



**INTERNATIONAL TAEKWON-DO FEDERATION  
(SCOTLAND) LIMITED**

**NATIONAL CHAMPIONSHIPS**  
Tournament Rules  
2026\_rev0

*Approved by ITFS Tournament Committee April 2026*

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## **1. SECTION I – GENERAL**

### **1.1 PURPOSE**

The purpose of these rules is to elevate the quality of competition ITF Taekwon-Do by elevating the standard of umpire knowledge and to standard the scoring in order to provide an equal opportunity for all participants, regardless of age, grade and physicality that will enable all competitors to show the best of their abilities, in a friendly competition with one another.

### **1.2 APPLICATION**

These are to be applied for the ITF Scotland National competition for Degree and Kup grades holders. They apply to male and female competitors except where stated otherwise.

### **1.3 OFFICIALS**

The Juries, Referees, Judges and Computer Assistants will be selected according to the rules of certified Umpires.

## 1.4 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 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. In situations whereby, there is insufficient Judges at the event, the number can be reduced to three judges to give the score.
- c. One (1) Centre Referee will be inside the ring to control the match during Continuous Free Sparring.
- d. Four (4) Judges will be seated at one (1) metre from the corner of the ring during continuous 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.
- g. One (1) IT member, when applicable, supplied and fully trained by the Tournament Committee, will be seated at the Jury table at all times to keep match records.

## 1.5 COMPETITORS

All competitors at the first day of the competition beginning shall compete according to their date of birth in the divisions laid down in the following rules and holders of current Kup Grade certificate or membership cards. **All competitors who have gained degree rank must be registered blackbelts with an ITF Blackbelt certificate.** Competitors in all divisions must be healthy and registered with their regional associations, groups and schools.

### 1.5.1 YOUTH (UP TO 8 YEARS)

- Youth competitors must be **8 years or younger** at the first day of the competition beginning.

### 1.5.2 CADET (9 – 11 YEARS)

- Cadet competitors must be **9 – 11 years old** at the first day of the competition beginning.

### 1.5.3 PRE-JUNIOR (12 – 14 YEARS)

- Pre-Junior competitors must be **12 – 14 years old** at the first day of the competition beginning.

### 1.5.4 JUNIOR (15 – 17 YEARS)

- Junior competitors must be **15 – 17 years old** at the first day of the competition beginning.

### 1.5.5 SENIOR (18 – 35 YEARS)

- Senior competitors must be **18 – 35 years old** at the first day of the competition beginning.

#### 1.5.6 ADV. SENIOR (36 YEARS & OVER)

- Adv. Senior competitors must be **36 years or over** at the first day of the competition beginning.

#### 1.5.7 ADDITIONAL SUPPORT NEEDS COMPETITORS (ASN)

- Competitors with additional support needs must be **5 years or older** at the first day of competition beginning. Categorisation of additional support needs competitors will be arranged in advance of the competition by way of an official form issued by the Tournament Committee.

#### 1.5.8 BLACK BELT DIVISIONS

**Black belts who are 36 years and over, will have the option to compete either as a Senior Competitor or Adv. Senior competitor but not both.** This allows for all Blackbelts over the age of 18 to be eligible to be for National Team Selection.

#### 1.6 DRESS REQUIREMENTS

- Officials must wear the dress requirements as laid down in the ITFS Umpires rules.
- Dobok.  
Competitors must wear the official ITF Dobok. Personal Sponsorship on the ITF Dobok is allowed only on the left sleeve measuring length 8 cm and height 5 cm and the logo must be approved by the Tournament and Umpire Committee.  
Doboks may have the Regional Association or school logo on the right-side chest opposite the ITF Logo, which must not exceed the size of the ITF Logo. Female competitors may wear a white Tshirt under the Dobok jacket.  
School merit badges may be worn on suit in case of Youth & Cadet competitors only.  
**No National Team Doboks can be worn.** Tape must not be used to cover any emblem or writing.
- Kup Grade Belts. Only belts that reflect the ITF Kup grades (White – Red, solid in colour) can be worn in official ITFS events. Kup grade belts with a solid stripe through the belt, reflecting the kup stripe, cannot be worn. School merit badges may be worn on belt.
- Black Belts  
*Pre-Junior and Junior Black Belts:*  
The Junior black belt must have a white one (1) cm width line at the centre on one side of the belt from the top to the bottom.  
*Senior Black Belt:*  
The Senior Black Belt is completely black.  
All Black Belts must indicate the competitor's degree in Roman numerals and the colour of the writing must be in gold.
- Competitors are allowed, when not performing, to wear normal sportswear such as track suits, training shoes, etc.
- For opening and closing ceremonies competitors must wear dobok. At the medal awarding ceremony competitors must wear the ITF Dobok and/or track suit.

