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INTERNATIONAL TAEKWON-DO FEDERATION

-TAEKWONDO-DO I.T.F. TOURNAMENT RULES

-TAEKWON-DO ITF UMPIRE RULES

Introduction

The International Taekwon-Do Federation encourages the sporting participation of all its conforming Nations, by promoting international tournaments with the objective of achieving high levels of participation and sports development. The international tournament circuit is comprised of three events with different levels of importance and characteristics. In order of precedence, these are the ITF Taekwon-Do world championship, the world cup and the continental tournaments. From a sporting point of view, ITF Taekwon-Do is divided into four aspects: Patterns, Sparring, Power Breaking and Special Technique. These are different types of competitions that allow us to develop different types of abilities. Moreover, they promote congregation and friendship among competitors, their recreation, entertainment, physical and mental health, aimed at always encouraging diversity and the interaction among the participating countries.

The most recognized discipline among athletes around the world is **Sparring**. This is based on the ability to add up points by applying different types of techniques onto an opponent in motion. It is about the interaction with the other in a body-to body combat based on rules that promote the development of different abilities, giving both contestants the same opportunities to bring into the table the best of their techniques, tactics and strategies. It is a game in all the sense of the word, one that considers distance, time, and space and it allows us to enjoy, to recreate and to test the limits of many of our abilities.

Patterns are the second most important sporting aspect; they have to do with the search of the development of our personal abilities: balance, force, speed, power, all sustained by a delicate equilibrium. They are a total of 24; the first are simple and, as we move forward, the level of complexity increases. Advanced patterns comprise flying kicks, turning kicks up to 360°, slow motion kicks, and other movements with different characteristics and extreme difficulties that make of their execution something beautiful.

Patterns have as well a logical explanation on how and why they are developed, executed and applied. The competitor, in accordance with the acquired grading, must develop the indicated patterns with a high level of excellence and perfection, and these will be compared to those executed simultaneously by others. It is a predetermined choreography; its movements represent attack and defense techniques against several imaginary opponents. The competition is actually a comparison game with the other, where all our physical and technical abilities are revealed and the artistic and creative qualities play a fundamental role, since they add to these aspects a high dosage of drama.

Power Breaking is a game concerning the development of power: competitors try to break, by using five different techniques, a certain amount of wooden or plastic boards, which may add up to 10 or 20 cm thick when piled together. The winners are those who, when gathering all the techniques together, are able to break the largest amount of boards, thus obtaining the highest scores. The angle and distance chosen for each particular technique are decisive to develop maximum power, the same happens with focus, strength and speed.

Special Technique is a game relating to the development of the skill, where breaking intervenes as a fundamental factor but, in this case, through special techniques. Breaking is carried out by executing high or long jumps and 180° or 360° turnings. These are techniques testing abilities that involve breaking, where agility, flexibility, coordination and focus play a major role.

Philosophy of the competition

The different sporting processes allow a multitude of learning situations, where very important values such as companionship, discipline, the development of willpower stand out and, also, where different physical, psychomotor and human abilities are enhanced, when using the Martial Art, the sport and the game as a highly integrating element. Moreover, the discipline contains an elevated formative value, sustained by an inclusive education that is not based on the language but on the model, where it is not enough to know but rather to be, and on a culture of morals and ethics, since it promotes the personal ownership of values.

Taekwon-Do educates, because it enables the discovery of values and the development of the ability to own, share, understand and experience them. Besides, it tends to build a strong style of personality, committed to achieving goals, sustaining learning and living an intense and creative kind of life. It proposes a moral culture with a serious scale of

values, in a world that accepts no limits and confuses freedom with anything else. It educates, because it believes human beings are perfectible and capable of positively transforming their own reality, and it engages them socially, encouraging them to be true champions of justice and liberty. It also awakens the conscience of a free world; it makes people own their actions and their lifestyles, by teaching that one person's freedom ends where another's begins and that true freedom is to be oneself. Finally, it encourages to build with others a better and more peaceful world.

It is based in its entirety on the rules that gave origin to the sport Taekwon-Do, which have been organized and systematized for the realization of these regulations.

A clear, detailed and updated work has been prepared, with the intention to qualify the development of Taekwon-Do ITF style, so as to facilitate the understanding, to standardize and homogenize the rules that govern its competitions worldwide.

These rules are clearly aimed at fulfilling three fundamental objectives:

- 1- To professionalize the organization of the events;
- 2- To improve the judgment criteria of the umpires and judges, by a better understanding of the rules and their application;
- 3- To adjust the general condition of the sport Taekwon-Do ITF style worldwide.

Years of work and experience, from hundreds of masters, instructors and athletes around the world, contributed to the development of the sports system that was once created by General Choi Hong Hi (1918-2002); to all of them, our most sincere gratitude.

This work was drafted in Argentina by Grand Master Néstor Galarraga, International Taekwon-Do Federation Tournament Chairman since 1997, who has worked contributing to the ITF, throughout all these years, by developing learning, training and examination methods but, mainly, the sporting rules and methodology with which Taekwon-Do currently competes.

INTERNATIONAL TAEKWON-DO FEDERATION

TAEKWON-DO I.T.F. TOURNAMENT RULES

SECTION I

GENERAL RULES

Article 1

PURPOSE

The purpose of these rules is to elevate the quality of Taekwon-Do by considering every aspect and to provide an equal opportunity to all its participants at the moment of showing the best of their abilities in friendly competition with one another.

Article 2

APPLICATION

These rules are to be applied at every official international and national Taekwon-Do competition for degree holders, either male or female, together with all the different regulations that are applicable in continental tournaments as well as the world cup.

Article 3

OFFICIAL AUTHORITIES

A) Tournament Committee:

The Tournament Committee (from now on T.C.) shall be composed of six members: one (1) Tournament Chairman, one (1) Umpire (and judges) Chairman and four (4) technical members.

B) Officials:

The juries, referees and judges shall be selected from the official lists certified by the ITF. There will be eight (8) officials for each Sparring and Patterns competition, while Power Breaking and Special Technique competitions will be appointed five (5) officials, unless otherwise designated by the T.C.

C) National Representation:

Every participating country shall supply two (2) umpires, unless exceptional circumstances, which are to be agreed with the ITF Administration prior to the event.

Article 4

DUTIES

A) The T.C. shall be in charge of organizing and carrying out all official ITF Tournaments. The members of this Committee must be present in the area of the competition for the duration of the event.

B) The jury shall consist of one (1) president and two (2) members; they will be seated in a place of honor, right in front of the square.

C) The president of the jury shall be the highest authority in the square.

D) One of the members of the jury shall officiate as recorder of the event and shall be seated by the president in order to register and control the points of each competition.

E) The other member of the jury shall be the timekeeper and shall also be seated next to the president of the jury to check and indicate the beginning, ending or continuance of each sparring round. Additionally, this jury member will control the timing of the presentation and the execution of patterns, breakings and special techniques.

F) The referee shall be inside the square to control the match.

G) There shall be five (5) judges for Patterns and they shall be seated in a line in front of the competitors.

H) There shall be four (4) judges for Sparring and they shall seat one in each of the corners of the square.

I) The judges for Special Technique shall be two (2) and there shall be three (3) for Power Breaking; they will all be in the area to control the executions. One will be in charge

of controlling the technique, another one will focus on the tool of impact for each specific technique.

Note: The judges will award points in accordance with their judgments, which will follow the criteria set forth in this set of rules.

Article 5

OFFICIAL COACHES

There shall be two (2) official coaches or technical directors; they represent individual competitors and teams. They must be over 18 years of age and they should be authorized by their national organizations, certified by the ITF and their Status Card must be updated. These coaches attend official meetings; they register competitors by submitting their pertaining documents and the official protest. They should also supervise the competitor's attendance to the registration process, the weight-in, the competition, and the awards, opening and closing ceremonies. If competitors do not appear in time and due form, they will be sanctioned. Official coaches shall assist all other coaches and officials that are in charge of coordinating the competition.

Article 6

COACHES / DUTIES

A) There must be only one (1) coach assisting competitors on individual and team sparring competitions; he shall be seated two (2) m away from the square and shall not interfere by any means during the competition, neither by actions nor by words; the coach will not be allowed to encourage the competitors or film them while they are within the area of the competition.

B) For individual or team Patterns, Power Breaking and Special Technique competitions, competitors must be accompanied by one coach only, who shall remain nearby without entering the competing area. This coach shall remain in the place designated by the organization.

C) Coaches must not speak to officials about the decisions that are taken during the competition and, if any coach fails to comply with this rule, he or she shall be immediately disqualified from the coach position.

C.1) Coaches must not speak to competitors; neither should they stand up to give indications during the course of the competition.

C.2) If a coach does not comply with the abovementioned rule and he or she is penalized three (3) times, he or she will be removed from his or her position during the encounter (in which case the competitor will continue competing without any coaching assistance, losing the right to issue an official protest).

C.3) If a coach is removed from his or her position three (3) times, he or she will be expelled from the competition.

C.4) A coach must stand up to request for a competition to be stopped, when he or she detects a procedure to be incorrect, and such fault must be repaired immediately, as is the case with inverted warnings.

D) If competitors were injured during a competition, their coach may not interfere with the doctor's decision, as it is set out under Article 39 of this document.

E) The procedure to present an official protest is to verbally notify the president of the jury as soon as the event is finished. Thereon, the coach will have five minutes, as shown in Article 50 of these regulations.

F) The coach should know the presentation protocol for the awards ceremony, as it is indicated further on under Article 19.

G) There is no limit as for the amount of coaches per country; they must be over 18 years old, have obtained a Black Belt, have been authorized by their national organizations and certified by the ITF, and have their Status Card duly updated.

H) Coaches cannot plead ignorance of the rules governing the competition; thus, coaches who do not speak English should bring their own translators.

Article 7

COMPETITORS

They shall compete in the divisions under the following rules:

A) Competitors must have obtained a 1° to 6° degree.

- B) They must be between 18 and 35 years old; the age limit is a requirement that must be met prior to the event and not during it.
- C) They must be certified by the ITF, with an up-to-date Status Card. They must be represented by a coach that will accompany them throughout all the instances of the competition. It is mandatory to compete with the assistance of a coach.
- D) Competitors from all divisions must be healthy and they should be enrolled within their national associations.
- E) For world championships, competitors must also present their passport and ITF Status Card upon registration, to confirm their age, nationality and rank. In order to be cleared for the competition, they should have health insurance.

