

# International Taekwon-Do Document

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ITFNZ National  
Tournament Rules 2026

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Tournament Advisory Group

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# Tournament Rules

ITFNZ tournaments shall be undertaken in accordance with the relevant version of the International Taekwon-Do Federation Official Rules of Competition as at the date of the tournament, with amendments/additions as set out in this rule document. As such, this document should be read in conjunction with the International Taekwon-Do Federation Official Rules of Competition.

## **T 1. Application**

In conjunction with the International Taekwon-Do Federation Official Rules of Competition, these rules are to be applied at every ITFNZ National tournament.

## **T 2. Officials**

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

There shall be a minimum of one (1) fulltime official from each representative region for up to 10 competing members of that region at each tournament (2 officials for 11 to 20 competitors etc continuing on a pro rata basis). Failure to supply the correct number of officials will result in that region being fined per missing official at an amount set by the TAG before the event. Regions without access to an official may 'borrow' them from another Region.

### T 3. Competitors

- Only competitors that are registered members of ITFNZ or an invited organisation will be permitted to register and compete at an ITFNZ National Tournament.
- Competitors shall compete in the divisions laid down in the following rules, and must be of the appropriate indicated age on the day of the weigh-in.
- Competitors in all divisions must be healthy and able to pass any medical requirements or produce on demand a doctors certificate if requested by TAG.
- All competitors must enter online through and with the permission of their regional manager.
- The entry cutoff date for the ITFNZ National Tournament is 3 weeks before the date of the tournament, unless a different date is set in advance and publicised by the Tournament Advisory Group.
- All individual sparring competitors must supply their weight when entering online or their entry application will be refused.
- Regions must register their members for Team events prior to the entry cutoff date (maximum of 10 team members, except for prearranged). Actual match members must be declared ringside when the division is called.

**NOTE: Any competitor not within 2 kgs of their 'stated entry weight' at the official weigh in on the Friday night may be disqualified at the discretion of the TAG.**

- All competitors must register in person at the weigh-in.

Competitors are divided into the following divisions:

#### Groups:

- i. Male
- ii. Female

#### Age Divisions:

Competitors age will be taken as of the actual date of official weigh-in, and they shall compete in the divisions laid down in the following rules. The TAG reserves the right to move competitors to different age categories for time or safety reasons. COMPETITORS OVER 35 YEARS OLD MAY ELECT TO COMPETE IN A YOUNGER Senior/Veteran DIVISION ... SEE T18

	Pee Wee	Pre Junior	Junior	Senior	Advanced Senior	Veteran	Advanced Veteran
	9--10 yrs	11 – 14 yrs	15 – 17 yrs	18 – 35 yrs	36 – 45 yrs	46 – 55 yrs	56 or older

#### Team Events Ages and Numbers of Teams:

1. Coloured belt team pattern may be any age, gender or rank combination. Two teams per region are allowed.
2. Pre-arranged teams are divided into Juniors aged 17 and under, and Seniors aged 18 and older, gender mixing is allowed. Two pre-arranged sparring teams per division per region are allowed.
3. Black belt teams (Sparring, Patterns, Power, Specialty) are divided into Junior teams aged 17

and under, and Senior teams aged 18 and older with no gender mixing. Two black belt teams per division per region are allowed.

4. Junior members (ie those aged 15-17 years old) cannot be used to form a senior team, and senior/veteran members (ie those aged 18 years or older) cannot be used to form a junior team.
5. Pre-junior members (ie those aged 11-14 years) can be used to form a junior black belt patterns team ONLY.

#### **T 4. Dress**

Officials --- must wear the uniform dress requirements as set down in the International Taekwon-Do Federation Official Rules of Competition.

Competitors --- The provisions of the ITFNZ Standards and Discipline section relevant to the do bok applies to all competitors.

Coaches – must adhere to the dress requirements as set down in the International Taekwon-Do Federation Official Rules of Competition.

