

International Taekwon-Do Document

iTKD National Tournament 2019

Tournament Advisor Group



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Tournament Hosting

The below is a guideline on the requirements for hosting the nationals. A committee with specific personnel to take charge of each area works the best. One person only will liaise with TAG during the organizing period. If you want to host the National Tournament, you will need to get in touch with TAG.

Action	Timeframe	Responsibility	Details
Choose location	12 months	TAG	
Provide budget	12 months	Organiser	
Organise Venue	12 months	Organiser	
Setup organising committee	12 months	Organiser	Select a person to report for each specific area
Confirm and finalise rules	6-12 months	TAG	Select final rules, any changes go into itkd specific doc
Setup Facebook for Coaches & Managers	6 months	TAG	Use FB group to communicate rules/changes and answers
Design logo	6 months	Organiser	
Organise mats	6 months	Organiser	Liaise with TAG as to the number of rings required
Organise medals and trophies	6 months	TAG	Bulk lots that can be used for further tournaments
Organise venue and menu for Awards Dinner	4-6 months	Organiser	Liaise with the iTKD Secretary on the awards requirements
T-shirts	4-6 months	Organiser	
Organise breaking & speciality machines	3-6 months	Organiser	Liaise with TAG as to the number of machines required
Set Entry Fees	3-6 months	TAG	With discussion by all parties
Registration page	2-3 months	TAG	Using Ringmarshall
Assign access to managers	2-3 months	TAG	Using Ringmarshall
Link registration and Officials page to itkd	2-3 months	TAG	Liaise with Master M
Organise Weigh-in scales	1-2 months	Organiser	We usually use Weder
Organise officials and VIP's lunches	1 month	Organiser	No need to get crazy
Check all Waivers signed	1 month	TAG	Using google forms/spreadsheet
Print all paperwork	1 month	Organiser	All paper scoring forms as a backup
ID cards for competitors	1 month	TAG	
Preparing Electronic scoring devices	1-2 weeks	TAG	Checking all devices are working
Organise helpers for IT computers, weigh-in & Masters/VIP's & runners on the day	2 weeks	Organiser	Liaise with TAG
Check competitor photos	2 weeks	TAG	check on quality and size
ID cards	1 week	TAG	Distribute at weigh-in
Complete divisions and	1 week	TAG	

draws			
Organise officials for ring councils	1 week	TAG	
Send invoices to Mrs Pygott and team managers	1 week	TAG	Using invoice-summary.php
Setup weigh-in area	Friday night	TAG	Separate gender areas
Registration desk	Friday night	TAG	As per the rules for registering
Setup TAG area	Friday night	TAG	4pm on friday
Setup/Layout rings	Friday night	Organiser/TAG	
Make the draws available	Friday night	TAG	

During the Tournament

Check all results entered	Live	TAG	
Announce divisions	Live	TAG	Assign MC
Collating and publishing results	Live	TAG	Through the MC
Running electronic scoring	Live	TAG	
Ensure medals distributed	Post tournament	TAG	some medals may not be given out on the day

Tournament Rules

T 1. Purpose

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

T 2. Application

These are to be applied at every iTKD National Tournament.

T 3. 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 club for up to 10 competing members of that club 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 club/school being fined per missing official at an amount set by the TAG before the event. Clubs/schools without access to an official may 'borrow' them from another club/school.

T 4. Duties

1. 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.
2. Five (5) Judges will be seated in a line at a distance of one (1) metre from the border of the ring, facing the competitors, during Pattern and Pre-Arranged Free sparring competition. They will assign points in accordance with their judgement based on the competition rules and regulations.
3. One (1) Centre Referee will be inside the ring to control the match during Free Sparring.
4. Four (4) Judges will be seated at a distance of one (1) metre from the corner of the ring during Free Sparring. They will assign points in accordance with their judgement based on the competition rules and regulations.
5. 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.
6. At least one (1) Jury member will be seated at the Jury table to assist the Jury President at all times.
7. One (1) Computer assistant member, trained by the Organizing Committee will be seated at the Jury table at all times to keep match records.

T 5. Competitors

- Only competitors that are registered members of iTKD or an Allied Association will be permitted to register and compete at the 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 apply online through and with the permission of their regional manager.
- **The registration cutoff date is 3 weeks before the date of the tournament.**
- All individual sparring competitors must supply their weight when registering online or their application will be refused.