Note: Interpreting the age of competitors:

The age limit for adult competitors allowed to participate in world championships shall be 18 to 35, turned during the year of the event. This rule is based on the year in which the event is carried out (and not the birth date or the date of the competition), for example: for an event that takes place in 2014, competitors participating in the event should have been born between January 1, 1996 and December 31, 1979.

Article 8

OFFICIAL DRESS CODE

- A) All officials must wear the clothes specified under Article 13 of the ITF Umpire Rules (unless otherwise indicated).
- B) Competitors must wear the official dobok, with the badges, symbols or insignias that have also been officially approved by the ITF. At the same time, the black belt should have the official dimensions, 5 cm wide, and it should fall 30 to 40 cm down; it must also indicate the degree and name of the competitor. A number will be given to all competitors that should be worn at all times on the lower back of the dobok (just below the belt) while, just above the belt, the name of the competitor's country should be displayed. Sponsors may be placed on the right sleeve of the dobok and cannot be larger than 10 x 20 cm, or down the front of the left shin, with a size no larger than 10 x 20 cm as well.

C) As long as they are not competing, competitors are allowed to wear regular sports clothes, provided these have been approved by the T.C. For the awards, closing and opening ceremonies, they should dress with their official sportswear or dobok.

D) While the competition is taking place, drinking alcoholic beverages and smoking is strictly prohibited for officials, coaches and competitors.

E) Coaches shall wear sports clothes with the colors and the name of the country that they represent. They cannot wear short pants, sleeveless shirts, tights or flip flops.

PICTURES AS EXAMPLES OF APPROVED ATHLETIC WEAR.

Article 9

SAFETY EQUIPMENT AND PROTECTIVE GEAR

All safety equipment, either mandatory or optional, must be approved by the T.C. Competitors must have two (2) pairs of all safety equipment: one red and one blue smooth (not in shades of blue). Hand pads must have the fingers and thumbs covered and the palms uncovered. The material of the pads might be foamed polyurethane, PU, synthetic leather or leather and they must meet the official characteristics, weights and measure requirements.

A) Mandatory safety equipment:

1. Hand and feet protective gear;
2. Male groin guard (it must be under the dobok trousers);
3. Mouth guards.

B) Optional safety equipment:

4. Shin protector;
5. Forearm protector;
6. Female breast protector (it must be under the dobok);
7. Head guard (it must be approved).

PICTURES AS EXAMPLES OF APPROVED SAFETY EQUIPMENT.

Example: Weight... Length... Contact surface... Depth.

Hand pads: 8 ounces.

Foot protectors: 11 ounces.

C) No other safety equipment and protective gear will be authorized.

D) All competitors with injuries requiring bandaging, strapping or protection of any kind (such as clear face shield masks, special head guards, etcetera) must obtain the corresponding authorization from the T.C. Any bandage worn during the competition shall have no pins or hard material that could offer extra support, which could constitute an advantage to that competitor.

E) No watches, rings, bracelets or jewelry of any kind can be worn during the competition. Hair must be kept tidy by wearing a soft elastic band only; no clips or buckles are allowed.

Article 10

SQUARE

A) The dimensions of the square shall be $7 \times 7 \text{ m}^2$, with an additional surface of 1 m on all sides and at ground level, totaling an area of $9 \times 9 \text{ m}^2$. If the square is elevated, there must be an additional surface of at least 2 m by side. In the case of Patterns tournaments, a surface of $9 \times 9 \text{ m}^2$ shall be used and, in the specific case where Patterns supersede the standard measures of the area established for the competition, the adjustments on the executions or the stepping outs will be disregarded by the judges. In the event of Team Patterns tournaments, the total surface shall be $11 \times 11 \text{ m}^2$. In the case of Power Breaking or Special Technique, the measurements shall meet the technical needs of each particular competition; flying side long kicks, for instance, need a corridor of at least 25 m.

GRAPHICS AS EXAMPLES.

SPARRING

PATTERN

SPECIAL TECHNIQUE

POWER BREAKING

B) The square shall have an elevation of at least 40 cm, with a maximum of 80 cm.

C) Lighting must not be lower than 5 meters from the surface of the square.

D) The main table where the jury sits shall be right in front of the square and at least 3 m away from it.

E) The flooring of the square must be semi-hard rubber approved by the T.C. The color that represents the red competitor for sparring and patterns shall be located on the left of the main table.

Article 11

NUMBER OF COMPETITORS PER COUNTRY

A) Individual competitors:

The number of individual competitors that may register for each discipline is restricted to 2 (two) for each country, unless otherwise specified. Competitors from one same country shall not face each other during the first encounter, if it has been drawn that way, a new toss should be made. Likewise, if two competitors from the same country reach the semifinals, they shall fight compete against each other, so that only one competitor per country reaches the final competition, unless special circumstances or otherwise indicated. They can be team members or not; this is a decision to be made by the national coach of each country.

B) Teams:

The male team shall consist of five (5) competitors plus one (1) reserve. Five (5) shall compete in Sparring; five (5) in Patterns; five (5) in Power Breaking and five (5) in Special Technique.

The female team shall consist of five (5) competitors plus one (1) reserve. Five (5) shall compete in Sparring; five (5) in Patterns; three (3) in Power Breaking and three (3) in Special Technique.

Note: The names of the competitors for each team must be confirmed at the time of registration.

C) Reserve competitor:

The reserve competitor might participate in all disciplines alternatively, but not when a match is ongoing. This means that, the moment the competition starts, the coach shall introduce the credentials of the five (5) competitors that will participate in that particular

event, which will end when one of the two teams is pronounced winner. The reserve competitor shall not stay in the area, together with the rest of the team, if said team is competing.

Article 12

TYPES OF COMPETITION

Competition is divided into two types, team or individual, and it shall be solved by means of the direct elimination system.

A) Individual: These matches are further divided into:

- Patterns male/female. Grades 1° through 6°.
- Sparring male/female. Micro, light, welter, middle, heavy and hyper weight divisions.
- Power Breaking male/female.
- Special Technique male/female.

B) Team: This type of competition is divided into male or female. Each team shall compete in Patterns, Sparring, Power Breaking and Special Technique. In Sparring, competitors have no weight requirement.

Article 13

ORDER OF MATCHES

The competition shall follow this order: Patterns, Sparring, Power Breaking and Special Technique. This order should be followed where possible, but it may be altered if the time, space or schedule of the overall tournament so requires it.

Article 14

ORDER OF THE COMPETITION DRAWN BY LOT

A) Sparring and Patterns competitors will be drawn publicly, by a lottery system, to be allotted a spot in the organization chart. Competitors located at the top of each line shall be identified with **red**, and the ones located at the bottom shall be identified with **blue**.

B) Power Breaking and Special Technique matches will be listed alphabetically.

C) The only way for competitors or teams to move up in the chart is by sparring. If there is a withdrawal, the C.T. could decide to make a new draw.

Once the order of competitors has been established, the registration process will be concluded.

Article 15

WEIGHT CHECK

Competitors' weight check shall be within 24 hours prior to the beginning of the competition and no later than 1 hour before it begins. The location, time and manner of said weight check shall be at the discretion of the T.C.

Article 16

ANNOUNCEMENTS

The square assigned for each match will be announced and it is the responsibility of the coach, competitor or team to be in the proximity of the assigned square before each match, so that everyone may compete without delays. For individual matches, the name, number and country of the competitor will be called, whereas for teams, only the country will be announced. If they fail to appear, they shall be called a second and a third time. If after the third call they still do not come forward, one minute after said third call has been made, the authorities will proceed to disqualify the competitor/s.

Article 17

CHECKING OF THE EQUIPMENT

The referee will check that the dobok and the safety equipment are the ones officially approved by the T.C. and that they are in good conditions. If an item does not meet these requirements, it shall be exchanged in a period no longer than three (3) minutes, or the competitor shall face disqualification, which will result in the match points being awarded to the opponent.

Article 18

OFFICIAL TERMINOLOGY

- | | |
|-------------|-----------|
| A) CHARYOT | ATTENTION |
| B) KYONG YE | BOW |
| C) JUNBI | READY |

D) SHIJAK	BEGIN
E) HAECHYO	SEPARATE
F) GAESOK	CONTINUE
G) GEU MAN	END
H) JUUI	WARNING
I) GAM JEOM	DEDUCTING POINTS
J) SHIL GYZOK	DISQUALIFICATION
K) HONG	RED
L) CHZONG	BLUE
M) DONG CHON	TIE
N) IL HWE JEON	FIRST ROUND
O) I HWE JEON	SECOND ROUND
P) SAM HWE JEON	THIRD ROUND
Q) DUK JOM JON	GOLDEN POINT
R) JEONG JI	TIME STOP
S) SZUNG	WINNER

Article 19

PROTOCOL

A) During the opening ceremony, the official protocols will be carried out, including the required speeches by the organizers of the event and the opening statement for the competition, delivered by the ITF Tournament Director. Referees, competitors and coaches will, then, take their oaths.

Competitors

A competitor chosen by the organizing country, standing in front of the official flags, will read the oath and say: "I (...), in my name and in the name of all competitors, swear that we will participate in the (...) World Championship, respecting all the rules and regulations that govern the competition, as well as the decisions of its referees and judges, promoting the true spirit of the sport, for the glory of ITF Taekwon-Do and the honor of the countries we represent".

Referees

A referee chosen by the organizing country, standing in front of the official flags, will read the oath and say: "I (...), in my name and in the name of all the officials carrying forward the (...) World Championship, duly swear that we will officiate this championship in an exemplary manner, guaranteeing impartiality in all our actions, respecting and enforcing all rules and regulations, promoting the principles and values of ITF Taekwon-Do and true sportsmanship".

National coaches

The national coach of the organizing country, standing in front of the official flags, will read the oath and say: "I (...), in my name and in the name of all the coaches that participate in the (...) World Championship, swear to respect and enforce all the rules and regulations that govern this competition, promoting fair play, the principles and values of ITF Taekwon-Do and true sportsmanship".

During the closing ceremony, the official protocols will be carried out, including the required speeches by the organizers of the event, the delivery of the ITF flag to the representative of the next World Championship organizing country, and the ITF Tournament Director's declaration that the competition has come to an end.

B) Officials must know the protocol and the procedures to carry out all the instances of the event.

C) Competitors must learn the protocol and the procedures that govern all disciplines of the competition. They must bow to the jury and to each other properly, both at the beginning and at the end of each match. Competitors cannot invoke ignorance of the rules laid down for the competition.

D) Coaches must also know the protocol and the procedures of all the instances of the competition.

Article 20

RECORDING OF RESULTS

A) General results: All tournaments should have a visual display of the results, so that both the participants and the audience can follow the development of the event.

