

ITF England National Individual Tournament Rules

Preface

ITFE have produced these rules to ensure consistency in the National Competitions run by the National Association. They are based on the rules that are set down by the ITF but amended to reflect the participation of all level of students in our competitions. Nevertheless, in order that competitors are best prepared for international tournaments the rules adhere, where practicable, as close as possible to those used in ITF World Cups and Championships. In preparing these rules acknowledgement is made to the authors of the Rules produced for the ITF World Cup and World Championships.

SECTION I – GENERAL

T 1. PURPOSE

The purpose of these 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 friendly competition with one another.

T 2. APPLICATION

These rules are to be applied at every ITFE National Championships. They apply to male and female except where stated otherwise. The Tournament Director, in consultation with the host, may vary these rules subject to prior notice.

T 3. OFFICIALS

The Juries, Referees, Judges, and, where relevant, Computer Assistants, where a computerised scoring system is in use, will be selected according to the rules for certified Umpires.

The ITFE Board accepts that not all officials will be qualified under the ITF system but encourages all groups to adopt the scoring methodologies and other relevant rules to ensure standardisation of judging and performance.

T 4. DUTIES

- a. One (1) Jury President will be seated at the Jury table during competition at all times and will be responsible for decisions as written in the Umpire rules.
- b. Five (5) Judges will be seated in a line at a distance of one (1) metre from the border of the ring, facing the competitors, during Pattern and Pre-Arranged Free sparring competition. They will assign points in accordance with their judgement based on the competition rules and regulations.
- c. One (1) Centre Referee will be inside the ring to control the match during Free Sparring.
- d. Four (4) Judges will be seated at a distance of one (1) metre from the corner of the ring during Free Sparring. They will assign points in accordance with their judgement based on the competition rules and regulations.

- e. Three (3) Judges shall officiate in Power and Special Technique competition. They will assign points in accordance with their judgement based on the competition rules and regulations.
- f. At least one (1) Jury member will be seated at the Jury table to assist the Jury President at all times.

The ITFE Tournament Director recognises that it may not be possible, on every occasion, to provide the appropriate number of officials at Tournaments and that some modification to the size of the Ring Councils may, from time to time, be necessary. Any such modification will be being made following discussions, in the first instance, between the Host and the ITFE Tournament Director.

T 5. COMPETITORS AND EVENTS

The National Championships are only open to all competitors who are affiliated through an appropriate National Association or Allied Association which are themselves part of the ITF.

Competitors shall compete in the divisions laid down in the following rules, and must be of the appropriate indicated age at the first day of the competition beginning.

Competitors in all divisions must be healthy and registered with their National Associations.

Competitors are divided into the following divisions:

a) Groups:

- i. Male
- ii. Female

b) Age Divisions:

Competitors MUST be the age listed in the categories below, as of the day of competition, and shall compete in the divisions laid down in the following rules. If a competition was to take place over more than one (1) day then the competitor MUST be the age listed on the first day of competition.

Age Division.	Description
i. 7-11 years old	Kids/ Peewee (or other similar designations)
ii. 12-14 years old.	Pre Junior
iii. 15-17 years old.	Junior
iv. 17-35 years old.	Senior
v. 36 years and older.	Advanced Senior.

ITFE may, in due course, consider whether to introduce a further category for the 46 years and older.

c) Belt Divisions:

The following belt divisions will apply to each age division:

Coloured Belts for pattern competition only:

- i. White Belt (10 kup) to Green Tag (7th kup)

- ii. Green belt (6th kup) to Blue Belt (4th kup)
- iii. Red Tag (3rd kup) to Black Tag (1st kup).

Black Belts:

- i. Peewee/ Kids (or other similar designations) 1st Degree
- ii. Pre Junior 1st and 2nd Degree
- iii. Junior 1st to 3rd Degree
- iv. Senior 1st to 6th Degree
- v. Advanced Senior 1st to 6th Degree.

d) Events:

- i. Individual Pattern
- ii. Individual Sparring
- iii. Individual Special Technique
- iv. Individual Power Test (Black Belt Competition Only)
- v. Pre-arranged Free sparring (Black Belt Competition Only, 1st-6th Degree).