#### **T 5. Safety Equipment and Protective Wear**

1. In addition to the requirements of clause 7.1 of Rule T7 of the International Taekwon-Do Federation Official Rules of Competition, competitors may wear:
  - i. Either black hand and feet safety equipment, or red if they are drawn as the red competitor or blue if they are drawn as the blue competitor.

#### **T 6. Medical attention**

There must always be appointed and suitably qualified and experienced medical staff present from the start to the finish of the tournament. The appointed medical staff recommendations either allowing or prohibiting a competitors' further participation in the tournament following injury must be adhered to.

#### **T 7. Competitor Liability**

All competitors must sign the competitor waver form. The TAG, Officials, and the Hosting Committee will not be held responsible for any injury, loss, or eventuality incurred during the event.

#### **T 8. Event insurance**

All hosts must ensure that the event booked has all the necessary public liability insurance, or any other insurance that may be required to host such events in their locality.

#### **T 9. Recording**

Electronic scoring is the preferred method for each ring with paper scoring as the secondary or backup system.

#### **T 10. Managers**

Each region shall appoint a regional manager. A manager registers the competitors and coaches, , liaises with TAG, and co-operates with officials at the competition.

## T 11. Coaches

In addition to the requirements of Clause T14 of the International Taekwon-Do Federation Official Rules of Competition:

1. Only coaches that are currently registered ITFNZ members and that have obtained prior regional approval, and that have registered through the official registration process prior to the start of the tournament may undertake coaching functions and duties at the tournament.
2. Coaches must be a minimum of 15 years old.

## T 12. Awards

Individual:

1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> place equal medals are awarded

Team:

1<sup>st</sup>, 2<sup>nd</sup>, and two 3<sup>rd</sup> place equal medals are awarded

**Note:** In Power and Specialty, competitors need to achieve at least 1 point to receive a medal or placing

### Best ITFNZ Region:

Only ITFNZ Regions are eligible for the Best Overall Region Award.

In order to determine the Overall Placings, all points from both Individual and Team events (Male and Female) will count.

In the case of Team Events, final placing will be counted as a single medal and not 6. A minimum of two teams competing in a team event are required for regional points to be earned.

Only Gold medals will count towards the Overall Team Winner. Only points gained in Team events shall count for Overall Team Winner. However, in the event of two or more teams having the same number of Gold medals then the Silver and the Bronze medals will count in determining the Overall Team Winner.

Medals are not given out in the ring, but at a separate ceremony which will take place after the protest time has expired for the division/match.

### T 13. Division of Competitors

A maximum of 3 competitors per region per division are permitted for all individual events.

The TAG reserves the right to:

- (i) combine any division or group or team event in the interests of safety, or time constraints; and
- (ii) Shorten the length of rounds and/or the time period between rounds to ensure timely and efficient running of the tournament

Competition is divided into INDIVIDUAL and TEAM match, with the following events:

#### a. Individual Events:

- i. Patterns
- ii. Sparring
- iii. Power Test
- iv. Special Technique

#### b. Team Events:

- i. Team Patterns
- ii. Team Sparring
- iii. Pre--Arranged Sparring
- iv. Specialty technique
- v. Power Test

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

The exception is any individual patterns and sparring division that has three competitors which, if time permits, shall be carried out in round-robin format.

The following procedure shall be followed for any sparring or patterns divisions where round-robin format is followed:

#### Sparring

- i. One 2 minute round per match shall be undertaken. Each match must have a winner so in the event that the match is a tie at the end of the 2 minute round, a further 1 minute continuous point scoring round will be undertaken. If the match is still a draw after the 1 minute continuous point scoring round, then a first point scored round will be undertaken until a winner is found.
- ii. The winner of the division is the competitor who wins the most matches.
- iii. In the event that there is a tie based on matches won, then the winner of the division shall be the competitor who has received the most judges decisions across all of the matches.
- iv. In the event of a tie based on judges decisions, then then the winner of the division shall be the competitor who has received the least number of fouls across all of the matches.

- v. In the event of a tie based on numbers of fouls, then then the winner of the division shall be the competitor who has received the least number of warnings across all of the matches.
- vi. In the event of a tie based on numbers of warnings, then then the winner of the division shall be the competitor who was the winner of the head to head match against the other tied competitor.

