

Amateur Athletic Union Taekwondo



2010 Competition Rulebook



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AAU TAEKWONDO Rule Book & Regulations**PREAMBLE**

The AAU Taekwondo National Committee has been established in order to promote the benefits of participation in athletics and hereby adopts these rules and regulations for the advancement of that purpose.

I. **NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION**

a. **National Committee Structure and Procedures**

- i. **National Chair** – The President of the AAU appoints the Chair from the recommendations of the National Sport Committee after approval of a majority of the National Officers
- ii. **Executive Committee Composition** – The AAU Taekwondo National Chair appoints all Executive Committee positions.
- iii. **National Sport Committee Composition** – The Committee will consist of the National Sports Chair, the elected or appointed officers or committee chairs as defined by the sports operating rules, the elected or appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each affiliated member that registers members in the sport. The President of the AAU may appoint up to five (5) Members-at-Large.
- iv. **Voting** – Persons eligible to vote shall be the National Sport Chair, elected or appointed officers, chairs of Committees as defined by the sports operating rules, the elected or appointed District Sport Director or a representative from each affiliated member that registers members in the sport, and any members-at-large. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee Meeting.

b. **Sport Committee Meetings**

- i. **National Sport Committee Regular Meetings** – Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.
- ii. **Non-Regular Sport Committee Meetings** – National Sport Committees may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
 1. The meeting is called by the Chair following approval of the National Office.

2. The National Office has the right to coordinate the meeting and pick the site for the meeting.

- iii. **National Sport Committee Special Meetings** – Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee Members. The purpose of the Special meeting must be stated in the Notice for the meeting.
- iv. **National Sport Executive Committee Meetings** – The National Chair shall determine the date and location of the Executive Committee Meetings.
- v. **Agenda Additions**
 1. Sport Committee Meeting Order (Agendas) – The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as establish by Code (Bylaw 9.5).

II. **SPORT POLICIES AND PROCEDURES**

III. **SPORT OPERATIONS**

- a. **Current Year Rule Changes** – Each year the AAU Taekwondo Program evaluates the rules of competition in order to determine if changes to the rules would create a better competition experience for the athletes. All four categories of competition: Olympic Style Sparring, Point Style Sparring, Forms and Team Forms are considered. Each year AAU clubs have the ability to suggest changes to the program at the local level. These changes are voted on at the annual meetings of the districts. Those changes agreed to at the District level are then submitted to the TRC (Technical Rules Committee) for their consideration. Changes that pass that body become part of the next year's rules of competition. Additionally, it has always been the policy of the AAU Taekwondo Program to consider changes the WTF (World Taekwondo Federation) makes to their competition rules. Those WTF rules and competition requirements are mandated to the National Governing Bodies of Taekwondo when conducting WTF sanctioned events. The AAU has the luxury to consider whether to accept or reject WTF changes. Each WTF change is considered independently with consideration to the benefit for the athlete and the competition experience. The WTF change requiring two fee out of bounds for a competitor to be considered out of bounds is an easy change for the AAU to consider and implement. Requiring electronic body protectors at AAU sanctioned events is a change that is considered more cautiously. Here is a list of changes that will effect AAU Taekwondo competition during the 2010 competition year:

i. **Changes to the 2010 AAU Taekwondo Rules of Competition**

1. Old Adult Division Names and Ages
 - a. Open – Ages 18 – 34
 - b. Senior – Ages 35 – 44
 - c. Executive – 45 – 55
 - d. Ultra – Ages 55 and up
- New Adult Division Names and Ages
 - e. Senior – Ages 18 – 34
 - f. Executive – Ages 35 – 44
 - g. Ultra – Ages 45 and up
2. The minimum size for the competition area at District and Regional events is 7 meters X 7 meters. Competition area at National Events (AAU Taekwondo Nationals and AAU Junior Olympic Games) and Team Trials is 8 meters X 8 meters
3. Weight divisions for Senior Competitors in Olympic Style Sparring will be changed to reflect the changes made by the WTF. See the Olympic Style Sparring section of the 2010 AAU Taekwondo Rules of Competition.
4. Officials 'Class C' and above are required to be a minimum rank of 1st Dan Black Belt. Higher certification is not dependant on the higher Black Belt rank but rather it is dependent on performance and evaluation at the AAU Nationals. To be evaluated for upgrade at the AAU Nationals, those seeking upgrade to 'Class B' must officiate three full days, 'Class A' must officiate four full days and 'Class AA' must officiate five full days. All other requirements for upgrade in Official classification can be found on the AAU Taekwondo website by clicking the "Officials & Coaches" tab.
5. **Invalidation of points.** When a contestant scores a point or points through the use of an infraction, the point(s) shall be annulled. To remove point(s) that were scored due to the use of an infraction the Referee should face the perpetrator and issue the appropriate penalty, then turn to face the Technical Advisors table, wave the right palm face high from left to right and then back to center.
6. Team names and school logos are allowed on the back of the dobok top. AAU reserves the right to disallow uniforms with team names or logos deemed to be inappropriate.

