

UNIFIED INTERNATIONAL TAEKWON-DO FEDERATION



TOURNAMENT RULES

Derived from the Rules and Regulations approved and used by the Late Founder, General Choi Hong Hi as proposed and compiled for use by the International Taekwon-Do Federation

TOURNAMENT RULES

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SECTION 1 – GENERAL

Article 1: PURPOSE

The purpose of the Competition Rules is to elevate the quality of Taekwon-Do by scoring every aspect and to provide an equal opportunity for all participants to show the ultimate of their abilities in a friendly competition with one another.

Article 2: APPLICATION

These are to be applied at every International and National Unified International Taekwon-Do Federation competition for degree holders. They apply to male and female except where stated otherwise.

Article 3: OFFICIALS

The Juries, Referees and Judges will be selected from the roles of certified Umpires in the Unified International Taekwon-Do Federation.

Article 4: DUTIES

Jury will normally consist of 3 senior Umpires who will be seated in place of honour, in front, and will render the final decision in case of a tie or dispute.

Referee will be in the square to control the match.

Judges for patterns will be seated in a line facing the competition. Judges for sparring will be seated at the four corners of the square. They will give points in accordance with their judgement.

Timekeepers will be seated at ringside to check and indicate the beginning, end and continuation of each match.

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. All competitors must be I, II or III degree ITF system black belt certificate holders.

ADULT COMPETITORS must be over 18 years old at the beginning of the championships and will compete in the divisions laid down in the Competition Rules. They must be I, II, III or IV degree ITF system black belt certificate holders. All Competitors must be healthy and registered with their National Association.

Article 6: DRESS

Officials will wear the dress requirements as laid down in the Unified ITF Umpire Rules.

Competitors, while competing must wear an official approved Taekwon-Do dobok with on badges also officially approved by the Unified ITF. The black belt must be of the official dimensions and must indicate the competitor's degree. A number will be given to all competitors and this must be worn on the lower back part of the dobok at all times. Female competitors may wear a white T-shirt under the dobok jacket.

Competitors are allowed, when not performing, to wear normal sportswear such as tracksuits, dressing gowns, training shoes, etc. however it is at the discretion of the Tournament Adjudication Committee. For opening and closing ceremonies, countries may wear the official ITF dobok or the official country training suit, but all team members should be dressed the same. No participant in the parade is permitted to carry cameras, flags, banners, etc, other than authorised, into the arena during the opening and closing ceremonies. Any participant committing a breach of the above regulation will be liable to sanctions.

Drinking of alcoholic beverages or smoking while wearing the dobok is prohibited.

Article 7: SAFETY EQUIPMENT AND PROTECTIVE WEAR

During sparring competition competitors must wear:

- Safety equipment of an approved type on their hands and feet.
- Mouth guard
- Groin guard protectors must be worn **INSIDE** the dobok trousers.

Competitors may optionally wear the following:

- Shin protectors
- Breast protectors (female only)
- Head gear (juniors only)

These all being of an approved type consisting of elasticised material with sponge or rubber type padding and containing no metal, bone or hard plastic or similar hard material whatsoever, nor involving the use of zip, lace or stud fasteners. No other protective or safety equipment may be worn, except in special circumstances with the approval of the Tournament Committee.

All Competitors with injuries that require bandaging or strapping of any kind must satisfy the tournament doctor of their need and obtain approval of type before performing, i.e. no pins or hard material can be worn, neither can bandaging give extra support so that it constitutes an advantage to that competitor.

No jewellery, watches or other adornments may be worn; hair may be kept in place using a 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 liability waiver 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 metres floor space. When the ring is elevated then the elevation must be at least 2 metres greater in size than the square. Elevations may be from 50 cm to 100 cm. Lighting must not be lower than 5 metres 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 their National Governing Body. A delegate registers the Competitors, submits the documents, lodges complaints and cooperates with the other officials in the competition.

Article 14: COACHES

An individual wishing to act as a coach must register with the tournament organizing committee. For individual or team Sparring Competition there can only be one (1) coach to a ring, however, the coach must not interfere in the competition by action or words. During the competition, the coach must wear a training suit and gymnastic shoes and carrying a towel. 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 - 2 Bronze
- POWER (female) 1 Gold - 1 Silver - 2 Bronze
- SPECIAL TECHNIQUE (male) 1 Gold – 1 Silver - 2 Bronze
- SPECIAL TECHNIQUE (female) 1 Gold - 1 Silver - 2 Bronze
- OVERALL CHAMPION (male) 1 Gold
- OVERALL CHAMPION (female) 1 Gold

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 - 2 Bronze
- POWER (female) 1 Gold - 1 Silver - 2 Bronze
- SPECIAL TECHNIQUE (male) 1 Gold - 1 Silver - 2 Bronze
- SPECIAL TECHNIQUE (female) 1 Gold - 1 Silver - 2 Bronze
- OVERALL CHAMPION (male) 1 Gold
- OVERALL CHAMPION (female) 1 Gold

Only points gained in individual events will count for Overall Winner of the individual events. However, in the event of two or more competitors having the same number of gold medals, then the silver and bronze medals will count in determining the Overall Winner. In the event that this also results in a tie then the Competitors will be awarded the same medals.

