



## **ITFU OFFICIAL REGULATIONS**

### **1. OBJECT**

The purpose of these regulations:

- a. Raise the quality of national and international tournaments.
- b . Provide equal opportunities for all participants to demonstrate to the best of their ability.
- c . Ensure equity for all athletes.
- d . Restrict dangerous situations, behaviors or actions.
- e . Standardize the criteria of all UMPIRES.
- f . Protect the authority of all UMPIRES.
- g . Standardize the rights and duties of all UMPIRES.

### **2. APPLICATION**

These rules will apply to all National and International Championships.

### **3. COMPETITORS / AGES**

#### ***Categories***

- a. Children's Category: from 5 years to 9 years inclusive.
- b. Cadet category: from 10 years to 13 years inclusive.
- c. Junior A Category: 14 years to 15 years old, completed on weigh-in day.
- d. Junior Category B: from 16 years to 17 years old, completed on the day of weighing.
- e. Adult Category: 18 to 35 years old.
- f. Veteran A, 36 to 45 years old.
- g. Veteran B, 46 to 55 years old.
- h. Veteran C, over 56 years old.
- i To know which category each competitor belongs to, on the day of the weigh-in they must be of the mentioned age.
- j. All Competitors must be registered in their corresponding schools, associations or federations, with the corresponding sports accident insurance.
- k. All competitors must register online, through their School, Association or Federation.



## **REGULATIONS FOR COLOUR BELTS(Gups)**

### **4. COMPETITION DIVISION**

The competition is divided into **INDIVIDUAL** and **TEAM** , with the following specialties.

#### **INDIVIDUAL**

**INDIVIDUAL** competition modalities :

Tul, sparring

### **5. INDIVIDUAL TUL**

Male and Female (for all categories)

#### **5.1 INDIVIDUAL TUL**

The simple or direct elimination pyramid system will be used.

#### **5.2 Gup Categories**

Color Belt Competitors will compete 1 on 1 at the same time and will make one (1) optional Chon Ji Tul up to their category. They will never be able to make a Tul higher than the category it has. For example: a yellow belt (8th Gup) cannot perform Do San.

#### **5.3 Location of competitors:**

Competitors must start and finish at the same point.

#### **5.4 Tul scoring procedure**

- a. The Judges (5) will use an electronic scoring system or flags.
- b. The Judges must give a score between 1 and 5, after having observed the errors, for each form performed.
- c. The scoring will be by levels and these are:
  - 1 **Technical content** . It is evaluated with a minimum of 1 point and a maximum of 5 points
  - 2 **Power**. It is evaluated with a minimum of 1 point and a maximum of 3 points
  - 3 **Rhythm** . It is evaluated with a minimum of 1 point and a maximum of 3 points



- d. At the end of the execution of the forms, the president of the jury will give the order to score electronically (if the system exists) for level one, once the scoring by the judges is finished, he will give the order to score the level 2 and so on

**NOTE: If there is no electronic system, the failure will be due to flags using the concept of visual observation.**

- e. The competitor who obtains at least 3 UMPIRES in his favor will be declared the winner and will advance to the next round of competition. In case of a tie, another Tul must be made.

## **SANCTIONS**

### **5.5 When “0” points should be awarded in the Tul competition:**

1. Stop the Tul completely or pause for more than 3 seconds.
2. Do not perform the Mandatory Tul requested, nor perform a Tul outside the competitor's grade.
3. Start the Tul by heading in the wrong direction when performing the first movement (side/front/back).
4. Start the Tul with a preparatory position (JUNBI) different from that specified by the Tul technical directions.
5. Add, omit or change any movement of the Tul.

### **5.6 MINOR Penalties:**

1. Performing a technique at an incorrect height or incorrect alignment.
2. Lose balance.
3. Hold stopped for 2 seconds.
4. Not returning to the starting point.
5. Returning to the starting point on the wrong foot
6. Lack of power.
7. Imprecise or incorrect breathing.
8. Incorrect position.
9. Incorrect movement (that is to say, continuous, connected, slow, fast, normal).

## **6 SPARRING**

### **6.1 Duration of preliminary and final sparring:**



**CHILDREN**

Up to 9 years, 1 round of 1 minute 30 seconds.

From 10 to 13 years old, 1 round of 2 minutes.

**JUNIOR** (A 14-15 years – B 16-17 years) **ADULT** (18-35 years)

Junior and Adult **PRELIMINARIES**, 2 rounds of 1 minute 30 seconds, with 30 seconds of rest.

**FINALS**, 2 rounds of 2 minutes with 1 minute rest.

**“ABC” VETERANS** (36 years and over)

Preliminaries 1 round of 2 minutes.

Finals 2 rounds of 1 minute with 30 seconds of rest.

Categories of colored belts for children, from 5 to 13 years old (we will take into account weight and height)

Male 10 and 9<sup>o</sup> Gup, 8 to 5<sup>o</sup> Gup, 4 to 1<sup>o</sup> Gup, Dan

Female 10th and 9th Gup, 8th to 5th Gup, 4th to 1st Gup, Dan

**6.2 Male Sparring** : categories and weights.

from 5 to 13 years

-5 years	Competitors must detail their size (height) and weight at the time of registration.  The tournament management system will evenly diagram the categories according to the parameters provided by the competitors and the number of entrants.
6-7 years	
8-9 years	
10-11years	
12-13 years	



**6.3 Female Sparring** : categories and weights  
from 5 to 13 years

-5 years	Competitors must detail their size (height) and weight at the time of registration.  The tournament management system will evenly diagram the categories according to the parameters provided by the competitors and the number of entrants.
6-7 years	
8-9 years	
10-11years	
12-13 years	

**6.4 JUNIOR:** 14 - 17 years old.  
Individual Sparring (A 14-15 years) (B 16-17 years). Individual Tul (14 to 17 years)

Male	-8 gup	-5 gup	-1 gup	Dan			
Female	-8 gup	-5 gup	-1 gup	Dan			
Male	-45kg	-50kg	-55kg	-60kg	-65kg	-70kg	+70kg
Female	-40kg	-45kg	-50kg	-55kg	-60kg	-65kg	+65kg

**6.5 ADULTS** : (18-35 years)  
Sparring Individual, Tul Individual

Male	-8 <sup>o</sup> Gup	-5 <sup>o</sup> Gup	-1st Gup
Female	-8 <sup>o</sup> Gup	-5 <sup>o</sup> Gup	-1st Gup

Male	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	- 80kg	-85kg	+85kg
Female	- 45kg	- 50kg	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	+75k



### 6.6 VETERANS A: 36 – 45 years

Male	-8 <sup>o</sup> Gup	-5 <sup>o</sup> Gup	-1st Gup
Female	-8 <sup>o</sup> Gup	-5 <sup>o</sup> Gup	-1st Gup

Male	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	- 80kg	-85kg	+85kg
Female	- 45kg	- 50kg	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	+75k

### 6.7 VETERANS B: 46 – 55 years

Male	-8 <sup>o</sup> Gup	-5 <sup>o</sup> Gup	-1st Gup
Female	-8 <sup>o</sup> Gup	-5 <sup>o</sup> Gup	-1st Gup

Male	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	- 80kg	-85kg	+85kg
Female	- 45kg	- 50kg	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	+75k

### 6.8 VETERANS C: +56 years

Male	-8 <sup>o</sup> Gup	-5 <sup>o</sup> Gup	-1st Gup
Female	-8 <sup>o</sup> Gup	-5 <sup>o</sup> Gup	-1st Gup

Male	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	- 80kg	-85kg	+85kg
Female	- 45kg	- 50kg	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	+75k

### 6.9 SPARRING

Scoring area

a. Head

1. In the front, the sides, but not in the back.

b. body trunk

1. From the shoulder to the navel upwards.

2. From a line drawn from the back of the armpit, vertically to the waist on each side, excluding the back.



### 6.10 Points awarded

- a. One **(1) point will be awarded** for any legal Hand Attack directed at the mid or upper section.
- b. Two **(2) points** will be awarded for any legal foot attack directed at the midsection.
- c. Three **(3) points** will be awarded for any legal foot attack directed at the high section.

**Note: When the blow is jumping and the technique executed is with the body completely suspended in the air, 1 (one) point will be added to the scores mentioned above.**

### 6.11 Scoring system.

The technique will be valid when:

- a. It is done **CORRECTLY**.
- b. It is **DYNAMIC** (that is, it is executed with force, purpose, speed and precision).
- c. It is **CONTROLLED** on the target.