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. Any competitor not registering in person at the weigh-in will be disqualified.

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.

Minikids	Pee Wee	Pre Junior	Junior	Senior	Advanced Senior	Veteran	Advanced Veteran
4 – 8 yrs	9-10 yrs	11 – 14 yrs	15 – 17 yrs	18 – 35 yrs	36 – 45 yrs	46 – 55 yrs	56 or older

Team Events Ages:

1. Coloured belt team pattern may be any age, gender or rank combination.
2. Coloured belt pre-arranged teams are divided into Juniors aged 17 and under, and Seniors aged 18 and older with no gender mixing.
3. Black belt teams, including pre-arranged, are divided into Junior teams aged 17 and under, and Senior teams aged 18 and older with no gender mixing.

T 6. Dress

Officials - Must wear the uniform dress requirements as laid down in the ITF Umpire rules.

Competitors - The iTKD S & D document's section on Do Bok's applies to all competitors. Please note these have been updated for 2019

Coaches – are covered separately in T 14 below

T 7. Safety Equipment and Protective Wear

1. Competitors **must** wear:

- i. Either black hand and feet safety equipment, or red if you are in the red corner or blue if you are in the blue corner.
- ii. Groin guards must be worn inside the Dobok trousers – males only.
- iii. Red or Blue coloured head guard.
- iv. Mouth guards are compulsory and must be transparent.

The following brands are the only permitted Safety Equipment:

- a) Top Pro
- b) Top Ten
- c) Fuji Mae
- d) Grand Marc
- e) Mighty fist
- f) Adidas
- g) Nikko
- h) Maxpro
- i) Martial Arts Depo (MAD)

2. Competitors **may**, optionally, wear the following:

- i. Shin protectors.
- ii. Breast protectors - for female only - and must be worn inside the Dobok jacket.
- iii. Groin guards, must be worn inside the Dobok trousers, optional for females only.

3. All protective safety wear must be of an approved type (see above) consisting of elasticised material with sponge or rubber type padding and containing no metal, bone or hard plastic (accept for groin guards and breast protectors). The use of zip, lace or stud fasteners is forbidden.

4. No other protective or safety equipment may be worn, except in special circumstances with the prior approval of the TAG.

5. All competitors with injuries which require bandaging or strapping of any kind must satisfy the Tournament Arbiter of their need, and obtain approval of type before performing i.e. no pins or hard material can be worn.

6. No jewellery, watches or other adornments may be worn. Hair may be kept in place using a material of a soft elastic nature only, no hard material, metal, grips or slides are allowed.

T 8. Medical attention

There must always be appointed medical staff present. It is permissible to use other suitably qualified medical staff if a doctor is not available. St Johns are not necessarily required. The appointed medical person's decision is final.

T 9. 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.

:COMPETITORS PLEASE TAKE NOTE OF THE NEW CONCUSSION WAVER

T 10. 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 11. Ring Size

1. All rings must be covered with an approved jigsaw type mat.
2. For Sparring, the competition ring will consist of an 8 by 8 metre matted playing surface and must have an additional one (1) metre wide (minimum) safety perimeter of a contrasting colour of mat, delineating the border between "In Play" and "Out of Play".
3. For Pattern and Pre-Arranged Free Sparring competition, the ring will consist of a 10 by 10 metres matted playing surface. There will be 8 by 8 metres of mat of one colour, surrounded by a one (1) metre wide perimeter of a contrasting colour of mat. All areas of mat are "In Play".
4. For Power Test and Special Technique, the ring size will consist of appropriate size matted playing surface for safe and equitable competition. Dimensions and layout will be decided and approved by the TAG.
5. The official Jury table must be located in front of, and at the same level of, the ring.

T 12. Recording

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

T 13. Managers

A manager of the individual, school and/or region may be any person authorised by their Region. A manager registers the competitors and coaches, submits the documents, lodges complaints (not protests) and co-operates with officials at the competition.