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

Junior and Senior Championships - TEAM

- 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 – 12 Bronze
- POWER (male) 6 Gold - 6 Silver - 12 Bronze
- POWER (female) 6 Gold - 6 Silver - 12 Bronze
- SPECIAL TECHNIQUE (male) 6 Gold - 6 Silver - 12 Bronze
- SPECIAL TECHNIQUE (female) 6 Gold - 6 Silver – 12 Bronze
- OVERALL CHAMPION (male) 1 trophy

- OVERALL CHAMPION (female) 1 trophy

Only Gold medals will count towards the Overall Winner. 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 champion award cannot be won without at least 4 Teams for the event.

Nation Classification

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 the case of Team, it will be counted as a single gold and not multiplied by 6, for example the winning team for Pattern will only have one gold added to the overall total and not 6 gold. The first classified Nation will be awarded with one trophy.

Article 16: OFFICIAL TERMINOLOGY

- CHARYOT ATTENTION
- KYONG YAE BOW
- JUNBI READY
- SHIJAK BEGIN
- HAECHYO SEPARATE
- GAESOK CONTINUE
- GOMAN END
- JU UI WARNING
- GAM JUM DEDUCTING POINTS
- SIL KYUK DISQUALIFICATION
- HONG RED
- CHONG BLUE
- JUNG JI TIME STOP
- IL HE JON 1st ROUND
- YI HE JON 2nd ROUND
- SUNG WINNER

Article 17: DIVISION OF COMPETITION

Competition is divided into INDIVIDUAL and TEAM matches and will be decided by the pyramid tournament system.

INDIVIDUAL JUNIOR – Individual matches are divided into:

- PATTERN: Male / Female – I, II, III degree divisions
- SPARRING: Male / Female - Micro, Light, Middle, Heavy, Hyper weight divisions,
- POWER: Male / Female
- SPECIAL TECHNIQUE: Male / Female

N.B: Individual competitors may enter all items.

INDIVIDUAL SENIOR - Individual matches are divided into:

- PATTERN: Male / Female I, II, III, IV degree divisions
- SPARRING: Male / Female Micro, Light, Middle, Heavy and Hyper weight divisions.
- POWER: Male / Female
- SPECIAL TECHNIQUE: Male / Female

N.B: Individual competitors may enter for all items.

TEAM JUNIOR AND SENIOR – Team matches are divided into

- PATTERN – Male/Female
- SPARRING – Male/Female
- POWER – Male/Female
- SPECIAL TECHNIQUE – Male/Female

Each team may perform Pattern, Sparring, Power and Special Technique. In Sparring competitors may be 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 from each country. These competitors may be individuals or team members.

TEAM: Teams (not necessarily chosen out of the individual competitors) will consist of 5 competitors + 1 reserve (optional) and the same must be used for all events. Any 5 may perform in Pattern. Any 5 may perform in Sparring. Any 5(male)/3(female) may perform in Power. Any 5(male)/3(female) may perform in Special Technique.

Article 19: ORDER OF MATCH

The order of events shall be Pattern, Sparring, Power, Special Technique. This should be followed where possible but is subject to the requirements of the time and schedule of the tournament overall.

Article 20: WEIGHT CHECK

Weight Check of competitors will not be earlier than 24 hours and not later than one hour before competition.

Article 21: DRAW FOR ORDER OF COMPETING

The order of matches for individuals and teams are drawn publicly. Medals which count toward the overall trophies cannot be won without at least 4 competitors or teams for the 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 due to previous injury. Bye will be decided at the draw. After the drawing of the competitors or team numbers is completed, then registration will be closed.

Article 22: ANNOUNCEMENTS

It will be announced in which ring an event will take place and it is the responsibility of the competitor/team to be close to the ring so that they may compete without delay when called upon to do so. The individual/team number and country will be called and they must go to the side of the ring complete with any equipment (such as safety equipment for sparring) which they require. Should they not come forward immediately then the number, name and country will be called for a second time. Should the individual/team still not come forward to the ring they will be disqualified.

Article 23: EQUIPMENT CHECK

The Referee will check to ensure that doboks, equipment, etc are of an officially approved type and that they are not defective. Should any item(s) not be satisfactory, then it must be changed and the competitor/team has a maximum of 3 minutes to do so. If replacement is not done within 3 minutes, then that competitor will be disqualified and match points awarded to the opponent where appropriate.

Article 24: COURTESY

Competitors must at all times 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 Groups.
- Dan Ranks

Article 26: PATTERN - INDIVIDUAL

The pyramid system of elimination will be used.