Hands: are valid (ALL THE TECHNIQUES FOUND IN THE ENCYCLOPEDIA AND WHICH ARE CARRIED OUT WITH THE MANDATORY PROTECTIONS, EXCEPT FOR HAND BLOWS CARRIED OUT IN THE FORM OF A HAMMER AND AN UPWARD HOOK)

### 6.12 Discounts on direct points (-1)

One point will be deducted for the following infractions:

- a. Excess contact.
- b. Attack a downed opponent.
- c. Leg sweep. Intentionally.
- d. Hold/Grab. Retention of any part of the body TO gain an advantage.
- and. Intentional attack on an illegal target (Perform a technique with or without contact, directed at any prohibited target)
- f. Unsportsmanlike conduct. Includes any action taken by the competitor that shows disrespect, failure to follow instructions or other unacceptable behavior towards the UMPIRE, other competitors, public or officials, including: (failing or refusing to follow the UMPIRE's instructions, intentionally leaving the area, inappropriate behavior, etc.)



### 6.13 Warnings

Warnings will be issued for the following infractions:

- a. Pretend to have scored a point by making a gesture with your arm or hand.
- b. Completely leave the ring. Two feet must be completely outside the ring, or one foot outside and the other off the ground. Note: This rule does not apply when the competitor has been forcefully pushed (with hands or body) out of the ring.
- c. Fall, whether intentional or not. When any part of the body other than the feet touches the ground for any period of time.
- d. Faking an injury to gain an advantage or to pass time.
- and. Intentionally avoiding fighting. Run away, evade the opponent or use the central UMPIRE as a shield.
- f. Attack WITHOUT intention, an unauthorized target.
- g. Adjust the protections during the fight, without the authorization of the Central UMPIRE. Try to manipulate or delay time.
- h. Push.
- i. Hold/Grasp. Retention of any part of the body WITHOUT gaining advantage.

**Note: The addition of three (3) Warnings automatically implies the subtraction of one (1) point. This action is carried out by the President of the Jury or Member of the Jury through the electronic scoring system, if applicable.**

### 6.14 Disqualifications

Disqualifications may be applied for the following infractions:

1. Bad behavior against officials or disobedience to instructions. Any ignorance of instructions or lack of respect towards Ring council officials.
2. Uncontrolled or excessive contact. Contact out of control, with the clear purpose of harming the competitor.
3. Receive three (3) direct negative points (-1) awarded directly by the central UMPIRE. Upon receiving the third (3) point, the competitor will be automatically disqualified. Note: The last negative point must be consulted with the President of the Jury, who will make it viable.
4. Being under the influence of alcohol or drugs. Suspected of being under the influence of any substance that may affect your physical or mental abilities, including medications.
5. Lost of control. (Repeated unsportsmanlike conduct). Not controlling behavior, words and/or emotions.
6. Insulting an opponent, coach and/or official. Any disrespect directed at any official, coach, competitor or person associated with the event.

**NOTE: A competitor who insults or attacks an opponent, coach or official will be disqualified from the rest of the competition and from all modalities.**



**Once the tournament is over, a report will be sent to the ITFU to evaluate the type of suspension that will be applied to the competitor, the Coach or both.**

7. Biting

8. Attack with the knee, elbow or forehead. Using a prohibited attack tool with the clear intent to cause harm.

When a competitor cannot continue according to the doctor's decision, the ring council will decide if the other competitor is responsible. According to this, the final decision will be made. Give a winner to the injured person or give continuity to the competitor who can move forward.

### **Disqualification procedure**

1. The President of the Jury stands up, signals to the disqualified competitor with one hand and raises the other arm with a closed fist.

2. Issues the decision of "SIL KYUK"

3. The Central UMPIRE performs the protocol and then raises the hand of the opposing competitor, indicating the winner.

### **6.15 INJURIES**

The central UMPIRE stops the fight in front of an injured competitor and calls the doctor. **Important** : From the moment the doctor is in front of the injured person, he has **3 minutes** to diagnose, treat the injuries and decide on the competitor's continuity in the fight and in the Tournament.

At the end of the three (3) minutes, the doctor must make a final statement regarding the competitor's fitness and clearance to return to competition.

a. A competitor who is responsible for causing loss of serious injuries or facial breakage in Sparring competition may be disqualified.

b. The injured person will not be able to compete for the time determined by the doctor.

c. If two competitors are injured at the same time and both cannot fight according to the doctor's decision:

1. The winner is whoever has the most points scored.

2. If the competitors are tied, the ring council must decide. If it were the final fight, 2 first places could be awarded.

**Important:** It should be noted that the **3 minutes** of medical time are cumulative, that is, each competitor has 3 medical minutes for each fight (if in a fight the doctor



uses 1 minute with a competitor, that competitor would have 2 more minutes of time left). doctor (if required) for the rest of the confrontation)

### **6.16 Application of rule 6.14**

Procedure for determining guilt

- a. Whenever a possible disqualification occurs in the context of R 6.14, the Ring Council must consult with a member of the UMPIRE Committee to verify that due process is followed before making a decision.
- b. The fault for the disqualification must be the direct result of a potentially prohibited action taken with intent and/or lack of control and, as a consequence of such action, resulting in the competitor's inability to continue the bout. In this case, the President of the Jury may apply a disqualification.
- c. To determine guilt, the president of the Jury must follow the following steps:
  - 1 The Ring Council must convene a member of the UMPIRES Committee to supervise and advise on this procedure.
  - 2 The member of the UMPIRE Committee will consult first with the President of the Jury and then with the Center UMPIRE to better determine the situation and the result.
  - 3 If a decision cannot be made at that time, the UMPIRE Committee member may choose to call the corner judges (individually) to determine their opinion.
  - 4 The member of the UMPIRE Committee, taking into consideration all the information obtained, will make a final decision.

Unconsciousness and/or serious injuries or facial breakage

- A competitor found guilty of causing loss, serious injuries or facial breakage in a bout may be disqualified. The injured competitor will not be able to compete again during the entire event, and will therefore lose the remaining bouts or events. If you do not accept the decision of the doctor and the Ring Council, you will be disqualified and removed from the competition.

### **6.17 MEDICAL TIME FOR SERIOUS INJURIES**

Medical time for serious injuries is a different time than medical time, since it is an instance that can be requested by any of the authorities of the competition area during the development of the confrontation. This time request will be made when it is suspected that one of the athletes may be under the effects of a serious injuries.

Medical time for serious injuries is a different time since it can be requested as many times as necessary in order to protect the physical integrity of the competitors. This instance lasts 3 (three) minutes and is not cumulative with



respect to the use of those minutes, for this reason it may be requested more than once if necessary. In that case, once the doctor approaches the area, he must determine within those three minutes whether the competitor is under the effects of a serious injuries or not. If not, the fight will continue normally, however, in the event that a doctor has defined the existence of a suspected serious injuries, the fight will automatically stop and the ruling will be made as established in the regulations for the situations. in which a fight must be interrupted prematurely.

## REGULATIONS - GENERALITIES

### 7. SIZE OF THE COMPETITON AREA

Options:

8 x 8 meters + 1 extra meter of security perimeter.

9 x 9 meters + 1 meter security perimeter.

These measurements may vary depending on the sports hall.

- a. Elevated central ring: if this possibility exists, the security perimeter will be 2 meters and the height from 50 cm to 1 meter.
- b. Lights: if there are lighting towers, these should not be less than five meters above the elevated central ring.
- c. The official Jury table must be located in front of and at the same level as the ring.

### 8. CLOTHING

Clothing requirement for competitors:

**When not competing** : wear normal sports clothing such as sports equipment (tracksuit), training shoes, etc.

**Opening/Closing Ceremonies** : Invited countries or schools may wear the official Dobok or the official sports clothing of the country or school they represent.

**Award**: Complete official dobok and/or complete sports clothing. It is not allowed to mix Dobok and sports clothing.

### 9. SAFETY EQUIPMENT AND USE OF PROTECTIONS

a. Competitors MUST USE MANDATORY/optional/recommended:

- **Hand and foot protection**: preferably Red or Blue, depending on the color required by its position in the key.
- **Groin Protector**: Must be worn inside the Dobok. Optional for Children's categories and Recommended for Cadets; Mandatory for Junior categories (14 years) and older.



- **Headguard:** Red or Blue, depending on the color required for your position on the key. Mandatory for all categories.
  - **Mouthguard:** Optional for Children's categories and Recommended for Cadets; Mandatory for Junior categories (14 years old) and older.
  - **Shin guard :** Optional for Children's categories and Recommended for Cadets / Mandatory from 14 years of age for all categories.
  - **Female chest protector:** Recommended.
- b. Competitors may optionally use:
- Flexible glasses approved for sports. Approval must be requested in writing from the Tournament Committee at least 30 days prior to the event.
- c. All protections must be approved, and may NOT contain any hard material (with the exception of female cups or chest protectors). The use of zippers, laces or buttons is prohibited.
- d. NO bandages of any kind are allowed. Written approval must be requested from the Tournament Committee at least 30 days prior to the event.
- and. Jewelry, piercings, watches, heart monitors or other similar items may NOT be worn.
- f. Long hair should only be tied up with a material that is soft or elastic in nature, NO hard materials are allowed. For Sparring splits, any hair covering must fit completely inside the helmet.
- NOTE: All optional equipment listed above may be subject to Tournament Committee approval.

