

TAE KWON-DO

WORLD CHAMPIONSHIPS 2023

14th, 15th & 16th July



OVERSEAS COMPETITORS PACK

Skydome Arena

Coventry, CV1 3AZ, United Kingdom



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www.worlds.tkdi.biz

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13th OPEN TAE KWON DO WORLD CHAMPIONSHIPS 2023

Coventry Skydome Arena
Croft Road
Coventry
CV1 3AZ
United Kingdom

14th, 15th & 16th July 2023



Please find information regarding the 13th Open World Tae Kwon do Championships.

All rules, programme of events and application forms can be found on the TKDI website:
www.worlds.tkdi.biz

THE OFFICIAL OPENING CEREMONY WILL TAKE PLACE ON
SATURDAY 15th JULY 2023 AT 10.00AM

EVENTS

SPARRING

PATTERNS including MUSICAL PATTERNS

DESTRUCTION

TEAM PATTERNS and TAG TEAM SPARRING - (*Entry to be made on the day of the tournament*)

INTERNATIONAL TEAM EVENT

ENTRIES & ENTRY FORMS

Entry forms can be downloaded from the TKDI website: www.worlds.tkdi.biz

Online registration will be available as from 1st March 2023.

CLOSING DATE

All entries **MUST** be submitted **ONLINE** by 12th June 2023.

ENTRY FEES

The entry fee for the Championships will be:

Adults £30 per event

Cadets, Youths and Juniors £20 per event

TAG Teams £30 per team. Team Patterns £30 per team.

If only one team enters any TAG Team or Team Pattern division then no refund will be given, the only Team entering will receive the gold medal.

PAYMENT

Payment to be made at Weigh-In/Registration. Payment to be made by credit/debit card **ONLY**.
Note: We **DO NOT** accept American Express/Amex cards.

WEIGH-IN / REGISTRATION

The weigh-in for Overseas Competitors at these championships will take place at The Ramada Hotel, The Butts, Earlsdon, Coventry, CV1 3GG on Thursday 13th July 2023 from 10.00am – 3.00pm and Friday 14th July 2023 from 10.00am to 1.00pm.

OFFICIALS

Umpires, Referees, Welfare Officers and Medics MUST apply by clicking on this link:

[Officials application form](#)

SPECTATOR TICKETS

It is advisable to pre-book your spectator tickets before the event.

The cost of pre-booked spectator tickets will be:

Adults £30 per day or £45 for the complete 3-day event

Juniors (5-12 years old) £15 per day or £20 for the complete event

Under 5s free

Spectator tickets can be purchased via the website: www.worlds.tkdi.biz

DOBOKS

We hope that your members will wear the official colours of your country on their doboks or the flag of the country you are representing. All styles of uniform are allowed, but **NO SHIRTS and BOTTOMS, FULL DOBOKS ONLY.**

SUNDAY NIGHT IS PARTY NIGHT

After the close of The Championships there will be a disco party for all competitors and officials at the Ramada Hotel. All competitors and officials can gain free entry with their ID cards. Tickets for guests will cost £10 and will be on sale at the merchandising stall during The Championships.

13th OPEN TAE KWON DO WORLD CHAMPIONSHIPS 2023

Skydome Arena, Coventry, United Kingdom
14th, 15th & 16th July 2023



Programme of Events

FRIDAY 14TH JULY:

All Musical Patterns (Black Belts only) All Divisions

All Adult Point Stop Sparring (Black Belts only) All Divisions

All Executive Events (Black Belts only) including:

Team Patterns TAG Teams Destruction

SATURDAY 15TH JULY:

All Junior Coloured Belt and Black Belt Events including:

Team Patterns TAG Teams

All Cadet Coloured Belt and Black Belt Events including:

Team Patterns TAG Teams

All Adult Coloured Belt Events including:

Team Patterns TAG Teams

SUNDAY 16TH JULY

All Adult Black Belt Events including:

Team Patterns TAG Teams Destruction

International Black Belt Team Event

RULES OF THE CHAMPIONSHIPS

PATTERN DIVISIONS

Juniors aged 10 years and under

All Junior pattern divisions are as follows:

Yellow	(9 th Kup to 7 th Kup)
Green	(6 th Kup to 5 th Kup)
Blue	(4 th Kup to 3 rd Kup)
Red	(2 nd Kup to 1 st Kup)
Black	(All grades together)

Boys & Girls in Separate Divisions

Youths aged 11 – 14 years

All Youth pattern divisions are as follows:

Yellow	(9 th Kup to 7 th Kup)
Green	(6 th Kup to 5 th Kup)
Blue	(4 th Kup to 3 rd Kup)
Red	(2 nd Kup to 1 st Kup)
Black	(All grades together)

Boys & Girls in Separate Divisions

Cadets aged 15 – 17 years

Cadet pattern divisions are as follows:

Yellow & Green	(9 th Kup to 5 th Kup)
Blue & Red	(4 th Kup to 1 st Kup)
Black	(All Grades together)

Male & Female in Separate Divisions

Adults aged 18 – 39 years

All Adult pattern divisions are as follows:

Yellow	(9 th Kup to 7 th Kup)
Green	(6 th Kup to 5 th Kup)
Blue	(4 th Kup to 3 rd Kup)
Red	(2 nd Kup to 1 st Kup)
Black (1)	(1 st Dan Only)
Black (2 +3)	(2 nd & 3 rd Dan)
Black (4+)	4th Dan and above

Male & Female in Separate Divisions

EXECUTIVE PATTERN DIVISIONS – Adults Black Belts aged 40 and above

All Executive and Super Executive divisions together

Male & Female in Separate Divisions

****Note:**

Executive and Super Executive competitors cannot compete in Adult (aged 18 – 39 years) divisions.

PATTERNS

All Coloured Belt competitors must perform a pattern up to their grade from their grade group below.

All Black Belt competitors must perform a pattern of their grade from their grade group below.

BLACK (4+)	BLACK (2+3)	BLACK (1)	RED	BLUE	GREEN	YELLOW
4th DAN	2nd DAN	Choong Moo	Toi Gye	Yul Gok	Do San	Chon Ji
Tong Il	Ko Dang	Kwang Gae	Hwa Rang	Joong Gun	Won Hyo	Dan Gun
Ul Ji	Choong Jang	Ge Baek	Choong Moo	Toi Gye	Yul Gok	Do San
Se Jong	Eui Am	Po Eun				
5th DAN	3rd DAN					
Yon Gae	Sam Il					
Moon Moo	Yoo Sin					
So San	Choi Yong					

Medals awarded: 1 x Gold 1 x Silver 1 x Bronze

SCORING PROCEDURE AND STANDARDS FOR PATTERNS

Each judge will deduct 0.2 from the intended score for each occasion on which the following mistakes are made:

- Omission of one or more steps
- Failure to complete the pattern in a continuous performance, (hesitation, loss of balance)
- Incorrect technique
- Incorrect diagram

If a competitor fails to complete the pattern, they will be brought back to ready stance and dismissed. No score will be shown by the judges.

METHOD OF RECORDING SCORING

Each judge will record their score on the score cards and on the command 'show' given by the senior judge, will immediately hold up the score cards and keep them in the position until the recorder acknowledges that all the scores have been recorded. The red score card will be held in the right hand and the blue card in the left. The recorder will then deduct the highest and the lowest scores given by the judges and total up the remaining three scores, this total is recorded as the competitor's score. In the event of a tie between two or more individual pattern competitors, the judges will select a further compulsory pattern to be performed by the tied competitors.

TEAM PATTERNS

- Teams will consist of a 3-person team, male and female together
- Each team to perform a pattern in unison
- Pattern to be scored in the same way as in individual pattern events
- The pattern to be relevant to the most junior grade in the team
(e.g., A team with a 9th Kup in can only perform Chon Ji and a team with a 3rd Kup in can perform any pattern up to and including Toi Gye)

NOTE:

Teams **MUST** consist of **ALL** the same age group competitors. (ie ALL juniors, ALL youths, etc). Mixed age group teams cannot be entered into TEAM Patterns.