7. Board breaking and Creative Forms competition may now be offered at district and regional AAU sanctioned events. These new events are optional at the local level and may or may not be offered. However placing 1st – 8th in Breaking and/or Creative Forms will not qualify the competitor to AAU National events. Qualifying to National events can only take place through actual competition where the competitor places 1st – 8th in one of the following categories of competition: Olympic Style Sparring, Point Style Sparring, and Individual Traditional Forms competition.
8. In the case of knock out by head attack, the competitor may not enter another Sparring competition until after 30 days and after receiving a physical examination and clearance from a physician. However, A Competitor May compete in Forms Competition only, within the 30 days after a knock out.
9. 14 – 17 year old Black Belts competing in Olympic Style Sparring will no longer be offered the option of competing using Junior Rules. 14 – 17 year old Black Belts Divisions in Olympic Style Sparring will be governed by 'Adult Rules' at all AAU Sanctioned events.
10. In Olympic Style Sparring the target area that was formally known as the 'Facial Area' is now known as the 'Head Area'. This 'Head Area' is all areas of the head above the collarbone, including neck, face, ears, top and back of head. The back of the head is no longer a penalty.
11. In sparring competitions, both feet must cross the 'boundary line' for a competitor to be considered out of bounds.

b. Competition & Event Operating Rules

**General Competition Guidelines
Of The United States
AAU Taekwondo Program**

Article I. The Types of Competition Shall Be:

- I.A. Qualifying Events**
Forms/Patterns
Point-Sparring
Olympic-style Sparring
Team Forms
- I.B. Non – Qualifying, Optional Events**
Board Breaking
Creative Forms
(When offered, Rules will be supplied with event information)

Article II. General Guidelines for Divisions & Age Categories

	DIVISION	AGES
II.A.	Junior	5 to 17
	Senior	18 to 34
	Executive	35 to 44
	Ultra	45 and up

II.B. Senior Division: This division is for ages 18-34, but is also open to athletes ages 35 & up for all types of competition. 14-17 year old Black Belts competing in Olympic Sparring Competition may choose to compete in the Senior Division instead of their own junior division.

II.C. Executive and Ultra Athletes. Athletes age 35 and older may compete in the Executive Division or the Senior Division. Athletes 45 years of age and older may compete in the Senior, Executive or Ultra Division. Athletes may not compete in more than one age category for any one event.

II.D. Divisions, Age Determination, Current Rank.

II.D.1. Competition shall be divided by Age, Belt, Weight, and Gender.

II.D.2. The age of the competitor as of **August 31** shall determine the age of that competitor as regards to competition. The competitor must compete for the entire competition year at the age they will be on August 31 of that competition year. (Competition year runs from September 1 through August 31st.)

II.D.3. In addition, competitors must always compete at their current rank on the day of the event. (For example, if an athlete qualifies as a red/brown belt, and is promoted to black belt prior to a national event, then that athlete must compete at the national event as a black belt.)

II.D.4 Belt Color Divisions. All age divisions shall consist of the following belt divisions:

Division	Belts Included in that Division
Novice:	White, Yellow and Orange Belts
Intermediate:	Green, Blue and Purple Belts
Advanced:	Red and Brown Belts only
Black Belt:	Poom Belts & 1 st Dan and up

II.E. Dividing Divisions: The sponsoring organization has the option of dividing each belt division into further weight classes (i.e. light, middle, welter, etc.) depending on the number of competitors in each division or age groups. The maximum number of weight classes will be at the discretion of the tournament director. The sponsoring organization may also further divide belt classes (i.e. separate white and yellow belt competitors into separate divisions).

II.F. Combining Divisions: If the number of competitors for any one division is less than eight, the sponsoring organization has the option of combining age, belt and weight groups into a single group and assigning the divisions of novice, intermediate, advanced and Black.

Article III. Competition Area

III.A. Ring Dimensions: In principle, the competition area at AAU competitions shall be a **MINIMUM** as follows:

III.A.1. Regional & District Events: 7 meters X 7 meters.

III.A.2. National Championships, AAU Junior Olympics and AAU Team Trials: 8 meters X 8 meters

III.B. Competitor Positioning. The referee, standing in the center of the ring, will call the competitors to take their place for competition. The athlete should quickly report to the spot pointed at by the Referee for each competitor. The Blue competitor shall always line up on the right side of the Referee as he faces the head table.

Article IV. Uniform Requirements for National Events

IV.A. All contestants must wear a clean white dobok. (Note: In the event the athlete's uniform becomes bloody, he/she may be required to change it).

IV.B. Patches will be limited to the AAU Taekwondo patch worn on the upper left breast of the uniform.

IV.C. Black trim on the collar/lapel of the dobok is allowed for black belts only. Other than this, the uniform must be totally free of any other embellishment with the exception of corporate branding.

IV.D. Team name and school logo (non-offensive) are allowed on the back of the dobok top. The AAU National Team Member Uniforms and the AAU National Championships' Uniforms are acceptable.

IV.E. Athletes may wear a t-shirt underneath the dobok. It must be free of all lettering or logos.

IV.F. For district and regional qualifiers, athletes are allowed to wear their school uniforms, but must be white (stripes OK). Uniforms may have school patches at local, district, and regional qualifiers **ONLY**.

IV.G. No Jewelry. Inappropriate or unsafe uniforms will not be allowed. No rolled sleeves will be allowed and the cuff of the sleeve must be no higher than one-half the distance between wrist and elbow. The cuff of the pant may not be rolled and must be no higher than one-half the distance between the ankle and knee. Uniforms must be neatly hemmed at the cuff of the sleeve and the pant leg. Uniform jacket may not be tucked into the pants.

IV.H. All competitors must wear a belt appropriate to their rank with the knot of the belt in the front.

IV.I. Junior black belts (15 years of age and younger) are permitted to wear “Poom belts” (half-red, half-black) as well as “Poom collars”. All others must wear a solid Black Belt. Embroidery on belts is acceptable.

Article V. Officials’ and Coaches’ Attire

V.A. All officials shall wear:

V.A.1. Black slacks

- White, collared shirt
- An official AAU tie
- Black blazer
- White sneakers
- Black socks
- Black belt

V.B. All coaches shall wear:

V.B.1. White dobok (uniform) pants or warm-up suit pants

- Official Blue AAU Coach’s shirt
- Sneakers

Article VI. Qualifications

In general, the contest shall be conducted by one Referee, two (point sparring) three or four Judges and a Technical Advisor, along with the assistance of a timekeeper and a recorder. All sanctioned tournaments shall be officiated by AAU certified Officials. District and Regional tournament directors **may** allow any non-certified Black Belt they deem qualified to officiate **at one tournament only**. Thereafter that individual Official **must** obtain AAU Official certification. No more than one non-certified official may be present in the ring. Coaches shall not enjoy this same privilege. All coaches at any AAU sanctioned event must be currently certified to work that event.

