



RULES FOR COMPETITIONS

PRODUCED
BY THE
TAEKWON-DO
COUNCIL
UNITED
KINGDOM

CONTENTS

1. GENERAL.....	1-1
1.1 Judges.....	1-1
1.2 Competitors	1-1
1.3 Dress Code	1-1
1.4 Bandages And Strapping	1-2
1.5 Jewellery	1-2
1.6 Medical attention.....	1-2
1.7 Injury Liability.....	1-2
1.8 Insurance.....	1-2
1.9 Official commands	1-3
1.10 Dispute procedure	1-3
1.11 Behaviour	1-4
2. POWER TEST	2-1
2.1 Awards	2-1
2.2 OFFICIALS, JUDGES & Performance Area	2-1
2.3 Equipment.....	2-1
2.4 Techniques	2-1
2.5 Procedure.....	2-1
3. PATTERNS	3-1
3.1 General.....	3-1
3.2 Patterns Categories and choices	3-1
3.3 Awards	3-1
3.4 Judges, Officials And Performance Area	3-2
a) Officials.....	3-2
b) Area for Points Method.....	3-2
c) Area for Pyramid Method	3-2
3.5 Points Method Procedures	3-3
a) Scoring Procedures and Standards	3-3

b)	Method of Scoring.....	3-4
c)	Recording Scores.....	3-4
3.6	Pyramid Method Procedures	3-5
4.	SPARRING	4-6
4.1	Awards	4-6
4.2	Area	4-6
4.3	Officials.....	4-6
a)	Continuous Sparring.....	4-6
b)	Point Stop Sparring	4-6
4.4	Sparring Equipment	4-7
4.5	Bout Procedure and Timing	4-8
4.6	Duration of Bouts.....	4-8
4.7	Scoring and Result Procedure	4-9
a)	Continuous	4-9
b)	Point Stop.....	4-9
4.8	Official Hand Signals.....	4-11
a)	Referee Hand Signals	4-11
b)	Umpires and Referees Hand Signals	4-14
c)	Competitor Hand Signals.....	4-14
4.9	Recording Results.....	4-15
4.10	Round Robins	4-16
a)	Point Stop.....	4-16
b)	Continuous	4-16
4.11	Target Areas	4-16
4.12	Points Awarded and Point Scoring	4-16
4.13	Demerit Points And Disqualifications.....	4-17
a)	Continuous Only.....	4-17
b)	Continuous and Point Stop	4-17
4.14	Contact and Injury.....	4-19
4.15	Weight Divisions.....	4-19

5.	TEAM COMPETITIONS.....	5-1
5.1	Awards	5-1
5.2	Team Sparring	5-1
a)	Divisions	5-1
b)	Rules of Play	5-1
5.3	Team Patterns	5-2
a)	Divisions	5-2
b)	General.....	5-2
c)	Scoring.....	5-2
6.	SPEED KICK.....	6-1
6.1	Awards	6-1
6.2	Officials, Judges & Performance Area	6-1
6.3	Equipment.....	6-1
6.4	Techniques	6-1
6.5	Procedure.....	6-1

1. GENERAL

1.1 JUDGES

Ideally all judges (umpires) will be considered to have at least attended a Taekwondo Council UK recognised official's course. An Umpire can carry out any job associated with a ring/square except for centre referee.

Referees will be considered to have attended and qualified at a second Taekwondo Council UK recognised officials' course. A Referee can do all the roles of an umpire and can also act as a centre referee.

Chief Referee is a senior referee who must be Taekwondo Council UK Qualified and will oversee all judges on the day of the competition.

The Taekwondo Council UK appreciates all support with judging and actively encourage all competitors/coaches to supply judges to assist in the smooth running of a competition, when in doubt whether any current qualifications or experiences are acceptable, please contact the Events team in advance or chief referee on the day.

1.2 COMPETITORS

Competitors shall compete in suitable divisions as explained in the following rules; some additional clarification will also be available in the competition entry pack.

All competitors must either be current Taekwondo Council e-card holders, or they must have paid the non-e-card entry price. They must also have filled in and signed (digital entry is accepted) the relevant entry form(s) for the competition in question.

1.3 DRESS CODE

While there are no current dress requirements for judges, we would prefer them to dress as follows:

White shirt, ideally with tie or smart white T-shirt

Grey, black or navy skirt or trousers

Black/blue blazer optional

Soft soled shoes (white or black non-floor marking)

Competitors must wear a TaeKwon-Do suit (dobok) and current rank belt. The dobok must be suitable for the event. The wearing of footwear (trainers etc.) is not allowed for competitors during the participation of any event.

1.4 BANDAGES AND STRAPPING

Competitors should have no strapping on feet or hands at all.