- *If any team member is found to have entered the wrong division when they arrive on the area for the Team Pattern event the whole team will be disqualified, and NO REFUND of their entry fee will be given.*

SCORING

- The correctness of the pattern moves
- Power, balance, focus, fluidity etc. As per individual pattern competition
- Synchronisation of all members when performing the pattern

MUSICAL PATTERNS.

- **Black Belts only**
- Competitors should perform musical patterns performing martial arts movements only
- Maximum duration of each pattern will be two minutes
- The scoring procedure will be the same as the individual patterns event
- You must provide your own music. Music **MUST** be suitable for public performance
- **Dobok style uniforms must be worn**
- **No acrobatic movements to be included**
- **The use of weapons is not allowed in this event**
- **Male and Female in Separate Divisions**

SPARRING

AREA - ALL SPARRING

The sparring area will consist of a non-slippery solid surface, preferably matted, otherwise edged with a 50mm wide coloured strip and with two centrally placed starting marks placed 2 metres apart.

The size of the area should be a minimum of 7 x 7 metres, up to a maximum of 9 x 9 metres.

SPARRING EQUIPMENT AND PROTECTIVE WEAR - ALL SPARRING

- a) All competitors **MUST** wear the following equipment:
1. Groin guard protector of an approved type (male competitors)
 2. Hands and Feet protective equipment of an approved type
 3. Shin protector of an approved type
 4. Head guard of an approved type
 5. Gum Shield
- b) Optional equipment:
1. Breast protector (Female competitors)
 2. Groin guard protectors (female competitors)

No protective or sparring equipment may be worn, other than those of an approved type, consisting of elasticised material with sponge or rubber type padding and containing no metal, bone or similar hard material whatsoever, nor involving the use of zip, lace or stud fasteners.

All sparring equipment must be in good condition. Badly damaged or torn equipment will not be allowed.

HANDS MUST NOT BE STRAPPED.

Approved safety glasses can be worn.

Medals awarded: 1 x Gold 1 x Silver 2 x Bronze

In the event of there only being one competitor in a division that competitor will be awarded the Gold medal.

DURATION - ALL SPARRING

- All **International Black Belt Team** preliminary bouts will be fought over 1 x 2-minute rounds
- All **International Black Belt Team** finals will be fought over 2 x 2-minute rounds
- All **Coloured Belt** divisions bouts will be 1 x 2-minute rounds
- All **Junior and Cadet Black Belt** divisions bouts will be 1 x 2-minute rounds
- All **Adult Black Belt** divisions preliminary bouts will be fought over 1 x 2-minute rounds
- All **Adult Black Belt** finals will be fought over 2 x 2-minute rounds

DEMERIT POINTS & DISQUALIFICATIONS - ALL SPARRING

- a) One point will be deducted from the competitors score by referee for the following offences:
 - i) Stepping out of the area twice (i.e., on the 2nd, 4th, 6th and every other subsequent occasion). A competitor is considered to have 'stepped out' when one full foot fully crosses the perimeter line.
 - ii) Loss of balance on each occasion (a competitor is considered to have lost balance when any part of the body other than the feet comes in contact with the floor)
 - iii) Grabbing any part of the opponent or their dobok after the referee's warning.
 - iv) Tripping or leg sweeping the opponent on every occasion.
- b) Disqualifications will be awarded by the referee for the following:
 - i) Intentional contact or unnecessary aggression
 - ii) Repeated one 'point away' offences
 - iii) Showing dishonour or disrespect to the officials, competitors, or the area

**** NOTE:** When points are deducted by the referee the corner judges must calculate this by adding them to the opponents score on their hand-held clickers.

CONTACT & INJURY - ALL SPARRING

As detailed previously above, contact is penalised but if in the opinion of the referee a competitor steps forward into a technique, which otherwise should have been correctly focused, points will be awarded to the attacker as if it were a 'decisive blow'.

If a competitor is unable to continue in such a situation, the bout will be awarded to the attacker. In all other cases of unintentional and intentional contact, where a competitor is unable to continue, he/she will be awarded the bout. Subject to the referee's discretion.

ACCUMULATIVE DISQUALIFICATION –ALL SPARRING

During a sparring competition, a referee may award an official warning for offences during the previous section headed 'Demerit points and disqualifications. Any competitor who receives 2 official warnings during the entire competition immediately upon receipt of the 2nd official warning **WILL** be disqualified.

