIQUE (female) | 1 Gold – 1 Silver – 1 Bronze |
| 42.1.4 | OVERALL CHAMPION (male) | 1 Trophy |
| | OVERALL CHAMPION (female) | 1 Trophy |

42.2 Team Competitions

| | | |
|--------|---|-------------------------------|
| 42.2.1 | PATTERN (male) | 6 Gold – 6 Silver – 12 Bronze |
| | PATTERN (female) | 6 Gold – 6 Silver – 12 Bronze |
| 42.2.2 | SPARRING (male) 14–15 years old | 6 Gold – 6 Silver – 12 Bronze |
| | SPARRING (male) 16–17 years old | 6 Gold – 6 Silver – 12 Bronze |
| | SPARRING (female) 14–15 years old | 6 Gold – 6 Silver – 12 Bronze |
| | SPARRING (female) 16–17 years old | 6 Gold – 6 Silver – 12 Bronze |
| 42.2.3 | SELF-DEFENSE ROUTINE (male) | 4 Gold – 4 Silver – 4 Bronze |
| | SELF-DEFENSE ROUTINE (female) | 3 Gold – 3 Silver – 3 Bronze |
| 42.2.4 | SPECIAL TECHNIQUE (male) | 6 Gold – 6 Silver – 6 Bronze |
| | SPECIAL TECHNIQUE (female) | 6 Gold – 6 Silver – 6 Bronze |
| 42.2.5 | OVERALL CHAMPION (male) | 1 Trophy |
| | OVERALL CHAMPION (female) | 1 Trophy |
| 42.3 | OVERALL CHAMPION OF COUNTRIES (1 st place) | 1 Trophy |
| | OVERALL CHAMPION OF COUNTRIES (2 nd place) | 1 Trophy |
| | OVERALL CHAMPION OF COUNTRIES (3 rd place) | 1 Trophy |

Article 43. Awards in Adult Category

43.1 Individual Competitions

| | | |
|--------|------------------|-------------------------------|
| 43.1.1 | PATTERN (male) | 6 Gold – 6 Silver – 12 Bronze |
| | PATTERN (female) | 6 Gold – 6 Silver – 12 Bronze |



| | | |
|--------|---|-------------------------------|
| 43.1.2 | SPARRING (male) | 8 Gold – 8 Silver – 16 Bronze |
| | SPARRING (female) | 8 Gold – 8 Silver – 16 Bronze |
| 43.1.3 | POWER (male) | 1 Gold – 1 Silver – 1 Bronze |
| | POWER (female) | 1 Gold – 1 Silver – 1 Bronze |
| 43.1.4 | SPECIAL TECHNIQUE (male) | 1 Gold – 1 Silver – 1 Bronze |
| | SPECIAL TECHNIQUE (female) | 1 Gold – 1 Silver – 1 Bronze |
| 43.1.5 | OVERALL CHAMPION (male) | 1 Trophy |
| | OVERALL CHAMPION (female) | 1 Trophy |
| 43.2 | Team Competitions | |
| 43.2.1 | PATTERN (male) | 6 Gold – 6 Silver – 12 Bronze |
| | PATTERN (female) | 6 Gold – 6 Silver – 12 Bronze |
| 43.2.2 | SPARRING (male) | 6 Gold – 6 Silver – 12 Bronze |
| | SPARRING (female) | 6 Gold – 6 Silver – 12 Bronze |
| 43.2.3 | SELF-DEFENSE ROUTINE (male) | 4 Gold – 4 Silver – 4 Bronze |
| | SELF-DEFENSE ROUTINE (female) | 3 Gold – 3 Silver – 3 Bronze |
| 43.2.4 | POWER (male) | 6 Gold – 6 Silver – 6 Bronze |
| | POWER (female) | 6 Gold – 6 Silver – 6 Bronze |
| 43.2.5 | SPECIAL TECHNIQUE (male) | 6 Gold – 6 Silver – 6 Bronze |
| | SPECIAL TECHNIQUE (female) | 6 Gold – 6 Silver – 6 Bronze |
| 43.2.6 | OVERALL CHAMPION (male) | 1 Trophy |
| | OVERALL CHAMPION (female) | 1 Trophy |
| 43.3 | OVERALL CHAMPION OF COUNTRIES (1 st place) | 1 Trophy |
| | OVERALL CHAMPION OF COUNTRIES (2 nd place) | 1 Trophy |
| | OVERALL CHAMPION OF COUNTRIES (3 rd place) | 1 Trophy |

Article 44. Awards in Veteran Category

44.1 Individual Competitions

| | | |
|--------|---------------------------------------|---------------------------------|
| 44.1.1 | PATTERN (male) | 12 Gold – 12 Silver – 24 Bronze |
| | PATTERN (female) | 12 Gold – 12 Silver – 24 Bronze |
| 44.1.2 | SPARRING (male) | 8 Gold – 8 Silver – 16 Bronze |
| | SPARRING (female) | 8 Gold – 8 Silver – 16 Bronze |
| 44.1.3 | POWER (male) | 1 Gold – 1 Silver – 1 Bronze |
| | POWER (female) | 1 Gold – 1 Silver – 1 Bronze |
| 44.1.4 | The best Technical Prize Award (male) | 2 Trophies |



| | | |
|--------|---|------------------------------|
| | The best Technical Prize Award (female) | 2 Trophies |
| 44.2 | Team Competitions | |
| 44.2.1 | PATTERN (male) | 4 Gold – 4 Silver – 8 Bronze |
| | PATTERN (female) | 4 Gold – 4 Silver – 8 Bronze |
| 44.2.2 | SPARRING (male) | 4 Gold – 4 Silver – 8 Bronze |
| | SPARRING (female) | 4 Gold – 4 Silver – 8 Bronze |
| 44.2.3 | OVERALL CHAMPION (male) | 1 Trophy |
| | OVERALL CHAMPION (female) | 1 Trophy |
| 44.3 | OVERALL CHAMPION OF COUNTRIES (1 st place) | 1 Trophy |
| | OVERALL CHAMPION OF COUNTRIES (2 nd place) | 1 Trophy |
| | OVERALL CHAMPION OF COUNTRIES (3 rd place) | 1 Trophy |