Competitors will compete 1 to 1 and will perform simultaneously one (1) designated Pattern and one (1) optional Pattern (within their degree, see Article 27). The Judges will choose the better competitor to go forward to the next round.

Article 27: PERFORMANCE AND DECISIONS - INDIVIDUAL

- I degree will compete against I degree with the designated Pattern being any one from CHON-JI to GE-BAEK.
- II degree will compete against II degree with the designated Pattern being any one from CHON-JI to JUCHE.
- III degree will compete against III degree with the designated Pattern being anyone from CHON-JI to CHOI-YONG.
- IV degree will compete against IV degree with the designated Pattern being anyone from CHON-JI to MOON-MOO.

N.B: The designated pattern will be selected by the Jury President by random blind draw. This pattern will be announced and where appropriate and possible, displayed to the competitors in the respective division on completion of their optional pattern.

In individual matches, the following decisions will apply:

- When 3 or more Judges give a decision in favour of one competitor, then that competitor is the winner.
- When 3 Judges give a draw and 2 Judges give a decision in favour of one competitor then that competitor is the winner.
- When 2 Judges give a decision in favour of one competitor, 1 Judge for the other and 2 Judges give a draw, then the competitor with 2 judges in favour is the winner.
- When 2 Judges give a decision in favour of one competitor and the other 2 Judges give a decision in favour for the other, and 1 Judge gives a draw, then another designated Pattern must be performed, until the winner is decided.

Article 28: ELIMINATION – JUNIOR AND SENIOR - TEAM

The pyramid system of elimination will be used.

Designated patterns draw will take place while both teams are on the mat. A coin will be tossed to decide which team goes first. The team will perform 2 patterns and the second team will do likewise. The judges will choose the better team to go forward to the next round.

Article 29: PERFORMANCE AND DECISIONS – TEAM

Each team (5 competitors) must perform one (1) designated and one (1) optional Pattern. The designated Pattern and optional Pattern being any from Chon-Ji to Ge-Baek. Both teams will perform the same designated pattern which will be announced by the Jury President on team presentation ringside. The Team may line up in any format that they choose and team members may perform movement individually, 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:

- When 3 or more Judges give a decision in favour of one Team, then that Team is the winner.
- When 3 Judges give a draw and 2 Judges give a decision in favour of one Team then that Team is the winner.
- When 2 Judges give a decision in favour of one Team, 1 Judge for the other and 2 Judges give a draw, then the Team with 2 judges in favour is the winner.
- When 2 Judges give a decision in favour of one Team and the other 2 Judges give a decision in favour for the other, and 1 Judge gives a draw, then another designated Pattern must be performed, until the winner is decided.

Article 30: OFFICIALS FOR PATTERN DIVISION

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

One of the 5 Referees shall give the commands.

SECTION 3 – SPARRING

Article 31: DIVISIONS

INDIVIDUAL:

- Male and Female groups
- Weight

JUNIOR WEIGHT DIVISIONS

Male:

- MICRO: up to 52kg (114.6 lbs)
- LIGHT: over 52 to 58kg (114.6 to 127.9 lbs)
- MIDDLE: over 58 to 63kg (127.9 to 138.9 lbs)
- HEAVY: over 63 to 70kg (138.9 to 154.3 lbs)
- HYPER: over 70kg (over 154.3 lbs)

Female:

- MICRO: up to 42kg (92.6 lbs)
- LIGHT: over 42 to 48kg (92.6 to 105.8 lbs)
- MIDDLE: over 48 to 53kg (105.8 to 116.8 lbs)
- HEAVY: over 53 to 60kg (116.8 to 132.3 lbs)
- HYPER over 60 kg (over 132.3 lbs)

SENIOR WEIGHT DIVISIONS

Male:

- MICRO: up to 54kg (119.0 lbs)
- LIGHT: over 54 to 63kg (119.0 TO 138.9 lbs)
- MIDDLE: over 63 to 71kg (138.9 to 156.5 lbs)
- HEAVY: over 71 to 80kg (156.5 to 176.4 lbs)
- HYPER over 80kg (over 176.4 lbs)

Female:

- MICRO up to 52kg (114.6 lbs)
- LIGHT: over 52 to 58kg (114.6 to 127.9 lbs)
- MIDDLE: over 58 to 63kg (127.9 to 138.9 lbs)

- HEAVY: over 63 to 70kg (138.9 to 154.3 lbs)
- HYPER: over 70kg (over 154.3 lbs)

JUNIOR AND SENIOR - TEAM

Each Male and Female Team, of any weight and degree will consist of 5 competitors and 1 reserve (refer Article 18).

Article 32: DURATION OF BOUTS AND DECISIONS

Each individual bout will be 2 rounds of 2 minutes each with a 1 minute break between rounds. Finals will be 3 rounds of 2 minutes each with a 1 minute break between rounds. Each team bout will be 1 round of 2 minutes.