The referee must announce to the competitor, corner judges and recorder that an official warning is being given by showing a yellow card. The recorder marks the official warning against the competitor's name on the competitor's list. Then before the start of the next and all subsequent bouts, the recorder will announce that the competitor is carrying an official warning.

Disqualification must be announced by the referee who will show a red card to the competitor, corner judges and recorder.

BOUT PROCEDURE - CONTINUOUS SPARRING

The bout will commence with competitors on the start positions each with either a red or a blue waist marker. At the direction of the referee, the contestants bow in turn to the referee, and then to each other. The referee will start the sparring with the command 'si jak', the contestants continue to spar until the referee issues the command 'hye chyo' in order to call time or to issue an infringement warning. At this point the competitors return to the start positions before the bout is restarted. On completion of time, the timekeeper will ring a bell to warn the referee, but the bout only ends on the final command 'hye chyo' by the referee. The competitors are then instructed to bow to each other and then to the referee and await the result.

BOUT PROCEDURE - POINT STOP SPARRING

The bout will commence with competitors on the start positions each with either a red or a blue waist marker. At the direction of the referee, the contestants bow in turn to the referee, and then to each other. The referee will start the sparring with the command 'si jak', the contestants continue to spar until the referee stops the bout with the command 'hye chyo' if any judge indicates a clean technique has been scored. The other judges must immediately issue a signal (unsighted/no score/score). If any two from either the referee, mirror judge or umpire agree that the technique has been scored, an appropriate number of points will be awarded by the referee. Two out of the three officials must agree on the points scored for it to be registered. The ONLY exception to this rule will be the ability of the referee to override the two officials if he/she has definitely seen a score and the two officials are showing unsighted techniques. These points will be displayed by the recorder on either blue or red score cards and these cards will be situated at the recorders table for all to see. The red card will be on the right of the table and the blue card will be on the left side of the table. (The left and right being determined by the scorekeeper as he/she sits at the table). The officials should try to make their decisions as quickly as possible so that the bout continues at a reasonable pace. Any demerit points will be added onto the opponent's score. The person with the most points at the end of the bout is the winner.

OFFICIALS - CONTINUOUS SPARRING

4 Corner judges seated at each corner of the sparring area

1 Referee standing

1 Timekeeper seated at the edge of the sparring area

1 Recorder seated at the edge of the sparring area

OFFICIALS - POINT STOP SPARRING

1 Referee standing

1 mirror judge

1 line judge

TIMING - CONTINUOUS SPARRING

The timekeeper starts the clock at the first 'si jak' by the referee. The clock being stopped if the referee indicates time out, to issue a warning or deal with an injury. The clock is re-started on 'si jak' and continues until full time when the bell is rung.

TIMING – POINT STOP SPARRING

The timekeeper starts the clock at the first 'si jak' by the referee. The clock being stopped if the referee indicates time out, to issue a warning or deal with an injury. The clock is re-started on 'si jak' and continues until full time when the bell is rung. The clock is not stopped when the referee calls 'hye chyo'.

SCORING & RESULT PROCEDURE - CONTINUOUS SPARRING

The four corner judges will award points as they are seen by using hand held recorders (clickers) these to be clearly marked left hand clicker blue, right hand clicker red. On completion of the bout and after the bowing procedure, the referee will call show, at which time the corner judges will immediately hold in the air the clicker showing the highest score, in the event of a draw, both clickers are held up with the arms crossed.

At this point the referee himself will make a decision and then award the bout as either a win or a draw.

A win can only be awarded if 3 or more of the 5 judges including the referee award the bout one way.

Any less than this majority is awarded as a draw.

Should it become apparent that a competitor is being completely dominated by a superior opponent, the referee may after consultation with the corner judges, stop the bout and award a win to the superior competitor. The result being announced as 'win by mismatch'.

