



International Taekwon-do Federation - ITF



By Laws

ITF World Junior & Senior Tournament Rules - Rules and Regulations
(pages 1-21 – in force of January 1st, 2013)

SECTION I – GENERAL

T 1. PURPOSE

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

T 2. APPLICATION

These are to be applied at every International and National Taekwon-Do ITF competition for degree holders. They apply to male and female competitors except where stated otherwise.

T 3. OFFICIALS

The Juries, Referees, Judges and Computer Assistants will be selected according to the rules of certified Umpires.

T 4. DUTIES

- a. One (1) Jury President will be seated at the Jury table during competition at all time and will be responsible for decisions as written in the Umpire rules.
- b. Five (5) Judges will be seated in a line at a distance of one (1) metre from the border of the ring facing the competitors during Pattern and Pre Arranged Free sparring competition. They will assign points in accordance with their judgement based on the competition rules and regulations.
- c. One (1) Centre Referee will be inside the ring to control the match during Free Sparring.
- d. Four (4) Judges will be seated at a distance of one (1) metre from the corner of the ring during Free Sparring. They will assign points in accordance with their judgement based on the competition rules and regulations.
- e. Three (3) Judges shall officiate in Power and Special Technique competition. They will assign points in accordance with their judgement based on the competition rules and regulations.
- f. At least one (1) Jury member will be seated at the Jury table to assist the Jury President at all times.
- g. One (1) Computer assistant member, supplied and fully trained by the Organizing Committee will be seated at the Jury table at all time to keep match records.

T 5. COMPETITORS

Junior

Junior competitors must be from 14 to 17 years old at the first day of the competition beginning and shall compete in the divisions laid down in the following rules. All competitors must be I, II or III degree rank and must be holders of current ITF certificate and membership cards. Competitors in all divisions must be healthy and registered with their National associations.



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Senior

Senior competitors must be 18 years old or above at the first day of the competition beginning and shall compete in the divisions laid down in the following rules. All competitors must be I, II, III, IV, V or VI degree rank and must be holders of a current I.T.F certificate and membership card. Competitors in all divisions must be healthy and registered with their National associations.

T 6. DRESS REQUIREMENTS

a. Officials must wear the dress requirements as laid down in the ITF Umpires rules.

b. Dobok

Competitors must wear the “officially approved” ITF Dobok.

The Dobok shall have at the right sleeve just above the elbow and at the right pant just above knee level - measuring length 8 cm and height 5 cm - the ITF officially approved sponsor logos.

Personal Sponsorship on the ITF Dobok is allowed only on the left sleeve measuring length 8 cm and height 5 cm and the logo must be approved by the Tournament and Umpire Committee.

The country name written in black letters – height from 6 to 8 cm - must be worn on the back part of the ITF Dobok above belt level at all times. Female competitors may wear a white T-shirt under the Dobok jacket.

The National emblem may be worn on the Dobok jacket at chest level on the right side opposite the ITF Logo.

c. Black Belts

Junior Black Belt:

The Junior black belt must have a white one (1) cm width line at the centre on one side of the belt from the top to the bottom.

Senior Black Belt:

The Senior Black Belt is completely black.

Junior and/or Senior Black Belts must indicate the competitor’s degree in Roman numerals and could indicate the competitors name at one side of the belt. The other side of the belt could indicate the name “International Taekwon-Do Federation”, Taekwon-Do in Korean characters and/or the Taekwon-Do Tenets in Korean. The colour of the writing must be in gold.

d. Competitors are allowed, when not performing, to wear normal sportswear such as track suits, training shoes, etc. however it is at the discretion of the ITF Tournament Committee.

For opening and closing ceremonies countries may wear the official ITF Dobok or the official country training suit, but all team members should be dressed the same. At the medal awarding ceremony competitors must wear the ITF Dobok and/or National track suit.

N.B.: Drinking of alcoholic beverages or smoking whilst wearing the Dobok is prohibited.



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T 7. SAFETY EQUIPMENT AND PROTECTIVE WEAR

- a. Competitors must wear:
 - i.) Red or blue coloured hand and feet safety equipment.
 - ii.) Groin guards must be worn inside the Dobok trousers – male only.
 - iii.) Red or Blue coloured head guard.
 - iv.) Mouth guards being of a transparent colour.Safety equipment must be of an approved type and certified by the Board of Directors. Approved Equipment shall be indicated in the World Event official invitation letter and ITF website.
- b. Competitors may, optionally, wear the following:
 - i.) Shin protectors.
 - ii.) Breast protectors - for female only - and must be worn inside the Dobok jacket. These all being of an approved type consisting of elasticised material with sponge or rubber type padding and containing no metal, bone or hard plastic (accept for groin guards and breast protectors), the use of zip, lace or stud fasteners is forbidden.
- c. No other protective or safety equipment may be worn, except in special circumstances with the approval of the Tournament Committee.
- d. All competitors with injuries which require bandaging or strapping of any kind must satisfy the Tournament doctor of their need, and obtain approval of type before performing i.e. no pins or hard material can be worn.
- e. No jewellery, watches or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

T 8. MEDICAL ATTENTION

All tournaments must have a Doctor(s), qualified First Aid personnel and preferably to have an ambulance in attendance. Doctor's recommendations with regard to competitor's further participation following injury, must be adhered to.

