



**International Taekwon-Do Federation**



# **ITF TOURNAMENT RULES**

**2016**

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## **SECTION 1. GENERAL**

### **Article 1. Definition**

Taekwon-Do competition is the course for comparing the techniques as taught by Taekwon-Do founder, Gen. Choi Hong Hi.

### **Article 2. Purpose**

The purpose of the competition is to ensure the uniformity of techniques, to elevate Competition standards to a high level in all Championships organized/encouraged by ITF.

### **Article 3. Application**

The Tournament Rules shall apply in all the Competitions organized/ encouraged by ITF, be they Continental, Regional and National Federations.

### **Article 4. Modifications and Changes**

4.1 Those who wish to modify or change any part of the Tournament Rules should forward their written proposals of modification or changes of the relevant Tournament Rules to the ITF HQ at least 6 months before the ITF Congress.

4.2 ITF Executive Board will study the proposed modifications or changes. If they find them to be reasonable, they will propose them to the ITF Congress for approval.

4.3 Until any modification or changes of the Tournament Rules has been decided, all Competitions shall be conducted according to the original ITF Tournament Rules.

## **SECTION 2. TOURNAMENT ORGANIZING COMMITTEE (T.O.C)**

**Article 5.** Tournament Organizing Committee should be formed in the Championship-hosting country at least 12 months before the Championship.

**Article 6.** The T.O.C. shall be formed with the necessary numbers of officials in conformity with the actual situation of the hosting country.

### **Article 7. Authority and Duties of T.O.C.**

7.1 The T.O.C. shall send their draft invitation and information for the Championship to the ITF HQ for its approval at least 6 months before the Championship and distribute to all the ITF NGBs and other concerned parties.

7.2 The T.O.C. shall arrange for all facilities, equipments and manpower necessary for the Championship.

7.3 The T.O.C. is responsible for the arrangement of medals and other awards.

7.4 The T.O.C. shall receive and register the teams and individual competitors invited to the Championship.

7.5 The T.O.C. shall hold draws and weighing-ins according to the respective mode of

competition.

- 7.6 The T.O.C. shall bring together to date tournament results and draw up the competition tables for the next day to distribute to each participating team before the Competition starts every day.
- 7.7 The T.O.C. shall provide 3 figured number patches (20×15 cm) to all participants.
- 7.8 Official doctors or medical officers must be in attendance throughout Competitions.
- 7.9 The T.O.C. must ensure the security of all participants.
- 7.10 The T.O.C. shall be responsible for the board and accommodation of the ITF VIPs and Umpires during the Championship.
- 7.11 The T.O.C. shall consult all issues arising from the Championship with the ITF Tournament and Umpire Committees.
- 7.12 The T.O.C. will be responsible to the ITF for the organization and the conduct of the Championship toward the ITF.
- 7.13 The T.O.C. must provide the necessary number of trained officials to assist the ITF Tournament and Umpire Committees in the running of the Competition.

### **SECTION 3. APPLICATION**

**Article 8.** All ITF- affiliated members wishing to participate in the Championship shall submit their entry forms to the Organizing Committee by the set deadline.

**Article 9.** The competitors' entry forms must be signed by the authorized officials of their NGB or concerned parties.

**Article 10.** In the case of any NGB that has not submitted its entry forms for their participants or wishing to alter or change their entry forms, T.O.C. may discuss their participation according to the following conditions;

- 10.1 The NGB that has not submitted its entry form by the deadline should pay a penalty of USD 300 to the T.O.C.
- 10.2 Any NGB that has not submitted its entry forms at all until 3 days before the Championship shall pay a penalty of USD 500 to the T.O.C.
- 10.3 Any NGB wishing to make any changes in their entry forms with a valid reason shall pay a penalty of USD 150 to the T. O.C.

### **SECTION 4. QUALIFICATION**

**Article 11.** Only ITF affiliated NGBs and ITF registered black belt holders can participate in the Championship.

A NGB that is not yet affiliated to the ITF wishes to participate in the Championship for whatever reason must have the approval of the ITF HQ in order to participate.

A black belt who is not yet registered with ITF but is representing an ITF affiliated NGB must have the approval of the ITF Tournament and Umpire Committees in order to participate. It is

the duty of the T.O.C to inform the ITF HQ and the ITF Tournament and Umpire Committees whenever such cases occur. In such cases, the ITF HQ and the ITF Tournament and Umpire Committees can accept or reject their applications without providing any reason. All competitors must produce medical certificates from their doctors certifying that they are physically and mentally fit to compete in the championship.

**Article 12.** Competitors participating in all ITF Junior Taekwon- Do Championship must be **14-17 years old** on the starting day of the Championship and must be 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> degree ITF black belt certificate holders.

**Article 13.** Competitors participating in all ITF Adult Taekwon- Do Championship must be **18-39 years old** on the starting day of the Championship and must be 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> or 4<sup>th</sup> ITF black belt certificate holders.

2 competitors (male and female) per country are allowed to compete in the individual events (Pattern, Sparring, Special Techniques and Power Breaking).

**Article 14.** Competitors participating in all ITF Veteran Taekwon-Do Championship must be 40 –49 years old ( Silver Class ), 50-59 years old ( Gold Class ) and 60 years old and above ( Platinum Class ) on the starting day of the Championship and must be 1<sup>st</sup>, 2<sup>nd</sup> , 3<sup>rd</sup> , 4<sup>th</sup> , 5<sup>th</sup> or 6<sup>th</sup> black belt holders .

**Article 15.** The degree and age of competitors must be valid on their degree certificates and passports.

**Article 16.** If any competitor is found to fail in a doping test as a result of medical judgment, the ITF Umpire Committee will disqualify that competitor from competition and the Championship. Further disciplinary action may be taken against that competitor by the ITF Disciplinary Committee at a later date.

## **SECTION 5. DRESS CODE AND EQUIPMENT**

### **Article 17. Dress Code**

17.1 Juries and Umpires shall wear the umpire suits laid down in the ITF Umpire Rules ( navy blue coat, white shirt, navy blue trousers, navy blue neck tie, white track shoes and white socks)

#### 17.2 Dress Code for T.O.C. members

The T.O.C. members should wear their uniforms set by the T.O.C.

#### 17.3 Dress Code for Competitors

17.3.1 Competitors shall wear official ITF- approved Doboks.

*\* The 4<sup>th</sup> degree holders and above are not allowed to wear their Doboks with black stripes on their sleeves of the shirt and trousers during competition.*

17.3.2 The black belt worn by the competitor should be of correct dimensions laid down in ITF Rules and indicate the degree of the competitor.

17.3.3 The number patches issued to competitors must be worn on the lower part of the



back of Dobok shirt.

17.3.4 Competitors are allowed, when not performing, to wear other tracksuits, dressing gown, training shoes etc.

17.3.5 Competitors participating in opening and closing ceremonies are allowed to wear ITF Dobok or official outfits of their choice and the participants in the parade and medal awarding ceremonies are not allowed to carry camera, banners, slippers or bare-footed.

17.3.6 National Flag and Trademark of the Sponsor

17.3.6.1 Competitors should bear the national flag on the right part of the front of Dobok shirt at the same level of ITF Logo and should be 3 by 5 cm.