TARGET AREA

- a) Head and neck area complete
- b) Trunk of the body from neck to lower abdomen vertically and from a line draw from armpit vertically down to the waist of each side (i.e., frontal area only, excluding back)

POINTS ARE AWARDED AS FOLLOWS:

- a) 1 point awarded for any hand technique to any target area
- b) 2 points awarded for foot technique to mid-section area
- c) 3 points awarded for foot technique to high section area

SCORING & RESULT PROCEDURE - POINT STOP SPARRING

See **Bout Procedure** above. The competitor with the highest score is the winner. In the event of a draw the contest is restarted and the first competitor to score a clear point is declared the winner.

POINTS ARE AWARDED AS FOLLOWS:

- a) 1 point awarded for any hand technique to any target area
- b) 2 points awarded for foot technique to mid-section area
- c) 3 points awarded for foot technique to high section area

INTERNATIONAL BLACK BELT TEAM SPARRING **(NATIONAL TEAMS ONLY)**

The duration of each preliminary bout shall be 1 x 2-minute rounds

International Black Belt Team finals will be fought over 2 x 2-minute rounds

Continuous sparring rules apply as per individual semi contact event

Medals awarded: 1 x Gold 1 x Silver 1 x Bronze (per team member)

Male and Female in Separate Divisions

See Appendix A for full rules

TAG TEAM SPARRING

Teams will consist of a 3-person team; bouts will be for 4 minutes. Each time the bout is stopped you can change with a member of your team by tagging your team member's glove. All 3 members must fight at some stage during the bout. All team matches will be point stop.

SCORING:

- a) 3 points for a head kick
- b) 2 points for a body kick
- c) 1 point for all hand techniques

If each team is level on points, each team must then put out their best fighter, and the first one to score a point will be the winner. – Sudden Death.

Medals awarded: 1 x Gold 1 x Silver 1 x Bronze (per team member)

In the event of there only being one team in a division that team will be awarded the Gold medal.

Male and Female in Separate Divisions

NOTE

- *ALL team members must be entered into the correct division for the TAG team event. If any team member is found to have entered the wrong division when they arrive on the area for the TAG Team event the whole team will be disqualified, and NO REFUND of their entry fee will be given.*
- *No substitutions can be made to a team once their entry has been paid for and the team entered into the TAG Team draw. If a member of your team withdraws then the team will be disqualified, and NO REFUND will be given.*
- *The whole team must be available for the whole day of the tournament as there is no pre-arranged time for the TAG team event to start.*

JUNIORS Aged 10 years and under

PATTERNS

To include all competitors aged 10 years and under (Coloured Belts and Black Belts)

All Juniors aged 10 years and under

Pattern divisions are as follows:

Yellow	(9 th Kup to 7 th Kup)
Green	(6 th Kup to 5 th Kup)
Blue	(4 th Kup to 3 rd Kup)
Red	(2 nd Kup to 1 st Kup)
Black	(All grades together)

Boys & Girls in Separate Divisions

MUSICAL PATTERNS

Black Belts Only

Juniors compete in one unified division with Youths (aged up to 14 years)

Boys and Girls in Separate Divisions

TEAM PATTERNS

Juniors compete in one unified division with Youths (aged up to 14 years)

All team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

All Black Belts together

Boys and Girls in Same Division

SPARRING

COLOURED BELT DIVISIONS

Yellow, Green, Blue and Red in separate divisions

All Point Stop Sparring

Boys and Girls in Separate Divisions

All Juniors aged 10 years and under

Peewee	Up to and including 122cm
Lightweight	Above 122cm, up to and including 137cm
Middleweight	Above 137cm, up to and including 152cm
Heavyweight	Over 152cm

BLACK BELT DIVISIONS

Point Stop Sparring

Boys and Girls in Separate Divisions

All Juniors aged 10 years and under

Peewee	Up to and including 122cm
Lightweight	Above 122cm, up to and including 137cm
Middleweight	Above 137cm, up to and including 152cm
Heavyweight	Over 152cm

TAG TEAMS

All Juniors aged 10 years and under

Peewee/Lightweight Up to and including 137cm

Middleweight/Heavyweight Above 137cm

All TAG team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

All Black Belts together

Boys and Girls in Separate Divisions

YOUTHS Aged 11 to 14 years

PATTERNS

To include all competitors aged 11 to 14 years (Coloured Belts and Black Belts).