T 9. INJURY LIABILITY AND INSURANCE – COMPETITORS

All competitors must have valid Insurance cover to compete as the ITF Board of Directors, The Tournament Committee and Umpire Committee, and the hosting Organisation will not be held responsible for any injury or eventuality incurred during the event.

The cost of accident insurance, treatment and third – party insurance of the competitors is the responsibility of the National Association. The host of the event has the responsibility of accident insurance and third party insurance for the tournament.

T 10. INSURANCE – FOR EVENT

All hosts must ensure that the event booked has all the necessary public liability insurance, fire certificates and Government licences that are required to host such events.



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T 11. RING SIZE

For Sparring, Power, Special Technique the competition ring size will be 8 by 8 metres competition space. Each ring must have at least one (1) meter extra jig saw – padding floor around the ring.

For Pattern and Pre Arranged Free Sparring competition the ring size will be 10 by 10 metres competition space which includes a one (1) meter extra jig saw – padding floor around the ring.

The elevated jig saw – padding floor centre ring must be measuring 12 x 12 meter with a minimum height of 50 cm and maximum height of one (1) metre.

Lighting must not be lower than five (5) metres above the elevated centre ring.
The official Jury table is located in front of the ring.

T 12. RESULT RECORDING

The ITF sanctioned electronic system for competition shall be in force at all time and the results shall be shown to enable competitors, officials and spectators to follow the course of the event whilst it is in progress.

T 13. DELEGATES

A delegate of the individual or team may be any person authorised by the National Governing Body. A delegate registers the competitors, submits the documents, lodges complaints and co-operates with the other officials at the competition.

T 14. COACHES

For any individual and/or team competition only one (1) coach must officiate close to the ring at the designated place. Coaches must wear a training suit, gymnastic shoes and carry a towel. Coaches are not allowed to wear bag packs and/or other non Taekwon-Do items in the competition area . Coaches must be seated at least one (1) meter away from the competition ring. Coaches must not interfere in the competition with action or words. Coaches are the only ones allowed to present an official protest. Failure to abide by the above mentioned may render the coach liable to be removed from his advisory position. The removal time shall be decided by the Tournament & Umpire Committee. A removed coach must be replaced by another coach or by a competitor wearing a coaches outfit within a two (2) minute time limit. If another requested coach is not present within the two (2) minute time period the competitor shall be disqualified.



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T 15. AWARDS (Male and Female)

JUNIOR CHAMPIONSHIPS – INDIVIDUAL

Male Pattern	3 GOLD – 3 SILVER – 6 BRONZE
Female Pattern	3 GOLD – 3 SILVER – 6 BRONZE
Male Sparring	6 GOLD – 6 SILVER – 12 BRONZE
Female Sparring	6 GOLD – 6 SILVER – 12 BRONZE
Male Power	1 GOLD – 1 SILVER – 2 BRONZE
Female Power	1 GOLD – 1 SILVER – 2 BRONZE
Male Special Technique	1 GOLD – 1 SILVER – 2 BRONZE
Female Special Technique	1 GOLD – 1 SILVER – 2 BRONZE
Male Overall Champion	1 GOLD
Female Overall Champion	1 GOLD

SENIOR CHAMPIONSHIPS – INDIVIDUAL

Male Pattern	4 GOLD – 4 SILVER – 8 BRONZE
Female Pattern	4 GOLD – 4 SILVER – 8 BRONZE
Male Sparring	6 GOLD – 6 SILVER – 12 BRONZE
Female Sparring	6 GOLD – 6 SILVER – 12 BRONZE
Male Power	1 GOLD – 1 SILVER – 2 BRONZE
Female Power	1 GOLD – 1 SILVER – 2 BRONZE
Male Special Technique	1 GOLD – 1 SILVER – 2 BRONZE
Female Special Technique	1 GOLD – 1 SILVER – 2 BRONZE
Male Overall Champion	1 GOLD
Female Overall Champion	1 GOLD

Only points gained in individual events shall count for Overall Winner of the Individual Events. However, in the event of two or more competitors having the same number of Gold medals then the Silver and the Bronze medals will count in determining the Overall Winner. In the event that this also results in a tie then the following procedure shall take place. Where there are four (4) competitors in a category/division one (1) point shall be given. Where there are up to eight (8) competitors, 2 points shall be given and over nine (9) competitors, 3 points shall be given in order to declare the Overall Winner.

