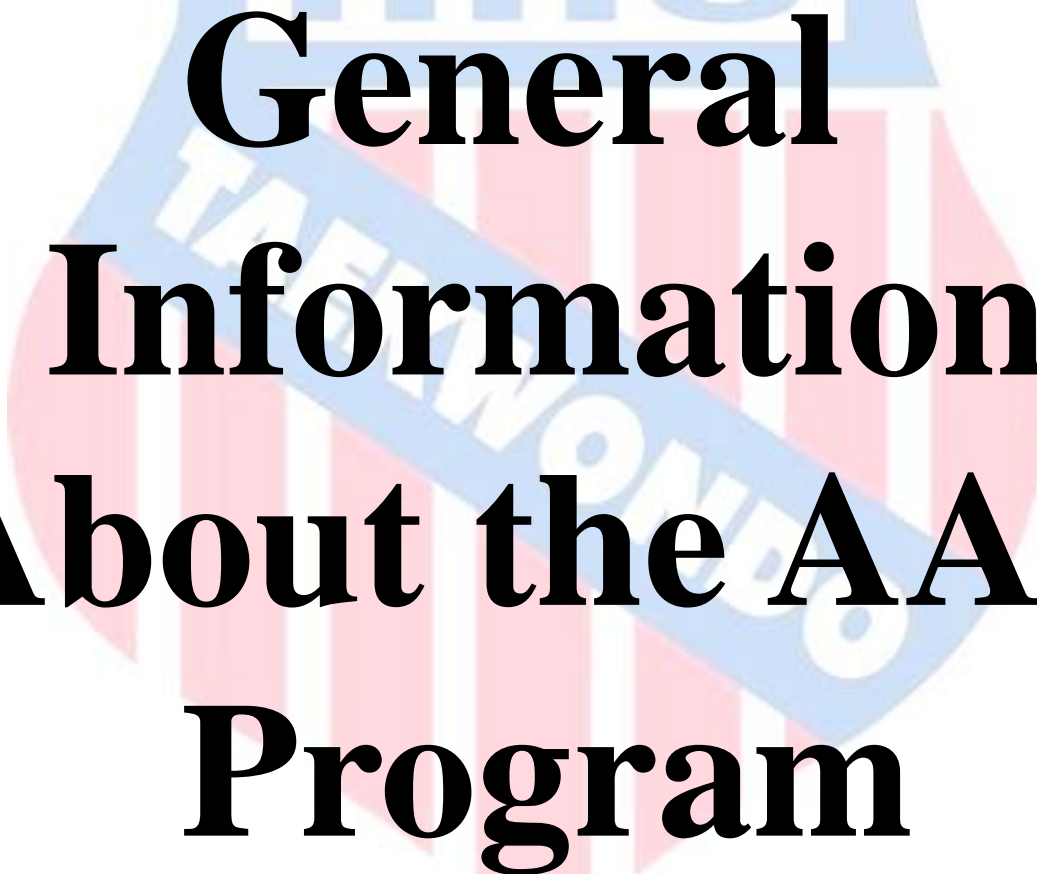


AAU TAEKWONDO



Officials Clinic

AAU TAEKWONDO

A large, semi-transparent watermark of the AAU Taekwondo logo is centered in the background. The logo features a shield with a blue top section containing the letters 'AAU' and a bottom section with vertical red and white stripes. A blue banner across the shield contains the word 'TAEKWONDO' in white. The text 'AAU TAEKWONDO' is also visible at the top of the page.

**General
Information
About the AAU
Program**

AAU TAEKWONDO

Chief Referee Committee (CRC)

Master David Lieder – International Chief Referee

Master Larry Beach – National Chief Referee

Grandmaster Kathy Wiczerza – Forms Chief Referee

Collectively, this staff is in charge of training both referees and clinic administrators, leading them into the future while always maintaining the high standards we have come to expect.

What Color is the Desk?



You can't win an argument with a coach. The coach always thinks the way they see something is the only way it is and you will never convince them otherwise.

2020 Rule Changes

Rule Change Proposals were discussed and accepted by the 2019 Technical Rules Committee (TRC) on June 11, 2019. They were ratified at the 2019 Leadership Conference in September.

2020 Rule Changes

1. Upgrading to B official's classification reverted to the previous policy of being done only at Nationals and including a written test.
2. Types of qualifying events now includes sport poomsae.
3. Team Trial divisions now are Cadet, Junior and Senior divisions.
4. The length of time a person can compete at nationals in the Intermediate division was increased from one (1) Nationals event to two (2) Nationals events.
5. Local event directors may allow competitors to compete locally in colored doboks.

2020 Rule Changes

6. Wording was added to the coach's shirt to say the shirt cannot be modified in any way. (No additional logos or school insignias can be put on the shirt.)
7. In point sparring, if either weight or height is used to divide competitors, a grand champion round and an overall grand champion round may be run.
8. In point sparring, all preliminary matches will be two (2) minutes running time or a **7-point gap**, whichever occurs first. If the match is tied a Golden Round will determine the winner. The Golden Round must be won by 2 points.

2020 Rule Changes

9. Executive and Ultra forms competition will now also break down further into Black 1, Black 2, Black 3, and Black 4 and up.
10. Coaches attire has been redefined as white dobok or ankle-length athletic pants plus the blue coach shirt and sneakers. Coach credentials must be worn at all times and must be plainly visible.
11. In point sparring, all division Grand Championship matches will be one two-minute round. Competitor must win by two points. All overall Grand Championship matches will be two two-minute rounds. Competitor must win by two points.

2020 Rule Changes

12. In point sparring, points will be given as follows:

- One point will be given for any legal hand technique to the legal body or head area
- One point will be given to any legal foot technique to the legal body area
- Two points will be given to any legal foot technique to the legal head area
- Three points will be given to any legal spinning foot technique to the legal head area

2020 Rule Changes

13. In Olympic Sparring, the tournament director has the option of using PSS equipment for other than Black Belt divisions. This is at local or national levels.
14. Junior (15-17) and Senior (18-32) Team Trials competitors will compete using three 90-second rounds with a 30-second rest.
15. Olympic Sparring rules as they relate to IVR and challenges have been updated to more align with WT rules.

2020 Rule Changes

16. In Olympic Sparring, when using PSS, if the score is tied at the end of the Golden Round, the first criteria will be the competitor who scores a punch in the Golden Round. The remainder of the criteria remain the same.
17. Black Belt teams may now perform any Black Belt form.
18. Coaches will be allowed to come into the coach chair once the match has begun with approval of the TL. Only the coach in the chair at the end of the match may file a protest and the protest may only be for the time that they were in the chair.

Coach and Officials Certification Fees

Coach

- Anyone wishing to coach at any AAU sanctioned event will be required to complete the online coaches certification and pay the \$50 online clinic fee.

Official

- Anyone wishing to only officiate at any AAU sanctioned event will be required to take a local official's certification clinic and pay the \$35 clinic fee.

Both

- Anyone wishing to both coach and officiate at any AAU sanctioned event will be required to both take the online clinic to obtain coach's certification and attend a local official's clinic to obtain official's certification.

Official's Upgrade Process

Class E

Refers to Court Officials (scorekeepers, computer operators, etc.) at District, Regional and National levels. Class E officials may, if needed, corner judge non-Black Belt divisions at Regional or District level only.

- Basic understanding of official rules and procedures
- Working knowledge of time keeping and score keeping
- Minimum age requirement of 14
- No rank requirement
- Yearly attendance of a District/Regional Clinic Workshop
- Anyone who is in the system as an E will automatically be upgraded when the required age and/or belt is reached

Class D

Refers to Judges at District, Regional or National competitions. D officials may, if needed or if being evaluated for upgrade, center for non-black belt divisions only.

- Understanding of official rules and procedures
- Understanding judge responsibilities at district or regional levels
- Working knowledge of charting time keeping and score keeping
- Minimum age of 15
- Minimum rank of Red/Brown Belt
- Must attend a yearly district/regional clinic

Official's Upgrade Process

Class C

Class C officials may, if needed or if being evaluated for upgrade, center referee at National competitions for non-Black Belt divisions only

- Must have officiated as a corner judge as a D level official for a minimum of 2 local or regional AAU sanctioned events or one AAU sanctioned National event.
- Minimum age of 16.
- Minimum rank of 1st Dan Black Belt
- Must attend a yearly District/Regional Clinic & Workshop.
- Must request to be evaluated for an upgrade at either the local, regional or national level. Request for upgrade at the local level should be made to the tournament director who will supply a list of applicants to the tournament Head Referee.

Class B

- Must have been a class C official for a minimum two years.
- Minimum age of 18.
- Must attend a yearly District/Regional Clinic & workshop.
- Must request to be evaluated at the AAU National Championships when registering for the event.
- Must be evaluated on performance as a judge and referee. To be eligible for evaluation at Nationals, candidates must work a minimum of three full days.
- **Must pass written test and practical evaluation by an 80% combined score. Candidate will be evaluated on performance as a judge and referee for forms and sparring competition. To be eligible for evaluation, a candidate must work a minimum of three full days during the Nationals Championship.**
- Must work six AAU Sanctioned events as a C official. The event being evaluated counts as one event.

Official's Upgrade Process

Class A

- Must have been a class B official for a minimum three years.
- Must attend a yearly District/Regional Clinic & workshop.
- Must officiate at three National Championships as a B official.
- Must request to be evaluated at the AAU National Championships when registering for the event.
- Must pass the written test and practical evaluation by a combined score of 85%.
 - ❖ Candidate must work a minimum of four full days during the Nationals Championship event.
 - ❖ Candidate must work a minimum of one full day for each type of competition.
- Must work 15 AAU Licensed events as a B official. The event being evaluated counts as one event.

Class AA

- Must have been a class A official for a minimum five years.
- Must attend a yearly District/Regional Clinic & workshop.
- Must officiate at five National Championships as an A official.
- Must request to be evaluated at the AAU National Championships when registering for the event.
- Must pass the written test and practical evaluation by a combined score of 90%.
 - ❖ Candidate will be evaluated on performance as a judge and referee for forms and sparring competition. To be eligible for evaluation, candidate must work all five full days of the Nationals Championship event.
- Must work 40 AAU licensed events as an A official. The event being evaluated counts as one event.