### **Patterns**

- i. One designated pattern per match shall be performed. Each match must have a winner so in the event that a match is a tie after the designated pattern, another designated pattern(s) shall be performed until a winner is found.
- ii. The winner of the division is the competitor who wins the most matches.
- iii. In the event that there is a tie based on matches won, then the winner of the division shall be the competitor who has received the most judges decisions across all of the matches.
- iv. In the event of a tie based on judges decisions, then then the winner of the division shall be the competitor who was the winner of the head to head match against the other tied competitor.

### **Power Test and Special Technique**

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

#### **Note:**

Individual competitors may enter all events.

Two black belt teams are permitted per region per division (Junior and Senior, Male and Female). Juniors (ie 15-17 years) cannot be mixed with seniors to form a team and pre-juniors (ie 11-14 years) cannot be mixed with juniors to form a team. The exception is Team Pattern where pre-juniors can be mixed with juniors to form a team.

## TEAM

Team match is divided into:

### A. Pattern

Black belt Male team

Black belt Female team

Junior Black Belt Male team

Junior Black Belt Female team

Combined male and female team (Coloured Belt team patterns only)

Note: Pattern teams must have a minimum of 5 competitors

### B. Sparring

Black belt Male team, minimum of 3 competitors

Black Belt Female team, minimum of 3 competitors

Junior Black Belt Male team, minimum of 3 competitors

Junior Black Belt Female team, minimum of 3 competitors

\*There is no coloured belt team sparring event

### C. Pre-Arranged Sparring

Coloured belts: 2 Junior teams aged 17 and under per region, and 2 Senior teams aged 18 and older per region. Team members must be from 8<sup>th</sup>-1<sup>st</sup> gup and a minimum of 9 years of age.

Black belts: 2 Junior teams aged 17 and under per region, and 2 Senior teams aged 18 and older per region. Team members must be from 1<sup>st</sup>-6<sup>th</sup> degree and a minimum of 9 years of age.

Mixed gender pre-arranged sparring teams (ie one male team member and one female team member) are permitted.

### D. Special technique

Black Belt Male team, minimum of 3 competitors

Black Belt Female team, minimum of 3 competitors

Junior Black Belt Male team, minimum of 3 competitors

Junior Black Belt Female team. minimum of 3 competitors

\*There is no coloured belt team special technique event

### E. Power Test

Black Belt Male team, minimum of 3 competitors

Black Female team, minimum of 3 competitors

Junior Black Belt Male team, minimum of 3 competitors

Junior Black Belt Female team. minimum of 3 competitors

\*There is no coloured belt team power event

### Note:

- Coloured belt pattern teams follow the same rules as black belt pattern teams except that mixed genders and ages are allowed.

- In the Team Sparring event, competitors may be of any weight.

#### **T 14. Competitor Numbers – Individual and Team**

1. A maximum of 3 competitors from each region may enter each individual event.
2. These competitors may also be entered in a regions Team event team.
3. 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. The exception is for Veteran and Super veteran competitors who may opt to compete in a younger senior or veteran age division. If they do so, they must enter any and all events in that lower age division.
4. Competitors must compete only in their designated rank division and are not permitted to compete in either a higher or lower rank division.
5. Competitors may compete for only one (1) region as registered.

#### **Changing ranks close to the tournament date**

- Competitors are permitted to change their rank after registering according to their grading results until the tournament entry cut-off date. After the tournament entry cut-off date, no changes to ranks are permitted or refunds on fees.
- Competitors of different grades will compete at the highest pattern common to both competitors for the first designated pattern.

#### **TEAM**

Each team may consist of and present a maximum of ten (10) competitors. They must be entered before the cutoff date. Out of those members a team needs to select, for each team event, its official members, complying with the minimum mentioned below. Teams may also optionally present one (1) additional reserve competitor.

1. Team Patterns:  
Five (5) competitors must compete in Pattern competition.
2. Team Sparring:  
A minimum of three (3) competitors, and a maximum of five (5) competitors, must compete in Sparring competition.

