

# Tournament Rules for the ITFNZ Epson OPEN Taekwon-Do Tournament (15 years of age and over)

## ***Purpose:***

The purpose of this tournament and these rules is to provide a safe and fair environment for contestants to gain experience, improvement of TKD skills and comradeship. It is intended that, through friendly rivalry, competitors will be self motivated to strive for the goal of personal improvement.

## ***Rules:***

These rules are based on the ITF/ITFNZ Rules and Regulations. They have been adjusted to allow for an open style tournament while maintaining the ITFNZ view of basic rules and safety issues.

A copy of these rules will be present at the tournament and be accessible to competitors and officials.

These rules apply to all competitors for the duration of the tournament, including Non-ITFNZ competitors.

## ***Order of Tournament:***

Patterns, Sparring, Special Techniques, Power Destructions.

***Sparring Categories:*** - The rank divisions will be adjusted dependent on entry numbers per division.

1. Men's Black Belt 3rd Dan and above
2. Men's Black Belt 2nd Dan
3. Men's Black Belt 1st Dan
4. Men's Red Belt (or equivalent)
5. Men's Blue Belt (or equivalent)
6. Men's Green Belt (or equivalent)
7. Men's White and Yellow Belt (or equivalent)
8. Women's Black Belt 3rd Dan and above
9. Women's Black Belt 2nd Dan
10. Women's Black Belt 1st Dan
11. Women's Red Belt (or equivalent)
12. Women's Blue Belt (or equivalent)
13. Women's Green Belt (or equivalent)
14. Women's White and Yellow Belt (or equivalent)

***Weights:*** Sparring divisions will be divided into weight categories which will be adjusted dependent on entry numbers per division.

Spot checks may be made on contestants at any time during the competition.

## ***Officials:***

The juries and referees must be ITF or ITFNZ qualified.

Patterns judges will be chosen from appropriately qualified people from any organisation.

## ***Competitors:***

1. Competitors must be fifteen years or over.
2. Competitors will compete in the divisions to which they are allocated by the Tournament Organiser.  
Within their rank range best attempts will be made to achieve fair height and weight matching.
3. Each competitor must be an active student of the Taekwon-Do Organisation that they represent.

## ***Dress:***

1. Officials will wear dress requirements as laid down by ITFNZ. (Navy Blue (or black) trousers and white sports shoes, white shirt and navy tie. Navy Jacket optional).
2. Competitors, while competing must wear the officially approved uniform of their organisation.

## ***Sparring rules:***

### ***Officials***

1. The Jury will be seated in front and will render the final decision in the case of a tie or dispute.
2. The Referee will be in the ring to control the match. The referee will issue all warnings, foul point deductions and disqualifications. The referee will be responsible for the start and finish of the match.
3. Judges for sparring will be seated at the corners of the ring.  
Judges will issue points in accordance with the rules.
4. A timekeeper will be seated at ringside to check the beginning, end and continuation of each match.  
The timekeeper will indicate the end of the match to the referee using the bell provided.

### ***Safety equipment and protective gear:***

1. Sparring competitors **must** wear
  - a. A mouth guard.
  - b. Hand gloves that cover the fingers and are of an approved type.
  - c. Feet protectors that cover the back heel and the toes completely. Must be an approved type.
  - d. Males must wear a groin guard on the inside of their uniform.
2. Sparring competitors **may** wear
  - a. Shin protectors of an approved type.
  - b. Forearm protectors of an approved type.
  - c. Females only may wear breast protectors of an approved type.
3. Sparring competitors **MUST** wear headgear. (Either their own or that supplied by the tournament organizers.)
4. The competitor must supply all of the equipment in 1. (And anything they require from 2.)
5. Protective equipment being of an approved type means consisting of elasticated material with sponge or rubber type padding and containing no metal, bone, hard plastic or similar hard material whatsoever. It must not use zip, lace or stud fasteners.
6. No other protective equipment should be worn.
7. All competitors with injuries which require bandaging or strapping of any type must satisfy the umpires 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.
8. 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.