17.3.6.2 Competitors should bear the NGB Logo or the Trademark of sponsor on the left sleeves of Dobok and should be 15 cm below from shoulder line.

## **Article 18. Safety and Protective Equipment**

18.1 Safety equipment and protective gears for the competitors participating in sparring competition.

18. 1.1 Compulsory safety and protective equipment

18.1.1.1 The competitor must wear the ITF approved hand and foot protectors.

18.1.1.2 The competitor must wear a mouth guard.

18.1.1.3 The male competitor must wear a groin guard inside his Dobok trousers.

18.1.1.4 The female competitor must wear a breast protector inside her Dobok shirt.

18.1.1.5 The Junior competitors must wear the head guards approved by ITF.

18.1.2 Optional safety and protective equipment

18.1.2.1 The Veteran competitors may wear head guards approved by ITF.

18.1.2.2 Veteran competitors may wear ribs and abdominal protectors inside the Dobok.

18.1.2.3 Competitors may wear shin guards and forearm protectors inside the Dobok.

18.1.2.4 All other safety and protective equipment must be consisting of elastic sponge or soft rubber type padding or other soft materials which must have the approval of the ITF Tournament and Umpire Committees.

18.2 Any other safety and protective equipments are not allowed.

18.2.1 The safety and protective equipment must not contain hard materials such as metal, bone and plastic.

18.2.2 The safety and protective equipment must not use zip lace or stud fasteners.

18.2.3 No watches or other adornments are allowed.

18.2.4 The female competitor is not allowed to use grips or slides to keep her hair in place.

18.3 An injured competitor requiring bandaging or strapping of any kind must not contain

materials of any kind that may provide an advantage to the wearer and/or a disadvantage to the wearer's opponent. The injured competitor must be certified by the official Tournament Medical Officer to wear any of such material for his/her injury.

- 18.4 In the sparring competition, the competitor from the red corner must wear red hands and feet safety equipments and the competitor from the blue corner must wear blue hands and feet safety equipments.

## **SECTION 6. INSURANCE & MEDICAL ASSISTANCE**

### **Article 19. Insurance**

- 19.1 The T.O.C. must ensure that the competition venue must have all the necessary public liability insurance, fire certificates and Government licenses required for such events.
- 19.2 All Competitors must sign their entry forms and have insurance coverage for their participation in the Championship.

### **Article 20. Medical Assistance**

- 20.1 Competitors injured during the competition shall receive the treatment of the medical teams provided by T.O.C.
- 20.2 In case the accidents occur, the doctor should recommend to the Ring Official the further participation of that competitor within 3 minutes. The doctor's decision is final.

## **SECTION 7. COMPETITION VENUE & FACILITIES**

The Competition Venue must have the full facilities and the T.O.C. must provide the required equipments. The T.O.C. shall arrange special seating for the VIPs.

**Article 21.** Lighting must not be lower than 5 meters above the ground for the competition.

### **Article 22. Ring**

- 22.1 The Ring for sparring competition measures 9×9 meters and at least 1 meter of safety border.
- 22.2 The Ring may be elevated. In this case the elevation shall be between 50 - 100cm from the ground, and the safety border around the Ring shall be at least 2 meters.
- 22.3 The Ring must be covered with competition mats measuring at least 2cm in thickness.
- 22.4 The competition area of the Ring (9×9m) shall be covered with the yellow or orange color competition mats. The safety border area can be of any color other than yellow or orange color.
- \* However, for the competition and safety area the color of the mat may be changed with any other color.*
- 22.5 In the middle of the Ring there must be a Red piece of competition mat (1m x 1m) and a Blue piece of competition mat (1m x 1m) to indicate the Red Corner and the Blue Corner.

The distance between the Red mat and the Blue mat is 1 meter.

22.6 The position of the red corner mat is on the centre-right of the ring and the blue corner mat is on the centre-left of the ring, facing the Jury table.

**Article 23.** The head table of the Championship shall be at a place with a commanding view over arena and must have broadcasting facilities.

**Article 24.** ITF Umpire Committee shall be situated beside the head table.

**Article 25.** The reserve umpires shall be seated behind the ITF Umpire Committee.

**Article 26.** The medical officials shall be designated to a place, where they are able to work with the injured, with the Red Cross or Red Crescent mark on their desk to indicate the Doctor table.

**Article 27.** Juries shall be seated in front of each Ring.

**Article 28.** Seats for Judges

28.1 Center referee for sparring competition controls matches in the Ring. For Pattern and Self-Defense Routine competition the center referee shall be seated in the middle among 5 Judges.

28.2 Corner referees will be seated at the four corners of the Ring for sparring competition.

28.3 Judges for Pattern and Self-Defense Routine competition shall be seated in front of the Jury table.

28.4 Judges for Special Technique and Power Breaking competition shall be in a commanding position close to the holders.

**Article 29.** Recorder and timekeeper shall be seated beside the Juries.

**Article 30.** During the Sparring competition, coaches shall be seated at their respective corners where should be 1m away from the Ring.

**Article 31.** The Competition arena must be provided with equipment for special technique and power breaking competitions and visual display instrument.

## **SECTION 8. WEIGHT-CHECK & DRAW**

**Article 32.** Weight-Check

32.1 Weight-check shall start 72 hours before and closes an hour before the Championship begins. It shall be conducted by officials appointed by the T.O.C., confirming the entry forms submitted by the NGBs or concerned parties.

32.2 Competitors must present their Degree Certificates, ITF Booklets, IDs and Passports for weight check.

32.3 International standard scales must be used for weigh check.

32.4 Only competitors who pass their weight checks are allowed to participate in

sparring competition.

- 32.5 Competitors who failed in the weight check will not be allowed to compete in individual sparring competitions.

### **Article 33. Order of Draw**

- 33.1 The draw shall be conducted in the principle that the 1st, 2nd and 3rd placed competitors in the previous Championship should not compete against each other at the opening bouts. As a rule, the 1st place competitor with the highest accumulated points shall be arranged on the top of the competition table. The 2nd placed competitor shall be arranged at the bottom of the competition table. The next two 3rd placed competitors shall be arranged in the middle of the competition table with one competitor competing upward and the other competing downward.
- 33.2 Officials appointed by the ITF Tournament Committee and the T.O.C and two representatives from each participating country will attend the draws. The draws are to be conducted publicly.
- 33.3 When there are only 2 or less individual competitors and teams, competing in an event, then the match draw will not be necessary.
- 33.4 Draws shall only contain the competitors specified in the entry forms submitted by their NGBs or concerned parties.
- 33.5 Draw for Pattern
- 33.5.1 The order of match for individual events shall be drawn according to gender and degree.
- 33.5.2 The order of match for team events shall be drawn according to gender.
- 33.6 Draw for sparring
- 33.6.1 The order of match for the individual events shall be drawn according to gender and weight.
- 33.6.2 The order of team events shall be drawn according to gender.
- 33.7 Draw for Self-Defense Routine
- The order of match shall be drawn according to the gender of the hero/heroine.
- 33.8 Draw for Special Technique and Power Breaking.
- The order of Special Technique shall be drawn according to the highest or longest techniques applied by the competitors for the items. The order of the Power Breaking shall be drawn according to the most pieces of boards applied by competitors for each item. The order of team events shall also be drawn in the same method of individual.