Article 45. The Best Technical Prize Awards, The Best Team Champion Prize Awards and The Most Honorable Prize Awards

The competition of less than 3 competitors or teams shall not count for the Best Technical Awards or the Best Team Champion Prize Awards.

45.1 The Best Technical Prize Award

45.1.1 Trophies will be given to the competitors with most gold medal counts awarded in individual competition.

45.1.2 When the number of gold medals is even, silver and bronze medals will be counted.

45.1.3 In case the numbers of gold, silver and bronze medals are the same, the gold, silver and bronze medals for Pattern, Sparring, Self-Defense Routine, Special Technique and Power Breaking will be counted.

45.2 The Best Team Champion Prize Awards

The medals gained from each item are counted as one gold medal only. The trophy shall be awarded in the same principle as in the Best Technical Prize Award.

45.3 The Most Honorable Prize Award

Trophies will be given to the oldest male and female competitors among those participating in Veteran Category.

Article 46. Awards of Prize for the Champion of Countries

46.1 Trophies will be awarded to the country with the most gold medal counts gained in individual and team competitions. (Medals from one item in team competitions will count as one only.)



46.2 In case of the number of gold medal being the same, then the silver and bronze medals will be counted for the trophies to be awarded.

46.3 In case of the number of gold, silver and bronze medals being the same, the gold medals will be counted for Pattern, Sparring, Self-Defense Routine, Special Technique and Power Breaking. If it is still the same, silver and bronze medals will be counted.

SECTION 13. PATTERN

Article 47. Mode of Competition

The Pyramid system of Elimination will be used.

Article 48. Point Awards

48.1 Individual Competitions

48.1.1 Estimating Contents

- Technical contents
- Power
- Speed
- Rhythm
- Balance
- Breath control

48.1.2 Scoring Criteria

- | | |
|------------------|-----------|
| • Precision | 10 points |
| • Power | 6 points |
| • Balance | 6 points |
| • Breath control | 6 points |
| • Rhythm | 6 points |

48.2 Team Competitions

48.2.1 Estimating Contents

- Team work and choreography
- Technical contents
- Power
- Balance
- Breath control
- Rhythm

48.2.2 Scoring Criteria



- Team work (choreography) 10 points
- Technical contents 10 points
- Power 6 points
- Balance 6 points
- Breath control 6 points
- Rhythm 6 points

48.3 Disqualification & minus points in the Pattern match

48.3.1 Disqualification, 0 point

- Missing or adding at least 1 movement
- Mixing patterns
- Performing the wrong designated pattern
- Move the wrong foot into the next stance for the next movement
- Falling down (total loss of balance)
- Stopping for enough time for the next 3 or more movements
- Passing beyond the line of the umpires' chairs at any point of pattern
- Not in ready stance within the allotted time (20 sec)

TEAM WORK

- If any member of the team fails to enter the tatami within the allotted time once called forward
- If any of the team members performs in a way that scores "0" (zero) in individual pattern then team pattern will be scored "0" (zero)

Note: If any one section of a pattern scores "0" (zero) then the pattern scores "0".

48.3.2 Minus 2 points

A) Technical contents

- If performing the incorrect (or wrong) technique (e.g. instead of doing inner forearm block performs outer forearm block)
- After finishing the pattern & to move the wrong foot
- If performing the wrong stance (instead of walking stance performs L-stance)
- If performing twice, and any subsequent height/level of the same technique mistake
- If performing twice or more, any subsequent "same family" mistake
- If performing twice or more, any subsequent incorrect stance dimensions mistake
- If performing twice or more "shouting" at any point of patterns
- If performing twice or more, any subsequent incorrect "heel lifting" at the point of execution in the close stance



B) Balance

- If performing twice or more, any subsequent loss of balance that causes the foot to return to the floor for the stability

C) Breath control

- If performing twice or more any subsequent incorrect specific techniques (such as slow, fast, continuous, or connecting motion)
- If performing twice or more any subsequent “impact” or “hard” breath controlling at the end of techniques stated as slow motion
- If performing twice or more any instance of poor coordination of breathing and technique

D) Power

- For any continued general low level of power

E) Rhythm

- If performing twice or any subsequent mistake of incorrect use of specific techniques such as normal, slow, fast, continuous, or connecting motion

48.3.3 Minus 1 point

A) Technical Contents

- If any performance of an incorrect height of the movement
- If performing any mistake with the “same family” (e.g. using knife-hand block instead of outer forearm block)
- If performing an incorrect distance dimensions mistake
- For any first “shouting” at any point of the pattern
- If any case of “heel lifting” at the point of execution in the close stance

B) Balance

- If any loss of balance that causes the foot to return to the floor for stability