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

## 1.7 SAFETY EQUIPMENT AND PROTECTIVE WEAR

### a. Compulsory Safety Equipment:

- i. Hand and feet safety equipment of open palm construction. No closed palm, or open finger gloves may be used.
- ii. Groin guards must be worn inside the Dobok trousers – male only.
- iii. Appropriate head guard.
- iv. Mouth guard **must be transparent** to allow for safety of the competitor.

Safety equipment must be of a type approved by the ITFS Board

### b. Competitors may, optionally, wear the following:

- Shin protectors.
- Chest protectors - for female only - and must be worn inside the Dobok jacket.
- Sports goggles are acceptable to wear if required for Pattern. For Sparring, Special Technique and Power, they must be worn for competition. All sports goggles must be approved by the Tournament Committee prior to the event.
- No other protective or safety equipment may be worn, except in special circumstances with the approval of the Tournament Committee.
- 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.
- 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.

## 1.8 MEDICAL ATTENTION

All tournaments must have qualified First Aid personnel in attendance. The First Aid personnel's advice regarding competitor's further participation following injury, must be adhered to.

## 1.9 INJURY LIABILITY AND INSURANCE – COMPETITORS

All competitors must have valid Insurance cover to compete as the ITFS Board of Directors, The Tournament Committee and Umpire Committee, and the hosting Regional Association, Group or School Instructor will not be held responsible for any injury or eventuality incurred during the event. The cost of accident insurance, treatment and third – party insurance of the competitors is the responsibility of the Regional Association, Group or School. The host of the event has the responsibility of accident insurance and third-party insurance for the tournament.

## 1.10 INSURANCE – FOR EVENT

All hosts must ensure that the event venue booked has all the necessary public liability insurance, fire certificates and Government licences that are required to host such events.

## 1.11 RING SIZE

It is recommended that for Pattern, Sparring, Power, Special Technique events, the competition ring size no less than 6 by 6 metres competition space, up to a maximum of 8 by 8 meters competition space. Which includes a one (1) metre extra jig saw – padding floor around the ring.

### **1.12 RESULT RECORDING**

All result awarding and recording will be carried out using flags, counters, papers or an ITFS sanctioned electronic system for competition.

### **1.13 HEAD OF DELEGATION**

A delegate of the individual may be any person authorised by the Regional Association, Group or School. A delegate registers the competitors, submits the documents, lodges complaints and co-operates with the other officials at the competition. This appointee must be a student of Taekwon-Do.

### **1.14 COACHES**

For any individual and/or team competition only one (1) coach can officiate close to the ring at the designated place. Coaches must be a licenced and training member of the club. Coaches must wear a coach's uniform and carry a towel for their competitor, as stipulated in ITF Umpire Rules. Coaches are not allowed to wear back packs and/or other non-Taekwon-Do items in the competition area. Coaches must be seated at least one (1) meter away from the competition ring. Coaches must not interfere in the competition with action or words. Coaches are the only ones allowed to present an official protest.

All coaches must be in possession of the coach's photo ID card. ID cards will only be issued for coaches if the Umpire quota for the application has been met.

Failure to abide by the above mentioned may render the coach liable to be removed from his advisory position in that event. The removal time shall be decided by the Tournament & Umpire Committee. The competitors may continue without a coach.