In individual matches, the following decisions will apply:

- When 3 or 4 corner referees give a decision in favour of one competitor, then that competitor is the winner.
- 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.
- When 2 corner referees give a decision in favour of one competitor, 1 for the other and 1 for a draw or 2 for one competitor and 2 for a draw, the competitor who receives the 2 favoured decisions is the winner.
- 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.
- When 3 corner referees give a decision in favour of one competitor in case of the first scored point bout, then that competitor is the winner.

In team matches, the following decisions will apply:

- 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.
- When 3 or 4 corner referees give in favour of a draw, then 1 point will be added to each team score.
- 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.
- 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
- 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.
- When 3 corner referees give a decision in favour of one competitor in case of the first scored point bout then that competitor is the winner.

Article 33: TARGET AREA

Head and neck area at the front and sides but not at the back.

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).

Article 34: ATTACKING TOOLS

- Hand Parts; Forefist, Sidfist, Backfist, Knife-Hand, Reverse Knife-Hand
- 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.
- jumping or flying kick directed to the midsection

Three (3) points will be awarded for:

- jumping or flying kick directed to high section

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 on the target.
- perfect block:
 - defender must maintain complete balance,
 - an appropriate blocking tool must be used,
 - block must be powerful and accurate,
 - defence must be maintained at a proper distance,
 - opponents balance must be broken.

All techniques can only be validly scored if after execution, the competitor executing the technique does not overbalance, fall or in the case of aerial techniques, land outside the ring on completion.

Article 37: DISQUALIFICATION

A Red Card will be raised by the Centre Referee upon the following:

- misconduct against officials or ignoring instructions.
- heavy contact
- committing 3 fouls
- any competitor suspected of being under influence of alcoholic beverages or drugs

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

Article 38: FOULS

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

A Yellow Card will be raised by the Centre Referee upon the following:

- loss of temper
- insulting an opponent in any way
- biting, scratching, clawing
- attacking with the knee, elbow or forehead
- attacking a fallen opponent
- contact

N.B: The sum of three (3) fouls will automatically result in disqualification.

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 a blow, pretending to be injured to gain an advantage,
- intentionally avoiding sparring
- pretending to have scored a point by raising the arm,

N.B. If a competitor is pushed out of the ring with intent (without undergoing a technique) then he/she will not receive a warning. If a competitor leaves the ring they must re-start 1 metre inside the ring.

N. B. The sum of 3 warnings will result in one (1) minus point. 3 points deducted for warning is not disqualification.

Article 40: INJURY

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 about the match continuation.

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

An injured competitor that is unfit to fight, according to the Doctor's decision, cannot fight again during the event.

A competitor that refuses to accept the Doctor's decision will be disqualified.

If two competitors injure themselves at the same time and both are unfit to fight, according to the Doctor's decision, the winner is the contender that has more scored points at that moment. If the competitors are even, the Jury President will decide the bout.

Article 41: BOUT PROCEDURE - INDIVIDUAL AND TEAM

INDIVIDUAL

The bout will commence with the competitors on the start positions each with a red or blue marker 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 "shi-jak" 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

"goman" 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 between team coaches which team selects their competitor first, and team competitor selection will continue in alternate mode.

Article 42: TIMING

On the first "shi jak" (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 "goman". At this time the Timekeeper stops the clock until the "gaesok" (continue) command is given.

Article 43: OFFICIALS FOR SPARRING COMPETITION

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

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:

- Ap Joomuk Jirugi Forefist Punch 3 Wooden Boards or equivalent
- Sonkal Taerigi Knife Hand Strike 3 Wooden Boards or equivalent
- Yopcha Jirugi Side Kick 5 Wooden Boards or equivalent
- Dollyo Chagi Turning Kick 4 Wooden Boards or equivalent
- Bandae Dollyo Chagi Reverse Turning Kick 3 Wooden Boards or equivalent

Female:

- Sonkal Taerigi Knife Hand Strike 2 Wooden Boards or equivalent
- Yopcha Jirugi Side Kick 4 Wooden Boards or equivalent
- Dollyo Chagi Turning Kick 3 Wooden Boards or equivalent

Article 45: PROCEDURE - INDIVIDUAL

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

A wooden board (30x30x1.5cm thick), or the plastic equivalent, or a machine designed for the specific test will be used. In Power Breaking, it is permitted to make one step forward, to slide, to skip as long as the competitor does not jump, that means that one foot keeps contact with the floor at all times. For Sonkal Taerigi the strike may be either inwards or outwards.

For each item, each competitor will have 1 attempt to break, and only 1 prejudging of distance is allowed. An L-stance forearm guarding block ready posture must be adopted before and after the attempt to break. The attempt to break must be in one continuous movement. After the signal of the referee the competitor has 30 seconds to complete that item.

Referees may disallow an attempt for failure in maintaining the following:

- correct balance and posture throughout technique
- correct attacking tool in the correct manner

Referees must examine each board before each attempt. Each broken/separated board will count as 3 points and each cracked/bent board will count as 2 points. The winners will be the competitors with the highest scores after having attempted all items listed for their group.