C) Breath control

- If any mistake of performing the movements according to the specific techniques such as fast, slow, continuous, or connecting motion
- If any use of “impact”, or “hard” breath controlling at the end of slow motion
- If any instance of poor coordination of breathing and movement

D) Power



- If performing with a generally low level of power for any a movement
- If performing without coordination of a movement according to the theory of power

E) Rhythm

- If slowly performing as if to a normal “count”
- If too quickly performing as if to a normal “count”
- If any mistake of performing the movements according to the specific techniques such as fast, slow, continuous, or connecting motion

TEAM WORK

- If any member of the team performs in a way that will receive a minus point in individual Pattern Competition then that relevant section of team Pattern will receive the appropriate –1 point
- If any member of the team performs in a second or subsequent way that will receive –2 points in individual Pattern Competition then that relevant section of team Pattern will receive the appropriate –2 points
- If the first instance where any team incorrectly applies the correct normal, slow, fast, continuous, or connecting motion, or breaks the correct application in any way team pattern will receive –1 point
- If the second or subsequent instance where any team incorrectly applies the correct normal, slow, fast, continuous, or connecting motion, or breaks the correct application in any way team pattern will receive –2 points

Article 49. Individual Competitions

The competitors will perform optional pattern one after another and designated pattern together.

49.1 Competitors shall perform one optional pattern according to their Dans (as stipulated below) and one designated pattern (excluding the optional Pattern) selected by the Jury.

49.1.1 1st Dan

Optional: KWANG-GAE to GE-BAEK
Designated: CHON-JI to GE-BAEK

49.1.2 2nd Dan

Optional: EUI-AM to JU-CHE
Designated: CHON-JI to JU-CHE

49.1.3 3rd Dan



Optional: SAM-IL to CHOI-YONG
Designated: CHON-JI to CHOI-YONG

49.1.4 4th Dan

Optional: YON-GAE to MOON-MOO
Designated: CHON-JI to MOON-MOO

49.1.5 5th Dan

Optional: SO-SAN to SE-JONG
Designated: CHON-JI to SE-JONG

49.1.6 6th Dan

Optional: TONG-IL
Designated: CHON-JI to SE-JONG

49.2 Deciding the winner

Jury President will decide the winner in accordance with the flag signal of five Judges.

49.2.1 When three or more Judges give a decision in favor of one Competitor, then that Competitor is the winner.

49.2.2 When two Judges give a decision in favor of one Competitor, one for the other and two for a draw, the Competitor who receives the two favored decisions is the winner.

49.2.3 When three or more Judges say that it is a draw, it is the competition in a tie.

49.2.4 When two Judges give a decision in favor of one Competitor, 2 for the other and 1 Judge gives a draw, it is the competition in a tie.

49.2.5 When the competition is decided to be in a tie, extra performance of a pattern designated by Jury President will be repeated until the winner is decided.

Article 50. Team Competitions

50.1 Teams will perform one optional pattern and one designated pattern (the same pattern for the 2 competing teams but excluding optional pattern) selected by Jury President in any format.

The team pattern competition, unlike the individual competitions, is the team performance which 5 competitors of a team enter the ring and demonstrate their teamwork. Hence, the technical movements should be performed collectively in accordance with the choreography. However, the technical aspects including fast and slow motions, continuous and connected motions should be executed as laid down in the Encyclopedia. Scoring will not commence until the command “Shi Jak” is given.



Maximum of ten (10) seconds will be allowed for the team to arrive at their starting positions.

50.2 Optional patterns and designated patterns in team competitions for Junior, Adult and Veteran Categories.

In Optional Patterns for the team competitions, the Patterns should correspond to the lowest Dan Holder among the team members.

50.2.1 Junior

Optional: KWANG-GAE to the lowest Dan holder of the team
Designated: CHON-JI to GE-BAEK

50.2.2 Adult

Optional: KWANG –GAE to the lowest Dan holder of the team
Designated: CHON-JI to GE-BAEK

50.2.3 Veteran

Optional: KWANG-GAE to the lowest Dan holder of the team
Designated: CHON-JI to GE-BAEK

50.3 Teams will perform alternatively.

Each team will perform the same designated pattern.

50.4 Deciding the winner is the same as in individual pattern.

Article 51. Officials

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

SECTION 14. SPARRING

Article 52. Mode of Competition

In preliminary rounds, competitors will be divided in groups of three, with a maximum of four. They will compete against each other and the competitors who receive more points will proceed to the pyramid system.

Article 53. Allowed hand and foot techniques

53.1 Hand parts: Forefist (Ap joomuk), Back fist (Dung joomuk) and Side fist (Yop joomuk).



- 53.2 Foot parts: Ball of the foot (Apkumchi), Instep (Baldung), Footsword (Balkal), Back heel (Dwitchook), Sole (Balbadak).

Article 54. Target Area

- 54.1 The face front and sides (excluding the back, nape and the neck).
- 54.2 Frontal area of trunk of the body from a line drawn from the armpit vertically down to the waist on each side (excluding the back).
- 54.3 When the arm, from the elbow to the fingers, is in contact with the body, then this is regarded as part of the body, by which the opponent can therefore score points.

Article 55. Scoring Criteria

All attacks must be controlled at the point of contact.

