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ITF-TAO RULES OF COMPETITION

SECTION I – GENERAL

T 1. PURPOSE

The purpose of these rules is to elevate the quality of Taekwon-Do by scoring every aspect and to provide an equal opportunity for all participants to show the ultimate of their abilities in friendly competition with one another.

T 2. APPLICATION

These rules are to be applied at every Taekwon-Do competition held by ITF-TAO. They apply to male and female except where stated otherwise.

T 3. OFFICIALS

The Referees and Umpires will be selected according to the *ITF-TAO Umpire Rules*.

T 4. DUTIES OF RING COUNCIL

- a. Five (5) Officials for patterns will be seated in a line facing the competition.
- b. Four (4) Corner Officials for sparring will be seated at the four corners of the ring. They will give points in accordance with their judgement.
- c. One (1) Center Referee will be in the ring to control the match.
- d. One (1) Jury member will be seated at the Jury table to check time and indicate the beginning, end and continuation of each match.
- e. One (1) Jury member will be seated at the Jury table to keep match records, etc.

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T 5. COMPETITORS

COLOR BELT

MINI-PEEWEE COMPETITORS

Mini-Pee wee competitors must be 6-8 years old and shall compete in the divisions laid down in the following rules.

PEEWEE COMPETITORS

Pee wee competitors must be 9-11 years old and shall compete in the divisions laid down in the following rules.

PRE-JUNIOR COMPETITORS

Pre-Junior competitors must be 12-14 years old and shall compete in the divisions laid down in the following rules.

JUNIOR COMPETITORS

Junior competitors must be 15-17 years old and shall compete in the divisions laid down in the following rules.

ADULT COMPETITORS

Adult competitors must be 18-34 years old and shall compete in the divisions laid down in the following rules.

SENIOR COMPETITORS

Senior competitors must be 35 years old and over and shall compete in the divisions laid down in the following rules.

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BLACK BELTS

PEEWEE COMPETITORS

Peewee competitors must be 9-11 years old and shall compete in the divisions laid down in the following rules.

PRE-JUNIOR COMPETITORS

Pre-Junior competitors must be 12-14 years old and shall compete in the divisions laid down in the following rules.

JUNIOR COMPETITORS

Junior competitors must be 15-17 years old and shall compete in the divisions laid down in the following rules.

ADULT COMPETITORS

Adult competitors must be 18 - 34 years of age and shall compete in the divisions laid down in the following rules, but all competitors must be I, II, III or IV Degree rank and holders of a current Taekwon-Do degree certificate.

SENIOR COMPETITORS

Senior competitors must be 35 years old or above and shall compete in the divisions laid down in the following rules, but all competitors must be I, II, III or IV Degree rank and holders of a current Taekwon-Do degree certificate.

COMBINING DIVISIONS

As the ITF-TAO continues to grow it may occasionally be desirable to combine divisions during competitions. The following are the guidelines which should be observed by a Tournament Host when facing the issue of "Combining Divisions".

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In the event where it is desirable to combine one or more of the divisions identified above, the Tournament Host should make every effort to identify this situation in advance of the tournament date. The Tournament Host should then communicate the rationale and proposed combinations to the ITF-TAO Umpire and Tournament Director.

T 6. DRESS

- a. Officials will wear the dress requirements as laid down in the *ITF-TAO Umpire Rules*.
- b. Competitors, while competing must wear an “officially approved” TKD Dobok with the ITF crest on the left breast. The Black Belt must indicate the competitor’s degree. The school logo is permitted on the right breast of the Dobok. There should be no other insignias on the Do Bok. Competitors may wear a white t-shirt under the Dobok jacket.
- c. Competitors are allowed, when not performing, to wear normal sportswear such as track suits, training shoes, etc. This is, however, at the discretion of the Tournament Committee.
- d. For opening and closing ceremonies competitors may wear the official ITF Dobok or their Dojang training suit, but all school members must be dressed the same. No participant in the parade is permitted to carry cameras, flags, banners, etc. other than those authorized, during the opening and closing ceremonies. Any participant committing a breach of the above regulations will be liable to sanctions.
- e. Drinking of alcoholic beverages or smoking while wearing the Dobok is prohibited.

