



## Competition Rules & Regulations

**The current USA Taekwondo Rules and Regulations and modified rules of The World Taekwondo Federation will govern this Championship.**

### Equipment

**Sparring competitors must supply their own protective gear.** White forearm and shin/instep protectors, mouth pieces, chest protectors and headgear are mandatory. Protective athletic cup is mandatory for male sparring competitors. Only plastic water bottles are allowed. Only approved V-neck or traditional white uniforms are allowed. **Black Belts 10 and above:** DAEDO TrueScore Electronic foot protectors mandatory.

### Permitted Techniques and Areas

#### Permitted Techniques

1. Fist techniques: Delivering techniques by using the front parts of the fist.
2. Foot techniques: Delivering techniques by using the part of the foot below the ankle bone.

#### Permitted Areas

1. Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector.
2. Face: This area is the face attacked by foot techniques only.

### Scoring

**1 Point** – Attack on Hogu

**2 Points** – Spinning technique to the Hogu (*Spinning Back Kick or Tornado Kick*)

**3 Points** – Attack to the head

**1 Extra Point** – 8-Count

**11 and under - No Head Contact**

**12 and above Color Belts - Controlled Head Contact**

**12 and above Black Belts will be competing under adult Black Belt rules (Full Contact)**

Matches will have no point ceiling but will be stopped at any twelve (12) point difference in the second round.

### Rounds

Junior Color Belt (6-17)	2 @ 1:00	Senior Color Belt (18 & Up)	2 @ 1:00
Junior Black Belt (6-13)	2 @ 1:00	Senior Black Belt (14 & Up)	2 @ 1:30
Finals (14 & Up Black Belts) 3 @ 1:30			

### Valid points

#### Points

1. Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the body.
2. The valid points are divided as follows:
  - a. One (1) point for attack on trunk protector.
  - b. Two (2) points for spinning attack on the trunk protector.
  - c. Three (3) points for attack to the face.
3. Match score shall be the sum of all three rounds.
4. Invalidation of points: When a contestant performs an attack to score through the use of the prohibited acts; the points shall be annulled before deductions are applied.



## Prohibited Acts

### Kal-yeo, Kyong-go, & Gam-jeom

1. Penalties on any prohibited acts shall be declared by the referees.
2. Penalties are divided into "Kyun-go" (warning) and "Gam-jeom" (deduction).
3. Two "Kyong-gos" shall be counted as a deduction of one (1) point.
4. A "Gam-Jeom" shall be counted as deduction of one (1) point.
5. Prohibited acts
  - 1) The following acts shall be classified as prohibited acts, and a "Kyung-go" shall be declared.
    - a. Crossing the Boundary Line
    - b. Evading by turning the back to the opponent
    - c. Falling down
    - d. Avoiding the match
    - e. Grabbing, holding, or pushing the opponent
    - f. Attacking below the waist
    - g. Pretending injury
    - h. Butting or attacking with the knee
    - i. Hitting the opponent's face with the hand
    - j. Disregarding the 10 second "*Engagement*" rule
  - 2) The following acts shall be classified as prohibited acts, and a "Gam-jeom" shall be declared.
    - a. Attacking the opponent after "Kal-yeo"
    - b. Attacking the fallen opponent
    - c. Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand
    - d. Intentionally attacking the opponent's face with the hand
    - e. Interrupting the progress of the match on the part of a contestant or a coach
    - f. Violent or extreme remarks or behavior on the part of a contestant or a coach
6. When a contestant intentionally refuses to comply with the Competition Rules or the referee's order, the referee may declare the contestant loser by penalty after one (1) minute.
7. When the contestant receives minus four (4) points, the referee shall declare him/her loser by penalties.
8. "Kyung-go" and "Gam-jeom" shall be counted immediately in the total score.
9. When the referee suspends a contest for declaration of "Kyong-go" or "Gam-jeom" the contest time shall not be counted from the moment of the referee's declaration of "Shi-gan" until "Kye-sok" is declared for resumption of the contest.

## Tied Matches

### Sudden-Death

1. Matches ending in a tied score will result in a "Sudden-Death" fight off. One (1) timed round will be begin with the first contestant to score declared the winner.
2. A "Sudden-Death" round that ends in a tie will result in the referee declaring a winner based on superiority.

## Match Decisions

### Contest Declarations

1. Win by K.O. (knock-out)
2. Win by Referee Stop Contest (RSC)
3. Win by score superiority
  - 1) Win by final score
  - 2) Win by point gap: When there is a twelve (12) point gap in the second round, the match will be stopped and a winner declared.
  - 3) Win by withdrawal
  - 4) Win by disqualification
  - 5) Win by referee's punitive declaration



## Forms (Poomse)

All individual Poomse contestants must perform the official Poomse required for their current rank.  
All Taekwondo forms allowed for team competition.

## Poomse Scoring

### Scoring

1. The referee and judges shall award a score, on a scale of five to ten, ten being the highest, to the contestant by displaying the score card.
2. Any tenth of a point may be awarded (0.1, 0.9, etc)
3. The highest and lowest scores will be dropped from the total computation. In case of tie, however, all scores will be computed to break the tie.

### Individual Merits

Judges and referee will award scores on the basis of the following merits:

1. Correct and orderly execution of each movement;
2. Degree of proficiency which will be judged on the basis of:
  - 1) Beginning and ending the Poomse at the same spot
  - 2) Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
  - 3) Mental concentration
  - 4) Focused eye and head movements
  - 5) Accurate targets
  - 6) Inhaling and exhaling at the proper moments
  - 7) Rhythm
  - 8) Balance
  - 9) Intensity
  - 10) Competition manner

## Breaking

Breaking will have a maximum of three (3) breaks

**All Breaks will be judged on the following criteria:**

- 1) Speed
- 2) Precision
- 3) Balance before and after delivery of technique
- 4) Focus
- 5) Intensity
- 6) Number of attempts
- 7) Competition manner

## Breaking Material

### Boards and/or Blocks

1. Breaking material(s) can either be brought by the contestant or purchased at the venue.
2. Referee will inspect all materials prior to breaking

## Awards

Medals will be awarded to 1st, 2nd and two 3rd place winners in Sparring (one 3rd place winner in other divisions).