### ***Equipment Check:***

The referee or ring marshal will check to ensure that equipment is correct, of a type that has been officially approved and is not defective. Should any item(s) not be satisfactory then they must be exchanged and the competitor has a maximum of 3 minutes in which to do so. Failure to return within 3 minutes will result in the competitor's disqualification and the match points awarded to the opponent where appropriate.

### ***Seconds/Coaches:***

1. Fighters are permitted to have the assistance of one second only, who is permitted to stand at close ringside.
2. During a bout, if a competitor is told to kneel and wait, he/she may not speak or otherwise communicate with his/her second.

### ***Points:***

**High section** is above the neck    **Middle section** is waist (belt) to shoulders

**1 POINT** will be awarded for:

- Hand attack to the middle or high section
- Foot attack to the middle section

**2 POINTS** will be awarded for:

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

**3 POINTS** will be awarded for:

- Flying kick to the high section.

**NOTE:** Points will be given only for correctly delivered "touch contact" techniques.

### ***Illegal target areas:***

Back of head, Back Region, Throat, Eyes, All areas below the belt

### ***Touch-contact sparring:***

1. "Successfully delivered" means the attack must make light controlled touch to a legal target area. This applies to ALL techniques.
2. "Heavy contact" constitutes a foul.
3. **Note:** If a technique cannot be executed with control, then it should not be used by the contestant.
4. Hand and foot techniques must be balanced so that boxing matches are not staged - the referee may warn a contestant for not using sufficient leg techniques.

### ***Warnings:***

Warnings may be issued by the Referee under the following circumstances:

1. Attack to an illegal target.
2. Stepping completely out of the ring ( both feet ).
3. Falling down, whether intentional or not (this means any part of the body, other than the feet, touching the ground).
4. Holding / Grabbing / Pushing.
5. Sweeping.
6. Intentionally avoiding sparring.
7. Pretending Pain
8. Turning the back (except for legitimate technique such as back kick)
9. Uncontrolled techniques
10. Talking during the bout

Deduction of Points: One deduction at the end of the contest for each three warnings, cumulative across rounds. These do not count towards disqualification. N.B. The point will be deducted for a mixture of 3 offences or 3 of the same.

### ***Fouls:***

A foul point deduction shall be made for the following:

1. Attacking a contestant who has fallen.
2. Butting, biting, scratching or clawing.
3. Intentional attack after the declaration of "BREAK", "GOMAN" or "HAECHYO"
4. Making insulting remarks or abusive gestures during the progress of the contest.
5. Using the knee, elbow or forearm as an attacking tool.
6. Deliberate heavy contact of attack or defence.

### ***Disqualifications:***

Disqualification of a contestant will occur when:

1. Three fouls are awarded against a contestant during the contest.
2. The opponent is unable to continue due an illegal or excessive attack.
3. The contestant disobeys the Referee.
4. The contestant leaves the ring before the announcement of the result.
5. The contestant does not report to the Ring Marshal when called before contest.
6. Any contestant who enters the ring without all of the required protective equipment, or where the equipment is not in good repair, or is a poor fit. (If not addressed within 3 minutes.)
7. Any contestant who fails an eight or ten count NOT due to an illegal or excessive attack.
8. Any contestant who is unable to continue with the contest, or, in the opinion of the referee, unable to defend themselves adequately. The result will be awarded to the opponent.
9. Any competitor suspected of being under the influence of alcoholic beverages or drugs.
10. Any competitor who is deemed dangerous to the other competitor and highly likely to cause serious injury.