## 10. Replacement of Equipment or Clothing

Any equipment or clothing that must be replaced (for example, defective protections or Dobok in poor condition) during the performance, will have a maximum time of **three 3 minutes** to carry out this replacement. If defective equipment or clothing is not replaced, the competitor will be disqualified.

## 11. COACH

- a. For any individual or team competition, only one (1) Registered Coach must be present in the ring, seated in the designated Coach's chair.
- b. You must remain seated throughout the competition, at least one (1) meter outside the ring.
- c. He/She may give instructions to the student in a normal tone of voice (wrestling only) without interfering with the competition. Shouting instructions is prohibited.



- d. At no time may they invade the competition area, unless authorized by the Central UMPIRE.
- and. He is the only one authorized to file an official protest.
- f. Failure to do so may be cause for expulsion of the coach from his position. The Tournament Committee and UMPIRES will decide the moment and duration of the expulsion.
- g. An eliminated Trainer must be replaced by another registered Trainer, within the **(1) minute** time limit .
- h. If another coach is not present within the **(1) minute** period , the competitor will be disqualified.

### **11.1 Coaches' clothing**

Coaches, while in the competition area, must wear sports clothing and shoes, long pants and a towel, preferably not white. The use of Dobok, jeans, shorts or flip flops is not permitted.

## **12 REGISTRATION / WEIGHING**

Verification of the competitors' weight will be carried out within 24-48 hours prior to the start of the competition.

Weighing will be **MANDATORY** for Junior categories onwards.

IMPORTANT:

- Competitors who do not weigh in at the 1st weigh-in will have one (1) hour to appear at the 2nd and final weigh-in.
- If you fail, you will be **DISQUALIFIED FROM THE COMPETITION**. There will be no financial refund for registration.

### **12.1 Weighing procedure**

GENERAL NOTES

- In order for an athlete to compete, they **MUST** be within the weights of the category in which they have officially entered.
- It is the responsibility of the athlete and their coach to ensure that their weight meets the established weight criteria.
- One (1) coach and, if necessary, one translator per country **MUST** be present during School/Country weight verification procedures.

### **12.2 Required clothing**

Competitors **MUST** wear the official sports equipment (tracksuit) of their school/country.

Important:



- All competitors from a School/Country must appear TOGETHER with one (1) duly registered COACH.

### **13. INSURANCE AND LIABILITY FOR INJURIES – COMPETITORS**

- a. All competitors must have valid insurance coverage in order to compete. The host organization will not be responsible for any injury, loss or eventuality incurred during the event. For this reason, a waiver of responsibilities will be signed along with the competitors' registration.
- b. **EVENT INSURANCE**
- c. All organizers must ensure that the event has all liability insurance, fire certificates and government licenses necessary to host such events.
- d. **DELEGATES**
- e. A representative from each school or team may be in charge of registering competitors, presenting documents and cooperating with the organization when necessary.
- f. **UNEXPECTED EVENTS**
- g. Each and every one of the cases that are not mentioned in this document will be treated and discussed by the Tournament Committees, in order to reach a fair and equitable decision. The decision of the UMPIRES Committee will be final.
- h. **ORGANIZING COMMITTEE**
- i. The Tournament Committee will be made up of 3 or 5 members. These will be designated by the Tournament Director and the Competition Director.
- j. **COPIES OF THE REGULATIONS**
- k. A copy of these official regulations must be present at all tournaments and be accessible to all officials involved in the proper conduct of the event.



## **REGULATIONS FOR BLACK BELTS(Danes)**

### **1 Categories and Ages**

- All competitors must accredit the Dan Certificate of the corresponding organization.
- The maximum category to compete is VI dan

### **2 Black Belt Categories**

Junior: 14 to 17 years 1st - 2nd and 3rd dan

Adult A: 18 to 35 years old

Veteran A: 36 to 45 years old.

Veteran B: 46 to 55 years old.

Veteran A: 56 and up.

### **3. COMPETITION DIVISION**

The competition is divided into **INDIVIDUAL** and **TEAM** , with the following specialties.

#### **INDIVIDUAL**

**INDIVIDUAL** competition modalities :

Tul, Sparring (for all categories), Power Break and Special Technique Break (only for black belts)

### **5. INDIVIDUAL TUL**

#### **5.1 Division**

Male Juniors – Adults – Veterans

Female Juniors – Adults – Veterans

5.2 The simple or direct elimination pyramid system will be used



### 5.3 Black Belt, Junior and Adult Categories.

They will compete 1 against 1, and will form two (2) designated Tules. One (which will be one of the forms that correspond to his graduation) and the other drawn electronically by the President of the Jury, between Chon-Ji and those corresponding to his graduation, except for the one he already made first.

- Location of competitors: Competitors must start and finish at the same point.

### 5.4 Tul Individual/Team Scoring Procedure

- f. The Judges (5) will use an electronic scoring system or flags.
- g. The Judges must give a score between 1 and 5, after having observed the errors, for each form performed.
- h. The scoring will be by levels and these are:
  - 4 **Technical content** . It is evaluated with a minimum of 1 point and a maximum of 5 points
  - 5 **Power**. It is evaluated with a minimum of 1 point and a maximum of 3 points
  - 6 **Rhythm** . It is evaluated with a minimum of 1 point and a maximum of 3 points
  - 7 **Choreography** (team competition only)
- i. At the end of the execution of the forms, the president of the jury will give the order to score electronically (if the system exists) for level one, once the scoring by the judges is finished, he will give the order to score the level 2 and so on  
**NOTE: If there is no electronic system, the failure will be due to flags using the concept of visual observation.**
- j. The competitor/team that obtains at least 3 UMPIRES in their favor will be declared the winner and will advance to the next round of competition. In case of a tie, another Tul must be made.



## **SANCTIONS**

### **5.5 When “0” points should be awarded in the Tul competition:**

1. Stop the Tul completely or pause for more than 3 seconds.
2. Do not perform the Mandatory Tul requested, nor perform a Tul outside the competitor's grade.
3. Start the Tul by heading in the wrong direction when performing the first movement (side/front/back).
4. Start the Tul with a preparatory position (JUNBI) different from that specified by the Tul technical directions.
5. Add, omit or change any movement of the Tul.

### **5.6 MINOR Penalties:**

1. Performing a technique at an incorrect height or incorrect alignment.
2. Lose balance.
3. Hold stopped for 2 seconds.
4. Not returning to the starting point.
5. Returning to the starting point on the wrong foot
6. Lack of power.
7. Imprecise or incorrect breathing.
8. Incorrect position.
9. Incorrect movement (that is to say, continuous, connected, slow, fast, normal).

## **6 SPARRING**

### **6.1 Duration of preliminary and final fights:**

**JUNIOR** (A 14-15 years – B 16-17 years) **ADULT** (18-35 years)

Junior and Adult **PRELIMINARIES**, 2 rounds of 1 minute 30 seconds, with 30 seconds of rest.

**FINALS**, 2 rounds of 2 minutes with 1 minute rest.

**“ABC” VETERANS** (36 years and over)

Preliminaries 1 round of 2 minutes.

Finals 2 rounds of 1 minute with 30 seconds of rest.



## 6.2 Division of categories

Male from I to VI, Dan

Feminine from I to VI, Dan

**JUNIOR** : 14 - 17 years old.

Individual Sparring (A 14 - 15) (B 16 - 17). Individual Tul 14 to 17

Male	-45kg	-50kg	-55kg	-60kg	-65kg	-70kg	+70kg
Female	-40kg	-45kg	-50kg	-55kg	-60kg	-65kg	+65kg

**ADULTS:** (18–35 years)

Sparring Individual, Tul Individual

Male	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	- 80kg	-85kg	+85kg
Female	- 45kg	- 50kg	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	+75k

**VETERANS A:** 36 – 45 years

Male	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	- 80kg	-85kg	+85kg
Female	- 45kg	- 50kg	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	+75k

**VETERANS B:** 46 – 55 years

Male	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	- 80kg	-85kg	+85kg
Female	- 45kg	- 50kg	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	+75k

**VETERANS C:** +56 years

Male	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	- 80kg	-85kg	+85kg
Female	- 45kg	- 50kg	- 55kg	- 60kg	- 65kg	- 70kg	- 75kg	+75k

## 6.3 FIGHT

Scoring area

a. Head

1. In the front, the sides, but not in the back.

b. body trunk



1. From the shoulder to the navel upwards.
2. From a line drawn from the back of the armpit, vertically to the waist on each side, excluding the back.

#### **6.4 Points awarded**

to. One **(1) point will be awarded** for any legal Hand Attack directed at the mid or upper section.

b. Two **(2) points** will be awarded for any legal foot attack directed at the midsection.

c. Three **(3) points** will be awarded for any legal foot attack directed at the high section.

**Note: When the blow is jumping and the technique executed is with the body completely suspended in the air, 1 (one) point will be added to the scores mentioned above.**

#### **6.5 Scoring system.**

The technique will be valid when:

to. It is done **CORRECTLY** .

b. It is **DYNAMIC** (that is, it is executed with force, purpose, speed and precision).