T 6. DRESS REQUIREMENTS

- a) Officials must wear the dress requirements as laid down in the ITF Umpires rules.
- b) Dobok
 - i. Competitors must wear the white ITF Dobok.
 - ii. Female competitors may wear a white T-shirt under the Dobok jacket.
- c) Black Belts.
 - i. Junior Black Belt: The Junior Black Belt must have a one (1) cm wide white stripe running horizontally along the entire length of the belt, from one end to the other. This stripe must be situated in the centre of the belt and must be visible on only one (1) face of the belt.
 - ii. Senior Black Belt: The Senior Black Belt is completely black.
 - iii. Junior and/or Senior Black Belts must indicate the competitor's degree in Roman numerals and could indicate the competitors name at one side of the belt. The other side of the belt could indicate the name "International Taekwon-Do Federation", Taekwon-Do in Korean characters and/or the Taekwon-Do Tenets in Korean. The colour of the writing must be in gold.
- d) Competitors are allowed, when not performing, to wear normal sportswear such as tracksuits, training shoes, etc. however it is at the discretion of the ITF Tournament Committee.
- e) At the medal awarding ceremony competitors must wear the ITF Dobok and/or School tracksuit.

N.B.: Drinking of alcoholic beverages or smoking whilst wearing the Dobok is prohibited.

T 7. SAFETY EQUIPMENT AND PROTECTIVE WEAR

- a) Competitors must wear:
 - i. Hand and feet safety equipment.
 - ii. Groin guards must be worn inside the Dobok trousers – males only.
 - iii. Head guard.

- iv. Mouth guards being of a transparent colour.

Safety equipment must be of an approved type. Approved Equipment shall be indicated in the Tournament official invitation letter which will set out the type not make of hand and foot protection eg closed hand protection with fixed thumb.

- b) Competitors may, optionally, wear the following:
 - i. Shin protectors.
 - ii. Breast protectors - for female only - and must be worn inside the Dobok jacket.
 - iii. Groin guards- for females only- must be worn inside the Dobok trousers.
- c) All protective safety wear must be of an approved type consisting of elasticised material with sponge or rubber type padding and containing no metal, bone or hard plastic (accept for groin guards and breast protectors). The use of zip, lace or stud fasteners is forbidden.

No other protective or safety equipment may be worn, except in special circumstances with the approval of the Tournament Committee.
- d) All competitors with injuries, which 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.
- e) 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 hard material, metal, grips or slides are allowed.

T 8. MEDICAL ATTENTION

The National Tournament must have appropriate qualified First Aid personnel, and appropriate equipment in attendance at all times. Doctors' recommendations regarding competitors' further participation following injury must be adhered to.

T 9. INJURY LIABILITY AND INSURANCE – COMPETITORS

- a) All competitors must have valid insurance coverage in order to compete. The ITFE Board of Directors, ITFE Tournament Committee, ITFE Umpire Committee, ITFE Officials, and the hosting Organization will not be held responsible for any injury, loss, or eventuality incurred during the event.
- b) The cost of accident insurance, treatment, and third-party insurance of the competitors is the responsibility of their schools. The host of the event has the responsibility to obtain appropriate accident insurance and third party insurance for the tournament.

T 10. INSURANCE – FOR EVENT

All hosts must ensure that the venue has all the necessary public liability insurance, fire certificates and other relevant approvals that are all required to host such events.

T 11. RING SIZE

- a) All rings must be covered with an approved jigsaw type mat.
- b) For Sparring, the competition ring will consist of an 8 by 8 metres matted playing surface, and must have an additional one (1) metre wide (minimum) safety

perimeter of a contrasting colour of mat, delineating the border between “In Play” and “Out of Play”.

- c) For Pattern and Pre-Arranged Free Sparring competition, the ring will consist of a 10 by 10 metres matted playing surface. There will be 8 by 8 metres of mat of one colour, surrounded by a one (1) metre wide perimeter of a contrasting colour of mat. All areas of mat are “In Play”.
- d) For Power Test and Special Technique, the ring size will consist of appropriate size matted playing surface for safe and equitable competition.

Variations to the above must be agreed with the ITFE Tournament Director in the first instance but it is recognized that it might not be possible to adhere to this article in all cases especially when setting out rings for the 7-11 age groups. The article shows the ring sizes that are relevant for ITF World Cup and similar competitions and it is hoped that some rings will be set out as above.

T 12. RESULT RECORDING

All tournaments will have several forms of visual display of results for the benefit of participants and audience. In general, results should be shown as often as possible so as to enable the competitors to follow the course of the event whilst it is in progress.

T 13. DELEGATES

A delegate of the individual, school and/or team may be any person authorised by the National Association. A delegate registers the competitors, submits the documents, lodges complaints and co-operates with the other officials at the competition. The delegate is responsible for ensuring all data necessary for the production of draws is correct.

It is noted that, in the majority of cases, this will be the Instructor of the competitors who will be attending the Tournament.

