



International Taekwon-Do Federation

Adapted Taekwon-Do I.T.F. Tournament Rules

1. History of adapted sports

Originally, sporting activities for people with disabilities started by engaging in monotonous sessions of therapy and rehabilitation. Some time afterwards, these activities were given a more recreational character and changed their name to “therapeutic sports” or “recreational sports”. But the beginning of the competitive sport was marked by the birth of the Paralympics. After World War I, sporting activities for disabled people originated in Germany, for small groups of blind or war amputated individuals. It was recreational and it was designed to help surpass psychological trauma due to long periods of hospitalization.

In 1918, Carl Diem y Mallwitz worked on the idea of sports for the disabled by making significant contributions. However, sports on wheelchairs appeared after World War II, due to the great amount of mutilated and disabled veterans. From this moment on, people started to become aware of this problematic. The heroes of the great war helped society to acknowledge the value of the disabled and, henceforth, different centers and programs were designed to reintegrate people with disabilities to everyday life. Some of these programs took sports as a means of rehabilitation, thus giving birth to sports for the disabled.

In 1944, Doctor Ludwig Guttmann founded the first specialized medical center for victims of spinal cord injuries at Stoke Mandeville Hospital (Aylesbury, South East England) and, the following year, he introduced sport as a means of physical therapy for paraplegics. Later on, in 1948, he presented at the center the first European program of organized wheelchair sporting games, which coincided with the London Olympic Games. Meanwhile, in the United States, a group of disabled people started to carry out exhibitions by playing basketball on wheelchairs, the Wheeldevils, travelling through the country and showing their skills with the ball from their wheelchairs. In 1952, the first International Stoke Mandeville Games, between Holland and England, were carried out; since then, these games have been joined by many other countries and they are still being played once a year.

In 1960, the first Paralympic Games were carried out in Rome, with more than 400 wheelchair athletes from 23 countries. That same year, ISOD (International Sport Organization for the Disabled) was created, which set the basis for the development of sports for amputees and blind people and, shortly after, for those with cerebral palsy.

In 1964, the Paralympic Games were celebrated in Tokyo with the participation of 370 athletes from 23 countries.

In 1968, the games took place in Tel Aviv, with 750 athletes from 29 countries.

In 1972, in Heidelberg, there were 1000 participants and the games were only, up to this point, wheelchair competitions.



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In 1976, the Toronto Paralympic Games set a milestone, since the International Wheelchair and Amputee Sports Federation (or ISMGF) and ISOD came together for their organization, and 1560 athletes from 40 countries participated in them. That same year, in Örnköldsvik locality, Sweden, the first winter Paralympic Games were organized. In 1980, these took place in Arnhem, Holland, with the participation of 2500 athletes from 42 countries. Blind people and cerebral palsy patients grew apart from ISOD, creating two new entities: the International Blind Sports Association or IBSA and the Cerebral Palsy International Sports and Recreation Association or CP-ISRA.

In 1982, the International Coordination Committee of World Sports Organizations for the Disabled (ICC) was established, which put together all international federations. This organization addressed the coordination and the ruling of the Paralympics and all joint international championships worldwide and, later on, in 1989, it became the International Paralympic Committee or IPC.

During the 70's, in different parts of the world, Adapted Taekwon-Do classes started to be imparted for people with disabilities and, in the 80's and 90's, demonstrations were carried out in different parts of Europe, Asia and America, with the participation of athletes with disabilities, which gave rise to different types of experimental tournaments. Mostly, as far as our records show, these were carried out in the style of Patterns.

In 2001, during the Buenos Aires tournament that took place in the city of Tres de Febrero, Buenos Aires, Argentina, Adapted Taekwon-Do was officially incorporated to the national tournament circuit of the Taekwon-Do ITF Argentine Federation.

In 2013, instructor Ben Evans presented a paper within a teaching manual oriented to address these types of needs in the city of Hawkes Bay, New Zealand, which was later on introduced at the ITF seminar of April 2013, in Toronto, Canada.

After several meetings of the ITF Executive Committee, it was decided to officially incorporate Adapted Taekwon-Do to the international tournaments as from the Rio de Janeiro World Cup, which took place in Brazil on November of 2015. To do so, a specific program and an experimental regulation was developed.