Internationally certified officials, with current certification, are approved for Olympic Sparring only without being AAU certified Officials. These non-AAU certified Officials **MUST** hold individual membership in the AAU. **Whether AAU certified or not, all officials must be AAU members for the current year.**

Article VII. Failure to Report

Athletes may be disqualified if they fail to report to staging and have not responded to “final call.” Once an athlete has been disqualified they will not be allowed to compete. This **INCLUDES** reporting to the appropriate ring prior to the start of the division and having missed “final call.” This covers **ALL** methods of competition.

Article VIII. Weigh-In

VIII.A. District and Regional Championship. Competitors will be expected to register in the most proper weight class division listed for that tournament. Any official or coach may question the weight of a prospective opponent prior to the beginning of the division. If a competitor’s weight is questioned (protested) and his/her weight is found to be either over or under that weight class in which they have been assigned to compete, he/she will be disqualified from further competition that day. Competitors unable to make their weight prior to the beginning of competition may, with the permission of the tournament director, move into another weight division other than that for which they had registered.

VIII.B. National Competition. All competitors’ weights must be verified within 48 hours of the start of the individual competitor’s sparring event day.

VIII.B.1. A weight may be measured twice if necessary to make weight. The second reading of a competitor’s weight may take place any time during the posted weigh-in times.

VIII.B.2. During the weigh-in, the contestant may be required to verify his/her membership in the United States AAU and provide proof of age.

VIII.B.3. During the weigh-in, Black Belt Competitors, 14–17 and 18–34, competing in Olympic Sparring Adult Rules, will be required to show a photo ID.

VIII.B.4. Weigh-ins may be allowed in dobok, street clothes, or athletic shorts and t-shirt.

VIII.B.5. Competitors unable to make the weight for which they registered, **MAY BE DISQUALIFIED** or be allowed to change their registration and pay the required **CHANGE ORDER FEE** at check-in. Additionally any corrections made during the check-in process due to errors made on the competition application may result in an additional **CHANGE ORDER FEE** at check-in.

Notes:

General Rules and Regulations For Point Sparring

Article I. Protective Equipment

I.A. Mandatory. All competitors must wear a:

- I.A.1.** Mouth-guard.
- I.A.2.** Full hand protectors (RED foam dipped/vinyl only).
- I.A.3.** Full foot protectors (RED foam dipped/vinyl only).
- I.A.4.** Full headgear including a padded top (RED OR WHITE foam dipped/vinyl only). Headgear that includes padding under and around the chin, or a face shield, WILL NOT BE ALLOWED. Other than the head gear, no other item shall be worn on the head.
- I.A.5.** Male competitors must also wear groin cup and supporter on the inside of the dobok.
- I.A.6. Safety equipment may not be taped for any reason.**

I.B. Optional. Competitors may wear:

- I.B.1.** Cloth or foam shin, shin/instep protectors.
- I.B.2.** Cloth or foam forearm guards.
- I.B.3.** Foam dipped/vinyl breast (women) and foam dipped/vinyl rib protectors, at their discretion.
- I.B.4.** All optional equipment must be worn under the dobok.

Article II. Personal Requirements

Competitors shall keep their nails cut short and are forbidden to wear any metallic article. Any competitor whose hair, in the opinion of the Referee/Judges, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely. Any competitor who cannot meet these requirements within two-minutes may be disqualified.

II.A. Personal Hygiene. The personal hygiene of all competitors shall be of the highest standard. Any competitor wearing an excessively unkempt or dirty uniform will be required to change it immediately (within one minutes). If the competitor cannot or will not comply, the Referee shall declare the opponent the winner.

II.B. Eyeglasses. Only “sport” eyeglasses will be allowed in point sparring competition. Soft contacts are highly recommended.

II.C. Drugs. The administration or use of any drugs (except antibiotics or other medically prescribed therapeutics), alcohol, stimulants or injections in any part of the body, either before or during a match, to or by any contestant is absolutely prohibited. Any contestant violating this rule will be disqualified.

Article III. Compliance

III.A If a competitor, upon being called to the center of the ring to compete, is found in violation of Articles I and/or II (Protective Equipment and Personal Requirements) that competitor will receive one minute to come into compliance. If within that one minute the competitor returns to the center ready to compete, he/she will receive a kyong-go and the match will begin. If he/she does not return to the center ready to compete at the end of one minute an additional one minute count down will begin. If that competitor returns to the center within the second one minute period then the competitor will receive a gam-jeom and the match will begin. If the competitor does not

return within the total two minute grace period then that competitor may be disqualified

Article IV. Officials (Referees, Judges, Technical Advisors and Court Officials)

IV.A. The Referee shall:

- IV.A.1.** Make every effort to insure the safety of the competitors.
- IV.A.2.** Control the competition.
- IV.A.3.** Physically inspect the competitors before the match.
- IV.A.4.** Give pre-competition instructions when necessary, declare the end of the match, and give warnings and commands such as break and continue.
- IV.A.5.** Call the deduction of points, disqualifications and cast a vote for points as he/she sees fit.
- IV.A.6.** Stop the timekeeper's clock when necessary.
- IV.A.7.** State his/her opinion about decisions, deduction of points, warnings, and the winner when requested by the Technical Advisor and/or arbitration committee.
- IV.A.8.** Verify that the recorded scores are correct prior to the awarding of the match.