T 14. COACHES

- a) For any individual competition, one (1) coach only must be present at the ringside, seated in the designated coach’s chair.
- b) Coaches must wear a training suit, gymnastic shoes and carry a towel.
- c) Coaches are not allowed to wear bag packs and/or other non Taekwon-Do items in the competition area.
- d) Coaches must remain seated, at least one (1) metre outside of the playing area of the competition ring.
- e) Coaches must not interfere in the competition with action or words.
- f) Coaches are the only persons allowed to present an official protest.
- g) Failure to abide by the above mentioned may render the coach liable to be removed from his advisory position. The Tournament & Umpire Committee shall decide the time and duration of removal.
- h) A removed coach must be replaced by another coach, or by a competitor wearing a coach’s outfit, within a two (2) minute time limit.
- i) If another coach is not present within the two (2) minute time period, the competitor shall be disqualified.

The mandatory direction for a competitor to have a coach at all events will, for the present, only apply to the individual sparring event. However, the Tournament Committee may wish to amend this in the future.

T 15. AWARDS (Male and Female)

Medals will be awarded as follows:

- a) One first place
- b) One second place
- c) Two third place winners.

Variations to this article may take place at the discretion of the Tournament Director.

T 16. OFFICIAL TERMINOLOGY

The official terminology used in the Tournament will adhere to that in force in ITF events. However, for Peewee/ Kids or other designation and coloured belt divisions it may be necessary to adopt English commands. Such matters will be addressed at the Umpires briefing prior to the start of the Tournament.

The official terminology to be used is shown in Appendix A to these rules.

T 17. DIVISION OF COMPETITION

Competition is divided with the following individual events:

- a) Patterns
- b) Sparring
- c) Power Test for Black Belts except pre Junior
- d) Special Technique
- e) Pre-Arranged Sparring for Black Belts

The winners of the Individual Pattern, Individual Sparring and Pre-Arranged Sparring events will be decided according to the pyramid system of elimination.

The winners of the Power Test and Special Technique events will be determined by the highest points obtained.

N.B.: Individual competitors may enter all events.

T 18. COMPETITORS NUMBERS

- a) Any number of individual competitors may enter each event.
- b) Competitors must compete in their designated age category for all divisions, and are not permitted to compete in either a higher or lower age category at any time.
- c) Competitors must compete only in their designated rank division and are not permitted to compete in either a higher or lower rank division.
- d) Competitors may compete for only one (1) club/school as registered. Competitors are not permitted to compete for more than one (1) club/school, or for different clubs/schools in different divisions.

T 19. ORDER OF MATCH

The order of competition is subject to time requirements, and the overall schedule of the tournament.

T 20. DRAW FOR ORDER OF COMPETING

The draws for the Tournament will be the responsibility of the Host.

It is hoped that the introduction of an electronic system may assist in the draws.

T 21. WEIGHT CHECK AND HEIGHT CHECK

Weight and height checks will take place on the day of competition. Competitors not making their weight at the first weigh in shall have one (1) hour time to present themselves for the second and last weigh in. If he/she does not make weight at this time, he/she shall be removed from the sparring category and shall not be allowed to enter any other weight category.

Competitors who are competing in height categories who are higher than the category that they are entered will be allowed to compete but will be moved to the appropriate category.

T 22. ANNOUNCEMENTS

According to the tournament schedule, announcements will be made as to which square an event will take place. It is the responsibility of the competitor to be close to the square so they may compete without delay when called. They will be called to the red or blue side of the square and must have ready all required equipment (i.e., safety equipment).

Should the competitor not come forward immediately, their name will be called a second time. Should the individual not present themselves in the square within one (1) minute from the time of the second call, they will be disqualified.

T 23. EQUIPMENT CHECK

The Competitors' dobok and/or equipment check will take place outside of the square to ensure that they are of an officially approved type and that they are not defective.

Competitors MUST present themselves at the ring when called, AND BE IN POSSESSION OF AND WEARING, the appropriate safety equipment.

Should any item(s) not be satisfactory then they must be changed. The competitor has a maximum of three (3) minutes to change what is requested, following which he/she will be disqualified.

T 24. COURTESY

Competitors must at all times bow to the Jury and also to each other at the beginning and end of each performance/match

SECTION II -PATTERN

T 25. GROUPS

- a) Male
- b) Female.