At the beginning of each team match, the coach MUST present the appropriate number of Competitor ID Cards (one for each competitor that is to compete in that particular team match).

4. Once the Competitor ID Cards have been presented for a particular match, NO changes to the members of that team are permitted during that match.
5. Teams are free to change the members of the team from one match to the next (so long as all members are drawn from the originally presented list of 10 competitors)
6. Competitors may compete for only one (1) team, per event.

*(For example, a competitor may not compete for Team "Integrity" and then compete again for Team "Perseverance".*

## T 15. Order of Match

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

## T 16 Weigh-In & Registration

**NOTE: Any competitor not within 2 kgs of their 'stated entry weight' at the official weigh in on the Friday night may be disqualified at the discretion of the TAG.**

- All competitors are required to register in person on the Friday night prior to the tournament. TAG will consider Saturday morning registrations only under exceptional circumstances and only if a request for a Saturday registration has been made to and approved by TAG prior to registration opening.
- Only competitors entered in individual free sparring are required to weigh-in at registration. Competitors competing *only* in team sparring do not have to weigh-in.
- Only one weigh-in is permitted. Competitors will then be placed in a division according to weight. , or the competitor is more than 2kgs over their weight recorded in their entry information, Where there is no safe and/or feasible division for them to be placed in the competitor will be withdrawn with no entry fee refund .
- Competitors are to note they may be merged or receive a walk-on for safety reasons.

### Minimum dress for weigh-in.

Male:

- Do Bok pants

Female:

- Do Bok pants and a sports top (Females are not permitted to weigh-in wearing Do Bok pants and just their bra, they must wear a sports top or singlet etc as well.)

Note: Competitors may weigh-in wearing full Do Bok. No jackets, shoes, or any other extra clothing, or safety equipment of any sort may be worn.

### **T 17. Announcements**

According to the tournament schedule, announcements will be made as to which ring an event will take place in. Note that events may be shifted to different rings during the tournament according to scheduling requirements. It is the responsibility of the competitor/team to be close to the ring so they may compete without delay when called. They will be called to the red or blue side of the ring and must have ready all required equipment (i.e., safety equipment).

Should the competitor/team not come forward immediately, their name and/or region will be called a second time. Should they not present themselves at the ring within one (1) minute from the time of the second call, they will be disqualified.

### **T 18. Equipment Check**

Competitors' dobok and/or equipment check will take place outside of the ring 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 colour of safety equipment, in accordance with their position on the draw sheet (or black coloured hand and feet safety equipment with appropriate colour headgear).

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

## SECTION II – Patterns

Patterns competition shall be carried out in accordance with Section II of the International Taekwon-Do Federation Official Rules of Competition, with the following exceptions/additions:

### T 19. Groups

Pattern competitors will be organized into groups according to gender, age, gup/degree, according to the categories listed below:

Gender: Male and Female

Age: see Rule T5 above

Gup/Degree:

- i. 8<sup>th</sup>-7<sup>th</sup> gup
- ii. 6<sup>th</sup>-5<sup>th</sup> gup
- iii. 4<sup>th</sup>-3<sup>rd</sup> gup
- iv. 2<sup>nd</sup>-1<sup>st</sup> gup
- v. 1<sup>st</sup> degree
- vi. 2<sup>nd</sup> degree
- vii. 3<sup>rd</sup> degree
- viii. 4<sup>th</sup>-6<sup>th</sup> degree

### T 20. Performance - Individual

Competitors must perform the same pattern together. If they differ in rank, then the highest common pattern is to be selected as the first designated pattern. Competitors perform patterns ranging from Chon---Ji to the pattern for their current rank as per below.