IV.B. The Judges shall:

- IV.B.1.** Be positioned around the ring and assist the Referee as needed.
- IV.B.2.** Cast a vote for point through the use of the flag as each occurs.
- IV.B.3.** Offer an opinion on disqualification and minus points when asked by the Referee.
- IV.B.4.** Indicate by use of hand signal when face contact is made upon request of Referee.

IV.C. The Technical Advisor shall:

- IV.C.1.** Consult with the Referee and Judges if necessary.
- IV.C.2.** Inspect the scorecard for accuracy (when using paper scoring).
- IV.C.3.** Confirm the winner only on the basis of the scorecard and inform the Referee (when using paper scoring).
- IV.C.4.** In the case of questions, the Technical Advisor should consult with the appropriate Judge or Referee.
- IV.C.5.** Sign each contested match's scorecard and present it to the Protest committee in the case of a protested match (when using paper scoring).
- IV.C.6.** Oversee scorekeeper and timekeeper.

IV.D. Court Officials:

- IV.D.1. The Timekeeper** shall be responsible for keeping the official time by starting and stopping the clock on the Referee's orders, and for announcing the expiration of the official time period.
NOTE: Although the Referee has not declared “keu-man”, the match shall be regarded as having ended when the prescribed time is over. Penalties and points can be **awarded** after time as long as the penalty and point(s) occurred during regulation time.
- IV.D.2. The Weigher** shall determine competitors' weights according to regulations set down by the tournament director.

IV.D.3. The Score Keeper(when using paper scoring) shall keep an accurate record of each warning, minus point, point and disqualification as awarded by a majority of the Judges and Referee.

IV.D.4. The Computer Operator will operate the computer using the tournament software supplied by the tournament director. The computer and monitor will reflect the information and directions supplied by the Officials.

Article V. Official Signals and Language

Officials shall use authorized gestures and terminology, as indicated below during the competition.

V.A. Referee.

V.A.1. Before the Match (See Appendix A)

V.A.1.a. Calling the Competitors: The Referee stands at his mark in the ring, with both arms bent at the elbow at a 45 degree angle and the index fingers extended. He then calls the competitors to their marks by saying “Chung” (blue) and pointing the right index finger down to a 45 degree angle and slightly forward towards the athlete’s mark in the ring, and then repeating the same procedure with the left hand for “Hong” (red).

V.A.1.b. Bow in the Competitors: The Referee shall raise both arms (triceps parallel to the floor and at eye level), hands open (palms facing inward) and forearms bent vertically at the elbows and say “Char-yeot” (attention), to indicate that the competitors should face one another and come to attention. Next the Referee shall extend the palms downward and parallel to the floor at chest level while saying “Kyeong-rye” (bow) to indicate that the competitors should bow to one another.

V.A.1.c. Examine the Competitors: The Referee shall then physically examine the two competitors (blue first) to insure that all the requirements listed in Articles I & II above have been followed.

V.A.2. To Start the Match: (See Appendix A)

V.A.2.a. The Referee shall then assume a front stance, left foot forward, and execute a chest level right knife hand downward strike between the opponents while commanding, “Joon-bi” (ready).

V.A.2.b. Next, the Referee shall extend both arms out to the side at a 45 degree angle as he/she pulls the left foot back to a “cat stance”, simultaneously bringing the arms in parallel to the floor, shoulder-width apart, palms facing inward and command “Shi-jak” (begin).

V.A.3. To Temporarily Halt the Match: (See Appendix A)

The Referee shall say “Kal-yeo” (break) while extending the right hand in a sharp, shoulder-level knifehand downward strike between the opponents while standing in a left foot forward walking stance.

V.A.4. To Temporarily Halt the Match for a Point Call:

V.A.4.a. The Referee shall say “Kal-yeo” (break), bring both competitors back to the center of the ring, and stand between them with both arms parallel to the floor, palms down and fingertips touching and command “Judges Call”.

V.A.4.b. Upon his own command for “Judges Call” the Referee shall indicate his vote for point by extending the appropriate arm, with the palm up, in the direction of the contestant who he/she thinks scored a valid point (When Referee scores points. See Article VII).

V.A.4.c. Judges must indicate by use of flags whether a Point (s) was scored and by which player.

V.A.4.d. Upon verification that a point(s) was/were scored, the Referee will: use the arm nearest the competitor scoring the point(s), bend the elbow and extend the index finger towards the scorekeeper. Announce the player’s color, either ‘Chung’ or ‘Hong’. He/she will use that same arm that is nearest the competitor who scored the point(s), cross it across his own chest to the shoulder opposite the player scoring the point(s) and then sharply extend the arm with the number of points scored by extending that many fingers over the scoring competitor’s head. At the same time announce the number of points to be awarded. i.e. one or two.

V.A.4.e. The scorekeeper will repeat EXACTLY what the Referee just announced and record the points on the score sheet.

V.A.5. To Award the Joo-eui.

V.A.5.a. The Referee shall break the competitors with the “Kal-yeo” command at the spot where the violation took place. (To declare a Shi-gan is optional.)

V.A.5.b. He/she will face the perpetrator of the offense and acknowledge them with “Chung or Hong” while pointing to the perpetrator’s forehead with the right forefinger, extending the interior of the arm to 135 degrees.

V.A.5.c Finally, the Referee will turn the right palm forward to the contestant’s face and wave it once from right to left to right and declare a “Joo-eui” (warning). (The Referee does not have to state the reason for the Joo-eui.)

V.A.6. To Award a Kyong-go (Half-Point Deduction):(See Appendix A)

V.A.6.a. The Referee shall break the competitors with the “Kal-yeo” command at the spot where the violation took place and then turn to the timekeeper to declare “Shi-gan” (non-injury time-out).

