



INTERNATIONAL
TAEKWON-DO
FEDERATION

2022

**INTERNATIONAL TAEKWON-DO FEDERATION
HEADQUARTERS
WORLD CUP, CONTINENTAL AND NATIONAL
PRE-ARRANGED SPARRING
CHAMPIONSHIP RULES**



INDEX:	PG Number
Pre-arranged sparring	3-6
5.1.0 Introduction, 5.1.1 rules and procedure, 5.1.2 divisions, 5.1.3 procedure for competitors for pre-arranged sparring, 5.1.4 judges protocol, 5.1.5 scoring method, 5.1.16 disqualification	
Additional information	7
6.1.7 special techniques	

RULES OF COMPETITION

WORLD CUP, CONTINENTAL AND NATIONAL

CHAMPIONSHIPS

ITF HQ 2022

PRE-ARRANGED SPARRING

5.1.0 INTRODUCTION:

Note this is an optional event for organisers of world cup, continental and national championships:

The purpose of this competition is to determine the best overall team that can perform a sequence of pre-arranged sparring techniques using techniques from the fundamental movements and patterns as described in the Encyclopaedia of Taekwon-Do with the best possible technique, power, sine wave, breath control, team work and choreography as determined by a pyramid selection procedure. Each team member is required to perform only a single “acrobatic” technique that is not part of the Taekwon-Do syllabus during the sequence. The scoring will involve each team being initially allocated a score of twenty points with points being deducted for errors in technical content and choreography during the performance of the routine. The order of competition will be decided by randomisation of the competitors’ (teams) names using an appropriate lottery system (either electronic or manual).

5.1.1 RULES AND PROCEDURE:

5.1.2 DIVISIONS

The pre-arranged sparring event can be divided by age.

Note: This event can only be performed by competitors of 4th gup and above.

Youth: 9-13 years (at date of competition)

Junior is 14-17 years (at date of competition)

Adult 18-35 years (at date of competition)

Senior 36+ years (at date of competition)

A team will consist of two competitors from the same division irrespective of gender or rank.

5.1.3 PROCEDURE FOR COMPETITORS FOR PRE-ARRANGED SPARRING

1. Teams will compete sequentially in a pyramid system.
2. Teams will be allocated to the draw randomly with one team allocated as Blue and the other as Red.
3. Both teams will line up (with one team member in front of the other) at the rear of the ring on the appropriate side (blue or red) and will be called forward by the centre referee to the centre of the ring.
4. Then on the instruction of the centre referee they will adopt (attention) charyot stance, bow to the jury panel, then face the other team and bow before moving off

the mats on the instruction of the centre referee by walking backwards to the edge of the mats.

5. The Red team members will line up at the rear of the mats, then on the instruction of the centre referee will move to the centre of the mats, adopt (attention) charyot stance and, on the centre referees command they will bow to the jury panel, then face each other, bow to their team member and then adopt an L-Stance forearm guarding block facing each other.
6. Both competitors will perform the pre-arranged starting on the command “Sijak” from one of the competitors.
7. The competitors will complete the sparring with a final connecting blow and a “kyup” from the competitor performing the final blow and then the command “Goman” with that competitor adopting an L-Stance guarding block.
8. The entire routine from “sijak” to “Kyup” will have a duration of between a minimum of 30 and maximum of 45 seconds.
9. When performing the techniques should be performed with realism and attacking techniques must be either blocked or avoided apart from the final blow that will complete the routine.
10. The competitors may include “one” acrobatic technique each, that is not part of the Taekwon-Do syllabus during the routine.
11. On completion of the routine the competitors will adopt attention stance facing each other and bow, and then face the judges in attention stance and bow before moving off the mats.
12. The blue team will then be brought forward and following the same procedure as red team will perform their prepared routine to completion and then move off the mats.
13. Both teams will then be brought forward again to face each other and bow and then face the referees and bow, following which the Jury President will announce the winner
14. In the case of a Tie, both teams will repeat their performance until a decision is achieved.

5.1.4 JUDGES PROTOCOL

1. The Jury panel will consist of a Jury President and one assistant and the judging panel will consist of five experienced and knowledgeable umpires.
2. The judging panel will march onto the ring in single file and line up in front of the Jury President facing the table and in front of their chairs.
3. The centre judge will call all judges to “charyot” and then make the judges bow to the Jury President.
4. The centre judge will then take one step forward and turn to face the other judges before the Jury President asks the judges to bow to the centre judge.
5. The judges will take then their place on their chairs which will be spaced a minimum of 1 metre apart in a single line horizontal to the jury table.
6. The Jury President will indicate to the two teams to come forward onto the mats and bow to the jury panel and then each other.
7. The Jury President will then instruct the teams to leave the mats.

8. The Jury President will then bring on the two competitors from the red team, bring them to attention and bow to the jury and then each other before adopting L-Stance forearm guarding block.
9. When the competitor indicates the start of the routine using the “Sijak” command the assistant will start the timer. On completion of the routine the assistant (on the kyup of the competitor) will indicate to the jury panel whether the team has performed within the time restriction of 30-45 seconds.
10. The jury panel will then tally their scores using the criteria set out below.
11. The Jury President will then dismiss the red team and bring on the blue team to perform, following the appropriate procedure.
12. The Jury President will indicate to the two teams to come forward onto the mats and bow to the jury panel and then each other.
13. On completion of the routine the judges again tally the score and the assistant will collect the completed sheets from the jury panel members and take them to the Jury President who will announce the winner by determining which team has won based on the scoresheets of the majority of judges.
 - a. If three or more judges decide one team is the winner then that team wins.
 - b. If two judges score for one team, two for a draw and one for the other team, the team with two judges in favour is the winner.
 - c. If two judges score for one team and two judges for the other team and one judge decides as a draw then the score is a draw.
 - d. If three judges score a draw the result is a draw.
14. In the case of a draw the Jury President will ask the teams to repeat their performance until a clear winner is decided.
15. Whilst the competitors perform the judges will score utilising the method outlined below.

5.1.5 SCORING METHOD:

A score of twenty points will be allocated to each team prior to commencement.

A single point will be deducted per occurrence for each of the following infringements

1. Inappropriate/inaccurate technique
2. Losing balance
3. Inaccurate stance
4. Incorrect breathing
5. Stepping completely outside of the ring with both feet
6. Lack of power
7. Lack of Sine-Wave
8. Incorrect preparation or execution of technique (i.e. crossing, pre-action...)

Additionally up to six points (in one point increments) may be deducted at the end of the performance for lack of choreography and teamwork.

5.1.6 Disqualification:

Give zero points for the entire routine if the team

1. Is outside the required time restrictions
2. Performs more than one acrobatic sequence for each member of the team
3. Fails to block and/or evade an opponent's attack at any time other than the final blow and/or final sequence

**WORLD CUP,
CONTINENTAL AND NATIONAL CHAMPIONSHIPS
ITF HQ 2020
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Additional information**

7.19 Pre-arranged Sparring Scoring Form



RED (HONG)	SUB TOTAL BY DEDUCTION	POINTS	SUB TOTAL BY DEDUCTION	BLUE (CHONG)
14-	=	Technical content points Deduct errors from 14 points	14-	=
6-	=	Team work/choreography Deduct up to 6 points	6-	=
TOTAL SCORE (SUM SUBTOTALS)				TOTAL SCORE (SUM SUBTOTALS)

REFEREE _____

Bout Number _____ **Ring Number** _____