Rank	Lowest Pattern	Highest Pattern
8 – 7 Gup	Chon---Ji	Do---San
6 – 5 Gup	Chon---Ji	Yul---Gok
4 – 3 Gup	Chon---Ji	Toi---Gye
2 – 1 Gup	Chon---Ji	Choong---Moo
1 <sup>st</sup> Dan	Chon---Ji	Gae--- Baek
2 <sup>nd</sup> Dan	Chon---Ji	Juche
3 <sup>rd</sup> Dan	Chon---Ji	Choi---Yong
4 <sup>th</sup> Dan and above	Chon---Ji	Moon---Moo

The competitor obtaining the majority of Umpire votes, with a minimum of two (2) Umpire votes in their favour (or one (1) if there are only three umpires available and two of the umpires score the match a draw), shall be declared the winner and advance to the next round of competition.

**In the event of a tie:**

1. Competitors will perform an additional Designated Pattern as selected by random draw, until the winner is decided.
2. The additional designated pattern shall be a pattern appropriate for their rank, (see Article 27), which has not yet been performed.
3. 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).
4. 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.
5. If a further tie continues, the computer will continue to randomly select patterns from those already performed, appropriate to that rank, in accordance with article T 27, until the winner is decided.

**T 21. Elimination - Team**

- a) The pyramid system of elimination will be used.
- b) The judges will choose a winner to advance to the next round.
- c) In case of a draw, another Designated Pattern must be performed until a winner has been declared.

**T 22. Performance and Decisions - Team**

1. Each Black Belt Team of five (5) competitors must perform together one (1) Optional Pattern and one Designated Pattern chosen randomly. The Optional Pattern being any from Chon-Ji to Choong-Moo, and the Designated Pattern being any of Kwang-Gae, Po Eun or Ge-Baek.
2. Each Coloured Belt Team of five (5) competitors must perform together one (1) Optional Pattern and one Designated Pattern chosen randomly. The Optional Pattern being any from CHON---JI to CHONG---MOO with the lowest ranked competitor defining the highest ranked pattern that can be performed (for example, a team containing a green belt cannot perform any pattern higher than Won-Hyo).
3. Team members may perform movements individually, or together, as they choose, but it must be seen to be teamwork.
4. Teams must prepare their entrance and exit to the ring by lining up at the border of the ring, facing the Umpires.

**T 23. Officials for Patterns Division**

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

## SECTION III - Sparring

Sparring competition shall be carried out in accordance with Section III of the International Taekwon-Do Federation Official Rules of Competition, with the following exceptions/additions:

### Equipment

Sparring competitors may wear either a red or blue (corresponding to their position in the draw) pair of hand, feet and head equipment to differentiate between them. Competitors may optionally wear black hand and feet equipment, but in that case must wear either red or blue (corresponding to their position in the draw) head equipment in order to differentiate between them.

## T 24. SPARRING DIVISIONS

### INDIVIDUAL

#### RANK DIVISIONS

- a. 8-7 Gup\*
- b. 6--5 Gup\*
- c. 4--1 Gup
- d. I--VI Degree

\*These divisions may be combined into a 8-5 gup division if entry numbers are insufficient to allow for safe and feasible 8-7 gup and 6-5 gup divisions.

### WEIGHT DIVISIONS:

Black belt weight divisions will be as per the World Championship weight categories in Schedule 2 of the International Taekwon-Do Federation Official Rules of Competition.

Coloured belt divisions will be as per the weight categories in following table:

	Male				Female			
	Pee Wee	Pre-junior	Junior	Senior & Above	Pee Wee	Pre-junior	Junior	Senior & Above
<b>Micro</b>	Up to 25 kg	Up to 40 kg	Up to 50 kg	Up to 57 kg	Up to 25 kg	Up to 35 kg	Up to 45 kg	Up to 50 kg
<b>Light</b>	Over 25 to 32 kg	Over 40 to 46 kg	Over 50 to 56 kg	Over 57 to 63 kg	Over 25 to 32 kg	Over 35 to 41 kg	Over 45 to 50 kg	Over 50 to 56 kg
<b>Middle</b>	Over 32 to 39 kg	Over 46 to 52 kg	Over 56 to 62 kg	Over 63 to 70 kg	Over 32 to 39 kg	Over 41 to 47 kg	Over 50 to 55 kg	Over 56 to 62 kg
<b>Light Heavy</b>	Over 39 to 46 kg	Over 52 to 58 kg	Over 62 to 68 kg	Over 70 to 78 kg	Over 39 to 46 kg	Over 47 to 53 kg	Over 55 to 60 kg	Over 62 to 68 kg
<b>Heavy</b>	Over 46 to 55 kg	Over 58 to 65 kg	Over 68 to 75 kg	Over 78 to 85 kg	Over 46 to 55 kg	Over 53 to 60 kg	Over 60 to 65kg	Over 68 to 75 kg
<b>Hyper</b>	Over 55 kg	Over 65 kg	Over 75 kg	Over 85 kg	Over 55 kg	Over 60 kg	Over 65 kg	Over 75 kg