Any bandages, strapping or supports must not contain hard materials (hard plastics/metal support bars etc.) or pins, and must not provide such extra support that may be considered to provide an advantage to that competitor. The referee must be made aware of the use of any bandaging or strapping prior to competing.

Any doubts or questions of this rule will be decided upon the day of the competition by the chief referee.

1.5 JEWELLERY

No jewellery, watches or any other adornments may be worn (wedding rings/religious jewellery/accessories must be covered with a plaster/suitable material secured with tape). Hair may be kept in place using material of a soft elastic nature only, no grips or slides are allowed.

1.6 MEDICAL ATTENTION

All tournaments will have a paramedic/first aider in attendance.

1.7 INJURY LIABILITY

As stated in Rule 1.2, all competitors must sign a tournament entry form which contains words or wording exonerating the Taekwondo Council tournament organisers and all other competitors from any liability through injury sustained during the tournament.

1.8 INSURANCE

All Taekwondo Council tournament organisers must ensure that the event has all the necessary public liability insurance required to hold the event. They must also obtain permission from the Taekwondo Council for the event to be held.

1.9 OFFICIAL COMMANDS

The following are the only recognised commands that the referees and instructors will issue to competitors during a tournament.

1. Charyot – Attention
2. Kyong ye – Bow
3. Chunbi – Ready stance
4. Sijak – Start
5. Hye Chyo – Break
6. Barro – Return to ready stance.

1.10 DISPUTE PROCEDURE

For all events in all tournaments, any disputes arising will be dealt with as follows:

a) Chief Referee: All organisers will appoint a person to act as Chief Referee. This person must be present in the arena throughout the whole of the tournament. Generally, this person will be the most experienced official present at the event. They will also appoint a deputy if, for any reason the chief umpire is called away.

b) All competitors who wish to dispute a decision must do so through their instructor or appointed coach to Chief Referee. Any official complaint must only be brought forward from the instructor or coach of the complainant to the Chief Referee, whose decision is final.

It is not allowed for the person concerned, parents or friends/fellow students to make a complaint unless the complainant's instructor/coach/is not present in which case one person may approach a wellbeing officer to act on their behalf in approaching the Chief Referee.

c) In order to give a final decision on any dispute, the Chief Referee or their deputy may call officials, competitors, or instructors as he/she so desires to give evidence or opinions on the dispute. This strictly prohibits spectators.

d) On reaching a decision, the tournament Chief Referee will notify all parties concerned. This decision will be final and cannot be appealed against.

e) Instructors, competitors, or team captains who persist in arguing against a decision made by the Chief Referee may, at the Chief Referee's discretion, have themselves, their whole team or club disqualified from further events in the tournament.

1.11 BEHAVIOUR

The Taekwondo Council requests that all competition attendees act at all times to set an example with their behaviour and conduct. Swearing, bad attitude, disrespect or behaving in any way that could bring themselves, their TKD School, Instructors/Coach or the Taekwondo Council in to disrepute must not happen. Any such behaviour from anyone on or away from ring/square could result in disqualification/removal from the competition.

We ask all judges to arrive at competitions 30 minutes before the start and sign in. Please make every effort to attend all day, as during the afternoon when black belts compete the additional judges are essential to keep the rings/squares running. It also great for the atmosphere of the tournament to have as many spectators present as possible.

2. POWER TEST

2.1 AWARDS

1st and 2nd and 3rd in each event

Only open to adults (18+)

Blue belts and above.

Men and women in separate divisions.



2.2 OFFICIALS, JUDGES & PERFORMANCE AREA

There should be one judge, one recorder and an assistant.

The performance area should be a sufficient size to keep competitors and spectators safe.

2.3 EQUIPMENT

A Taekwondo Council approved break board holder positioned as advised by manufacturer.

3 White Boards

2.4 TECHNIQUES

The number and techniques will be specified within the individual tournament information pack.

2.5 PROCEDURE

Each competitor must complete the Breaking Form and sign an additional disclaimer before competing.

The form must state which side they are choosing to break with for each break and the number of boards they are attempting at each break; this must be decided before the category commences.

Only white boards will be broken. Each break will be 1, 2 or 3 boards. No step through is allowed.

On command from the judge, each competitor will adopt ready stance. If required they may have one pre-judging of distance, and then attempt to break in one continuous movement.

Each competitor will have only one attempt to break with only one prejudging of distance allowed.

Touching the board during prejudging will be considered a foul and the break disallowed.

One point is awarded for each board broken. Only clean breaks are counted, bent boards are not counted as a break.

In the event of a draw between two or more competitors, the drawn competitors will repeat the breaks again with the opposite hand/foot.

In the event of a further draw, the competition will be decided upon body weight (i.e. the lightest of the competitors being awarded the higher place).

3. PATTERNS

3.1 GENERAL

At Taekwondo Council events patterns will always be mixed (males and female) divisions.