55.1 One (1) point will be awarded for:

- Hand attack directed to mid or high section.
- Foot attack directed to mid-section.
- Perfect defense
- Hand attack directed to the mid-section with both feet off the ground

55.2 Two (2) points will be awarded for

- Foot attack directed to high section
- Hand attack directed to the high section with both feet off the ground
- Flying foot attack directed to mid-section

55.3 Three (3) points will be awarded for:

- Flying kick directed to high section
- Mid-air kick (180°) to mid-section
- Mid-air hand attack (180° or more) directed to high section

55.4 Four (4) points will be awarded for:

- Mid-air kick (180°) directed to high section
- Mid-air kick (360° or more) to mid-section

55.5 Five (5) points will be awarded for:

- Mid-air kick (360° or more) to high section

** When flying 2 or 3 hand and foot attacks are counted as points, the respective points should be awarded for each technique.*



55.6 When the Center referee considers a 4 or 5 points technique has been scored, he/she will stop the competition with the command “Hechyo”. Any corner referees can also stop the competitions when they acknowledge movements deserving 4 and 5 points missed or neglected by center referee. He/she will raise his/her hand indicating 4 or 5 points techniques while his/her other arm pointing to the relevant competitor and the corner referees must score the points. The coach of the opposite team can ask for video protest against the decision of the center/corner referees while his or her other arm pointing to the relevant competitor, if corner referees agree they can then score the points.

Article 56. Fouls

56.1 Warnings

56.1.1 For the following offences:

- Attack to an illegal target
- Stepping completely out of the ring (both feet)
- Any part of the body, other than the feet, touching the ground
- Holding or grabbing
- Pushing with hands or body
- Pretending to be injured
- Intentionally avoiding sparring
- More than two punches to the face or any part of the body
- Repeatedly pretending to have scored by raising the arm
- Turning the back intentionally to avoid combat
- Unnecessary speaking during competition
- Paying no attention to the instructions of Center Referee

56.1.2 One (1) point will be deducted for every 3 warnings.

56.1.3 No disqualification will result from 3 points deductions or more from warnings.

56.2 Deduction of Points for serious fouls (Yellow card)

56.2.1 For the following offences which carry a yellow card:

- Insulting an opponent in any way
- Biting
- Attacking a fallen opponent or an unready opponent when the referee has already stopped the competition
- Uncontrolled contact
- Attacking with head, elbow and knee
- Intentional sweeping or tripping
- Deliberately running out of the ring



56.2.2 In case of point deduction Center Referee will raise a yellow card to indicate one point deducted.

56.2.3 2 points should be deducted from a competitor's score if he or she fails to execute at least mid-air kick (180° or more) in each round of competition. Only the mid-air kick (180° or more) which are performed in time of attack and defense or while in contact with the opponent should be recognized as the valid points. The mid-air kicks which are blindly performed in the air should not be recognized.

56.2.4 Deducting 2 points when he or she fails to perform one or more mid-air kicks is not applied to the Veteran Competitions.

56.3 Disqualification (Red card)

56.3.1 For the following offences:

- Misconduct against umpires
- Ignoring the Center Referee's instructions
- Causing an opponent unable to compete as a result of heavy contact
- Any competitor suspected of being under influence of alcoholic beverage or drugs
- Receiving 3 deductions (yellow card) in the same competition

56.3.2 The Center Referee will raise a red card to indicate a competitor disqualified.

Article 57. Individual Competitions

57.1 Weight Division

57.1.1 For Junior Category

Two competitors can enter one weight division per country.

57.1.1.1 Juniors Male 14–15 years old

- 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, - 70 kg, + 70 kg

57.1.1.2 Juniors Male 16–17 years old

- 45 kg, - 51 kg, - 57 kg, - 63 kg, - 69 kg, - 75 kg, + 75 kg

57.1.1.3 Juniors Female 14–15 years old

- 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, + 65 kg

57.1.1.4 Juniors Female 16–17 years old

- 40 kg, - 46 kg, - 52 kg, - 58 kg, - 64 kg, - 70 kg, + 70 kg



57.1.2 For Adult Category

Two competitors can enter one weight division per country.

57.1.2.1 Adult Male

- 52 kg, - 58 kg, - 64 kg, - 71 kg, - 78 kg, - 85 kg, - 92 kg, + 92 kg

57.1.2.2 Adult Female

- 47 kg, - 52 kg, - 57 kg, - 62 kg, - 67 kg, - 72 kg, - 77 kg, + 77 kg

57.1.3 For Veteran Category

In the Silver Class (40–49 years old) and the Gold Class (50–59 years old), up to 3 competitors from each country can enter the Individual Sparring Competitions according to the weight divisions.

57.1.3.1 Male

- 64 kg, - 73 kg, - 80 kg, - 90 kg, + 90 kg (Silver Class)

- 66 kg, - 80 kg, + 80 kg (Gold Class)

57.1.3.2 Female

- 54 kg, - 61 kg, - 68 kg, - 75 kg, + 75 kg (Silver Class)

- 60 kg, - 75 kg, + 75 kg (Gold Class)

57.2 Duration of bout

57.2.1 For Juniors, and Adults, both males and females – the competitions shall be 2 rounds of 2 minutes “of actual sparing time”.

57.2.2 For Veteran, elimination and final bout will consist of 2 rounds of 1.5 minutes.

57.2.3 One-minute break shall be given between rounds.

57.3 Deciding the Winner

The Jury President shall decide who is the winner per the referees’ decisions.

57.3.1 When three or more corner referees give a decision in favor of one Competitor, then that Competitor is the winner.

57.3.2 When two Corner Referees give a decision in favor of one Competitor, one Corner Referee for the other and one for a draw, the Competitor who receives the two favored decisions is the winner.