B) Sparring: All squares should have a manual or electronic display indicating the results of the sparring in real time.

C) Patterns: All tournaments should have a device or electronic display indicating the results granted by the judge as well as the final score.

Article 21

AWARDS

A) Individual awards:

Pattern: 12 gold / 12 silver / 24 bronze. Each group and division 1^o, 2^o, 3^o x 2;

Sparring: 12 gold / 12 silver / 24 bronze. Each group and division 1^o, 2^o, 3^o x 2;

Power Breaking: 2 gold / 2 silver / 4 bronze. Each group and division 1^o, 2^o, 3^o x 2;

Special Technique: 2 gold / 2 silver / 4 bronze. Each group and division 1^o, 2^o, 3^o x 2.

Overall Champion: 2 trophies, male and female.

Only gold medals obtained in individual events shall be considered for Overall Champion. In any case, if two or more competitors have obtained the same amount of gold medals, the silver medals will be considered to break the tie. If the tie persists, then, bronze medals will determine who is to become Overall Champion. If all of the above does not resolve the tie, then, both competitors will share the award. Only the medals gained with a minimum of four (4) competitors, for each category, shall be taken into account to determine overalls.

B) Team awards:

Pattern: 12 gold / 12 silver / 24 bronze (male / female) division 1^o, 2^o, 3^o x 2;

Sparring: 12 gold / 12 silver / 24 bronze (male / female) division 1^o, 2^o, 3^o x 2;

Power Breaking: 12 gold / 12 silver / 24 bronze (male / female) division 1^o, 2^o, 3^o x 2;

Special Technique: 12 gold / 12 silver / 24 bronze (male / female) division 1^o, 2^o, 3^o x 2.

Overall Team: 2 trophies, male and female.

Only gold medals obtained in team events shall be considered for Overall Team. In any case, if two or more teams have obtained the same amount of gold medals, the silver medals will be considered to break the tie. If the tie persists, then, bronze medals will determine who is to become Overall Team. If all of the above does not resolve the tie, then, both teams will share the award for Overall Team.

C) Overall Country:

All individual and team gold medals will count to determine Overall Country, with the exception of Overall Champion's and Overall Team's.

In the case of teams, a gold medal awarded to a team as a whole will be considered a single gold medal and not six, for instance, if the winning team for Patterns has six team members.

In case of a tied score, two Overall Country trophies shall be handed.

Article 22

MEDICAL ASSISTANCE

All tournaments must have a doctor and personnel prepared to offer first aid, with all the necessary equipment to provide general attention (defibrillator, stretcher, wheelchair, etcetera) and an ambulance ready, to quickly take a competitor to the nearest hospital, in case of serious injury. Doctor's recommendations will be observed by the Tournament Committee, in accordance with Article 39.

Article 23

LIABILITY

All competitors, coaches and officials shall sign a tournament entry form and they shall be covered by personal medical insurance, in case of any eventuality. Competitors that are not from the country organizing the event shall have medical insurance for travelers.

Article 24

TOURNAMENT SAFETY

A) The organizers of the event shall have qualified safety personnel in order to guarantee that the whole event is carried out in an orderly and safe manner.

B) The T.C. must offer all the necessary safety and security assurances, which must be hired, together with all pertinent insurances and licenses, required by the laws of the organizing and participating countries for the conducting of the event.

SECTION II

RULES FOR PATTERNS TOURNAMENTS

Article 25

DIVISIONS

A) Groups shall be male or female.

B) Competitors must have a 1° to 6° degree.

Article 26

ELIMINATION

A) Competitors will be drawn as indicated under Article 14.

B) Individual elimination will be solved by means of the direct elimination system. Competitors shall compete simultaneously; they shall perform a designated and, then, an optional pattern. The jury will choose the best performer, who will move to the next round.

C) Team elimination will be solved by means of the direct elimination system. Teams will compete 1 to 1, and a draw shall decide which team will go first. The first team will perform a designated and, then, an optional pattern; then, the second team will do the same. Whether to stay or to leave the square between the performance of the first and the second pattern is up to the team members. The jury will choose the best team that will move to the next round.

Article 27

COMPETITION SYSTEM

A) Individual competitions:

- 1° degrees will compete with 1° degrees performing a designated pattern between Choong-Moo and Ge-Baek and an optional pattern between Kwang-Gae and Ge-Baek.
- 2° degrees will compete with 2° degrees performing a designated pattern between Ge-Baek and Ko-Dang and an optional pattern between Eui-An and Ko-Dang.
- 3° degrees will compete with 3° degrees performing a designated pattern between Ko-Dang and Choi-Yong and an optional pattern between Sam-II and Choi-Yong.

- 4° degrees will compete with 4° degrees performing a designated pattern between Choi-Yong and Moon-Moo and an optional pattern between Yong-Gae and Moon-Moo.
- 5° degrees will compete with 5° degrees performing a designated pattern between Moon-Moo and Se-Jong and an optional pattern between So-San and Se-Jong.
- 6° degrees will compete with 6° degrees performing a designated pattern between So-San and Tong-IL and an optional pattern between Se-Jong and Tong- IL.

B) Team competitions:

Each team (five competitors) shall perform together a designated pattern from Choong-Moo to Ge-Baek and an optional pattern from Kwang-Gae to Ge-Baek.

1. The team shall line up a format freely chosen by them.
2. They may perform a choreography including up to three ripples.
3. None of these ripples are to be performed while making slow, continuous, fast or connecting movements or while performing a movement where kiaps are executed.
4. Team members may not perform more than two moves on their own, before having the rest of the team following.
5. The choreography may include individual or team movements, but it must be seen as teamwork.
6. Judges may grant points from the position of Junbi to Junbi, without taking into consideration the entrances and exits of the teams.

Article 28

SCORING PROCEDURE FOR PATTERNS

A) Scoring procedure for individual competitions: The following are the procedures to be applied when determining a win, loss or tie for individual competitions:

1. When three (3) or more judges make a decision in favor of a competitor, that competitor is the winner.
2. When three (3) judges declare a tie and two (2) make a decision in favor of a competitor, that competitor shall be the winner.
3. When two (2) judges make a decision in favor of a competitor, one (1) judge favors another, and two (2) judges declare a tie, the competitor with two (2) judges' rulings in his/her favor will be the winner.

4. When four (4) or more judges declare a tie, it will be a tie. When two (2) judges make a decision in favor of a competitor, two (2) judges favor another, and one (1) judge declares a tie, then, the result shall be a tie.
5. In case of a tie during eliminatory rounds and finals, the jury will draw by lot a new pattern to be performed. This procedure shall be repeated until a winner is obtained.
6. If both competitors stop during the execution of a pattern at any time, then, this will be considered a tie.
7. The patterns drawn by lot in case of ties shall be left out, so that the prevailing competitors perform different patterns during the tie-breaking procedure.

Note: If two competitors, due to the differences between the diagrams, come too close or are forced to make a stop to avoid clashing, the center judge will stop their executions, relocate the competitors and, then, restart the competition.

B) Scoring procedure for team competitions: These are the procedures to be applied when determining a win, loss or tie for team competitions:

1. When three (3) or more judges make a decision in favor of a team, that team is the winner.
2. When three (3) judges declare a tie and two (2) make a decision in favor of a team, that team shall be the winner.
3. When two (2) judges make a decision in favor of a team, one (1) judge favors another, and two (2) judges declare a tie, the team with two (2) judges' rulings in their favor will be the winner.
4. When four (4) or more judges declare a tie, it will be a tie. When two (2) judges make a decision in favor of a team, two (2) judges favor another, and one (1) judge declares a tie, then, the result shall be a tie.
5. In case of a tie during eliminatory rounds and finals, the jury will draw by lot a new pattern to be performed. This procedure shall be repeated until a team results winner.
6. If both teams stop during the execution of a pattern at any time, then, this will considered a tie.
7. If teams are tied, the patterns drawn by lot to untie shall be left out, so that the prevailing teams perform different patterns during the tie-breaking procedure.

Article 29

OFFICIALS FOR PATTERNS

For Patterns, the jury shall consist of one (1) president, two (2) members, one (1) center judge, who will be in charge of leading the event, and four (4) judges.

SECTION III

RULES FOR SPARRING COMPETITIONS

Article 30

DIVISIONS

A) Groups shall be male or female.

B) Competitors must have a 1° to 6° degree.

C) Weights:

Adult male: Micro up to 58 kg; Light up to 64 kg; Welter up to 70 kg; Middle up to 76 kg; Heavy up to 82 kg and Hyper over 82 kg.

Adult female: Micro up to 50 kg; Light up to 55 kg; Welter up to 60 kg; Middle up to 65 kg; Heavy up to 70 kg and Hyper over 70 kg.

Article 31

DURATION OF BOUTS

A) Individual bouts: Each bout (eliminary and finals) will normally consist of two (2) rounds, with a duration of two (2) minutes per round, with a one (1) minute break between them.

B) Team bouts: Each bout (eliminary and finals) will consist of one (1) round of two (2) minutes long.

Article 32

SCORING PROCEDURE FOR SPARRING

A) Scoring procedure for individual competitions: The following are the procedures to be applied when determining a win, loss or tie for individual competitions:

1. When three (3) or four (4) judges make a decision in favor of a competitor, that competitor is the winner.
2. When two (2) judges make a decision in favor of a competitor, one (1) judge favors another, and one (1) judge declares a tie; or two (2) judges make a decision in favor of a competitor and two (2) judges declare a tie, the competitor with the two (2) judges' rulings in his/her favor will be the winner.
3. When three (3) or four (4) judges declare a tie, it will be a tie.
4. When two (2) judges make a decision in favor of a competitor and two (2) judges favor another, then, the result shall be a tie.

TIED MATCHES: In the event of a tie, after a thirty-second (30") break, a new round shall start. If, once again, the result is a tie, one extra round shall follow, which will have no time limit. This is called a "golden point round". In a golden point round, there is no break; the competitor obtaining the first point will be declared winner. To name a winner at this time, at least two (2) judges must be in agreement. The scoring goes up or down, which means that the competitor that picks up a penalty, due to a sum of warnings or a direct minus point, automatically loses the competition.

Note: If there is a tie at the golden point round, the result goes back to zero and a new match shall begin.