T 7. SAFETY EQUIPMENT AND PROTECTIVE WEAR

- a. Competitors *must* wear:
 1. Hand and Foot safety equipment of an approved type. Hand protection should have the fingers covered, the foot protection shall have the toes and heel covered.
 2. Head gear of an approved type, preferably matching the gloves and boots (i.e. red/blue).
 3. Mouth guard.
- b. Competitors may, *optionally wear* the following:

Shin protectors.
Breast protectors must be worn inside the Dobok jacket.
Groin guards must be worn inside the Dobok trousers.

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- All of the above must be of an approved type consisting of elasticised material with sponge or rubber-type padding and containing no metal, hard plastic (groin guard acceptable) or similar hard material whatsoever, nor involving the use of zip, lace or stud fasteners.
- c. No other protective or safety equipment may be worn, except in special circumstances with the approval of the ITF-TAO Tournament Committee.
 - d. All competitors with injuries which require bandaging or strapping of any kind must satisfy the Tournament Committee of their need and obtain approval of type. There shall be no pins or hard material nor can bandaging give extra support so that it constitutes an advantage to that competitor.
 - e. No jewellery, watches or other adornments may be worn. Hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

T 8. MEDICAL ATTENTION

All tournaments must have a minimum of two (2) qualified First Aid personnel in attendance. Every attempt should be made by the Tournament Host to secure Certified First Aid personnel.

Doctor/First Aid recommendations, with regard to competitors' further participation, following injury, must be adhered to.

T 9. INJURY LIABILITY AND INSURANCE – COMPETITORS

The Host is not responsible for any eventuality and/or injury.

T 10. INSURANCE – FOR EVENT

All Hosts must ensure that the event booked has all the necessary public liability insurance, fire certificates and Government licences that are all required to host such events.

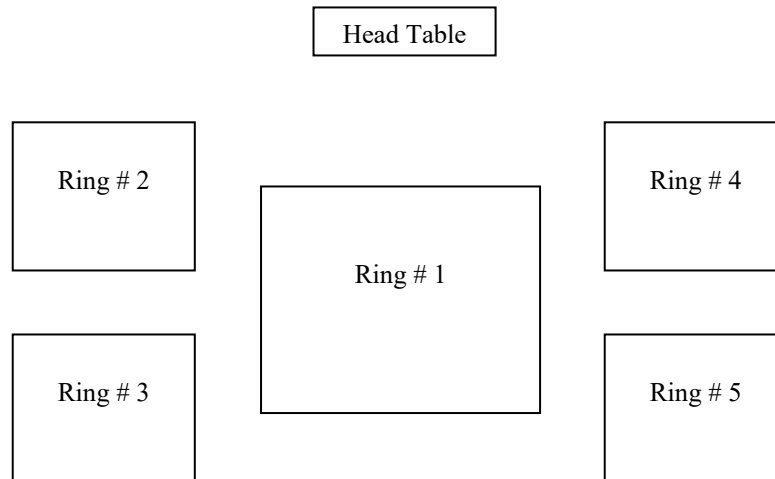
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T 11. RING

The following ring set-up is recommended for all tournaments held by ITF-TAO.



The size of rings must be a minimum of 7m x 7m floor space. A 10m x 10m matted floor is ideal (above, Ring # 1). **An official Jury table must be in front of each ring.**

The **Head Table** should be set up according to the following guidelines:

- When possible there should be enough tables and chairs to accommodate all of the Head Instructors of any school in attendance.
- School Instructors should be seated according to the guidelines set out in the *ITF-TAO Etiquette and Protocol Manual*.
- The tables should be covered with table cloths.
- There should be two flags hanging behind the Head Table. The left-most flag should be the National flag of the host nation and the right-most flag should be the ITF flag.
- There must be a picture of General Choi Hong Hi present at all events.
- A banner should also be hanging behind the Head Table.