Maintaining Official's Classification

Maintaining Your Classification

- All officials holding a classification of B or higher will be required to participate as an official in some capacity at a minimum of one national event within a two-year period to maintain their current status.
 - ❑ Not meeting this requirement may result in a downgrade in status of one level every two years, not to be lowered past C level official.

- The total number of required work days must be worked at the same event. (that is, an official cannot split the required work days between multiple events or years).

- Participation within a two-year period at the AAU National Championships would be as follows:
 - ❑ AA officials must work 5 days
 - ❑ A officials must work 4 days
 - ❑ B officials must work 3 days

- Participation within a two-year period at the AAU J.O. Games would be as follows:
 - ❑ Only B officials may use the J.O. Games to maintain their classification
 - ❑ B officials must work the entire event, including weigh-ins if requested, if not working Nationals and needing the J.O. Games to maintain their classification

General AAU

TKD

Competition

Guidelines

Types of Competition

Qualifying Events

Forms

Point Sparring

Olympic Sparring

Sport Poomsae

Types of Competition

Non-Qualifying, Optional Events

Team Forms	Sport Poomse	Seven Categories of Board Breaking	Creative Forms	Weapons Forms	Padded Weapons Sparring
Demo Team Competition		Self Defense	Creative Musical Forms	Musical Weapons Forms	Special Needs

Rules governing Team Forms competition are outlined in the AAU competition rules as posted on www.aautaekwondo.org.

Rules governing Board Breaking and Creative forms will be established by the individual tournament director.

Qualifying is not required for Special Needs competitors

Rules for all non-qualifying events can be found in the handbook under the J.O. Games appendix.

Division Categories

Age Categories

- Youth Ages 5 – 17
- Senior Ages 18 – 32
- Executive Ages 33 – 42
- Ultra Ages 43 & Up

Athletes may not compete in more than one category.

The age of the competitor on December 31st determines the age of competitor for the entire year.

Belt Categories

- Novice White, Yellow, Orange
- Intermediate Green, Blue, Purple
- Advanced Brown, Red
- Black Black

Competitors must compete at their rank on the day of the event.

Officials

2019 AAU National Championship Officials



2019 AAU TAEKWONDO
NATIONAL CHAMPIONSHIPS

2019



JULY 1 ~ JULY 6, 2019



Officials

Code of Conduct

- As an AAU Referee, I understand that I am an ambassador of AAU TKD, in and out of competitions. I will conduct myself in an exemplary manner at all times.
- I will uphold my integrity as an AAU Referee and remain free of any possible conflicts of interest. I will uphold the integrity of AAU competition and protect the spirit of TKD.
- I will act in a manner consistent with the spirit of fair play and the TKD Movement.
- I will not commit any behaviors that will bring disgrace to AAU TKD, such as receiving gift or other valuables in connection with passing a judgment in favor of an athlete.

Attire

- Black Slacks
- White, collared shirt (long or short sleeve)
 - No sleeveless shirts
- Official AAU tie
- Black blazer
- White, Black or Black & White sneakers
- Black socks

Officials Protocol

Do's

- 🌀 Judges wear jackets. Referees do not
 - (If it is warm, everyone can remove their jackets, but all judges must be consistent. If one judge has jacket off, all must)
- 🌀 Officials (Center) should remove watches and jewelry
- 🌀 Judges should sit with both feet on the floor
- 🌀 A judge can stand to get a better view
- 🌀 A judge should focus only on their match
- 🌀 Officials should conduct themselves appropriately at all times

Don'ts

- 🌀 Officials should avoid giving the appearance of favoritism by cheering for students competing in and outside of their ring.
- 🌀 Officials should not use cell phones while in the competition area.
- 🌀 Officials should avoid any confrontation with athletes, parents or coaches.

Coaches

Coaches Attire

Do's

- ☺ White dobok pants or warm-up pants (stripes are allowed)
- ☺ White dobok pants or **any color ankle-length athletic pants**
- ☺ Official blue AAU coach's shirt (must be official AAU shirt)
- ☺ Coaches shall remove warm-up tops or any article of clothing that covers the blue coach shirt prior to sitting in the coaches chair
- ☺ Sneakers (any color is okay, but must be sneakers)

Don'ts

- ☹ No shorts or blue jeans
- ☹ Coaches shall not wear hats on the competition floor
- ☹ Coaches shall not use video cameras, walkie-talkies, cell phones, ear phones, etc while on the competition floor
- ☹ **Coach shirt cannot be modified in any way. No additional logos or school emblems can be affixed to the shirt.**

Coaches Protocol

Do's

- ☺ Coach and athlete are responsible for picking up credentials from head table after completion of the match or division
- ☺ Coaches must remain seated during the match
- ☺ Coaches shall direct comments to their own player only

Don'ts

- ☹ Comments considered to be directed towards the officials which are intended to either influence their decision or protest scores and penalties will result in penalties being issued.
- ☹ Coaches words or actions deemed to be abusive or inappropriate towards other players, officials or their own player will not be tolerated and shall be removed from the tournament.

Athletes

Athlete's Attire

- ✧ Clean white dobok. Colored doboks are allowed at local events at tournament director's discretion.
- ✧ Black trim allowed for Black Belts only.
- ✧ A t-shirt and/or sports bra may be worn underneath the dobok.
- ✧ Sleeves and cuffs cannot be rolled up.
- ✧ Sleeves and cuff must be no higher than $\frac{1}{2}$ distance between wrist and elbow or ankle and knee.
- ✧ Jacket may not be tucked into pants.
- ✧ Uniform must be neatly hemmed.

Athletes Attire

- ✦ All competitors must wear a belt appropriate to their rank.
- ✦ Youth black belts (15 years of age and younger) are permitted to wear Poom belts as well as Poom collars. (half-red, half black)
- ✦ If your belt system does not follow the AAU TKD configuration, be sure your athlete, and parent, understands where their belt fits into the AAU TKD system and is wearing the appropriately equivalent AAU color belt for competition

AAU TKD

Forms

Competition

Rules

Individual Forms/Poomse/Patterns

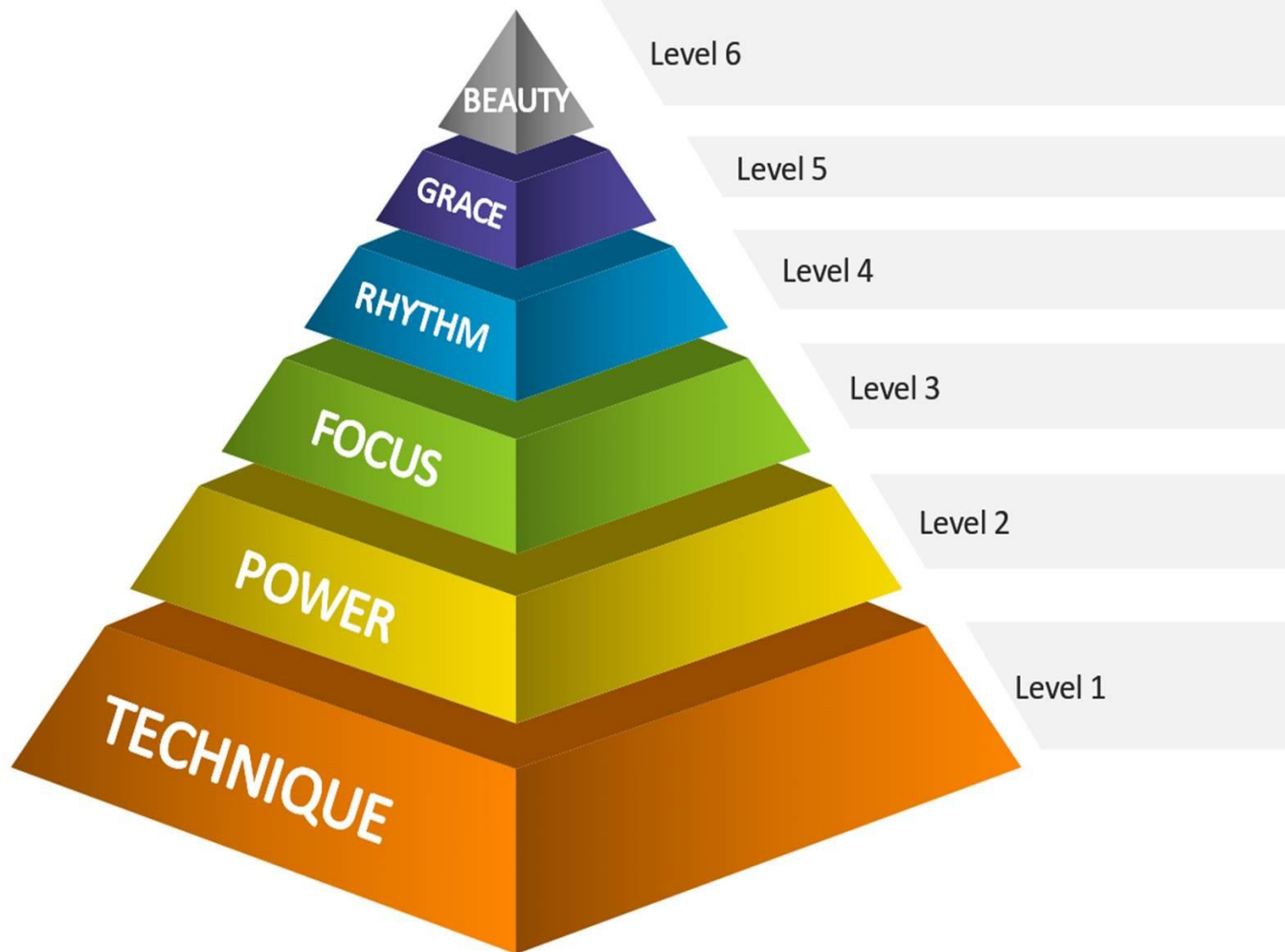


Criteria for Judging Patterns

- *Beauty – appeal*
- Grace – balance, flow
- Rhythm – tempo, timing
- Focus – aim, concentration
- Power – stances, blocks, kicks & strikes
- Technique – kicks, blocks, strikes, etc. executed correctly

- ❖ Be aware that there are different styles in AAU program. Each style has a different concept of what the forms are supposed to represent and how they are performed
 - ❖ Power stances vs. walking stances
 - ❖ Chambered position of recoil hand
 - ❖ Speed. This is not a criteria for scoring and in itself should not be considered unless it effects the rhythm of the form or the effectiveness of the technique.
 - ❖ Consistency of techniques. If the competitor is performing the form as they were taught, the techniques will be the same on both sides.