Juniors (-18) will also be mixed divisions but may be split by age at the discretion of the competition organiser.

Competition organisers may choose to merge divisions depending on numbers participating.

3.2 PATTERNS CATEGORIES AND CHOICES

White 10th/ Yellow Tag 9th kup – Sajo Jirugi and Chon- Ji

Yellow Belt 8th / Green Tag 7th kup – Chon-Ji, Dan-Gun or Do-San

Green Belt 6th/Blue Tag 5th kup Do-San, Won-Hyo or Yul-Gok

Blue Belt 4th / Red Tag 3rd kup – Yul-Gok, Joong-gun or Toi-Gye

Red Belt 2nd/ Black Tag 1st kup – Toi-Gye, Hwa-Rang or Choong-Moo

Dan grades must only perform patterns within their dan status or their previous grade (5th degree + can do 4th degree plus patterns only) unless stated otherwise in competition information.

If either competitor or judges are unsure which patterns are allowed for which grade, please check with the Chief Referee.

For disabled competitors patterns choices can be adapted to suit, this will be confirmed by the events team/chief referee.

3.3 AWARDS

Awards should generally be given for patterns as follows:

1st in each division

2nd in each division

3rd in each division

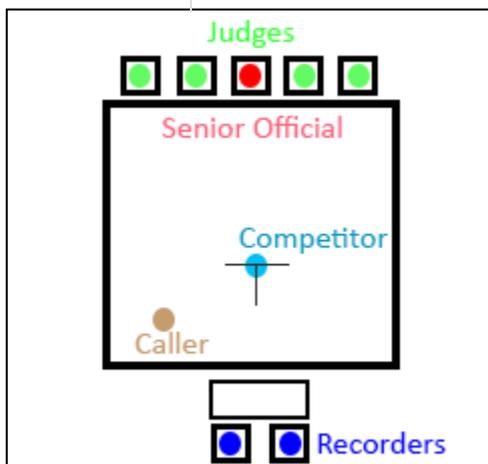
3.4 JUDGES, OFFICIALS AND PERFORMANCE AREA

a) Officials

There will be:

- Three or five judges, (at the discretion of the Chief Referee), including a senior official, seated on the perimeter in a line facing the start position. Note: The senior official will sit in the centre of the judges.
- One caller (standing to issue commands). If a caller is unavailable the instructions may be given by the senior official.
- Ideally 2 recorders (but minimum of 1 as caller can assist with this role) seated behind a table on the perimeter facing the judges.

b) Area for Points Method

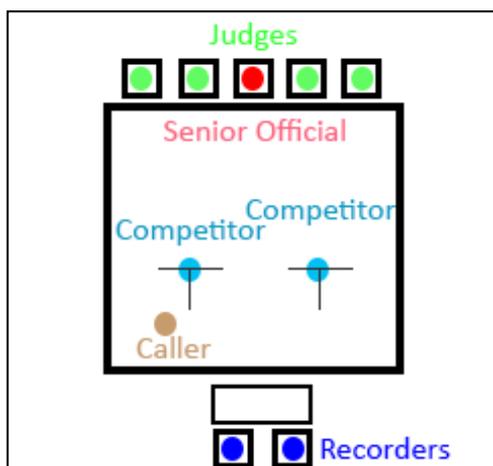


Performance areas should ideally be between 7 x 7 and 9 x 9 metres with a start position marked.

Equipment needed is 3 or 5 score cards, the draw sheet, pen/pencils, and a calculator.

Competitors are expected to stand on the start position when the order “chunbi” is given.

c) Area for Pyramid Method



Performance areas should ideally be between 7 x 7 and 9 x 9 metres with two start positions marked.

Equipment needed is 3 or 5 sets of red and blue flags, the draw sheet and pen/pencils.

Competitors are expected to stand on the start positions when the order “chunbi” is given.

3.5 POINTS METHOD PROCEDURES

a) Scoring Procedures and Standards

When using the points method of marking, patterns will be marked out of 9, as laid down in the following scales:

Poor standard - 1

Average standard - 5

Perfect standard - 9

Patterns will be marked on the performer's power, balance, focus and fluidity alongside the following points:-

Each judge will deduct 1 from the score for each of the following:

- a) Failure to complete the pattern in a continuous performance i.e. hesitation or loss of balance. A hesitation of longer than 3 seconds will be considered failure to complete the pattern and therefore also warrant disqualification.
- b) Incorrect technique e.g., a forearm block instead of a knifehand block, a high kick instead of a middle kick etc.
- c) An incorrect ready position.
- d) Incorrect diagram. This incorporates not finishing on the "T" as the diagram would obviously be incorrect.
- e) Wearing of jewellery or non-courteous behaviour.