B) Scoring procedure for team competitions: These are the procedures to be applied when determining a win, loss or tie for team competitions:

1. When three (3) or four (4) judges make a decision in favor of a competitor, that competitor shall be the winner, and two points will be granted to his/her team.
2. When three (3) judges declare a tie, it will be a tie, and one (1) point will be granted to each team.
3. When two (2) judges make a decision in favor of a competitor, one (1) judge favors another, and one (1) judge declares a tie, the competitor with the two (2) judges' rulings in his/her favor will be the winner, and two points will be granted to his/her team.
4. When two (2) judges make a decision in favor of a competitor and two (2) judges favor another, then, the result shall be a tie, and one (1) point will be granted to each team.

TIED MATCHES: When all five matches have finished and the result is a tie, all teams shall choose their best competitor to play an extra one-minute round (at this time, the team will not be able to resort to their reserve competitor). If, once again, the result is a tie, the same competitors shall have one extra round with no time limit. This is called a

“golden point round”. In a golden point round, there is no break; the competitor obtaining the first point will be declared winner. To name a winner at this time, two (2) judges must be in agreement. The score goes up or down, which means that the competitor that picks up a penalty, due to a sum of warnings or a direct minus point, automatically loses the competition.

Note: If there is a tie at the golden point round, the result goes back to zero and a new match shall begin.

Article 33

TARGET AREA

A) Head and neck, front and sides, but not the back.

B) Trunk of the body, from neck to navel vertically, and a vertical line down from the armpit up to the waist on each side (frontal area only, excluding the back).

GRAPHIC AS EXAMPLE.

Article 34

AWARDED POINTS

A) One (1) point shall be awarded for:

Hand attack directed to mid or high section.

Foot attack directed to mid-section.

Hand attack to mid-section while jumping.

B) Two points shall be awarded for:

Foot attack directed to high section.

Jumping or flying kick directed to mid-section.

Hand attack to high section while jumping.

C) Three points shall be awarded for:

Jumping or flying kick directed to high section.

Note: When the techniques applied do not comply with the required conditions, points shall not be awarded.

Article 35

SCORING PROCEDURE

The technique shall be valid if the following is observed:

A) **Correct execution:** balance, proper distance, attack tool pullback in hand techniques;

B) **Dynamic touch:** it must be carried out with power, speed and accuracy;

C) **Correct target:** The execution shall hit the authorized parts of the body, as stated under Article 33.

Note: When the technique called dynamic touch is applied to an authorized body part producing a knockout, the competitor that applied the technique shall be considered winner, regardless of whether the punch was straight or reverse, with hand or foot. No points shall be granted for approach techniques.

Article 36

WARNINGS

A) Attacking an unauthorized target;

B) Leaving the square (stepping with both feet outside the square, or with one while the other is raised);

C) Falling intentionally or involuntarily (when any part of the body, with the exception of the feet, is touching the ground);

D) Grabbing or pushing (if a competitor is pushed out of the square, warning for leaving the square shall not be considered);

E) Speaking, not listening or disregarding the instructions of the referee;

F) Turning the back to the opponent, intentionally avoiding sparring or celebrating (pretending to have scored a point);

G) Pretending to have been hit by the opponent to gain an advantage;

H) Attacking a fallen competitor;

I) Making gestures to intimidate an opponent (unsportsmanlike conduct).

Note: During the match, warnings are added from one round to the next, since the final result is a combination of the two rounds.

Article 37

FAULTS

One (1) point shall be deducted for the following faults:

A) Losing one's temper, either verbally or with gestures;

B) Insulting the opponent in any way;

C) Biting, scratching, hitting or blocking with the elbow or the knee, hitting with the forehead;

D) Engaging in excessive contact with an unauthorized part of the body;

E) Upon the sum of any three warnings.

Article 38

DISQUALIFICATION

A) Misconduct under any circumstance or towards any person within the competition, specifically other contestants, the judges, the referee or his/her instructions;

B) Full contact with a part of the body under unauthorized conditions;

C) Three direct minus points resulting from any of the above mentioned grounds (Article 37);

D) Attack to a fallen competitor;

E) Competitor under the influence of alcoholic beverages or drugs;

F) Competitor not complying with a doctor's decision.

Note: By **full contact**, we refer to any technique hitting a body part, possibly under unauthorized conditions, causing an injury or a knockout.

Article 39

INJURIES

A) When a competitor cannot continue a match due to an injury, the referee shall stop it and request for medical assistance. The doctor shall make a diagnosis, treat the wounds and decide whether the competitor can continue the fight or not. The treating doctor shall be the sole responsible for such decision.

B) When a competitor cannot continue, due to the doctor's decision, the responsibility of the action that caused the injury shall determine the winner of the match. The competitor that cannot continue shall be the winner, if the opponent was responsible for the injury. However, if the wounded competitor was personally responsible for the injury, he/she shall lose the match.

C) An injured competitor that is unfit to fight, perform a pattern or breaking cannot compete again during the match, day or event set in accordance with the doctor's decision.

D) Refusing the doctor's decision shall result in disqualification from the competition, as stated under Article 36, F.

E) If two competitors are injured at the same time and they are unable to continue the fight due to the doctor's decision, the winner shall be decided by the points awarded until that moment. If they are even, the ring council (the referee and the four judges) shall choose a winner. During this instance, the corner judges and the center referee may not invoke a tie as their ruling.

Article 40

PROCEDURES AND DECISIONS

A) Individual:

Competitors enter the ring; one, with red safety equipment and the other, with blue. At the command of the referee, the competitors will bow to the jury and, then, to each other.

The referee will start the sparring with the command “**shijak**”, and the competitors will continue to spar until the referee issues the command “**haechyo**”. At this point, the competitors will cease to spar and will stay where they are to restart. When the time is up, the timekeeper must announce it loudly to the center referee, but the match will only be finished with the command “**geu man**”, spoken by the referee. Then, they will bow and the result will be announced. If a competitor steps out of the square during a match, they must restart one (1) meter inside from the place where the exit took place. In the event of a tie, the match shall go back to zero. If a competitor should fall, the sparring shall continue at the place where that fall occurred.

B) Team:

The procedure for team sparring shall be the same as for individual sparring. In front of the coaches, the referee shall decide with a draw which team sends its first competitor into the ring. The winner can choose how to begin; then, teams will do it alternatively.

Article 41

TIMING

At the first “**shijak**” command from the referee, the timekeeper shall start the clock and this will continue until time runs out, unless the referee calls for a time-out by saying “**jeong ji**”. At this time, the timekeeper stops the clock until the next “**gaesok**” command. The referee is the only one who can stop the match.

Article 42

OFFICIALS

For Sparring, officials shall be as follows: one (1) jury president and two (2) members of the jury (a timekeeper and a recorder); one (1) center referee to give commands and four (4) corner judges to grant points.

SECTION IV

RULES FOR POWER BREAKING COMPETITIONS

Article 43

DIVISIONS

A) Groups shall be male or female.

B) Competitors must have a 1° to 6° degree.

C) The techniques to be competed are the following five (5):

1. Ap Joomuk Jirugi (forefist front punch)
2. Sonkal Taerigi (knifehand strike)
3. Yopcha Jirugi (side piercing kick)
4. Dollyo Chagi (turning kick)
5. Bandae Dollyo Chagi (reverse turning kick)

It is compulsory for each competitor to perform each technique of the list corresponding to his/her group. The sum of the scores obtained from all the performed techniques shall determine the winner.

MALE: Male competitors may execute all five (5) techniques described in this section = (1) + (2) + (3) + (4) + (5).

FEMALE: Female competitors may only execute three (3) techniques described in this section, which are = (2) + (3) + (4).

Article 44

INDIVIDUAL AND TEAM PROCEDURES FOR POWER BREAKING

INDIVIDUAL:

A) The T.C. may decide a technique and the number of boards for the initial classification round for individual competitors (provided the list has more than eight (8) competitors). There will be no qualifying round for teams.

B) If in the qualifying round, only one (1) competitor breaks the board properly, then this competitor shall be considered the winner. The rest of the competitors will initiate a new round until all positions have been filled.

C) Prior to the event, the T.C. shall determine the amount of boards (pieces) that will be used for each technique, for instance:

POWER BREAKING - NUMBER OF BOARDS FOR EACH TECHNIQUE	
MALE	FEMALE
AP JOOMUK JIRUGI 5 PIECES	

SONKAL TAERIGI 5 PIECES	SONKAL TAERIGI 4 PIECES
YOPCHA JIRUGI 7 PIECES	YOPCHA JIRUGI 5 PIECES
DOLLYO CHAGI 5 PIECES	DOLLYO CHAGI 4 PIECES
BANDAE DOLLYO CHAGI 5 PIECES	
(PIECES OF 1")	(PIECES OF ¾")

Male (pieces of 1");

Female (pieces of ¾").

It is left at the discretion of the T.C. to use either wooden or their equivalent in plastic boards, or to use a machine replacing the system. Each piece must measure 30 x 30 cm.

D) Power Breaking:

Generalities

This discipline shall use a machine designed to give proper support and uniform resistance to the break resulting from each technique performance.

It is permitted to slide, place both feet together or take up to two steps forward, but not to jump, which means that at least one foot must remain in contact with the mat at all times.

For knife-hand strikes (Sonkal Taerigi), the strike might be either inward (Anuro Taerigi) or outward.

E) Protocol:

1. Settings: Each competitor is allowed just one distance setting by touching the piece only one time.
2. Execution: For each item, each competitor will be allowed one breaking attempt. At the signal of the judge, the competitor shall adopt a guarding block ready posture and will try to break the board in one continuous movement; it is not necessary to go back to the ready posture with which the exercise began.
3. Time: After the judge's command, the competitor has 30 seconds to complete the technique.

F) Judges must disallow an attempt if:

1. The technical execution is not correct, meaning that initial posture, slide (since jumping is not allowed) and balance must be correct and should be kept throughout the execution of the technique.
2. The attacking tool is modified.
3. The support devices or machines keeping the boards in place are touched or hit by the competitor.

G) Judges must examine the boards before and after each attempt is made.

H) Each broken board shall count as two (2) points and each partially broken board shall count as one (1) point.

I) In the event of a TIE between two or more competitors, after all techniques have been executed, the president of the jury shall chose a technique for it to be the tiebreaker. The president of the jury will also decide how many boards are to be used for the selected item. If the tie persists, the tied competitors shall continue until all winning positions are filled.

J) The winners (1st, 2nd and 3rd place x 2) will be the competitors with the highest scores after attempting all techniques for their group, and they will be considered for the overall awards respectively.

TEAMS:

Male team: five (5) competitors + one (1) reserve.

Female team: three (3) competitors + one (1) reserve.

The procedure is described in Article 43 and in (A), (B), (C), (D), (E), (F), (G), (H), (I) and (J) from the present article.