T 26. ELIMINATIONS – INDIVIDUAL

- a) The pyramid system of elimination will be used.
 - i. Coloured Belt competitors will compete 1 to 1 and will perform simultaneously one (1) Optional Pattern. (Appropriate to their rank: see Article 27).
 - ii. Peewee/ Kids or other designations Competitors will perform 1 to 1 and will perform simultaneously one Optional Pattern as set out in Article T27.
 - iii. Pre Junior Competitors will perform 1 to 1 and will perform simultaneously one Optional pattern as set out in Article T27.
 - iv. Junior, Senior and Advanced Senior Black Belt Competitors will compete 1 to 1 and will perform simultaneously one (1) Designated Pattern. (Appropriate to their degree: see Article 27).
- b) The Judges will choose the best competitor to go forward to the next round.
- c) In the event that two competitors clash (come into contact) during the performance of their pattern, the competitor that is found to be responsible for the clash will receive a score of zero (0) points for that pattern.
- d) Competitors must begin their patterns horizontally in line with one another with the exception of pattern Ul-Ji, where the Red Competitor (HONG) must begin their pattern one (1) meter closer to the judge's table.

T 27. PERFORMANCE AND DECISIONS – INDIVIDUAL

- a) Coloured Belts will perform one pattern of their choice from the group shown in the pattern divisions shown below:
 - i. White belt (10th kup) to Green Tag (7th kup)- one of Four Direction Punch to Do-San.
 - ii. Green belt (6th kup) to Blue Belt (4th kup)- one of Won-Hyo to Joong-Gun.
 - iii. Red tag (3rd kup)to Black tag (1st kup)- one of Toi-Gye to Choong-Moo.
 - iv. Black Belts will perform patterns as appropriate to the divisions shown below:
- b) Peewee competitors- will perform one pattern from the following Choong-Moo, Kwang-Gae, Po-Eun or Gae-Baek.
- c) Pre-Junior- will perform one pattern from the following Choong-Moo, Kwang-Gae, Po-Eun, Gae-Baek, Eui-Am, Choong-Jang or Juche.
- d) Junior-will perform one designated pattern from their Dan grade.
- e) Senior-will perform one designated pattern from their Dan grade.
- f) Advanced-Senior-will perform one designated pattern from their Dan grade.

It may be necessary to combine grades within the categories in such cases the highest designated pattern will be that of the lowest grade. Thus, if a second degree was performing against a third degree the highest designated pattern could only be Juche.

In individual matches the following decisions will apply:

- a) The competitor obtaining the majority of Umpire votes, with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and advance to the next round of competition.
- b) In the event of a tie:
 - i. Competitors will perform an additional Designated Pattern as selected by random draw of the computer, until the winner is decided.
 - ii. The additional designated pattern shall be a pattern appropriate for their rank, (see Article 27), which has not yet been performed.
 - iii. In the event of a tie between coloured belts of differing ranks, the designated pattern will be chosen from patterns Chon-Ji, up to and including the highest pattern appropriate, which has not yet been performed, for the competitor holding the lowest rank in that match. (See Article 27).
 - iv. In the event of a continued tie, the same process will continue until all patterns appropriate to that rank, in accordance with Article 27, have been performed.
 - v. If a further tie continues, the computer will randomly select an additional designated pattern from those already performed, appropriate to that rank, in accordance with article T 27, until the winner is decided.

T 28. OFFICIALS FOR PATTERN DIVISION

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant if computerised scoring is used, and five (5) Referees.

It is recognised that the Ring Council might have to be amended but this should be only done with the authority of the ITFE Tournament Director.

SECTION III -SPARRING

T 29. DIVISIONS INDIVIDUAL

The divisions that are applicable to Individual Sparring are set out in Appendix B to these articles.

Individual Sparring categories must consist of at least two (2) competitors. In the event that a category has only one competitor, that competitor will be moved to another category. Movement of Competitors between Divisions will only be made following consultations between the Host and the Tournament Director.

The host in consultation with the Tournament Director may combine divisions such actions will be made after consultations with the respective coaches≥

T 30. DURATION OF INDIVIDUAL BOUTS AND DECISIONS

- a) Individual Elimination Bouts for all Peewee and Pre Junior Black Belts and all Coloured Belt categories will be one (1) round of one minute thirty (30) seconds duration.
- b) Individual Elimination Bouts for Junior, Senior and Advanced Black Belts categories will be (1) round of two (2) minutes duration.
- c) Individual Final Bouts for all Peewee and Pre Junior Black Belts and all Coloured Belts will be one (1) round of two (2) minutes.
- d) Individual Final Bouts for Junior, Senior and Advanced Senior Black Belts will be two (2) rounds of two (2) minutes duration with a one-minute break between rounds.
- e) In the case of a draw, a further one (1) minute round will take place.
- f) If this results in a further draw, then the first scored point assigned by at least two (2) Referees at the same split second will decide who the winner is.