Note: The above are only a few examples of incorrect techniques.

Please note as long as a pattern is finished a score will be given but it will reflect the number of errors made.

If a competitor fails to complete the pattern, they will be brought back to ready stance and dismissed. No score will be shown by the judges but the recorder must record a zero score.

When marking disabled competitors' patterns, allowances will be made to ensure the competition is as fair as possible.

b) Method of Scoring

Each judge will select their score from the score cards. On the command “show” given by the senior judge sitting in the centre of the judges they will immediately hold up the score card and keep them in that position until the recorder acknowledges that all scores have been recorded.



The recorder will then record all the scores of the three or five judges. If there are five judges then the highest and lowest scores are discounted. The remaining scores are then totalled up. This total is recorded as the competitor’s score. When 3 judges all 3 score are totalled up.

Should 2 competitors have equal scores for a medal position then both will be asked to perform the same pattern again (as noted on the score sheet) individually and a majority vote for A or B is taken. Should 3 or more competitors tie then they must be scored again as normal.

Where there is a discrepancy of more than 3 marks between judges, the recorder will bring it to the attention of the senior/centre referee, to ensure that fair and consistent marking occurs.

c) Recording Scores

Competitor’s name, club name, name of pattern performed and scores are entered onto the score sheet as shown below.

The highest and lowest scores are ignored (where there are 5 judges).

The remaining scores are added together to give the overall pattern score



Competition Name: UK Opens
 Category: Boys Red/Black
 Centre Referee: Roger Lawrence

No.	Name /School	Pattern	Judge 1	Judge 2	Judge 3	Judge 4	Judge 5	TOTAL
123	Robert Smith AOTKD	Hwa Rang	5	6	6	4	5	16
101	Paul Singh Revolution	Toi Gye	4	5	4	4	3	12
179	James Oakley Sovereign	Toi Gye	6	6	7	6	5	18
212	Fred Bloggs ATKDA	Hwa Rang	6	5	6	6	5	

3.6 PYRAMID METHOD PROCEDURES

The pyramid scoring system uses a system of elimination. Draw sheets are completed in a similar fashion to that of sparring draw sheets (see section [4.9](#)).

Competitors will compete 1 to 1 and will perform simultaneously one optional pattern as appropriate to their grade. The judges will choose the better competitor to go forward to the next round. Competitors will continue to perform the same chosen pattern throughout the competition.

Where there are an odd number of competitors in a division, competitors may go through to the next round on a 'bye' as per sparring draw sheets. Three competitors may compete as a round robin.

Failure to complete the pattern will result in disqualification: A hesitation of longer than 3 seconds will be considered failure to complete the pattern and therefore warrant disqualification. In this occurrence the competitors will be brought back to ready stance and all judges will show in favour of the other competitor.

At the end of the pattern the judges will show their choice of competitor by raising the appropriate flag. If they feel the bout was a draw then they show both flags.

The following rules will apply:

- When 3 or more judges give a decision in favour of one competitor, then that competitor is the winner.
- When 3 judges give a draw and 2 judges give a decision in favour of one competitor then that competitor is the winner.
- When 2 judges give a decision in favour of one competitor, 1 judge for the other and 2 judges give a draw, then the competitor with 2 judges in favour is the winner.
- When 2 judges give a decision in favour of one competitor and the other 2 judges give a decision in favour for the other, and 1 judge gives a draw, then another designated pattern must be performed until the winner is decided.

The recorder will write down the name of the winner and their chosen pattern moving forward to the next round. For the final round competitors will perform their same chosen pattern followed by a designated pattern chosen by the senior official.

4. SPARRING

4.1 AWARDS

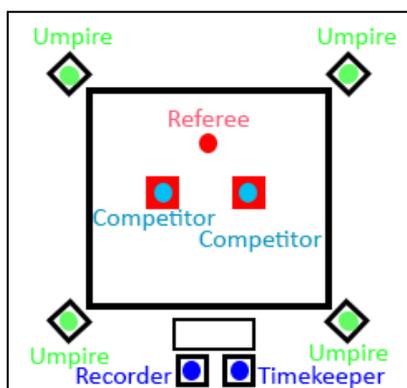
In all individual sparring events, there will be one 1st place, one 2nd place and one 3rd place award in each division. This means that after the semi-final bouts, the two losing competitors will fight again for third position. Ideally this bout will take place before the final.

4.2 AREA

The sparring area should ideally be between 7 and 9 metres squared with the perimeter clearly defined by coloured tape stuck to the floor or delineated using foam mats. There will also be two starting marks approximately 2 metres apart, positioned centrally in the area.