57.3.3 When two Corner Referees give a decision in favor of one Competitor and two Corner Referees give a draw, the Competitor who receives the two favored decisions is the winner.



- 57.3.4 When three or more Corner Referees say that it is a draw, then it is the competition in a tie.
- 57.3.5 When two Corner Referees give a decision in favor of one competitor and two Corner Referees for other competitor, then that competition is in a tie.
- 57.3.6 When one corner referee gives a decision in favor of one competitor, two Corner Referees for a draw and one for other competitor, then that competition is in a tie.
- 57.3.7. When the competition is tied, 1-minute extension will follow. If this result is in a further draw, the competition for the gold points will take place. The competitor with the first scored points shall be the winner with disregard to timing and the competitor with three warnings or 1 yellow card without any scored points will be the loser.

Article 58. Team Competitions

- 58.1 A team will be formed with disregard to competitors' Dans and weight.
- 58.2 A draw with the toss of a coin will decide which team to field in a competitor for the first bout, this process will alternate between the teams.
- 58.3 Duration of a bout
 - 58.3.1 For Junior and Adult Competitions, each bout will be 1 round of 2 minutes.
 - 58.3.2 For Veteran Competitions, each bout will be 1 round of 1.5 minutes.
- 58.4 Deciding the winner
 - 58.4.1 For the team Competitions, it will be same as in the individual Competitions. (Except for a tied competition)
 - 58.4.2 When a team wins a bout, it receives two points and 1 point for a draw. When a team accumulates six points it will be declared the winner without further Competitions.
 - 58.4.3 When all five bouts are finished and the result is a draw, then each Coach will select a Competitor to spar an extra bout. The Team whose Competitor wins this bout will be the winner.
 - 58.4.4 When extra bout results in a further draw, then extension and bout for golden points shall take place to decide the winner as in individual Competitions .
 - 58.4.5 When a team has one member short at the time of competition then the opposing team will automatically be awarded two points. When a team has two members short, then the opposing team will automatically be awarded 4 points.



Article 59. Injury

- 59.1 When a competitor is injured during competition, the Center Referee must stop the competitions and call the Doctor. After the injured competitor is treated, the Doctor must inform the Center Referee as to whether that competitor could continue competing. The Doctor's decision is final.
- 59.2 Deciding the winner when the competition cannot continue due to injury
- 59.2.1 When it is decided that the opponent is at fault for causing the injury, then the injured competitor will be declared the winner. The injured competitor does not continue to the next round of this discipline.
- 59.2.2 When it is decided that it is the fault of the injured competitor that caused his or her own injury, then the injured competitor's opponent will be declared the winner.
- 59.2.3 If both competitors are injured at the same time, and if both prove to be unfit to continue, the winner is the one who has more umpires' votes until competition was stopped. If the competitors have even results, the jury president will decide the winner after consultation with the Ring Council complying with the resulting warnings and yellow cards to the present moment. The injured competitor does not continue to the next round of this discipline.
- 59.2.4 Until the decision for injured competitor has been made, the competition cannot go on to the next round.
- 59.2.5 The competitor not accepting the doctor's decision shall be disqualified.

Article 60. Officials

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

SECTION 15. SPECIAL TECHNIQUE

Special technique minimum heights and lengths will be as specified in Article 61.

Article 61. Divisions and minimum heights

- 61.1 Junior special techniques minimum heights



| Technique | Male | Female |
|--|---------------|---------------|
| Flying high kick (Twimyo nopi chagi) | 2.7 m | 2.2 m |
| Flying turning kick (Twimyo dollyo chagi) | 2.4 m | 2.1 m |
| Flying reverse turning kick (Twimyo bandae dollyo chagi) | 2.3 m | 2.0 m |
| Mid-air kick (Twio dolmyo chagi) | 2.3 m | 2.0 m |
| Overhead kick (Twio nomo chagi) | 2.5 m × 70 cm | 1.5 m × 70 cm |

61.2 Adult special techniques minimum heights

| Technique | Male | Female |
|--|---------------|---------------|
| Flying high kick (Twimyo nopi chagi) | 2.8 m | 2.3 m |
| Flying turning kick (Twimyo dollyo chagi) | 2.5 m | 2.2 m |
| Flying reverse turning kick (Twimyo bandae dollyo chagi) | 2.4 m | 2.1 m |
| Mid-air kick (Twio dolmyo chagi) | 2.4 m | 2.1 m |
| Overhead kick (Twio nomo chagi) | 2.5 m × 70 cm | 1.5 m × 70 cm |

Article 62. Conditions

- 62.1 Each competitor performs a chosen Qualifying technique. After successful performance (to score three points), the competitor can continue with the implementation of other techniques.
- 62.2 When performing flying high kick and flying turning kick, the competitors should take a run-up and jump on the kicking foot, pulling the other leg to the chest and break the target with the jumping foot while lowering the other leg.

Article 63. Boards

- 63.1 Dimensions 30×30 cm
- 63.2 Standard machines with plastic boards or paddles are used, approved by the ITF.
- 63.3 For the overhead kick, a standard stand is used, approved by the ITF.
- 63.3.1 The tape must be of opaque material, paper or plastic, placed in a height of 70 cm.
- 63.3.2 Plastic rebreakable boards with dimensions 30×30 cm are used, approved by the ITF.