T 31. TARGET AREA

- a) Head:
 - i. At the front, sides, and top of the head, but not at the back.
 - ii. Excluding the neck.
- b) Trunk of the body:
 - i. From shoulder to navel vertically
 - ii. From a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

T 32. POINT AWARDS

- a) One (1) point will be awarded for any legal hand attack directed to mid or high section.
- b) Two (2) points will be awarded for any legal foot attack directed to mid section.
- c) Three (3) points will be awarded for any legal Foot attack directed to high section.

T 33. LIGHT CONTACT SCORING PROCEDURE SYSTEM

In competition a technique is valid according to a light contact system if it is:

- a) Executed correctly.
- b) Dynamic (i.e., it is delivered with strength, purpose, speed and precision.)
- c) Controlled on the target.

T 34. MINUS POINTS/FOULS

One point will be deducted for the following offences:

- a) Heavy contact/ uncontrolled contact.
- b) Attacking a fallen opponent.
- c) Leg sweeping.
- d) Holding/grabbing.
- e) Intentional attack to a target other than mentioned in art. T31.
- f) Unsportsmanlike Conduct*

* To include any action taken by a competitor that shows disrespect, lack of following directions or other unacceptable behaviour towards umpires, officials, or other competitors,

including though not limited to: Failure or refusal to follow referee's directions, intentionally leaving ring/manipulation of time, inappropriate behaviour/language.)

T 35. WARNINGS

Warnings will be assigned for the following offences:

- a) Pretending to have scored a point by raising one or both arms.
- b) Stepping completely out of the ring (both feet).
- c) Falling down, whether intentional or not (i.e. any part of the body, other than the feet, touching the ground).
- d) Faking a blow, pretending to be injured to gain an advantage.
- e) Intentionally avoiding sparring.
- e) Adjusting equipment during the bout without the consent of the Centre Referee.
- Unintentional attack to a target other than mentioned in art. T33.
- f) Pushing with either the hands or body

The sum of three (3) warnings automatically results in the deduction of one (1) point

N.B. If a competitor is pushed out of the ring with intent (without undergoing a technique) then he will not receive a warning. The competitor who pushed shall receive a warning.

T 36. DISQUALIFICATION

- a) Misconduct against officials or ignoring instructions.
- b) Uncontrolled or excessive contact.
- c) Receiving three (3) minus points/fouls directly given by the Centre Referee.
- d) Being under the influence of alcoholic beverages or drugs.
- e) Loss of temper.
- f) Insulting an opponent, coach, and/or official.
- g) Biting, scratching.
- h) Attacking with the knee, elbow or forehead.
- i) Being negatively responsible for causing a loss of consciousness (See article T. 37)

N.B.: A competitor that insults an opponent, coach or official will be disqualified from the rest of the competition.

T 37. INJURY

- a) When a competitor is injured, the Centre Referee must stop the match and call the Doctor. There will be a total of three (3) Minutes of time allowed per MATCH, for the doctor to diagnose, treat the wound and decide about the match and competitor continuation.

Note: The three-minute injury time will begin at the moment the doctor is in front of the injured competitor, and will end when the doctor departs. This amount of time will be recorded, and if the doctor is called again to the same match, the injury clock will resume counting down from the last point. Any competitor requiring more than three (3) minutes total accumulated time of medical attention during a match will not be allowed to continue and will forfeit the match.

- b) When a competitor cannot compete anymore because of the Doctor's decision and according to the decision of the Ring Council (Jury President, Centre Referee and Corner referees) i. He/she is the winner if his/her opponent is responsible. ii. He/she is the loser if his/her opponent is not responsible. c. An injured competitor that is unfit to fight cannot continue for the time/day(s) set according to the Doctor's decision. d. A competitor that refuses to accept the Doctor's and/or the Ring Council decision will be disqualified and taken out of the competition. e. 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 Ring Council will decide about the bout.

N.B. A competitor that is negatively responsible for causing a loss of consciousness or causing a concussion in sparring competition may be disqualified. The unconscious or concussed competitor shall not be able to compete again during the whole event, and as such will forfeit any remaining matches or events.

T 38. BOUT PROCEDURE

- a) Sparring competitors will commence the bout on the start positions, each with a red tag or blue tag to differentiate between them. Mouth protection of a transparent colour must be worn at all times. At the command of the Centre Referee the competitors bow in turn to the Jury table, Centre Referee and then to each other.
- b) The Centre Referee will then start the Light Contact Sparring with the command "SHI-JAK" and the competitors will continue to spar until the Referee issues the command "HAECHYO". At this point the competitors will cease to spar, and will remain where they are until restarted.
- c) An audible signal of time will end the round and/or bout. The reverse order of bowing will ensure and the result will be declared.
- d) In a draw situation, warnings and/or minus points are not carried forward.
- e) If a competitor leaves the ring they must re-start one (1) metre inside the ring.