## **SECTION 9. DELEGATE & COACHES**

### **Article 34. Delegates**

- 34.1 A delegate representing his/her country must be a person authorized by the National Governing Body.
- 34.2 A delegate registers the Competitors, submits the documents and cooperates with the other

officials during the competition.

## **Article 35. Coaches**

All coaches should know and strictly observe the ITF Tournament & Umpire Rules.

All coaches are responsible for ensuring that their competitors conduct themselves in a courteous manner and adhere to the ITF tournament rules.

### 35.1 Regulations for coaches

35.1.1 Coaches must unconditionally obey the umpire's commands or decisions as long as they are not contradictory to the ITF Tournament & Umpire Rules.

35.1.2 Coaches should be able to speak the official languages (Korean and English) as specified in the ITF Constitution.

35.1.3 During the competition, the coach must wear a tracksuit and gym shoes. Tracksuits should bear the markings of the team. T-shirts may be worn as the occasion demands. However, short pants shall not be allowed. The coach is allowed to bring a towel and a bottle of water for the competitor.

35.1.4 During a sparring match, the coach will be seated at least 1 meter away from the Ring.

35.1.5 During the competition, the coach must not act in such a manner that may disturb the competition.

- During the sparring competition, the coach may instruct his or her competitor with hand gestures only. Verbal instructions are not allowed.

- The coach must not enter the ring without the center referee's approval.

- During the competition, the coach must remain seated. The coach must not stand up from his or her seat to give instructions to the competitor.

- In principle, coaches should not be replaced during the competition. If special circumstances dictate, and with the center referee's approval, any change of coach must be done during the competition break.

35.1.6 When giving instructions during the competition, the coach shall act in a calm and composed manner, and should refrain from drinking water or chewing gum.

35.1.7 During the competition, the coach must not be under the influence of drugs or alcohol.

35.1.8 Competitors will not be allowed to compete without a coach. In special circumstances, a competitor may nominate a deputy coach. In this case, the deputy coach must wear the regulation clothing and footwear.

35.1.9 The coach shall not use any kind of wireless communication device inside the stadium.

35.1.10 The coach shall ensure that his or her competitor observes the noble Taekwon-Do spirit and behaves accordingly, both in the competition and public areas of the stadium.

The coach shall be held responsible for any violation of regulations or poor behavior of their competitors.

## 35.2 Disciplinary Action

The coach shall be subject to disciplinary action in the following cases:

### 35.2.1 Warning

- When not wearing the regulation clothing or footwear.

The time to change into the regulation clothing and footwear is 1 minute.

- When disturbing the competition.

- When not acting in a calm and composed manner

- When drinking water or chewing gum while coaching a match.

- When any of his or her competitors do not stand up during the playing of the national anthems at the awarding ceremony.

- When any of his or her competitors wear Doboks without their belts in the stadium.

- When any of his or her competitors change their clothes in public. Competitors must use the designated changing facilities in the stadium.

- When drinking alcoholic beverages or smoking while wearing a Dobok or tracksuit.

### 35.2.2 Disqualification

- When any competitor in his or her team mocks or insults an opponent while watching the match.

- When any competitor in his or her team creates an unpleasant atmosphere for fellow spectators through the use of instruments such as horns or bugles, while watching the match.

- When receiving 3 or more warnings.

### 35.2.3 Suspension of rights and removal of qualifications

- When entering the stadium under the influence of drugs or alcohol.
- When the coach does not obey the commands and decisions of the referee or when the coach uses offensive language or behaves in an offensive or aggressive manner, challenging the official match result.
- When receiving 3 or more disqualifications.

The disqualified coach shall have his or her tournament ID card confiscated immediately and will not be allowed to work inside the stadium until his or her qualifications are reinstated.

The coach may even be deprived of his or her qualifications as a coach according to the decision of the Tournament Adjudication Committee and the ITF Statute & Ethic Committee.

The Tournament Adjudication Committee and the ITF Statute & Ethic Committee reserve the right to punish the offending coach with a period of disqualification according to the seriousness of the violations. The disqualification may be for the period of the on-going tournament, for a period of 2 to 3 years, or with an indefinite long term disqualification from all tournaments.

## **SECTION 10. COMPETITION**

### **Article 36.** Events and order of match

- 36.1 The order of match for Junior Championship shall be Pattern, Sparring, Self-Defense Routine and Special Technique.
- 36.2 The order of match for Adult Championship shall be Pattern, Sparring, Self-Defense Routine, Special Technique and Power Breaking.
- 36.3 The order of match for Veteran Championship shall be Pattern, Sparring, and Power Breaking.

### **Article 37.** Divisions

#### 37.1 For Junior Championship

##### 37.1.1 Individual Event (male/female)

- Pattern: 1st, 2nd and 3rd degree
- Sparring: 7 weight divisions
- Special Technique: (open)

##### 37.1.2 Team Event (male/female)

- Pattern
- Sparring
- Self-Defense Routine
- Special Technique

## 37.2 For Adult Championship

### 37.2.1 Individual Event (male/female)

- Pattern: 1st, 2nd, 3rd and 4th degree
- Sparring: 7 weight divisions
- Special Technique: (open)
- Power Breaking: (open)

### 37.2.2 Team Event (male/female)

- Pattern
- Sparring
- Self-Defense Routine
- Special Technique
- Power Breaking

## 37.3 For Veteran Championship

### 37.3.1 Individual Event (male/female)

Divisions: Silver class (40-49 years old)  
Gold class (50-59 years old)  
Platinum class (60 years old and above)

- Pattern: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> degree
- Sparring: 5 weight divisions (Silver class)  
3 weight divisions (Gold class)  
No Platinum class
- Power Breaking: (open) (excluding Gold and Platinum classes)

### 37.3.2 Team Event (male/female)

One team from each country can enter.

- Pattern
- Sparring (excluding Platinum class)

## **Article 38.** Participation

### 38.1 Individual Event

- 38.1.1 At Junior and Adult Championships the number of competitors for individual event is restricted to one (1) person per country per item.
- 38.1.2 At the Veteran Championships, the number of competitors for Sparring (according to the weight divisions for Silver and Gold classes) and Pattern (according to the Degrees for all classes) is restricted to three (3) persons per country.
- 38.1.3 Competitors participating in individual event are allowed to participate also in team event.

### 38.2 Team Event



The competitor who participates in the team event can also take part in individual event.

38.2.1 Junior and Adult teams shall consist in principle of five competitors and one reserve of male and female respectively.

38.2.2 Veteran team shall consist of three male and female competitors and one reserve respectively.

38.2.3 Only one team from one country can participate and that team shall perform Pattern, Sparring, Special Technique and Power Breaking except for Self-Defense Routine.

#### **Article 39. Announcements**

39.1 An announcement will be made for each match with the name, number and country of the competitor.

39.2 The competitor is responsible to report to the Ring's Jury Table with his identification card.

39.3 If the competitor does not report to the Jury Table within half a minute after announcements, a third and final announcement will be made at an interval of half a minute. If the competitor still does not report to the Jury Table for the third time, then the competitor may be disqualified.

#### **Article 40. Equipment Check**

40.1 The Centre Referee shall check to ensure that Dobok and equipments, etc. are of the officially approved types and that they are not defective.