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T 12. RESULT ANNOUNCING

All Black Belt divisions must have the results announced for the benefit of participants and audience. Results should generally be announced during medal presentation to enable the competitors and spectators to follow the course of the event while it is in progress.

T 13. DELEGATES

There may be one (1) delegate per Do Jang and they should be dressed in a track suit of their respective school. The delegate must not be competing in the day's events. The delegate may not be changed during the competition. A delegate registers the competitors, submits the documents, lodges complaints and co-operates with the other officials at the competition.

T 14. COACHES

There is no coaching for any Colour Belts! When possible for Black Belt individual or team competition there may be only one (1) Coach close to the ring. During the tournament, Coaches must wear appropriate dress (*ITF-TAO Umpire Rules*). They will be seated at least one (1) meter away from the ring. They must not interfere in the competition.

Failure to abide by the above mentioned rules may render the Coach liable to be disqualified from his/her advisory position.

T 15. AWARDS (Male and Female)

| | |
|--------------------------|------------------------------|
| ALL COLOR BELT DIVISIONS | 1 GOLD – 1 SILVER – 1 BRONZE |
| ALL BLACK BELT DIVISIONS | 1 GOLD – 1 SILVER – 1 BRONZE |

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T 16. OFFICIAL TERMINOLOGY

| | | |
|-----|-------------|------------------|
| (A) | CHARYOT | ATTENTION |
| (B) | KYONG YE | BOW |
| (C) | JUNBI | READY |
| (D) | SIJAK | BEGIN |
| (E) | HAECHYO | SEPARATE |
| (F) | GAESOK | CONTINUE |
| (G) | GOMAN | END |
| (H) | JU UI | WARNING |
| (I) | GAM JUM | DEDUCTING POINTS |
| (J) | SIL KYUK | DISQUALIFICATION |
| (K) | HONG | RED |
| (L) | CHONG | BLUE |
| (M) | JUNG JI | TIME STOP |
| (N) | IL HUE JONG | FIRST ROUND |
| (O) | I HUE JONG | SECOND ROUND |

T 17. DIVISION OF COMPETITION

ITF-TAO TOURNAMENTS

All Pattern and Sparring events will be decided by the pyramid tournament system, single elimination.

T 18. COMPETITORS NUMBERS –TEAM

TEAM (Male and Female)

Teams may consist of a maximum of five (5) competitors. Changes of the team competitors are not allowed once they have been indicated for the pattern and sparring team events.

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T 19. ORDER OF MATCH

Individual Pattern, Team Pattern, Individual Sparring and Team Sparring. This should be followed where possible but is subject to the requirements of the time and schedule of the tournament overall.

T 20. WEIGHT CHECK

When required, checking the weight of competitors will not be earlier than twenty-four (24) hours and not later than one (1) hour before the start of competition. Any competitor who registers in a particular weight category and fails to make weight (either under or over) will be disqualified from the competition.

T 21. DRAW FOR ORDER OF COMPETING

All draws and brackets must be completed prior to the start of all ITF-TAO Championships, using the ITF-TAO approved bracketing sheets, and clearly displayed at the Championship site before the start of competition. When the drawing of the competitors or teams is completed, then registration will be closed.

T 22. ANNOUNCEMENTS

It will be announced in which ring a division will take place and it is the responsibility of the competitors/teams to be close to the ring so that they may compete without delay when called upon to do so. They will be called to the red or blue side of the ring and must have any equipment (such as safety equipment), which they require.

Should they not come forward immediately; their name and/or Dojang will be called for a second time. Should the individual/team still not come forward to the ring within one (1) minute from the second call then they will be disqualified.