Forms Pyramid



The base of a pyramid is most important. Without a good base the rest won't stand up. Technique is the base and should be considered first and foremost. Then go up the pyramid to determine the quality of the pattern.

Forms Competition Rules

- Forms competition can be conducted either as scored or bracketed competition.
- The tournament director reserves the right to decide which type of competition will be used.
- Youth Forms Divisions of 40 or more will be divided into two age groups.
- Currently National competitions use the bracketed forms method of competition with Brazilian Repechage type bracket system (explained later).

Methods of Scoring

Forms can be judged using either a scored method or a bracketed method. Most AAU tournaments have adopted the bracketed method of scoring, however, the scored method is always used for special needs forms competition.

For more information on the rules that govern scored forms, refer to the AAU Taekwondo Handbook.

Bracketed Forms

Types of Brackets

- There are numerous types of bracketing systems that can be used when conducting bracketed competition. Here are a few used in AAU competitions.
 - Single Elimination – Used for most sparring competitions
 - Brazilian Repechage - Currently used at AAU National any most local competitions for forms competition (Will be explained in detail later)
 - Round Robin (Currently used at Team Trials)

Bracketed Forms Competition Rules

- Competitor names and the validity of the form for their rank will be checked by the Referee prior to competition.
- Two competitors will present their form simultaneously.
- No competitor may begin a form a 2nd time unless both competitors are unable to complete the form the first time.
- The competitors are called into the ring and instructed to bow to each other as in sparring competition.

Bracketed Forms Competition Rules

- The Referee will have the competitors face forward and will then announce *Shi-jak*.
- The Referee will exit the back of the ring and stand where Chung enters the ring
- When the competitors have completed their forms, the Referee will enter the ring, call them to their marks, and bow them out, call for score and award the win. Do not turn to face the head table.

Bracketed Forms Competition Rules

- When using three Judges (Referee not judging), the Referee will command “Judges, Call” while holding both arms parallel to the floor, palms down and fingertips touching. The judges will cast their vote through the use of flags.
- If a Judge thinks a form has been modified, he/she should stand up prior to the Referee announcing “Judges, Call”.
- The Referee will award the win by dropping both hands to his/her side, then raising either the right hand for Chung or the left hand for Hong with a closed fist to the sternum, continuing at a 45-degree angle with the palm facing upward and declare the winner.

Bracketed Forms

Position of Judges

- Bracketed forms competitions are usually conducted with one Referee and three Judges.
- The Referee does not vote.
- The Judges are positioned in an equilateral triangle, one on each front corner and one between the two back corners.
- The judges should always use flags to vote as the it is easier for the spectators to see how the votes were cast.

When Has a Form Been Altered?



- Wrong block, i.e. outside block instead of inside block is not criteria. If the modification does not change the integrity of the form or cause a change to it's overall value it should be overlooked.
- Form modification is your decision that a form has been altered or modified in such a way as to impact the score of the form.

Team Forms



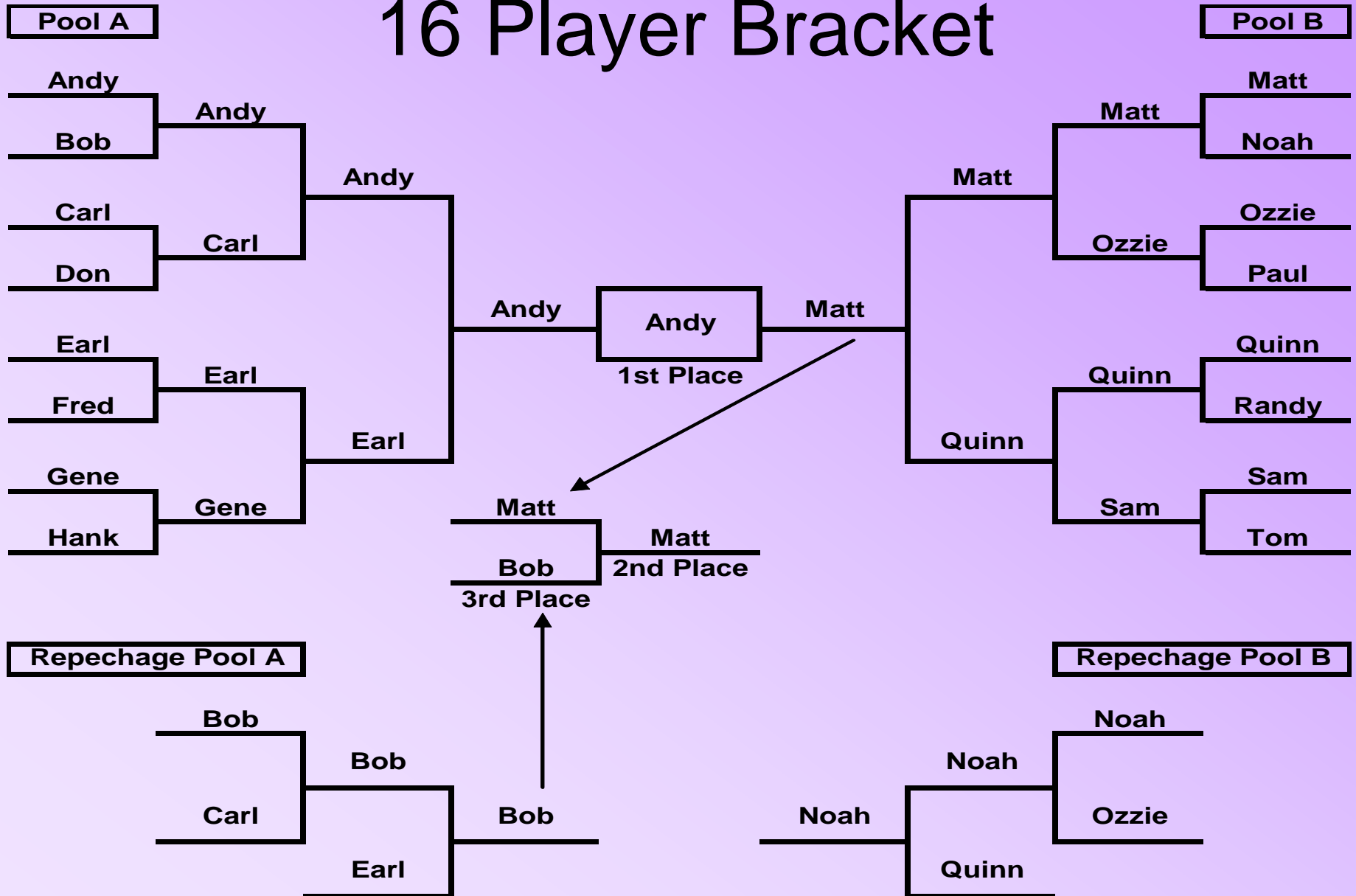
- Team consists of 3 members
- All team members must be Black Belts
- An individual can compete on only one team
- Team should consist of 5-17 year olds or 18 year old and up
- Same rules apply to team forms as to individual forms except that the team can present **any Black Belt form**
- Entrance decorum must be consistent with individual forms entrance

Brazilian Repechage Bracketing System

Brazilian Repechage bracketing allows for the person who is the true 2nd place competitor to claim 2nd place even if they lost to the 1st place competitor in one of the first rounds. The top portion of the Repechage bracket must be completed prior to beginning the bottom portion. In Brazilian Repechage, the top portion of the bracket determines only the 1st place competitor in the division. The bottom portion of the bracket decides who will compete against the loser of the top bracket for 2nd and 3rd place.

