



## Poomsae (Forms) and Kyorugi (Sparring) Rules of Competition

For our tournament, we will follow the USA Taekwondo Competition Rules (<https://www.teamusa.org/USA-Taekwondo/V2-Events/Competition-Rules>). This document is an abbreviated version of the complete rules and regulations. In addition, the following exceptions will apply:

### **ALL AGES, ALL BELTS**

Two rounds, 60 seconds each, 30 second rest between rounds  
12 point spread, after the end of the first round

### **AGE 13 & UNDER**

NO head contact. Any head contact results in Gam Jeom

### **Age 14 & UP ALL RANKS**

LIGHT head contact. Excessive head contact will result in a warning, Gam Jeom, or DISQUALIFICATION.

**EXCESSIVE HEAD CONTACT MAY RESULT IN IMMEDIATE DISQUALIFICATION AT THE SOLE JUDGEMENT OF THE CENTER REFEREE. IN EXTREME CASES, EXCESSIVE CONTACT TO THE BODY MAY ALSO RESULT IN DISQUALIFICATION AND THE REFEREE MAY DECLARE A WINNER AT HIS OR HER OWN JUDGEMENT. SUCH DECISIONS WILL BE FINAL AND NOT SUBJECT TO PROTEST OR APPEAL.**

### **COACH PROTEST**

Only the coach in the coach's chair at ringside has protest rights. To protest, stand and raise your protest card. The center referee will take your card and poll the judges. If your protest is upheld your card will be returned. If not you will lose your protest rights for the remainder of the match.

If coaches overuse this process to the point that the progress of the event is delayed, we will terminate it.

**THE TOURNAMENT DIRECTOR RESERVES THE RIGHT TO MODIFY THESE RULES AT ANY TIME FOR THE BENEFIT AND SAFETY OF THE PARTICIPANTS.**

**GENERAL**

**Referee Dress Code**

The official USATKD referee uniform shall be a black suit or black slacks and black blazer (jacket optional), with a plain white dress shirt or blouse, and solid red tie and plain white Taekwondo or athletic shoes.

**Referee and Corner Judge Code of Ethics**

All referees shall adhere to the following Referee Code of Ethics:

- As a referee, I will enforce the current Competition Rules in a fair and impartial manner, showing no favoritism to one competitor over another competitor
- Competitor safety is of the utmost concern as I perform my duties as Referee
- I will not have any contact with competitors and coaches during the course of any tournament other than basic greetings and shall not dine or socialize with participating competitors and coaches during the course of any tournament
- I will recuse myself from any match in which my personal or professional relationship with a contestant or coach may give an appearance of conflict of interest or lack of impartiality

**Contestants**

- White t-shirts only under dobok
- Trimmed and clean nails
- No jewelry or ornaments
- Neither shoes nor socks may not be worn except for Daedo socks for black belts
- No hats or items may be worn on the head except for religious coverings or soft ties to contain the hair
- Personal Hygiene: All competitors must maintain the highest standard of personal hygiene
- Taping: There will be no ankle or wrist wrapping or bandage or any equivalent of protection on the hand and feet. Any taping for an injury requires medical approval
- Any violators of these requirements will be required to correct the violation within one minute or face disqualification

**Divisions**

Divisions will be defined and assembled by the Staging Director based on availability of competitors and at his/her own discretion. As much as possible, the goal is to have 4 competitors per division so that the double elimination process can be used which allows each competitor to compete three times before the end of the division. 5- and 3-person double elimination will be used when necessary.

We will use the “best of 3” method—after the first round, the winner of that round is declared. Same for the second round; if the same person wins both, there is no third round and the winner of the match is declared. Each round zeros out all points and penalties, like a new match.

There shall be 3 corner judges in the ring. The winner of the round will be the competitor who receives the most points. In the case of electronic scoring, the winner will be the person decided automatically by the system (based on points, penalties, etc).

### **POOMSAE (FORMS)**

There shall be 3 judges at the front of the ring. Upon the completion of the form and when the referee calls "SCORE," the three judges shall raise one arm in the direction of the winner. The winner of the round will be the competitor who receives two or three raised arms. In the case of electronic scoring, the winner will be the person decided automatically by the system (based on points, penalties, etc).