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T 23. EQUIPMENT CHECK

Competitor's Do Bok and/or equipment check will take place to ensure that they are of an officially approved type and that they are not defective. Should any item(s) not be satisfactory then they must be changed. The competitor/team has a maximum of three (3) minutes to change what is requested. Failure to do so will result in disqualification and the match will be awarded to their opponent.

T 24. COURTESY

Competitors must at all times bow to the Head Table and also to each other at the beginning and end of each performance/match. Every effort should be made to ensure ALL Jury Members from each ring are facing the same direction as the seated Head Table Delegates.

SECTION II - PATTERN

T 25. GROUPS

Male and Female.

T 26. ELIMINATION – INDIVIDUAL

The pyramid system of elimination will be used.

All Black Belt Competitors, 15 - 34 Years of age, will compete 1 on 1 and will simultaneously perform one (1) Optional Pattern and one (1) Designated Pattern. When completed the names of the Optional Patterns performed will be taken out of the list by the Jury Members before choosing the Designated Pattern. The Judges will choose the best competitor to go forward to the next round. If a competitor has only recently been promoted to their current degree and do not know all 3 patterns of their degree they can be permitted to continue in competition omitting the pattern(s) that they do not know.

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All Colour Belt Competitors as well as Black Belts 14 Years of age and younger, will compete 1 on 1 and will simultaneously perform one (1) Optional Pattern (appropriate to their rank or one below, e.g. Yellow Belt may perform Chon-Ji or Dan-Gun) but not two below their rank or any above.

NOTE #1: For ALL Competitors the Optional Pattern will be judged the same as all others. An unbiased decision shall be rendered by the Officials. For example, if a Yellow Belt student performs Chon-Ji and not Dan-Gun, the competitor will be judged on the quality of that performance, the pattern is irrelevant.

T 27. PERFORMANCE AND DECISIONS

Colour Belts may do their current pattern or one below only.

1st Degree will compete with 1st Degree with the Optional and Designated Pattern being any one from CHON-JI to GE-BAEK.

2nd Degree will compete with 2nd Degree with the Optional and Designated Pattern being any one from CHON-JI to JUCHE.

3rd Degree will compete with 3rd Degree with the Optional and Designated Pattern being any one from CHON-JI to CHOI-YONG.

4th Degree will compete with 4th Degree with the Optional and Designated Pattern being any one from CHON-JI to MOON-MOO.

NOTE #2: Depending on the size of divisions, some Degree's may have mixed ranks, eg. 1st Degree and 2nd Degree division. See NOTE #1 above for judging.

A winner is declared when three (3) or more judges give a decision in favour of the same competitor.

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T 28. ELIMINATION - TEAM

The pyramid system of elimination will be used.

Designated Pattern draw will take place while both teams are on the floor. A coin will be tossed and the winning coach will decide which team goes first.

After coin toss, pattern order:

Team 1 – 1st Optional Pattern, Team 2 – 1st Optional Pattern.

Team 1 – 2nd Designated Pattern, Team 2 – 2nd Designated Pattern.

The judges will choose the team to advance to the next round upon the completion of both patterns.

T 29. PERFORMANCE AND DECISIONS – TEAM

Each Team (five (5) competitors) must perform together one (1) Optional and one (1) Designated Pattern. The Designated Pattern and Optional Pattern being any from CHON-JI to GE-BAEK.

1. They may line up in any format they choose and Team Members may perform movements individually, or together, as they choose. The Pattern must be seen, however, as "teamwork", for example, one Team Member may not perform moves of the Pattern on his/her own without the other Team Members following in unison.

A winner is declared when three (3) or more judges give a decision in favour of the same team.