N.B.: Medals which count towards the OVERALL CHAMPION cannot be won without at least 4 competitors in the event.



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JUNIOR CHAMPIONSHIPS – TEAM

Male Pattern	6 GOLD – 6 SILVER – 12 BRONZE
Female Pattern	6 GOLD – 6 SILVER – 12 BRONZE
Male Sparring	6 GOLD – 6 SILVER – 12 BRONZE
Female Sparring	6 GOLD – 6 SILVER – 12 BRONZE
Male Power	6 GOLD – 6 SILVER – 12 BRONZE
Female Power	4 GOLD – 4 SILVER – 8 BRONZE
Male Special Technique	6 GOLD – 6 SILVER – 12 BRONZE
Female Special Technique	4 GOLD – 4 SILVER – 8 BRONZE

Male Overall Champion	1 TROPHY
Female Overall Champion	1 TROPHY

Pre Arranged Free Sparring 2 GOLD – 2 SILVER – 4 BRONZE

SENIOR CHAMPIONSHIPS – TEAM

Male Pattern	6 GOLD – 6 SILVER – 12 BRONZE
Female Pattern	6 GOLD – 6 SILVER – 12 BRONZE
Male Sparring	6 GOLD – 6 SILVER – 12 BRONZE
Female Sparring	6 GOLD – 6 SILVER – 12 BRONZE
Male Power	6 GOLD – 6 SILVER – 12 BRONZE
Female Power	4 GOLD – 4 SILVER – 8 BRONZE
Male Special Technique	6 GOLD – 6 SILVER – 12 BRONZE
Female Special Technique	4 GOLD – 4 SILVER – 8 BRONZE

Male Overall Champion	1 TROPHY
Female Overall Champion	1 TROPHY

Pre Arranged Free Sparring 2 GOLD – 2 SILVER – 4 BRONZE

Only Gold medals will count towards the Overall Team Winner. Only points gained in Team events shall count for Overall Team Winner. However, in the event of two or more teams having the same number of Gold medals then the Silver and the Bronze medals will count in determining the Overall Team Winner. In the event that this also results in a tie then there will be no Overall Team Winner.

N.B.: Medals which count toward the OVERALL TEAM CHAMPION cannot be won without at least 4 teams in the event.

NATION CLASSIFICATION

In order to have the Nations Classification all medals from Individual and Team events (Male and Female) will count except for Individual and Team Overall Winner.



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In the case of the Team it will be counted as a single Gold and not multiplied by 6, for example the winning Team for Pattern will have only one Gold added to the overall total and not 6 gold.

The first classified Nation will be awarded with one trophy.

T 16. OFFICIAL TERMINOLOGY

(A)	CHA RYOT	ATTENTION
(B)	KYONG YE	BOW
(C)	JUN BI	READY
(D)	SHIJAK	BEGIN
(E)	HAECHYO	SEPARATE
(F)	GAESOK	CONTINUE
(G)	GOMAN	END
(H)	JU UI	WARNING
(I)	GAM JUM	DEDUCTING POINTS
(J)	SIL KYUK	DISQUALIFICATION
(K)	HONG	RED
(L)	CHONG	BLUE
(M)	JUNG JI	TIME STOP
(N)	DONG CHON	DRAW
(O)	IL HUE JONG	FIRST ROUND
(P)	I HUE JONG	SECOND ROUND
(Q)	SAM HUE JONG	THIRD ROUND
(R)	SUNG	WINNER

T 17. DIVISION OF COMPETITION

Competition is divided into INDIVIDUAL and TEAM match.

Sparring, Pattern & Pre Arranged Free Sparring will be ruled by the pyramid tournament system.

Power and Special Techniques competition will be decided by the highest points obtained.

INDIVIDUAL

JUNIOR – Individual match is divided into:

Pattern	Male/Female – I,II and III Degree divisions
Sparring	Male Micro, Light, Middle, Light Heavy, Heavy and Hyper weight divisions Female Micro, Light, Middle, Light Heavy, Heavy and Hyper weight divisions
Power	Male/Female
Special Technique	Male/Female



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SENIOR – Individual match is divided into:

Pattern	Male/Female – I,II,III, IV to VI Degree divisions
Sparring	Male Micro, Light, Middle, Light Heavy, Heavy and Hyper weight divisions Female Micro, Light, Middle, Light Heavy, Heavy and Hyper weight divisions
Power	Male/Female
Special Technique	Male/Female

N.B.: Individual competitors may enter all items.