C. It is **CONTROLLED** on the target.

Hands: are valid (ALL THE TECHNIQUES FOUND IN THE ENCYCLOPEDIA AND WHICH ARE CARRIED OUT WITH THE MANDATORY PROTECTIONS, EXCEPT FOR HAND BLOWS CARRIED OUT IN THE FORM OF A HAMMER AND AN UPWARD HOOK)

#### **6.6 Discounts on direct points (-1)**

One point will be deducted for the following infractions:

to. Excess contact.

b. Attack a downed opponent.

c. Leg sweep. Intentionally.

d. Hold/Grasp. Retention of any part of the body TO gain an advantage.

and. Intentional attack on an illegal target (Perform a technique with or without contact, directed at any prohibited target)

F. Unsportsmanlike conduct. Includes any action taken by the competitor that shows disrespect, failure to follow instructions or other unacceptable behavior towards the UMPIRE, other competitors, public or officials, including: (failing or refusing to follow the UMPIRE's instructions, intentionally leaving the area, inappropriate behavior, etc.)



## 6.7 Warnings

Warnings will be issued for the following infractions:

- to. Pretend to have scored a point by making a gesture with your arm or hand.
- b. Completely leave the ring. Two feet must be completely outside the ring, or one foot outside and the other off the ground. Note: This rule does not apply when the competitor has been forcefully pushed (with hands or body) out of the ring.
- c. Fall, whether intentional or not. When any part of the body other than the feet touches the ground for any period of time.
- d. Faking an injury to gain an advantage or to pass time.
- and. Intentionally avoiding fighting. Run away, evade the opponent or use the central UMPIRE as a shield.
- F. Attack WITHOUT intention, an unauthorized target.
- g. Adjust the protections during the fight, without the authorization of the Central UMPIRE. Try to manipulate or delay time.
- h. Push.
- Yo. Hold/Grab. Retention of any part of the body WITHOUT gaining advantage.

**Note: The addition of three (3) Warnings automatically implies the subtraction of one (1) point. This action is carried out by the President of the Jury or Member of the Jury through the electronic scoring system, if applicable.**

## 6.8 Disqualifications

Disqualifications may be applied for the following infractions:

1. Misconduct against officials or disobedience to instructions. Any ignorance of instructions or lack of respect towards Ring council officials.
2. Uncontrolled or excessive contact. Contact out of control, with the clear purpose of harming the competitor.
3. Receive three (3) direct negative points (-1) awarded directly by the central UMPIRE. Upon receiving the third (3) point, the competitor will be automatically disqualified. Note: The last negative point must be consulted with the President of the Jury, who will make it viable.
4. Being under the influence of alcohol or drugs. Suspected of being under the influence of any substance that may affect your physical or mental abilities, including medications.
5. Lost of control. (Repeated unsportsmanlike conduct). Not controlling behavior, words and/or emotions.



6. Insulting an opponent, coach and/or official. Any disrespect directed at any official, coach, competitor or person associated with the event.

**NOTE: A competitor who insults or attacks an opponent, coach or official will be disqualified from the rest of the competition and from all modalities. Once the tournament is over, a report will be sent to the ITFU to evaluate the type of suspension that will be applied to the competitor, the Coach or both.**

7. Biting

8. Attack with the knee, elbow or forehead. Using a prohibited attack tool with the clear intent to cause harm.

**6.9. General rule on guilt.** When a competitor cannot continue according to the doctor's decision, the ring council will decide if the other competitor is responsible. According to this, the final decision will be made. Give a winner to the injured person or give continuity to the competitor who can move forward.

Disqualification procedure

1. The President of the Jury stands up, signals to the disqualified competitor with one hand and raises the other arm with a closed fist.

2. Issues the decision of "**SIL KYUK**"

3. The Central UMPIRE performs the protocol and then raises the hand of the opposing competitor, indicating the winner.

## **6.10 INJURIES**

The central UMPIRE stops the fight in front of an injured competitor and calls the doctor. **Important** : From the moment the doctor is in front of the injured person, he has **3 minutes** to diagnose, treat the injuries and decide on the competitor's continuity in the fight and in the Tournament.

At the end of the three (3) minutes, the doctor must make a final statement regarding the competitor's fitness and clearance to return to competition.

a. A competitor who is responsible for causing loss of consciousness or serious injuries or facial breakage in Sparring competition may be disqualified.

b. The injured person will not be able to compete for the time determined by the doctor.

c. If two competitors are injured at the same time and both cannot fight according to the doctor's decision:

1. The winner is whoever has the most points scored.

2. If the competitors are tied, the ring council must decide. If it were the final fight, 2 first places could be awarded.



**Important:** It should be noted that the 3 minutes of medical time **are acumulative** , that is, each competitor has 3 medical minutes for each fight (if in a fight the doctor uses 1 minute with a competitor, that competitor would have 2 more minutes of time left). doctor (if required) for the rest of the confrontation)

### **6.11 Application of rule 6.9**

Procedure for determining guilt

a. Whenever a possible disqualification occurs in the context of R 6.9, the Ring Council must consult with a member of the UMPIRE Committee to verify that due process is followed before making a decision.

b. The fault for the disqualification must be the direct result of a potentially prohibited action taken with intent and/or lack of control and, as a consequence of such action, resulting in the competitor's inability to continue the bout. In this case, the President of the Jury may apply a disqualification.

C. To determine guilt, the president of the Jury must follow the following steps:

- 1 The Ring Council must convene a member of the UMPIRES Committee to supervise and advise on this procedure.
- 2 The member of the UMPIRE Committee will consult first with the President of the Jury and then with the Center UMPIRE to better determine the situation and the result.
- 3 If a decision cannot be made at that time, the UMPIRE Committee member may choose to call the corner judges (individually) to determine their opinion.
- 4 The member of the UMPIRE Committee, taking into consideration all the information obtained, will make a final decision.

Unconsciousness and/or serious injuries or facial breakage

- A competitor found guilty of causing loss of consciousness, serious injuries or facial breakage in a bout may be disqualified. The injured competitor will not be able to compete again during the entire event, and will therefore lose the remaining bouts or events. If you do not accept the decision of the doctor and the Ring Council, you will be disqualified and removed from the competition.



## **6.12 MEDICAL TIME FOR SERIOUS INJURIES**

Medical time for serious injuries is a different time than medical time, since it is an instance that can be requested by any of the authorities of the competition area during the development of the confrontation. This time request will be made when it is suspected that one of the athletes may be under the effects of a **SERIOUS INJURIES**.

Medical time for serious injuries is a different time since it can be requested as many times as necessary in order to protect the physical integrity of the competitors. This instance lasts 3 (three) minutes and is not cumulative with respect to the use of those minutes, for this reason it may be requested more than once if necessary. In that case, once the doctor approaches the area, he must determine within those three minutes whether the competitor is under the effects of a serious injuries or not. If not, the fight will continue normally, however, in the event that a doctor has defined the existence of a suspected serious injuries, the fight will automatically stop and the ruling will be made as established in the regulations for the situations. in which a fight must be interrupted prematurely.

## **7. INDIVIDUAL BREAK**

**7.1 POWER BREAK**, black belts only.

Adults from 18 to 35 years old (A+B)

Male and Female Categories.

**7.2 METHOD** A qualification technique chosen by the competitor will be carried out. If you do not completely break the tables, you will be out of the competition. If you completely break the boards you can continue with the rest of the breaks.

**Points : 3 points will be awarded** for each broken board and **2 points** for each bent board.

**Special INDIVIDUAL BREAK Techniques**, Black Belts only.

Adults from 18 to 35 years old (A+B)

Male and Female Categories.

**7.4 INDIVIDUAL POWER BREAK:**

**Techniques allowed** MALE and FEMALE Category.



A grading technique will be used.

**Male:** Ap joomuk , Sonkal , Dollyo Chagi , Yop Chagi , Bandae Dollyo Chagi

**Feminine :** Ap Palkup , Sonkal , Dollyo Chagi , Yop Chagi , Bandae Yop chag

### **7.5 Procedure:**

1. **ADJUSTMENT:** Verbally indicate higher or lower than the solar plexus line. **DO NOT TOUCH THE BOARDS OR THE MACHINES** (it is not a disqualifying infraction)

2. **MEASUREMENT:** Perform one (1) Guard position, Perform one (1) measurement. You can only touch wood once. Return to guard position

3. **EXECUTION:** Break the boards.

4. Return to guard position. (on power break) **THIS IS FOR ALL BREAK SPECIALTIES**

You have 30 seconds once the entire process has started.

b. The **UMPIRES** may award “0” (zero) points to an attempt for: - Exceeding the established time. - Fall (when any part of the body, except the feet, touches the ground). - Incorrect attack tool. - Not respecting the protocol.

C. **UMPIRES** must examine each board before each attempt.

d. Each split board will count as three (3) points and each folded board will count as two (2) points.

and. The four highest scores will establish the 1st, 2nd and two (2) 3rd place winners.