T 14. Coaches

1. For any individual and/or team competition, one (1) coach only must be present at the ringside, seated in the designated coach's chair.
2. Only coaches obtaining prior regional approval, and that have registered through the official registration process prior to the start of the tournament may coach at the tournament.
3. Coaches must wear a track suit, gymnastic shoes and carry a towel. It is permitted to wear a Do Bok provided a track style jacket is worn over the top. No other type of clothing is permitted, eg Jeans and a T-shirt
4. Coaches are not allowed to wear back packs and/or other non Taekwon-Do items in the competition area.
5. Coaches must remain seated, in the designated coach's chair.
6. Coaches must not interfere in the competition with action or words.
7. Coaches are the only persons allowed to present an official protest.
8. Failure to abide by the above mentioned may render the coach liable to be removed from their advisory position. The TAG shall decide the time and duration of removal. Further protest may see the coach being asked to leave the tournament/venue with the involvement of S&D if necessary.
9. A removed coach must be replaced by another coach within a two (2) minute time limit.
10. If another coach is not present within the two (2) minute time period the competitor shall be disqualified.

T 15. Awards

Individual:

- 1st, 2nd, and two 3rd place equal medals are awarded

Team:

- 1st, 2nd, and two 3rd place equal medals are awarded

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

Best Region, School or Club:

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. Team events do not count towards best school or club. A minimum of two teams are required for regional points. A division of one team can still be awarded medals, but not regional points

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 16. Official Terminology

Charyot	Attention
Kyong Ye	Bow
Junbi	Ready
Shijak	Begin
Haechyo	Separate
Gaesok	Continue
Goman	End
Ju Ui	Warning
Gam Jam	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

T 17. Division of Competitors

Note: The TAG reserves the right to combine any division or group or team event in the interests of safety, numbers entered, or time constraints

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

Note:

Individual competitors may enter all events.

Only one team is permitted per region per division (Junior and Senior, Male and Female)

TEAM

Team match is divided into:

A. Pattern

Male team

Female team

Combined male and female team (for coloured belt team patterns only)

B. Sparring

(No coloured belt team sparring)

Male team

Female team

C. Pre-Arranged Sparring

Male team

Female team

Male coloured belt team

Female coloured belt team

D. Special technique

(No coloured belt special technique team)

Male team

Female team

E. Power Test

(No coloured belt power team)

Male team

Female team

Note:

- Each Coloured belt team may perform in patterns and/or pre-arranged sparring only
- 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.
- Team events for black belts are divided into Junior teams (17 yrs and under) and Senior teams (18 yrs and older).

T 18. Competitor Numbers – Individual and Team

1. Any number of individual competitors from each club/school/region may enter each event.
2. These competitors may be individuals or team members.
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. For example, if a competitor is registered as a junior, they cannot compete as a member of the senior team.
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) club/school/region as registered. Competitors are not permitted to compete for more than one (1) club/school, or for different clubs/schools in different divisions.

Changing ranks close to the tournament date

- Competitors are permitted to change their ranks after registering according to their grading results until 3 weeks prior to the tournament date. After that cut-off date, no changes to ranks are permitted
- 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. 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 19. Order of Match

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

T 20. Draw

Draws may be done manually if a computer is not present.

T 21. 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, no exceptions.
- 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 their division according to weight
- 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 22. Announcements

According to the tournament schedule, announcements will be made as to which ring an event will take place. 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 club/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 23. 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.

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.

T 24. Courtesy

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

SECTION II – Patterns

T 25. Groups

- a. Male
- b. Female.

T 26. Eliminations - Individual

1. The pyramid system of elimination will be used.
 - a. Competitors will compete 1 to 1 and will perform simultaneously Two (2)
 - i. **Designated Patterns.** (Appropriate to their degree: see T 27).
 - b. The Judges will choose the best competitor to go forward to the next round.
2. In the event that two competitors clash (come into contact) during the performance of their pattern, the competitor that is found to be responsible for the clash will receive a score of zero (0) points for that pattern.
3. Competitors must begin their patterns horizontally in line with one another with the exception of pattern Ul-Ji, where the Red Competitor (HONG) **must** begin their pattern one (1) meter closer to the judge's table.

T 27. Performance

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 st Dan	Chon-Ji	Gae- Baek
2 nd Dan	Chon-Ji	Juche
3 rd Dan	Chon-Ji	Choi-Yong
4 th 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 judges available), 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 of the computer, 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 28. 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 Optional Pattern must be performed until a winner has been declared.

