

## **TAEKWONDO COMPETITION RULES:**

Scoring and Target Areas: Foot sweeps are not allowed in the competition. In the event a competitor falls to the floor, the opponent will discontinue the attack immediately.

Valid Targets: Chest, stomach, sides of the body, and head. The head may only be scored upon by a foot technique. Adults (18 & older) Green Belt & above may kick to the head (with good control). Juniors (15 to 17) Green Belt and above will be scored for head techniques without contact (if fighter shows good technical control) or very light tap. A head kick will be awarded two points. Excessive head contact will result in immediate disqualification for that competitor. The competitor will not receive a warning prior to his/her disqualification.

Illegal Targets: Spine, throat, legs, and joints (elbow, knees, etc.).

Authorized Implements for Scoring Points:

1. Forefist - tightly clenched fist using knuckles of the forefinger and middle finger.
2. Foot - any part of the foot below the ankle bone.

1/2 Point Deductions:

Referee may issue a warning for the first offense.

1. Holding the opponent (including clinching).
2. Grabbing the opponent.
3. Pushing the opponent with the shoulder, body, hands, or arms.
4. Intentionally stepping out of bounds.
5. Evading by turning the back to the opponent.
6. Intentionally falling down.
7. Pretending injury.
8. Attacking with the knee.
9. Intentionally stomping any part of the leg or foot.
10. Attacking the groin.
11. Faking a fist attack or lightly punching opponent's face with hand or fist.
12. Gesturing to indicate the scoring or deduction with hand, i.e. undesirable etc.
13. Uttering undesirable remarks or any misconduct on the part of the competitor or coach.

Full Deduction Point:

1. Attacking a fallen opponent.
2. Intentional attack after the Referee's declaration of break.
3. Attacking the back intentionally.
4. Attacking the opponent's face severely with the hand or fist.
5. Butting.
6. Uttering violent and undesirable remarks, or misconduct on the part of competitor or coach.
7. Throwing the opponent.

Disqualifications:

1. Injuring the opponent's face or neck by fist attack.
2. Injuring the opponent and/or rendering him unable to continue by using unauthorized attacking implement.
  3. Intentionally attacking unauthorized areas and injuring his/her opponent.
  4. Excessive Head contact with kick.

Injuries:

1. Caused by the attacker, attacker loses match if it is determined to be malicious or the result of a prohibited action.
2. Caused by the injured party, the attacker wins.
3. Cause undetermined, the decision will be up to the judges and referee.

Situation Not Covered by Rules:

1. If a situation is not covered by the rules, then the commissioner for the event will provide a ruling.

**Overriding Rule: Each Competitor is responsible for the health and well being of his/her opponent.**

Specific Tournament Rules are subject to revision at the rules committee and officials meeting held prior to competition. The rules of the World Tae Kwon Do Federation have been modified for this competition.

**TAEKWONDO GENERAL RULES**

1. The contest area is a 20' x 20' mat. Action in the contest area is followed by a referee and up to four judges located in the ring corners.
2. There may be electronic scoring, otherwise Red & Blue flags will be available to designate the scoring and violations of each competitor if needed.
3. Contestants from the same school will be matched against each other only after the first round or after the competition has narrowed the field of available opponents (assuming there are a sufficient number of contestants).
4. SINGLE ELIMINATION FORMAT - Sparring will be continuous. Eliminations and finals will consist of two-1 minute rounds under 10 years old, 2-1 ½ minute rounds for 10 to 14 years old and 2-2 minute rounds for anyone over 15 years of age. There will be a 30 second rest period between rounds. If no winner is declared prior to that time, a winner will be decided by "sudden death" (first score wins). A seven-point spread of superiority (after one full round of competition) will indicate a match winner is evident and shall immediately be declared by the judges.
5. COMPETITION UNIFORM - Non-Black Belt competitors will be required to wear a clean white uniform either karate or dobok. Black Belt competitors may wear a white karate or dobok with black trim. All toe and fingernails must be cut short prior to competition. The competitor will be given one minute to take care of this or be disqualified. No jewelry or metal of any kind may be worn.

6. REQUIRED EQUIPMENT - Shin/instep padding, forearm guards, mouth guard, groin cup for males, headgear, and chest protectors are mandatory. Although there will be some head and chest armor provided at the tournament, it is suggested that you bring your own. Injuries may be protected by cloth or elastic bandage, no part of which is metal, plastic, bone or other hardened surface.

7. OFFICIALS APPEARANCE - It will consist of gray slacks, a white shirt with tie, and a blue blazer. Uniforms are also acceptable.

8. COMPETITION DIVISIONS - Free-Sparring will be by age, sex, rank, and height. Single eliminations will apply to all divisions. (All divisions are subject to change by the tournament committee.) Poomse (form) competition will be by age and rank. Medals will be awarded for 1st, 2nd, and 3rd place.

Please contact the Commissioner or Tournament Director if you have any questions concerning this competition. (Phone numbers listed on Page 32)

### **JUDO GENERAL RULES**

For 12 years and under, there will be no kansetsu waza (arm locks) or shime waza (strangling). Those 13 through 16 may use shime waza, but may not use kansetsu waza. Senior (yonkyu and under) may use shime waza, but may not use kansetsu waza. Senior brown and black belts may use kansetsu waza and shime waza. No kani basami (flying scissors) will be allowed in any division. With these exceptions, IJF rules will be followed.

Judo Officials should wear a white shirt-sleeved shirt with black tie and a black jacket (blue is acceptable) with gray slacks.