Note: In the event of a tie, the President of the Jury will draw lots for hand or foot techniques to break the tie.

Important:

1. A suitable mechanical holding device must be used throughout the power break competition.

2. Competitors may not add weight to the machine at any time.

3. The Center **UMPIRE** will determine if the machine is well positioned and correctly stabilized; From this moment on, adjustments to the location or stability of the machine are **NOT** allowed.

4. To ensure equality for each competitor, official reusable plastic boards will be used.



## 7.6 SPECIAL INDIVIDUAL BREAK TECHNIQUES

A grading technique will be used.

### Permitted techniques MALE and FEMALE Category

Male:

Nopi Chagi : 2.40 meters

Twimyo Dollyo Chagi : 2.20 meters .

Twimyo Bandae Dollyo Chagi (180°): 2.20 meters .

Twyo Dolmyo Yop Chagi (360°): 2.20 meters .

Nome Yop Chagi : 2.20 meters

Female:

Nopi Chagi : 2.30 meters

Twimyo Dollyo Chagi : 2.10 meters .

Nome Yop Chagi : 2.10 meters

## 7.7 Procedure:

to. After the UMPIRE gives the signal, time has started, each individual competitor or team has a total of three 30 seconds to perform the break.

1. MEASUREMENT: Guard position. (indicates ready) Take one (1) measurement.

Note: For special breaking techniques, a move is defined as taking a minimum of one (1) or more deliberate steps toward the target.

2. Perform one (1) Guard position (immediately before the break)

3. EXECUTION: Take a break

4. Perform one (1) Guard posture after executing the break.

b. THE UMPIRES may award "0" (zero) points to an attempt to:

- Exceed the established time.

- Fall (when any part of the body, except the feet, touches the ground).

- Incorrect attack tool.

- Not respecting the protocol.

C. UMPIRES must periodically examine each machine and/or board.

d. Each split board will count as three (3) points and each folded board will count as two (2) points.

and. The four highest scores will establish the 1st, 2nd and two (2) 3rd place winners.



F. In the event of a tie, the President of the Jury will select a break from the list for the tiebreaker and will decide the height of the jump. Tied competitors will continue until places are decided.

Grades:

1. A suitable mechanical holding device must be used during all special techniques tests.
2. The machine must be able to indicate both a fully moved board (90° turn) and a partially moved board (45° turn). The machine must be located in the same way for each competitor.
3. Competitors may not add weight to the machine at any time. (unless requested)
4. Competitors may not touch the board or the machine at any time. (unless requested)
5. The officer will determine if the machine is properly positioned and stabilized; From this moment on, adjustments to the location or stability of the machine are NOT permitted.

UMPIRES procedure

- a. The UMPIRES validate (with a blue flag) or annul (with a red flag) each break. The break is valid if both UMPIRES consider it valid.
- b. The UMPIRE signals a red flag in case the break is invalid.
- c. Points are counted.

## **TEAMS**

Competition modalities, **TEAM** "Official members of the ITFU".

Tul and Sparring (traditional fighting system, 5 members + 1 reserve (optional))

### **8.1 TUL TEAM**

**TEAM** competition modalities "Only official ITFU Members by country" - One team per country

### **8.2 TUL TEAM "Only official ITFU members"**

The single elimination pyramid system will be used.

An Optional Tul that must be any of those corresponding to the 1 dan category and A Mandatory Tul that may be any of those included between chon ji and gae baek , (each team will be made up of 5 members + 1 reserve, which can be used



in case of injury. The reserve will not be with the team, which will present the credentials to the President of the Jury) -

As the same TUL cannot be repeated, when making the mandatory tul it will be drawn among all those on the list, removing the one made as optional.

After the draw, the first team that will make the Optional Tul will enter; Once finished, the other team will enter to perform the Optional Tul. Following the same order they will begin to perform the obligatory Tul. Once finished, both teams will be properly aligned to wait for the final decision.

to. In the event of a tie, another Tul will be drawn until a winner is declared. (the tul that will be raffled will be those from chon ji to gae baek with the exception of removing from the draw the Tuls previously executed in that same confrontation.

b. Team members can perform the movements individually or together, as they decide, but it must be seen that it is a team effort.

C. The entry and exit of the ring will be part of the choreography, and will influence the result.

### **8.3 Serious sanctions**

When “0” points should be awarded in the Tule competition:

1. When any member or members of the team stop the Tul completely or pause for more than 3 seconds.

Note: The exception is when competitors freeze movements in stages, at least one must continue with the correct rhythm of the Tul.

2. Failure to perform the Mandatory Tul requested.

3. Start the Tul facing the wrong direction (side/front/back).

4. Start the Tul with a (JUNBI) different from the one specified.

5. Add or omit any movement, or change any sequence of movements that are not within the Tul movements.

### **8.4 MINOR Sanctions:**

1. Lack of teamwork.

2. Choreography or low intensity difficulty.

3. Performing a technique at an incorrect height or incorrect alignment.

4. Lost balance.

5. Stay stopped for 2 seconds.

6. Not returning to the starting point.

7. Returning to the starting point on the wrong foot.

8. Lack of power.

9. Imprecise or incorrect breathing.

10. Incorrect position.

11. Incorrect movement (ie: continuous, connected, slow, fast, natural, normal).



12. Inaccurate or incorrect preparation or execution of the technique (i.e. crossing, previous action, flight, jump...)
13. Sine wave movement, incorrect rhythm.
14. Wrong position
15. Do not recover a retraction kick ( busigi ) immediately after its execution.

### **8.5 TEAM FIGHT**

Competition modalities, TEAM “Only official ITFU Members by country” (NOT SCHOOLS) – One Team per country  
( A TEAM OF 6 MEMBERS AND ANY OF THE SIX MAY COMPETE IN A MATCH  
. The coach will present to the President of the Jury the credentials of the athletes who will be present in that match, taking into account that the 6th member will not be able to be in the competition area during that match. This procedure must be carried out in each match, and the fifth competitor may be changed, according to the coach's discretion.

### **8.6 TEAM FIGHT PROCEDURE**

The start, stop and end protocol is the same as for individual Sparring. The coach of each team must deliver the identification of the team members to the President of the Jury.

The duration of each confrontation will be **2 minutes**

Note: Competitors on a team cannot be replaced. In case of injury, verified by a doctor, only the reserve may be part of the team. The injured competitor will be excluded for the remainder of the event.

Draw: The Central UMPIRE will throw a coin in the presence of the coaches. The coach who loses the toss must send his first competitor or leave that choice to the opponent. The teams must alternate this order until finished. Corner UMPIRES will score all points electronically and the following decisions will apply:

- a. In the team competition all the points (judges' votes) from the five (5) matches must be added. However, when all five (5) bouts have finished and the result is a tie then each coach will select one (1) competitor to perform an extra two (2) minute bout.
- b. The team whose competitor wins this match will be the winner.
- c. If even in this instance a tie is determined then the first point achieved assigned by at least two (2) Judges in the same fraction of a second will decide who is the winner.



- d. NOTE 1: All five (5) matches must be carried out and completed. If one of the competitors withdraws from the event due to injury or to gain an advantage the opponent will be declared the winner. You will then be awarded 16 points on your total team score.
- e. NOTE 2: This system causes all teams to carry out their 5 matches.

## 9. PREARRANGED SPARRING

Each team will consist of two (2) participants following a prepared script, allowing them to skillfully exhibit a wide variety of techniques without fear of injury.

Each team must perform one at a time, and the Judges must give a score between 0 and 10 points, for each performance taking into account the following criteria:

- a) choreography and teamwork
- b) technical content
- c) wave motion
- d) power
- e) breathing
- f) execution of only one technique containing (1) one acrobatic sequence by each of the team members at most.

Procedure

- a) Both competitors must enter the ring and greet.
- b) Both competitors must assume an L position, with a guard block before starting their execution.
- c) The match begins when one of the competitors verbally gives the command "Shi-Jak".
- d) The fight ends with a final blow, and when one of the competitors shouts "Goman" and assumes an L position, with a guard block.

Teams must compete according to the following rules:

- a) The prearranged sparring must consist of movements as shown in the encyclopedia, manuals or cd rom and as taught during international courses for instructors.
- b) Attack techniques must be blocked or avoided and must be performed realistically.
- c) Competitors can be from 1st to 6th Dan and can be male, female and/or mixed couples.
- d) The duration of the fight must consist of one (1) round: minimum of 60 seconds – maximum 75 seconds.
- e) Teams that exceed 75 seconds of Sparring duration will receive 0 points.



- f) Teams that perform less than the required minimum of 60 seconds will receive 0 points.
- g) Only one (1) acrobatic technique sequence, which is not part of the main Taekwon-Do program, may be performed during the match by each team member.
- i) If one or both members of the teams perform more than one acrobatic technique sequence during the fight they will receive 0 points.
- j) The team that has obtained the majority of the votes of the Judges and with a minimum of two (2) Judges voting in its favor, will be declared the winner and will advance to the next round of the competition.
- k) In the case of a tie, both teams will spend additional time until the winner is decided.