Youths aged 11 – 14 years

All Youth pattern divisions are as follows:

Yellow	(9 th Kup to 7 th Kup)
Green	(6 th Kup to 5 th Kup)
Blue	(4 th Kup to 3 rd Kup)
Red	(2 nd Kup to 1 st Kup)
Black	(All grades together)

Boys & Girls in Separate Divisions

MUSICAL PATTERNS

Black Belts Only

Youths compete in one unified division with Juniors (All ages up to aged 14 years)

Boys and Girls in Separate Divisions

TEAM PATTERNS

Youths compete in one unified division with Juniors (All ages up to aged 14 years)

All team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

All Black Belts together

Boys and Girls in Same Division

SPARRING

COLOURED BELT DIVISIONS

Yellow, Green, Blue and Red in separate divisions

All Point Stop Sparring

Boys and Girls in Separate Divisions

All Youths aged 11 - 14 years

Lightweight	Up to and including 137cm
Middleweight	Above 137cm, up to and including 152cm
Light Heavyweight	Above 152cm, up to and including 168cm
Heavyweight	Above 168cm

BLACK BELT DIVISIONS

Point Stop Sparring

Boys and Girls in Separate Divisions

All Youths aged 11 - 14 years

Lightweight	Up to and including 137cm
Middleweight	Above 137cm, up to and including 152cm
Light Heavyweight	Above 152cm, up to and including 168cm
Heavyweight	Above 168cm

TAG TEAMS

All Youths aged 11- 14 years

Lightweight/Middleweight

Up to and including 152cm

Light Heavyweight & Heavyweight Above 152cm

All team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

All Black Belts together

Boys and Girls in Separate Divisions

CADETS Aged 15 – 17 years

PATTERNS

COLOURED BELTS AND BLACK BELTS

All Cadets aged 15 – 17 years

Cadet pattern divisions are as follows:

Yellow & Green	(9 th Kup to 5 th Kup)
Blue & Red	(4 th Kup to 1 st Kup)
Black	(All Dan Grades together)

Male and Female in Separate Divisions

MUSICAL PATTERNS

Black Belts Only

All Cadets aged 15 to 17 years

Male and Female in Separate Divisions

TEAM PATTERNS

All Cadets aged 15- 17 years

All team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

All Black Belts together

Male and Female in Same Divisions

SPARRING

COLOURED BELT DIVISIONS

All Cadets aged 15 – 17 years

Yellow and Green belts together

Blue and Red belts together

Point Sparring Stop

Male and Female in Separate Divisions

Female Cadets aged 15 - 17 years

Lightweight	Up to and including 55kg
Middleweight	Above 55kg, up to and including 65kg
Light Heavyweight	Above 65kg, up to and including 75kg
Heavyweight	Above 75kg

Male Cadets aged 15 to 17 years

Lightweight	Up to and including 60kg
Middleweight	Above 60kg, up to and including 70kg
Light Heavyweight	Above 70kg, up to and including 80kg
Heavyweight	Above 80kg

BLACK BELT DIVISIONS

All Cadets aged 15 – 17 years

Continuous Sparring

Male and Female in Separate Divisions

Female Cadets aged 15 to 17 years

Lightweight	Up to and including 55kg
Middleweight	Above 55kg, up to and including 65kg
Light Heavyweight	Above 65kg up to and including 75kg
Heavyweight	Above 75kg

Male Cadets aged 15 to 17 years old

Lightweight	Up to and including 60kg
Middleweight	Above 60kg, up to and including 70kg
Light Heavyweight	Above 70kg, up to and including 80kg
Heavyweight	Above 80kg

TAG TEAMS

All Cadets aged 15- 17 years

No separate weight categories

All team members to be made up from either:

Yellow and Green Belts together

Red and Blue Belts together

All Black Belts together

Male and Female in Separate Divisions

ADULTS Aged 18 years and above

COLOURED BELT DIVISIONS

PATTERNS

All Coloured Belt Adults aged 18 years and above

All Adult coloured belt pattern divisions are as follows:

Yellow	(9 th Kup to 7 th Kup)
Green	(6 th Kup to 5 th Kup)
Blue	(4 th Kup to 3 rd Kup)
Red	(2 nd Kup to 1 st Kup)

Male and Female in Separate Divisions

MUSICAL PATTERNS

Black Belts only – there are no Coloured Belt Musical Patterns

TEAM PATTERNS

All Coloured Belt Adults aged 18 years and above

All team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

Male and Female in Same Division

SPARRING

Yellow, Green, Blue and Red Belts in Separate Divisions.