TEAM

Junior and Senior Team match is divided into:

Pattern	Male/Female
Sparring	Male/Female
Power	Male/Female
Special Technique	Male/Female

Each team may perform in Pattern, Sparring, Power and Special Techniques.
In Team Sparring competitors may be of any weight.

T 18. COMPETITORS NUMBERS – INDIVIDUAL AND TEAM

INDIVIDUAL JUNIOR

The number of individual junior competitors who may enter each item is restricted to three (3) competitors from each country. These competitors may be individuals and/or team members.

INDIVIDUAL SENIOR

The number of individual senior competitors who may enter each item is restricted to two (2) competitors from each country.
These competitors may be individuals and/or team members.

TEAM (Male and Female)

Teams may consist of a maximum of ten (10) competitors. (Not necessarily chosen out of the Individual competitors)



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Male

Out of the ten (10) competitors a minimum of 5 competitors + 1 reserve (optional) may compete in Pattern, Sparring, Special Technique and Power events.

Female

Out of the ten (10) competitors a minimum of 5 competitors + 1 reserve (optional) may compete in Pattern and Sparring events.

A minimum of 3 competitors + 1 reserve (optional) may compete in Special Technique and Power events.

The Coach must present the team competitors ID Cards to the Jury President just before the beginning of any team competition match.

T 19. ORDER OF MATCH

The order of match shall be according to the tournament competition schedule.

T 20. DRAW FOR ORDER OF COMPETING

Computer will make the draw for competitors and teams for the competition. First and second place winners from the previous ITF World Championship will be placed at the top and bottom of the pyramid system. Medals which count towards the overall trophies, cannot be won without at least 4 competitors or teams in the event. Bye will be decided at the draw. The competition draw will be held 48 hours prior to the event and the draws will be available on the ITF website. One (1) copy of the entire draw shall be given to each country present at the coaches meeting.

T 21. WEIGHT CHECK

The 1st weight check will be within 24 hours prior to the beginning of the competition. Competitors not making their weight at the 1st weigh in shall have one (1) hour time to present themselves for the 2nd and last weigh in. If he/she doesn't make the weight then he/she shall be removed from the sparring category and shall not be allowed to enter any other weight category.

T 22. ANNOUNCEMENTS

According to the tournament competition schedule it will be set and announced in which ring an event will take place and it is the responsibility of the competitors/teams to be close to the ring so that they may compete without delay when called upon to do so. They will be called to the red or blue side of the ring and must be in possession of any equipment required.

Should the individual/team not come forward to the ring within one (1) minute after the call then they will be disqualified.



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T 23. EQUIPMENT CHECK

Competitors Dobok and/or equipment check will take place outside of the ring by a Referee to ensure that they are of an officially approved type and that they are not defective. Should any item(s) not be satisfactory then they must be changed. At the time command of the Referee the competitor/team has a maximum of three (3) minutes to change what is requested, following which he/she/they will be disqualified and the match points awarded to the opponent where appropriate.

T 24. COURTESY

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

SECTION II - PATTERN

T 25. GROUPS

Male and Female.

T 26. ELIMINATIONS AND DECISIONS – INDIVIDUAL

The pyramid system of elimination will be used.

Competitors will compete 1 to 1 and will perform simultaneously two (2) Designated Patterns appropriate to their degree (see Article T.27).

The first designated pattern will be one of the last three patterns regarding the level of degree.

The second designated pattern is from pattern Chon-Ji to the level of degree.

The designated patterns shall be drawn from a basket or electronically by the Jury President. The Judges shall give from 0 to 10 points for each pattern performance based on the technical content, power, balance, breathing and sine wave. The competitor with the highest obtained points shall go forward to the next round.

In the case of a draw another designated Pattern, from all the remaining patterns, shall be drawn from a basket or electronically and must be performed until the winner is decided.

T 27. PERFORMANCE– INDIVIDUAL

1st degree will compete with 1st degree with the designated Patterns being any one from CHON-JI to GE-BAEK.

2nd degree will compete with 2nd degree with the designated Patterns being any one from CHON-JI to JUCHE.

3rd degree will compete with 3rd degree with the designated Patterns being any one from CHON-JI to CHOI-YONG.

4th, 5th and 6th degree will compete with 4th, 5th and 6th degree with the designated Patterns being any one from CHON-JI to MOON-MOO.



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T 28. ELIMINATIONS AND DECISIONS – JUNIOR AND SENIOR – TEAM

The pyramid system of elimination will be used.

Both teams shall perform one (1) optional and one (1) designated Pattern in the following order:

Team 1 – 1st optional pattern

Team 2 – 1st optional pattern

Team 1 – 2nd designated pattern

Team 2 – 2nd designated pattern

The Judges shall give from 0 to 10 points for each team pattern performance based on the choreography, team work, technical content, power, breathing and sine wave.