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SECTION III - SPARRING

T 30. DIVISIONS

When there are enough participants, sparring divisions will be divided as follows:

INDIVIDUAL - Male and Female groups / Weights

JUNIOR WEIGHT DIVISIONS, 15 – 17 YEARS

Male:

- | | |
|------------|-----------------------|
| (a) MICRO | Up to 52 kg (115 lbs) |
| (b) LIGHT | Over 52 to 58 kg |
| (c) MIDDLE | Over 58 to 63 kg |
| (d) HEAVY | Over 63 to 70 kg |
| (e) HYPER | Over 70 kg (154 lbs) |

Female:

- | | |
|------------|----------------------|
| (a) MICRO | Up to 45 kg (99 lbs) |
| (b) LIGHT | Over 45 to 50 kg |
| (c) MIDDLE | Over 50 to 55 kg |
| (d) HEAVY | Over 55 to 60 kg |
| (e) HYPER | Over 60 kg (132 lbs) |

SENIOR WEIGHT DIVISIONS, 18 YEARS PLUS

Male:

- | | |
|------------|-----------------------|
| (a) MICRO | Up to 54 kg (119 lbs) |
| (b) LIGHT | Over 54 to 63 kg |
| (c) MIDDLE | Over 63 to 71 kg |
| (d) HEAVY | Over 71 to 80 kg |
| (e) HYPER | Over 80 kg (176 lbs) |

Female:

- | | |
|------------|-----------------------|
| (a) MICRO | Up to 52 kg (115 lbs) |
| (b) LIGHT | Over 52 to 58 kg |
| (c) MIDDLE | Over 58 to 63 kg |
| (d) HEAVY | Over 63 to 70 kg |
| (e) HYPER | Over 70 kg (154 lbs) |

N.B.: In individual sparring matches competitors shall participate in the category according to their weight. It is not allowed to participate in any other weight class.

T 31. DURATION OF BOUTS & DECISIONS

All Black Belt sparring, 15 - 34 years of age, shall be one (1) round of two minutes (2:00); all finals will be two (2) rounds of two minutes (2:00). Black Belts 14 years of age and younger and 34 years plus and all colour belts should have all matches (1) round of two minutes (2:00); including the final.

A winner is declared by the number of points scored. If there is a tie, a 1 minute overtime round will take place, this will continue till a winner is declared.

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T 32. TARGET AREA

- a. Head at the front and sides but not at the back. Everything forward from the center of the ears.
- b. Trunk of the body from shoulder to navel vertically and from a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

T 33. POINT AWARDS

- a. One (1) point will be awarded for:

Hand attack directed to mid or high section.
Foot attack directed to mid-section.
- b. Two (2) points will be awarded for:

Hand attack while in air (both feet must be off the ground) directed to high section.
Foot attack directed to high section.
Jumping or flying kick directed to mid section.
- c. Three (3) points will be awarded for:

Jumping or flying kick directed to high section.

T 34. SCORING PROCEDURE

In competition a technique is valid when:

- a. it is executed correctly (in balance).
- b. it is dynamic, that is to say it is delivered with strength, purpose, speed and precision.
- c. it is controlled on the target.

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T 35. DISQUALIFICATION

- a. Misconduct against other competitors or officials or ignoring instructions.
- b. Heavy contact.
- c. Committing three (3) fouls.
- d. Any competitor being under influence of alcoholic beverages or drugs.

T 36. FOULS

One point will be deducted for the following offences, but not limited to:

- a. Loss of temper.
- b. Insulting an official or opponent in any way.
- c. Attacking a fallen opponent.
- d. Attack to an illegal target.
- e. Excessive Contact.

T 37. WARNINGS

Warnings will be assigned for the following offences:

- a. Stepping completely out of the ring (both feet).
- c. Falling down, whether intentional or not (this means any part of the body, other than the feet, touching the ground).
- d. Holding
- e. Turning your back.
- f. Grabbing
- g. Pushing
- h. Avoiding sparring.
- i. Tripping

The sum of three (3) warnings automatically means deducting one (1) point.

If an athlete is pushed out of the ring with intent (without undergoing a technique) then he/she will not receive a warning. A Competitor may get nine (9) warnings and lose three (3) points; this is **not** a disqualification.

