
International Taekwon-Do Document

iTKD Star Series Tournament 2021

based on Nationals & Under 18 rules



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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 Star Series 2021 Tournament. They apply to all competitors except where stated otherwise. As is the nature with competitions, there may not be enough officials to comply with T3 and/or competitor divisions are likely to be merged. In all these and any other cases, T57 will apply.

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) full time 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).

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 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 tournament**.
- 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 with the permission of their instructor.
- All individual sparring competitors must supply their weight when registering online or their application will be refused.

Competitors are divided into the following divisions:

Groups:

- i. Male
- ii. Female

Age Divisions:

The competitors age will be taken as of the actual date of the tournament, and they shall compete in the divisions laid down in the following rules. The Arbiter reserves the right to move competitors to different age categories for time or safety reasons.

Minikids 9th & 10th Gups	Senior Mini Kids 8th Gup+	Pee Wee 8th Gup+	Pre Junior	Junior	Senior	Veteran
5 – 8 yrs	5-8 yrs	9-10 yrs	11 – 14 yrs	15 – 17 yrs	18 – 35 yrs	36 + yrs

Team Events Ages:

1. One pre-arranged team per club. All ranks, Gender mixing allowed.
2. Divisions may be merged if there are not enough competitors.

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

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 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 Doctor 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 waiver form. The TAG, Officials, and the Hosting Committee will not be held responsible for any injury, loss, or eventuality incurred during the event.

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. Minikids are scored using Flags.

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. 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
3. Coaches are not allowed to wear back packs and/or other non Taekwon-Do items in the competition area.
4. Coaches must remain seated, in the designated coach’s chair.
5. Coaches must not interfere in the competition with action or words.
6. Coaches are the only persons allowed to present an official protest.
7. 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.

8. A removed coach must be replaced by another coach within a two (2) minute time limit.
9. 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.

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 given out in the ring, 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. Pre-Arranged Sparring

The winners of the Individual Pattern, 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.

TEAM

The only team event is Pre-arranged Sparring

A. Pre-Arranged Sparring

1 team per club. Combined age/rank/gender

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 registering before they have been given their grading results must enter as their previous grade and must do so for all events and dress accordingly.
- Once registered, competitors may not re-register as their new, or old rank.
- Competitors of different grades will compete at the highest pattern common to both competitors for the first designated pattern.

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. 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 22. 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) **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
10 -9 Gup	Fundamentals	Chon-Ji
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 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. **10-9 Gup (minikids see Appendix 2)**
- b. **8-5 Gup**
- c. **4-1 Gup**
- d. **I-VI Degree**

WEIGHT DIVISIONS:

	Male					Female				
	Pee Wee	Pre-junior	Junior	Senior	Vet	Pee Wee	Pre-junior	Junior	Senior	Vet
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	Up to 68Kg	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 68Kg	Over 39 to 46 kg	Over 47 to 53 kg	Over 55 to 60 kg	Over 62 to 68 kg	Up to 65Kg
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 65kg	Over 68 to 75 kg	Over 65Kg
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.

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. At the discretion of TAG, round times and break may be reduced.
- 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.

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.

T 40. Bout procedure – Individual

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.

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 gup or higher (4th, 3rd, 2nd, 1st gups)
- C. Male and female 10th-5th Gup (includes one combined minikids division)
- D. * Divisions - number of techniques can be reduced due to time constraints. At the discretion of TAG, entrants may be asked to perform a preliminary technique (side kick), if they do not score a point for this technique, they will not be allowed to continue in the power test.

MALE DAN		PCH/ELB	KH	YOP	DOLL	BDOLL
9 & 10	Peewee	PAD	N/A	N/A	N/A	N/A
11 to 14	Pre Junior	N/A	N/A	1.5	1	1
15-17	Junior	1	1	2.5	1.5	1.5
18-35	Senior	2	2	3	2	2
36+	Vet	1.5	1.5	2.5	1.5	1.5

FEMALE DAN		PCH/ELB	KH	YOP	DOLL	BDOLL
9 & 10	Peewee	PAD	N/A	N/A	N/A	N/A
11 to 14	Pre Junior	N/A	N/A	1	0.5	0.5
15-17	Junior	0.5	0.5	1.5	0.5	0.5
18-35	Senior	1	1	2	1	1
36+	Vet	0.5	0.5	1.5	0.5	0.5

MALE GUP		PCH/ELB	KH	YOP	DOLL	BDOLL
<9	Minikid	PAD				
9 & 10	Peewee	PAD	N/A	N/A	N/A	N/A
11 to 14	Pre Junior	N/A	N/A	N/A	N/A	N/A
15-17	Junior	N/A	N/A	2	1	1
18-35	Senior	1.5	1.5	2.5	1.5	1.5
36+	Vet	1	1	2	1	1

FEMALE GUP		PCH/ELB	KH	YOP	DOLL	BDOLL
<9	Minikid	PAD				
9 & 10	Peewee	PAD	N/A	N/A	N/A	N/A
11 to 14	Pre Junior	N/A	N/A	N/A	N/A	N/A
15-17	Junior	N/A	N/A	1	0.5	0.5
18-35	Senior	0.5	0.5	1.5	0.5	0.5
36+	Vet	0.5	0.5	1	0.5	0.5

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.