Article 45

OFFICIALS

For Power Breaking, officials shall be as follows: one (1) jury president and two (2) members of the jury, two (2) judges and assistants for each breaking machine (working to calibrate the machines and to provide the elements to be broken).

SECTION V

RULES FOR SPECIAL TECHNIQUE COMPETITIONS

Article 46

DIVISIONS

A) Groups shall be male or female.

B) Competitors must have a 1° to 6° degree.

C) The techniques to be competed are the following five (5):

1. Twimyo Nopi Ap Cha Busigi (Flying high front kick)
2. Twimyo Dollyo Chagi (Flying turning kick)
3. Twimyo Bandae Dollyo Chagi (Flying reverse turning kick)
4. Twimyo Dolmyo YopCha Jirugi (360° mid air kick)
5. Twimyo Nomo YopCha Jirugi (Flying high side kick)

It is compulsory for each competitor to perform each technique of the list corresponding to his/her group. The sum of the scores obtained from all the performed techniques shall determine the winner.

MALE: Male competitors may execute all five (5) techniques described in this section = (1) + (2) + (3) + (4) + (5).

FEMALE: Female competitors may only execute three (3) techniques described in this section, which are = (1) + (2) + (5).

Article 47

INDIVIDUAL AND TEAM PROCEDURES FOR SPECIAL TECHNIQUE

A) The T.C. may decide a technique and the number of boards for the initial classification round for individual competitors (provided the list has more than eight (8) competitors). There will be no qualifying round for teams.

B) If in the qualifying round, only one (1) competitor breaks the board properly, then this competitor shall be considered the winner. The rest of the competitors will initiate a new round until all positions have been filled.

C) Prior to the event, the T.C. shall determine the height and length for each particular technique, for instance:

SPECIAL TECHNIQUE - HEIGHT AND LENGTH FOR EACH ITEM (PIECES OF ¾")	
MALE	FEMALE
TWIMYO NOPI AP CHA BUSIGI 280 CM	TWIMYO NOPI AP CHA BUSIGI 220 CM
TWIMYO DOLLYO CHAGI 250 CM	TWIMYO DOLLYO CHAGI 220 CM
TWIMYO BANDAE DOLLYO CHAGI 240 CM	
TWIMYO DOLMYO YOPCHA JIRUGI 240 CM	
TWIMYO NOMO YOPCHA JIRUGI 70 X 320 CM	TWIMYO NOMO YOPCHA JIRUGI 50 X 200 CM
(PIECES OF 1")	(PIECES OF ¾")

Each piece must have a 30 x 30 cm surface and it must be ¾ thick. It is left at the discretion of the T.C. to use either wooden or their equivalent in plastic boards, or to use a machine replacing the system.

D) Special Technique:

Generalities

This discipline shall use a machine designed to give proper support and uniform resistance to the break. For the flying overhead sidekick (Twimyo Nomo YopCha Jirugi), the competitor may place the board at a 45 degree angle, so that he/she may keep running straight once the technique has been executed.

E) Protocol:

1. Settings: Each competitor may perform just one test to pre-judge the distance, but with no touch allowed.
2. Execution: For each item, each competitor will be allowed one attempt to execute his/her technique. At the command of the judge, the competitor shall adopt a guarding

block ready posture and will try to break the board in one continuous movement; it is not necessary to go back to the ready posture with which the exercise began.

3. Time: After the judge's signal, the competitor has 30 seconds to complete the technique.

F) Judges must disallow the breaking if:

1. The technical execution is not correct, that is, initial posture and balance must be maintained throughout the execution.

2. The attacking tool is modified.

3. The obstacles, support devices or machines keeping the boards in place are touched or hit by the competitor. For flying side long kicks, the competitor must surpass the obstacles with both feet.

4. Falling down, meaning any part of the body, other than the feet, touching the ground.

G) Judges must examine the boards before and after each attempt is made.

H) Each broken board shall count as two (2) points and each moved board shall count as one (1) point.

I) In the event of a TIE between two or more competitors at this stage, after all techniques have been executed, the president of the jury shall chose a technique for it to be the tiebreaker. The president of the jury will also decide the height and length for the selected item. The tied competitors shall continue until all positions are filled.

J) The winners (1st, 2nd and 3rd place x 2) will be the competitors with the highest scores after attempting all techniques for their group, and they will be considered for the overall awards respectively.

TEAMS:

Male team: five (5) competitors + one (1) reserve.

Female team: three (3) competitors + one (1) reserve.

The procedure is described in Article 46 and in (A), (B), (C), (D), (E), (F), (G), (H), (I) and (J) from the present article.

Article 48**OFFICIALS**

For Special Technique, officials shall be as follows: one (1) jury president and two (2) members of the jury, three (3) judges and assistants for each breaking machine (working to calibrate the machines and to provide the elements to be broken).

SECTION VI

PROCEDURES

Article 49

TOURNAMENT COMMITTEE (T.C.)

The ITF T.C. consists of one (1) Tournament Chairman, one (1) Umpire Chairman and four (4) technical members assisting the Tournament Chairman. They will be in charge of the development of the competition. The members of this Committee must be in the area of the competition throughout the whole tournament, since they shall make the final decisions whenever an official protest is submitted.

Article 50

OFFICIAL PROTEST

A) Only the official coach of each delegation may present an official protest whenever he/she considers that the procedures are in violation of these rules and regulations.

B) If an official protest is presented, the competition in that square / area shall not continue until the T.C. has reached a decision.

C) PROCEDURE:

1. The procedure to submit an official protest is to verbally notify the president of the jury, immediately after the encounter has finished. If the coach leaves the place, the protest will not be accepted.

2. The coach shall request an official protest form and it must be filled within five (5) minutes from the end of the match. If this time period is exceeded, the protest will not be accepted.

3. The protest must clearly specify the circumstances that the coach considers were in breach of these rules and regulations. The indicated topic will be the ONLY topic discussed exclusively. If the protest does not clearly specify the facts, it will be rejected.

4. Coach's pictures or videos cannot be submitted as proof in a claim or protest.

5. The protest must be accompanied by a tax that will be previously fixed by the T.C. The tax will be returned to the coach so long as the protest is positively accepted by the T.C.

D) The T.C. will examine the circumstances of the protest and decide either to:

1. Validate the match;
2. Repeat the match;
3. Change the result;
4. Disqualify one or both competitors.
5. Once a resolution has been made, the T.C. will notify its decision to all parties involved.
6. The final decisions made by the T.C. regarding an official protest are unquestionable.

ARTICLE 51

DECISIONS

A) The T.C. shall appoint two (2) official coaches to represent all coaches. Every time a decision is made regarding an official protest or a conflict during an event, these coaches shall act as witnesses and they will be allowed to speak their minds and to provide evidence about the transparency of all decisions.

B) The Tournament Committee's decisions must be in agreement with these written rules and regulations; that is, no conflict or contradiction should exist between their decision and these rules.

Article 52

DISQUALIFICATION

Team representatives or individuals who persist in arguing against decisions made by the T.C. may, at their discretion, have the individual or the whole team disqualified from all further events at the tournament. Pursuant to the severity of the situation, the matter will be considered by the ITF Executive Committee, at a later date, with a view to further action being taken.

Article 53

WITHDRAWAL

If a competitor or a team withdraws from a championship as a protest, the following will be applied:

- A) Automatic disqualification from that event, which means that no position will be awarded to that competitor or team; hence, no medals will be granted to them either.
- B) Automatic disqualification from all further events from that championship.

C) Further disqualification from future events if it is so decided by the ITF Executive Committee.

Article 54

COPIES OF ITF RULES AND REGULATIONS

Several copies of the ITF Tournament Rules and Regulations as well as the ITF Umpire Rules must be present at all tournaments, and these must be available for all coaches and officials.

GENERAL REGULATIONS

EXTENSION FOR JUNIOR COMPETITORS

Article 7

COMPETITORS

JUNIOR COMPETITORS

Junior competitors shall compete in the divisions laid down under the following rules: 1. Competitors must have a 1° to 3° degree.

2. They shall be between 14 and 17 year old, turned during the year of the event (and not during the dates of the competition).

3. They must be certified by the ITF and their Status Card must be updated.

4. Competitors from all divisions must be healthy and registered with their national associations.

5. For world championships, competitors must also present their passport and Status Card upon registration, to confirm their age, nationality and rank. They must also have health insurance in order to be accepted in the competition.

6. Junior competitors will not be allowed to compete in adult categories without any exception.

Interpreting the age of junior competitors

The age limit for junior competitors allowed to participate in world championships shall be based on the year in which the event is carried out (and not the date of the competition).

For example: for a championship that takes place in 2014, competitors participating in the event should have been born between January 1, 1997 and December 31, 2000.

Article 9

SAFETY EQUIPMENT

B) Optional safety equipment:

7. Head guard.

In countries where the law demands for junior competitors to wear head guards to practice contact sports, the use of this safety equipment shall be **BINDING**, and the organizing committee shall be obliged to provide the gear approved by the T.C. in red and blue, for all competitors.

Article 12

TYPES OF COMPETITION

Competitions shall be divided into two types, team or individual, and it shall be solved by means of the direct elimination system.

A) Individual: It shall be further divided into:

Patterns male/female. Degrees 1° through 3°.

Sparring male/female. Micro, light, welter, middle, heavy and hyper weight divisions.

Power Breaking male/female.

Special Technique male/female.

B) Team: This type of competition is divided into male or female. Each team shall compete in Patterns, Sparring, Power Breaking and Special Technique. In Sparring, competitors have no weight requirement, but they shall be between 14 and 17 year old.

Article 21

AWARDS

A) Individual awards:

Pattern: 6 gold, 6 silver and 12 bronze.

Article 30

DIVISIONS

B) Competitors must have a 1° to 3° degree.

C) Weights:

Male: Micro up to 50 kg; Light up to 55 kg; Welter up to 60 kg; Middle up to 65 kg;

Heavy up to 70 kg and Hyper over 70 kg.

Female: Micro up to 45 kg; Light up to 50 kg; Welter up to 55 kg; Middle up to 60 kg;

Heavy up to 65 kg and Hyper over 65 kg.

Article 43

DIVISIONS

A) Competitors must have a 1° to 3° degree.

C) The techniques to be competed are the following four (4):

1. Sonkal Taerigi (knifehand strike)
2. Yopcha Jirugi (side piercing kick)
3. Dollyo Chagi (turning kick)
4. Bandae Dollyo Chagi (reverse turning kick)

It is compulsory for each competitor to perform each technique of the list corresponding to his/her group. The sum of the scores obtained from all the performed techniques shall determine the winner.