T 29. 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 by the computer. The Optional Pattern being any from CHON-JI to GE-BAEK.
2. Each Coloured Belt Team of five (5) competitors must perform together one (1) Optional Pattern and one Designated Pattern chosen randomly by the computer. The Optional Pattern being any from CHON-JI to CHONG-MOO with the lowest ranked competitor deciding the highest ranked pattern that can be performed.
3. Team members may perform movements individually, or together, as they choose, but it must be seen to be teamwork. For example: one team member may not perform moves of the Pattern on his own without the other team members following in unison.
4. Teams must prepare their entrance and exit to the ring by lining up at the border of the ring, facing the Umpires. The marching in and out the ring is NOT part of the choreography and no points will be given for this.

T 30. Officials for Patterns Division

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

SECTION III - Sparring

T 31. DIVISIONS

INDIVIDUAL

RANK DIVISIONS

- a. 8-5 Gup
- b. 4-1 Gup
- c. I-VI Degree

WEIGHT DIVISIONS:

	Male				Female			
	Pee Wee	Pre-junior	Junior	Senior & Above	Pee Wee	Pre-junior	Junior	Senior & Above
Micro	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
Light	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
Middle	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
Light Heavy	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
Heavy	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 65 kg	Over 68 to 75 kg
Hyper	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 categories must consist of at least two (2) competitors. In the event that a category has only one competitor, that competitor may be moved to another category.

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 32. 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 rounds consisting of one (1) two minute round if there are time constraints due to numbers
- 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 at the same split second 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 five (5) bouts shall be counted. However when all five (5) 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.

T 33. Target Area

a. Head:

- i. At the front, sides, and top of the head, but not at the back.
- ii. Excluding the neck.

b. Trunk of the body:

- i. From shoulder to navel vertically
- ii. From a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

T 34. Point Awards

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

T 35. Light Contact Scoring System

In competition a technique is valid if it is:

1. Executed correctly.
2. Dynamic (i.e., it is delivered with strength, purpose, speed and precision.)
3. Controlled on the target.

T 36. Minus Points/Fouls

One point will be deducted for the following offences:

1. Heavy contact.
2. Attacking a fallen opponent.
3. Leg sweeping.
4. Holding/grabbing.
5. Intentional attack to a target other than mentioned in art. T33.
6. Unsportsmanlike Conduct*

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

T 37. Warnings

Warnings will be assigned for the following offences:

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

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

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

T 38. Disqualification

1. Misconduct against officials or ignoring instructions.
2. Uncontrolled or excessive contact.
3. Receiving three (3) minus points/fouls directly given by the Centre Referee.
4. Being under the influence of alcoholic beverages or drugs.
5. Loss of temper.
6. Insulting an opponent, coach, and/or official.
7. Biting, scratching.
8. Attacking with the knee, elbow or forehead.
9. Being responsible for causing a loss of consciousness

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

T 39. Injury

1. When a competitor is injured, the Centre Referee must stop the match and call the Doctor (assigned medical person). There will be a total of three (3) Minutes of time allowed per **MATCH**, for the doctor to diagnose, treat the injury 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.

2. When a competitor cannot compete anymore because of the Doctor's decision and according to the decision of the Ring Council (Jury President, Centre Referee and Corner referees)
 - i. He/she is the winner if his/her opponent is responsible.
 - ii. He/she is the loser if his/her opponent is not responsible.
3. An injured competitor that is unfit to fight cannot continue for the time/day(s) set according to the Doctor's decision.
4. A competitor that refuses to accept the Doctor's and/or the Ring Council decision will be disqualified and taken out of the competition.
5. If two competitors injure themselves at the same time and both are unfit to fight according to the Doctor's decision, the winner is the contender that has more scored points at that moment. If the competitors are even, the Ring Council will decide about the bout.

N.B. A competitor that is responsible for causing a loss of consciousness or causing a concussion in a 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.