T 39. TIMING

On the first "Shi-Jak" (Start) command from the Centre Referee the timekeeper starts the clock until full time, unless the Centre Referee calls for a "Time Out" by saying "Jung-Ji". At this time the timekeeper stops the clock until the next "Gae-Sok" (Continue) command is given.

T 40. OFFICIALS FOR SPARRING COMPETITION

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant if a computerised scoring system is in use, one (1) Centre Referee and four (4) Corner Referees.

SECTION IV – POWER

T 41. DIVISIONS

Male and Female Groups. POWER BREAKING IS FOR BLACK BELTS (1st – 6th Degree) ONLY

Age Divisions

- a) Junior
- b) Senior
- c) Advanced Senior

Techniques to be Performed

The techniques that will be performed are shown in Appendix C to these articles.

T 42. PROCEDURE

- a) Competitors must choose: one (1) hand technique, and one (1) foot technique from the list of techniques shown in Appendix C.
- b) The Competitor must announce their choice of techniques to the Centre Referee prior to beginning the bout.
- c) The winners will be decided by the highest total accumulated score for both hand and foot techniques.
- d) Machines designed for the specific test will be used.
- e) The number of official plastic boards for each item will be indicated in the Championships Official Invitation. Boards shall be the white, plastic boards of the official ITF Supplier.
- f) Machines shall have a range of a minimum and maximum initial height that shall be written in the official championships invitation.
- g) The Competitor is permitted to step forward, to slide, skip and or jump.
- h) A forearm guarding block must be adopted before and after each attempt to break the board(s).
- i) For Sonkal Taerigi the strike may be either inward or outward.
- j) Each competitor is allowed a total of one (1) minute to set the correct heights for both breaking techniques.

The following procedure shall take place:

- a) After a red flag signal by the referee, each competitor has two (2) minutes to attempt to bend or separate the board(s) of the two (2) chosen breaking items from the listed which must include one (1) pre-judgement of distance with one (1) touch allowed, followed by the attempt to break the board(s).
- b) Competitors that exceed the prescribed time shall receive 0 points for any item not yet performed
- c) A forearm guarding block ready posture must be adopted before and after the attempt to break the board.
- d) Referees may disallow an attempt for failure to maintain the following.
 - i. Correct balance and posture throughout the attempt.
 - ii. Use of the correct attacking tool in the correct manner.Referees must examine each board before each attempt.
- e) Points will be allocated as follows:
 - i. Each separated board will count as three (3) points
 - ii. Each bent board will count as one (1) point.

- f) The four highest scores, combined from the two (2) performed techniques, will determine the 1st, 2nd, and two (2) 3rd place winners. Only in the event that two (2) or more competitors tie for third place with the same total score, in the same round of breaking, will there be two 3rd place winners.
- g) In the event of a tie the Jury President will randomly draw one item from the list of eligible techniques to be the tiebreaker.
 - i. The Jury President will decide how many boards are to be used.
 - ii. The competitors will perform the chosen technique according to the procedures above.
 - iii. In the case of a further tie, this procedure will continue until a winner is found.

N.B.: Competitors that did not score any points at their first attempt during the match will not be allowed to continue the power breaking competition to determine any place and will not receive any medal.

T 43. OFFICIALS FOR POWER

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant If a computerised scoring system is in use, and three (3) Referees.

It is recognised that the above procedure might have to be amended in terms of the size of the Ring Council and another related matters. Amendments will be approved by the Tournament Director and communicated to competitors.

SECTION V – SPECIAL TECHNIQUE

T 44. DIVISIONS

- a) Male
- b) Female

Full details of the techniques that will be applicable to the divisions are shown in appendix D.

T 45. PROCEDURE

- a) A machine designed for the specific test will be used.
- b) The heights of the target for each item will be indicated in the Championships Official Invitation. Heights are measured from the ground to the bottom edge of the target board.
- c) After a red flag signal of the referee, each competitor has sixty (60) seconds for each item in order to pre-judge the distance – compulsory, with no touch allowed, followed by the attempt to move the board.
- d) Competitors that exceed the prescribed time, or touch board during their pre--judging shall receive 0 points
- e) A forearm guarding block ready posture must be adopted before and after the attempt to move the board.