### **1.15 AWARDS**

All categories will have the possibility of the following awardings:

- 1 Gold medal
- 1 Silver medal
- Up to a maximum of 2 Bronze medals

Overall Competitor Awards will be issued for:

- Overall Competitor Youth Female
- Overall Competitor Youth Male
- Overall Competitor Cadet Female
- Overall Competitor Cadet Male
- Overall Competitor Pre-Junior Female
- Overall Competitor Pre-Junior Male
- Overall Competitor Junior Female
- Overall Competitor Junior Male
- Overall Competitor Senior Female

- Overall Competitor Senior Male
- Overall Competitor Adv.Senior Female
- Overall Competitor Adv.Senior Male
- Overall Competitor ASN Female
- Overall Competitor ASN Male

Points gained in individual and team events shall count for Overall Winner. However, in the event of two or more competitors having the same number of gold medals then the Silver and the Bronze medals will count in determining the Overall Winner. In the event that this also results in a tie then the following procedure shall take place. The number of matches won in total across Pattern & Sparring rounds combined, as well as the total number of competitors in their respective Special Technique and Power events will be used to determine the Overall winner.

#### **1.16 SCHOOL CLASSIFICATION**

To have the Schools Classification all medals from Individual or Team events (Youth, Cadet, Pre-Junior, Junior, Senior, Adv.Senior & ASN) will count except for Individual or Team Overall Winner. The classified Schools will be awarded with:

- 1<sup>st</sup> Place Club
- 2<sup>nd</sup> Place Club
- 3<sup>rd</sup> Place Club

#### **1.17 OFFICIAL TERMINOLOGY**

- CHARYOT ATTENTION
- KYONG YE BOW
- JUN BI 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
- DONG CHON DRAW
- IL HUE JONG FIRST ROUND
- I HUE JONG SECOND ROUND
- SAM HUE JONG THIRD ROUND
- SUNG WINNER

#### **1.18 DIVISION OF COMPETITION**

Sparring, Pattern & Pre-Arranged Free Sparring will be ruled by the pyramid tournament system. In some cases, whereby the entry level falls below 6 competitors, the tournament organisers may use a

league, Repasage or Dual Elimination style of system. Power and Special Techniques competition will be decided by the highest points obtained.

Whereby any division has less than 3 competitors the Tournament Committee reserves the right to merge categories.

#### **1.19 COMPETITORS NUMBERS**

The number of competitors who may enter each division is unrestricted.

#### **1.20 ORDER OF MATCH**

The order of match shall be according to the tournament competition schedule.

#### **1.21 DRAW FOR ORDER OF COMPETING**

The draw will be made available online, this will only be published after the height / weight check has been completed.

#### **1.22 WEIGHT & HEIGHT CHECK**

The height and weight check will be completed for all competitors during the registration process prior to the beginning of the competition. This can be completed in person or online accordingly as described in the invite issued by the Tournament Committee.

Competitors not making their height or weight shall have the option of moving to a higher height / weight category. All changes to a division will result in a Fine set by the Tournament Organisers.

#### **1.23 ANNOUNCEMENTS**

According to the tournament competition schedule it will be set and announced in which ring an event will take place and it is the responsibility of the competitors to be close to the ring so that they may compete without delay when called upon to do so. Should the individual not come forward to the ring within three (3) minutes after the call then they may be disqualified.

#### **1.24 EQUIPMENT CHECK**

Competitors' Dobok and/or equipment check will take place outside of the ring by a Referee to ensure that they are of an officially approved type and that they are not defective. Should any item(s) not be satisfactory then they must be changed. At the time command of the Referee the competitor/team has a maximum of three (3) minutes to change what is requested, following which he/she/they may be disqualified and the match points awarded to the opponent where appropriate.

#### **1.25 COURTESY**

Competitors must **at all times** bow to the Jury President, Centre Referee in the case of sparring, and also to each other at the beginning and end of each performance/match.