Article 64. Scoring Criteria

- 64.1 There will be five Referees judging the attempt. Each Referee will be holding a red flag and a blue flag. After each attempt, the Referees will raise a red flag for an invalid attempt, a blue flag for a valid attempt, and no flag raised by a Referee who did not see properly the attempt and therefore could not make a judgment.



- 64.2 In the case that there is a draw in the judgment, for example, two red flags, two blue flags and one no flag raised. Then it is a split decision and that competitor will receive half the points counted for that attempt.
- 64.3 Each board moved to more than 90 degrees will score three points, each board moved less than 90 degrees scores 1 point.
- 64.4 For the overhead kick a fully broken board will score three points. Each cracked or bent board will score one point.
- 64.5 A break is only valid when the competitor has adopted correct posture, technique, balance and correct breaking tool. And when the competitor has touched the hurdle fallen during the flying over kick, he/she is judged as scoring nil.

Article 65. Individual Competitions

65.1 Mode of Competition

- 65.1.1 Male and female can enter 5 items respectively.
- 65.1.2 Each competitor will have 1 attempt, only with 1 prejudging of distance allowed without touching the target. The competitor will be given 30 seconds to break (Ready posture + prejudging + ready posture + breaking + ready posture).

65.2 Deciding the winner

- 65.2.1 When all the 5 items are completed, the scores and all points awarded to each competitor will be added up and the winner will be decided according to the highest accumulated points.
- 65.2.2 There will only be one 1st place winner, one 2nd place winner and one 3rd place winner.

In the case that there is more than one competitor having the same score, the Jury President will choose an item by lottery for those involved to continue the competition, by increasing the height in minimum 5 cm until the desired winner is decided. If the competitors are still tied the Jury President will choose by lottery another technique until the winner is decided.

Article 66. Team Competitions

66.1 Mode of Competition

- 66.1.1 A team will consist of five males and females respectively and one competitor from one team can enter each item only.
- 66.1.2 The mode of competition for all items is the same as in individual competition.



66.1.3 Each team performs one selected qualification technique. After successful performance (to score three points), the other competitors continue with the implementation of the other techniques.

66.2 Point awards for all items shall be same as in individual competition.

66.3 Deciding the winner

66.3.1 After the attempts of a team for all items, the points gained by each competitor will be added and the 1st, 2nd and 3rd places will be decided with the same method as in individual competition.

66.3.2 In the event of tie, the same method as in individual competition will be applied.

Article 67. Officials

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

SECTION 16. POWER BREAKING

Article 68. Divisions and minimum boards

68.1 Adult male

| Tool | Min. boards male |
|-----------------------------|------------------|
| Forefist (Ap joomuk) | 2 |
| Knife-hand (Sonkal) | 2 |
| Footsword (Balkal) | 4 |
| Ball of the foot (Apkumchi) | 3 |
| Back heel (Dwitchook) | 3 |

68.2 Adult female

| Tool | Min. boards female |
|-----------------------------|--------------------|
| Knife-hand (Sonkal) | 1 |
| Ball of the foot (Apkumchi) | 2 |
| Footsword (Balkal) | 3 |



68.3 Veteran

| Tool | Min. boards male | Min. boards female |
|-----------------------------|-------------------------|---------------------------|
| Knife-hand (Sonkal) | 2 | 1 |
| Ball of the foot (Apkumchi) | 3 | 2 |
| Footsword (Balkal) | 3 | 2 |

Article 69. Conditions

69.1 Each competitor performs a chosen Qualifying technique. All boards must be fully broken, then the competitor can continue with the implementation of other techniques.

Article 70. Boards

70.1 Dimensions 30×30×2 cm – plastic rebreakable board.

70.2 The referee must examine each board before each attempt.

Article 71. Scoring Criteria

71.1 There will be five Referees judging the attempt. Each Referee will be holding a red flag and a blue flag. After each attempt, the Referees will raise a red flag for an invalid attempt, a blue flag for a valid attempt, and no flag raised by a Referee who did not see properly the attempt and therefore could not make a judgment.

71.2 In the case that there is a draw in the judgment, for example, two red flags, two blue flags and one no flag raised. Then it is a split decision and that competitor will receive half the points counted for that attempt.

71.3 Each broken/separated board will count as 3 points and each bent/cracked board will count as 1 point.

71.4 When the competitor has not adopted his correct posture and balance and has not used correct breaking tool in spite of board being broken, then the result is not valid.

Article 72. Individual Competitions

72.1 Mode of Competition

72.1.1 Male can enter five and female can enter three, items respectively.

72.1.2 The competitor can begin with one ready posture and end with a different ready posture. Prejudging is optional; if a competitor does not want to do prejudging, he or she can go straight from ready stance-break-ready stance. The competitor will adopt a ready posture in the form of either an L-stance forearm guarding block posture or a sitting ready stance posture. On the



command from the Referee the competitor will be allowed to make 1 pre-judging, returns to ready posture, then attempt to break in one continuous movement, and returns to any ready posture upon completion of the attempt.

72.1.3 Upon the command signal, the competitor has 30 seconds to complete that item. (Ready posture + pre-judging + ready posture + break + ready posture).

72.1.4 The competitor can adjust the height of the boards before pre-judging. The adjusting of the height is not included in the time (30 seconds) for performing for break. Center line of board must be in line with the solar plexus.