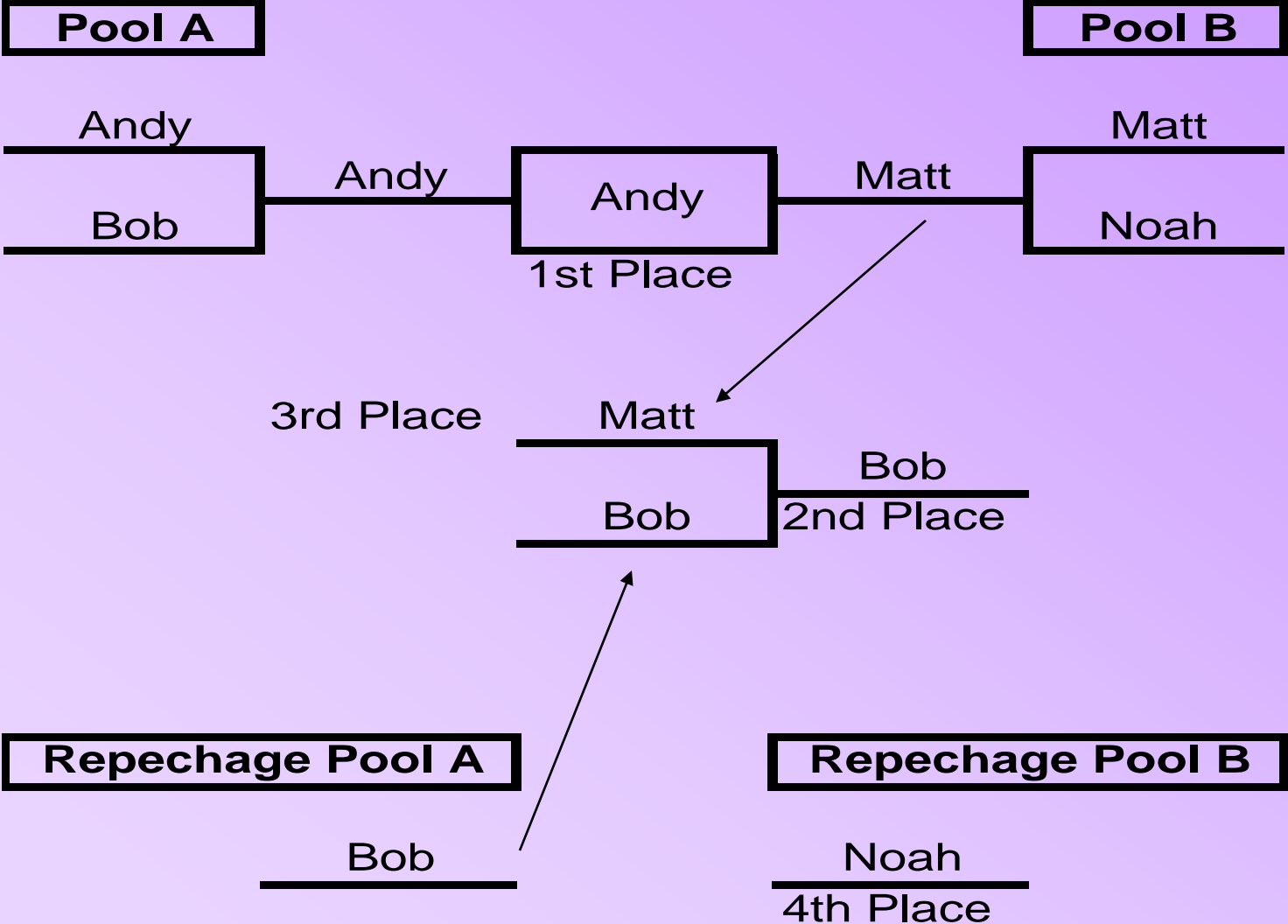
Brazilian Repechage Example

16 Player Bracket



Brazilian Repechage Example

4 Player Bracket



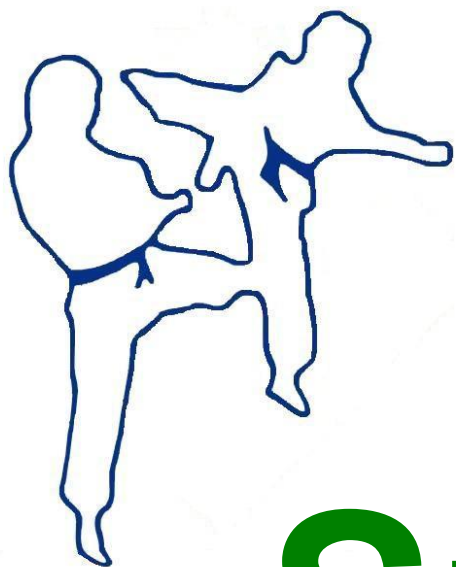
**General Rules
Applying to Both
Point and
Olympic Style
Sparring**

Athlete Compliance

If a competitor, upon being called to the center of the ring to compete in point or Olympic sparring, is found to be in violation of any equipment or personal requirements, the competitor will be given one minute to come into compliance. If, within one minute, they are ready to compete, he/she will receive a kyong-go (in Point) or Gam-Jeom (in Olympic) penalty and the match will begin.

If the competitor cannot comply within one minute, they will be given an additional one minute. If they are ready at the end of the second minute, they will receive a 2nd kyong-go penalty (in Point) or a 2nd Gam-Jeom penalty (in Olympic) and the match will begin.

If the competitor cannot comply within two minutes, they may be disqualified.



Point Sparring Rules

Athlete's Gear – Point Sparring

Mandatory Equipment

- Mouth-guard
- Full hand protectors – any color. Must be foam dipped/vinyl only.
- Full foot protectors – any color. Must be foam dipped/vinyl or artificial leather only.
- Full headgear – any color. Must be foam dipped/vinyl only. Headgear that includes padding under and around the chin, is not allowed. Other than for religious reasons, nothing else can be worn on the head but the headgear.
- Male competitors must wear groin cup and supporter on inside of dobok
- Safety equipment must not be taped for any reason

Optional Equipment

- Cloth or foam shin, shin/instep protectors
- Cloth or foam forearm protectors
- Foam dipped/vinyl rib protectors
- Sport eyeglasses will be allowed, but soft contacts are highly recommended.
- Clear plastic face shield
- All optional equipment must be worn under the dobok with the exception of the face shield and **rib protectors either with out without shoulder straps.**
- No hogus.**

Athlete's Gear – Point Sparring

Accepted Optional
Equipment



Accepted Optional
Equipment



Judges for Point Sparring

Position

- Point sparring competition will be conducted with one referee and three judges
- The three judges are positioned in equilateral triangle with two judges on each front corner and one in the center of the two back corners
- If there are not enough officials to run one referee and three judges, the competition can be run with one referee and two judges

Scoring

- If using one Referee and three judges, the Referee will not vote on points
- If using one Referee and two judges, the Referee will vote
- When using one Referee and three judges, point(s) will be called by using flags.
- Any judge who sees a point must kihap, raise the appropriate colored flag and indicate point(s).**

Duration of Contest

- All point sparring preliminary matches will be 2 minutes running time or a 7- point gap whichever occurs first.
- If the gap is not met, winner is competitor with most points at the end of 2 minutes.
- At the end of two minutes if the score is tied, a Golden Round will be fought. The competitor must win by 2 points.

Divisions for Point Sparring

Height Division

- Divisions can be divided by shorter and taller within age/belt categories
- Grand Champion matches can be run between the division winners
- Overall Grand Champion matches can be run between the Grand Champion winners
- Golden Round matches will be run in case of a tie at the end of regulation time. Competitor must win by 2 points in any Golden Round match

Weight Division

- Divisions can be divided by the weight categories outlined in the handbook.
- Grand Champion matches can be run between the division winners
- Overall Grand Champion matches can be run between the Grand Champion winners
- Golden Round matches will be run in case of a tie at the end of regulation time. Competitor must win by 2 points in any Golden Round match

Duration of Grand Champion and Overall Grand Champion Matches

- All Grand Champion matches will be one (1) two-minute round. Competitor must win by 2 points.
- All Overall Grand Champion matches will be two (2) rounds. Competitor must win by 2 points.

Scoring for Point Sparring

Valid Score

- ❑ In order to score, the legal scoring implement must make contact to the legal target area and must be delivered with balance.
- ❑ For head techniques to be awarded a point(s), the contact must be light.
- ❑ Contact to the legal scoring area of the body should be light to moderate.
- ❑ Half on/half off a legal scoring area of the body or head should be scored as a valid technique.

Implement

- ❑ The hand: closed fist (fore-fist & back-fist) and ridge-hand.
 - ❖ All other hand techniques will be considered unauthorized and the proper penalty will be assessed.
- ❑ The foot: Any part of the foot below the ankle.

Scoring Area

- ❑ Anywhere on the headgear.
- ❑ The area of the body from the collarbone to the naval and down the side from center of armpit

Awarding Points for Point Sparring

- ❑ The clock is not stopped to award points.
- ❑ **Upon seeing a point, each judge will kikap loudly and extend their flag. Upon the Referee's Kal-yeo command each corner will immediately flip his/her flag for the competitor who scored, while simultaneously raising 1, 2, or 3 fingers of the other hand to indicate the points scored.**
- ❑ After confirming that a point/points have been scored, the Referee will, using the index finger of the hand closest to the scoring competitor, announce the player's color. He/she will then turn to the computer operator and announce the point(s) being awarded, either Il-Jeom, Ee-Jeom or Sam-Jeom.
- ❑ One (1) point will be awarded for a legal hand technique to a legal head or body area
- ❑ **One (1) point will be awarded for a legal foot technique to a legal body area**
- ❑ Two (2) points will be awarded for legal foot technique to a legal head area
- ❑ **Three (3) points will be awarded for legal spinning foot technique to legal head area**
 - ❖ In order to score, majority of judges must see point, must be executed with good balance, and must touch target area

Point Gap Rule for Point Sparring

- ❑ The gap for point sparring is **seven (7)** points

Points for Point Sparring

A majority of the officials must concur for a point(s) to be awarded.

Examples of majority calls

Points awarded will be the highest number agreed upon by 2 or more judges. Example: judge 1 calls for 2 points blue and judge 2 calls for 3 points blue; both judges are calling for a minimum of 2 points blue, therefore 2 points will be awarded to blue.

At least two officials must see the same competitor score. If two Officials call for either one or two points for the blue competitor and one calls for one or two points for the red competitor, the blue competitor will be awarded the point(s).


If there is not a consensus by the judges, the Referee will declare 'no point(s)' and continue the match.

Technique Off Balance

- ❑ **If a majority of the Judges ki-hap and raise their flags indicating points were scored, the Referee must call those points.** The point must be awarded if the majority of the Judges call the point. The Referee cannot wave off an 'off balanced' technique. This judgment is made by each Judge individually.
- ❑ Being off balanced after throwing the technique does not necessarily mean the technique is considered off balanced. The act of controlling the kick or the action of the opponent can cause the player executing the technique to lose balance after delivering the kick.

Calling Points

- ❑ **Judges seeing a point(s) should ki-hap, raise the appropriate colored flag and indicate number of points scored when they see a technique meeting the requirements to be scored.**
- ❑ If a judge saw a one, two, or three-point technique, he/she will score by raising the flag for the color that scored and simultaneously extend the other hand in the air displaying 1, 2 or 3 fingers on the Referee's 'call' command.
- ❑ Judges should always use flags to indicate scoring so audience can plainly see the outcome of the call.



If an infraction occurs in conjunction with a point(s) being scored it is handled as follows:

1. If the penalty occurs prior to the score, the penalty will be awarded first. If that person is the one who was being given a score, the flags will be lowered.
2. If the penalty occurs after the score, the score will be awarded first, then the penalty given.

Infractions for Point Sparring

How Infractions Effect the Score

- ❑ Any odd half-point infraction is treated as if it does not exist until there's another half-point infraction.
- ❑ Two half-point infractions total to a 1 penalty point which is recorded as one point for the opponent.
- ❑ If the match is tied at the end of regulation time, all points and penalties are discarded, and the overtime match starts with zero.
- ❑ The winner is the first person to accumulate **two full points change** in score. There is no time limit for the overtime round.