The team with the highest obtained points shall go forward to the next round.

In the case of a draw another designated Pattern, from all the remaining patterns, shall be drawn from a basket or electronically and must be performed until the winner is decided.

T 29. PERFORMANCE– TEAM

Teams (five (5) competitors) must perform one (1) optional and one (1) designated Pattern being any from CHON-JI to GE-BAEK.

Teams must prepare their entrance and exit to the ring by lining up at the border of the ring, facing the Umpires. The marching in and out the ring is NOT part of the choreography and no points will be given for this.

Team members may perform movements individually or together, as they choose, but it must be seen to be teamwork. For example: one team member may not perform moves of the Pattern on his own without the other team members following in unison.

T 30. OFFICIALS FOR PATTERN DIVISION

One (1) Jury President, two (2) Jury Members and five (5) Referees.

SECTION III - SPARRING

T 31. DIVISIONS

INDIVIDUAL

- (A) Male and Female groups.
- (B) Weights.



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JUNIOR WEIGHT DIVISIONS

Male:

- | | |
|-----------------|------------------|
| (a) MICRO | Up to 50 kg |
| (b) LIGHT | Over 50 to 56 kg |
| (c) MIDDLE | Over 56 to 62 kg |
| (d) LIGHT HEAVY | Over 62 to 68 kg |
| (e) HEAVY | Over 68 to 75 kg |
| (f) HYPER | Over 75 kg |

Female:

- | | |
|-----------------|------------------|
| (a) MICRO | Up to 45 kg |
| (b) LIGHT | Over 45 to 50 kg |
| (c) MIDDLE | Over 50 to 55 kg |
| (d) LIGHT HEAVY | Over 55 to 60 kg |
| (e) HEAVY | Over 60 to 65 kg |
| (f) HYPER | Over 65 kg |

SENIOR WEIGHT DIVISIONS

Male:

- | | |
|-----------------|------------------|
| (a) MICRO | Up to 57 kg |
| (b) LIGHT | Over 57 to 63 kg |
| (c) MIDDLE | Over 63 to 70 kg |
| (d) LIGHT HEAVY | Over 70 to 78 kg |
| (e) HEAVY | Over 78 to 85 kg |
| (f) HYPER | Over 85 kg |

Female:

- | | |
|-----------------|------------------|
| (a) MICRO | Up to 50 kg |
| (b) LIGHT | Over 50 to 56 kg |
| (c) MIDDLE | Over 56 to 62 kg |
| (d) LIGHT HEAVY | Over 62 to 68 kg |
| (e) HEAVY | Over 68 to 75 kg |
| (f) HYPER | Over 75 kg |

N.B.: In individual sparring matches competitors shall participate in the category according to their weight. It is not allowed to participate in any other weight class.

TEAM

JUNIOR AND OR SENIOR – TEAM

Each Team (Male and/or Female of any degree and weight) must consist of five (5) competitors and one (1) reserve (optional).

T 32. DURATION OF BOUTS AND DECISIONS

Individual

Individual elimination and final bouts will be two (2) rounds of two (2) minutes duration with a one-minute break between rounds.

In the case of a draw, a further one (1) minute round will take place and if it results in a further draw then the first scored point assigned by at least two (2) Referees at the same split second will decide who the winner is.

Team

Each team bout will be one (1) round of two (2) minutes.

In team matches all points from the five (5) bouts shall be counted. However when all five (5) bouts are finished and the result is a draw then each coach will select one (1) competitor to spar an extra bout of two (2) minutes. The team whose competitor wins this bout will be the winner.



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If at this time it results in a further draw then the first scored point assigned by at least two (2) Referees at the same split of a second will decide who the winner is.

N.B.: All five (5) bouts must take place and be completed. If one of the competitors withdraws in the event of an injury or to gain an advantage the opponent will be declared the winner. They will then be awarded 15 points to their total team score.

T 33. TARGET AREA

- a. Head at the front, sides and top of the head but not at the back.
- b. Trunk of the body from shoulder to navel vertically and from a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

T 34. POINT AWARDS

- a. One (1) point will be awarded for:
Hand attack directed to mid or high section.
Hand attack while in air (both feet must be off the ground) directed to mid and/or high section.
- b. Two (2) points will be awarded for:
Foot attack directed to mid section.
Jumping or flying kick directed to mid section.
- c. Three (3) points will be awarded for:
Foot attack directed to high section.
Jumping or flying kick directed to high section.

T 35. LIGHT CONTACT SCORING PROCEDURE SYSTEM

In competition a technique is valid according to a light contact system and if:

- a. executed correctly.
- b. dynamic, that is to say it is delivered with strength, purpose, speed and precision.
- c. controlled on the target.