40.2 If any item is found to be defective or sub-standard, it must be replaced and the Competitor has a maximum two minutes to do so.

40.3 If replacement is not done within two minutes, that competitor may be disqualified.

#### **Article 41. Courtesy**

Competitors must at all time bow to the Jury, Centre Referee and also to each other with command of "Taekwon" at the beginning and end of each performance or match.

## **SECTION 11. OFFICIAL TERMINOLOGY**

**CHA RYOT**

**KYONG YAE**

**JA YU MAT SO GI**

**JUN BI**

**SHI JAK**

**HE CHYO**

**GE SOK**

**GU MAN**

**JU UI**

ATTENTION

BOW

FREE SPARRING

READY

BEGIN

SEPARATE

CONTINUE

END

WARNING

**GAM JOM**  
**SIL KYOK**  
**HONG**  
**CHONG**  
**ILHE JON**  
**YI HE JON**  
**SAM HE JON**  
**YON JANG JON**  
**DUK JOM JON**  
**SUNG**  
**JI JONG TUL**  
**SON TAEK TUL**  
**HO SIN KYONG GI**  
**TUK GI**  
**WI RYOK**  
**GAE IN JON**  
**DAN CHE JON**

**DEDUCTING POINTS**  
**DISQUALIFICATION**  
**RED**  
**BLUE**  
**1<sup>ST</sup> ROUND**  
**2<sup>nd</sup> ROUND**  
**3<sup>rd</sup> ROUND**  
**EXTENSION**  
**GOLD POINT BOUT**  
**WINNER**  
**DESIGNATED PATTERN**  
**OPTIONAL PATTERN**  
**SELF-DEFENSE ROUTINE**  
**SPECIAL TECHNIQUE**  
**POWER BREAKING**  
**INDIVIDUAL EVENT**  
**TEAM EVENT**

## **SECTION 12. AWARDS**

### **Article 42. Junior Championship**

#### 42.1 Individual Event

42.1.1 PATTERN (male)	3 Gold – 3 Silver – 6 Bronze
PATTERN (female)	3 Gold – 3 Silver – 6 Bronze
42.1.2 SPARRING (male)	7 Gold – 7 Silver – 14 Bronze
SPARRING (female)	7 Gold – 7 Silver – 14 Bronze
42.1.3 SPECIAL TECHNIQUE (male)	1 Gold – 1 Silver – 1 Bronze
SPECIAL TECHNIQUE (female)	1 Gold – 1 Silver – 1 Bronze
42.1.4 OVERALL CHAMPION (male)	1 Trophy
OVERALL CHAMPION (female)	1 Trophy

#### 42.2 Team Event

42.2.1 PATTERN (male)	6 Gold - 6 Silver - 12 Bronze
PATTERN (female)	6 Gold - 6 Silver - 12 Bronze
42.2.2 SPARRING (male)	6 Gold - 6 silver- 12Bronze
SPARRING (female)	6 Gold - 6 Silver - 12 Bronze

42.2.3 SELF-DEFENSE ROUTINE (male)	4 Gold – 4 Silver - 4 Bronze
SELF-DEFENSE ROUTINE (female)	3 Gold – 3 Silver – 3 Bronze
42.2.4 SPECIAL TECHNIQUE (male)	6 Gold - 6 Silver - 12 Bronze
SPECIAL TECHNIQUE (female)	6 Gold - 6 Silver - 12 Bronze
42.2.5 OVERALL CHAMPION (male)	1 Trophy
OVERALL CHAMPION (female)	1 Trophy
42.3 OVERALL CHAMPION OF COUNTRIES (1st place)	1 Trophy
OVERALL CHAMPION OF COUNTRIES (2 <sup>nd</sup> place)	1 Trophy
OVERALL CHAMPION OF COUNTRIES (3 <sup>rd</sup> place)	1 Trophy

**Article 43. Adult Championship**

43.1 Individual Event

43.1.1 PATTERN (male)	4 Gold - 4 Silver - 8 Bronze
PATTERN (female)	4 Gold - 4 Silver - 8 Bronze
43.1.2 SPARRING (male)	7 Gold - 7 Silver - 14 Bronze
SPARRING (female)	7 Gold - 7 Silver – 14 Bronze
43.1.3 POWER (male)	1 Gold – 1 Silver – 1 Bronze
POWER (female)	1 Gold – 1 Silver – 1 Bronze
43.1.4 SPECIAL TECHNIQUE (male)	1 Gold – 1 Silver – 1 Bronze
SPECIAL TECHNIQUE (female)	1 Gold – 1 Silver – 1 Bronze
43.1.5 OVERALL CHAMPION (male)	1 Trophy
OVERALL CHAMPION (female)	1 Trophy

43.2 Team

43.2.1 PATTERN (male)	6 Gold - 6 Silver - 12 Bronze
PATTERN (female)	6 Gold - 6 Silver - 12 Bronze
43.2.2 SPARRING (male)	6 Gold - 6 Silver - 12 Bronze
SPARRING (female)	6 Gold - 6 Silver – 12 Bronze
43.2.3 SELF-DEFENSE ROUTINE (male)	4 Gold – 4 Silver – 4 Bronze
SELF-DEFENSE ROUTINE (female)	3 Gold – 3 Silver – 3 Bronze
43.2.4 POWER (male)	6 Gold – 6 Silver – 6 Bronze
POWER (female)	6 Gold – 6 Silver – 6 Bronze
43.2.5 SPECIAL TECHNIQUE (male)	6 Gold – 6 Silver – 6 Bronze
SPECIAL TECHNIQUE (female)	6 Gold – 6 Silver – 6 Bronze
43.2.6 OVERALL CHAMPION (male)	1 Trophy
OVERALL CHAMPION (female)	1 Trophy

43.3 OVERALL CHAMPION OF COUNTRIES (1 <sup>st</sup> place)	1 Trophy
OVERALL CHAMPION OF COUNTRIES (2 <sup>nd</sup> place)	1 Trophy
OVERALL CHAMPION OF COUNTRIES (3 <sup>rd</sup> place)	1 Trophy

**Article 44. Veteran Championship**

44.1 Individual Event

44.1.1 PATTERN (male)	18 Gold – 18 Silver – 36 Bronze
PATTERN (female)	18 Gold – 18 Silver – 36 Bronze
44.1.2 SPARRING (male)	8 Gold – 8 Silver – 16 Bronze
44.1.3 SPARRING (female)	8 Gold – 8 Silver – 16 Bronze
44.1.3 POWER (male)	1 Gold – 1 Silver – 1 Bronze
POWER (female)	1 Gold – 1 Silver – 1 Bronze
44.1.4 HIGHEST TECHNICAL AWARD (male)	2 Trophy (excluding Platinum)
HIGHEST TECHNICAL AWARD (female)	2 Trophy (excluding Platinum)
44.1.5 MOST HONOURABLE AWARD (male)	1 Trophy
44.1.6 MOST HONOURABLE AWARD (female)	1 Trophy

44.2 Team Event

44.2.1 PATTERN (male)	4 Gold – 4 Silver – 8 Bronze
PATTERN (female)	4 Gold – 4 Silver – 8 Bronze
44.2.2 SPARRING (male)	4 Gold – 4 Silver – 8 Bronze
SPARRING (female)	4 Gold – 4 Silver – 8 Bronze
44.2.3 OVERALL CHAMPION (male)	1 Trophy
OVERALL CHAMPION (female)	1 Trophy
44.3 OVERALL CHAMPION OF COUNTRIES (1 <sup>st</sup> place)	1 Trophy
OVERALL CHAMPION OF COUNTRIES (2 <sup>nd</sup> place)	1 Trophy
OVERALL CHAMPION OF COUNTRIES (3 <sup>rd</sup> place)	1 Trophy

**Article 45. Highest Technical Award, Overall Team Champion Award and Most Honorable Award**

The competition of less than 3 competitors or teams shall not count for Highest Technical Award or Overall Team Champion.

