



2022

**INTERNATIONAL TAEKWON-DO FEDERATION
HEADQUARTERS
WORLD CUP, CONTINENTAL AND NATIONAL
GENERAL CHAMPIONSHIP RULES**



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RULES OF COMPETITION WORLD CUP, CONTINENTAL AND NATIONAL CHAMPIONSHIPS ITF HQ 2020

INTRODUCTION:

ITF Taekwon-Do Headquarters welcomes all ITF practitioners to participate in our sanctioned competitions in the true spirit of Taekwon-Do by fulfilling the tenets of Courtesy, Integrity, perseverance, self-control and indomitable spirit. The rules laid out in this document are designed to ensure that decisions are based on the merit of the performance and that the competition allows for fair and even matches that are free from bias or manipulation. To facilitate this, the rules will be reviewed regularly to ensure this end is achieved.

The rules outlined in this document are modified from the World Championship rules that are designed for black belts only. **These rules are established for competitors with less experience such as coloured belts. The rules that should be applied for black belts in World Cup, Continental and National championships should be those of the World Championships with variations based on entries.**

The rules of competition here are designed to allow judges to make decisions based on objective measures of performance, thereby ensuring coaches and competitors participate with confidence that the decisions made are derived from an accurate assessment of the performance of the competitors.

In addition to making the competition fair it is important to allow competitors and coaches to utilise strategy in their planning and performance to maximise the possible scores achieved by competitors and teams. It is also imperative to make the penalties for infringements of the rules appropriate to the level of infringement such that scores are decreased for minor infringements and disqualification only be implemented in the case of serious or dangerous infringements.

Safety is paramount in all aspects of ITF HQ competition. To that end the rules are designed to minimise the risk of injury without impacting on the excitement and skill required by world class Taekwon-Do exponents. Wherever possible safety equipment is utilised that will continue to reduce the risk of injury.

In keeping with the notion that competition should be a fair representation of participant's performance based on natural ability following extensive training and effort hence the use of drugs and performance enhancing substances are not permitted. To this end competitors/officials may be required to provide appropriate biological samples for testing should they be requested. These samples may be retained by the testing authority and be retested at a later date if technological changes suggest it is necessary. Appropriate penalties including fines, suspension or prohibition may be applied to competitors/officials who are found to have used such substances.

OFFICIAL AUTHORITIES

The Umpire Committee and Tournament Director

The Umpire committee consists of the chair of the committee and several other committee members and any other assistant as appointed by the committee. The Umpire committee is responsible for training and appointing all official umpires/referees required for International and National competition and establishing the rules for ITF HQ sanctioned competitions. All umpire/referees for such competitions must hold the relevant qualification as issued by ITF HQ. The jury members will be drawn from the pool of qualified umpire/referees from all countries involved in the event, with each country providing jury members as required by the umpire committee. All assistants for events will be appointed as required by the Umpire committee in consultation with the Tournament director for the event. The Umpire committee will be responsible for implementation of the rules of competition at events. This will include making decisions on official protests that must be lodged by the coach within five minutes of a match being completed and be lodged on the correct document. The protest must be based on an apparent violation of the rules and must be accompanied by the appropriate lodging fee that will only be returned should the protest be successful. For more info on protest see the section titled "Protest procedure". A yellow card objection lodged by a coach will be decided at the ringside by the Jury President in consultation with the other jury members.

The Tournament director is responsible for organising the tournament and providing essential infrastructure and support staff for the event. The Tournament director will work closely and under the direction of the Umpire committee to ensure the efficient and effective organisation prior to and during the event.

Role and behaviour of Umpire/Referees

The role of the umpire/referees is to ensure that the competition is officiated in a fair and impartial manner applying the rules of competition as outlined in this document. To this end these officials must behave as members of ITF HQ and not as representatives of any particular country or school. In consideration of this role they should not fraternise or unnecessarily interact with coaches or competitors during the competition but should treat the competition participants with respect and courtesy.

Umpire/Referees will perform their duties as required by the decisions of the Umpire committee after consultation with the Tournament Director. Any umpire/referee may be replaced at any time if deemed necessary by the Chair of the Umpire committee.

Umpire/Referees will follow the protocols required for each event at which they officiate as outlined in these rules.

It is the responsibility of the Umpire/Referees to ensure all equipment used in the competition is adequate for the needs of competition by checking and communicating the condition of the equipment to the Tournament organising committee whose responsibility it is to provide functional equipment.