Individual Sparring divisions must consist of at least two (2) competitors. In the event that a division has only one entered competitor, that competitor may be moved to another division if it is feasible and safe to do so.

**TEAM:****JUNIOR AND/OR SENIOR – TEAM:**

- a. Each Sparring Team (Male and/or Female) must consist of a minimum of three (3), and a maximum of five (5) competitors and may have one (1) optional reserve.
  - i. Team Members may be of any weight division.
  - ii. Age classes cannot be combined. \*See Rule T5.
  - iii. In a case that a team consists of only three (3) competitors, then they will forfeit eight (8) judge's decisions.
  - iv. In a case that a team consists of only four (4) competitors, then they will forfeit four (4) judge's decisions.

**T 25. Duration of bouts and Decisions****a. Individual**

- i. Individual Bouts will be two (2) rounds of two (2) minutes duration with a one minute break between rounds.
- ii. The TAG may run preliminary bouts consisting of either one (1) two minute round, or two (2) one minute rounds if there are time constraints due to competitor numbers. In all cases however, the final of any individual division will be two (2) rounds of two (2) minutes duration with a one minute break between rounds.
- iii. In the case of a draw, a further one (1) minute round will take place.
- iv. If this results in a further draw then the first scored point assigned by at least two (2) Referees will decide who the winner is.

**b. Team**

- i. Each team bout will be one (1) round of two (2) minutes.
- ii. In team matches the total judges' decisions from the number of bouts completed shall be counted. However when all bouts are finished and the result is a draw then each coach will select one (1) competitor to spar an extra bout of two (2) minutes. The team whose competitor wins this bout will be the winner.
- iii. If at this time it 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.

## SECTION IV – Power Breaking

Power Breaking competition shall be carried out in accordance with Section IV of the International Taekwon-Do Federation Official Rules of Competition, with the following exceptions/additions:

### T 26. Divisions

- a. Male and female black belt individuals and teams (junior and senior)
- b. Male and female coloured belt individual 4<sup>th</sup> to 1<sup>st</sup> gups

The number and type of plastic boards for each technique shall be as set out in the Table below:

Male Dan	Age	Punch	Knifehand	Side kick	Turning kick	Reverse turning kick
Pre---Junior	11---14	Nil	Nil	2	1.5	1.5
Junior	15---17	1.5	1.5	3	2	2
Senior	18---35	2.5	2.5	3.5	2.5	2.5
Advanced Senior	36---45	2	2	3	2	2
Veteran	46---55	1.5	1.5	2.5	1.5	1.5
Advanced Veteran	56+	1	1	2	1	1

Female Dan	Age	Elbow	Knifehand	Side kick	Turning kick	Reverse turning kick
Pre---Junior	11---14	Nil	Nil	1.5	1	1
Junior	15---17	1	1	2	1	1
Senior	18---35	1.5	1.5	2.5	1.5	1.5
Advanced Senior	36---45	1	1	2	1	1
Veteran	46---55	1	1	1.5	1	1
Advanced Veteran	56+	1	1	1	1	1

Male Gup	Age	Punch	Knifehand	Side kick	Turning kick	Reverse turning kick
Junior	15---17	Nil	Nil	2.5	1.5	1.5
Senior	18---35	2	2	3	2	2
Advanced Senior	36---45	1.5	1.5	2.5	1.5	1.5
Veteran	46---55	1	1	2	1	1
Advanced Veteran	56+	1	1	1.5	1	1