4.3 OFFICIALS

a) Continuous Sparring



4 Corner judges (seated outside the sparring area, one on each corner)

1 Referee (standing in the centre with the fighters)

1 Timekeeper (seated at the table on the edge of the sparring area)

1 Recorder (seated next to the timekeeper)

b) Point Stop Sparring

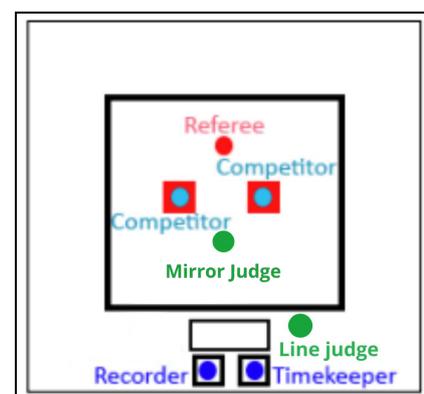
1 Referee (standing)

1 Mirror Judge (standing opposite)

1 Line Judge (who will work the line between the table and the corner on the right hand side)

1 Timekeeper (seated at the table)

1 Recorder (seated at the table)



4.4 SPARRING EQUIPMENT

All sparring equipment must satisfy the centre referee of its effectiveness. Equipment which is damaged or has been taped will not be allowed.

If the referee is not completely satisfied with the state or type of equipment being used by any competitor, they must immediately alert the Chief Referee. The Chief Referee will then decide, this decision cannot be appealed against.

All competitors must wear the following equipment:

- Semi-contact safety feet - must be 'boot' style and not Karate pull on shin/instep type.
- Semi-contact safety hands - the fingers must be enclosed and thumb tethered. Weighted 'boxing style' are not allowed. No 'taping of hands' is allowed.
- Head guard (This does not apply to a follower of the Sikh religion while wearing a turban) – Head guards are compulsory to all others and must be worn over the top of any other headwear. Headguards must be dipped foam or leather or imitation leather with no hard face bars or grills attached.
- Groin guards (optional for females)
- Shin guards – must be soft pull on or dipped foam type and no hard 'football' type.
- Mouth guard – compulsory for all competitors.

N.B If Glasses are worn, they must be approved 'safety type'.

Optional equipment: Forearm protectors and for female competitors, chest protectors - excluding body armour.



4.5 BOUT PROCEDURE AND TIMING



The bout will commence with the competitors on their respective start positions with either a red or blue sash attached through the back of their rank belt.

At the direction of the referee, the competitors bow in turn to the referee, and then to each other. The referee will then start the sparring with the command “Si jak”, at this point the clock will start. The competitors continue to spar until the referee issues the command “hye-chyo”, which he or she will do in order to issue an infringement.

The clock does not stop at this point unless the referee gives the time out signal to deal with an injury or any other reason at their discretion. The bout will be re-started by the referee at the original start positions. On completion of the allocated time, the timekeeper will sound a bell/horn etc. in order to warn the referee that due time has been reached. The bout only ends on the final command “hye-chyo” issued by the referee.

4.6 DURATION OF BOUTS

Each bout will be either 1½ or 2 minutes continuous duration, or for black belt finals two 2-minute rounds of continuous duration with a break of one minute in between rounds for final gold and silver fights.

In CONTINUOUS SPARRING, if a draw is given after time has been called; an extension of thirty seconds will follow. Note there will be ONLY 1 EXTENSION, after which the centre referee must make the decision.

In POINT STOP SPARRING, if a draw is given after time has been called then the bout will be re-started, and the “SUDDEN DEATH” rule will apply. This means that the first person to score will be the winner.



4.7 SCORING AND RESULT PROCEDURE

a) Continuous



The corner judges will award points as they are seen by using handheld recorders (clickers). These should be clearly marked left hand clicker blue, right hand clicker red. On completion of the bout and after bowing procedure, the referee will call “show”, at which the corner judges will immediately hold in the air the clicker showing the highest score. In the event of a draw, both clickers are held up with the arms crossed.

Any penalty points will be added on to the opponents score at the command of the centre referee, all 4 corner judges will add 1 point.

At this point, the referee will decide and then award the bout a winner.

A win can only be awarded if 2 or more of the corner judges raise the same colour and the centre referee agrees. Any less is awarded as a draw so 1 extension of 30 seconds if given. The centre referee must make a final call after 1 extension.

There must only be 1 extension with no reverting to ‘sudden death’.

Note: corner judges should only zero their clickers once the referee has given a clear decision on who has won the bout. If there is an extension of time because there has not been a clear decision from the corner judges and referee, the referee should instruct the corner judges to zero their clickers at that point - before the extension of time commences. The clickers must not be zeroed until a clear decision has been awarded or they are instructed to zero them prior to an extension because the tournament officials may wish to see the scoring as part of mentoring and monitoring officials.

b) Point Stop

The referee will stop the bout with the command 'hye-chyo' if any judge indicates a clean technique has been scored.