N.B.B The doctor must be called for any hit to the head that results in a foul being awarded and the competitor checked

T 40. Bout procedure – Individual and Team

a. Individual

1. Sparring competitors will commence the bout on the start positions, each with the correct safety equipment to differentiate between them (T. 7). 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.
2. The Centre Referee will then start the Light Contact Sparring with the command “SHI-JAK” and the competitors will continue to spar until the Referee issues the command “HAECHYO”.
3. At this point the competitors will cease to spar, and will remain where they are until restarted.
4. An audible signal of time will end the round and/or bout. The reverse order of bowing will ensure and the result will be declared.
5. In a draw situation, warnings and/or minus points are not carried forward.
6. If a competitor leaves the ring they must re-start one (1) metre inside the ring.

b. Team

1. The bout procedure for team sparring will be the same as that for individual sparring.
2. A coin will be tossed between the two (2) coaches to determine which team sends its first competitor into the ring.
3. The teams must then alternate.

T 41. Timing

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

T 42. Officials for Sparring Competition

One (1) Jury President, one (1) Ring Marshall, one (1) Computer Assistant, one (1) Centre Referee and four (4) Corner Referees.

SECTION IV – Power

T 43. Divisions

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

Male Dan	Age	Punch	Knifehand	Side kick	Turning kick	Reverse turning kick
Pee Wee	9-10	Nil	Nil	1	1	Nil
Pre-Junior	11-14	Nil	Nil	2	1	1
Junior	15-17	1	1	3	2	1
Senior	18-35	2	3	4	3	2
Advanced Senior	36-45	1	2	3	2	2
Veteran	46-55	1	1	2	2	1
Advanced Veteran	56+	1	1	1	1	1

Female Dan	Age	Elbow	Knifehand	Side kick	Turning kick	Reverse turning kick
Pee Wee	9-10	Nil	Nil	1	1	Nil
Pre-Junior	11-14	Nil	Nil	1	1	1
Junior	15-17	1	1	2	1	1
Senior	18-35	1	1	2	1	1
Advanced Senior	36-45	1	1	2	1	1
Veteran	46-55	1	1	1	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	1	1	1
Senior	18-35	1	2	2	1	1
Advanced Senior	36-45	1	1	2	1	1
Veteran	46-55	1	1	1	1	1
Advanced Veteran	56+	1	1	1	1	1

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

T 44. Procedure

1. The winners will be decided by the highest total accumulated score for all techniques per round of competition.
2. Machines designed for the specific test will be used.
3. The number of official plastic boards for each item is indicated above. Boards shall be the white polar boards.
4. Is permitted to step forward, to slide, skip and or jump.
5. A forearm guarding block must be adopted before and after each attempt to break the board(s). (Guard, measure, guard, break, guard)
6. For Sonkal Taerigi the strike may be either inward or outward.
7. Each competitor/team is allowed a total of two (2) minutes to set the correct heights for all breaking techniques.

The following procedures shall take place:

- A. After a red flag signal of the referee, each Male & Female Individual competitor or Male and Female Team has five (5) minutes to attempt to bend or separate the board(s) of the five (5) listed breaking items which must include one (1) pre-judgement of distance with touching allowed, followed by the attempt to break the board(s).
- B. Competitors and/or Teams that exceed the settled time shall receive 0 points
- C. Referees 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.
 - III. More than one measure
 - IV. Falling into or holding the machine
 - V. Failure to perform all required guarding blocks
- D. Referees must examine each board before each attempt.
- E. Each separated board will count as three (3) points and each bent board will count as one (1) point.
- F. The four highest scores will set 1st, 2nd, and two 3rd place winners. Only in the event that two or more competitors tie for third place with the same total score, in the same round of breaking, will there be two third place winners.
- G. 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. With teams, the coaches

shall indicate the competitors to perform and in the case of another tie they will then indicate the next two competitors and this order will proceed until a winner is found.

JUNIOR AND OR SENIOR – TEAM

Male & Female

Teams (5 competitors + 1 reserve) will perform items as indicated in T 43 and the procedures in T 44 will be carried out.

N.B.: Competitors and/or Teams 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.

N.B.B: The Jury President can remove any competitor if they are deemed to be in danger of injuring themselves.