Warnings

- ❑ Joo-eui (Verbal Warning Only - no hand signal)
 - Only one joo-eui per Kyong-go infraction, per round, per competitor is allowed.
 - A Kyong-go must be given if an athlete repeats the same offense during the same round.
 - A Joo-eui penalty can only be given for Kyong-go offenses.
 - A joo-eui warning is given at the point of the infraction.
 - Since Joo-euis are not mandatory, they should be given sparingly in the final round to avoid a competitor using them to run out the clock.

Types of Penalties for Point Sparring

❑ Kyong-Go (1/2 Point Penalty)

- Kyong-Go penalties are all given at the point of infraction.
- A Kyong-Go penalty has no value until another Kyong-go penalty occurs. Then the two Kyong-Gos add together to make one full penalty point which is recorded as one point for the opponent.

❑ Gam-jeom (One Point Penalty)

- Gam-jeom penalties are all given at the point of infraction.
- All Gam-jeom penalties are recorded by adding one point to the opponents score.
- All penalties are noted on the scoreboard.

Kyong-go (Half-Point Infraction) for Point Sparring

- ❑ Evading by turning one's back to the opponent
 - It is OK to set up for a counter-attack
 - More than two steps moving away is 'escaping'
 - No intention of fighting
- ❑ Intentionally falling down
 - Slipping or tripping do not count as a penalties
- ❑ Avoiding the match
- ❑ Grabbing, Holding, or Pushing the opponent
 - Using either open hands or closed fists, when the athlete is displacing his opponent's balance in order to gain an advantage it is a penalty
- ❑ Pretending injury

Kyong-go (Half-Point Infraction) for Point Sparring

- ❑ Crossing the boundary line with one foot
 - When one foot goes completely across the boundary line, a penalty should be issued. Foot must touch the floor.
 - A competitor being kicked out of the ring will be given a Kyong-go penalty.
- ❑ Uttering undesirable remarks or misconduct
 - Can be either the coach or the player
 - Leaving the designated area
 - Making disparaging remarks about the other athlete or coach
- ❑ Making contact with an unauthorized implement
 - Hammer Fists
 - Pawing
- ❑ Flailing (two or more attacks with the same hand) to a legal head area

Gam-jeom (Full-Point Infraction) for Point Sparring

- ❑ Attacking the opponent after the referee's *kalyeo* command
- ❑ Throwing the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand.
- ❑ Making non-incidental contact to an unauthorized area
 - A direct kick to a non-target area is a full point penalty
- ❑ Excessive contact (Referee can make this call alone or with consultation with TL)
 - Could also be DQ

Gam-jeom (Full-Point Infraction) for Point Sparring

- Interrupting the progress of the match on the part of the contestant or coach

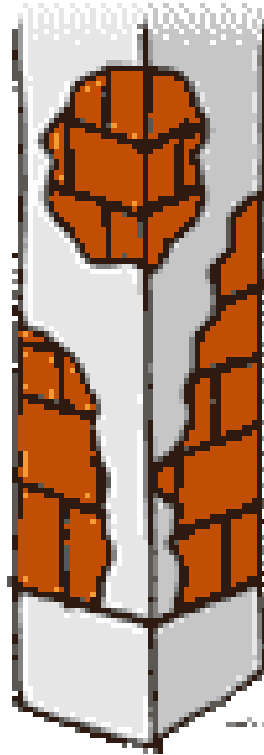
- Attacking a fallen opponent
 - A contestant is considered 'fallen' when any part of the body other than the feet touch the floor.
 - Center needs to get in between the players when player begins to fall

- Uncontrolled attack (may or may not make contact)

- Violent or extreme remarks or behavior on the part of the contestant or coach

Disqualifications for Point Sparring

- ❑ Injuring the opponent's face or neck
- ❑ Injuring the opponent by a malicious or excessive attack
 - The referee with or without the consensus of the Team Leader shall determine if the attack was malicious or excessive
- ❑ Injuring and/or rendering an opponent unable to continue by using an unauthorized attacking implement or by attack to an unauthorized area
- ❑ Significant unsportsmanlike conduct on the part of the contestant or coach
- ❑ Accumulation of four minus points



TIME FOR INTERMISSION

Olympic Sparring



Mandatory Equipment for Olympic Sparring

Non PSS

- Mouthguard
- Olympic style chest protector (must fit)
- Full headgear
 - Red player must wear red headgear
 - Blue player must wear blue headgear
 - Nothing should be worn on head other than headgear except for religious reasons. If religious apparel is worn, it must be beneath the headgear and hogu. Hair must be tucked into the headgear including ponytails
- Manufactured shin & instep protectors (white only & must be worn under dobok). WT socks are allowed instead of, but not combined with, instep protectors.
- Forearm protectors (white only and must be worn under dobok)
 - **Optional:** WT approved white gloves can be worn.
- Male competitors must wear groin cup and supporter on inside of the dobok

PSS

- Mouthguard
- KP&P Hogu-Size determined by KP&P weight division requirements
- Full headgear (Electronic or non-electronic)
 - Red player must wear red headgear
 - Blue player must wear blue headgear
 - Nothing should be worn on head other than headgear except for religious reasons. If religious apparel is worn, it must be beneath the headgear and hogu. Hair must be tucked into the headgear including ponytails
- KP&P sensing socks
- Shin protectors (white only, no instep, and must be worn underneath the dobok)
- Forearm protectors (white only and must be worn under dobok)
- WT approved white gloves
- Male competitors must wear groin cup and supporter on inside of the dobok

Personal Requirements for Olympic Sparring Competitors

- No metallic articles, including wedding bands, are allowed.
 - ❑ Metal articles cannot be covered or taped
- 'Sports' eyeglasses are allowed for all ranks 5-11 with the exception of the 10-11 mini cadet divisions. For all others 'eye glasses' of any kind are not allowed.
- Fingernails and toenails must be trimmed short
- Uniforms must be clean and in good condition
- The use of drugs, alcohol, stimulants or injections in any part of the body, either before or during a match, is absolutely prohibited.
- Any competitor whose hair, in the opinion of the Referee, is so long that there could be a risk of causing inconvenience or injury to themselves or opposing player, will be required to tie it back securely and could be required tuck it inside the headgear or uniform.

Medical Tape

- A maximum of three layers of tape are allowed except in the case of an injury
- For an injury, the minimum amount of tape that will protect the area should be used and approved by the tournament physician
- Under no circumstances will a hard splint or cast be allowed
- Pre-wrap is limited to one layer under tape

Position of Judges for Olympic Sparring

- AAU conducts Olympic sparring competition with one referee and three judges
- Judge #1 sits to the left of the head table on the corner
- Judge #2 sits between the two back corners
- Judge #3 sits to the right of the head table on the corner
- These positions are important to know so the TL and Referee can monitor the judges scoring or notice if one or more controllers may not be working.
- If using e-headgear, the competition can be run with one official and 2 judges with judges positioned at center front and center rear of the ring.

Point Gap Rules for Olympic Sparring

- The point gap for Olympic Sparring is 20 points.
- Any Olympic sparring division using two rounds will be guaranteed the first round regardless of the gap. If there is a 20 point gap at the end of the 1st round, the match is over. If there is not a 20 point gap at the end of the 1st round, the 2nd round will begin. If a gap occurs at any time in the 2nd round, the match is over.
- Any Olympic division using three rounds will be guaranteed the two rounds regardless of the gap. If there is a 20 point gap at the end of the 2nd round, the match is over. If there is not a 20 point gap at the end of the 2nd round, the 3rd round will begin. If a gap occurs at any time in the 3rd round, the match is over.

Duration of Contest for Olympic Sparring

Nationals and/or Team Trials

- All colored belt matches will be two (2) 90-second rounds with a 30-second rest
- Black Belt Youth (5-8), Mini-Cadet (10-11), Cadet (12-14), Executive (33 and up) matches will be three (3) 60-second rounds with a 30-second rest
- Black Belt Junior (15-17) and Senior (18-32) matches will be **three (3) 90-second rounds with a 30-second rest**
- If combined, matches will use Black belt match times
- Competitors will be allowed a full 2-minute rest between semi-final and final matches

District and Regional

- All colored belt matches will be two (2) 90-second rounds with a 30-second rest
- For Black Belt competition tournament directors of district and regional events have the option of using the times outlined for Nationals and Team Trials or using two 2-minute rounds with a 30-second rest.



Permitted Scoring Implements for Olympic Sparring

Fist Techniques

- ✓ Fist technique must be a straight punching technique delivered using the knuckle part of a tightly clenched fist.
- ✓ All fist techniques delivered with sufficient force should be scored.

Foot Techniques

- ✓ Techniques are delivered by using any part of the foot below the ankle bone.
- ✓ All striking techniques using any part of the foot below the ankle bone are legal. Attacks using any part of the leg above the ankle bone, i.e., the shin, knee, etc., are not permitted and will not be scored.

Permitted Scoring Areas for Olympic Sparring

Trunk

- ✓ Attack by fist and foot techniques on the legal scoring areas of the chest protector which are the blue and red colored portion only.
- ✓ The area covered by the trunk protector between the armpit and the pelvis is the legal attacking area. Thus, the trunk protector should be worn according to the rule on the size of trunk protector for each weight category and the physique of each contestant.
- ✓ Techniques half on/half off the permitted scoring areas should be scored when using non-PSS.

Head

- ✓ Head Area (Foot Only). The 'head area' is all areas above the bottom of the headgear. The neck is not a legal target or scoring area.
- ✓ Techniques half on/half off the permitted scoring areas should be scored.

Head

- The criteria for awarding a point for head contact when using adult rules is that the technique be delivered with accuracy. Power is not a criteria, therefore, although a powerful kick is awarded the appropriate points, light contact must also be scored.
- The definition of the 'head area' is anywhere above the bottom edge of the headgear. The neck is no longer a legal target or scoring area.
- For all competitors, punching the neck is a penalty.
- For Adult Rules competitors, kicking the neck is no penalty and no points. If injury occurs a Kye-Shi should be issued.
- For Youth Safety Rules competitors, kicking the neck area will not result in a penalty unless the contact is deemed excessive which will result in a Gam-Jeom being issued.