## **2. SECTION II - PATTERN**

### **2.1 GROUPS**

#### **2.1.1 ALL AGE CATEGORIES (MAINSTREAM)**

All Male & Female compete separately and are divided into:  
White; Yellow; Green; Blue, Red and Black I, II, III, IV-VI. Grades may also be combined depending upon entry levels where required.

#### **2.1.2 ALL ASN CATEGORIES (ASN)**

Male & Female may be combined and are divided into:  
White; Yellow; Green; Blue; Red; Black I-VI. Grades may also be combined depending upon entry levels

### **2.2 COMPETITION PROCESS – INDIVIDUAL**

The pyramid or league system of elimination will be used.  
Competitors competing against different grades when divisions of differing grades/degrees have been merged, the lower grades will not be penalised for performing a lower grade pattern.  
Divisions where there are male and female competitors competing together shall be judged individually in their ability to generate power relative to their body mass and there shall be no discrimination between the comparable power differences between the competitors.

#### **2.2.1 KUP GRADE.**

**Competitors will compete 1 to 1 and will perform simultaneously one designated pattern from Chon-Ji to the lowest grade competitor of the bout.** In the event of draw, the IT System will select a further designated pattern appropriate to the lowest grade performing, excluding the pattern completed in the first round.

Note: In the case of White Belt pattern, competitors will have a designated pattern either Saju-Jirugi or Chon-Ji according to the lowest grade of the competitors in the bout.  
In the case of a draw in White Belt patterns, then it will be appropriate to allow competitors to perform the same pattern in the additional round.

#### **2.2.2 DEGREE GRADE**

Competitors will compete 1 to 1 and will perform a designated pattern selected from the three patterns appropriate to their relevant degree.

In the initial rounds only one designated pattern will be performed. In the Finals two designated patterns will be performed.

In this case the second designated pattern will be from Chon-Ji to the level of degree excluding the ones performed.

In the event that degree levels are merged, the designated pattern will be up to the lower rank of the two degrees competing.

In the case of a draw another designated Pattern, from all the remaining patterns, shall be drawn electronically, and must be performed until the winner is decided.

### **2.2.3 OFFICIALS FOR PATTERN DIVISION**

One (1) Jury President, one (1) Jury Member, one (1) Computer Operator, and five (5) Referees.

## **3. SECTION III – SPARRING**

### **3.1 GENERAL**

ITFS will run continuous sparring as defined by the ITF Tournament and Umpire Rules with slight modifications to accommodate the various types of scoring material (ITF E-system, clickers/warning fouls board) used.

The pyramid or league system of elimination will be used.

### **3.2 DIVISIONS**

- a. Male and Female will compete separately.
- b. Categories will be available online, via the registration platform in advance of the event.

### **3.3 DURATION OF BOUTS AND DECISIONS**

#### **3.3.1 YOUTH & CADETS (11 YEARS & UNDER)**

Elimination bouts and finals will be one (1) round of 1 and a half minutes (90 seconds). In the case of a draw, a GOLDEN POINT round will take place to determine the winner.

#### **3.3.2 PRE-JUNIOR, JUNIOR, SENIOR & ADV.SENIOR (12 YEARS & OVER)**

Elimination bouts will be one (1) round of 2 minutes (120 seconds). All finals will be two (2) rounds of 2 minutes (120 seconds).

In the case of a draw, a GOLDEN POINT round will take place to determine the winner.

#### **3.3.3 ADDITIONAL SUPPORT NEEDS (ASN)**

Elimination bouts and finals will be one (1) round of 1 and a half minutes (90 seconds).

In the case of a draw, a GOLDEN POINT round will take place to determine the winner.

### 3.4 TARGET AREA

- a. Head at the front, sides and top of the head but not at the back.
- b. Trunk of the body from shoulder 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).

### 3.5 POINT AWARDS

- a. One (1) point will be awarded for:
  - Hand attack directed to mid or high section.
  - Hand attack while in air (both feet must be off the ground) directed to mid and/or high section.
- b. Two (2) points will be awarded for:
  - Foot attack directed to mid section.
  - Jumping or flying kick directed to mid section.
- c. Three (3) points will be awarded for:
  - Foot attack directed to high section.
  - Jumping or flying kick directed to high section.