#### **Scoring Criteria**

Scoring shall be made in accordance with the USAT and WTF Competition Rules.:

1. Accuracy
  - a. Accuracy of basic movements
  - b. Balance
  - c. Accuracy of details of each Poomsae
2. Presentation
  - a. Speed and power
  - b. Strength/speed/rhythm
  - c. Expression of energy

### **KYORUGI (SPARRING)**

#### **Safety Equipment**

All contestants shall wear approved trunk protector, head protector, groin guard, forearm protector, shin-instep protector, and a mouth protector. WTF approved hand gloves are optional. Jewelry is to be removed and finger and toenails are to be neatly trimmed. Eye glasses are generally not permitted but this remains the referee's decision. For black belts, the Daedo electronic scoring system will be used. Contents must provide their own socks (system is Gen 2-compatible).

Contestants shall have one (1) minute to conform or forfeit the match.

#### **Length of Matches**

Colored belt matches shall each normally consist of two rounds of 60 seconds each. 30-second rest between rounds. Black belt matches shall each consist of two rounds of 120 seconds each. 60-second rest between rounds.

#### **Head Contact**

Under age 12, no head contact.

Age 12 and over, light head contact.

Points shall be awarded for each kicking technique delivered to the hogu area and all sides of the head above the collarbone, including the facial area. No punching to the head or kicking below the belt is allowed.

### **Scoring**

The valid points are as follows:

- One (1) point for a valid punch to trunk protector
- Two (2) points for a valid kick to the trunk protector
- Three (3) points for a valid kick to the head
- Four (4) points for a valid turning kick to the trunk protector
- Five (5) points for a valid turning kick to the head
- One(1) point awarded for every Gam-jeom given to the opposing contestant

### *Legal Techniques (Duk-jeom)*

One (1) point shall be awarded for each closed fist or kicking technique delivered accurately and with sufficient power to the entire colored area of the torso protector, in the absence of any violations. Sufficient power in the absence of Electronic sensors is defined as abrupt displacement due to the impact of the strike. Authorized scoring implements are the forefist and any part of the foot below the ankle.

One score will automatically be awarded for legal techniques which result in staggering or a knockdown. A knockdown is defined as an 8-count required by the Referee due to the strike impact of a valid technique, whereupon any part of the body other than the foot touches the ground. In the case of either a knockdown or staggering, a competitor must demonstrate the ability to continue the match safely, or the referee will continue the count to 10, thereupon declaring the winner.

Scoring techniques shall not be delivered to unauthorized areas including directly to the spine. Foot sweeps and throws are not allowed. Kicks such as Monkey Kicks and others are not allowed. When a contestant scores through the use of a prohibited act, the point(s) shall be annulled.

### **No oxygen tanks, no oxygen allowed.**

Under a three (3) corner judge system, two or more judges shall be needed to confirm valid scoring.

### **PROHIBITED ACTS**

The referee will declare "Fight" after 5 seconds of inactivity, and after 10 seconds more of inactivity, the athlete who has given up ground by backing up will receive a penalty.

***Deductions (\*Gam-jeom) +1 Point awarded to Opponent for each declaration:***

- Falling down

- Avoiding or delaying the match
- Grabbing or pushing the opponent
- Lifting the leg to block or/and kicking the opponent's leg to impede the opponent's kicking attack, or lifting a leg or kicking in the air for more than 3 seconds to impede the opponent's potential attacking movements, or aiming a kick below the waist
- Kicking below the waist
- Attacking the opponent after "Kal-yeo"
- Hitting the opponent's head with the hand
- Butting or attacking with the knee
- Attacking the fallen opponent
- Attacking trunk PSS with the side or bottom of the foot having the knee pointed out in clinch position

#### **DISQUALIFICATION / END OF MATCH**

- Total of 5 deduction/warning points.
- Competitor or coach intentionally disobeys the referee or the competition rules. Competitor has (1) minute to conform.
- An intentional, illegal strike to an opponent which results in rendering him or her unable to continue the match. For instance, an excessive kick to a Junior's head which results in abrasion or bleeding.
- If there is a 12-point difference between the scores, the match will be terminated immediately.