T 36. MINUS POINTS/FOULS

One point will be deducted for the following offences:

- a. Heavy contact.
- b. Attacking a fallen opponent.
- c. Leg sweeping.
- d. Holding/grabbing.
- e. Intentional attack to a target other than mentioned in art. T33.



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T 37. WARNINGS

Warnings will be assigned for the following offences:

- a. Pretending to have scored a point by raising one or both arms.
- b. Stepping completely out of the ring (both feet).
- c. Falling down, whether intentional or not (it means any part of the body, other than the feet, touching the ground).
- d. Faking a blow, pretending to be injured to gain an advantage.
- e. Intentionally avoiding sparring.
- f. Adjusting equipment during the bout without the consent of the Centre Referee.
- g. Unintentional attack to a target other than mentioned in art. T33.

The sum of three (3) warnings automatically means deducting one (1) point.

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

T 38. DISQUALIFICATION

- a. Misconduct against officials or ignoring instructions.
- b. Uncontrolled or excessive contact.
- c. Receiving three (3) minus points/fouls directly given by the Centre Referee.
- d. Being under influence of alcoholic beverages or drugs.
- e. Loss of temper.
- f. Insulting an opponent, coach and or official.
- g. Biting, scratching.
- h.. Attacking with the knee, elbow or forehead.
- i. Causing a KO. (see T.39)

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

T 39. INJURY

- a. When a competitor is injured, the Centre Referee must stop the match and call the Doctor. At the moment the doctor is in front of the injured competitor, he has a maximum of 3 minutes to diagnose, treat the wounds and decide about the match and competition continuation.
- b. When a competitor cannot compete anymore because of the Doctor's decision and according to the decision of the Ring Council (Jury President, Centre Referee and Corner referees)
 - i.) he/she is the winner if his/her opponent is responsible.
 - ii.) he/she is the loser if his/her opponent is not responsible.
- c. An injured competitor that is unfit to fight cannot continue for the time/day(s) set according to the Doctor's decision.



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- d. A competitor that refuses to accept the Doctor's and/or the Ring Council decision will be disqualified and taken out of the competition.
- e. If two competitors injure themselves at the same time and both are unfit to fight according to the Doctor's decision, the winner is the contender that has more scored points at that moment. If the competitors are even, the Ring Council will decide about the bout.

N.B.: A competitor that causes a KO (meaning to be unconscious) or causes a concussion in sparring competition will be disqualified. The opponent that receives a KO or concussion shall not be able to compete again during the whole event.

T 40. BOUT PROCEDURE – INDIVIDUAL AND TEAM

INDIVIDUAL

Sparring competitors will commence the bout on the start positions, each with a red or blue pair of hands, feet and head equipment to differentiate between them. Mouth protection gear of a transparent colour must be worn at all times. At the command of the Centre Referee the competitors bow in turn to the Jury table, Centre Referee and then to each other. The Centre Referee will then start the Light

Contact Sparring with the command “SHI-JAK” and the competitors will continue to spar until the Referee issues the command “HAECHYO”.

At this point the competitors cease to spar and remain where they are until restarted.

An audible signal of time will end the round and/or bout. The reverse for bowing will ensure and the result will be declared.

In a draw situation, warnings and/or minus points are not carried forward. If a competitor leaves the ring they must re-start one (1) metre inside the ring.

TEAM

Bout procedure will be as individual. A coin will be tossed between the two (2) coaches. The winning coach of the toss decides which team sends its first competitor into the ring. The teams must then alternate.

T 41. TIMING

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

T 42. OFFICIALS FOR SPARRING COMPETITION

One (1) Jury President, two (2) Jury Members, one (1) Centre Referee and four (4) Corner Referees.



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SECTION IV – POWER

T 43. DIVISIONS

Male and Female Groups.

It is compulsory for each competitor to attempt, according to the mentioned order, all the items listed for his/her group.

JUNIOR AND SENIOR

MALE

- a.- Ap-Joomuk Jirugi
- b.- Sonkal Taerigi
- c.- Yop Cha Jirugi
- d.- Dollyo Chagi
- e.- Bandae Dollyo Chagi

FEMALE

- a.- Sonkal Taerigi
- b.- Yopcha Jirugi
- c.- Dollyo Chagi

T 44. PROCEDURE – INDIVIDUAL AND TEAM

INDIVIDUAL

Machines designed for the specific test will be used. The number of plastic boards for each item will be indicated in the Championships Official Invitation. Machines shall have a range of a minimum and maximum initial height that shall be written in the official championships invitation.

In power breaking it is permitted to step forward, to slide, skip and or jump. However a forearm guarding block must be adopted before and after each attempt to break the board(s). For Sonkal Taerigi the strike may be either inward or outward.