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

- a. Male and female black belt individuals
- b. Male and female coloured belt individuals 4th gup or higher (4th, 3rd, 2nd, 1st gups)
- c. Male and female 10th-5th Gup (includes one combined minikids division)
- d. * divisions - Due to time constraints the number of techniques can be reduced. High, Turning, Side, Reverse, Midair. At the discretion of TAG, entrants may be asked to perform a preliminary technique (High kick), if they do not score a point for this technique, they will not be allowed to continue in the Speciality test.

Male Dan	Age	High	Turning	Reverse Turning	Midair	Side
Pee Wee	9-10	1.9	1.7	1.6	1.6	0.9
Pre-Junior	11-14	2.1	1.9	1.8	1.8	1.1
Junior	15-17	2.2	2.0	1.9	1.9	1.2
Senior	18-35	2.3	2.1	2.0	2.0	1.3
Vet	36+	2.2	2.0	1.9	1.9	1.2

Female Dan	Age	High	Turning	Reverse Turning	Midair	Side
Pee Wee	9-10	1.9	1.7	1.6	1.6	0.9
Pre-Junior	11-14	1.9	1.8	1.7	1.7	1.0
Junior	15-17	2.0	1.8	1.7	1.7	1.1
Senior	18-35	2.1	1.9	1.8	1.8	1.2
Vet	36+	2.0	1.8	1.7	1.7	1.1

Male Gup	Age	High	Turning	Reverse Turning	Midair	Side
Minikid	<9	PAD				
Pee Wee	9-10	PAD				
Pre-Junior	11-14	2.0	1.8	1.7	1.7	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
Vet	36+	2.1	1.9	1.8	1.8	1.1

Female Gup	Age	High	Turning	Reverse Turning	Midair	Side
Minikids	<9	PAD				
Pee Wee	9-10	PAD				
Pre-Junior	11-14	1.9	1.7	1.6	1.6	0.9
Junior	15-17	2.0	1.8	1.7	1.7	1.0
Senior	18-35	2.1	1.9	1.8	1.8	1.1
Vet	36+	2.0	1.8	1.7	1.7	1.0

T 47. Procedure – Individual

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.

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. One combined team of any rank/age combination. Per U18 rules Gender mixing is ok.
- B. One team only per Club

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 Arbiter or 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 up to 10 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

- Rules based on Nationals 2019 and U18 version 2019.

APPENDIX ONE

Scoring Procedure

SP-3 Individual Pattern

There will be 3 or 5 judges 1 meter apart at the front of the ring

Umpires shall score all point(s) electronically as indicated in the Tournament Rules, and the following decisions will apply:

Level 1: Umpires will deduct up to 6 points in total (in .2 increments only) for each technical error noted or will give a total score of 0 if a major penalty event is noted. Umpires will then move to Level 2 scoring.

Level 2: Umpires will deduct of to a further 2 points (in .5 increments only) for errors in overall rhythm and or sine wave. Umpires will then move to Level 3 scoring

Level 3: Umpires will deduct of to a further 2 points (in .5 increments only) for errors in overall power.

Total Score: The electronic System will calculate the total score for each competitor According to the deductions issued by each umpire. g. The competitor obtaining the majority of umpire votes, with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and advance to the next round of competition.

In the case of a draw, another designated pattern must be performed (with the previous designated patterns removed from the draw) until the winner is decided.

INDIVIDUAL PATTERN PENALTIES

You have 10 points in total – Please deduct for each offense committed

Scoring	DEDUCT 0.2 POINTS, PER OCCURRENCE, FOR EACH MISTAKE PERFORMED. FOR EXAMPLE, THOUGH NOT LIMITED TO.....
	Not calling, or calling the incorrect pattern name
	Shouting or "Kihap" at any time during, or at the end of the pattern
	Performing a technique at the incorrect height
	Losing balance
	Hesitating and/or stopping for more than a split of a second
	Not returning to the starting spot (<i>within a distance of one shoulder radius</i>)
	Lack of power on a specific technique
	Returning to the starting spot with the wrong foot
	Stepping completely out of the ring with both feet
	Inaccurate or Incorrect Stepping <i>(foot placement after kicking, spot turning, pivoting, foot to foot placement, shifting, sliding....)</i>
	Inaccurate or Incorrect Breathing
	Inaccurate or Incorrect Preparation or Execution of technique (<i>i.e. crossing, pre-action, flying, jumping...</i>)
	Inaccurate or Incorrect Sine-Wave and/or Rhythm
	Inaccurate or Incorrect Stance
	Inaccurate or Incorrect Motion (<i>i.e. continuous, connecting, slow, fast, natural, normal</i>)
	Maximum of 6 points total for deduction
	Incorrect suspension (<i>holding</i>) or termination (<i>retraction</i>) of a kick, according to the technical definition for that technique.