45.1 Highest Technical Award

- 45.1.1 Trophies will be given to the competitors with most gold medal counts awarded in individual competition.
- 45.1.2 When the number of gold medals is even, silver and bronze medals will be counted.
- 45.1.3 In case the numbers of gold, silver and bronze medals are the same, the gold, silver and bronze medals for Pattern, Sparring, Self-Defense Routine, Special

Technique and Power Breaking will be counted.

**45.2 Overall Team Champion Award**

The medals gained from each item are counted as one gold medal only. The trophy shall be awarded in the same principle as in the Highest Technical Award.

**45.3 Most Honorable Award**

Trophies will be given to the oldest male and female competitors among those participating in Veteran Championship.

**Article 46. Overall Winning Country**

46.1 Trophies will be awarded to the country with the most gold medal counts gained in individual and team events. (Medals from one item in team event will count as one only.)

46.2 In case of the number of gold medal being the same, then the silver and bronze medals will be counted, by which trophies will be awarded.

46.3 In case of the number of gold, silver and bronze medals being the same, the gold medals will be counted for Pattern, Sparring, Self-Defense Routine, Special Technique and Power Breaking. If it is still the same, silver and bronze medals will be counted.

## **SECTION 13. PATTERN**

**Article 47.** The Pyramid system of Elimination will be used.

**Article 48. Point Award**

**48.1 Individual Event**

48.1.1 Estimating Contents are:

Technical contents, Power, Speed, Rhythm, Balance and breath control

**48.1.2 Scoring Criteria**

Precision	10 points
Power	6 points
Balance	6 points
Breath control	6 points
Rhythm	6 points

**48.2 Team Event**

48.2.1 Estimating Contents

Team work and Choreography

Technical contents

Power

Balance

Breath control

Rhythm

48.2.2. Scoring Criteria

Team work (Choreography)	10 points
Technical contents	10 points
Power	6 points
Balance	6 points
Rhythm	6 points

**Article 49.** Individual Pattern

Competition shall be performed by two competitors at the same time according to their degrees.

49.1 Competitors shall perform one optional pattern according to their degrees (as stipulated below) and one designated pattern (excluding the optional Pattern) selected by the Jury.

49.1.1 1<sup>st</sup> degree

Optional; KWANG-GAE to GE-BAEK

Designated; CHON-JI to GE-BAEK

49.1.2 2<sup>nd</sup> degree

Optional; EUI-AM to JU-CHE

Designated; CHON-JI to JU-CHE in Silver class

CHON-JI to GE-BAEK in Gold and Platinum Classes

49.1.3 3<sup>rd</sup> degree

Optional; SAM-IL to CHOI-YONG

Designated; CHON-JI to CHOI-YONG in Silver class

CHON-JI to GE-BAEK in Gold and Platinum Classes

49.1.4 4<sup>th</sup> degree

Optional; YON-GAE to MOON-MOO

Designated; CHON-JI to MOON-MOO in Silver class

CHON-JI to GE-BAEK in Gold and Platinum Classes

49.1.5 5<sup>th</sup> degree

Optional: SO-SAN to SE-JONG

Designated: CHON-JI to SE-JONG in Silver class

CHON-JI to GE-BAEK in Gold and Platinum Classes

49.1.6 6<sup>th</sup> degree

Optional: TONG-IL

Designated: CHON-JI to SE-JONG in Silver class

CHON-JI to GE-BAEK in Gold and Platinum

49.2 Deciding the winner

Jury President will decide the winner in accordance with the flag signal of five Judges.

49.2.1 When three or more Corner Referees give a decision in favor of one Competitor, then that Competitor is the winner.

49.2.2 When two Corner Referees give a decision in favor of one Competitor, one for the other and two for a draw, the Competitor who receives the two favored decisions is the winner.

49.2.3 When three or more Corner Referees say that it is a draw, it is the tied competition.

49.2.4 When two Corner Referees give a decision in favor of one Competitor, 2 for the other and 1 Corner Referee gives a draw, it is the tied competition.

49.2.5 When the competition is decided to be tied, extra performance of a pattern designated by Jury President will be repeated until the winner is decided.

#### **Article 50. Team Event**

50.1 Teams will perform one optional pattern and one designated pattern (the same pattern for the 2 competing teams but excluding optional pattern) selected by Jury President in any format.

The team pattern competition, unlike the individual event, is the team performance which 5 competitors of a team enter the ring and demonstrate their teamwork. Hence, the technical movements should be performed collectively in accordance with the choreography. However, the technical aspects including fast and slow motions, continuous and connected motions should be executed as laid down in the Encyclopedia.

50.2 Optional patterns and designated patterns in team events for Junior, Adult and Veteran Championships

In Optional Patterns for the team events, the Patterns should correspond to the lowest Dan Holder among the team members.

50.2.1 Junior

Optional: KWANG-GAE to GE-BAEK

Designated: CHON-JI to GE-BAEK

50.2.2 Adult

Optional: KWANG –GAE to GE-BAEK

Designated: CHON-JI to GE-BAEK

50.2.3 Veteran

Optional: KWANG-GAE to GE-BAEK

Designated: CHON-JI to GE-BAEK

50.3 Teams will perform alternatively. \*Each team will perform the same designated pattern.

50.4 Deciding the winner is the same as in individual pattern.

#### **Article 51. Officials**

- 1 Jury President
- 2 Jury Members

- 5 Referees
- 1 Recorder

## **SECTION 14. SPARRING**

**Article 52.** Pyramid system of elimination will be used.

**Article 53.** Attacking Tools

53.1 Hand parts – fore fist, back fist, side fist, knife hand and reverse knife hand.

53.2 Foot parts - ball of the foot, foot sword, back heel, instep and sole.

**Article 54.** Target Area

54.1 Face and neck area at the front and sides (excluding the back).

54.2 Frontal area of trunk of the body from a line drawn from the armpit vertically down to the waist on each side (excluding the back).

54.3 When the arm, from the elbow to the fingers, is in contact with the body, then this is regarded as part of the body, by which the opponent can therefore score points.

**Article 55.** Criteria for Point Awards

All attacks will be valid only when they are stopped 2cm away from the target.