### 3.6 LIGHT CONTACT SCORING PROCEDURE SYSTEM

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

- a. Executed correctly.
- b. Dynamic, that is to say it is delivered with strength, purpose, speed and precision.
- c. Controlled on the target.

### 3.7 WARNINGS

Warnings may be issued for the following offences:

- a. Pretending to have scored a point or refuting a potential scored action by gesturing with the arm or hand.**  
Attempting to influence the umpires through acting or suggestion.
- b. Stepping completely out of the ring.**  
Two feet must be completely out of the ring, or one foot out and the other off the ground.  
**Note:** This rule does not apply when the competitor has been forcibly pushed (with the hands or body) out of the ring.
- c. Falling down, whether intentional or not.**  
When any part of the body other than the feet touches the ground for any period of time.
- d. Faking an injury.**  
Pretending to have an injury to gain a win or to run the clock down.
- e. Intentionally avoiding sparring.**  
Running away, evading the opponent, or using the Center Referee as a shield.
- f. Unintentional attack to an illegal target.**  
Any prohibited target, both above and below the belt.
- g. Adjusting equipment during the bout without the consent of the Center Referee.**  
Attempting to delay time or any other manipulation of time.

**h. Pushing with the hands, shoulders or body.**

Using the hands, shoulders or body to create distance, unbalance or relocate the opponent.

The sum of three (3) warnings automatically means deducting one (1) point.

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

### **3.8 FOULS - MINUS POINTS**

One point will be deducted for the following offences:

**a. Heavy Contact**

Contact made to an opponent without any attempt to control or retract: the technique, the delivery of technique or the emotion of the competitor.

**b. Attacking a fallen opponent.**

Attacking a competitor when any part of their body other than the feet touches the ground for any period of time.

**c. Leg Sweeping.**

Any attempt, using the feet, to take the opponent to the ground.

**d. Holding or grabbing.**

Retaining any part of the body.

**e. Intentional attack to an illegal Target**

Targeting and /or contact to any prohibited target, both above and below the belt.

**f. Unsportsmanlike Conduct.**

To include any action taken by competitor that shows disrespect, lack of following directions or other unacceptable behaviours towards umpire, other competitors or officials, including though not limited to: Failure or refusal to follow referee's directions, intentionally leaving ring /manipulation of time, inappropriate behaviour/language....)

### **3.9 DISQUALIFICATION**

Disqualifications may be issued for the following offences:

**1. Misconduct against officials or ignoring instructions.**

Any ignoring of instructions or disrespect against officials of the Ring Council.

**2. Uncontrolled or excessive contact.**

Contact made to an opponent without any attempt to control or retract: the technique, the delivery of technique or the emotion of the competitor.

**3. Receiving three (3) minus points/fouls directly given by the Centre Referee.**

Upon receipt of the third (3rd) minus points/foul (for any infraction or combination of infractions), a competitor will automatically be disqualified.

**4. Being under influence of alcoholic beverages or drugs.**

Suspected of being under the influence of any substance that may impair physical or mental abilities, including medication.

**5. Loss of temper.**

Failure to control behaviour, words and/or emotions.

**6. Insulting an opponent, coach and/or official.**

Any disrespect directed towards ANY official, coach, competitor or individual associated with the event.

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

**7. Biting, scratching.**

Use of the teeth or nails to attack an opponent.

**8. Attacking with the knee, elbow or forehead.**

Use of prohibited attacking tools.

**9. Being responsible for causing a loss of consciousness**

Being responsible for causing a loss of consciousness. (Momentary, short term, or long term)

**See Rule T. 39** *A competitor that is culpable 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.*

**3.10 T 39. 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. Regardless of the remaining injury time, in the case of a concussion examination, the concussion examination time is at least 2 minutes.
- 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 culpable.
  - ii. he/she is the loser if his/her opponent is not culpable.
- 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.