<b>Female Gup</b>	Age	Elbow	Knifehand	Side kick	Turning kick	Reverse turning kick
Junior	15---17	Nil	Nil	1.5	1	1
Senior	18---35	1	1	2	1	1
Advanced Senior	36---45	1	1	1.5	1	1
Veteran	46---55	1	1	1	1	1
Advanced Veteran	56+	1	1	1	1	1

In the event of a tie-break the Jury President can remove any competitor aged 9-17 years if they are deemed by the Jury President to be in danger of injuring themselves.

### **T 27. Officials for Power**

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

## SECTION V – Special Technique

Special Technique competition shall be carried out in accordance with Section V of the International Taekwon-Do Federation Official Rules of Competition, with the following exceptions/additions:

### T 28 Divisions

- a. Male and female black belt individuals and teams (junior and senior)
- b. Male and female coloured belt individual 4<sup>th</sup> gup or higher (4<sup>th</sup>, 3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup> gups)

The heights for each technique shall be as set out in the Table below:

Male Dan	Age	High	Turning	Reverse Turning	Midair	Side
Pee Wee	9--10	2.0	1.8	1.7	1.7	0.9
Pre--Junior	11--14	2.2	2.0	1.9	1.9	1.1
Junior	15--17	2.3	2.1	2.0	2.0	1.2
Senior	18--35	2.4	2.2	2.1	2.1	1.3
Advanced Senior	36--45	2.3	2.1	2.0	2.0	1.2
Veteran	46--55	2.1	1.9	1.8	1.8	1.0
Advanced Veteran	56+	1.9	1.7	1.6	1.6	0.8

Female Dan	Age	High	Turning	Reverse Turning	Midair	Side
Pee Wee	9--10	2.0	1.8	1.7	1.7	0.9
Pre--Junior	11--14	2.0	1.9	1.8	1.8	1.0
Junior	15--17	2.1	1.9	1.8	1.8	1.1
Senior	18--35	2.2	2.0	1.9	1.9	1.2
Advanced Senior	36--45	2.1	1.9	1.8	1.8	1.1
Veteran	46--55	1.9	1.7	1.6	1.6	0.9
Advanced Veteran	56+	1.7	1.5	1.4	1.4	0.7

Male Gup	Age	High	Turning	Reverse Turning	Midair	Side
Pee Wee	9--10	1.9	1.7	1.6	1.6	0.8
Pre--Junior	11--14	2.1	1.9	1.8	1.8	1.0
Junior	15--17	2.2	2.0	1.9	1.9	1.1
Senior	18--35	2.3	2.1	2.0	2.0	1.2
Advanced Senior	36--45	2.2	2.0	1.9	1.9	1.1

<b>Male Gup</b>	Age	High	Turning	Reverse Turning	Midair	Side
Veteran	46---55	2.0	1.8	1.7	1.7	0.9
Advanced Veteran	56+	1.8	1.6	1.5	1.5	0.7

<b>Female Gup</b>	Age	High	Turning	Reverse Turning	Midair	Side
Pee Wee	9---10	1.8	1.6	1.5	1.5	0.8
Pre---Junior	11---14	2.0	1.8	1.7	1.7	0.9
Junior	15---17	2.1	1.9	1.8	1.8	1.0
Senior	18---35	2.2	2.0	1.9	1.9	1.1
Advanced Senior	36---45	2.1	1.9	1.8	1.8	1.0
Veteran	46---55	1.9	1.7	1.6	1.6	0.8
Advanced Veteran	56+	1.7	1.5	1.4	1.4	0.6

### **T 29. Procedure – Individual and Team**

A machine designed for the specific test will be used. The heights for each item are indicated above.

- A. Each fully moved board will count as three (3) points and each half moved board will count as one (1) point.