The other judges must immediately issue a signal (Unscored / No score / Score).

If any two from the referee, mirror judge or umpire agree that a technique has been scored, an appropriate number of points will be awarded by the referee.

Two out of the three officials must agree on the points scored for it to be registered.

The exception to this rule will be the ability of the centre referee to override the other two officials if they have definitely seen a score/not sighted a score.

These points will be displayed by the recorder on either blue or red score cards and these cards will be situated at the recorder's table for all to see.

The blue card will be on the right of the table and the red card will be on the left-hand side (the left and right being determined by the score keeper as he/she sits at the table).

The officials should try to make their decisions as quickly as possible so that the bout continues at a reasonable pace. Any demerit points will be added onto the opponents score.

Any penalty points will be added on to the opponent's score at the command of the centre referee.

If a competitor scores 10 points, then the bout will be stopped and awarded to that competitor. Where score cards only go to 9, the additional 1 (or more) points must be achieved for the bout to be awarded to that competitor.

4.8 OFFICIAL HAND SIGNALS

a) Referee Hand Signals



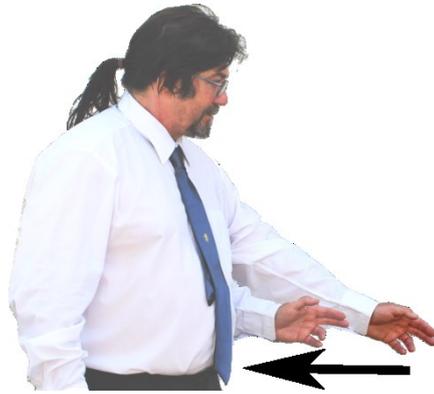
CHARYOT



KYONG YE



CHUNBI / HYE CHYO



SI JAK



BARRO



TIME OUT



WARNING



GRABBING



EXCESSIVE CONTACT



MINUS ONE POINT



TALKING ON SQUARE



TURNING BACK ON OPPONENT



LOW KICKING



LOSS OF BALANCE



TRAVELLING



UNCONTROLLED TECHNIQUE



UNSIGHTED TECHNIQUE



CAN'T CONTINUE



NO SCORE



WINNER

b) Umpires and Referees Hand Signals



JUDGE UNSIGHTED



1 POINT



2 POINTS



3 POINTS

c) Competitor Hand Signals



(TURNS BACK ON OPPONENT)

STOP FIGHT / REF'S ATTENTION REQUIRED

4.9 RECORDING RESULTS

The sparring results sheet will contain the event date and title, the category, students' names, and their competitor numbers and/or club names.

The names and job allocations of all officials working on the area should be recorded on the reverse of the result sheet.

Referees and umpires should check the presence of all competitors on the listing prior to commencing the bouts.

Competitors with byes will be automatically entered into the next round. Winning competitor's names are entered into the next round boxes.

Sharon Phillpott AOTKD BYE	Sharon Phillpott	Karen Taylor	Grade: Point/Continuous: Weight Category: Male/Female: Centre Referee:	
Karen Taylor ATKDA	Karen Taylor	Karen Taylor		
Emma Clarke Revolution			Karen Taylor	
Jade Farnworthy Sovereign	Lucy Singh			
Lucy Singh Sovereign		Milly Li		
Milly Li Heart of England	Milly Li			Karen Taylor
Leigh Gibbs Revolution				
Kayleigh Oakley AOTKD	Kayleigh Oakley			
Chloe Stanmore ATKDA		Isabella Tan		
Lily French Oldham	Isabella Tan			
Isabella Tan AOTKD			Francesca Leffham	
Zoe Wicklow Heart of England	Samantha Praveen			
Samantha Praveen Revolution		Francesca Leffham		
Maya Rees ATKDA	Francesca Leffham			
Francesca Leffham Revolution				

RESULTS	Name	School
GOLD		
SILVER		
BRONZE		

Disqualification/Official Warnings
Please use reverse of this form to record any information deemed relevant.

Reasons -
E - Excessive Contact
LK - Low Kicks
IT - Illegal Technique
P - Pushing
G - Grabbing
DB - Disrespectful Behaviour

Name	Reason	Red/Yellow	Ref Signature

Any official warning and / or disqualifications are noted on the results sheet also. Warnings carry forward to next rounds within the same category.

Referees are responsible for ensuring these results sheets are correct and are returned to the top table.

4.10 ROUND ROBINS

Where there are only three competitors in a division, the division will be run as a 'Round Robin'. In this situation there would be three bouts, allowing each competitor to fight each other once.

a) Point Stop

The recorder notes each competitor's scores from each bout, alongside the winner of each bout. The competitor with the most wins is awarded first place and so on. On the occasion of each competitor wins one fight, the points scored by each competitor throughout the division should be tallied and the winning places awarded.

b) Continuous

The recorder tallies the points recorded from each of the four corner judges for each competitor. This is then recorded alongside the competitor's name, along with who won the bout. Places are then awarded the same as for point stop and if there is a draw places are awarded based on the tallied scores.