MALE: (1) + (2) + (3) + (4).

FEMALE: (1) + (2) + (3).

GENERAL REGULATIONS

EXTENSION FOR PRE-JUNIOR COMPETITORS

Article 7

COMPETITORS

PRE-JUNIOR COMPETITORS

Pre-junior competitors shall compete in the divisions laid down under the following rules:

1. Competitors must have a 1^o to 2^o degree.
2. They shall be between 12 and 13 year old, turned during the year of the event (and not during the dates of the competition).
3. They must be certified by the ITF and their Status Card must be updated.
4. Competitors from all divisions must be healthy and registered with their national associations.
5. For world championships, competitors must also present their passport and Status Card upon registration, to confirm their age, nationality and rank. They must also have health insurance in order to be accepted in the competition.
6. Pre-junior competitors will not be allowed to compete in junior categories or their teams without any exception.

Article 8

OFFICIAL DRESS CODE

Competitors must wear the official dobok, with the budes, symbols or insignias that have also been officially approved by the ITF. At the same time, the black belt should be divided in black and white, it should have the official dimensions, 5 cm wide, and it should fall 30 to 40 cm down; it must also indicate the degree and name of the competitor.

PICTURE OF BELT DIVIDED IN BLACK AND WHITE.

Interpreting the age of pre-junior competitors

The age limit for pre-junior competitors to participate in world championships shall be based on the year in which the event is carried out (and not the date of the competition). For example: for a championship that takes place in 2014, competitors participating in the event should have been born between January 1, 2001 and December 31, 2002.

Article 12

TYPES OF COMPETITION

Competitions shall be only individual and it shall be solved by means of the direct elimination system.

A) Individual: It shall be further divided into:

Patterns male/female. Degrees 1° through 2°.

Sparring male/female. Micro, light, welter, middle, heavy and hyper weight divisions.

Article 21

AWARDS

A) Individual awards:

Pattern: 4 gold, 4 silver and 8 bronze.

Article 30

DIVISIONS

A) Pre-junior competitors must have a 1° to 2° degree.

B) Groups shall be male or female.

C) Weights:

Male: Micro up to 40 kg; Light up to 45 kg; Welter up to 50 kg; Middle up to 55 kg; Heavy up to 60 kg and Hyper over 60 kg.

Female: Micro up to 35 kg; Light up to 40 kg; Welter up to 45 kg; Middle up to 50 kg; Heavy up to 55 kg and Hyper over 55 kg.

Article 31

DURATION OF BOUTS

A) Individual bouts: Each bout (eliminary and finals) will normally consist of two (2) rounds, with a duration of one and a half (1.5) minutes per round, with a one (1) minute break between them.

GENERAL REGULATIONS

EXTENSION FOR SENIOR COMPETITORS

Article 7

COMPETITORS

SENIOR COMPETITORS

Senior competitors shall compete in the divisions laid down under the following rules:

1. Competitors must have a 1° to 6° degree.
2. They shall be 36 or older.
3. They must be certified by the ITF and their Status Card must be updated.
4. Competitors from all divisions must be healthy and registered with their national associations.
5. For world championships, competitors must also present their passport and Status Card upon registration, to confirm their age, nationality and rank. They must also have health insurance in order to be accepted in the competition.
6. There will be no competition for senior teams but these competitors may be part of adult teams.

Interpreting the age of senior competitors

The age limit for senior competitors to participate in world championships shall be based on the year in which the event is carried out (and not the date of the competition). For example: for a championship that takes place in 2014, competitors participating in the event should have been born before December 31, 1978.

Article 12

TYPES OF COMPETITION

Competitions shall be only individual and it shall be solved by means of the direct elimination system.

A) Individual: It shall be further divided into:

Patterns male/female. Degrees 1° through 6°.

Sparring male/female. Micro, light, welter, middle, heavy and hyper weight divisions.

Power Breaking male/female. They shall be allowed to compete in the adult divisions only.

Special Technique male/female. They shall be allowed to compete in the adult divisions only.

Article 31

DURATION OF BOUTS

A) Individual bouts: Each bout (eliminary and finals) will consist of two (2) rounds, with a duration of one and a half (1.5) minutes per round, with a one (1) minute break between them.

SECTION IV

POWER BREAKING

Article 43

DIVISIONS

A) Competitors must have a 1° to 6° degree.

B) Groups shall be male or female. They shall be allowed to compete in the adult divisions only.

SECTION V

SPECIAL TECHNIQUE

Article 46

DIVISIONS / SPECIAL TECHNIQUE

A) Competitors must have a 1° to 6° degree.

B) Groups shall be male or female. They shall be allowed to compete in the adult divisions only.

TAEKWON-DO ITF UMPIRE RULES

Article 1

PURPOSE

The purpose of these rules is to standardize the judgment criteria of jury members, umpires and referees, by arbitrating and outlining the rights and duties of all officials to protect their authority.

Article 2

APPLICATION

These regulations are to be applied by T.C. members and all officials at all ITF tournaments.

Article 3

TOURNAMENT COMMITTEE

A) The T.C. Chairman shall appoint and assemble all the officials for the ITF championships.

B) The Umpire Committee Chairman shall work together with the four technical members of the T.C. They will be assigned the task to control and coordinate the different areas of the competition.

C) The T.C. is in charge of the following duties:

1. To give official ITF seminars to all officials based on the tournament and umpire rules and regulations;
2. To keep the records of ITF officials updated;
3. To prepare, if necessary, booklets or information bulletins;
4. To strictly control the officials' clothing;
5. To put together the umpire teams that will work in every square;
6. To organize the changes and the rotation of the officials, to give an equal opportunity to all competitors, so as to ensure the fairness of the event;
7. To control the official's work during the development of the competitions;
8. To decide, if necessary, the consolidation of the different categories and to deliver judgment regarding the official protests (a decision that will be indisputable);
9. To take disciplinary actions, jointly with the ITF Disciplinary Committee;

10. To cooperate with the other committees;
11. To suggest improvements to the regulations constituting the tournament and umpire rules.

Article 4

JUDGEMENTS

All umpires must apply a sound criteria based on the spirit of the tournament and umpire rules and regulations.

Article 5

UNEXPECTED EVENTS

All cases not established under these rules and regulations shall be discussed with the T.C. in search for the most appropriate decision. Their final decision shall not be against these rules and regulations. These decisions shall be noted down for future implementation.

Article 6

RING COUNCIL

Each ring shall be governed by a council that will consist of the following:

A) Patterns: one (1) jury president, two (2) members of the jury, one (1) center judge and four (4) judges.

B) Sparring: one (1) jury president, two (2) members of the jury, one (1) center referee and four (4) corner judges.

C) Power Breaking: one (1) jury president, two (2) members of the jury, and two (2) judges.

D) Special Techniques: one (1) jury president, two (2) members of the jury, and three (3) judges.

Article 7

RIGHTS AND DUTIES OF THE JURY PRESIDENT

A) The jury president shall be fully aware of all updated tournament and umpire rules and regulations.

B) The jury president is the only official with the authority to disqualify a competitor pursuant to Article 36 of the ITF Tournament Rules, in common agreement with the center referee.

C) The jury president shall supervise the round and the umpires' behavior; his/her judgment will be available at all times to all T.C. members.

D) The jury president shall supervise the jury members and he/she shall have the authority to replace them in the event of absence or inefficiency.

E) Patterns:

1. The jury president shall conduct a draw to designate a pattern.
2. The jury president shall appoint the center judge that will give the orders, in common agreement with the Umpire Chairman.
3. In the event of improper situations, the jury president shall summon the center judge and the judges.
4. After receiving all forms, the jury president will verify these, by following the criteria established under Article 28 of the ITF Tournament Rules, and he/she shall stand and point at the red or blue competitor to announce the winner. In case of a tie, the jury president will stand and cross arms to the chest, as indicated under Article 28 of these ITF Tournament Rules.
5. If there is a tie, the jury president shall conduct a draw to designate a new pattern to be executed. This procedure will be repeated until a winner is decided.

F) Sparring:

1. In the event of improper situations, the jury president is authorized to stop the match by standing, then, if necessary, he/she may summon the referee and the corner judges.
2. The jury president will designate the center referee and the corner judges, in common agreement with the Umpire Chairman.

3. The jury president shall supervise the warnings and the minus points granted by the center referee.

4. After receiving all forms, the jury president shall verify the scores, warnings and minus points, by following the criteria established under Article 32 of the ITF Tournament Rules, and he/she shall stand and point at the red or blue competitor to announce the winner.

5. In the event of a tie, the jury president will stand and cross arms to the chest, as indicated under Article 32 of these ITF Tournament Rules.

G) Power Breaking and Special Technique:

1. The jury president shall appoint two judges, one leading and one assisting, for Special Technique there will be a third judge as well, who shall supervise the competition and grant the scores, in common agreement with the Umpire Chairman.

2. In the event of a tie, the jury president shall follow the criteria established under Article 44 of these ITF Tournament Rules.

H) The jury president is the only official authorized to replace a judge for inefficiency.

I) The jury president shall fill out and sign all competition reports, which will constitute the official records. Once each division has concluded, these reports shall be delivered to the T.C.

Article 8

DUTIES OF JURY MEMBERS

One of the members of the jury shall be the recorder and shall sit next to the jury president to keep and supervise the scores of the competition.

The other member of the jury shall be the timekeeper and shall also sit next to the jury president to supervise and indicate the beginning and ending of each sparring round. This jury member shall check the presentation and execution times of Patterns, Power Breaking and Special Technique.

Article 9

RIGHTS AND DUTIES OF THE CENTER REFEREE

SPARRING

A) The center referee shall be fully aware of all updated tournament and umpire rules and regulations.

B) If required, the center referee shall take part in the inquiries between the jury president and the corner judges.

C) The center referee shall control the dobok, the mandatory and optional safety equipment, and the hair and nails of the competitors (this could be controlled by an alternative referee at the entrance of the competition area).

D) The center referee shall lead the round, give the orders, and use the official terminology and the indications established under these rules and regulations.

E) The center referee is the only authorized official to give warnings, minus points, or to stop the sparring and disqualify a competitor (in common agreement with the jury president). According to the criteria established under these rules and regulations, the referee shall subtract the points granted by the judges if:

1) A competitor falls down due to the application of a technique.

2) A competitor scores a point after the referee's indication of leaving the square or finalizing the round.

If any of these situations should happen, the referee will indicate the corner judges that the point is not valid.