Terminal Penalties <i>Given during Level 1 Scoring</i>	GIVE 0 POINTS (for entire pattern) FOR:
	Stopping the pattern completely and/or not finishing the pattern
	Pausing and/or stopping for more than 2 full seconds
	Starting the pattern toward the wrong direction (<i>side/front/rear</i>)
	Starting a different pattern than the designated one, or with any fundamental technique other than the one defined for that pattern
	Failing to perform the total number of movements required by the technical directions of the pattern. (Forgetting or adding one or more moves)
	Mixing movements from two or more patterns. (<i>Performing two or more sequential movements from a pattern different than the one designated</i>)

Note: In the event that a single technique has multiple errors, deduct one penalty for each error performed

(For example: If the pattern requires a walking stance - high forefist punch, however the competitor performs an L-Stance - middle fingertip thrust, deduct 0.2 points for the incorrect technique. 0.2 for incorrect height, and 0.2 for incorrect stance; for a total of 0.6 deductions)

**Scoring Level 2: DEDUCT A MAXIMUM OF 2 POINTS AT END OF PERFORMANCE (In 0.5 increments)
FOR:**

Overall Rhythm and Sine Wave

**Scoring Level 3: DEDUCT A MAXIMUM OF 2 POINTS AT END OF PERFORMANCE (In 0.5 increments)
FOR:**

Overall Power

SP-9 Pre Arranged Free Sparring Competition

Scoring Procedure

Level 1: Umpires will deduct up to 4 points in total (in .2 increments only) for each technical error noted or will give a total score of 0 if a major penalty event is noted. Umpires will then move to Level 2 scoring.

Level 2: Umpires will deduct up to a further 4 points (in .5 increments only) for errors in Teamwork, Choreography and Difficulty and Power. Umpires will then move to Level 3 scoring.

Level 3: Umpires will deduct up to a further 2 points (in .5 increments only) for errors in Overall Power.

Total Score: The electronic Scoring System will calculate the total score for each competitor according to the deductions issued by each umpire.

After deducting points for errors, the Umpires shall give a score between 0 and 10 points for the performance, based upon choreography, teamwork, difficulty, power, and sine wave.

The team obtaining the majority of umpire votes, with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and advance to the next round of competition.

In the case of a draw, both teams will perform again, until such time as the winner is decided.

PRE-ARRANGED SPARRING PENALTIES

You have 10 points in total – Please deduct for each offense committed

Scoring Level 1	DEDUCT 0.2 POINTS, PER OCCURRENCE, FOR EACH MISTAKE PERFORMED. FOR EXAMPLE, THOUGH NOT LIMITED TO
	Performing any technique without an accessible, legitimate target
	Attacking or defending with an incorrect application of technique
	Performing any offensive, defensive or evasive movement without purpose/function/need, except during acrobatic movements
	Losing balance
	Failure to maintain appropriate distance for attack and defense exchange
	Shouting or "Kihap" at any time during performance, with exception of the final sequence
	Lack of and/or incorrect application of power
	Stepping completely out of the ring by either one or both competitors (<i>See Glossary</i>)
	Hesitating and/or stopping for more than a split of a second. (<i>i.e. Failure of at least one competitor to be engaged in action at all times.</i>)
	Inaccurate or Incorrect Breathing
	Inaccurate or Incorrect Preparation or Execution of technique (<i>i.e. crossing, pre-action, flying, jumping...</i>)
	Inaccurate or Incorrect Sine-Wave
	Inaccurate or Incorrect Stance
	Inaccurate or Incorrect Motion (<i>i.e. continuous, connecting, slow, fast, natural, normal</i>)
	Assisting opponent during execution of technique or movement
Maximum of 4 points total for deduction	Not withdrawing a snap kick immediately after execution <i>(Front/Side front/Turning/Middle or High Twisting Kick)</i>

Terminal Penalties	GIVE 0 POINTS (for entire performance) FOR:
	Not meeting the minimum and/or maximum time requirements
	Pausing and/or stopping for more than 2 full seconds at any time during the performance
	Performing more than three (3) acrobatic sequences per team
Given During Level 1 Scoring	Failure to block and/or evade an opponent's attack at any time other than the final blow and/or final sequence

Note: In the event that a single technique has multiple errors, deduct one penalty for each error performed

Scoring Level 2	DEDUCT A MAXIMUM OF 4 POINTS AT END OF PERFORMANCE (In 0.5 increments) FOR:
	Teamwork, Choreography, and Difficulty

Scoring Level 3	DEDUCT A MAXIMUM OF 2 POINTS AT END OF PERFORMANCE (In 0.5 increments) FOR:
	Overall Power

APPENDIX TWO

Minikids Divisions

Minikids are defined as all students below yellow belt & below 9 years of age (as at the start of tournament).