4.11 TARGET AREAS

a) Head and neck area complete (excluding the throat, top/crown of head and back of head if opponent is turned away).

b) Trunk of the body from the neck to lower abdomen and from an imaginary line drawn from the armpit vertically down to the waist on each side (i.e., frontal area and side area of the body only, excluding the back). The kidney area is NOT a target.

4.12 POINTS AWARDED AND POINT SCORING

- 1 point awarded for any hand technique to any target area.
- 2 points awarded for foot technique to mid-section area.
- 3 points awarded for foot technique to high-section area.

Points will be awarded for a scoring technique only. This consists of:

a) Attacking tool making touch contact but with control so as not to cause injury nor be likely to cause injury to the opponent.

b) Appropriate attacking tool should be used correctly with speed and accuracy.

4.13 DEMERIT POINTS AND DISQUALIFICATIONS

Whilst a referee has the discretion to go straight to an official warning with demerit point, yellow or red card, depending on the severity of the offence, they may start with a verbal unofficial warning. If the offence then re-occurs, they will move on to a demerit point, an official warning or even yellow or red card at the referee's discretion.

1 point will be added to the opponents score by the referee for the following offences:

a) Continuous Only

- Stepping out of the area – on the first occurrence given a warning, every occurrence thereafter incurs a 1-point penalty with no further warnings applied. If the first occasion is deemed deliberate, a 1-point penalty will be immediately applied.

A competitor is considered to have stepped out when one foot fully crosses the perimeter line.

- Loss of balance - on each occasion (a competitor is considered to have lost balance when any part of their body other than the feet, come in contact with the floor). The exception to this is if the referee considers that the loss of balance is due to a trip, push, illegal technique (which includes the use of excessive force) or a spilled substance on the floor of the fighting area.

b) Continuous and Point Stop

- Deliberately tripping or leg sweeping the opponent - on every occasion.

Referees' discretion: None of the following are acceptable throughout the bout; the referee can choose to warn on the first and/or second occasion OR to immediately award a demerit or even a yellow or red card on the first offence depending on the severity of the offence.

Discretionary 'points away' and 'official warnings' may be awarded by the referee for the following:

- Low kicking and other illegal techniques or techniques to illegal target areas.
- Grabbing any part of the opponent or their dobok.
- Talking on the area; talking to the referee regarding pertinent matters is acceptable within reason, (arguing is NOT!) talking to spectators, coaches or even your opponent is not.

- Unsportsmanlike behaviour.
- Intentional lack of effort.
- Excessive contact and / or aggression.
- Repeatedly turning back on the opponent (using it as a tactic).
- Use of uncontrolled techniques.
- Use of un-sighted techniques for example spinning back-fist without looking.

A yellow card may be issued following repeat offences, where demerit points are insufficient. The yellow card indicates the competitor will be disqualified if the behaviour continues. The issuing of a yellow card is recorded on the score sheet and is carried forwards throughout all bouts in the division.

Disqualification (where a contestant will be shown a red card) will be awarded by the referee, after consultation with his corner judges for the following:

- Intentional heavy contact or unnecessary aggression.
- Repeated '1 point away' offences.
- Showing dishonour or disrespect to the officials, competitors, or area.

Note: The referee may at his / her discretion, after consultation with the judges, disqualify a competitor without using a yellow card first, depending on the severity of the offence.

During a sparring competition, a referee may give a yellow card for the above offences: The referee will announce to the competitor, corner judges and recorder that a yellow card is being given. The recorder marks the yellow card against the competitor's name on the competitors list. Then, before the start of the next and all subsequent bouts, the recorder will announce that the competitor has a yellow card warning.

Any competitor who subsequently receives a red card will be disqualified from that division. This competitor may continue competing in further events during that day, but the red card warning would be recorded against their name and any further issues would be swiftly dealt with which could lead to disqualification from all further events that day or in extreme circumstances exclusion from the venue. Such decisions would be made in consultation with the Chief Referee, club instructor or coach and competition organisers.

4.14 CONTACT AND INJURY

Excessive contact is penalised at the referee's discretion.

The contact used in semi-contact sparring could be described as attempting to successfully land strikes on the opponent whilst maintaining clean and controlled form. Each strike must be made with light contact only with no intention to follow-through, injure or hurt.

Where a competitor is injured, the referee will bring the bout to a stop and call time so that the recorder stops the clock. Their opponent should turn away to face the outside of the ring and kneel down to wait. The referee should request the presence of the competitor's coach and/or first aid as necessary. If necessary, the referee will call the judges in to discuss whether or not the technique that caused the injury is to be deemed excessive contact.