V.A.6.b. Next, the Referee will face the perpetrator of the offense and place his/her right fist, forefinger extended behind his/her right ear and then point to the perpetrator’s forehead, extending the interior of the arm to 135 degrees and acknowledge them as either Chung or Hong. Next he/she will place his/her right fist, forefinger extended to his/her left shoulder and then point at the forehead of the pertinent contestant, arm fully extended and declare “Kyong-go” (Half-Point Deduction).

V.A.6.c. Insure that the scorer shouts back “Chung, Kyong-go” or “Hong, Kyong-go”. (Half-Point Deduction).

V.A.7. To Award a Gam-jeom (Full Point Deduction):(See Appendix A)

V.A.7.a. The Referee shall break the competitors with the “Kal-yeo” Command at the spot where the violation took place, and then turn to the timekeeper and declare “Shi-gan” (Non-injury time-out).

V.A.7.b. Next, the Referee will face the perpetrator of the offense, place his/her right fist, forefinger extended behind his/her right ear and then point to the perpetrator's forehead, extending the interior of the arm to 135 degrees and acknowledge them with either "Chung" or "Hong".

V.A.7.c. Still facing the perpetrator, the Referee will assume Char-yeot stance, drop the hands down to his/her sides, close the fist and then vertically raise his/her right fist, forefinger extended, and declare "Gam-jeom"(Full-Point Deduction). Insure that the scorer shouts back "Chung, Gam-jeom" or "Hong, Gam-jeom" (Full-Point Deduction).

V.A.8. To Continue the Match: (See Appendix A)

The Referee shall say "Kye-sok" (continue) while striking sharply downward from the ear with a right knifehand and returning upward again.

V.A.9. To Reverse a Violation Call: The Referee shall repeat the wrong signal, then wave the right palm twice horizontally from right to left as wide as the shoulders while facing the Technical Advisor table. He will then declare the proper infraction. (See Appendix A)

V.A.10. To End the Match: (See Appendix A) The Referee shall say "Keu-man" (stop) and command the competitors return to the starting position. The Referee shall then approach the Technical Advisor's table and be informed of the winner (when using paper scoring). The Referee will bow out the competitors following the same procedure used in VI.A.1.b. to bow In the competitors. (Athletes should not remove their headgear until they are bowed out.)

V.A.11. To Award the Winner: (See Appendix A) Next, the referee will instruct the athletes to remove their headgear. Still standing between the two competitors and facing the Technical Advisor, he/she will drop both hands to the his/her side, raise the right arm with the closed fist to the sternum, continuing to raise the right arm in a knifehand up at a 45-degree angle with the palm facing upward and declare "Chung Sung" if Blue is the winner. If Red is the winner, follow the same procedure with the left hand and declare "Hong Sung".

V.B. Judges.

V.B.1. To Temporarily Halt the Match for a Point Call:

The Judge shall "Ki-hap" (yell) loudly while extending his/her flag to a position parallel to the floor at chest level. This signifies the intent to score a point if called to do so. Any Judge who sees a point should ki-hap and extend his/her flag to a position parallel to the floor at chest level regardless of the number of other officials who do so.

V.B.2. To Make a Call: The Judge that has presented their flag, signifying the intent to score a point(s), will upon the referee's command "Judges Call", flip the flag perpendicular to the floor. The color of the flag corresponding to the player that the judge feels scored the point(s) will be pointed upward.

V.B.2.a. To award one point the judge will flip the appropriate color flag perpendicular to the floor upon the Referee's command "Judges Call".

V.B.2.b. To award two points the judge will flip the appropriate color flag perpendicular to the floor while raising a hand high above the

shoulder and extending two fingers upon the Referee's command "Judges Call".

V.B.3. To Confer with the Referee: The Judge shall Ki-hap loudly and raise hand.

V.C. Technical Advisor.

V.C.1. To Interrupt the match

The Technical Advisor shall rise from his/her seat and ki-hap loudly. The Technical Advisor shall then indicate to the Referee the reason for stopping the match (time must be halted by the Referee).

Article VI. Awarding Points

VI.A. A majority of the officials must concur for a point to be awarded.

VI.B. Examples of majority calls with five officials:

VI.B.1. In the case of 3 Officials calling for point:

If two Officials call for two points and one Official calls for one point, two points shall be awarded.

VI.B.2. In the case of 4 Officials calling for point:

If two Officials call for two points and two Officials call for one point, one point shall be awarded.

VI.C. Examples of majority calls with three officials:

VII.C.1. In the case of 2 Officials calling for point:

If one Official calls for two points and one Official calls for one point, one point shall be awarded.

Notes:

Article VII. Age, Belt and Weight Divisions in General

VII.A. Competition shall be divided by Age, Belt, Weight (lbs), & Gender.

VII.B. Ages 5 – 17 Junior Divisions

Male			Female		
Ages	Weight Groups		Ages	Weight Groups	
5	Light Heavy	45.0 & Under Over 45.0	5	Light Heavy	45.0 & Under Over 45.0
6-7	Light Middle Heavy	Under 45.0 45.0 - 55.9 Over 55.9	6-7	Light Middle Heavy	Under 45.0 45.0 - 55.9 Over 55.9
8-9	Light Middle Heavy	Under 60.0 60.0 - 70.9 Over 70.9	8-9	Light Middle Heavy	- 60.0 60.0 – 70.9 Over 70.9
10-11	Light Middle Heavy	Under 75.0 75.0 - 85.9 Over 85.9	10-11	Light Middle Heavy	Under 80.0 80.0- 90.9 Over 90.9
12-13	Light Middle Heavy	Under 100.0 100.0 - 115.9 Over 115.9	12-13	Light Middle Heavy	Under 105.0 105.0 - 120.9 Over 120.9
14-15	Light Middle Heavy	Under 115.0 115.0 - 145.9 Over 145.9	14-15	Light Middle Heavy	Under 110.0 110.0 - 140.9 Over 140.9
16-17	Light Middle Heavy	Under 135.0 135.0 - 165.9 Over 165.9	16-17	Light Middle Heavy	Under 115.0 115.0 - 145.9 Over 145.9