### 1. "Adapted" TAEKWONDO

The ADAPTED Taekwondo competition will have two specialties: Forms and Inclusive Sparring.

#### 10.1 CAPABILITIES

- a. **Physical disability** : it has the most frequent alterations, which are sequelae of poliomyelitis, spinal cord injury (paraplegic or quadriplegic) and amputations.
- b. **Sensory disability** : Includes people with visual deficiencies, the deaf and those who have communication and language problems.
- c. **Intellectual disability** : It is characterized by a decrease in higher mental functions (intelligence, language, learning, among others), as well as motor functions. This disability encompasses a whole series of diseases and disorders, including mental retardation, Down syndrome and cerebral palsy.
- d. **Mental disability** : People suffer from neurological alterations and brain disorders, we can find Tourette syndrome . They are people who suffer from a disorder of nervous tics and coprolalia (expletives), which are involuntary. Asperger syndrome or Asperger disorder is a set of mental and behavioral problems that is part of the autism spectrum disorders.

#### 10.2 PARTICIPANTS Gups / Danes

##### 1. INSCRIPTION

- a. Every Student must be accompanied by a person of legal age (over 21 years of age, at the close of registration for this edition) who will be



responsible to the organizers for the conduct and behavior of the participant.

- b. Participants must have medical certificates that authorize the sports participation of competitors. Said certificate must be accompanied, in appropriate cases, by authorization from their parents, guardian or guardian. They will remain in the hands of the Organizing Committee.
- c. The organization, if necessary, may amalgamate the categories, and there may be some change in the level of participation in which the athletes were registered.
- d. Present an individual disability certificate that certifies the pathology.

**10.3 AWARD** First, Second and two Third in all categories. Competitors will always be separated into categories of up to 4 participants.

**10.4 CATEGORIES :**

- a. CHILDREN Up to 13 years Mixed Gups
- b. YOUNG PEOPLE 14 to 17 years old (male and female)
- c. ADULTS 18 and older (male and female)

**10.5 Form Competition Regulations**

**10.6 DIVISIONS/FORM**

- a. Male and Female
- b. The GUPS/DANES competitors
- c. Individual and team (3 competitors)
- d. Teams may eventually be composed of men and women.
- e. Optionally, they may have the participation of a facilitator, both individually and as a team.

**10.7 ELIMINATION**

- a. Individual competitors or teams will be drawn for a spot in the brackets.
- b. Individual elimination: The direct elimination system will be used. They will compete with only one of their choice.
- c. The jury will choose the best to advance to the next round.
- d. Team elimination: The direct elimination system will be used. The teams will compete 1 on 1 and a draw will decide which team goes out first to compete. They will make an optional form.

**10.8 Skills Competition Regulations (Inclusive Sparring)**



- a. DEVELOPMENT The competition consists of developing a routine as a couple, where one of the competitors will be an athlete with a disability, and their facilitator will not. He could be your coach, trainer, instructor, etc.
- b. Couples may be made up of 2 men, 2 women, or mixed.
- c. The routine must have a maximum duration of 40 seconds, with no minimum time.
- d. The order to start will be given by a competition official. From which the stopwatch will be activated that will control the time of the exposure.
- e. Participants will be able to include elements in the development of the work to be done, and may also guide the choreographies through music.

Couples must perform a choreographic sample in which creativity and mixed skills prevail. Being able to use all existing technical resources, it is free to execute and express. Such as adapted forms. Face-to-face techniques, traditional sparring, coordinated breaking exercises or self-defense.

## 11 REGULATIONS - GENERALITIES

### 11.1 COMPETITION AREA

Options:

8 x 8 meters + 1 extra meter of security perimeter.

9 x 9 meters + 1 meter security perimeter.

These measurements may vary depending on the sports hall.

a. Elevated central ring: if this possibility exists, the security perimeter will be 2 meters and the height from 50 cm to 1 meter.

b. Lights: if there are lighting towers, these should not be less than five meters above the elevated central ring.

c. The official Jury table must be located in front of and at the same level as the ring.

### 11.2 CLOTHING

Clothing requirement for competitors:

**When not competing** : wear normal sports clothing such as sports equipment (tracksuit), training shoes, etc.

**Opening/Closing Ceremonies**: Invited countries or schools may wear the official Dobok or the official sports clothing of the country or school they represent.

**Award**: Complete official dobok and/or complete sports clothing. It is not allowed to mix Dobok and sports clothing.



### 11.3 SAFETY EQUIPMENT AND USE OF PROTECTIONS

to. Competitors **MUST USE**/optional/recommended:

- **Hand and foot protection:** preferably Red or Blue, depending on the color required by its position in the key.
- **Groin Protector:** Must be worn inside the Dobok. Optional for Children's categories and Recommended for Cadets; Mandatory for Junior categories (14 years) and older.
- **Headguard:** Red or Blue, depending on the color required for your position on the key. Mandatory for all categories.
- **Mouthguard:** Optional for Children's categories and Recommended for Cadets; Mandatory for Junior categories (14 years) and older.
- **Shin guard :** Optional for Children's categories and Recommended for Cadets / Mandatory from 14 years of age for all categories.
- **Female chest protector:** Recommended.

b. Competitors may optionally use:

- Flexible glasses approved for sports. Approval must be requested in writing from the Tournament Committee at least 30 days prior to the event.

C. All protections must be approved, and may **NOT** contain any hard material (with the exception of female cups or chest protectors). The use of zippers, laces or buttons is prohibited.

d. **NO** bandages of any kind are allowed. Written approval must be requested from the Tournament Committee at least 30 days prior to the event.

and. Jewelry, piercings, watches, heart monitors or other similar items may **NOT** be worn.

F. Long hair should only be tied up with a material that is soft or elastic in nature, **NO** hard materials are allowed. For Sparring splits, any hair covering must fit completely inside the helmet.

NOTE: All optional equipment listed above may be subject to Tournament Committee approval.

### 11.4 Replacement of Equipment or clothing

Any equipment or clothing that must be replaced (for example, defective protections or Dobok in poor condition) during the performance, will have a maximum time of three 3 minutes to carry out this replacement. If defective equipment or clothing is not replaced, the competitor will be disqualified.



### **11.5 SPARRING PROCEDURE**

Start, stop and finish. Protocol.

to. The competitors will start the fight in the starting positions, bow to the president of the jury and then to each other.

b. The Central UMPIRE will start the fight with the command "SHI-JAK" and the competitors will continue fighting until the UMPIRE gives the command "HAECHYO".

C. At this time the competitors will stop fighting and remain where they are, until the fight resumes.

d. A time signal will stop the scoring and the UMPIRE will end the contest. The reverse order of the greeting will be performed and the result will be declared.

Corner UMPIRES will score all points electronically and the following decisions will apply:

e. The competitor who obtains the majority of the votes of the UMPIRES, with a minimum of two (2) votes in their favor, will be declared the winner and will advance to the next round of the competition.

f. Draw: an extension of one (1) minute will be given. All scores return to 0 (points, warnings and negative points (-1)).

g. 2nd Draw: GOLDEN POINT. The first point scored will decide who is the winner. Note: Warnings and Minus Points must be computed, and if there are no points, the tie is decided as follows:

to. If a competitor accumulates 3 (three) Warnings, the other competitor is the winner with the result of 0 to -1.

b. If one competitor receives Direct Negative Point, the other competitor is the winner with the result of 0 to -1.

Procedure of UMPIRES and Central UMPIRE in the 2nd Draw

UMPIRES:

- They must stand up.
- ONLY when the Central UMPIRE requests it, he must record electronically (or with flags) if he observed that one of the competitors scored a point.

### **11.6 Central UMPIRE:**

- You must continue marking all penalties.
- When you notice that one of the competitors could have scored a point, you must stop the fight and extend your arm upward, asking if there is a winner (SUNG).



- At that moment the UMPIRES must issue a ruling.
- If the President of the Jury observes that at least two UMPIRES give the winner to a competitor, the round ends and the Bowing protocol begins.
- If the UMPIRES did not observe a point, the round continues.

**11.7 Timekeeper :** At the first command of “ Shi-Jak ” ( Start ) from the central UMPIRE, the responsible timekeeper starts the system stopwatch until the end of time (sound signal). The system timer will run continuously unless the center UMPIRE indicates "time" by saying "Jung-Ji." At this time, the person in charge of Chrono stops the stopwatch system until the order " Gaesok " (Continue) is given.

### **11.8. COACH**

to. For any individual or team competition, only one (1) Registered Coach must be present in the ring, seated in the designated Coach's chair.

b. You must remain seated throughout the competition, at least one (1) meter outside the ring.

C. He/She may give instructions to the student in a normal tone of voice (wrestling only) without interfering with the competition. Shouting instructions is prohibited.

d. At no time may they invade the competition area, unless authorized by the Central UMPIRE.

and. He is the only one authorized to file an official protest.