- a) The Tournament Arbiter for each tournament may announce changes to these requirements beforehand by way of the iTKD Website or by email to the Tournament Organiser.
- b) Divisions listed below may or may not be included or may be combined at each event.

Rules will not be amended by non Tournament Advisory Group (TAG) members on the day by any judge.

Fundamental Technique

Divisions

1 division combining all male and female Minikid competitors

Competitors will enter the ring in the same way as for a patterns competition. They will be asked to demonstrate fundamental techniques at the juror's discretion. Judges will score as to whom they think has the better technique either by way of flags or electronically. Centre referee calls commands for flag decisions, juror announces winner.

Sparring Divisions

1 division combining all male and female Minikid competitors (randomly matched by computer draw.)

Competitors will enter the ring in the same way as for a normal sparring competition.

Required Safety gear: Headgear and Mouthguard is compulsory for minikids. Full safety gear is recommended but not compulsory (Gloves and Feet)

The match is to be **NON CONTACT ONLY**.

The Centre referee maintains a safe distance between the competitors at all times. Warnings and fouls may be given for contact.

Competitors will demonstrate their techniques against their opponent for two 1 minute rounds*.

Judges will score as to who they think has the “better technique” either by way of flags or electronically (better technique can be described as not just accurate and proper technique, but also the ‘**coolest**’ and ‘**most complicated**’ moves, eg flying kicks and punches).

Experienced Minikids may spar in gear against equally suited opponents with normal Peewee rules at the Juror’s discretion.

Parents are allowed to second for minikids, provided they use the usual safety and protective gear (bucket, gloves and paper towels).

Rounds:

2 x 1 minute rounds *

Match = Draw, further 1 minute round *

Draw again, 4th round= 1 x 30 second match (the most super, amazing combination move coupled with proper technique)

If it is still a draw: The Juror calls out specific techniques - whomever can perform them the best in a sparring situation should win - this is done until someone wins. Eg, hand techniques, kicks, flying kicks, flying hand techniques, flying combination kicks, flying combination techniques.

* Due to time restraints shorter rounds can be used.

Power Punch

Divisions

1 division combining all male and female Minikid competitors

Competitors will be asked to punch a hand held pad held by the judge. The 3 pads travelling the farthest will medal (Gold, Silver, Bronze). Competitors make a maximum of **two** attempts only.

Technique allows for walking stance punch on the spot, reverse and obverse, a single stepping walking stance punch is also allowed. **No run ups** are allowed.

The pad holder can either use thumb and index finger to lightly hold the pad suspended, OR lay the pad on their flat hand.

The competitor can set the height of the pad to where they see fit.

The point at which the attempt is marked, is where the **pad finishes movement**.

Note: Where possible rectangle pads should be used.

In the event circular/round pads are used, the attempt is marked from where it touches the ground, not where it finishes (round pads are not recommended)

Specialty (High Kick)

Divisions

1 division combining all male and female Minikid competitors

Competitors will perform a flying high front kick against either a specialty machine or hand held pad. The pad will be raised until all place-getters are decided.

Competitors get a maximum of **two** attempts at the first height. And only a **single attempt** at every height after that.

Technique needs to be a scissor kick, pad must be touched with kicking foot. The height is determined in relation **to that person.**(see listed heights below). The competitor needs to measure up before attempting the kick to set the relative height.

In the first round of attempts (always head height) the kicker does not have to “land” the attempt to be successful. However all subsequent rounds, the kicker has to “land” in order to proceed to the next round/height. (see Landing definition below)

List of Heights

- Head
- Side Fist on head
- Wrist (arm stretched straight above head same as measure up for flying high kick)
- Thumb knuckle closest to wrist when in fist position (arm stretched straight above head same as measure up for flying high kick)
- Forefist (arm stretched straight above head same as measure up for flying high kick)
- Longfist (arm stretched straight above head same as measure up for flying high kick)
- Fingertips (arm stretched straight above head same as measure up for flying high kick)
- Pad holder puts flat fingertips on top of the mini-kids finger tips
- Pad holder puts a wrist on top of the mini-kids finger tips
- Pad holder puts a side fist on top of the mini-kids finger tips.

Landing: The kicker must land on their feet. No other part of their body may touch the ground. If another body part touched the ground, the attempt is **unsuccessful**.

Note: Silver and Bronze playoffs can happen. If they in the rare event kick higher than the initial gold winner, they do not take the gold away from the original owner.