If the bout is re-started, the point(s) should be awarded before resuming the bout (though points scored by contact judged to be excessive are not awarded).

If the bout cannot continue (the injured party is unable to continue) a decision will be made by the referee and/or Chief Referee / Area Manager whether the fight should be awarded to the uninjured competitor, and they carry on through to the next round. If it is the semi-finals, and the injured party cannot fight and the uninjured party is disqualified, the other semi-final will be deemed the final. If it is the final, and the uninjured party receives a disqualification, the injured party will be awarded the 1st place.

4.15 WEIGHT DIVISIONS

All height & weight divisions will be sent out in the information pack prior to the competition. Competitors will be required to provide their height (for junior divisions) or weight, identifying their proposed division prior to the competition.

Juniors will be height tested, and adults weighed at the competition prior to the commencement of the sparring categories. Any adjustments to the divisions will be notified to the competitor after testing before the final draws are made. Any issues regarding final division allocation decisions should be raised via the instructor to the Chief Referee prior to commencement of the division.

Where a division is very small (for example 1 – 3 competitors) the referee may give the option for the competitors to fight up a division (Note: fighting down a weight division is not allowed). These discussions must be had discretely with the competitors. If there is only one competitor in a division and they choose not to fight up a division then they will be awarded 1st place.

5. TEAM COMPETITIONS

5.1 AWARDS

Awards for team tournaments will be given as follows:

1st - 1 award per competitor.

2nd + 3rd - 1 award per competitor will be awarded if sufficient entries.

5.2 TEAM SPARRING

Team sparring will consist of teams of anything between 3 to 5 competitors (to be decided by the competition organisers). Single gender teams only.

a) Divisions

Sparring will be in divisions set out in the information pack prior to the event and are generally entered on the day.

If weight divisions are set out, then the team members must be matched with the opposing team in weight. This is regardless of whether it be the heaviest, lightest or any weight in between. All competitors may, if they wish, spar at a higher weight but not a lower one.

b) Rules of Play

All competitors must be kitted up and ready to go on to the fighting area within 30 seconds of their bout being called.

The referee may award official warnings or points away to any competitor who fails to meet the 30 second deadline.

- All team sparring is point-stop; score is kept by the score keeper but using clickers instead of score cards. These should be clearly marked left hand clicker blue, right hand clicker red.
- Bouts will be for 4 -5 minutes (decided by organiser).
- Each time the bout is stopped the fighter can be changed by being 'tagged' by another team member's glove.
- All team members must fight at some stage during the bout.
- The same fighters must compete for the duration of event.
- Teams must have all of their members for each bout, or the remaining fighters will not be allowed to continue in the competition, no substitutions due to injury or disqualification.

If after the deciding spar there is still a tie, then the referee, after consultation with the judges may choose a winner on technical merit as per individual sparring.

5.3 TEAM PATTERNS

a) Divisions

Competition organisers may split the teams/grades relative to the number of entries received. Please see the entry pack for the individual competition for details of divisions.

Team patterns will usually have between 3 to 5 competitors in a team and are generally entered on the day.

Teams may be single or mixed gender.

b) General

The pattern performed must be relevant to the most junior grade in the team e.g., a team with a 9th Kup in can only perform Chon Ji and a team with a 3rd Kup in can perform any pattern up to and including Toi Gye.

Each team should perform a pattern in unison (though certain artistic licence is given for short sections of the pattern to be performed individually).

c) Scoring

Team patterns are then scored in the same way as for individual pattern events.

Scoring to be based on the following:

1. The correctness of the pattern moves
2. Power, balance, focus, fluidity etc. as per individual pattern competition.
3. Synchronisation of all members when performing the pattern.

6. SPEED KICK

6.1 AWARDS

1st and 2nd and 3rd in each event

Usually Juniors and Cadets only

Same categories as patterns (usually done immediately afterwards)

6.2 OFFICIALS, JUDGES & PERFORMANCE AREA

There should be one judge, one recorder and minimum of 4 paddle/button holders/counters.

The performance area is the same mat/square as patterns.

6.3 EQUIPMENT

Taekwondo Council approved paddles/button pads - minimum of 4.

6.4 TECHNIQUES

Turning kick using the front leg onto a paddle/button

Held at competitor's shoulder height

Foot must touch floor between kicks

6.5 PROCEDURE

Competitors are called up in groups, depending on number of holders and pads available.

They stand in line opposite pad which is held at the competitor's shoulder height.

Judge starts with 'Si-jak'- competitor does as many kicks as possible in 30 seconds.

Judge calls 'hye-chyo' to stop.

Recorder collects scores, the most kicks in each category wins.

In the event of a draw, the competitors who have drawn repeat in a final.