F) If the scoring of the tournament is kept manually, the center referee shall hand the scoring form received by the corner judge to the jury president, while bowing with respect. If the scoring of the tournament is kept electronically, the center referee shall stay at the center of the square, positioning the competitors adequately, to grant the results after the indication of the jury president.

G) When a competitor executes a technique (dynamic touch) applied to a cleared area and the result is a knockout or the inability to continue the match, the center referee shall do the following:

- 1) Stop the sparring immediately and order the competitor that executed the technique to go back to neutral position.
- 2) Examine the competitor and ask him/her to stand up for the competition to continue. If, after a few seconds, the competitor cannot stand up, the center referee shall declare the match finished.
- 3) The competitor that applied the technique, regardless of whether it was inward or outward, will be declared the winner.

H) The center referee may require the jury president's opinion at any time.

Article 10

RIGHTS AND DUTIES OF THE JUDGE

PATTERNS

A) The judge for Patterns competitions shall be fully aware of all updated tournament and umpire rules and regulations.

B) If required, the judge for Patterns shall take part in the discussions.

C) The judge for Patterns is not authorized to talk at any time during a competition.

D) The judge for Patterns shall sit at 1.5 m from his colleagues.

E) The judge for Patterns shall pay close attention to the competitors' actions and consider the following parameters:

INDIVIDUAL PATTERNS

Technical content

Power

Rhythm

TEAM PATTERNS

Team work

Technical content

Power

Rhythm

F) After each presentation, the judge for Patterns shall write the scores in the forms, which will then be collected by the center judge to be handed over to the jury president.

Article 11

RIGHTS AND DUTIES OF CORNER JUDGES

SPARRING

A) The corner judges shall be fully aware of all updated tournament and umpire rules and regulations.

B) If required, corner judges shall take part in the inquiries between the jury president and the center referee.

C) The corner judges shall sit properly and observe with attention the competitors' actions.

D) A corner judge shall be in charge of writing down the awarded points, warnings and fouls in the scoring form.

E) At the end of each round, a corner judge will be in charge deducting one (1) point from the total score for every three (3) warnings.

F) A corner judge will deliver the signed scoring form with the final result to the center referee.

G) When competitors are fighting for the "**FIRST POINT WINNER**", a corner judge will stand with a blue flag in one hand and a red flag in the other hand. Immediately after the center referee's command "szung", only if it is really seen, will the corner judge grant said valid point, by raising the flag that represents that competitor.

Article 12

RIGHTS AND DUTIES OF JUDGES

POWER BREAKING AND SPECIAL TECHNIQUE

A) Judges for Power Breaking and Special Technique shall be fully aware of all updated tournament and umpire rules and regulations.

B) If required by the jury president, judges for Power Breaking and Special Technique are entitled to take part in the discussions.

C) Appointed by the jury president, this judge shall give the orders, control the correct execution of each technique and announce the awarded points to each competitor in a visible manner, as indicated under Article 44 and 47 of these ITF Tournament Rules.

D) Appointed by the jury president, the second judge shall check the boards or targets and that the machines and obstacles are not touched by the competitors during their executions. After each technique has been performed, this judge will also check the pieces to grant the corresponding points.

E) Judges for Power Breaking and Special Technique will be in charge of supervising the amount of pieces, their placing heights and the length of the targets, by following the procedure stated under Article 44 and 47 of these ITF Tournament Rules.

Article 13

DRESS CODE

Unless otherwise indicated by the Tournament Committee, the official umpire's clothes shall consist of a navy blue blazer, a white long sleeved shirt, navy blue trousers, a navy blue tie (only navy blue), white socks, white or black sport shoes and a pen.

Article 14

MEETINGS BEFORE THE COMPETITION

All officials taking part of the competition shall attend all preliminary and final meetings, by arriving one hour prior to the beginning of the events during the days of the tournament.

Article 15

BEHAVIOR AND RECOMMENDATIONS

All officials must observe the following rules:

- A) They shall behave conscientiously and decently;

- B) They shall pay close attention during the competition;

- C) They shall always be unbiased when making decisions or delivering a verdict;

- D) They shall refrain from fraternizing with the competitors;

- E) They shall have a basic understanding of first aid assistance.

Article 16

UMPIRE CLASSES AND REQUIREMENTS

Umpires class "A"

The criterion for class "A" umpires is as follows:

1. Minimum age of 25;
2. 4° degree holder or above;
3. To have an ITF umpire certificate class "A";
4. The T.C. shall appoint class "A" umpires as juries, center umpires or judges, taking into account their previous ITF tournaments experience.
5. ITF member countries shall be responsible for procuring class "A" umpires with regular experience in local tournaments.

Umpires class "B"

The criterion for class "B" umpires is as follows:

1. Minimum age of 21;
2. 2° or 3° degree holder;
3. To have an ITF umpire certificate class "B";
4. The T.C. shall appoint class "B" umpires as assistants within the competition.
5. ITF member countries shall be responsible for procuring class "B" umpires with regular experience in local tournaments.

ITF Tournament Committee, Barcelona, Spain, October of 2009

Amendment October 2009

UPDATE

GENERAL REGULATIONS

Section I

Article 3

OFFICIAL AUTHORITIES

C) Umpires

Each participating country shall provide two umpires to the competition, unless there are exceptional circumstances, which should be established before the ITF Administration prior to the event.

Article 4

DUTIES

A) The T.C. shall be in charge of the organization and development of the all official ITF tournaments. The members of this Committee shall be in the area of the competition throughout the whole tournament.

Article 5

OFFICIAL COACHES

There shall be two (2) official coaches or technical directors; they represent individual competitors and teams. They shall be authorized by their national organizations, and their Status Cards must be updated. Official coaches register competitors by submitting their documents and the official protest. They should also supervise the competitor's attendance to the registration process, the weight-in, the competition, and the awards, opening and closing ceremonies. If competitors do not appear in time and due form, they will be sanctioned.

Article 6

COACHES / DUTIES

G) There shall be no limit as for the amount of coaches per country; they shall be authorized by their national organizations and they must pay a registration fee similar to

that of competitors. Their Status Cards shall be updated and they must have a 1° to 6° degree.

Article 7

COMPETITORS

They shall compete in the divisions under the following rules. Competitors must have obtained a 1° to 6° degree. They must be 18 or older, turned during the year of the competition. They must be certified by the ITF, with their degrees printed in their updated Status Cards. Competitors with no Status Cards might obtain one during the competition at a higher cost. Competitors from all divisions must be healthy, and they should be enrolled within their national associations. For world championships, competitors must present their passports and Status Cards, to confirm their age, nationality and rank.

Article 9

SAFETY EQUIPMENT

All safety equipment, either mandatory or optional, must be approved by the ITF T.C. Competitors must have two (2) pairs of all mandatory safety equipment: one red and one blue. Hand pads must have the fingers covered and the palms uncovered (the material of the safety pads might be polyurethane, PU, synthetic leather or leather).

A) Mandatory safety equipment:

1. Hand and feet protective gear;
2. Male groin guard (it must be under the dobok trousers);
3. Mouth guards.

B) Optional safety equipment:

1. Shin protector;
2. Forearm protector;
3. Female breast protector (it must be under the dobok);
4. Head guard.

Article 10

SQUARE

A) The dimensions of the square shall be 7x7 m², with an additional 1 m wide surface on all sides and at ground level. When the square is elevated, there must be an additional surface of at least 2 m by side.

Article 11

NUMBER OF COMPETITORS PER COUNTRY

A) Individual competitors:

The number of individual competitors for each item is restricted to 3 (three) per country, unless otherwise specified. These competitors may be team members or not; this is a decision to be made by the national coach of each country.

B) Teams:

The male teams shall consist of five (5) competitors plus one (1) reserve for the sparring team. Five (5) shall compete in Patterns; five (5) in Power Breaking and five (5) in Special Technique. All teams could be composed of different competitors, up to a maximum of 21 (6+5+5+5).

The female team shall consist of five (5) competitors plus one (1) reserve for the sparring team. Five (5) shall compete in Patterns; five (5) in Power Breaking and five (5) in Special Technique. All teams could be composed of different competitors, up to a maximum of 17 (6+5+3+3).

Note: The names of the competitors for each team must be confirmed at the time of registration.

Article 12

TYPES OF COMPETITION

A) Individual competition is divided into: Patterns male/female, degrees 1° through 6°; Sparring male/female, weight divisions Micro, light, welter, middle, heavy and hyper.

Section II

PATTERNS

Article 25

DIVISIONS / PATTERNS

A) Competitors must have a 1° to 6° degree.

Article 27

COMPETITION SYSTEM

A) Individual competitions:

1° degrees will compete with 1° degrees performing a designated pattern between Chong-Ji and Ge-Baek and an optional pattern between Kwang-Gae and Ge-Baek.

2° degrees will compete with 2° degrees performing a designated pattern between Chong-Ji and Ko-Dang and an optional pattern between Eui-An and Ko-Dang.

3° degrees will compete with 3° degrees performing a designated pattern between Chong-Ji and Choi-Yong and an optional pattern between Sam-II and Choi-Yong.

4° degrees will compete with 4° degrees performing a designated pattern between Chong-Ji and Moon-Moo and an optional pattern between Yong-Gae and Moon-Moo.

5° degrees will compete with 5° degrees performing a designated pattern between Chong-Ji and So-San and an optional pattern between So-San and Se-Jong.

6° degrees will compete with 6° degrees performing a designated pattern between Chong-Ji and Tong-IL and an optional pattern between So-Sang and Tong- IL.

Note: The Tournament Committee reserves the right to combine the 5° and 6° degree divisions.

B) Team competitions:

Each team (five competitors) shall perform together a designated and an optional pattern from Do-San to Ge-Baek. The team shall line up in a way format freely chosen by them and they may perform a choreography including up to three ripples; none of these ripples are to be performed while performing a movement where kiaps are executed. No team members may perform more than two moves, before having the rest of the team following. Its development shall be seen as a joint effort and the choreography may include individual or team movements.

Section III

SPARRING

Article 30

SPARRING DIVISIONS

A) Competitors must have a 1° to 6° degree.

C) Weights:

Male adults and seniors: Micro up to 58 kg; Light up to 64 kg; Welter up to 70 kg; Middle up to 76 kg; Heavy up to 82 kg and Hyper over 82 kg.

Female adults and seniors: Micro up to 50 kg; Light up to 55 kg; Welter up to 60 kg; Middle up to 65 kg; Heavy up to 70 kg and Hyper over 70 kg.

Section IV

POWER BREAKING

Article 43

A) Competitors must have a 1° to 6° degree.