In 2016, the Adapted Taekwon-Do Argentine Federation established the first official Adapted Taekwon-Do National Championship. It took place at the Club Universitario Buenos Aires, an institution that was involved in the event. The tournament was carried out in the style of Patterns and mixed abilities, with an experimental set of rules, created by Grand Master Néstor Galarraga.

That same year, during the 2016 Taekwon-Do ITF World Championship that took place from July 26 to 31 in the city of Brighton, England, the first Adapted Taekwon-Do ITF world tournament was carried out.

In 2018, the II Adapted Taekwon-Do ITF World Championship was organized in the city of Buenos Aires, Argentina, with the participation of more than seventy competitors.



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In 2019, Master Horacio Boitano held a conference about Taekwon-Do and inclusion during the ITF seminar of April 2019, in Buenos Aires, Argentina.

During 2020, Adapted Taekwon-Do was not stopped by the COVID-19 pandemic and a virtual platform was designed within the national tournament circuit to allow the participation of athletes with disabilities in Patterns. The National Tournament Circuit Virtual 1 (in Spanish, CNCV1), CNCV2, CNCV3 and a South American Championship.

On May 2020, it took place the International Taekwon-Do Training Webinar, with record-setting numbers for participants, where Master Horacio Boitano held a second conference on Taekwon-Do as a way towards social inclusion.

Adapted Taekwon-Do ITF is a sporting expression focused on inclusion, participation and equality among athletes throughout the world. Sports are significant tools that teach us how to better ourselves, to which human beings are all entitled. People express, communicate and better themselves through the practice of sports, through which they attain excellency within the specific abilities of each individual. Taekwon-Do is definitely a universal practice focused on a subject; it is a powerful tool of inclusion and development. It promotes healthy lifestyle habits and it contributes to the integral education of the individual, with values such as solidarity, commitment and tolerance. It encourages people to live by taking responsibility for their own actions and committing to a set of values, while teaching about their meaning, with the intention of sharing them, to make together with others a better world.



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2. Tournament Rules and Regulations¹

Section I

General Rules

Article 1

APPLICATION

These rules are set to be applied in all national and international tournaments to Kups / Dans competitors, either male or female, in individual or team competitions.

For national competitions, these rules may be adapted to the required needs and demands, providing their essence is not modified.

Article 2

PURPOSE

The purpose of these rules is to promote the inclusion of people with disabilities in Taekwon-Do ITF, so that all athletes can express, communicate and better themselves through the practice of the discipline, allowing them to attain excellency within the specific abilities of each individual and to improve their lifestyle and environment.

Adapted Taekwon-Do I.T.F is focused on athletes with disabilities of all ages, in male and female divisions, unless otherwise indicated.

Article 3

CLASSIFICATION BY CONDITIONS

There will be three (3) large reference groups:

3.1 PHYSICAL CONDITION

3.2 SENSORY CONDITION

3.3 INTELLECTUAL CONDITION

¹ (1) Approved by the ITF on 2015.



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Article 4

COMPETITORS

Kups / Dans / Facilitators

Article 5

REGISTRATION

- 5.1 All students shall be accompanied by an adult person (21 or older at the time registration for this edition closes) that will be responsible for the conduct and behavior of the competitor before the organizers of the event.
- 5.2 Competitors shall have a health certificate authorizing their sporting participation to the games. Said medical certificate shall be accompanied, where appropriate, by a parental, guardian or tutor authorization. These will remain in the possession of the Organizing Committee.
- 5.3 The Organization may join categories, if necessary, thus modifying the level of participation of athletes under which they were originally registered.
- 5.4 Competitors must present their updated ITF certificate and Status Card, in case of Dans, as well as their individual disability certificates stating such condition.

Article 6

MEETINGS

According to the characteristics of the tournament, preliminary meetings will be held at a time and date designated by the Organization.

There shall always be one preliminary meeting to the competition, one hour prior to the beginning of the sporting activities.

Article 7

AWARDS

First and second place and two (2) third places in all categories.

Competitors will be divided into categories of up to four (4) participants.



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Article 8

DISCIPLINE

Any disciplinary breach of conduct or notoriously harmful behavior to the development of the tournament will be sanctioned.

Article 9

COMPETITORS

9.1 **DANS**: Official ITF Dobok respecting established patterns.

