

# **2022 World Class Tae Kwon Do Championships Rules and Guidelines**

1. Protective Equipment
  - a. All Competitors must wear:
    - i. Olympic style chest protector
    - ii. Headgear
      1. The Blue competitor must wear blue or white headgear.
      2. The Red competitor must wear red or white headgear.
      3. Other than the headgear, no other item shall be worn on the head with exception of religious headwear which shall be worn under the headgear and inside the uniform and shall not cause harm or obstruct the opposing competitor.
  - b. Commercially manufactured shin and instep protectors (white only and must be worn underneath the dobok.)
  - c. Forearm protectors (white only and must be worn underneath the dobok.)
  - d. Mouth-Guard
  - e. Males are required to wear groin protection (hard cup). Female groin protection is optional. All groin protection must be worn inside the dobok.
  - f. Foot Gloves (in lieu of manufactured insteps) and Hand Gloves are optional for colored belts and any divisions that are not using PSS, but if used must be white and WT approved.
  - g. The tournament director has the option to waive the color requirement for the hand, foot, and headgear equipment.
2. Personal Requirements
  - a. Personal Requirements & Compliance. Competitors shall keep their nails short and are forbidden to wear any metallic article that may injure or endanger an opponent. Hair shall be tucked inside the head gear.
  - b. Metallic Articles. The phrase "metallic articles" includes all hard objects, which may cause injury. It is not sufficient to cover a hard or metallic article such as a ring with tape or other covering.
  - c. Personal Hygiene. The personal hygiene of all competitors shall be of the highest standard. Any competitor wearing an excessively unkempt or dirty uniform will be required to change it immediately. If the competitor cannot or will not comply, the Referee shall declare the opponent the winner.
  - d. Eyeglasses. For all belt ranks 5 to 11 years of age (excluding the mini-cadet black belt division age 10-11), "sport" eyeglasses will be allowed in Olympic Sparring competition. Soft contacts are highly recommended. Regular eyeglasses are not allowed.

3. Duration of Competition.
  - a. All divisions and belts shall consist of two 60-second rounds with a 30-second rest between rounds.
4. Permitted Techniques
  - a. Fist technique: A straight punching technique using the knuckle part of a tightly clenched fist
  - b. Foot technique: Delivering techniques using any part of the foot below the ankle.
5. Permitted Areas
  - a. Head Area (Foot techniques only permitted). The “head area” is all areas above the bottom of the headgear, including face, ears, top and back of head.
  - b. Trunk. This area includes the entire trunk which is covered by the chest gear between the armpit and the pelvis. This includes the back, except for the spine. Attacks by fist and foot techniques are permitted.
  - c. If a legal implement hits a legal target area, but part of the striking implement also lands in an illegal area, it will be considered a legal strike.
6. Points (Valid Scores)
  - a. Points shall be awarded when permitted techniques are delivered accurately and powerfully to legal scoring areas of the body (The blue or red colored area of the body protector).
  - b. Points shall be awarded when permitted foot techniques are delivered accurately to the head.
7. Scoring Areas
  - a. Body: The blue or red colored area of the trunk protector.
  - b. Head: The entire head above the bottom line of the head protector.
8. Criteria for valid Points
  - a. Points shall be awarded when permitted techniques are delivered accurately and powerfully to legal scoring areas of the body (The blue or red colored area of the body protector).
  - b. Points shall be awarded when permitted foot techniques are delivered accurately to the head.
9. Points Awarded for Legal Attacks to Legal Scoring Areas.
  - a. One point for a valid hand or foot attack to the legal scoring area of the trunk.
  - b. Two points for a valid foot attack to the legal scoring area of the head.
  - c. Three points for a valid turning kick to the trunk (continuous motion).
  - d. Four points for a valid turning kick to the head (continuous motion)
  - e. One point will be awarded a competitor for every gam-jeom infraction given to the opponent.
  - f. Match score shall be the sum of points for all rounds.

#### 10. Invalidation of Points.

- a. Invalidation of Points. If a competitor records the point (s) while performing a prohibited act, the following actions will be taken.
- b. If the prohibited act was instrumental to the scoring of the point(s), the Referee shall declare the penalty for the prohibited act and invalidate the point(s).
- c. If the prohibited act was not instrumental to earning the points, the Referee may penalize the prohibited act, but not invalidate the point(s).
- d. To remove point(s) that were scored due to the use of an infraction the Referee should issue the appropriate penalty. The Referee should then face the computer operator, extend the right palm to the front, move the hand to the right, then to the left as wide as the shoulders, and then back to the center, making sure the computer operator removes the point(s).