Umpire referees in conjunction with the tournament host organising committee will be responsible for checking competitors are within the weight requirements for their recorded sparring division. This will be done at the official weigh in.

Attire of Umpire/Referees

Unless agreed prior to an event the Umpire/Referees will wear a Navy blue blazer and trousers, a white long sleeved shirt and navy blue necktie, white sport shoes and dark (black or navy blue) socks and a badge to indicate they are an officially qualified ITF HQ Umpire/Referee.

If approved by the International Umpire Committee at least three months prior to an event, attire provided by the tournament host will be worn by umpires at that event. Consistent with the need to have non marking shoes on tournament mats, the umpires will wear their own white sports shoes and dark (black or navy blue) socks and Navy blue trousers at a minimum. Umpires will be required to be in possession of their ITF HQ umpire accreditation card in order to officiate at approved ITF HQ events.

Umpire qualifications

The classification of Umpires in ITF HQ is a competency based assessment that involves the five disciplines of Tul (T) or patterns, Ungyong (U) or special techniques, Matsogi (M) or free sparring, Kyokpa (K) or Power and Yaksok matsogi(Y) or pre-arranged sparring. Together the first letter of these disciplines makes the work TUMKY that phonetically sounds similar to the word Yom-Chi which in Korean is the word for Integrity. This is one of the most important tenets of Taekwon-Do for Umpires.

Full qualification:

This is only available for those Umpires who are black belts and gain accreditation in all disciplines

Expert: 4th degree and above

Associate: 3rd degree and below

Individual Accreditation:

Pattern T-Tul

T1 (4th degree + only) : This qualification allows the holder to judge all ITF pattern competition

T2 (1st-3rd degree only): This qualification allows the holder to judge all patterns up to 2nd degree black belt

Sparring M-Matsogi

M1- Jury president: This qualification allows the holder to act as Jury President in sparring matches. The Jury President should be a senior member and have a thorough understanding of the rules of sparring as well as being capable to record the results accurately.

M2 centre referee: This qualification allows the holder to referee the matches and requires a thorough understanding of the rules and the ability to make quick decisions and communicate using signals.

M3 corner judge: This qualification allows the holder to determine scoring points and record them accurately as well as calculate the outcome rapidly at the end of a bout.

Power K- Kyok

K1 All

Special techniques U- Ungyong

U- U1 All

Pre- arranged free sparring Y-Yaksok

Y- Y1 All

Role and behaviour of coaches

The role of a coach is to represent and provide support and instruction to competitors for which they are responsible. All coaches should be conversant with the ITF HQ rules of competition and should be registered as a coach with the Tournament Director and the organising committee.

The coach is responsible for the competitors under their care, including submitting all documents including registration, withdrawal and protest forms for competitors. They are responsible for ensuring their competitors are present at registration, the official weigh in, the opening and closing ceremonies, attendance at their events and at all necessary award ceremonies.

Coaches are responsible for ensuring their competitors are correctly attired for the event in which they compete, this means the competitors must wear appropriate attire and protective equipment when they attend their event.

The number of coaches per team is not limited but every coach must be registered with the organising committee.

The coach should be competent in the English language or have access to an interpreter who can translate from their own language into English as required.

Only one coach will be allowed to attend at a competition event with their competitor/team and they must follow all commands by the referee (provided they do not contradict ITF HQ rules)

During an event the coach will be seated at the designated location organised by the tournament committee.

During competition the coach may offer coaching advice to their competitor but must behave in an orderly manner without interfering with the control of the match.

Coaches must not raise their voice in providing instruction and must not criticise the umpires.

Coaches must be experienced Taekwon-Do exponents.

Coaches must not enter the Ring/Square without the permission of the Umpires

Coaches are not permitted to stand during the competition and should remain seated except between rounds or bouts.

Coaches may be replaced during competition but not more than once during an event and only under special circumstances. A coach change may only be done with the permission of the Jury President and may only occur during breaks in the event.

Chewing gum is not allowed during competition.

Coaches may not be under influence of drugs and or alcohol

Coaches are mandatory

Coaches may not use wireless communication devices during bouts. Mobile phone may only be used as stopwatches.

Coaches are responsible for the behaviour of their competitor and should observe the tenets of Taekwon-Do in and outside of the competition.

Attire of Coaches

Coaches should wear clean tracksuits (jacket and long trousers) and sports shoes. They may carry a water bottle and towel for their competitor.