55.1 One (1) point will be awarded for:

- Hand attack directed to mid or high section.
- Foot attack directed to mid section.
- Perfect defense

55.2 Two (2) point will be awarded for

- Foot attack directed to high section.
- Hand attack directed to the high section with both feet off the ground
- Flying foot attack directed to mid section

55.3 Three (3) points will be awarded for:

- Flying kick directed to high section.
- Midair kick (180°) to mid section
- Midair hand attack (180° or more) directed to high section

55.4 Four (4) points will be awarded for:

- Midair kick (180°) directed to high section
- Midair kick (360° or more) to mid section

55.5 Five (5) points will be awarded for:

- Midair kick (360° or more) to high section



*\* When flying 2 or 3 hand and foot attacks are counted as points, the respective points should be awarded for each technique.*

## **Article 56. Fouls**

### 56.1 Warnings

56.1.1 For the following offences;

- Attack to an illegal target
- Stepping completely out of the ring (both feet)
- Any part of the body, other than the feet, touching the ground
- Holding or grabbing
- Pushing
- Pretending to be injured
- Intentionally avoiding sparring
- More than two punches to the face or any part of the body
- Repeatedly pretending to have scored by raising the arm
- Turning the back intentionally to avoid combat
- Unnecessary speaking during competition
- Paying no attention to the instructions of Centre Referee

56.1.2 One (1) point will be deducted for every 3 warnings.

56.1.3 No disqualification will result from 3 points deduction or more from warnings.

### 56. 2. Deduction of Points for serious fouls (Yellow card)

56.2.1 For the following offences which carry a yellow card:

- Insulting an opponent in any way.
- Biting-scratching-clawing.
- Attacking a fallen opponent or an unready opponent when the referee has already stopped the match.
- Excessive contact.
- Attacking with forehead.

56.2.2 In case of point deduction Centre Referee will raise a yellow card to indicate one point deducted.

56.2.3. 2 points should be deducted from a competitor's score if he or she fails to execute at least midair kick (180' or more) in each round of competition. Only the midair kick (180' or more) which are performed in time of attack and defense or while in contact with the opponent should be recognized as the valid points. The midair kicks which are blindly performed in the air should not be recognized.

56.2.4. Deducting 2 points when he or she fails to perform one or more midair kicks is not applied to the Veteran Competitions.

### 56. 3 Disqualification (Red card)

56.3.1 For the following offences;

- Misconduct against umpires
- Ignoring the Centre Referee's instructions.
- Causing an opponent unable to compete as a result of heavy contact.
- Any competitor suspected of being under influence of alcoholic beverage or drugs.
- Receiving 3 deductions (yellow card) in the same match.

56.3.2 The Centre Referee will raise a red card to indicate a competitor disqualified.

## **Article 57. Individual Matches**

### **57. 1 Weight Division**

#### **57.1.1 For Junior Championship**

Only one competitor can enter one weight division in one team.

##### **57.1.1.1 Male**

- 45 kg
- 51 kg
- 57 kg
- 63 kg
- 69 kg
- 75 kg
- +75 kg

##### **57.1.1.2 Female**

- 40 kg
- 46 kg
- 52 kg
- 58 kg
- 64 kg
- 70 kg
- +70 kg

#### **57.1.2 For Adult Championship**

Only one competitor can enter one weight division in one team.

##### **57.1.2.1 Male**

- 50 kg
- 57 kg
- 64 kg
- 71 kg
- 78 kg

- 85 kg

+85 kg

#### 57.1.2.2 Female

- 45 kg

- 51 kg

- 57 kg

- 63 kg

- 69 kg

- 75 kg

+75 kg

#### 57.1.3 For Veteran Championship

In the Silver Class (40-49 years old) and the Gold Class (50-59 years old), up to 3 competitors from each country can enter the Individual Sparring Competitions according to the weight divisions.

##### 57.1.3.1 Male

###### Silver Class

- 64 kg

- 73 kg

- 80 kg

- 90 kg

+ 90 kg

###### Gold Class

- 66 kg

- 80 kg

+ 80 kg

##### 57.1.3.2 Female

###### Silver Class

- 54 kg

- 61 kg

- 68 kg

- 75 kg

+ 75 kg

###### Gold Class

- 60 kg

- 75 kg

+ 75 kg

## 57.2 Duration of bout

57.2.1 For Junior and Adult competition, the elimination will be 2 rounds of 2 minutes and 2 rounds of 2 minutes in final as well.

57.2.2 For Veteran, elimination and final bout will consist of 2 rounds of 1.5 minutes.

57.2.3 One-minute break shall be given between rounds.

## 57.3 Deciding the Winner

Jury President will decide according to the points awarded by the judges.

57.3.1 When three or more corner referees give a decision in favor of one Competitor, then that Competitor is the winner.

57.3.2 When two Corner Referees give a decision in favor of one Competitor, one Corner Referee for the other and one for a draw, the Competitor who receives the two favored decisions is the winner.

57.3.3 When two Corner Referees give a decision in favor of one Competitor and two Corner Referees give a draw, the Competitor who receives the two favored decisions is the winner.

57.3.4 When three or more Corner Referees say that it is a draw, then it is the tied competition.

57.3.5 When two Corner Referees give a decision in favor of one competitor and two Corner Referees for other competitor, then that competition is a draw.

57.3.6 When one corner referee gives a decision in favor of one competitor, two Corner Referees for a draw and one for other competitor, then that competition is a draw.

57.3.7. When the competition is tied, 1 minute extension will follow. If this results in a further draw, the competition for the gold points will take place. The competitor with the first scored points shall be the winner with disregard to timing and the competitor with three warnings or 1 yellow card without any scored points is the loser.

## **Article 58.** Team Matches

58.1 A team will be formed with disregard to competitors' degrees and weight.

58.2 A draw with the toss of a coin will decide which team to field in a competitor for the first bout, this process will alternate between the teams.

## 58.3 Duration of a bout

58.3.1 For Junior and Adult matches, each bout will be 1 round of two minutes.

58.3.2 For Veteran matches, each bout will be 1 round of 1.5 minutes.

## 58.4 Deciding the winner

58.4.1 For the team matches it will be same as in the individual matches. (Except for a tied match)

58.4.2 When a team wins a bout, it receives two points and 1 point for a draw. When a team accumulates six points it will be declared the winner without further matches.

58.4.3 When all five bouts are finished and the result is a draw, then each Coach will select

a Competitor to spar an extra bout. The Team whose Competitor wins this bout will be the winner.

58.4.4 When extra bout results in a further draw, then extension and bout for golden points shall take place to decide the winner as in individual matches.

58.4.5 When a team has one member short at the time of competition then the opposing team will automatically be awarded two points. When a team has two members short, then the opposing team will automatically be awarded 4 points.

#### **Article 59. Injury**

59.1 When a competitor is injured during competition, the Centre Referee must stop the match and call the Doctor. After the injured competitor is treated, the Doctor must recommend to the Centre Referee as to whether that competitor could continue to compete. The Doctor's decision is final.

59.2 Deciding the winner when the match cannot continue due to injury

59.2.1 When it is decided that the opponent is at fault for causing the injury, then the injured competitor will be declared the winner.

59.2.2 When it is decided that it is the fault of the injured competitor that caused his or her own injury, then the injured competitor's opponent will be declared the winner.

59.2.3 If two Competitors injure themselves at the same time and if both are found to be unfit to continue, the winner is the Competitor who has more scored points till that moment of stopping the match. If the Competitors are even, the Jury President will decide the winner after consultation with the Ring Council.