In the event of a tie the Judge President 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.

Organizing Committee approved metal holders must be used to give uniform resistance to break for all Competitors.

Article 46: PROCEDURE - JUNIOR AND SENIOR TEAM

- Male - five (5) competitors + one (1) reserve
- Female - three (3) competitors + one (1) reserve will perform items as indicated in Article 44 and the procedure at Article 45 will be carried out.

Article 47: OFFICIALS FOR POWER BREAKING

- 1 Jury President,
- 2 Referees,
- 1 Recorder will supervise each attempt.

SECTION 5 - SPECIAL TECHNIQUE

Article 48: DIVISIONS

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

JUNIOR AND SENIOR

Male:

- | | | |
|------------------------------|-----------------------------|--------------------------|
| • Twimyo nopi apcha busigi | Flying high kick | 2.5 metres |
| • Twio nomo chagi | Overhead kick | 3.0 metres by 0.7 metres |
| • Twio dolmio chagi | Mid-air kick | 2.2 metres |
| • Twimyo dollyo chagi | Flying turning kick | 2.3 metres |
| • Twimyo bandae dollyo chagi | Flying reverse turning kick | 2.2 metres |

Female:

- | | | |
|----------------------------|---------------------|--------------------------|
| • Twimyo nopi apcha busigi | Flying high kick | 2.2 metres |
| • Twio nomo chagi | Overhead kick | 2.5 metres by 0.7 metres |
| • Twimyo dollyo chagi | Flying turning kick | 2.0 metres |

Article 49: PROCEDURE – INDIVIDUAL

In each event a wooden board (30x30x1.5cm thick), or the plastic equivalent, or a machine designed for the specific test will be used. The board thickness and height/length will be set by the Tournament Adjudication Committee prior to the event.

For each item, each competitor will have one (1) attempt to break only with 1 pre-judging of distance. An L-stance forearm guarding block ready posture must be adopted before and after the attempt to break. The attempt to break must be in one continuous movement. After the signal of the referee, the competitor has 30 seconds to complete that item.

Referees may disallow a break 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.

Referees must examine each board before each attempt. Once a wooden board is used, it cannot be used again, even if it is not broken or cracked.

Each broken/separated board will count as 3 points, each cracked/bent board will count as 2 points and each touch on the board without break/separation or bend/crack will count as 1 point

The winners will be the competitors with the highest scores after having attempted all items listed for their group. In the event of the tie, the Jury President will select by drawing one item to be the "tiebreaker" He will decide how high/long the jump will be and the tied competitors will then carry on until places are decided.

Organizing Committee approved metal holders must be used to give uniformity for all Competitors

Article 50: PROCEDURE – JUNIOR AND SENIOR TEAM

Male - five (5) competitors + one (1) reserve

Female - three (3) competitors + one (1) reserve will perform items as indicated in Article 48 and the procedure at Article 49 will be carried out.

Article 51: OFFICIAL FOR SPECIAL TECHNIQUE

- 1 Jury President
- 2 Referees
- 1 Recorder will supervise each attempt.

SECTION 6 - DISPUTE PROCEDURE

Article 52: PROTEST

Only the Coach can present a protest when a decision seems to violate the rules.

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 precise and circumstantial and must be accompanied by a tax that will be fixed by the Tournament Adjudication Committee at the beginning of each tournament, in order to limit the protests only in cases where the decisions are really questionable. Only in cases where the protest is positively accepted by the Umpire Committee the tax will be returned to the coach.

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 another competitor
- to disqualify either or both competitors.

In case of a protest the competitors or teams cannot compete again before the decision of the Umpire Committee has been made.

Article 53: DECISIONS

In order to give a decision the Umpire Committee may call anyone else they desire to give evidence on the protest. On reaching a decision the Umpire Committee will notify all parties concerned of the decision.

The Umpire Committee will at all times base their decision on the rules laid down in this document and their decision cannot conflict with the rules of this document.

Article 54: DISQUALIFICATION

Team Managers, Representatives or Individuals who persist in arguing against decisions made by the Tournament Adjudication Committee may, at their discretion, have 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 a view of taking further action.

Article 55: TEAM / COMPETITOR WITHDRAWAL

In case of teams or individuals withdrawing from championship as a protest then the following will result:

- automatic disqualification from that event, which means no placing for that event, therefore no medals,

- automatic disqualification from all further events at the championship
- further disqualification from future events as decided by the Tournament Adjudication Committee.

SECTION 7 - RULES

Article 56: COPIES OF RULES

A copy of the Unified ITF Tournament Rules must be present at all tournaments and be accessible to all officials and competitors.