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T 38. INJURY

- a. When a competitor is injured, the Centre Referee must stop the match and call the Doctor/First Aid.
- b. After the Doctor/First Aid arrives the Center Referee must, within a reasonable time-frame, assess the situation.
 - If the competitor is unable to continue, the Center Referee will decide which competitor is at fault. If necessary, the Center Referee may call any or all of the Corner Officials to give their remarks on the situation. The Center Referee will make the final decision.
 1. If the injured party is found to be at fault, the other competitor will be awarded the win and the injured athlete will be unable to continue.
 2. If the non-injured party is found to be at fault, then he/she will be disqualified and the injured party awarded the win. As the competitor has been deemed not fit to continue, even though they have been awarded the win, they will not be able to continue any further.
- c. If two competitors injure themselves at the same time and both are unfit to fight, according to the Doctor's/First Aid decision, the winner is the contender that has more scored points at that moment. If the competitors are even, the Ring Council will decide about the bout.

T 39. BOUT PROCEDURE – INDIVIDUAL

INDIVIDUAL

Competitors will commence the bout on the start positions each with a red or blue tag to differentiate between them. Ideally red and blue sparring gear is best. At the command of the Centre Referee the competitors bow in to the Head Table and then to each other. The Centre Referee will then start the sparring with the command “SIJAK” and the competitors continue to spar until the Center Referee issues the command “HAECHYO”. At this point the competitors cease to spar and remain where they are until restarted. On completion of time an audible signal will warn the Centre Referee, but the bout only ends on the final comment “GOMAN” by the Centre Referee. The reverse for bowing will occur and the result will be declared.

If a competitor leaves the ring they must re-start one (1) metre inside the ring.

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T 40. TIMING

On the first “Shi-Jak” (Start) command from the Centre Referee the timekeeper starts the clock until full time, unless the Centre Referee calls for a “time out”. At this time the timekeeper stops the clock until the command to continue is given.

T 41. OFFICIALS FOR SPARRING COMPETITION

One (1) Centre Referee, four (4) Corner Umpires and two (2) Jury Members.

SECTION IV – DISPUTE PROCEDURE

T 42. PROTEST

- a. ITF-TAO does not have any protest option. The Officials have final say.

T 43. DECISIONS

- a. Not applicable.

T 44. DISQUALIFICATION

Instructors, Coaches, Team Managers/Representatives or Individuals who persist in arguing against decisions made by the Tournament Officials may, at the discretion of the Tournament Committee, have their entire school, or the individual, disqualified from all further events at the championship. The Tournament Committee will consider the matter at a later date with a view to further action being taken.

T 45. COMPETITOR WITHDRAWAL

In case of individuals withdrawing from the championship as a protest, the following will result:

- a. Automatic disqualification from that event which means no placing for that event, and therefore no medals.
- b. Automatic disqualification from all further events at the championship.
- c. Further disqualification from further events as decided by the ITF-TAO Board of Directors.

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T 46. COPIES OF RULES

A copy of the *ITF-TAO Tournament Rules* must be present at all tournaments and be accessible to all competitors and officials.

T 47. OPENING CEREMONIES/DEMONSTRATIONS

During or before the Opening Ceremonies phase of the Tournament and prior to commencing the Tournament, it is desirable for a demonstration of Taekwon-Do to be conducted. This should be arranged in such a way as to feature a prominent School Instructor of the ITF-TAO. Care must be exercised to not unreasonably delay the Tournament's scheduled start time.

T 48. ITF-TAO TOURNAMENT COMMITTEE

The ITF-TAO Tournament Committee consists of the ITF-TAO Tournament Director and two assistants.

T 49. ITF-TAO UMPIRE COMMITTEE

The ITF-TAO Umpire Committee consists of the ITF-TAO Umpire Director and two (2) assistants.

Revised by ITF-TAO Tournament/Umpire Director on 21 January 2018
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