59.2.4 Until the decision for injured competitor has been made, the match cannot go on to the next round.

59.2.5 The competitor not accepting the doctor's decision shall be disqualified.

#### **Article 60. Officials**

1 Jury President

1-2 Jury Members

1 Centre Referee

4 Corner Referees

1 Timekeeper

1 Recorder

## **SECTION 15. SPECIAL TECHNIQUE**

Special Techniques will be performed in a way of collecting, in advance, the applications of the height/width for each item from the participants.

The competitors and teams applying for the highest or longest values for the respective item will take the priority to perform and if the winners (1st, 2nd, and 3rd place) are selected in that item, the competition will come to an end without the performances of remaining competitors and

teams.

- As for the Special Technical Competitions, the individuals and teams should submit the applications for each item as same as or higher and longer than that of the competitor and team who won the 3<sup>rd</sup> place at the prior Championship.
- The top 5 competitors and 5 teams will be chosen according to the applications and the competitions will be held between those selected 5 competitors and 5 teams. The order of competitions is followed by the most sum-up of the applications for each of 5 items (Twimyo nopi chagi, Twimyo dollyo chagi, Twimyo bandae dollyo chagi, Twiyo dolmyo chagi 360°, Twiyo nomo chagi).
- When performing Twimyo nopi chagi and Twimyo dollyo chagi, the competitors should take a run-up and jump on the kicking foot, pulling the other leg to the chest and break the target with the jumping foot while lowering the other leg.

**Article 61.** Divisions (Male)

- Twimyo nopi chagi
- Twimyo dollyo chagi
- Twimyo bandae dollyo chagi
- Twiyo dolmyo chagi 360 °
- Twiyo nomo chagi

**Article 62.** Divisions (Female)

- Twimyo nopi chagi
- Twimyo dollyo chagi
- Twimyo bandae dollyo chagi
- Twiyo dolmyo chagi 360 °
- Twiyo nomo chagi

**Article 63.** Board

- 63.1 Size: 30x30x1.5 cm.
- 63.2 The referee must examine each board before each attempt. Once a wooden board is used, it cannot be used again. However, plastic boards may be reused.
- 63.3 The equipments of Twiyo nomo chagi should be opaque material, the height of boards should not be set but the boards be held above the hurdles.

**Article 64.** Scoring Criteria

- 64.1 There will be five Referees judging the attempt. Each Referee will be holding a red flag and a blue flag. After each attempt, the Referees will raise a red flag for an invalid attempt, a blue flag for a valid attempt, and no flag raised by a Referee who did not see properly the attempt and therefore could not make a judgment.
- 64.2 In the case that there is a draw in the judgment, for example, two red flags, two blue flags and one no flag raised. Then it is a split decision and that competitor will receive half the points counted for that attempt.

64.3 Each fully broken board will score three points per board. Each cracked or bent board will score one point.

64.4 A break is only valid when the competitor has adopted correct posture, technique, balance and correct breaking tool. And when the competitor has touched the hurdle fallen during the flying over kick, he/she is judged as scoring nil.

## **Article 65. Individual Competition**

### 65.1 Mode of Competition

65.1.1 Male and female can enter 5 items respectively.

65.1.2 Each competitor will have 1 attempt, only with 1 prejudging of distance allowed without touching the target. The competitor will be given 30 seconds to break.(Ready posture + prejudging + ready posture + breaking + ready posture)

### 65.2 Deciding the winner

65.2.1 In each competition item, the 1<sup>st</sup> place winner(s) will be awarded 3 points, the 2<sup>nd</sup> place winner(s) will be awarded 2 points and the 3<sup>rd</sup> place winner(s) will be awarded 1 point.

There may be several competitors for the same placing and all will be awarded the same amount of points.

65.2.2 When all the 5 competition items are completed, the scores of all the points awarded to each competitor will be added up and the winner will be decided according to the highest accumulated points scored.

65.2.3 Only one 1<sup>st</sup> place winner, one 2<sup>nd</sup> place winner and one 3<sup>rd</sup> place winner will be chosen.

In the case that there is more than one competitor having the same score, then the Jury President will choose an item by lottery for those involved to continue competition until the desired winner is decided.

## **Article 66. Team**

### 66.1 Mode of Competition

66.1.1 A team will consist of five males and females respectively and one competitor from one team can enter each item only.

66.1.2 The mode of competition for all items is the same as in individual competition.

66.2 Point awards for all items shall be same as in individual competition.

### 66.3 Deciding the winner

66.3.1 After the attempts of a team for all items, the points gained by each competitor will be added and the 1st, 2nd and 3rd places will be decided with the same method as in individual competition.

66.3.2 In the event of tie, the same method as in individual competition will be applied.

## **Article 67. Officials**

- 1 Jury President
- 1-2 Jury Members

- 5 Referees
- 1 Timekeeper
- 1 Recorder

## **SECTION 16. POWER BREAKING**

Power Breaking will be performed in a way of collecting, in advance, applications of the numbers of boards for each item from the participants.

The competitors and teams applying for the most numbers of boards for the respective item will take the priority to perform and if the winners (1st, 2nd, 3rd place) are selected in that item, the competition will come to an end without the performances of remaining competitors and teams.

- As for the Power Breaking Competitions the individuals and teams should submit the applications for each item as same as or more than that of the competitor and team who won the 3<sup>rd</sup> place at the prior Championship.
- The top 5 competitors and 5 teams will be chosen according to the applications and the competitions will be held between those selected 5 competitors and 5 teams. The order of competitions is as same as the Special Techniques Competitions.

### **Article 68. Male Divisions**

#### 68.1 Adult;

- Ap Joomuk Jirugi
- Sonkal Taerigi
- Yopchagi
- Dollyo Chagi
- Bandae Dollyo Chagi

#### 68.2 Veteran:

- Sonkal Taerigi
- Yopchagi
- Dolmyo Chagi (180 ° Yopchagi)

### **Article 69. Female Divisions**

#### 69.1 Adult:

- Sonkal Taerigii
- Appalgub taerigi
- Yopchagi
- Dollyo Chagi
- Dolmyo Chagi (180 ° Yop Chagi)

#### 69.2 Veteran:



- Sonkal Taerigi
- Yopchagi
- Dolmyo Chagi (180 ' Yop Chagi)

#### **Article 70. Boards**

- 70.1 Size; 30×30×2 (cm)
- 70.2 The referee must examine each board before each attempt. Attempted wooden boards cannot be used again. Plastic boards may be reused.

#### **Article 71. Scoring Criteria**

- 71.1 There will be five Referees judging the attempt. Each Referee will be holding a red flag and a blue flag. After each attempt, the Referees will raise a red flag for an invalid attempt, a blue flag for a valid attempt, and no flag raised by a Referee who did not see properly the attempt and therefore could not make a judgment.
- 71.2 In the case that there is a draw in the judgment, for example, two red flags, two blue flags and one no flag raised. Then it is a split decision and that competitor will receive half the points counted for that attempt.
- 71.3 Each broken/separated board will count as 3 points and each bent/cracked board will count as 1 point.
- 71.4 When the competitor has not adopted his correct posture and balance and has not used correct breaking tool in spite of board being broken, then the result is not valid.