A total time of two (2) minutes for Male and one (1) minute for female is allowed to set the correct heights for the power breaking items listed.

The following procedure shall take place:

- a. After a red flag signal of the referee, each Male Individual competitor or Male Team has five (5) minutes to attempt to bend or separate the board(s) of the five (5) listed breaking items which must include one (1) pre-judgement of distance with touching allowed, followed by the attempt to break the board(s).
- b. After a red flag signal of the referee, each Female Individual competitor or Female Team has three (3) minutes to attempt to bend or separate the three (3) listed breaking items which must include one (1) pre-judgement of distance – followed by the attempt to break the board(s).
- c. Competitors and/or Teams that exceed the settled time shall receive 0 points
- d. Referees may disallow an attempt for failure to maintain the following.
 - i.) Correct balance and posture throughout the attempt.
 - ii.) Correct attacking tool in the correct manner.



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- e. Referees must examine each board before each attempt.
- f. Each separated board will count as three (3) points and each bent board will count as one (1) point.
- g. The four highest scores will set 1st, 2nd and two (2) 3rd place winners. Only in the event that two (2) or more competitors tie for third place with the same total score, in the same round of breaking, will there be two 3rd place winners.
- h. In the event of a tie the Jury President will select one item from the list by drawing to be the tie breaker. He/She will decide how many boards are to be used. The coaches shall indicate the competitors to perform and in the case of another tie they will then indicate the next two competitors and this order will proceed until a winner is found.

N.B.: Competitors and/or Teams that did not score any points at their first attempt during the match will not be allowed to continue the power breaking competition to determine any place and will not receive any medal.

JUNIOR AND OR SENIOR – TEAM

Male

Teams (5 competitors + 1 reserve) will perform items as indicated in Article 43 and the procedures in a.-b.-c.-d.-e.-f.-g.-h. (Article 44) will be carried out.

Female

Teams (3 competitors + 1 reserve) will perform items as indicated in Article 43 and the procedures in a.-b.-c.-d.-e.-f.-g.-h. (Article 44) will be carried out.

T 45. OFFICIALS FOR POWER BREAKING

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

SECTION V – SPECIAL TECHNIQUE

T 46. DIVISIONS

Male and Female Groups.

It is compulsory for each competitor to attempt, according to the mentioned order, all the items listed for his/her group.

JUNIOR AND SENIOR

MALE

- a.- Twimyo Nopi Ap Cha Busigi
- b.- Twimyo Dollyo Chagi
- c.- Twio Dolmyo Yop Cha Jirugi
- d.- Twimyo Bandae Dollyo Chagi
- e.- Twimyo Nopi Yop Cha Jirugi

FEMALE

- a.- Twimyo Nopi Ap Cha Busigi
- b.- Twimyo Dollyo Chagi
- c.- Twimyo Nopi Yop Cha Jirugi



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T 47. PROCEDURE – INDIVIDUAL AND TEAM

INDIVIDUAL

A machine designed for the specific test will be used. The heights for each item will be indicated in the Championships Official Invitation.

The following procedure shall take place:

- a. After a red flag signal of the referee, each Male Individual competitor or Male Team has five (5) minutes to attempt to move the board of the five (5) listed special technique items which must include one (1) pre-judgement of distance with no touching allowed, followed by the attempt to move the board.
- b. After a red flag signal of the referee, each Female Individual competitor or Female Team has three (3) minutes to attempt to move the three (3) listed special technique items which must include one (1) pre-judgement of distance with no touching allowed, followed by the attempt to move the board.
- c. Competitors and/or Teams that exceed the time limit shall receive 0 points.
- d. Referees may disallow a break for failure to maintain the following:
 - i.) Correct attacking tool in the correct manner.
 - ii.) Knocking down the obstacle when performing Twimyo Nopi Yop Cha Jirugi
 - iii.) Falling down (it means any part of the body, other than the feet, touching the ground).
- e. Referees must examine regularly each machine and or board.
- f. Each fully moved board will count as three (3) points and each half moved board will count as one (1) point.
- g. The four highest scores will set 1st, 2nd, and two (2) 3rd place winners. Only in the event that two (2) or more competitors tie for third place, with the same total score, in the same round of jumping, there will be two 3rd place winners.
- h. In the event of a tie the Jury President will select one item from the list by drawing to be the tie breaker. He/She will decide how high the jump will be. The tied competitors will then carry on until the places are decided.

N.B.: Competitors and/or Teams that did not score any point(s) at their first attempt during the match will not be allowed to continue the special technique competition to determine any place and will not receive any medal.