***Counts:***

1. Any contestant who falls to the ground as a result of an attack will be given to the count of ten to regain his/her feet and continue with the bout.
2. Any contestant who, as a result of an attack, is sufficiently affected by that attack that they cannot immediately continue with the bout, but does not fall to the ground, will be given a standing eight count.
3. In a touch contact bout, counts will not be called if medical assistance is required. After one minute, the Referee should either disqualify one of the contestants, or in unusual circumstances call a one bout postponement.
4. If a contestant wishes to continue with the contest, and would be able to defend themselves adequately but the Referee deems it inadvisable because of, for example, a bleeding nose, the Referee may call a one-bout postponement. This will also be allowed for an occurrence of a pre-existing medical condition, such as asthma. The time remaining is to be recorded, and the bout will continue for that amount of time. If, after one intervening contest, the contestant is unable to continue, he/she will be disqualified. (If there is no intervening bout available, a maximum time of five minutes will be waited.)

***Procedure:***

1. The tournament will proceed according to the draw drawn up at the start of the tournament. An order of events will be available.
2. Each contest will consist of two rounds of two minutes with a break of thirty seconds between rounds.
3. Depending on the number of entries per division, these timings may be modified.
4. Medical Person's recommendations with regard to competitors' further participation, following injury, must be adhered to.

***Awarding the bout:***

1. The bout will be awarded to the competitor gaining the greater number of judges' decisions.
2. There must be at least two judges' decisions in favour to give a winner, otherwise the bout is a draw.
3. In case of a draw, the competitor with least warnings will be the winner.
4. If each has the same number of warnings, then a "sudden death" round will be held. The first to score will be the winner, or if a foul point deduction is awarded, the other competitor will be the winner.
5. If this fails to break the tie within one minute, the lightest competitor will be the winner.

***Dispute Procedure:***

1. The result can only be appealed by the competitor's appointed representative, (eg Instructor or Coach) on the official form. NO other persons are allowed to query results. All appeals must be lodged with the jury of the relevant ring within fifteen minutes of the completion of the contest. All appeals must be submitted to the Jury on an approved appeal form. Late appeals will not be accepted.
2. It is the responsibility of managers, coaches or Instructors to ensure that participants under their auspice are conversant with the tournament rules and regulations. Ignorance of these shall not form a basis for any complaint or appeal.
3. If a competitor does not have an obvious representative, if necessary, approach the Tournament Director for guidance.

***Decisions:***

1. In order to give a decision the Jury may call anyone else they so desire to give evidence on the dispute.
2. On reaching a decision the Jury will notify all parties concerned of this decision.
3. The Jury 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 or the spirit of fair play.

# ***Patterns***

## ***Officials***

1. There will be three judges. One will be appointed to confirm names, collate points and give commands.
2. Where possible the 3 Judges will be from different Organisations.
3. During the judging of a pattern, Judges are not to offer any comment, or communicate with each other in any way on matters which could be construed to affect the scoring.
4. Scoring of the pattern shall be on a scale of one to ten on the pattern score sheet.
5. As judges may not be familiar with the technical aspects of some patterns, all must be uniformly judged on common criteria: confidence / lack of hesitation, grace and style, appropriate power, demeanour of competitor.
6. If a pattern is not completed no points will be scored.
7. Competitors will be allowed only one attempt at each pattern.

## ***Divisions:***

1. Black Belt (3rd dan and above)
2. Black Belt (2nd dan)
3. Black Belt (1st dan)
4. Red Belt (or equivalent)
5. Blue Belt (or equivalent)
6. Green Belt (or equivalent)
7. White/Yellow Belt (or equivalent)

## ***Procedure***

1. The pyramid system of elimination will be used, each match one on one.
2. Each competitor will perform two different patterns.

# ***Special Techniques and Power***

These events will be judged by a panel of three.

Where possible the 3 Judges will be from different Organisations. Commands to be given by one of the officials.

## ***Power Test***

Divisions:	(1)	Black Belts Men		
	(2)	Black Belt Women		
Breaks	(1)	Side Pearcing kick	Men 5 boards	Women 3 boards
	(2)	Turning kick	Men 4 boards	Women 2 boards
	(3)	Knifehand Strike	Men 3 boards	Women 1 board

Boards A plastic board and board holder will be used.