**Due process for rule T39**

- a. Apply rule T39

**Note: procedure to determine culpability**

- i. Anytime a potential disqualification occurs in the context of T39, the ring council must consult with a member of the Umpire Committee in order to verify that the due process is being followed prior to taking a decision.
- ii. Culpability for disqualification must come "as a direct result" of a potentially prohibited action delivered with intention and/or lack of control, and, as a consequence of such action, resulted in a competitor's inability to continue the match. In this case the Jury President may apply a disqualification.
- iii. In order to determine culpability, the following steps must be followed by the Jury President:
  - a) The ring council must call for a member of the Umpire Committee to oversee and advise on this procedure,
  - b) The Umpire Committee member will consult first with the Jury President, then with the Center Referee in order to best determine the situation and outcome

- c) If no decision can be determined at this point, the Umpire Committee member may choose to call the Umpires (individually) in order to determine their opinion
- d) Prior to making a final decision, the Umpire Committee member has the ability to consult with any person they consider relevant in order to gain more information,
- e) The Umpire Committee member, considering all information learned, will then make a final decision on the outcome of the match.

**NOTE A:** A competitor that is culpable 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.

**NOTE B: Concussion and Awareness of Concussion Potential.**

In reference to the ITF Concussion policy, the ITF stipulate that once concussion is recognised, then the competitor must be removed from the competition, and further medical assistance given in line with the severity of the injury. Due to this concern and the hidden dangers of secondary impact syndrome it is imperative that the doctor is called for an assessment if any symptoms are witnessed by the Centre Referee or Coach.

### **3.11 BOUT PROCEDURE**

- a. Sparring competitors will commence the bout on the start positions, each with a red or blue pair of hands, feet and head equipment to differentiate between them. Mouth protection gear 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 sparring with the command “SHI-JAK” and the competitors will continue to spar until the Referee issues the command “HAECHYO”.
- c. At this point the competitors will cease to spar and will remain where they are until restarted.
- d. An audible signal of time will stop the scoring and the Center Referee will end the round and/or bout. The reverse order of bowing will take place, and the result will be declared.
- e. In a draw situation, warnings and/or minus points are not carried forward.
- f. If a competitor leaves the ring, they must re-start one (1) metre inside the ring

### **3.12 TIMING**

On the first “Shi-Jak” (Start) command from the Centre Referee the timekeeper starts the system timer until full time (audible signal). The system timer will run continuously unless the Centre Referee calls for a “Time Out” by saying “Jung-Ji”. At this time the timekeeper stops the system timer until “Gae-Sok” (Continue) command is given.

### **3.11 OFFICIALS FOR SPARRING COMPETITION**

One (1) Jury President, one (1) Jury Member, one (1) Computer Operator, one (1) Centre Referee, four (4) Corner Referees, and two (2) Equipment Verifiers.

## **4. SECTION IV – POWER**

#### 4.1 DIVISIONS

- i. Male and Female will compete separately according to grade.
- ii. Junior (15-17); Senior (18-35); Adv. Senior (36 years and over)

#### 4.2 TECHNIQUES

One Hand and One Foot Technique will be contested from the possible Five. These will be chosen at random by the Jury President / IT System in advance of the category starting, and applicable for all competitors.

Techniques and number of boards will be according to the following for both Coloured Belts & Black Belts:

HAND TECHNIQUE	JNR FEMALE	JNR MALE	SNR / ADV.SNR FEMALE	SNR / ADV.SNR MALE
Sonkal Taerigi	1	1	1	2
Ap Joomuk Jirugi	-	1	-	2
Ap Palkup Taerigi	1	-	1	-

FOOT TECHNIQUE	JNR FEMALE	JNR MALE	SNR / ADV.SNR FEMALE	SNR / ADV.SNR MALE
Dollyo Chagi	1	1	1	2
Bandae Dollyo Chagi	1	1	1	2
Yop Cha Jirugi	1	2	2	3

#### 4.3 EVENT PROCEDURE

The following procedure shall take place:

- a. Each attempt must include one (1) pre-judgement of distance (only one touch allowed) followed by the attempt to break the boards.
- b. Umpires may disallow an attempt for failure to maintain the following.
  - i. Correct balance and posture throughout the attempt.
  - ii. Correct attacking tool in the correct manner.
- c. Umpires must examine each board before each attempt.
- d. Each separated board will count as three (3), points and each bent board will count as one (1) point.
- e. The four highest scores will set 1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners.
  - i. Only in the event that two (2) competitors tie for third place with the same total score, in the same round of breaking, will there be two 3<sup>rd</sup> place winners.
- f. In the event of a tie the Jury President will select one item from the list by drawing to be the tiebreaker. He/She will decide how many boards are to be used.

**Note:** 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.

- i. The order of breaking is decided by the Jury President
- j. The competitor may opt for a refusal on any particular technique.

Two Board Holders designed for the specific test will be used. The Board Holders shall have a range of a minimum and maximum initial height.

In power breaking it is permitted to step forward, to slide, skip and or jump. However, a forearm guarding block must be adopted before and after each attempt to break the board(s). For Sonkal Taerigi the strike may be either inward or outward.

#### **4.4 OFFICIALS FOR POWER COMPETITION**

One (1) Jury President, one (1) Jury Member, one (1) Computer Operator, one (1) Centre Referee, two (2) Referees.

### **5. SECTION V – SPECIAL TECHNIQUE**

#### **5.1 DIVISIONS**

- i. Male and Female will compete separately according to grade.
- ii. Youth (up to 8yrs), Cadet (9-11), Pre-Junior (12-14), Junior (15-17); Senior (18-35); Adv. Senior (36 years and over).

##### **5.1.1 COLOURED BELTS**

The technique will be Twimyo Nopi Ap Cha Busigi for all age categories.

###### **5.1.1.1 YOUTH & CADET**

All categories starting height for the technique will be 10cm above the maximum height of the category.

###### **5.1.1.2 PRE-JUNIOR, JUNIOR, SENIOR, ADV.SENIOR**

Starting Heights:

	FEMALE	MALE
Pre-Junior	170cm	180cm
Junior	180cm	190cm
Senior	190cm	200cm
Adv.Senior	180cm	190cm

##### **5.2.1 BLACK BELTS**

Two Techniques will be contested; Twimyo Nopi Ap Cha Busigi and Twio Nomo Yop Chagi. The order will be chosen at random by the Jury President / IT System in advance of the category starting, and applicable for all competitors.

**5.2.1.1 PRE-JUNIOR, JUNIOR, SENIOR, ADV.SENIOR**

Starting Heights Twimyo Nopi Ap Cha Busigi:

	FEMALE	MALE
Pre-Junior	180cm	210cm
Junior	190cm	220cm
Senior	200cm	230cm
Adv.Senior	170cm	200cm

Starting Heights Twio Nomo Yop Chagi:

	FEMALE	MALE
Pre-Junior	80cm	100cm
Junior	90cm	110cm
Senior	100cm	120cm
Adv.Senior	70cm	80cm

**5.3 PROCEDURE**

A machine or machines designed for the specific test will be used that can accommodate the range of heights required for all competitors. Male and Female will compete separately.

In the case of Youth & Cadets, each competitor will have two (2) attempts to reach the target. One attempt can be used as pre-judgement.

In the case of Pre-Junior, Junior, Senior & Adv.Senior, each competitor will have one (1) attempt to reach the target. A pre-judgement must be completed, and only one attempt.

The following procedure shall take place:

- a. After a red flag signal of the referee, each Individual Competitors must attempt to break the board of the required special technique items which must include one (1) pre- judgement of distance with no touching allowed, followed by the attempt to move the board.
- b. Referees may disallow a break for:
  - i. Failure to utilize the correct attacking tool in the correct manner.
  - ii. Knocking down the obstacle when performing Twimyo Nopi Yop Cha Jirugi.
  - iii. Falling down (it means any part of the body, other than the feet, touching the ground).
- c. Referees must examine regularly each machine and or board.
- d. Each fully broken board will count as three (3) points and each half-broken board will count as one (1) point.
- e. The four highest scores will set 1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners. Only in the event that two (2) competitors tie for 3<sup>rd</sup> place, with the same total score, in the same round of jumping, there will be two 3<sup>rd</sup> place winners.
- f. In the event of a tie the Jury President will select one item from the list by drawing to be the tiebreaker. He/She will decide how high the jump will be. The tied competitors will then carry on until the places are decided.