### **T 30. Officials for Special Technique**

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

## SECTION VI – Pre-arranged sparring

Pre-arranged competition shall be carried out in accordance with Section VI of the International Taekwon-Do Federation Official Rules of Competition, with the following exceptions/additions:

### **T 31. Divisions**

- A. Black belt and Coloured belt teams are divided into Junior ages 17 and under, and Senior ages 18 and older, gender mixing is allowed.
- B. Two teams per region per division are permitted.

### **T 32. Officials for Pre-arranged Sparring**

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

## SECTION VII – General

### T 33. Protest

1. Protests can ONLY be presented by an official coach, and ONLY when there is an apparent violation of the official rules.
2. The Coach must request a Protest Form from the Jury President immediately after completion of the match.
3. The Jury President will provide the coach with the official Protest Form after having received the official Protest Fee (NZ\$100).
4. Ring activities will NOT be stopped unless the issue at hand immediately affects the next match or makes it difficult to continue with the draw. Only then will the ring activities be stopped, and only until such time as the protest is resolved.
5. Each protest must be written on the official Protest Form in the English language.
6. Each completed Protest Form must be presented to the Jury President of the match in question **no later than five (5) minutes AFTER** having received the form.
7. The protest must be clear, precise and circumstantial.
8. Jury President will then deliver the completed Protest Form and Protest Fee to a TAG representative.
9. The TAG will then examine the circumstances of the protest and will decide either.
  - I. To validate the match.
  - II. To repeat the match.
  - III. To assign the victory of the match to the opponent. (Sparring, Patterns, Pre---Arranged)
  - IV. To assign or remove points, warnings, fouls, time as necessary
  - V. To disqualify both competitors.
10. The Protest Fee will only be returned to the protesting coach in the event that the TAG upholds and validates the protest. Should the coach lose the protest, the Protest Fee will be forfeit.

### T 34. Decisions

1. In order to give a decision the TAG may call on any individual they desire to give evidence concerning the protest.
2. On reaching a decision the TAG will notify all parties concerned of this decision.
3. The TAG will at all times base their decision on the rules laid down in International Taekwon-Do Federation Official Rules of Competition and this document and their decision cannot conflict with the rules of either document.

### **T 35. Disqualification**

Team Managers/Representatives or Coaches who persist in arguing against decisions made by the TAG may have their whole team or region disqualified from all further events at the championship.

The TAG will also consider the matter at a later date with a view to further action being taken by the TGA or the ITFNFZ Standards and Discipline Committee.

### **T 36. Team/Competitor Withdrawal**

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

1. Automatic disqualification from that event which means no placing for that event, and therefore no medals.
2. Automatic disqualification from all further events at the championship.
3. Further disqualification from further events as decided by the TAG or the Standards and Disciplinary Committee.

### **T 37. ITFNFZ Anti – Doping Control**

Doping control will be in accordance with the ITFNFZ Anti Doping Policy.

### **T 38. Unexpected Events**

The TAG shall make a decision in the case of any unexpected or unique event that may arise, that is not otherwise addressed in the International Taekwon-Do Federation Official Rules of Competition or otherwise herein.

### **T 39. Copies of Rules**

A copy (paper or electronic) of the ITF and iTKD Tournament Rule will be present at all National ITFNZ tournaments and be accessible to all competitors and officials.

### **T 40. Implementation**

- Original Version 2016
- Amended September 2017
- Amended February 2018
- Amended February 2019
- Amended February 2020
- Amended July 2026

# APPENDIX ONE

## TAG Concussion Protocol

The TAG concussion protocol is based on ACC Sport Concussion National Guidelines.

- If a concussion is suspected in any event for any reason, the appropriate medical personnel are to be called and if they confirm or suspect a concussion the competitor is to be removed from the ring and further treatment administered as they see fit, and T39 will apply.
- The competitors safety is paramount and officials will make decisions based on the rules.
- In cases of uncertainty and in line with medical advice, officials will adopt a conservative approach – ‘If in doubt sit them out’.
- Please note: Any competitor ruled by medical personnel to have suffered, or suspected to have suffered a concussion, will not be permitted to participate any further in the competition in any event, including coaching.