Coaches Yellow Card System

This new mechanism is designed to allow coaches to intervene in a competition match if they see a clear breach of the rules of competition or procedure that may adversely affect their competitor if the breach is not addressed during the match. The Yellow card system will be voluntary and will involve the deposit of a specific monetary amount (at this stage this would be 50 euros) into an envelope at the inscription of the competition in order to receive a Yellow Card.

The idea being that if for example in a sparring match the coach sees a clear breach of the rules or protocol (eg. The wrong competitor is awarded a warning or foul by the referee or front desk) that may adversely affect their competitor they may stand and raise their card towards the Jury President who will stop the match. The coach and referee will then approach the front table where the coach will outline their concern. After discussion with the referee and any of the corner judges necessary the Jury President will make a decision as to the legitimacy of the complaint and adjust the competition appropriately. If the decision goes in favour of the coach then they will incur no penalty however if the Jury President rules against the coach they will in the first instance lose 20% of their deposit, on a second occasion they will lose 30% of their deposit and on a third occasion they will lose 50% of their deposit. Coaches may only use their card on three occasions during the entire competition.

A record of yellow card use will be recorded on the card where the appeal is rejected by the Umpire committee and will be used at the end of the competition to determine funds returned to the coach and so that all tables are aware of the coaches Yellow card use.

The Yellow card may be used during sparring, special techniques, power breaking, between patterns and on completion of pre-arranged sparring.

Role and behaviour of Competitors

The role of a competitor is to compete in the true spirit of Taekwon-Do abiding by the tenets as laid out in the "Encyclopaedia of Taekwon-Do" written by General Choi Hong Hi. All competitors should abide by the commands of the tournament organisers and Umpire/referees (provided they do not contradict ITF HQ rules). Failure to abide by these instructions may incur penalty such as fines, suspension, disqualification or banning from competition.

Competitors must provide all necessary and true details to their team managers to ensure they are registered for the event within the required timeframe as outlined by the Tournament Director.

On registration all competitors must obtain and keep on their person their competition identification documents when they are present at the competition and provide these documents as required to their coach or the tournament officials when requested.

Competitors must, where required, attend weigh in procedures on time with their coach and provide appropriate documentation.

Competitors must attend registration, the official weigh in, the opening and closing ceremonies, their events and all necessary award ceremonies.

Competitors must ensure they wear correct attire and protective equipment for the event in which they are competing.

Competitors may not be under the influence of drugs or alcohol during competition.

Attire of Competitors

Competitors must wear an approved dobok and belt as determined by the tournament director and organising committee in consultation with the Umpire Committee..

Competitors must only use ITF HQ approved protective equipment and are not permitted to wear any additional equipment unless prior arrangement is made with the Umpire committee.

Competitors found to be wearing unapproved protective equipment during a bout may be disqualified or penalised as determined by the Jury panel.

Competitors may not wear any jewellery unless approved by the umpire committee prior to the event. Competitors should not wear any hard material in their hair and only elasticised hair restraints may be used.

Competitors may wear soft headgear as required by their religious beliefs however such headgear must not impact on the identification of the competitor or the visual ability of the competitor and may not interfere with the required safety equipment.

Role and behaviour of Marshals

Each competition ring will have a marshal who maintains a copy of the draw and ensures each competitor has the correct approved safety and sparring equipment and moves with their coach to the correct side of the ring prior to commencing their bout. It is the role of the Marshall to ensure that all competitors are ready for their bout on time with the approved equipment and no unapproved protective wear. The competitor should be checked to ensure that they are not wearing any additional unapproved equipment including supportive t-shirts, pants, braces or wraps. All medical supports must have a medical certificate that has been approved by the Umpire committee.. The Marshal will keep a record of the outcome of bouts and co-ordinate with the Jury President to ensure the correct competitors are on the mat for the appropriate bout. All competitors should be in the marshalling area at least two bouts before they are due to perform. It is the responsibility of the marshal to ensure an announcement is given for competitors to attend when required at the marshalling station.