- f) Referees may disallow a break for failure to maintain the following:
 - i. Use of the correct attacking tool in the correct manner.
 - ii. Knocking down the obstacle when performing Twimyo Nopi Yop Cha Jirugi
 - iii. Falling down (i.e. any part of the body, other than the feet, touching the ground).
- g) Referees must examine each board before each attempt.
- h) Each fully moved board will count as three (3) points
- i) Each half moved board will count as one (1) point.
- j) The four highest scores, combined from the two (2) performed techniques, will set 1st 2nd, and two (2) 3rd place winners. Only in the event that two (2) or more competitors tie for third place, with the same total score, in the same round of jumping, there will be two 3rd place winners.
- k) In the event of a tie the Jury President will select one item from the list by drawing to be the tie -breaker. He/She will decide how high the jump will be. The tied competitors will then carry on until the places are decided.

N.B.: Competitors that did not score any point(s) at their first attempt during the match will not be allowed to continue the special technique competition to determine any place and will not receive any medal.

T 46. OFFICIALS FOR SPECIAL TECHNIQUES

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant If a computerised scoring system is in use, and three (3) Referees.

The procedure set out in T45 may be amended by the Tournament Committee to encourage more competitors to enter the Tournament and to cater with the number of officials that may be available. Should any amendment to the procedure set out in T45 be adopted it will be communicated to the coaches on the day of competition. Variations to the procedure may also be made should appropriate equipment be unavailable.

SECTION VI – PRE-ARRANGED FREE SPARRING

T 47. DIVISIONS

Groups

- a) Male and Female Black Belts only
- It is possible to have teams containing both Male and Female.

Age Divisions

- a) 12-14 years old (Pre Junior)
- b) 15-17 years old (Junior)
- c) 18-35 years old (Senior)
- d) 36 years and (Advanced Senior)

T 48. PROCEDURE

- a) Each Team shall consist of two (2) participants that follow a prepared scenario, which enables them to skilfully exhibit a wide variety of techniques without fear of injury.
- b) Each Team shall perform one at a time and the Referees shall assign points from 0-10 according to the performance, taking into consideration the following criteria:
 - i. Technical Content.
 - ii. Teamwork, Choreography and Difficulty.
 - iii. Power.
- c) Execution of up to, but not more than, a total of three (3) acrobatic sequence of technique per team.
- d) Both competitors must assume an L-Stance guarding block.
- e) At the command "Shi-Jak" by one of the competitors, the bout time will start.
- f) The bout ends with a final blow and when one of the competitors' shouts "Goman", at the same time he/she assumes an L-stance guarding block.
- g) In case of a draw, each team will perform again, receiving new scores, until a winner has been declared.

Teams shall compete according to the following rules and regulations:

- a) Pre-Arranged free sparring shall consist of movements as shown in the ITF Encyclopaedia, Manuals or CD ROM, and as taught during the International Instructor Courses.
- b) Attacking techniques must be blocked and/or avoided and must be performed with realism. No unblocked contact is permitted with exception of a final incapacitating attack.
- c) Teams must be Black Belts.
- d) Bout duration shall consist of one (1) round: minimum sixty (60) seconds, maximum seventy-five (75) seconds.
- e) Teams that perform less than the required minimum of sixty (60) seconds shall receive zero (0) points.
- f) Teams that exceed the seventy-five (75) seconds duration of bout shall receive zero (0) points.
- g) Protective equipment may be worn as written in art.T.7. a. Point ii and T.7. b.
- h) Each Team of Competitors may perform up to, but not more than, a total of three (3) acrobatic sequences of technique, (Techniques that are not part of the Taekwon-Do syllabus), during the bout.
- i) Teams performing more than three (3) acrobatic sequences of technique during the bout shall receive zero (0) points.
- j) In the case of a draw an extra bout must be performed until the places are decided.

T 49. OFFICIALS FOR PRE-ARRANGED FREE SPARRING

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant If a computerised scoring system is in use, and five (5) Referees.

Variations to the composition of the Ring Council for Pre-Arranged Sparring may be made by the Tournament Director.

SECTION VII – DISPUTE PROCEDURE

T 50. PROTESTS

- a) Protests can be presented ONLY by the coach, and ONLY when there is an apparent violation of the official rules.
- b) Each protest must be written in the ENGLISH language, on the official protest form, and presented to the Chairman of the Umpire Committee within five (5) minutes from the end of the match.
- c) The protest must be precise and circumstantial and must be accompanied by a tax that will be fixed by the Tournament Committee at the beginning of each tournament, in order to limit such protests to cases where decisions are really questionable.
- d) Only in cases where the Umpire Committee positively accepts the protest will the tax will be returned to the coach.