Valid Points for Olympic Sparring

Trunk (Body)

One (1) Point

- Any legal hand to the legal trunk area
 - ❖ Judges will score punches

Two (2) Point

- Any legal non-turning foot technique to the legal trunk area

Four (4) Points

- Any legal turning kick to the legal trunk area
- Kick must be continuous motion
- When using PSS, the equipment will score the points. Judges will score the additional turning point
 - ❖ If a turning kick is not scored by the PSS, the system will not accept a Tech point scored by the judges

Head

Three (3) Points

- Any legal non-turning foot attack to the legal head area
- Whether using PSS without e-headgear or using non-PSS gear, the judges will score three points

(5) Five Points

- Any legal turning kick to the legal head area
- Kick must be continuous motion
- Whether using PSS or not, the judges will score five points

Valid Scoring Methods for Olympic Sparring

➤ There are three valid methods of scoring

- ❑ Paper scoring sheets - This was the method of scoring used in prehistoric times
- ❑ Electronic scoring equipment - Currently most widespread method of scoring
 - Judges use hand held electronic controllers to award scores
 - If using two controllers, the blue controller is always held in the right hand, the red in the left hand
 - Two or more judges must agree on the same competitor scoring the same number of points within the assigned computer programmed time frame for the system to accept the score
 - Scores are immediately displayed on the monitor screen
- ❑ PSS (protector and scoring system) - Will be used at Nationals for the Cadet, Junior & Senior divisions and for Team Trials. PSS is optional for local events. Must be AAU TKD approved supplier.

Electronic Scoring – PSS Controller Box

5 Points – Turning head kick. Simultaneously press both 3 point and technical point buttons.

KP&P equipment scores 2 points for a body kick



3 Point – Non-turning head Kick

2 Technical Points

1 Point - Punch

Electronic Scoring – Correcting Scoring Errors

- If a judge presses the wrong button, he/she should immediately press the correct button.
- If the judge sees that the error resulted in no-score, he/she should stand up immediately.
- When one judge stands, all should stand.
- When the Referee calls for a conference, it should be short, no involved discussions. Referee should not influence the judges.

Knock Down

A knock down shall be declared when a legitimate attack is scored and any of the following criteria are met:

- When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's scored attack
- When a contestant is staggered, showing no intention or ability to pursue the match following the opponent's scored attack
- The Referee determines that the contest cannot continue as the result of any scoring technique

Procedure In The Event Of a Knock Down

- When a knock down occurs and the referee deems that an eight-count is warranted, the following measures shall be taken:
 - ❑ The referee shall keep the attacker away from the downed contestant by declaration of Kal-yeo (break).
 - ❑ The referee shall begin to count aloud from Ha-nah (one) up to Yeo-dul (Yeol (ten) if competitor does not recover by Yeo-dul) at one-second intervals towards the downed contestant, making hand signals indicating the passage of time.
 - ❑ The count shall be continued even after the end of the round or the expiration of the match time.

- If the referee begins an eight-count for a legal body kick:
 - ❑ When using PSS, but points are not scored by PSS, the referee will continue the count. If the competitor has recovered and assumed a fighting posture by Yeo-dul, the match will continue on the referees Kye-sok command. If the competitor has not recovered by Yeo-dul, the referee will continue the count to Yeol and the match will be over.
 - ❑ When not using PSS, if points were not scored, the judges should stand to indicate that points should have been scored
 - ❑ If the player is able to continue by the count of eight (“Yeo-dul”), the referee declares Shi-gan and confers with judges to determine that points should have been awarded

Procedure In The Event Of a Knock Down (continued)

- If the referee begins an eight-count for a legal head kick:
 - ❑ When using e-head gear, but points are not scored by the e-head gear, the referee will continue the count. If the competitor has recovered and assumed a fighting posture by Yeo-dul, the match will continue on the referees Kye-sok command. If the competitor has not recovered by Yeo-dul, the referee will continue the count to Yeol and the match will be over.
 - ❑ When not using e-head gear, if points were not scored, the judges should stand to indicate that points should have been scored
 - ❑ If the player is able to continue by the count of eight (“Yeo-dul”), the referee declares Shi-gan and confers with judges to determine that points should have been awarded

Procedure in the event of a Knock Down (continued)

- If the downed contestant stands up during the referee's count and demonstrates a desire to continue the fight, the referee shall continue the count up to *Yeo-dul* (eight) for recovery of the downed contestant.
- The referee shall then determine if the contestant is recovered and can safely continue.
- The Referee will continue the contest by declaration of *Kye-sok* (continue).
- The primary purpose of counting is to protect the contestant. If the Referee feels there is a need to evaluate the downed competitor, he/she will begin an 8-count.
- Once an 8-count is started, the Referee must continue the count to *Yeo-dul*, even if the downed contestant stands up during the referee's count and desires to continue the fight.
- If the downed competitor assumes a fighting stance, the Referee may still declare the contest over if he/she determines the contestant is incapable of resuming the match.

Procedure in the event of a Knock Down(continued)

Continuing the Match

- A contestant expresses the will to continue the match by gesturing several times in a fighting position with the clenched fists. If the contestant cannot display this gesture by the count of *Yeo-dul*, the referee must declare the other contestant winner after first counting
 - ❖ A-hop and Yeol. Expressing the will to continue after the count of *Yeo-dul* cannot be considered valid.

Continuing the Match with Medical Time

- When the contestant recovers before the count of *Yeo-dul* and expresses the will to resume and the referee can clearly discern the condition of the contestant, yet resumption is hampered by the requirement of medical treatment or clean up, the referee will declare *Kye-shi* to allow medical to administer treatment and/or cleanup.

Procedures to be followed After a Ten Count

Both Competitors Receive a Ten Count

- When the Referee judges that a contestant(s) is unable to continue, he/she may decide the winner either without counting or during the counting.
- In case both contestants are knocked down, the referee shall continue counting as long as one of the contestants has not sufficiently recovered.
- When both contestants fail to recover by the count of *Yeo!*, the winner shall be decided upon the match score before the occurrence of knock down.

Medical Clearance

- Any contestant suffering a knock-out as the result of a blow to the head or any serious injury to any part of the body, will not be allowed to spar for 30 days.
- Before entering a new sparring contest after 30 days, the contestant must be examined by a medical doctor who must certify that the contestant is recovered and able to compete.

Tie Score at the End of the Match

Golden Round (Overtime)

- If the score is tied at the end of match time, the competitors will go into a Golden Round. The scoreboard resets to zero. However the total amount of points are recorded on the paperwork.
- The referee will signal the competitors to their coaches as in the previous rounds.
- The first two (2) points scored or first two (2) penalty points awarded scored in the Golden Round will determine the winner.
- Also, a winner will be declared if a competitor scores a punch and the opponent receives a gam-jeom.
- If the winner is not determined through the Golden Round, the method of deciding the winner is determined based whether the competitors are using PSS or non-PSS chest protectors.

Tie Score at the End of the Match

Golden Round – Using non-PSS equipment

- If NOT using PSS, the winner is determined using the following criteria:
 - The first criteria will be the competitor who scored a punch in the Golden Round.
 - If the score is still tied, the player who won the most regulation rounds
 - If the score is still tied, the player who receives the least gam-jeoms from all rounds will be the winner.
 - If the first three criteria are tied, the Referee and Corner Judges will use the normal superiority method based on the Golden Round to determine the winner. This process is called Woo-Si-Girok.
 - Technical dominance of the opponent through aggressive match management
 - The greater number of techniques executed
 - The use of more advanced techniques, both in difficulty and complexity
 - Display of better competition manner

Tie Score at the End of the Match

Golden Round - Using PSS

- If using PSS, the winner is determined by the PSS using the following criteria:
 - The first criteria will be the competitor who scored a punch in the Golden Round.
 - If still tied, the next criteria will be the player who makes the most contact to the other player's chest protector in the Golden Round as scored by PSS (the hit level does not matter).
 - If the score is still tied, the player who won the most regulation rounds
 - If the score is still tied (same number of rounds), the player who receives the least gam-jeoms from all rounds will be the winner.
 - If the first three criteria are tied, the Referee and Corner Judges will use the normal superiority method based on the Golden Round to determine the winner. This process is called Woo-Si-Girok. (Same criteria used as non-PSS)
 - Important Note: In the Golden Round, if a hit registers (doesn't score) immediately after or as a result of an infraction, the hit must be removed immediately.

Tie Score at the End of the Match

Competitors Using PSS

When competitors are using PSS and are fighting the Golden Round, if one athlete delivers a non-PSS match-winning scoring technique prior to a PSS-scoring technique by opponent, the coach or any of the judges may challenge that the non-PSS scoring technique occurred prior to the PSS-scoring technique. If this challenge is confirmed by IVR or judges, in the case of no IVR, the Referee shall invalidate the points scored by the PSS and then award the correct point(s) for the non-PSS technique and then declare the winner based on the score.

Tie Score at the End of the Match

Competitors using Non-PSS

- If the winner is not determined through the Golden Round (score tied and no punch scored), the judges and referee will decide the winner using the rules of superiority based on the Golden Round only. (Woo-Si-Girok is announced to indicate this process).
- The Rules of Superiority are as the competitor who has shown the most initiative, which is defined as:
 - Technical dominance of the opponent through aggressive match management
 - The greater number of techniques executed
 - use of more advanced techniques, both in difficulty and complexity
 - Display of better competition manner

Woo-Si-Girok

- Both competitors will be called back to their marks.
- With the competitors standing on their marks, the Referee will raise both hands to his/her chest and announce *Woo-Si-Girok*.
- The Judges will immediately cast their vote using the Superiority Card for Chung or Hung as the superior player. The referee does not vote for the winner.
- The competitors will remove their headgear, the referee will bow them out and award the winner by declaring “Chung Sung” or “Hong Sung”.

Procedure for Suspending the Match

Non-Injury

The following procedures are used to stop the match for ***non-injury time***, such as equipment adjustment, removal of foreign objects from competition floor, etc. or for an injury that is not defined as a knockdown such as accidental falling or an injury from a prohibited act.

To suspend a match for non-injury the Referee shall:

- Declare *Kal-yeo* to stop the competitor action.
- The timekeeper will suspend the time.