Article 44

INDIVIDUAL AND TEAM PROCEDURES

A) The T.C. may decide a technique and the number of wooden boards for the initial classification round for individual competitors, but there will be no qualifying round for teams.

C) Power Breaking:

It is permitted to slide, to move one step forward, but NOT to jump, which means that one feet shall remain in contact with the mat at all times. For Sonkal Taerigi, the strike might be either inward or outward.

D) Protocol:

2. Execution: For each item, each competitor will be allowed one breaking attempt. At the sign of the referee, the competitor shall adopt a ready posture and will try to break the board in one continuous movement; it is not necessary to go back to the ready posture with which the exercise began.

Section V

SPECIAL TECHNIQUE

Article 46

A) Competitors must have a 1° to 6° degree.

Article 47

INDIVIDUAL AND TEAM PROCEDURES

A) For each event, a standard wooden board shall be used. The width of the board, as well as the height and length of the technique shall be established by the T.C. prior to the event. For individual competitors, the T.C. may decide a technique for the initial classification round, but there will be no qualifying round for teams.

B) For each technique, competitors are allowed a test to measure distance, without touching the board, and one chance to properly execute the technique. The competitor shall adopt a ready posture and execute the break in one continuous movement; it is not necessary to go back to the ready posture with which the exercise began. After the referee has given the begin signal, the competitor will have 30 seconds to perform the technique.

C) Referees must disallow the breaking if:

1. There is a FALL, meaning any part of the body, other than the feet, touching the ground. Proper balance and posture shall be maintained throughout the execution of the technique.

H) A machine will be used to give proper support and uniform resistance to the break. For Twimyo Nomo YopCha Jirugi, the board shall be placed at a 45 degree angle, so that the competitor may keep running in a line, once the technique has been executed.

JUNIOR CHAMPIONSHIPS

Article 7

JUNIOR COMPETITORS

Junior competitors shall be between 14 and 17 year old, turned during the year of the event. They shall compete in the divisions stated below. They shall have a 1° to 3° degree.

They must be certified by the ITF, with their degrees printed in their updated Status Cards. Competitors that do not have a Status Card will be able to obtain it at the event at a higher cost. Competitors from all divisions must be healthy and registered with their national associations. Registration for world championships shall be with passport to confirm the competitor's age and nationality. Junior competitors will not be allowed to compete in adult categories under no circumstance.

Article 9

SAFETY EQUIPMENT

In countries where the law demands head guards to allow junior competitors to practice contact sports, the use of this safety equipment shall be permitted. In this case, the organizing committee will be in charge of providing the approved gear in red and blue.

Article 30

SPARRING DIVISIONS

Junior divisions are divided by weight and they must have 1° to 3° degree.

Male: Micro up to 50 kg; Light up to 55 kg; Welter up to 60 kg; Middle up to 65 kg; Heavy up to 70 kg and Hyper over 70 kg.

Female: Micro up to 45 kg; Light up to 50 kg; Welter up to 55 kg; Middle up to 60 kg; Heavy up to 65 kg and Hyper over 70 kg.

SENIOR CHAMPIONSHIPS

Article 7

SENIOR COMPETITORS

Senior competitors shall be between 36 or older. They shall compete in the divisions stated below. They shall have a 1° to 6° degree. They must be certified by the ITF, with their degrees printed in their updated Status Cards. Senior competitors that do not have a Status Card will be able to obtain one at the event at a higher cost. Competitors from all divisions must be healthy and registered with their national associations. Registration for world championships shall be with passport to confirm the competitor's age and nationality. There will be no competition for senior teams but seniors may be part of adult teams

OFFICIAL FORMS

PATTERNS FORM FOR INDIVIDUAL COMPETITORS

TECHNICAL CONTENT: 5

POWER: 5

RHYTHM: 5

PATTERNS FORM FOR INDIVIDUAL COMPETITORS

PRESENTATION/TEAM WORK/ CHOREOGRAPHY: 5

TECHNICAL CONTENT: 5

POWER: 5

RHYTHM: 5

Amendment July 6, 2017, Argentina

Teams: The assigned patterns for world championships will be announced at least three months prior to the event.

Article 27

PATTERNS FOR INDIVIDUAL COMPETITIONS

1° degrees will compete with 1° degrees performing a designated pattern between Choong-Moo and Ge-Baek and an optional pattern between Kwang-Gae and Ge-Baek.

2° degrees will compete with 2° degrees performing a designated pattern between Ge-Baek and Ko-Dang and an optional pattern between Eui-An and Ko-Dang.

3° degrees will compete with 3° degrees performing a designated pattern between Ko-Dang and Choi-Yong and an optional pattern between Sam-II and Choi-Yong.

4° degrees will compete with 4° degrees performing a designated pattern between Choi-Yong and Moon-Moo and an optional pattern between Yong-Gae and Moon-Moo.

5° degrees will compete with 5° degrees performing a designated pattern between Moon-Moo and Se-Jong and an optional pattern between So-San and Se-Jong.

6° degrees will compete with 6° degrees performing a designated pattern between Se-Jong and Tong-IL and an optional pattern between So-San and Tong-IL.

Note: The Tournament Committee reserves the right to combine the 5° and 6° degrees.

PATTERNS FOR TEAM COMPETITIONS

1. The dimensions of the sparring square for individual matches shall be 7x7 m²; the competition area for individual and team Patterns shall be 11x11 m².
2. While performing patterns, a team shall only be allowed to make three ripples and these cannot be made while making slow, continuous, fast or connecting movements or while performing movements where kiaps are executed.
3. Judges shall grant points from the position of Chunbi to Chunbi, without taking into consideration the entrances and exits of the teams.
4. Each team may choose either to exit or remain in the competition area between the execution of the designated and the optional patterns.
5. Each team shall perform a designated pattern from Choong-Moo to Ge-Baek.
6. Teams with more than three masters with a 7° degree or above shall compete for Patterns in teams only, by executing a designated and an optional pattern, with no ripples allowed. These patterns shall be So-Sam, Se-Jong or Tong-IL.
7. The jury for Patterns shall sit as follows: the jury president, in front of the competitors; the other four, on the corners of the competition area, so that the pattern executed by the team is appreciated from every angle. They shall award points in accordance with the established criteria.
8. The reserve competitor may be used for all items of the competition alternatively. They cannot remain in the competition area while the team is competing. Neither can the reserve be used for sparring in case of a tie or as a replacement while the team is performing a designated or an optional pattern.

Amendment October 1, 2018

Update on ITF Rules:

There shall be two (2) competitors per category for world championships. Continental tournaments will not be limited.

Pre-junior competitors shall compete in Patterns with the Tul and in Sparring but there will be no Power Breaking or Special Technique competition for this division.

Pre-junior competitors and senior sparring shall consist of two (2) rounds of 1.5 minutes long throughout the competition.

Junior competitors aged 14 to 17 shall compete in only one category for Sparring, Tul, Power Breaking and Special Technique.

Adult and senior competitors shall compete in one division for Power Breaking and Special Technique.

If Power Breaking has more than eight (8) competitors registered, a preliminary round shall be put together.

ITF Tournament Committee, Buenos Aires, Argentina, June 3, 2019

Amendment June 2019

UPDATE

SCORING PROCEDURE

The technique shall be deemed valid if the following is observed:

A) **Correct execution:** balance, proper distance, attack tool pullback;

B) **Dynamic touch:** power, speed and accuracy;

C) **Correct target:** The execution shall hit the authorized parts of the body, as stated under Article 33.

Article 36

DISQUALIFICATION

A) Misconduct under any circumstance or towards any person within the competition, specifically the judges, other contestants, the referee or his/her instructions;

B) Full contact with a part of the body under unauthorized conditions;

C) Three direct minus points (for any reason);

D) Attack a fallen competitor;

E) Competitor under the influence of alcoholic beverages or drugs;

Note: By full contact, we refer to any technique hitting an unauthorized body part, causing an injury or a knockout.

Article 37

FAULTS

One (1) point shall be deducted for the following faults:

A) Losing one's temper or losing control;

B) Insulting the opponent in any way;

C) Biting, scratching, hitting with the knee, the elbow or the forehead;

E) Excessive contact. This means engaging in excessive contact with an unauthorized part of the body;

F) Receiving three warnings from any kind of misconduct;

G) Blocking with the elbow or the knee.

Note: When the technique called dynamic touch is applied to an authorized body part producing a knockout, the competitor that applied the technique shall be considered winner, regardless of whether the punch was straight or reverse.

Article 38

WARNINGS

- A) Attacking an unauthorized target;
- B) Leaving the square (stepping with both feet outside the square);
- C) Falling intentionally or involuntarily (when any part of the body, with the exception of the feet, is touching the ground);
- D) Grabbing or pushing (if a competitor is pushed out of the square, warning for leaving the square shall be disregarded);
- E) Turning the back to the opponent, speaking or disobeying the instructions of the referee;
- F) Avoiding sparring;
- G) Celebrating or pretending to have scored a point;
- H) Faking a hit to gain an advantage over the opponent;
- I) Attacking a fallen competitor;

Note: During the match, warnings are added from one round to the next, since the final result is a combination of the two rounds.

TAEKWON-DO ITF UMPIRE RULES

Article 10

RIGHTS AND DUTIES OF THE CENTER REFEREE

SPARRING

- A) The center referee shall be fully aware of all updated tournament and umpire rules and regulations.
- B) If required, the center referee shall take part in the inquiries between the jury president and the corner judges.
- C) The center referee shall supervise the dobok, the mandatory and optional safety equipment, and the hair of the competitors (this could be controlled by an alternative referee at the entrance of the competition area).
- D) The center referee shall lead the round, give the orders, and use the official terminology and the indications established under these rules and regulations.
- E) The center referee is the only authorized official to give warnings, minus points, and to stop the sparring.
- F) If the scoring of the tournament is kept manually, the center referee shall hand the scoring form received by the corner judge to the jury president, while bowing with respect. If the scoring of the tournament is kept electronically, the center referee shall remain at the center of the square to announce the result granted by the jury president.
- G) When a competitor executes a technique (dynamic touch) applied to an authorized area and the result is a knockout or the inability to continue the match, the center referee shall do the following:
 - 1) Stop the sparring immediately and order the competitor that executed the technique to go back to his/her neutral position.
 - 2) Examine the competitor and ask him/her to stand up for the competition to continue. If, after a few seconds, the competitor cannot stand up, the center referee shall declare the match finished.
 - 3) The competitor that applied the technique will be declared the winner, regardless of whether it was an inward or outward execution.
- H) The center referee may require the jury president's opinion at any time.