Attire of Marshals

Marshals should wear attire as provided by the tournament host

ITF HQ 2022

RULES OF COMPETITION

Additional information

6.1.0 COMPETITION AREA SIZE

- The competition area should be 9m x 9m with a surrounding region of 1m to provide safety. If deemed necessary by the tournament director this competition area may be reduced to 8m x 8m with a surrounding region of 1m in the case of childrens competition this may be further reduced to 7m x 7m with a surrounding region of 1m. If the ring is elevated then the surrounding region should be 2m to provide additional safety for competitors.
- The maximum elevation of the competition area should be no more than 50cm.
- Lighting : Should be at least 4 metres above the ground.
- The ring must be covered with competition mats measuring at least 2 cm in thickness approved by the Competition and Umpire Committee
- On the edge of the mat, to the side front of the Jury President there should be a Red and Blue competition mat to indicate where the competitors should enter the ring for patterns (there should be at least two meters between these mats) and another red and blue mat halfway down the side of the mats to indicate where the competitors enter for sparring. The intersection of these points will indicate the starting position for sparring.

6.1.1 REGISTRATION

- Registration will be completed on the day before competition begins with the Tournament director organising appointments for coaches to provide necessary documentation to the Tournament event committee. This will include all competitors Passports with the image being compared to that provided to that used for online registration.
- It is the responsibility of the team coach and manager to ensure that the paperwork is in order prior to the appointment with the Event organising committee members. If the appropriate paperwork is not provided in a timely manner as determined by the event organiser, the team manager and coach will be given 30 minutes to organise the paperwork and then return for processing of the competitors.
- If the team manager and coach cannot provide the appropriate paperwork at this time they risk either individual competitors or the entire team being excluded by the Tournament director.
- Note the event organiser will make every effort prior to the event to educate team managers and coaches of the procedure for registration.

6.1.2 WEIGH-IN

- The competitors for all sparring divisions must be weighed prior to their event to ensure they comply with the weights for the division in which they are registered. This will be overseen by members of the Umpire contingent for the event.
- Competitors will present their official identification tag that will be issued on registration and will have a recent photo of the competitor
- Competitors will generally be expected to weigh-in on the day before the competition starts however it may remain available until 2 hours before the competition begins.
- If a competitor does not comply with the weight for the division in which they are registered they will be given 1 hour to reduce weight. If on a second weigh-in they do not make the weight they will be disqualified for the individual sparring event in which they are registered.

6.1.3 EQUIPMENT CHECK

- Competitors for events that require safety equipment will be checked by officials just before their event.
- Competitors must present with their coach to the safety check area when requested and will then not be allowed to leave the competition area until they have completed that specific event.
- If the safety equipment is not deemed adequate by the official then the competitor will be given five minutes to replace the equipment with appropriate equipment.
- If the coach and competitor cannot provide approved equipment then they may be disqualified from competing.
- The event organiser will make all attempts to ensure that approved equipment is available for purchase within the venue. **Approved sparring equipment style**



6.1.4 SCORESHEETS

6.1.5 PATTERNS

Individual



1. Pattern Individual Scoring Form

bout no.		red		Blue	
	max.				
	points	D1	D2	D1	D2
Technical Content	10				
Power	5				
Balance	3				
Breath Control	3				
Rhythm	3				
Sub Total					
Total O + D					

Judge: _____

[Type text]

TEAM



2. Pattern Team Scoring Form

ring no.		red		Blue	
	max.				
	points	D1	D2	D1	D2
Technical Content	10				
Power	5				
Balance	3				
Breath Control	3				
Rhythm	3				
Presentation, Team Work & Choreography	3				
Sub Total					
Total O + D					

Judge: _____

Country: _____

Chair number: _____ Degree: _____

6.1.6 SPARRING

Individual



4. Sparring Scoring Form

RED (HONG)	sub total	points	sub total	BLUE (CHONG)
		1		
		2		
		3		
		sub total		
		warnings		
		-1 point		
		total		

Referee: _____

bout
no: _____

Team sparring



	RED team			BLUE team	
	competitor	score		competitor	score
1			1		
2			2		
3			3		
4			4		
5			5		
	Sub total			Sub total	
	Warnings			Warnings	
	Fouls			Fouls	
	Total			Total	
	competitor	score		competitor	score
6			6		
	Warnings			Warning	
	Fouls			Fouls	
	Total			Total	

6.1.7 Special techniques



NAME	ID NUMBER	SELECTED QUALIFIER	Jumping upward front snap kick height	SCORE	Jumping turning kick height	SCORE	Flying spinning side piercing kick height	SCORE	Jumping reverse turning kick height	SCORE	Jumping upwards side piercing kick height	SCORE	Total	Extra	Extra	Final score	Place	

[Type text]