F. Failure to do so may be cause for expulsion of the coach from his position. The Tournament Committee and UMPIRES will decide the moment and duration of the expulsion.

g. An eliminated Trainer must be replaced by another registered Trainer, within the (1) minute time limit.

h. If another coach is not present within the (1) minute period, the competitor will be disqualified.

### **11.9 Coaches' clothing**

Coaches, while in the competition area, must wear sports clothing and shoes, long pants and a towel, preferably not white. The use of Dobok, jeans, shorts or flip flops is not permitted.

### **11.10 PROTEST / DISPUTE PROCEDURE**

to. Protests may ONLY be filed by the Registered Coach who coached the competitor, and ONLY when there is an apparent violation of official rules.

b. The coach must request a protest form from the jury president immediately after finishing the bout/form.



Note: Immediately after the match/form you must go to the President of the Jury and COURTESY request an Official Form to make the Protest.

C. The President of the Jury will deliver the official Claim Form to the Coach, after having received the corresponding fee of **US\$ xx** (value proposed by the championship organization).

d. The area where the protest is taking place will NOT be able to continue until the protest is resolved.

and. Each protest must be included in the corresponding form, in

**ENGLISH/SPANISH language** and will be presented to the President of the Jury.

You will have a maximum of 5 minutes to deliver it.

F. The Jury President will deliver the completed protest form and protest fee to the UMPIRES Committee.

#### **11.11 UMPIRES Committee:**

The UMPIRES Committee will examine the circumstances of the protest and make a decision.

1. Validate the protest.

2. Repeat the Sparring/form.

3. Assign victory to the opponent.

4. Assign or remove points, Warnings, Negative points or time as necessary.

g. The protest fee will only be returned if the Umpire Committee accepts and validates the protest. If the Trainer loses it, he will lose the fee paid.

#### **11.12 Decisions**

1. To make a decision, the UMPIRES Committee may call any UMPIRE to provide evidence regarding the protest.

2. Once the decision is made, the UMPIRES Committee will notify all parties involved.

h. The UMPIRES Committee will base its decision on the rules established in this document and its decision may not contradict the aforementioned rules.

#### **11.13 Disqualification**

Coaches/team representatives or individuals who persist in arguing against decisions made by the Tournament Committee may, at their discretion, disqualify the entire team or school from all post-championship events.

The Tournament Committee will consider the matter at a later date with a view to taking further action.

Withdrawal of Competitors: In the event that teams or individual competitors withdraw from the championship as a method of protest, the following will occur.



- a. Automatic disqualification from that event, meaning no qualification for that event and therefore no medals.
- b. Automatic disqualification from all other championship events.
- c. New disqualification from other events as decided by the Disciplinary Committee.

#### **11.14 REGISTRATION / WEIGHING**

Verification of the competitors' weight will be carried out within 24-48 hours prior to the start of the competition.

Weighing will be **MANDATORY** for Junior categories onwards.

**IMPORTANT:**

- Competitors who do not weigh in at the 1st weigh-in will have one (1) hour to appear at the 2nd and final weigh-in.
- If you fail, you will be **DISQUALIFIED FROM THE COMPETITION**. There will be no financial refund for registration.

#### **11.15 Weighing procedure**

**GENERAL NOTES**

- In order for an athlete to compete, they **MUST** be within the weights of the category in which they have officially entered.
- It is the responsibility of the athlete and their coach to ensure that their weight meets the established weight criteria.
- One (1) coach and, if necessary, one translator per country **MUST** be present during School/Country weight verification procedures.

#### **11.16 Required clothing**

Competitors **MUST** wear the official sports equipment (tracksuit) of their school/country.

**Important:**

- All competitors from a School/Country must appear **TOGETHER** with one (1) duly registered **COACH**.

#### **11.17. MEDICAL ATTENTION**



All National and International events must have a minimum of one (1) doctor and an ambulance. Additional personnel and/or medical equipment may be required depending on the contract or legal requirements of the host country. Recommendations from Official Tournament Doctors prohibiting a competitor from continuing to participate after an injury must be accepted. Only the Official Tournament Doctor may provide primary medical care in the competition area during the event.

#### **11.18. INSURANCE AND LIABILITY FOR INJURIES – COMPETITORS**

- l. All competitors must have valid insurance coverage in order to compete. The host organization will not be responsible for any injury, loss or eventuality incurred during the event. For this reason, a waiver of responsibilities will be signed along with the competitors' registration.
- m. **EVENT INSURANCE**
- n. All organizers must ensure that the event has all liability insurance, fire certificates and government licenses necessary to host such events.
- o. **DELEGATES**
- p. A representative from each school or team may be in charge of registering competitors, presenting documents and cooperating with the organization when necessary.
- q. **UNEXPECTED EVENTS**
- r. Each and every one of the cases that are not mentioned in this document will be treated and discussed by the Tournament Committees, in order to reach a fair and equitable decision. The decision of the UMPIRES Committee will be final.
- s. **ORGANIZING COMMITTEE**
- t. The Tournament Committee will be made up of 3 or 5 members. These will be designated by the Tournament Director and the Competition Director.
- u. **COPIES OF THE REGULATIONS**
- v. A copy of these official regulations must be present at all tournaments and be accessible to all officials involved in the proper conduct of the event.

#### **12. UMPIRES**

##### **12.1 A COMMITTEE OF UMPIRES**

The UMPIRE Committee will be made up of the Tournament UMPIRES Director and a minimum of two (2) and no more than five (5) members, and will be responsible for the following matters:



- to. Approve, assign and configure Ring Councils made up of the Jury President, Jury Members and UMPIRES.
- b. Strictly observe and enforce UMPIRE dress requirements.
- C. Investigate the protests, deliberate on their validity, and make a final decision.
- d. Take disciplinary actions, such as replacing, suspending or correcting the activities of the Jury Presidents, UMPIRES and Assistants.
- and. Develop and implement improvements to the UMPIRE Rules and Regulations and/or supporting manuals/documentation.

### **12.2 Classes and Requirements of UMPIRES**

There are two qualifications for Official UMPIRES Class A and Class B

The criteria to qualify as a Class "A" UMPIRE are:

- to. Minimum age of 25 years old.
- b. Possess an Official Certificate of 4th Dan ITFU or higher
- c. Participate in an INTERNATIONAL UMPIRE Course taught by the GENERAL DIRECTOR OF ITFU UMPIRES in the company of at least one deputy director of ITFU continental UMPIRES.
- d. Complete the evaluation satisfactorily.
- and. After having participated in the International course, you will be able to request and receive the corresponding diploma.

The criteria to qualify as a Class "B" UMPIRE are:

- to. Minimum age of 21 years.
- b. Be 2nd Dan or higher.
- c. Participate in at least one national course every 2 years.
- d. Complete the evaluation satisfactorily.
- and. Apply and receive the corresponding diploma.

### **12.3 CLOTHING**

They must be dressed in a blue suit, white shirt, official ITFU blue tie, WHITE socks and white shoes.

### **12.4 CONDUCT**

Punctual presence: All UMPIRES must be present at all meetings scheduled by the UMPIRES Committee.



All UMPIRES must appear at the place designated for the meeting one hour before the start of the event assigned to them.

Behavior:

All UMPIRES must observe the following rules:

- a. They must behave with conscience and dignity.
- b. They must pay maximum attention during the competition.
- c. They must be impartial when making a decision.
- d. They must distance themselves from competitors, coach and public during daily competition.
- e. They must not consume alcoholic beverages before or during the daily competition.
- f. The use of mobile phones or electronic devices for personal use is prohibited during competition hours.
- g. Evaluation: Each UMPIRE is responsible for giving his or her own evaluation and/or decision in accordance with these rules.
- h. Any Official may be assigned/changed to a position or task, either at the request of the President of the Jury or the UMPIRES Committee.

### **12.5 Rank versus position**

Officials will be assigned to positions based on their experience, skill set, available positions, event needs, and ease of communication. Due respect for rank will be shown; However, rank is not a predominant factor in the assignment of duties. All Officers must be willing to officiate in any position, regardless of rank. Remember that NO ONE IS MORE THAN NO ONE

### **12.6 THE RING COUNCIL**

a. The Ring Council for individual wrestling, TEAM wrestling, individual TUL and TEAM TUL competitions consists of:

- 1 President of the Jury,
- 1 or 2 members of the jury,
- from 3 to 5 UMPIRES.
- 1 or 2 Dress Checkers.
- 1 IT person, if necessary.

b. In the POWER BREAKING AND SPECIAL BREAKING TECHNIQUES competition, the Ring Council is made up of:

- 1 President of the Jury,
- 1 or 2 members of the jury,
- 3 to 5 UMPIRES.
- 1 IT person, if necessary.



- All Ring Council Members must be up to date with the Tournament Rules at all times.
- Any member may participate in a consultation when required by the President of the Jury.
- Center UMPIRES can and must give orders, instructions and direct competitors in accordance with the procedures of these rules.