VII.C. All Senior, Executive and Ultra Divisions

Males		Females	
Division	Ages	Division	Ages
Senior	18 to 34	Senior	18 to 34
Executive	35 to 44	Executive	35 to 44
Ultra	45 and up	Ultra	45 and up
Weight Groups		Weight Groups	
Light	Under 125.0	Light	Under 110.0
Welter	125.0 - 155.9	Welter	110.0 - 125.9
Middle	156.0 - 185.9	Middle	126.0 - 155.9
Heavy	Over 185.9	Heavy	Over 155.9

Article VIII. Duration of Competition

VIII.A. Colored Belt Rounds. All colored belt matches shall consist of two 90-second rounds with a 30-second rest between rounds

VIII.B. Black Belt Rounds. All Black belt matches shall consist of two, two-minute rounds with a 30-second rest between rounds

VIII.C. Advanced & Black Belts Combined. When Advanced (Red/Brown) belts are combined with Black belts, all matches shall consist of two, two-minute rounds with a 30-second rest between rounds

VIII.D. Rest Time Between Semi-Final & Final Match. Competitors shall be allowed at least two-minute rest between semi-final and final matches

Article X. Authorized Implements for Scoring Points

IX.A. Hand. Closed Fist (Forefist and Backfist) and reverse knifehand (a.k.a. ridgehand). All other hand techniques will be considered unauthorized and the proper penalty will be assessed.

IX.B. Foot. Any part of the foot below the ankle.

Article X. Authorized Areas for Scoring Points

X.A. Head Area. Only that area of the head protected by the headgear shall be considered a legal target area including that area of the forehead covered by the gear. **The head area shall NOT be a target area!**

X.B. Body Area. Includes the area of the body from the collarbone to the navel in the front and to the “posterior axillary line” on both sides (i.e. to the imaginary line drawn down the side from the back crease of the armpit).

Article XI. Illegal Target Areas

XI.A. Illegal target areas shall include, but are not limited to:

- XI.A.1.** The facemask area
- XI.A.2.** The neck and throat
- XI.A.3.** The back, including the kidney area
- XI.A.4.** The groin
- XI.A.5.** The joints
- XI.A.6.** The legs

Article XII. Points (Valid Scores)

XII.A. One point shall be awarded for any valid hand or foot technique executed to the legal body area.

XII.B. One point shall be awarded for any valid hand technique executed to the legal head area.

XII.C. Two points shall be awarded for any valid foot technique executed to the legal head area. For head techniques to be awarded a point or points, the contact must be light. Contact to the legal scoring area of the body must be light to moderate. A majority of the Judges and Referee **must** also concur that a valid point was indeed scored.

XII.D. Invalidation of points. When a contestant scores a point or points through the use of an infraction, the point(s) shall be annulled (*Appendix A*). Wave off point(s), then issue penalty. Additionally if the Referee, with or without the concurrence of the Judges, determines that the contact was excessive the point or points will be annulled and the appropriate penalty will be awarded.

Article XIII. Referee Stops Contest (RSC)

The Referee may stop any match under the following circumstances:

XIII.A. When the Referee or tournament physician determines that a contestant should not continue for safety reasons.

XIII.B. When the contestant's coach throws in a towel to stop the fight.

XIII.C. When a contestant or coach disregards a Referee's command.

Article XIV. Action Taken By Referee In The Case Of Injury

XIV.A. The Referee shall immediately call "shi-gan" (official time-out), separate the players and attend to the needs of the injured contestant and immediately call for medical assistance.

XIV.B. If a contestant is injured due to a gam-jeom (full point) infraction of the rules by the opponent and cannot continue, then he/she shall be declared the winner.

XIV.C. If both competitors are injured and cannot continue the match, the contestant leading on scorecard shall be declared the winner. If score is tied and both cannot continue, then the judging panel must render a decision based on fighting spirit, superiority of tactics, and superiority of techniques.

XIV.D. If a contestant wins two matches through injury, he/she must withdraw.

XIV.E. If a contestant does not demonstrate a willingness to continue the match within one minute of receiving a legal technique to a legal target area than he/she shall be declared the loser by withdrawal.

XIV.F. Contestants will receive one injury 'time out' per match per injury. Once initial injury 'time out' has expired, contestant may not receive another injury 'time out' for the same injury.

Article XV. In the event of a Tie Score

XV.A. If at the end of regulation time the score is tied, the competitors shall continue the match until the first full point net change in score to determine the winner.

XV.B. This may occur through actual scoring or deductions.

XV.C. At the conclusion of regulation time, any odd kyong-go infractions will be dropped before sudden death.

Article XVI. Decision

XVI.A. Determination of the winner shall be made as follows:

1. Disqualification of the opponent
2. Withdrawal of the opponent
3. Points
4. Seven Point Gap
5. Deduction Points
6. Referee Stops Contest

XVI.B. Seven Point Gap Rule

XVI.B.1. For ages 14 & Up, the match ends immediately upon a seven point gap In score.

XVI.B.2. For ages 13 & Under, the seven point gap is not considered until the end of the 1st round. If a seven point gap or greater exists at the end of the 1st round then the match is over. Otherwise the 2nd round will begin and continue until a seven point gap is obtained or end of match time.

Article XVII. Prohibited Acts

XVII.A. Joo-eui (*Verbal Warning*)

XVII.A.1. Only one Joo-eui per infraction, per round, per competitor.