The Umpire Committee will then examine the circumstances of the protest and will decide either:

- a) To validate the match
- b) To repeat the match
- c) To assign the victory of the match to the loser
- d) To disqualify both competitors. In case of a protest the winner cannot compete again before the decision of the Umpire Committee has been made.

T 51. DECISIONS

In order to give a decision, the Umpire Committee may call on any individual they desire to give evidence concerning the protest. On reaching a decision the Umpire Committee will notify all parties concerned of this 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.

T 52. DISQUALIFICATION

Team Managers/Representatives or Individuals who persist in arguing against decisions made by the Tournament Committee may, at their discretion, have the whole team, school or club or the individual, disqualified from all further events at the championship.

The Tournament Committee will consider the matter at a later date with a view to further action being taken.

The Tournament Committee may wish to vary or suspend the Dispute Procedure set out above but will inform relevant parties to this effect at the commencement of the Tournament.

Appendix A: Official Terminology to be used in the Tournament

<i>Korean</i>	<i>English</i>
Cha Ryot	Attention
Kyong Ye	Bow
Jun Bi	Ready
Shijak	Begin
Haechyo	Separate
Gaesok	Continue
Goman	End
Ju Ui	Warning
Gam Jum	Foul Deducting Point
Sil Kyuk	Disqualification
Hong	Red
Chong	Blue
Jung Ji	Time Stop
Dong Chon	Draw
Il Hue Jong	First Round
I Hue Jong	Second Round
Sam Hue Jong	Third Round
Sung	Winner

Appendix B: Weight and height categories for sparring.

Weight and height categories for sparring

NOTE: for coloured belts ONLY the categories will be further split into the pattern categories listed in article T 27. Thus for coloured belts the sparring categories will be, according to either height or weight: White Belt (10th kup) to Green Tag (7th kup); Green Belt (6th kup) to Blue Belt (4th kup) and Red Tag (3rd kup) to Black Tag (1st kup).

Peewee aged 7-11

Male

Up to 110 cms
Up to 120 cms
Up to 130 cms
Up to 140 cms
Up to 150 cms
Up to 160cms
Up to 170 cms
Over 170 cms

Female

Up to 110 cms
Up to 120 cms
Up to 130 cms
Up to 140 cms
Up to 150 cms
Up to 160 cms
Up to 170 cms
Over 170 cms

Pre Junior aged 12-14

Male

Up to 45 kg
Over 45 to 52 kg
Over 52 to 60 kg
Over 60 kg

Female

Up to 38 kg
Over 38 to 45 kg
Over 45 kg

Junior 15-17 years old

Male

Up to 50 kg
Over 50 to 56 kg
Over 56 to 62 kg
Over 62 to 68 kg
Over 68 to 75kg
Over 75 kg

Female

Up to 45 kg
Over 45 to 50 kg
Over 50 to 55kg
Over 55 to 60kg
Over 60 to 65 kg
Over 65 kg

Senior 18-35 years old

Male

Up to 57 kg
Over 57 to 63 kg
Over 63 to 70 kg
Over 70 to 78 kg
Over 78 to 85 kg
Over 85 kg

Female

Up to 50 kg
Over 50 to 56 kg
Over 56 to 62 kg
Over 62 to 68 kg
Over 68 to 75 kg
Over 75 kg

Advanced Senior 36 years of age and over

Male

Up to 68 kg

Over 68 to 78 kg

Over 78 kg

Female

Up to 55 kg

Over 55 kg

Appendix C: Power Test

Power Test

For Junior, Senior and Advanced Senior Black Belts Only. Competitors must perform one (1) of each of the hand and foot techniques listed below. For the avoidance of doubt, this will mean that a competitor must choose one (1) hand technique and one (1) foot technique. It is not possible to nominate two (2) hand techniques or two (2) foot techniques.

Hand Techniques

Korean

Ap Joomuk Jirugi

Sonkal Taerigi

Dung Joomuk Taerigi

Sonkal Dung Taerigi

English

Forefist Front Punch

Knife hand Strike

Backfist Strike

Reverse Knife Hand Strike

Foot Techniques

Korean

Yop Chagi

Dollyo Chagi

Dwit Chagi

Bandae Dollyo Chagi

English

Side Kick

Turning Kick

Back Kick

Reverse Turning Kick

Appendix D Special Technique

Peeweews perform Flying Front Kick

All other categories perform both techniques below

Korean

Twimyo Nopi Ap Cha Busigi

Twimyo Nopi Yop Cha Jirugi

English

Flying High Front Kick

Flying High Side Kick