Yellow & Green Belts – Point Stop

Blue & Red Belts - Continuous

Male and Female in Separate Divisions

Female Adults Sparring

Lightweight	Up to and including 55kg
Middleweight	Above 55kg, up to and including 65kg
Light Heavyweight	Above 65kg up to and including 75kg
Heavyweight	Over 75kg

Male Adults Sparring

Lightweight	Up to and including 70kg
Welterweight	Above 70kg, up to and including 75kg
Middleweight	Above 75kg, up to and including 80kg
Heavyweight	Above 80kg

TAG TEAMS

All Coloured Belt Adults aged 18 years and above

No separate weight categories

All team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

Male and Female in Separate Divisions

ADULTS Aged 18 – 39 years

BLACK BELT DIVISIONS

PATTERNS

All Black Belt Adult pattern divisions are as follows:

- | | |
|----------|--|
| Group 1: | 1 st Dans |
| Group 2: | 2 nd & 3 rd Dans |
| Group 3: | 4 th Dans & above |

Male and Female in Separate Divisions

MUSICAL PATTERNS

All Adult Black Belts aged 18 years and above to compete in one unified division with Adult Executive and Super Executive Black Belts

Male and Female in Separate Divisions

TEAM PATTERNS

All Black Belt Adults aged 18 – 39 years

All team members to be made up from:

All Black Belts together

Male and Female in Same Division

SPARRING (Point Stop and Continuous)

Female Adults aged 18 – 39 years

Flyweight	Up to and including 55kg
Lightweight	Above 55kg, up to and including 61kg
Welterweight	Above 61kg, up to and including 67kg
Middleweight	Above 67kg, up to and including 73kg
Light-Heavyweight	Above 73kg, up to and including 80kg
Heavyweight	Over 80kg

Male Adults aged 18 – 39 years

Flyweight	Up to 58kg
Lightweight	Up to 64kg
Welterweight	Up to 70kg
Middleweight	Up to 76kg
Light/Heavyweight	Up to 82kg
Heavyweight	Up to 90kg
Super heavyweight	Over 90kg

TAG TEAMS

All Black Belt Adults aged 18 - 39 years

No separate weight categories

All team members to be made up from:

All Black Belts together

Male and Female in Separate Divisions

DESTRUCTION

All Black Belt Adults aged 18 – 39 years

All techniques to be performed in a static position

All kicks to be performed from the rear leg

Competitors can enter one or more technique

(Each technique is classed as a separate event)

Male Techniques

Male Hand techniques: Fore fist punch
 Knife hand strike
 Backfist strike
 Reverse knife hand strike

Male foot techniques: Side kick
 Turning kick
 Reverse turning kick
 Back kick

Female Techniques

Female Hand techniques: Side fist strike
 Elbow strike
 Palm heel strike

Female foot techniques: Side kick
 Turning kick
 Reverse turning kick
 Back kick

Male and Female in Separate Divisions

EXECUTIVE & SUPER EXECUTIVE

BLACK BELTS ONLY

PATTERNS

All Black Belt Exec Adults aged 40 years and above

All Adult Executive and Super Executive Black Belt pattern divisions will compete together as follows:

Group 1:	1 st Dan Only
Group 2:	2 nd & 3 rd Dan
Group 3:	4th Dan and above

Male and Female in Separate Divisions

Females - all grades together Aged 40 years and above

Males- all grades together Aged 40 years and above

MUSICAL PATTERNS

All Black Belt Exec Adults to compete in one unified division with Adult Black Belts aged 18 and above

Male and Female in Separate Divisions

TEAM PATTERNS

All Black Belt Exec Adults aged 40 and above

All team members to be made up from:

All Black Belts together

Male and Female in Same Divisions

SPARRING

ALL DIVISIONS POINT STOP

Female Execs aged 40 to 49 years

Lightweight	Up to and including 65kg
Middleweight	Above 65kg, up to and including 75kg
Heavyweight	Above 75kg

Male Execs aged 40 to 49 years

Lightweight	Up to and including 70kg
Middleweight	Above 70kg and up to and including 80kg
Heavyweight	Above to 80kg

ALL DIVISIONS POINT STOP

Female Execs aged 50 years and above

Lightweight	Up to and including 65kg
Middleweight	Above 65kg and up to and including 75kg
Heavyweight	Above 75kg

Male Execs aged 50 years and above

Lightweight	Up to and including 70kg
Middleweight	Above 70kg and up to and including 80kg
Heavyweight	Above to 80kg

Note: Executive and Super Executive competitors CANNOT compete in Adult (aged 18 – 39) Divisions

TAG TEAMS

All Black Belt Exec Adults aged 40 years and above

No separate weight categories

All team members to be:

All Black Belts together

Male and Female in Separate Divisions

DESTRUCTION

All Black Belt Exec Adults aged 40 years and above

All techniques to be performed in a static position

All kicks to be performed from the rear leg

Competitors can enter one or more technique

(Each technique is classed as a separate event)

Male Techniques

Male Hand techniques: Fore fist punch
 Knife hand strike
 Backfist strike
 Reverse knife hand strike

Male foot techniques: Side kick
 Turning kick
 Reverse turning kick
 Back kick

Female Techniques

Female Hand techniques: Side fist strike
 Elbow strike
 Palm heel strike

Female foot techniques: Side kick
 Turning kick
 Reverse turning kick
 Back kick

Male and Female in Separate Divisions

BLACK BELT INTERNATIONAL TEAM EVENT

COUNTRY TEAMS ONLY

Male Teams

5 Members in the following categories

Up to and including	64kgs
Up to and including	70kgs
Up to and including	76kgs
Up to and including	82kgs
Over 82kgs	

Female Teams

3 Members in the following categories

Up to and including	61kgs
Up to and including	73kgs
Over 73kgs	

All preliminary bouts are 1 x 2-minute rounds – Final is 2 x 2-minute rounds

Male and Female in Separate Divisions

See Appendix A for International Team Event Rules

Appendix A

International Team Event

1. Registration

All teams must be registered with the event organisers by the deadline announced during the tournament. Registration includes identifying all team members (including reserves) and their weight divisions.

Competitors will be allowed to fight in a division above the division they entered as an individual but cannot enter down into a lighter division.

2. Sparring Equipment

As per individual events.

3. Rules

Normal competition rules for individual sparring will apply.

4. The following rules apply for International Team Events:

- Before the start of a match, the teams must line up facing each other and the names and their divisions will be checked by the referee
- The Team Captain or Coach then steps forward and the Referee will perform a coin spin to determine which team should put up the first competitor
- The team who wins the coin spin will choose the weight division to be fought first and the opposing team must put forward their team member who matches that weight division
- The team who lost the original coin spin then chooses which division should fight next
- This choice of division then continues until all competitors in both teams have fought
- A win gives the team 2 points, and a draw (which unlike the individual bouts) counts as a result and will give both teams 1 point each
- Should both teams be equal on points after all fighters have fought, each team to put out their best fighter, the opposing team does not need to match
- 1. If the result is still a draw, then there will be an extension of 1 minute.
2. If the result of the extra time is still a draw, then the referee will decide the winner

5. Other Rules

- Only one coach per team at the area
- All team members must be sat down, away from the designated areas boundaries
- If a team member is disqualified during a bout, then the opposing team receives 2 points
- A disqualified team member cannot partake in the rest of the event and cannot be replaced by another competitor
- Can you replace an injured team member? **NO**
- If an event medic says that the competitor cannot continue due to injury, this cannot be overruled by anyone
- If a team cannot submit all weight categories, e.g. They have no lightweight member. Then they can submit a team, but they would forfeit that match therefore giving the opposing team 2 points for the missed bout
- The bouts will consist of 1 x 2-minute round with a 2 x 2-minute round for the final