SECTION 8 - APPENDICES

Appendix A: Veteran Divisions

The following additions are provided for the application of Veteran Divisions:

Article 5 Addendum: COMPETITORS

VETERAN COMPETITORS must be 36 years old and above at the beginning of the championships and will compete in the divisions laid down in the Competition Rules. Competitors between 36 - 45 years old belong to the Silver Division. Competitors between 46 - 55 years old belong to the Gold Division. Competitors 56 years and over belong to the Platinum Division. They must be 1st, 2nd, 3rd, 4th, 5th, or 6th degree ITF system black belt certificate holders.

Article 7 Addendum: SAFETY EQUIPMENT AND PROTECTIVE WEAR

Competitors may wear as an option the following:

- Rib and abdominal protection (veteran only)

Article 15 Addendum: AWARDS

Individual Championships - Veteran (includes 36 to 45 years, 46 to 55 years and 56 years and over Age Divisions)

- PATTERN (male) 18 gold - 18 silver - 36 bronze
- PATTERN (female) 18 gold - 18 silver - 36 bronze
- SPARRING (male) 15 gold - 15 silver - 30 bronze
- SPARRING (female) 15 gold - 15 silver - 30 bronze
- POWER (male) 3 gold - 3 silver - 6 bronze
- POWER (female) 3 gold - 3 silver - 6 bronze
- SPECIAL TECHNIQUE (male) 3 gold - 3 silver - 6 bronze
- SPECIAL TECHNIQUE (female) 3 gold - 3 silver - 6 bronze
- OVERALL CHAMPION (male) 3 trophies
- OVERALL CHAMPION (female) 3 trophies

Team Championships – Veteran (36 years and over only)

- PATTERN (male) 5 gold - 5 silver - 10 bronze
- PATTERN (female) 5 gold - 5 silver - 10 bronze
- SPARRING (male) 5 gold - 5 silver - 10 bronze
- SPARRING (female) 5 gold - 5 silver - 10 bronze
- POWER (male) 5 gold - 5 silver - 10 bronze
- POWER (female) 3 gold - 3 silver - 6 bronze
- SPECIAL TECHNIQUE (male) 5 gold - 5 silver - 10 bronze
- SPECIAL TECHNIQUE (female) 3 gold - 3 silver - 6 bronze

- OVERALL CHAMPION (male) 1 trophy
- OVERALL CHAMPION (female) 1 trophy

Article 17 Addendum: DIVISION OF COMPETITION

Veteran Individual matches are divided into:

- PATTERN (36 to 45 yrs) Male / Female 1st, 2nd, 3rd, 4th, 5th and 6th degree divisions
- PATTERN (46 to 55 yrs) Male / Female 1st, 2nd, 3rd, 4th, 5th and 6th degree divisions
- PATTERN (56yrs and over) Male / Female 1st, 2nd, 3rd, 4th, 5th and 6th degree divisions
- SPARRING (36 to 45 yrs) Male / Female Micro, Light, Middle, Heavy and Hyper weight divisions
- SPARRING (46 to 55 yrs) Male / Female Micro, Light, Middle, Heavy and Hyper weight divisions
- SPARRING (56 yrs and over) Male / Female Micro, Light, Middle, Heavy and Hyper weight divisions
- POWER (36 to 45 yrs) Male / Female
- POWER (46 to 55 yrs) Male / Female
- POWER (56yrs and over) Male / Female
- SPECIAL TECHNIQUE (36 to 45 yrs) Male / Female
- SPECIAL TECHNIQUE (46 to 55 yrs) Male / Female
- SPECIAL TECHNIQUE (56yrs and over) Male / Female

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

Article 27 Addendum: PERFORMANCE AND DECISIONS – INDIVIDUAL

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

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

Article 31 Addendum: DIVISIONS

VETERAN WEIGHT DIVISION

Male:

- MICRO up to 64 kg.
- LIGHT 64 to 73 kg.
- MIDDLE 73 to 80 kg.
- HEAVY 80 to 90 kg.
- HYPER over 90 kg.

Female:

- MICRO up to 54 kg
- LIGHT 54 to 61 kg.
- MIDDLE 61 to 68 kg.
- HEAVY 68 to 75 kg.
- HYPER over 75kg

TEAM VETERAN DIVISIONS

Each Male and Female Team, of any weight and degree up to 6th degree, will consist of 5 Competitors and 1 reserve (refer Article 18).

Article 32 Addendum: DURATION OF BOUTS AND DECISIONS

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.