T 45. Officials for Power

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

SECTION V – Special Technique

T 46 Divisions

- c. Male and female black belt individuals and teams (junior and senior)
- d. Male and female coloured belt individuals 4th gup or higher (4th, 3rd, 2nd, 1st gups)

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
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

Female Gup	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 47. Procedure – Individual and Team

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

The following procedure shall take place:

- A. After a red flag signal of the referee, each Individual competitor or Team has five (5) minutes to attempt to move the board of the five (5) listed 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. Competitors and/or Teams that exceed the time limit shall receive 0 points.
- C. Referees may disallow a break for failure to maintain the following:
 - i. 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).
 - iv. Failure to perform the correct number of guarding blocks (Guard, measure, guard, jump, guard)
 - v. Leaving the ring with both feet
- D. Referees must examine regularly each machine and or board.
- E. Each fully moved board will count as three (3) points and each half moved board will count as one (1) point.
- F. The four highest scores will set 1st, 2nd, and two 3rd place winners. Only in the event that two or more competitors tie for third place with the same total score, in the same round of breaking, will there be two third place winners.
- G. In the event of a tie the Jury President will select one item from the list 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.

N.B.: 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.

JUNIOR AND OR SENIOR – TEAM

Teams (5 competitors + 1 reserve) will perform items as indicated in Article 46 and the procedures in a.-c.-d.-e.-f.-g.-h. (Article 47) will be carried out.

T 48. Officials for Special Technique

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

SECTION VI – Pre-arranged sparring

T 49. Divisions

- A. Black belt and Coloured belt teams are divided into Juniors ages 17 and under, and Senior teams ages 18 and older with no gender mixing.
- B. One team only per region per division

T 50. Procedure

The following procedure shall take place:

1. 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.
2. Each Team shall perform one at a time and the Referees shall assign points from 0-10 according to the performance, taking into consideration the following criteria:
 - i. Technical Content.
 - ii. Teamwork, Choreography and Difficulty.
 - iii. Power.
3. Execution of up to, but not more than, a total of three (3) acrobatic sequence of technique per team.
4. Both competitors must assume an L-Stance guarding block to begin.
5. At the command “Shi-Jak” by one of the competitors, the bout time will start.
6. 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.
7. In case of a draw, each team will perform again, receiving new scores, until a winner has been declared.

Teams shall compete according to the following rules and regulations:

1. 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.
2. Attacking techniques must be blocked and/or avoided and must be performed with realism. No unblocked contact is permitted with the exception of a final incapacitating attack.
3. Bout duration shall consist of one (1) round: minimum sixty (60) seconds, maximum seventy-five (75) seconds. Teams that record a time less than 60 seconds or more than 75 seconds shall receive zero (0) points.
4. Protective equipment may be worn as written in art.T.7.1. Point ii and T.7. 2.
5. 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.
6. Teams performing more than three (3) acrobatic sequences of technique during the bout shall receive zero (0) points.
7. In the case of a draw an extra bout must be performed until the places are decided.

T 51. Officials for Pre-Arranged Sparring

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

SECTION VII – General

T 52. 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.
4. Ring activities will be stopped 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 precise and circumstantial.
8. Jury President will then deliver the completed Protest Form and Protest Fee to the Umpire Committee.
9. The Umpire Committee 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 ITF Umpire Committee upholds and validates the protest. Should the coach lose the protest, the Protest Fee will be forfeit.

T 53. Decisions

1. In order to give a decision the Umpire Committee may call on any individual they desire to give evidence concerning the protest.
2. On reaching a decision the Umpire Committee will notify all parties concerned of this decision.
3. The Umpire Committee will at all times base their decision on the rules laid down in this document and their decision cannot conflict with the rules of this document.

T 54. Disqualification

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

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

T 55. 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 56. ITKD Anti – Doping Control

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

T 57. Unexpected Events

The Tournament Committee shall make a decision in the case of any unexpected or unique event that may arise, and is not indicated in the Tournament Rules.

T 58. iTKD Tournament Advisory Group (TAG)

The iTKD Tournament Advisory Group consists of the Tournament Director, and 7 members. The TAG is split into two sections, the tournament group, and the umpire group.

T 60. Copies of Rules

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

T 61. Implementation

2016

- Amended September, 2017
- Amended February 2018
- Amended February 2019

APPENDIX ONE

TAG Concussion Protocol

The TAG concussion protocol is based on ACC Sport Concussion National Guidelines and is to be used in conjunction with Article T39 (Sparring), however a concussion can occur in any of the other events although unlikely.

- 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.
- It is the TAG's position that the competitors safety is paramount and officials will make decisions based on the rules, in particular T38-2 and T39.
- In cases of uncertainty and inline 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, including coaching.