#### 11. Definition of a Knockdown

- a. Knock Down. A knock down shall be declared when a legitimate attack is delivered and any of the following criteria are met.
- b. When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's scoring technique.
- c. When a competitor is staggered, showing no intention or ability to pursue the match following the opponent's scoring technique.
- d. The referee determines that the contest cannot continue as the result of any scoring technique.

#### 12. In the Case of a Knock Down

- a. When a competitor is knocked down as the result of the opponent's scoring technique, and the referee deems that an eight-count is warranted, the following measures will be taken
- b. The referee shall keep the attacker away from downed competitor by declaration of *kal-yeo* (break).
- c. The referee shall first check the status of the downed competitor and count aloud from *ha-nah* (one) up to *yeol* (ten) at one-second intervals toward the downed competitor, using hand signals to indicate the passage of time.
- d. In case the downed competitor stands up during the referee's count and desires to continue the fight, the referee shall continue the count up to *yeo-dul* (eight) for recovery of the competitor. The referee shall then determine if the competitor is recovered and, if so, continue the contest by declaration of *kye-sok* (continue).
- e. When a competitor who has been knocked down cannot demonstrate the will to resume the contest by the count of *yeo-dul* (eight), the referee shall announce the other competitor winner by RSC (Referee stops contest).

- f. The count shall be continued even after the end of the round or the expiration of the match time.
- g. In case both competitors are knocked down, the referee shall continue counting as long as one of the competitors has not sufficiently recovered.
- h. When both competitors fail to recover by the count of *yeol*, the winner shall be decided by the match score before the occurrence of knock down.
- i. When it is judged by the referee that a competitor is unable to continue, the referee may decide the winner either without counting or during the counting.
- j. Procedures to be Followed After RSC Due to Serious Injury. Any competitor who could not continue the match as a result of a serious injury to any part of the body may not enter another sparring competition within thirty (30) days and must also receive a physical examination and clearance from a physician.
  - i. Explanation #1. When a competitor who has been knocked down does not express the will to resume by the count of *yeo-dul* (8), the referee shall announce the other competitor winner by RSC, after counting to *yeol* (10). The competitor expresses the will to continue the match by gesturing several times in a fighting position with the clenched fists. If the competitor cannot display this gesture by the count of *yeo-dul*, the referee must declare the other competitor winner after first counting *a-hop* (9) and *yeol* (10). Expressing the will to continue after the count of *yeo-dul* cannot be considered valid. Even if the competitor expresses the will to resume by the count of *yeo-dul*, the referee can continue counting and may declare the contest over if he/she determines the competitor is incapable of resuming the match.
  - ii. Explanation #2. When a competitor is downed by a powerful scoring blow and whose condition appears serious, the referee can suspend the count and call for first aid or do so in conjunction with the count.

### 13. Gam-Jeom Penalties

- a. Crossing the boundary line with one foot touching the mat
- b. Avoiding or delaying the match
- c. Falling Down
- d. Grabbing or pushing the opponent
- e. Kicking below the waist
- f. Lifting the leg to block, and/or kicking the opponent's leg to impede the opponent's kicking attack, or lifting a leg and/or kicking in the air for more than 3 seconds to impede the opponent's potential attacking movements, or a kick aimed below the waist.

- g. Butting or attacking with the knee
- h. Hitting the opponent's head with the hand
- i. Attacking and making contact to the opponent after Kal-Yeo
- j. Attacking and making contact to a fallen opponent
- k. Misconduct on the part of a competitor or coach
  - i. When a competitor or coach commits a second (2nd) excessive misconduct infraction, they will receive a yellow card and immediately be disqualified from that and any remaining competitions for that tournament.

14. Safety Rules Governing Olympic-Style Sparring for youth Competitors.

- a. The competitor is encouraged to kick to the head area; however, the kick must be light contact with absolute control or the appropriate penalty shall be invoked.
- b. The competitor who executes a kick to the head or neck, which does not cause injury, but, in the judgment of the Referee, is deemed excessive, will receive a one-point penalty (*gam-jeom*).
- c. The competitor who executes a kick to the head or neck, which results in a minor injury, shall receive a one-point penalty. A minor injury is defined as an abrasion or bleeding caused by excessive contact. The Referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury and if the attack is a non-excessive one.
- d. The competitor who executes a kick to the head or neck, which results in the inability of the opponent to continue, due to the injury, shall be disqualified. The Referee, with or without consultation with the tournament physician and or Team Leader, shall determine if the attack is excessive contact, and disqualification.

NOTE: Inability to continue because of fright, crying, or loss of will following a legal kick to the head does not constitute grounds for disqualification of the attacker.