9.2 **KUPS**: Official ITF Dobok. (If a shirt is worn, it must be white).

Article 10

10.1 COACHES

They shall be dressed in sportswear only. Tights and sleeveless shirts will not be allowed.

10.2 FACILITATORS

This role shall be filled by a person with no disabilities and wearing the official ITF Dobok.

Article 11

CATEGORIES

PRE-JUNIOR Up to 13 years old (men and women; Kups and Dans)

JUNIOR 14 to 17 years old (men and women; Kups and Dans)

ADULTS 18 onwards (men and women; Kups and Dans)

The Organization may, at its own sporting discretion, join categories.



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Section II

Rules for Patterns Competitions

Article 12

DIVISIONS/PATTERNS

12.1 Male and female.

12.2 Kups / Dans competitors.

12.3 Individual competitors or teams (3 competitors).

12.4 Teams: eventually, they could be composed of men and women.

12.5 Individual competitors: optionally, they could count with the participation of a facilitator.

Article 13

ELIMINATION

13.1 Individual competitors and teams will be drawn to occupy a spot in the competition diagram.

13.2 Individual elimination will be solved by means of the direct elimination system. They will compete with only one Pattern of their choice.

13.3 The jury will decide who is the best to go to the next round.

13.4 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 compete first. They will compete with only one Pattern of their choice.

13.5 The team must be lined up any way they chose, and they may perform a choreography that includes breaks.

13.6 The jury will decide which team is best to go to the next round.



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Article 14

SCORING PROCEDURES

For individual competitors and teams

The following procedures will be applied when determining a win, loss or tie:

- 14.1 When three (3) or more judges make a decision in favor of a competitor/team, that is the winner.
- 14.2 When three (3) judges declare a tie and two (2) make a decision in favor of a competitor/team, that will be the winner.
- 14.3 When two (2) judges make a decision in favor of a competitor/team, one (1) judge favors another, and two (2) judges declare a tie, the competitor/team with two (2) judges' rulings in his/her favor will be the winner.
- 14.4 When two (2) judges make a decision in favor of a competitor/team, two (2) judges favor another, and one (1) judge declares a tie, the result will be a tie.
- 14.5 In case of a tie during eliminatory rounds and finals, the competition will be repeated until a winner is obtained.
- 14.6 If competitors/teams stop during the execution of a Pattern at any time, then, this will be considered a tie.

Article 15

OFFICIALS

The jury shall consist of one (1) president, two (2) members and five (5) judges.



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Article 16

SCORING CRITERIA FOR INDIVIDUAL COMPETITORS IN PATTERNS COMPETITIONS

16.1 Technical content (5 points)

16.2 Power (5 points)

16.3 Individual abilities (5 points)

Article 17

SCORING CRITERIA FOR TEAMS IN PATTERNS COMPETITIONS

17.1 Teamwork (5 points)

17.2 Technical content (5 points)

17.3 Power (5 points)



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Section III

Rules for Mixed Abilities Competitions

Article 18

DEVELOPMENT

- 18.1 The competition consists of developing a routine in couples, where one of the competitors will be an athlete with disabilities and his/her facilitator will be a person without disabilities.
- 18.2 Competing couples could be composed of two (2) men, two (2) women or gender mixed couples.
- 18.3 A routine must last a maximum of 40 seconds but there shall be no minimum time limit.
- 18.4 The command to start or finish shall be given by an official from the competition. From that moment onwards, a stopwatch will be activated to control the exposing time.
- 18.5 The competitors are allowed to include elements to the development of their work, as long as they are related to the practice of Taekwon-Do.
- 18.6 Couples must present a choreographic performance that places the emphasis on technique, creativity and mixed abilities. They may use all existing technical resources and it shall be a performance of free expression and execution. For example, adapted Patterns, front techniques, traditional sparring, breaking or self-defense exercises.

Article 19

OFFICIALS

The jury shall consist of one (1) president, two (2) members and five (5) judges.



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Article 20

SCORING CRITERIA FOR MIXED ABILITIES

20.1 Technical capabilities (5 points)

20.2 Teamwork (5 points)

20.3 Creativity (5 points)

Article 21

ELIMINATION

21.1 Competitors will be listed by alphabetical order.

21.2 They will compete and the judges will assign a scoring.

21.3 General results will determine first, second and two (2) third positions.