JUNIOR AND OR SENIOR – TEAM

Male

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



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Female

Teams (3 competitors + 1 reserve) will perform items as indicated in Article 47 and the procedures in a.-b.-c.-d.-e.-f.-g.-h. (Article 47) will be carried out.

T 48. OFFICIALS FOR SPECIAL TECHNIQUES

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

SECTION VI – PRE ARRANGED FREE SPARRING

T 49. DIVISIONS

Male, Female and/or Mixed Couples.

JUNIOR AND SENIOR

T 50. PROCEDURE

Each Team shall consists of two (2) participants that follow a prepared scenario which enables them to skilfully exhibit a wide variety of techniques without fear of injury.

Each Team shall perform one at a time and the Referees shall assign points from 0-10 according to the performance, taking into consideration the following criteria:

- a. Choreography & Team work.
- b. Technical Content.
- c. Sine-wave.
- d. Power.
- e. Breathing.
- f. Execution of only one (1) acrobatic sequence of technique for each of the team competitors.

Competitors shall enter the ring, bow and both must assume an L-Stance guarding block. At the command shi-jak by one of the competitors the bout time will start. The bout ends with a final blow and when one of the competitors shouts goman and assumes an L-stance guarding block.

Teams shall compete according to the following rules and regulations:

- a. Pre arranged free sparring shall consist of movements as shown in the ITF Encyclopedia, Manuals or CD Rom and as taught during the International Instructor Courses.
- b. Attacking techniques must be blocked or avoided and must be performed with realism.
- c. Competitors may be from 1st to 6th degree and may be Male, Female and/or Mixed Couples.
- d. Bout duration shall consist of one (1) round: minimum 60 seconds – maximum 75 seconds.
- e. Teams that exceed the 75 seconds duration of bout shall receive 0 points.
- f. Teams that perform less than the required minimum of 60 seconds shall receive 0 points.



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- g. Protection gear may be worn as written in art.T.7.a. point ii and T.7. b.
- h. Only one (1) acrobatic sequence of technique, that is not part of the Taekwon-Do syllabus, may be performed during the bout for each of the team competitors.
- i. Teams performing more than one acrobatic sequence of technique during the bout shall receive 0 points.
- j. In the case of a draw an extra bout must be performed until the places are decided.

51. OFFICIALS FOR PRE ARRANGED FREE SPARRING

One (1) Jury President, two (2) Jury Members and five (5) Referees.

SECTION VII – DISPUTE PROCEDURE

T 52. PROTEST

- a. Only the Coach can present a protest when a decision seems to violate the rules.
- b. Each protest must be written in the English language on the official protest form and presented to the Chairman of the Umpire Committee within five (5) minutes from the end of the match. The protest must be precise and circumstantial and must be accompanied by a tax that will be fixed by the Tournament Committee at the beginning of each tournament in order to limit such protests to cases where decisions are really questionable. Only in cases where the Umpire Committee positively accepts the protest will the settled tax be returned to the coach.
- c. The Umpire Committee will then examine the circumstances of the protest and will decide:
 - i.) to validate the match.
 - ii.) to repeat the match.
 - iii.) to assign the victory of the match to the loser.
 - iv.) to disqualify both competitors.
- d. In the case of a protest the winner cannot compete again before the decision of the Umpire Committee has been made.

T 53. DECISIONS

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



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T 54. DISQUALIFICATION

Team Managers/Representatives or Individuals who persist in arguing against decisions made by the Umpire and/or Tournament Committee might be removed by the Tournament Committee from all further events at the championship.

The Tournament Committee will consider the matter at a later date with a view to further action being taken.

T 55. TEAM/COMPETITOR WITHDRAWAL

In the case of teams or individuals withdrawing from the championship as a protest then the following will result:

- a. automatic disqualification from that event which means no placing for that event and therefore no medals.
- b. automatic disqualification from all further events at the championship.
- c. further disqualification from further events as decided by the ITF Disciplinary Committee and the Directing Board of the ITF.

T 56. ITF ANTI – DOPING CONTROL

Doping control will be in accordance with ITF Anti Doping Rules and WADA Anti Doping Policy.

T 57. UNEXPECTED EVENTS

The Tournament Committee shall make a decision in the case of a problem that may appear that is not mentioned in the Tournament rules.

T 58. ITF TOURNAMENT COMMITTEE

The ITF. Tournament Committee consists of the ITF Chairman of Tournament and two (2) to four (4) members.

The Chairmen and members are appointed by the Board of Directors of the ITF.

T 59. ITF UMPIRE COMMITTEE

The ITF Umpire Committee consists of the ITF Chairman of the Umpire Committee and two (2) to four (4) members.

The Chairmen and members are appointed by the Board of Directors of the ITF.

T 60. COPIES OF RULES

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

Rome, January 1st, 2013