Injury

To suspend a match for injury the Referee shall:

- Declare *Kal-yeo* to stop the competitor action
- The timekeeper will suspend match time and start a *Kye-she* injury time on the Referee's command. (*Kye-shi* time shall not exceed one-minute.)
- Allow the injured competitor to receive first aid (within one minute)
- The *Kye-shi* clock must be stopped before one minute **if** the match can continue. This is done by the Referee issuing *Shi-gan*.

Procedure for Suspending the Match

If Injured Competitor CAN Continue

- If the player can continue, but medical requires more time for cleanup or continued aid, the Kye-shi clock is stopped with Shi-gan and a 2nd Kye-she clock is begun
- The player must be ready to continue by the end of the 2nd Kye-she clock.
- Shigan can be called after 2nd Kye-she clock if more time is needed for clean up of blood in the ring.

If Injured Competitor CANNOT Continue

- Declare the injured competitor the loser if the injury was the result of an act that did not result in a penalty for the attacking competitor.
- Declare the injured competitor the winner if the injury was the result of a prohibited act that was assessed a Gam-jeom penalty.
- Declare a winner based on the score before the injury if both contestants are injured and cannot continue.
- The referee may consult with the TL to make a decision.

Pain is not an Injury

Penalty or Not? And who should get the penalty?

Here are some scenarios

1. If an attack to an illegal area is intentional: *kal-yeo*, possible *kye-shi*, and *gam-jeom* to the attacker.
2. If an attack to an illegal area is unintentional (accidental during exchange): *kal-yeo*, the competitor may be given a *kye-shi* or may be commanded to continue (3-second rule). No penalty.
3. Blue falls because of Red's prohibited act: Red gets *gam-jeom*.

Prohibited Acts

- The Referee shall declare all penalties
- A Gam-jeom is counted as a one (1) point penalty. All Gam-jeoms are recorded by adding one point to the opponent's score
- The timekeeper will stop the match clock for all gam-jeom penalties
- Remember that the Referee is simply administering the AAU rules that are written in the AAU Taekwondo Rule Book.



Prohibited Acts

In the case of multiple penalties being committed by one player simultaneously, only one penalty is assessed

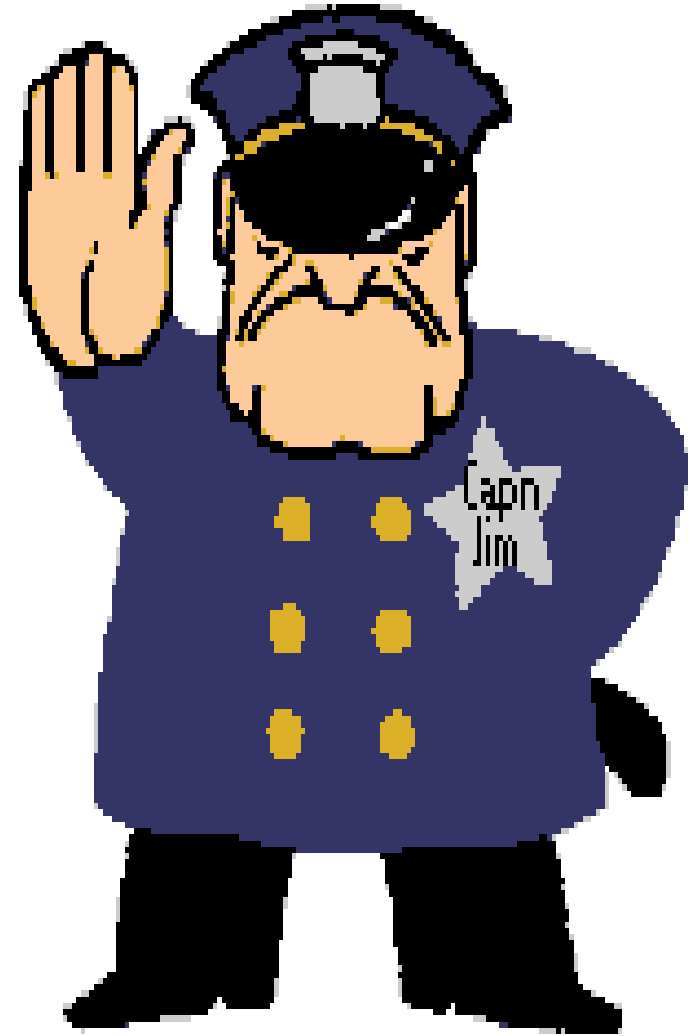
- Example: Holding and kicking below the waist at the same time would be issued only one penalty

The following are exceptions to the above rule:

- **Penalty in conjunction with attack after *kal-yeo***: Blue holds, Referee calls *kal-yeo* and blue then kicks after *kal-yeo*. Blue would receive 2 *gam-jeoms*.
- **Penalty in conjunction with misconduct**: Red catches blue's leg and holds it, then violently throws blue to the ground with the leg. Red would be given 2 *gam-jeoms*.
- **Penalty in conjunction with misconduct**: Blue pushes red as red is completing kick, then kicks red after he/she has fallen. Blue would be given 2 *gam-jeoms*.

Prohibited Acts

All
infractions
are
Gam-Jeoms
penalties



Prohibited Acts

Joo-eui(Verbal Warning Only)

- **Joo-euis are only given to lower belts as a training tool. They are not given to advanced Black Belts.**
- Joo-euis are given at the discretion of the Referee.
- Joo-euis are warnings only and are not noted on the scoreboard. They are not mandatory and should be used sparingly in upper belt divisions.
- Only one Joo-eui per infraction per round per competitor can be given.
- Once a Joo-eui has been awarded in a round, the next infraction for the same act must be given a Gam-jeom.
- Joo-euis are given verbally. There is no hand signal.



Penalties

1. Crossing the Boundary Line

- One foot must be completely across the boundary line and must touch the floor for a penalty to be given
- Intentionally leaving the competition area will result in a penalty
- Being kicked out by opposing player will result in a penalty
- If the competitor is pushed out of competition area, no infraction to the player forced out. A pushing penalty will be given to the opposing competitor
- Both players can get a gam-jeom if one player follows the other player out of bounds before *kal-yeo*.

Penalties

2. Avoiding or Delaying the Match

- This act involves stalling with no intention of attacking. A contestant who displays a non-engaging style shall be given a penalty.
 - ❑ If both players remain inactive for five seconds, the Referee will issue a warning to both competitors by bringing both fists together twice (at chest level) while issuing the command “fight”.
 - ❑ If there is no activity from both for five more seconds after the command, a gam-jeom will be given both or to the competitor who moved backwards from the original position ten seconds after the command was given.
- Turning the back to avoid the opponent’s attack should be punished as it expresses the lack of a spirit of fair play and may cause serious injury. The same penalty should be given for evading the opponent’s attack by bending below waist level or crouching.

Penalties

2. Avoiding or Delaying the Match (continued)

- Pretending injury means exaggerating injury or indicating pain in a body part not subjected to a blow for the purpose of demonstrating the opponent's actions as a violation, and also exaggerating pain for the purpose of elapsing the match time. In this case, the referee shall give a *gam-jeom* penalty.
- Retreating from the technical engagement only to avoid the opponent's attack and to run out the clock, shall result in a *gam-jeom penalty* for the passive contestant.
- Gam-jeom will be given to an athlete who asks the referee to stop the contest in order to adjust protective equipment.

Penalties

3. Falling Down

Gam-jeom shall be declared for falling down:

- If a contestant falls due to the opponent's prohibited act, only opponent will receive a gam-jeom for prohibited act.
- If both competitors kick and fall or fall as the result of an incidental collision (ie. not exchanging techniques), or a hard shin clash, no penalty is given. If only one falls, however, he/she will receive a penalty.
- Gam-jeom is given even if a competitor falls and is given an eight-count, but not if the competitor is counted out.

Rule of thumb: if a competitor falls, give a gam-jeom with the exceptions noted above.

Penalties

3. Falling Down Examples (Page 1)

Action	Result	Penalty	Comment
Hong Slips	Hong Falls	Hong gam-jeom	
Hong Kicks	Hong Falls	Hong gam-jeom	<i>Gam-jeom</i> given regardless of contact or points awarded
Hong Kicks	Chung Falls	Chung gam-jeom	<i>Gam-jeom</i> given regardless of contact or points awarded
Hong Kicks	Chung Falls Gets 8-Count	Chung gam-jeom	
Hong Kicks	Both Fall	Both gam-jeom	
Hong does Prohibited Act	Chung Falls	Hong gam-jeom	<i>Any prohibited act would be treated the same</i>

Penalties

3. Falling Down Examples (Page 2)

Action	Result	Penalty	Comment
Hong & Chung Hard shin clash	Both Fall	No gam-jeom	Ref calls <i>Kal-yeo</i> , waves right hand to acknowledge no penalties
Hong & Chung Collide, no kick	Hong Falls	Hong gam-jeom	
Hong & Chung Collide, no kick	Both Fall	No gam-jeom	Ref calls <i>Kal-yeo</i> , waves right hand to acknowledge no penalties
Both Kick	Chung Falls	Chung gam-jeom	
Both Kick	Both Fall	No gam-jeom	Ref calls <i>Kal-yeo</i> , waves right hand to acknowledge no penalties

Penalties

4. Grabbing or Pushing the Opponent

- Grabbing any part of the opponent's sleeve, uniform or protective equipment with the hands.
- Grabbing the foot or leg or hooking either one on top of the forearm.
- Using the leg to hook the opponent's leg while in clinch.
- A little grabbing is allowed as long as:
 - The arm(s) do not wrap around the opponent's body
 - The arms are not squeezing the opponent's body
 - The arms are not moving the opponent around
 - The arms are not controlling the opponent
- Pushing acts include pushing the opponent out of the boundary line or pushing the opponent in a way that prevents a kicking motion or any normal execution of attacking movement.