Article 48 Addendum: DIVISIONS

VETERAN

Male:

- | | | |
|------------------------------|-----------------------------|--------------------------|
| • Twimyo nopi apcha busigi | Flying high kick | 2.3 metres |
| • Twio nomo chagi | Overhead kick | 2.5 metres by 0.7 metres |
| • Twio dolmio chagi | Mid-air kick | 2.0 metres |
| • Twimyo dollyo chagi | Flying turning kick | 2.1 metres |
| • Twimyo bandae dollyo chagi | Flying reverse turning kick | 2.0 metres |

Female:

- | | | |
|----------------------------|---------------------|--------------------------|
| • Twimyo nopi apcha busigi | Flying high kick | 2.0 metres |
| • Twio nomo chagi | Overhead kick | 2.0 metres by 0.7 metres |
| • Twimyo dollyo chagi | Flying turning kick | 1.8 metres |

Appendix B: Reduced Divisions

In case of an underwhelming number of competitors or officials in a division, the tournament host can address the Tournament Committee to alter the divisions for competition. On the determination of the Tournament Committee, the Veteran Individual matches may be combined into the following divisions:

- PATTERN (36 to 45 years) Male / Female 1st to 3rd degree division and 4th to 6th degree division
- PATTERN (46 to 55 years) Male / Female 1st to 3rd degree division and 4th to 6th degree division
- PATTERN (56 years and over) Male / Female 1st to 3rd degree division and 4th to 6th degree division
- SPARRING (36 to 45 years) Male / Female Light, Heavy and Hyper weight divisions
- SPARRING (46 to 55 years) Male / Female Light, Heavy and Hyper weight divisions
- SPARRING (56 years and over) Male / Female Light, Heavy and Hyper weight divisions

REVISED VETERAN RANK DIVISION

1st degree will compete against 1st, 2nd and 3rd degree with the optional Pattern being any one from CHON-JI to GE-BAEK, and the designated Pattern being anyone from CHON-JI to GE-BAEK.

2nd degree will compete against 1st, 2nd and 3rd degree with the optional Pattern being any one from CHON-JI to JU-CHE, and the designated Pattern being anyone from CHON-JI to GE-BAEK.

3rd degree will compete against 1st, 2nd and 3rd degree with the optional Pattern being anyone from CHON-JI to CHOI-YONG, and the designated Pattern being anyone from CHON-JI to GE-BAEK.

4th degree will compete against 4th, 5th and 6th degree with the optional Pattern being anyone from CHON-JI to MOON-MOO, and the designated Pattern being any one from CHON-JI to MOON-MOO.

5th degree will compete against 4th, 5th and 6th degree with the optional Pattern being any from CHON-JI and SE-JONG, and the designated Pattern being anyone from CHON-JI to MOON-MOO.

6th degree will compete against 4th, 5th and 6th degree with the optional Pattern being CHON-JI to TONG-IL, and the designated Pattern being any from CHON-JI to MOON-MOO.

REVISED VETERAN WEIGHT DIVISION

Male:

- LIGHT up to 73 kg.
- HEAVY 73 to 90 kg.
- HYPER over 90 kg.

Female:

- LIGHT up to 61 kg.
- HEAVY 61 to 75 kg.
- HYPER over 75kg

REVISED VETERAN TEAM EVENTS

Both male and female veteran team events may be reduced to 3 member teams for all events. In such a case, male teams will contest the same techniques as female teams for power and special technique however still using male board and height / length requirements. A further amalgamation may also be made, combining male and female Team Pattern event into a mixed Team Pattern event.

REVISED MEDAL COUNT

Individual Championships - Veteran (includes 36 to 45 years, 46 to 55 years and 56 years and over Age Divisions)

- PATTERN (male) 6 gold - 6 silver - 12 bronze
- PATTERN (female) 6 gold - 6 silver - 12 bronze
- SPARRING (male) 9 gold - 9 silver - 18 bronze
- SPARRING (female) 9 gold - 9 silver - 18 bronze
- POWER (male) 3 gold - 3 silver - 6 bronze
- POWER (female) 3 gold - 3 silver - 6 bronze
- SPECIAL TECHNIQUE (male) 3 gold - 3 silver - 6 bronze
- SPECIAL TECHNIQUE (female) 3 gold - 3 silver - 6 bronze
- OVERALL CHAMPION (male) 3 trophies
- OVERALL CHAMPION (female) 3 trophies

N.B. A further amalgamation may be made by combining Silver (36 to 45 years), Gold (46 to 55 years) and Platinum (56 years and over) divisions. Each amalgamation will reduce the Veteran medal and trophy count by one third (1/3)

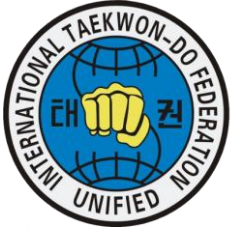
Team Championships – Veteran (36 years and over)

- PATTERN (mixed) 3 gold - 3 silver - 6 bronze
- SPARRING (male) 3 gold - 3 silver - 6 bronze
- SPARRING (female) 3 gold - 3 silver - 6 bronze
- POWER (male) 3 gold - 3 silver - 6 bronze
- POWER (female) 3 gold - 3 silver - 6 bronze
- SPECIAL TECHNIQUE (male) 3 gold - 3 silver - 6 bronze
- SPECIAL TECHNIQUE (female) 3 gold - 3 silver - 6 bronze
- OVERALL CHAMPION (male) 1 trophy
- OVERALL CHAMPION (female) 1 trophy