Procedure:

1. 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 the strike may be either inward or outward.
2. For each item, each competitor will have 1 attempt to break, only with 1 pre-judging of distance 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.
3. Referees may disallow an attempt for failure to maintain the following:
  - i.) Correct balance and posture throughout technique.
  - ii.) Correct attacking tool in the correct manner.
4. Each broken/separated board will count as 3 points and each bent board will count as 2 points.
5. The winners will be the competitors with the highest scores after having attempted all items listed for their group.
6. In the event of a tie the Jury President will select by drawing one item to be the "Tie-breaker". He will decide how many boards are to be used. The tied competitors will then carry on until the places are decided.

## Special Techniques

Divisions:	(1)	Black Belts Men		
	(2)	Black Belt Women		
Techniques	(1)	Flying high kick	Men 2.5 m	Women 2.0 m
	(2)	Flying reverse turning kick	Men 2.0 m	Women 1.8 m
	(3)	Overhead kick	Men 2.2 m	Women 2.0 m

It is compulsory for each competitor to attempt each item listed for his/her group.

### PROCEDURE

1. In each event a target is held at the specified height or distance.
2. For each item, each competitor will have 1 attempt to hit 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.
3. Referees may disallow a break for failure to maintain the following:
  - i.) Correct balance and posture throughout technique.
  - ii.) Correct attacking tool in the correct manner.
  - iii.) Knocking over any or all of the hurdles.
4. Each fully struck target will count as 3 points and each touched target will count as 2 points.
5. The winners will be the competitors with the highest scores after having attempted all items listed for their group.
6. In the event of a tie the Jury President will select by drawing one item to be the “tie-breaker”. He will decide how high/long the jump will be. The tied competitors will then carry on until the places are decided.

## Best Overall

The best overall competitors are determined through totalling the number of points from each event. (3 points for 1st, 2 points for 2nd, 1 point for 3rd.) The competitor with the highest score is awarded the best overall trophy. There will be 5 Best Overall Trophies - 1 for Black Belts and 1 for each colour belt.

## Etiquette:

1. (a) Before entering the ring each contestant should bow and enter from their designated side and face the officials' table.
  - (b) On command both contestants will bow to the Jury, then face each other.
  - (c) On command they bow to each other.
2. Following the Referee's instructions they will, on command, step back to a fighting ready stance.
3. At the end of the first round the contestants will bow to each other and move directly to their “Second” who will tend to them.
4. On being called for the second round each contestant will face each other in the centre of the ring and bow.
5. On command, they move to a fighting ready stance.
6. On completion of the final round, each contestant will be seated in the ring centre while the results are collated.
7. (a) The Referee will call them to their feet prior to the announcement of the results.
  - (b) Following the results each contestant will, on command, bow to the Jury and then to each other.
  - (c) The contestants will then acknowledge the Referee.
  - (d) Each will then pay their compliments to the other's “Second” by bowing.
  - (e) On returning to their “Second” they bow prior to leaving the ring (as in the Dojang), pay their compliments to their own “Second” and withdraw from the contest area.

## ***Medical Attention:***

1. The Tournaments will have qualified first aid personnel in attendance.
2. First Aid personnel recommendations with regard to competitors' further participation, following injury, must be adhered to.

## ***Injury Liability - Competitors:***

All competitors must sign a tournament entry form / waiver.

## ***Ring size:***

8 by 8 metre floor space where practical.

## ***Official Terminology:***

The official terminology of the tournament is as follows, however English may also be used.

- a. Cha Ryot - Attention
- b. Kyong Ye - Bow
- c. Jun Bi - Ready
- d. Shijak - Begin
- e. Haechyo - Separate
- f. Gaesok - Continue
- g. Goman - End
- h. Ju Ui - Warning
- i. Gam Jum - Deducting points
- j. Sil Kyuk - Disqualification
- k. Hong Sung - Win by red
- l. Chong Sung - Win by blue