XVII.A.2. A Joo-eui does not affect points, but a "Kyong-go" must be given in the event the athlete repeats the same act during the same round. Therefore, if an official gives a Joo-eui for falling down, he must give a Kyong-go if the athlete falls again and it is not the result of a knockdown or the result of being pushed down by the other athlete.

XVII.A.3. A Joo-eui is only given for incidents related to Kyong-gos and never for Gam-jeoms.

XVII.B. Half Point Deductions/Kyong-go. The Referee shall warn the competitor and impose a half point deduction when any of the following violations is committed. The Referee shall temporarily halt the match to declare the half point deduction.

XVII.B.1. Pushing or holding the opponent

XVII.B.2. Escaping from fighting by turning his/her back to the opponent

XVII.B.3. Crossing the boundary line with both feet

XVII.B.4. Stalling

XVII.B.5. Presenting a defenseless posture to opponent

XVII.B.6. Interruption by the athlete's coach by word or deed

XVII.B.7. Attacking from the ground

XVII.C. Full Point Deductions/Gam-jeom. The following prohibited acts shall be subject to a deduction of one full point. The Referee shall temporarily halt the match to announce the deduction of one full point.

XVII.C.1. Attacking a fallen opponent

XVII.C.2. Making contact with an unauthorized implement

XVII.C.3. Making non-incidental contact to an unauthorized area

XVII.C.4. Intentional attack after the Referee's "Kal-yeo" command

XVII.C.5. Excessive contact (may also result in disqualification)

XVII.C.6. Throwing the opponent

XVII.C.7. Uncontrolled attack

XVII.C.8. Pretending injury

XVII.C.9. Discourteous behavior on the part of the contestant or coach

XVII.D. Two half-point deductions shall be counted as a deduction of one point. The last odd half-point deduction shall not be counted until another half-point infraction occurs.

XVII.E. Any combination of half point or full point deductions, which brings the total of "minus" points to **four**, shall cause that competitor to be declared the loser.

XVII.F. Automatic Disqualification.

XVII.F.1. Injuring the opponent's face or neck ¹

XVII.F.2. Injuring the opponent by a malicious or excessive attack ²

XVII.F.3. Injuring and/or rendering an opponent unable to continue by

using an unauthorized attacking implement or by attack to an unauthorized area

XVII.F.4. Significant unsportsmanlike conduct on the part of the contestant or coach

XVII.F.5. Accumulation of four penalty points (any combination of half and full point deductions).

¹ **Drawing blood does NOT automatically infer that the attack was excessive or malicious, or that the face or neck was, indeed, injured.**

² **The Referee, with or without the consensus of the Judges, shall determine if the attack was malicious or excessive.**

Article XVIII. Protests

XVIII.A. Filing a Protest. In case there is an objection to a decision; the appointed coach (and he/she alone) representing the athlete may file a written protest to the Chief Arbitrator or Tournament Arbitration Committee, along with a fee of \$25 (cash only). The protest will be submitted on the official protest form (See Appendix B). The appointed coach MUST inform the Referee or TA of that match immediately following the match that it is their intent to protest the match. The written protest itself must be filed within a reasonable period of time. However, if the protest involves an error in the management of that division, such as miscalculating the score or misidentifying an athlete, the correction must take place immediately.

XVIII.B. Deliberation Process.

XVIII.B.1. After reviewing the protest application, the content of the protest must be arranged according to the criterion of “acceptable” or “unacceptable”.

XVIII.B.2. If necessary, the Arbitrator can hear opinions from the Referee, Judges, or Technical Assistant.

XVIII.B.3. If necessary, the Arbitrator can review the material evidence of the decisions, such as the written data (score sheets). Videotapes WILL NOT be admitted as evidence to confirm or disconfirm the protest.

XVIII.B.4. Errors in determining the match results: Mistakes in calculating the match score or misidentifying a contestant shall result in the decision being reversed.

XVIII.B.5. Error in application of rules: When it is determined by the Arbitrator that the Referee made a clear error in applying the competition rules, the outcome of the error shall be corrected and the Referee shall be disciplined.

XVIII.B.6. Errors in factual judgment: When the Arbitrator decides that there was clearly an error in judging the facts such as impact of striking, severity of action or conduct, intentionally, timing of an act in relation to a declaration or area, the decision shall not be changed and the official(s) who have made the error shall be disciplined/sanctioned.

XVIII.B.7. The decision of the arbitrator will be final and there will be no means of further appeal.

General Rules and Regulations For Olympic-Style Sparring

Article I. Protective Equipment

I.A. Mandatory Equipment. All competitors must wear:

I.A.1. Olympic style chest protector

I.A.2. Headgear, white for either player

I.A.2.a. As optional, the blue player may wear blue headgear and the red player may wear red headgear.

I.A.2.b. Other than the headgear, no other item shall be worn on the head.

I.A.3. Commercially manufactured Shin & instep protectors, i.e. Macho, Addidas, etc. (white only and must be worn underneath the dobok).

I.A.4. Forearm protectors (white only and must be worn underneath the dobok).

I.A.5. Mouth-guard

I.A.6. Males are required to wear groin protection (hard cup). Female groin protection is optional. All groin protection must be worn inside the dobok.

Article II. Personal Requirements

II.A. Personal Requirements & Compliance. Competitors shall keep their nails short and are forbidden to wear any metallic article that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the Referee/Judges, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely.

II.B. Metallic Articles. The phrase “metallic articles” includes all hard objects, which may cause injury. It is not sufficient to cover a hard or metallic article such as a ring with tape or other covering. Eyeglasses are not allowed in sparring competition. Soft contact lenses are recommended.