Appendix C: Competition Proforma

SCHEDULE OF PROFORMA

- Individual Patterns Scoring Form
- Team Patterns Scoring Form
- Sparring Scoring Form
- Power Test Score Sheet
- Special Technique Score Sheet
- Official Protest Form



Individual Patterns Score Form

		Hong (Red)		Chong (Blue)	
		O	D	O	D
Max	5				
Technical Content	5				
Power	3				
Balance	3				
Breath Control	3				
Rhythm	3				
Subtotal					
Total					

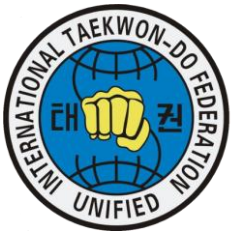
Referee		Country	
Rank (Degree)	Ring	Chair	



Individual Patterns Score Form

		Hong (Red)		Chong (Blue)	
		O	D	O	D
Max	5				
Technical Content	5				
Power	3				
Balance	3				
Breath Control	3				
Rhythm	3				
Subtotal					
Total					

Referee		Country	
Rank (Degree)	Ring	Chair	



Individual Patterns Scoring Form

		Hong (Red)		Chong (Blue)	
		O	D	O	D
Max	5				
Technical Content	5				
Power	3				
Balance	3				
Breath Control	3				
Rhythm	3				
Subtotal					
Total					

Referee		Country	
Rank (Degree)	Ring	Chair	



Individual Patterns Scoring Form

		Hong (Red)		Chong (Blue)	
		O	D	O	D
Max	5				
Technical Content	5				
Power	3				
Balance	3				
Breath Control	3				
Rhythm	3				
Subtotal					
Total					

Referee		Country	
Rank (Degree)	Ring	Chair	



Team Patterns Scoring Form

	Max	Hong (Red)		Chong (Blue)	
		O	D	O	D
Team Choreography	5				
Technical Content	5				
Power	3				
Balance	3				
Breath Control	3				
Rhythm	3				
Subtotal					
Total					

Referee		Country	
Rank (Degree)	Ring	Chair	



Team Patterns Scoring Form

	Max	Hong (Red)		Chong (Blue)	
		O	D	O	D
Team Choreography	5				
Technical Content	5				
Power	3				
Balance	3				
Breath Control	3				
Rhythm	3				
Subtotal					
Total					

Referee		Country	
Rank (Degree)	Ring	Chair	



Team Patterns Scoring Form

	Max	Hong (Red)		Chong (Blue)	
		O	D	O	D
Team Choreography	5				
Technical Content	5				
Power	3				
Balance	3				
Breath Control	3				
Rhythm	3				
Subtotal					
Total					

Referee		Country	
Rank (Degree)	Ring	Chair	

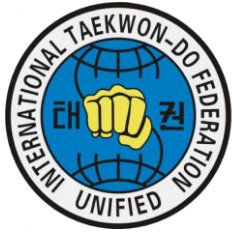


Team Patterns Scoring Form

	Max	Hong (Red)		Chong (Blue)	
		O	D	O	D
Team Choreography	5				
Technical Content	5				
Power	3				
Balance	3				
Breath Control	3				
Rhythm	3				
Subtotal					
Total					

Referee		Country	
Rank (Degree)	Ring	Chair	

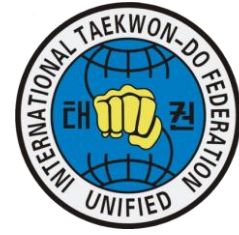
Sparring Scoring Form



Hong (Red)					Chong (Blue)	
Accumulation	Sub Total					Sub Total
		1				
		2				
		3				
		Warning				
		Foul				
		Total				

Judge	Country	
Rank	Ring	Chair

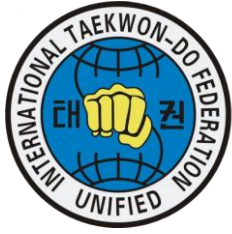
Sparring Scoring Form



Hong (Red)					Chong (Blue)	
Accumulation	Sub Total					Sub Total
		1				
		2				
		3				
		Warning				
		Foul				
		Total				

Judge	Country	
Rank	Ring	Chair

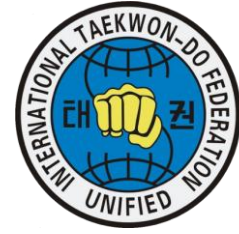
Sparring Scoring Form



Hong (Red)					Chong (Blue)	
Accumulation	Sub Total					Sub Total
		1				
		2				
		3				
		Warning				
		Foul				
		Total				

Judge	Country	
Rank	Ring	Chair

Sparring Scoring Form



Hong (Red)					Chong (Blue)	
Accumulation	Sub Total					Sub Total
		1				
		2				
		3				
		Warning				
		Foul				
		Total				

Judge	Country	
Rank	Ring	Chair