72.1.5 Knife-hand strike may be inwards or outwards.

72.1.6 A random eliminator may be used for qualifying purposes.

72.2 Deciding the winners

72.2.1 Points will be awarded per the numbers of the broken boards.

72.2.2 When the competitor has completed his or her attempt on all the 5 or 3 breaking items, his or her points will be added together. The competitors will be decided as the 1st place winner, 2nd place winner and 3rd place winner by order of points. Only one person will be chosen for the 1st, 2nd and the 3rd place. In the case that there are more than one competitor having the same number of points in the same placing, the Jury President will then choose one of the 5 or 3 items by lottery for the competitors concerned to further compete to decide the winner. If the competitors reach a number of maximum boards in one technique and the competition results are still equal, then the Jury President chooses a different technique, by lottery.

Article 73. Team Competitions

73.1 Mode of Competition

73.1.1 A competitor from one team can enter one item.

73.1.2 Mode of competition for all items is the same as in individual competition.

73.2 Point awards for items will be same as in individual competition.

73.3 Deciding the winner

After the competition for all items all the points gained by each competitor of a team will be added together and the 1st, 2nd and 3rd places will be decided as in the individual competition. In the case of two teams or more in the same medal placing, the winner will be decided as in individual competition, as every competitor performs one technique, which was previously noted without the right of a change.



Article 74. Officials

- Jury President
- 1-2 Jury Member
- 5 Referees
- 1 Time keeper
- 1 Recorder

SECTION 17. SELF-DEFENSE ROUTINE

Article 75. Mode of Competition

Qualifying system of accumulated points will be used.

75.1 Depending on the numbers, the Tournament committee shall set how many teams and how many will go to the final.

75.2 This event will be seeding.

Article 76. Divisions

76.1 Male (Junior and Adult)

One male vs. 3 males

76.2 Female (Junior and Adult)

One female vs. 2 persons (male or female)

“Hero” must be the competitor of relevant Dan. Others may be any competitors.

Article 77. Competition Dress

The “Hero” of the performance will wear the official ITF Dobok, while the “attackers” will wear other clothes appropriate to their roles. The “attackers” are not allowed to wear the uniforms of other martial arts systems.

Article 78. Timing

For Junior and Adult Categories, competitors should perform within a minimum of 40 seconds and a maximum of 60 seconds.

Article 79. Performance Procedures

79.1 The “Hero” will bow to Jury President and make his ready posture and shouts “Ya!” with the forearm guarding block), then the gong will sound and time will start.

79.2 The team will have only ten (10) second introductions before he/she shouts “Ya!”.



- 79.3 When the “Hero” finishes his/her last performance and adopts his/her ready posture and shouts “Ya!”, the gong will sound and clock will stop. With the command signal from the “Hero”, the competitors in a line will bow to the Jury table and leave the ring.
- 79.4 The use of fire, water, materials such as glass or loud music is not allowed on the arena sound system.
- 79.5 When a team completes its performance, it shall clean up the performance area.

Article 80. Compulsory Techniques

Compulsory techniques to be performed in Self-Defense Routine:

- 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 from grasp or hold.
- Minimum 1 defense technique against a weapon (knife, toy gun, chair, etc.).
- Minimum 1 double blocking technique against a double attack.

For Junior and Adult Categories, the techniques mentioned in Article 80 should be compulsorily performed. The compulsory techniques must be written down in the order of the routine and handed to the Jury President before the start of competition.

Article 81. Scoring Criteria

81.1 Estimating Contents

- Technical content (includes correct execution, power, balance, breath control and rhythm)
- Team work (includes accuracy, timing and speed)
- Artistic beauty (includes choreography and realism)

81.2 Scoring criteria

- | | |
|----------------------|-----------|
| • Technical contents | 10 points |
| • Team work | 10 points |
| • Artistic beauty | 10 points |

Article 82. Deciding the winner

When a team has performed, the Jury President will be presented with the score sheets from the 5 judges. He will exclude the highest score and the lowest score, and will add up the points from the 3 remaining scores.



- 82.1 In case there are more than two teams with the same highest points, the teams concerned will further perform and compete amongst themselves until two top teams be selected to qualify for the final.
- 82.2 One 1st place, one 2nd place and one 3rd place winners will be decided from the final round of competition. In the case of two teams or more in the same medal placing, the winners will be decided per the highest points by adding the points gained from the elimination and final. When those points are the same, extra performance will take place until a winner is decided.
- 82.3 Two points will be deducted for each technique not performed by the team.
- 82.4 Two points will be deducted for two seconds under or over the time period; any more will result zero (0).

Article 83. Officials

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

SECTION 18. PROTEST & DECISION

The Tournament Adjudication Committee will supervise all protest procedures. The Tournament Adjudication Committee includes the Chairmen of ITF Tournament Committee, ITF Umpire Committee and ITF Technical Committee.

The Chairman of Tournament Adjudication Committee must be the Chairman of ITF Tournament Committee.

In case of absence of its Chairman, the member of Tournament Adjudication Committee appointed by the ITF will act.

If the decision cannot be reached by the ITF Umpire Committee than it will be referred to the Tournament Adjudication Committee.

Article 84. Protest

- 84.1 All written protests may be submitted to the Tournament Adjudication Committee. Only the Coach in charge of individual or a team can present a protest to the Jury President in his /her square.
- 84.1.1 Official protest form must be filled in and presented within 5 minutes from the end of the competition.



84.1.2 Regulated protest fee (EUR 100) must be paid when presenting the protest. (If the protest is valid, then the protest fee will be returned to the coach.)