#### **Article 72. Individual Competition**

##### 72.1 Mode of Competition

- 72.1.1 Male and female can enter five items respectively.
- 72.1.2 The competitor can begin with one ready posture and end with a different ready posture. Prejudging is optional; if a competitor does not want to do prejudging, he or she can go straight from ready stance-break-ready stance. The competitor will adopt a ready posture in the form of either an L-stance forearm guarding block posture or a sitting ready stance posture. On the command from the Referee the competitor will be allowed to make 1 prejudging, returns to ready posture, then attempt to break in one continuous movement, and returns to the ready posture upon completion of the attempt.
- 72.1.3 Upon the command signal, the competitor has 30 seconds to complete that item.  
(Ready posture + pre-judging + ready posture + break + ready posture).
- 72.1.4 The competitor can adjust the height of the boards before pre-judging. The adjusting of the height is not included in the time (30 seconds) for performing for break.
- 72.1.5 Skipping with no jump is allowed, which means that one foot should keep contact on the floor at the moment of strike or kick.
- 72.1.6 Knife hand strike may be inwards or outwards.
- 72.1.7 A random eliminator may be used for qualifying purposes.

##### 72.2. Deciding the winners

72.2.1 In every competition, points will be awarded according to the numbers of the broken boards.

72.2.2 When the competitor has completed his or her attempt on all the 5 breaking items, his or her points will be added together. The competitors will be decided as the 1st place winner, 2nd place winner and 3rd place winner by order of points. Only one person will be chosen for the 1st, 2nd and the 3rd place. In the case that there are more than one competitor having the same number of points in the same placing, the Jury President will then choose one of the 5 items by lottery for the competitors concerned to further compete to decide the winner.

### **Article 73. Team Competition**

#### 73.1 Mode of Competition

73.1.1 A competitor from one team can enter one item.

73.1.2 Mode of competition for all items is the same as in individual competition.

73.2 Point awards for items will be same as in individual competition.

#### 73.3 Deciding the winner

After the competition for all items all the points gained by each competitor of a team will be added together and the 1st, 2nd and 3rd places will be decided as in the individual competition. In the case of two teams or more in the same medal placing, the winner will be decided as in individual competition.

### **Article 74. Officials**

- Jury President
- 1-2 Jury Member
- 5 Referees
- 1 Time keeper
- 1 Recorder

## **SECTION 17. SELF-DEFENSE ROUTINE**

**Article 75.** Qualifying system of accumulated points will be used.

75.1 The teams shall be divided into at least two groups or more, each group shall consist of maximum 8 teams.

75.2 All teams in each group will perform their routines and points will be awarded. The two teams with the highest points from each group will compete in the final round of competition.

### **Article 76. Divisions**

Male (Junior and Adult);

One male vs. 3 males

Female (Junior and Adult)

One female vs. 2 persons (male or female)

“Hero” must be the competitor of relevant degree. Others may be any competitors.

**Article 77.** The “Hero” of the performance will wear the official ITF Dobok, while the “attackers” will wear other clothes appropriate to their roles. The “attackers” are not allowed to wear the uniforms of other martial arts systems.

**Article 78. Duration**

For Junior and Adult Championships, male competitors should perform within minimum 40 Seconds and maximum 60 seconds.

For Junior and Adult Championships, female competitors should perform within minimum 30 seconds and maximum 50 seconds.

**Article 79. Procedure of Performance**

79.1 The “Hero” will bow to Jury President and make his ready posture and shouts “Ya!” with the Forearm Guarding Block), then the gong will sound and time will start.

79.2 When the “Hero” finishes his last performance and adopts his ready posture and shouts “Ya!”, the gong will sound and clock will stop. With the command signal from the “Hero”, the competitors in a line will bow to the Jury table and leave the ring.

**Article 80. Compulsory techniques to be performed in Self-Defense Routine**

- Minimum 1 flying foot technique with a single kick.
- Minimum 1 flying foot technique with a double or triple kick.
- Minimum 1 flying two direction kick.
- Minimum 2 dodging techniques.
- Minimum 1 releasing technique from grasp or hold.
- Minimum 1 defense technique against a weapon (knife, toy gun, chair, etc.).
- Minimum 1 double blocking technique against a double attack.
- \* For Junior and Adult Championships the techniques mentioned in Article 80 should be compulsorily performed.
- \* For Veteran Championship at least 4 techniques for male and at least 3 techniques for female among those mentioned in Article 80 should be performed.

**Article 81. Criteria for Point Awards**

81.1 Estimating Contents

- Technical content (Includes correct execution, power, balance, breath control and rhythm)
- Team work (Includes accuracy, timing and speed)
- Artistic beauty (Includes choreography and realism)

81.2 Scoring criteria

- Technical contents 10 points
- Team work 10 points

- Artistic beauty 10 points

**Article 82.** Deciding the winner

When a team has performed, the Jury President will be presented with the score sheets from the 5 judges. He will exclude the highest score and the lowest score, and will add up the points from the 3 remaining scores.

82.1 In case there are more than two teams with the same highest points, the teams concerned will further perform and compete amongst themselves until two top teams be selected to qualify for the final.

82.2 One 1st place, one 2nd place and one 3rd place winners will be decided from the final round of competition. In the case of two teams or more in the same medal placing, the winners will be decided according to the highest points by adding the points gained from the elimination and final. When those points are the same, extra performance will take place until a winner is decided.

**Article 83.** Officials

- 1 Jury President
- 1-2 Jury Members
- 5 Referees
- 1 Timekeeper
- 1 Recorder

## **SECTION 18. PROTEST & DECISION**

The Tournament Adjudication Committee will supervise all protest procedures. The Tournament Adjudication Committee includes the Chairmen of ITF Tournament Committee, ITF Umpire Committee and ITF Technical Committee.

The Chairman of Tournament Adjudication Committee must be the Chairman of ITF Tournament Committee.

In case of absence of its Chairman the member of Tournament Adjudication Committee appointed by the ITF will act.

**Article 84.** Protest

84.1 All written protests may be submitted to the Tournament Adjudication Committee. Only the Coach in charge of individual or a team can present a protest to the Jury President in his /her square.

84.1.1 Official protest form must be filled in and presented within 5 minutes from the end of the match.

84.1.2 Regulated protest fee (USD 100) must be paid when presenting the protest. (If the protest is valid, then the protest fee will be returned to the coach.)

84.2 Jury President must submit the protest to the Tournament Adjudication Committee and explain its details.

84.3 All money paid from protest and penalty during the Championship will be disbursed for the umpiring development of ITF.

**Article 85.** Decision

85.1 In order to give a correct decision the Chairman of Tournament Adjudication Committee may call anyone else to give evidence on the protest (Jury President and Centre Referee of relevant Ring, Coaches of two teams and ITF-authorized cameraman).

85.2 Tournament Adjudication Committee will decide whether to validate the match, or to repeat the match or to assign the victory of the match to the loser.

85.3 When the decision on the protest has been reached it will be informed to the parties concerned with its decision.

85.4 The winner cannot compete again before the decision of the Tournament Adjudication Committee.

85.5 Team or Individuals not accepting the decision made by the Tournament Adjudication Committee may result in having the whole team or individual disqualified from all further events of the Championship.

**Article 86.** In case of withdrawal of competitors or team from individual or team matches as means of protest

86.1 They will be automatically disqualified from that event.

86.2 They will be automatically disqualified from all further events of that championship.