Penalties

5. Attacking Below the Waist

- This penalty is given for any kick below the waist
- This penalty applies to strong kicking or stamping actions to any part of the thigh, knee, or shin for the purpose of interfering with the opponent's technique
- This penalty is not given when an attack is caused by the recipient in the course of an exchange of techniques

6. Lifting the leg or knee

The following are examples of lifting the leg or knee that will be given a gam-jeom penalty

- Lifting the off the ground for more than 3 seconds
- Lifting the foot about ½ shin level and up without following up immediately with a kick to a legal scoring area
- Two kicks aimed below the waist
- Raising the leg and hopping forward twice without kicking or extending the leg

Penalties

7. Butting or Attacking with the Knee

Penalty

- Any intentional head butting or attacking with the knee when in close proximity to the opponent.

No Penalty

- When contact with the knee happens when the opponent rushes in abruptly at the moment a kick is being executed.
- When contact with the knee occurs as a result of a discrepancy in distance in attacking.

8. Hitting the Opponents Head with the Shoulder/Hand

Penalty

- Hitting the opponent's head with the hand (fist), wrist, arm or elbow. This includes an intentional shoulder shrug to the head area.

No Penalty

- Unavoidable actions due to the opponent's carelessness such as excessively lowering the head or carelessly turn the body.

Penalties

9. Attacking and Making Contact with the Opponent after Kal-Yeo

- Attack must result in actual contact to the opponent's body
- If the attacking motion started before the kal-yeo command, the attack shall not be penalized
- The timing of *kal-yeo* shall be defined as the moment that the referee's *kal-yeo* hand signal was completed (with fully extended arm); and the start of the attack shall be defined as the moment that the attacking foot is fully off the floor
- If an attack after *kal-yeo* did not land on the opponent's body but appeared deliberate and malicious the referee may penalize the behavior with a *gam-jeom* (misconduct)

10. Attacking and Making Contact to a Fallen Opponent

- This action is dangerous due to the high probability of injury to the opponent. The danger arises from the following:
 - The fallen opponent is in an immediate defenseless state
 - The impact of any technique which strikes a fallen contestant will be greater due to the contestant's position
 - Unlike 'Attack after *kal-yeo* the location of the foot (ie. On the ground) at the moment of the fall is not considered. If the attack touches, then *gam-jeom* should be given

Penalties

11. Misconduct on the part of a coach or a contestant

- Not complying with a Referee's command or ruling
- Inappropriate protesting or criticizing of officials' decisions
- Leaving the designated coach's seat or standing up
- Loud coaching during the rounds
- Provoking or insulting officials, opposing contestant, coach, or spectators
- Any other undesirable behavior or unsportsmanlike conduct from a contestant or coach
- Any excessive misconduct on the part of the coach or athlete will result in a yellow card being given which will result in immediate disqualification from the event.

Challenge Cards

AAU Taekwondo National Championships and Team Trials Competition as well as most local qualifiers use challenge cards. At the beginning of each match, each coach is given one or two challenge cards, the number depending on whether IVR (Instant Video Replay) is used or not. The blue competitor's coach will receive blue challenge cards and the red competitor's coach will receive red challenge cards.

When not using IVR each coach will receive two challenge cards. These cards can be used should a coach want to question an action, however, if the action in question is not upheld, the coach will lose that challenge card. When he/she has lost both challenge cards, he/she will have no further challenge rights for the remainder of the match.

No extra challenge cards are issued if the match goes into a Golden Round.

IVR (Instant Video Replay) and Appeals

Instant Video Replay was used successfully at the 2019 Team Trials and will possibly be used in the Team Trials sparring divisions at the AAU Taekwondo National Championships. When IVR is used there are rules that govern how, when, and what coaches can challenge.

Each coach shall have the following quantity of Challenge Cards for Appeals per match:

- Non-IVR matches: 2 cards
- IVR matches: 1 card
- The individual tournament director is given the option to decide the quantity of Challenge Cards allowed for his/her tournament.

Coach's appeal is limited to only (1) action which has occurred within (5) seconds of the appeal. Once the coach raises the Challenge Card to request an appeal, it will be considered that the coach has used their allocated appeal, unless the Judge's meeting satisfies the coach. If the coach's appeal is successful and the contested request is corrected, the coach shall retain the appeal right for the match.

IVR (Instant Video Replay) and Appeals

Coach may only appeal the following:

Non-IVR matches

- Non-Head PSS only: Attack to the head area for only their own contestant.
- Technical Point for either contestant.
- Wrong identification of fist attacking contestant by judges.
- Golden Round- PSS only: non-PSS scoring technique delivered prior to PSS scoring technique.
- Mechanical malfunction

IVR matches

- Non-Head PSS only: Attack to the head area for either contestant.
- Technical Point for either contestant.
- Wrong identification of fist attacking contestant by judges.
- Golden Round- PSS only: non-PSS scoring technique delivered prior to PSS scoring technique.
- Mechanical malfunction
- Penalties by either contestant as follows: falling down, crossing the boundary line, attacking the opponent after *kal-yeo*, attacking the fallen opponent.

IVR (Instant Video Replay) and Appeals

If the referee perceives a contestant to be staggering, bleeding or knocked down by a kick to the head, and so begins counting, but the attack was not scored by the head PSS, the referee may request IVR or judges review to make the decision for awarding or not awarding points after the count.

In the last (10) seconds of the last round and in any time during the Golden Round, any of the judges can ask for IVR review and correction of scoring only, as follows, when coach does not have a Challenge Card.

- Non-Head PSS only: Attack to the head area for either contestant.
- Technical Point for either contestant.

Youth

Safety

Rules

Youth Safety Rules

- Youth safety rules apply to youths 5–14 year of age all belts and 15–17 year old colored belts.
- Youth safety rules only affect the amount of contact used in head attacks. All other Olympic sparring rules apply to all youth and adults.

How Hard is Too Hard?

There are three criteria to determine if the kick is too hard.

- 1) Did the head move as a result of the force of the kick?
- 2) Did the kick make a sound when it hit?
- 3) Did the kick leave a mark on the face?

Youth Safety Rules

- A competitor who executes a controlled light contact technique to the head will receive three or **five** points
- A competitor who executes a kick to the head which results in a injury will receive a gam-jeom deduction.
- A competitor who executes a kick to the head which does not cause injury, but in the opinion of the referee is excessive, will receive a gam-jeom deduction.
- The competitor who executes a kick to the head which results in the inability of the opponent to continue sparring because of the injury, shall be disqualified.

Youth Safety Rules

12 - 14 year old
Cadets fighting at
Team Trials will use
the same contact
rules as the 15 – 17
year old Juniors

Special Needs Divisions

Modified Rules

- At this time, special needs divisions are limited to forms and point sparring
- All special needs forms are judged using the scored method
- All local qualifiers are encouraged to include special needs divisions at their tournaments, however special needs competitors are not required to qualify to compete at national events.

Forms Competition Levels and Scoring

- Besides age, belt and gender, special needs forms divisions will also be divided into the following categories.
 - Level 1: Basic skills (Perform blocking, striking and kicking techniques with direction from an instructor)
 - Level 2: Perform pattern with assistance from an instructor
 - Level 3: Perform pattern on own
- Merit will be awarded on the basis of SPIRIT, focus, technique, power, rhythm, grace and beauty listed in order of importance.

Special Needs Divisions

Point Sparring Mandatory and Equipment Modifications

- Foot protectors are not required for Category Level 3 (Wheel Chair)
- Sport wheel chair, basketball style with wheelie bar (Category level 3)

Point Sparring Competition Levels

- Besides age, belt and gender, special needs point sparring divisions will also be divided into the following categories:
 - Level 1: Limited mobility of arms and/or legs (cannot kick above waist, cannot extend arms fully for hand techniques) or lower level of cognitive skills.
 - Level 2: Full mobility of arms and legs (can kick above waist and can extend arms fully for hand techniques) or higher level of cognitive skills
 - Level 3: Wheelchair

Special Needs Divisions

Point Sparring Scoring – Level 1 (No Head Contact Allowed)

- Competitors have limited mobility
- One point shall be awarded for any valid hand technique executed to the legal body area within 1 inch or light contact and good technique
- Two points shall be awarded for any valid foot technique executed to the legal body area within 1 inch or light contact and good technique. Points may be awarded for intent based on the physical limitations of the competitor to raise the foot.

Point Sparring Scoring – Level 2 (No Head Contact Allowed)

- Competitors have full mobility
- One point shall be awarded for any valid hand technique executed to the legal body area with light contact and good technique
- Two points shall be awarded for any valid foot technique executed to the legal body area with light contact and good technique.

Point Sparring Scoring – Level 3 (Head Contact Allowed)

- Competitors compete from a wheelchair
- One point shall be awarded for any valid hand technique executed to the legal head area with light contact and good technique
- Two points shall be awarded for any valid hand technique executed to the legal body area with light contact and good technique.

Junior Olympic Games

Junior Olympic Games competition is open to all belts from ages 5-24. (There is no age limit on Special Needs athletes)

Participation at a local or regional licensed qualifying event is the only eligibility requirement to go to the J.O.s.

J.O.s is held at a different location around the country every year. The Games have more than 15,000 athletes competing in various sports.

Junior Olympic Games

Future Dates for J.O. Games

Hampton Roads, Virginia	July 29 - August 8, 2020
Houston, Texas	July 28 - August 7, 2021
Detroit, Michigan	July 27 - August 6, 2022
Des Moines, Iowa	July 26 - August 5, 2023

Junior Olympic Games

J.O. Games competition offers the following events

- Individual Traditional Forms
- Creative Forms
- Creative Musical Forms
- Weapons Forms
- Musical Weapons Forms
- Self-Defense
- Creative Board Breaking
- Speed Board Breaking
- Flying/Jumping Board Breaking
- Power Hand Board Breaking
- Power Foot Board Breaking
- Repetitive Speed Foot Board Breaking
- Repetitive Speed Hand Board Breaking
- Padded Weapons Sparring
- Team Forms
- Demo Team Competition
- Electronic Power and Speed Games

Junior Olympic Games

Two (2) Exciting new events are in the works for the 2020 J.O. Games competition.

Both will utilize 2020 Armor and will be in the form of games using 2020 Armor on Bob/Wavemasters

Junior Olympic Games

J.O. Games Competition Rules

For more information on the rules governing each type of Games competition refer to the J.O. Games section of the 2020 Handbook.

The

End