84.2 Jury President must submit the protest to the Tournament Adjudication Committee and explain its details.

84.3 A coach or team leader of the protesting team can make a brief oral presentation on the matter to the Tournament Adjudication Committee in support of his position. The coach or leader of the defending team is allowed a brief comment.

84.4 Video Protest

84.4.1 In the event of an objection against the decision of the jury during a competition in the disciplines - pattern, sparring, self-defense, special technique and power test (individual and team) - the coach may ask the Referee for an immediate review of the video under the approval of the Tournament Adjudication Committee.

84.4.1.1 The reviewing team will consist of 3 members, at minimum, including the following;

- Jury President of the corresponding ring
- One member of the Umpire Committee
- An umpire who is not involved with umpiring of the corresponding ring

84.4.2 When a coach asks to review the video record, the referee will approach to the coach and asks the reason for the request. The range of applications for video review is limited to:

84.4.2.1 In pattern (only after the end of the pattern)

- To appointing or not appointing "0" points

84.4.2.2 In sparring

- Valid 4 or 5 points techniques not awarded
- Warning, yellow or red card not recorded by the Jury Table
- Failure to award valid designated technique by the referee and the Jury panel

84.4.2.3 In special technique and power test

- Valid technique not awarded

84.4.3 The scope of the request for an immediate review of a video is restricted to only one action that occurred within five (5) seconds to the moment the coach has asked for a review of the record. Once the coach has raised his card to



request an immediate review of the video, it is assumed that he used his right to request such a review, regardless of the circumstances.

- 84.4.4 After completing the review of the video, the result will be informed to the referee of the final decision within one (1) minute after receiving a request to review a video.
- 84.4.5 Each coach has the right to request an immediate review of a video. If the request is granted and the contested issue is correct, the coach reserves the right to request a further review of a video during the current competition. However, if the request of the coach is not satisfied then he loses his right to request a review of a video during the current competition.
- 84.4.6 During one (1) competition, there is no limit on the total number of requests for review that a coach has the right to refer to a competitor.
- 84.4.7 The decision of the "Commission on the video protest" is final; not accepted are any further requests during the competition or protests after the competition.
- 84.4.8 In the event of an error by the umpires, related to a competitor or the points reporting system, each member of the judges may request a review and correction of decision in every moment of the competition. Following the release of the referees from the competing area, no one has the right to seek review or change of the decision.
- 84.4.9 In case of positive result of the review of the opposition, "Umpire Committee" examines the competition at the end of the competition day and, if necessary, takes disciplinary measures against the ring council who supervised the competition.
- 84.4.10 All money paid from protest and penalty during the Championship will be disbursed for the umpiring development of ITF.

Article 85. Decision

- 85.1 In order to give a correct decision, the Chairman of Tournament Adjudication Committee may call anyone (one by one) to give evidence on the protest (Jury President and Center Referee of relevant Ring, Coaches of two teams). Umpires to be called one by one.
- 85.2 Tournament Adjudication Committee will decide whether to validate the competition, or to repeat the competition or to assign the victory of the competition to the loser.
- 85.3 When the decision on the protest has been reached it will be informed to the parties concerned with its decision.



- 85.4 The winner cannot compete again before the decision of the Tournament Adjudication Committee.
- 85.5 Team or Individuals not accepting the decision made by the Tournament Adjudication Committee may result in having the whole team or individual disqualified from all further competitions of the Championship.
- 85.6 Follow-up procedures after the decision
- 85.6.1 Mistakes in adjudication of the competition may result in the decision being reversed.
- 85.6.2 When the Umpires committee considers that the referee/umpires have made an error in the application of the Rules, they can sanction it.

Article 86. Penalties for Withdrawal from Competition as Protest Means

In case of withdrawal of competitors or team from individual or team competitions as means of protest

- 86.1 They will be automatically disqualified from that competition.
- 86.2 They will be automatically disqualified from all further competition of that championship.



LIABILITY WAIVER FORM

Event:

1. Please read the information below carefully, complete the requested information, date and sign. This form must be completed and returned to the Weight Control officials when registering.

Responsible person:

Name: _____

Country: _____ Position: _____

| No. | Name | DOB | Signature |
|-----|------|-----|-----------|
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LIABILITY WAIVER:

I, the undersigned hereby confirm the following:

- I have adequate Medical insurance to cover the participation of my team during this event.
- I, the undersigned, do hereby declare that my team are in good physical and mental condition and we have not suffered from any injury, infection or disability liable to affect our capacity to compete in the current ITF event.
- I declare that the team are physically fit, have sufficiently prepared, and trained for participation in this event and have not been advised to not participate by a qualified medical professional. I declare that there are no health-related reasons or problems which preclude our participation in this activity.
- I release the event promoter, ITF, ITF Leadership, ITF standing committees and ITF NGB's members its servants/agents and umpires/referees from any claims and any loss, damage sustained while participating in the above-mentioned event.
- I understand, and I am fully aware that my team are participating in a contact sport and may, in the normal course of competitions, sustain an injury while competing.

I also agree that our attendance and or performance may be photographed, filmed or taped and used by ITF, event promoter and/or their respective authorized agents. I waive any compensation thereof.

I hereby undertake and agree to abide all ITF Rules and Regulations including WADA Anti-Doping rules and agrees to be tested if requested to do so.

I will treat all the competitors, officials and referees with, Respect, Integrity, Fair Play and Honour.

I declare to have read and understood the content of this document and I sign it of my own free will.

Place: _____ Date: _____ Signature: _____