## **13. DUTIES**

### **13.1 Duties of the President of the Jury**

to. One (1) Jury President will be seated at the jury table at all times during the competition and will be responsible for the general direction and administration of the Ring Council and its activities, including, but not limited to: competitor performance evaluation and decisions. UMPIRE evaluations, protests and interaction between the Ring Council and the UMPIRE Committee, as written in the official UMPIRE Rules.

- The President of the Jury and the UMPIRES Committee are the only officials authorized to disqualify a competitor, in accordance with the procedure established in the article on injuries.
- Is responsible for supervising all matches and the behavior of the UMPIRES in their assigned ring, and as such can give their opinion and advice at any time.
- Is the supervisor of the Jury Members of his assigned Ring Council and can replace them in case of absence or inefficiency.
- Must complete, time and sign competition reports. These reports must be delivered directly to the Tournament Committee at the end of each division and/or category.

In Individual/Team Tul:

- a. The President of the Jury will preside over and verify the electronic drawing of the Mandatory Tul.
- b. In case of an incorrect situation, you may call the UMPIRES for clarifications or instructions, without interrupting the execution of the Tul.
- c. Once the UMPIRES have presented their results, they must stand up and indicate the winner.
- d. The competitor and/or team that has obtained the majority of the votes of the UMPIRES and with a minimum of two (2) votes in their favor will be declared the winner.



and. In case of a tie, you must stand up and cross your arms in front of your chest; then you must verify the electronic drawing of one (1) Mandatory Tul to break the tie. The competitors/teams will continue until the positions are defined.

#### **In Sparring:**

- a. In the case of an incorrect situation, you may request a “time stop” and may call the center UMPIRE and/or corner UMPIRES for clarification or instructions.
- b. You must communicate negative points and warnings to the computer operator during the fight, verifying that they are assigned to the correct competitor.
- c. Once the fight is over, you must stand up and indicate the winner.
- d. The competitor who has obtained the majority of the votes of the UMPIRES and with a minimum of two (2) votes in his favor will be declared the winner.

#### **In Team Sparring:**

- a. The Team that has obtained 6 points will be declared the winner.
- b. In case of a tie situation, you must stand up and cross your arms in front of your chest. Competitors/teams will continue until places are decided.

#### **In Power Break and Special Break Techniques:**

- a. The President of the Jury must communicate the points awarded to the computer operator and verify that they have been entered correctly.
- b. In case of an incorrect situation, you can request a “time stop”; and may call the center UMPIRE and/or corner UMPIRES for clarification or instructions.
- c. In the event of a tie situation, one (1) technique will be chosen by draw to break the tie.
- d. The individual competitors who have obtained the highest scores will be declared 1st, 2nd and 2 third places.

### **13.2 Jury Member Duties**

#### **MEMBERS OF THE JURY.**

At least one (1) Jury Member will be seated at the Jury table at all times and will be responsible for assisting the Jury President with the general direction and administration of the Ring Council and its activities, including, but not limited to: Rotation of UMPIRES, Council/Coach/Competitors Interaction, removal and replacement of coaches and competition management.

Jury members must be up to date with the Tournament Rules and other documents at all times.

The jury members assist the jury president in the administration of the Ring Council and in all matches to determine the winner.



to. Computer Operator: One (1) Computer Operator will be seated at the Jury table at all times, to operate the electronic system and maintain records of the bout.

Is responsible for:

1. The operation of the Electronic Scoring System.
2. Maintain the official time of each fight.
3. Record Warnings and negative points, as indicated by the President of the Jury, in accordance with the Tournament Rules.

The requirements to be a Computer Operator are:

a. Minimum age of 18 years.

b. Have knowledge of the computer software to use and participate in training courses.

### **13.3 Duties of the central UMPIRE**

The Center UMPIRE must work in coordination and communication with the President of the Jury at all times.

In Tul and Sparring

Tul

- a. One (1) central UMPIRE will be seated at least one (1) meter outside the ring and in front of the competitors to control the competition during the Tul competition, working in conjunction with the other UMPIRES, will rate the performance of the competitors according with his judgment, evaluating the deductions from the score, based on the rules of the Tournament.

#### **In Sparring:**

to. One (1) Central UMPIRE will be inside the ring to control the fight during the Sparring competition.

1. Central UMPIRES may give orders, instructions and direct competitors in accordance with the procedures of these Rules.
2. If necessary, you should check the Dobok and the protections again.
3. In coordination with the President of the Jury, you must start and end the round.
4. He is responsible for directing all matches, giving all directives and orders, making all announcements and using correct hand signals, managing the competition in the ring to which he is assigned.
5. He is the only official authorized to apply Warnings and Negative Points to competitors in the assigned Area.
6. Before deducting the third DIRECT negative point, you must agree on your decision with the President of the Jury.



#### **In Power Break and Special Break :**

to. One (1) Central UMPIRE will be inside the ring to control the competition, assign points for valid breaks (in conjunction with the UMPIRES), verify correct procedure and evaluate any infractions or point deductions that are necessary.

1. It is responsible for checking the tables and/or heights, and the correct execution of the technique in each attempt, as indicated in these rules.
2. The correct number of points assigned for each technique must be clearly displayed.

#### **13.4 Duties of corner UMPIRES**

##### **In Sparring:**

to. Four (4) UMPIRES will be seated, at least one (1) meter outside and in each corner of the ring during the Sparring competition. They will assign points at their discretion, based on the tournament rules.

1. They are not allowed to talk at any time during the fights.
2. They must sit correctly (upright, with their back straight and with the soles of their feet resting on the ground) without touching the competition area.
3. Points will be assigned electronically, as indicated in the rules.

##### **In Power Break and Special Break :**

to. From 3 to 5 UMPIRES will arbitrate in the Power Break and Special Break Techniques competition, they will be in charge of validating the techniques when they are executed correctly using the blue flags. Red flags will indicate that the technique executed was incorrect.

1. The UMPIRES are responsible for verifying the tables and/or heights, and the correct execution of the technique in each attempt, as indicated in the tournament regulations.

##### **In Tul:**

to. Four (4) UMPIRES and the central UMPIRE will sit in front of the jury president's table. They will rate the performance according to their criteria, applying the scores established in the items referring to the evaluation of the forms governed by this regulation.

1. The UMPIRES must carefully and exhaustively observe the performance and behavior of the competitors, taking them into consideration when evaluating their scores.



### **13.5 Duties of the Equipment Checker and clothing check (if necessary)**

At least one (1) Verifier will be assigned to each ring with the function of controlling the Equipment and verifying the identification card of each competitor and coach, prior to allowing them to enter the competition area.

## **27. OFFICIAL TERMINOLOGY**

<b>a.</b> CHARYOT	ATTENTION
<b>b.</b> KYONG YE	GREETING
<b>c.</b> JUNBI	READY
<b>d.</b> SHIJAK	START
<b>e.</b> HAECHYO	SEPARATE
<b>f.</b> GAESOK	CONTINUE
<b>g.</b> GOMAN	FINAL
<b>h.</b> JU UI HANNA	A WARNING
<b>i.</b> GAM JUM HANNA	UNA FAIL (one-point discount)
<b>j.</b> SIL KYUK	DISQUALIFICATION
<b>k.</b> HONG	RED
<b>l.</b> CHONG	BLUE
<b>m.</b> JUNG JI	STOP TIME
<b>n.</b> DONG CHONG	DRAW
<b>o.</b> IL HUE JONG	FIRST ROUND
<b>p.</b> I HUE JONG	SECOND ROUND
<b>q.</b> SAM HUE JONG	THIRD ROUND
<b>r.</b> SA HUE JONG	FOURTH ROUND (to the First Point)
<b>s.</b> SUNG	WINNER

## **APPENDIX 1**

***Understanding that the official tournament regulations are from ITFU with an issuance date of May 13, 2024, members are informed that they will be of***



***official use and mandatory for international tournaments that ITFU is the organizer and/or supervisor (World Tournament , World Cup, Continental, European, Pan American Tournaments).***

***When an organizing entity of an ITFU sporting event understands that it is necessary to make some modification for that particular event, be it modification of categories (ages, weights, etc.), fighting system (Sparring time, team specialty, scoring, diameter of the competition area, etc.), must communicate it to the Sports Director so that ITFU is aware of this situation different from the usual one, with the event organizer being responsible for this modification.***

## **APPENDIX 2**

### **Team competition:**

***Adult teams may be made up of age categories from 18 years old onwards. In the event that a country wishes to form its representative team, for adults and youth B (16-17 years old), it may do so without exceeding the maximum of 2 youth in the team.***

***This rule will not apply in the event that the organizing country, due to legal issues in its country, is not allowed to organize wrestling matches between minors and adults.***

***The above rules have been approved by the UMPIRES and Tournaments committees of the International Taekwon-Do Federation Union and will apply to all continents and countries that are affiliated with said organization.***

***May 13, 2024***

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