**Note:** Competitors and/or Teams 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.

#### **5.4 OFFICIALS FOR SPECIAL TECHNIQUES**

One (1) Jury President, one (1) Jury Member, one (1) Computer Operator, and three (3) Referees.

### **6. SECTION VI – PRE ARRANGED FREE SPARRING**

#### **6.1 DIVISIONS**

Pre-Arranged Sparring competitors will be organised, in accordance with the categories as listed in Schedule

#### **6.2 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 10-0 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 shall enter the ring and bow.
- e. Both competitors must assume an L-Stance guarding block.
- f. At the command “Shi-Jak” by one of the competitors, the bout time will start.
- g. 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.
- h. In case of a draw, each team will perform again, receiving new scores, until a winner has been declared.
- i. Competitor must enter the ring from opposite sides as in free sparring procedure.

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. Bout duration shall consist of one (1) round: minimum sixty (60) seconds, maximum seventy-five (75) seconds.
- d. Teams that perform less than the required minimum of sixty (60) seconds shall receive zero (0) points.
- e. Teams that exceed the seventy-five (75) seconds duration of bout shall receive zero (0) points.
- f. 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.

- g. Teams performing more than three (3) acrobatic sequences of technique during the bout shall receive zero (0) points.
- h. The team having obtained the majority of umpire votes and with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and shall advance to the next round of competition.
- i. In the case of a draw an extra bout must be performed until the places are decided.
- j. Teams may be according to grade set out in the category list, and can be Male, Female or mixed couples.

## **7. SECTION VII – DISPUTE PROCEDURE**

### **7.1 PROTEST**

- a. Only the Coach can present a protest when a decision seems to violate the 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. 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. Only in cases where the Umpire Committee positively accepts the protest will the settled tax be returned to the coach.
- c. The Umpire Committee will then examine the circumstances of the protest and will decide:
  - i. to validate the match.
  - ii. to repeat the match.
  - iii. to assign the victory of the match to the loser.
  - iv. to disqualify both competitors.
  - v. In the case of a protest the winner cannot compete again before the decision of the Umpire Committee has been made.

### **7.2 DECISIONS**

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

### **7.3 DISQUALIFICATION**

Team Managers/Representatives or Individuals who persist in arguing against decisions made by the Umpire and/or Tournament Committee might be removed by the Tournament Committee 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.

#### **7.4 TEAM/COMPETITOR WITHDRAWAL**

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

- a. Automatic disqualification from that event which means no placing for that event and therefore no medals.
- b. Automatic disqualification from all further events at the championship.
- c. Further disqualification from further events as decided by the ITFS Disciplinary Committee and the Directing Board of ITF Scotland.

#### **7.5 ITF ANTI – DOPING CONTROL**

Doping control will be in accordance with ITF Anti Doping Rules and WADA Anti Doping Policy (pending

#### **7.6 UNEXPECTED EVENTS**

The Tournament Committee shall make a decision in the case of a problem that may appear that is not mentioned in the Tournament rules.

#### **7.7 ITF SCOTLAND TOURNAMENT COMMITTEE**

The ITF. Tournament Committee consists of the ITF Scotland Chairman of Tournament and two (2) to four (4) members.

The Chairmen and members are appointed by the Board of Directors of ITF Scotland

#### **7.8 ITF UMPIRE COMMITTEE**

The ITF Scotland Umpire Committee consists of the ITF Scotland Chairman of the Umpire Committee and two (2) to four (4) members.

The Chairmen and members are appointed by the Board of Directors of ITF Scotland.

#### **7.9 COPIES OF RULES**

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