II.C. Personal Hygiene. The personal hygiene of all competitors shall be of the highest standard. Any competitor wearing an excessively unkempt or dirty uniform will be required to change it immediately (i.e., within one minute). If the competitor cannot or will not comply, the Referee shall declare the opponent the winner.

II.D. Medical Tape. A maximum of two 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. If there is a question, the Referee should have the wrapping examined and approved by the tournament physician. Under no circumstances will a hard splint or cast be allowed, no matter how small.

II.E. Drugs. The administration or use of any drugs (except antibiotics or other medically prescribed therapeutics), alcohol, stimulants, or injections in any part of the body, either before or during a match, to or by any contestant is absolutely prohibited. Any contestant violating these rules will be disqualified.

Article III. Compliance

III.A. If a competitor, upon being called to the center of the ring to compete, is found in violation of Articles I and/or II (Protective Equipment and Personal Requirements) that competitor will receive one minute to come into compliance. If within that one minute the competitor returns to the center ready to compete, he/she will receive a kyong-go and the match will begin. If he/she does not return to the center ready to compete at the end of one minute an additional one minute count down will begin. If that competitor returns to the center within the second one minute period then the competitor will receive a gam-jeom and the match will begin. If the competitor does not return within the total two minute grace period then that competitor may be disqualified.

Article IV. Duties of Officials (Referees, Judges, Technical Advisors and Court Officials)**IV.A. The Referee shall:**

- IV.A.1.** Control the competition
- IV.A.2.** Physically inspect the competitors before the match
- IV.A.3.** Give pre-competition instructions when necessary, declare the beginning and the end of the match, and give warnings and commands such as “**Kal-yeo**” (**break**) and “**Kye-sok**” (**continue**)
- IV.A.4.** Announce the deduction of points and disqualifications, announce verbally invalid scores, and maintain control of the ring
- IV.A.5.** Make every effort to ensure the safety of the competitor
- IV.A.6.** Stop the timekeeper’s clock when necessary
- IV.A.7.** State his/her opinion about decisions, deduction of points, warnings, and the winner, when requested by the Technical Advisor
- IV.A.8.** The Referee may stop the match due to a mismatch. This can be done with or without consultation of the Judges.
- IV.A.9.** Collect the scorecards from the Judges and submit them to the Technical Advisor at the end of each round when using paper scoring.
- IV.A.10.** In the event of a tie at the end of regulation, a ‘sudden death round’ will follow. The first point scored or first full deduction point (any combination of kyong-gos or a gam-jeom) decides the match. In the event there is still no winner, the decision will be made using the rules of superiority.

IV.B. The Judges shall:

- IV.B.1.** When using three Judges, they shall be positioned in an equilateral triangle – one on each front corner and one between the two remaining corners. When using four Judges, they shall be positioned at the four corners of the competition area.
- IV.B.2.** Record points, warnings, infractions, and disqualifications on the Scorecard if using paper scoring. Score point with controls when using electronic scoring.
- IV.B.3.** Deliver the completed scorecard to the Referee following the end of each round if using paper scoring.
- IV.B.4.** State their opinions forthrightly when requested by the Referee

IV.C. The Technical Advisor shall:

- IV.C.1.** Consult with the Referee and Judges if necessary.
- IV.C.2.** Inspect the scorecard for accuracy (when using paper scoring).
- IV.C.3.** Confirm the winner only on the basis of the scorecard and inform the Referee (when using paper scoring)
- IV.C.4.** In the case of questions, the Technical Advisor should consult with the appropriate Judge or Referee.
- IV.C.5.** Sign each contested match’s scorecard and present it to the Protest committee in the case of a protested match (when using paper scoring).
- IV.C.6.** Oversee scorekeeper and timekeeper.

IV.D. Assistants: Computer Operator, Timekeeper, Weigher and Score Keeper shall perform the following functions:

- IV.D.1. *The Computer Operator*** shall follow instructions from the Referee to record penalties and keep time electronically.
- IV.D.2. *The Timekeeper*** shall be responsible for keeping the official time by starting and stopping the clock on the Referee’s orders, and for announcing the expiration of the official time period.
- IV.D.3. NOTE:** Although the Referee has not declared “**keu-man**”, the match shall be regarded as having ended when the prescribed time is over. Penalties and point(s) can be awarded after time as long as the penalty and point(s) occurred during regulation time.
- IV.D.4. *The Weigher*** shall determine the competitors’ weights according to regulations and in the presence of a designated AAU certified Referee.
- IV.D.5. *The Score Keeper*** shall keep a record of the results of each contest (win, loss).

Article V. Official Signals and Language

Officials shall use authorized gestures and terminology, as indicated below during the competition.

V.A. Referee.

V.A.1. *Before the Match:* (See Appendix A)

V.A.1.a. *Calling the Competitors:* Standing at his mark in the ring, the Referee with both arms bent at the elbow at a 45 degree angle and the index finger extended, calls the competitors to their marks by saying “**Chung**” (**blue**) and pointing the right index finger down to a 45 degree angle and slightly forward towards the athlete’s mark in the ring, and then repeating the same procedure with the left hand for “**Hong**” (**red**).

V.A.1.b. *Bow in the Competitors:* The Referee shall raise both arms (triceps parallel to the floor and at chest level), hands open (palms facing inward) and forearms bent vertically at the elbows and say “**Char-yeot**” (attention), to indicate that the competitors should face one another and come to attention. Next the Referee shall extend the palms downward and parallel to the floor at chest level while saying “**Kyeong-rye**” (bow) to indicate that the competitors should bow to one another.

V.A.1.c. *Examine The Competitors:* The Referee shall then physically examine the two competitors (Blue first) to insure that all the requirements listed in Article I & II above have been followed.

V.A.2. *To Start the Match:* (See Appendix A)

V.A.2.a. The Referee shall then assume a front stance, left foot

