

Amateur Athletic Union
Taekwondo



2017 – 2018
AAU Taekwondo
Handbook

(Last revised October 14, 2017 for the 2017 – 2018 competition year)



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Amateur Athletic Union Taekwondo Handbook 2017 – 2018

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AAU TAEKWONDO Hand 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.

National Sport Committee Governance and Administration

National Committee Structure and Procedures

National Sport Chair

Election and Removal of the National Sport Chair

1. The National Sport Chair shall be elected by the National Sport Committee at the committee meeting during National Conventions in which National Officers are elected.
2. Terms are four (4) years.
3. National election policies shall apply.
4. National Sport Chairs may be removed for cause by a majority vote of the National Officers, subject to the Right of Appeal to the National Board of Review.
5. The President, with the approval of a majority of the Officers may appoint a person to fill a vacant National Sport Chair position. The appointees will serve until the next regular or special meeting of the Sport Committee, at which time an election shall be held to complete the term.

Duties of the National Sport Chair

1. Preside at meetings of the Committee.
2. Conduct the business of the Committee, subject to the Committee's operating rules.
3. Prepare the budget which shall be reviewed and approved by the National Treasurer.
4. Select delegates to Congress by the required deadline.

Executive Committee

Composition

1. The AAU Taekwondo National Chair appoints all Executive Committee positions.

National Sport Committee

Composition – The National Sport Committee will consist of the following, all of whom must be at least 18 years of age.

1. The elected or appointed Sports Directors of each District or a representative designated by the District Governor
2. The National Sport Chair
3. Members of the Executive Committee who are elected as provided by the sport operating rules
4. One (1) appointed representative from each Allied member that register members in the sport
5. The President may appoint up to two (2) members-at-large

Meetings

1. **Regular Sport Committee Meetings** – Regular sports committee meetings shall be held in conjunction with the AAU Convention, and may be held as provided by Nationals Policy.

2. **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:
 - a. The meeting is called by the Chair following approval of the National Office.
 - b. The National Office has the right to coordinate the meeting and pick the site for the meeting.
3. **Special Sport Committee Meetings** – Special meetings of a Committee are scheduled at the request of the Chair or upon the written request of at least one half (1/2) of the Committee members. Then (10) days' notice is required and the notice shall state the purpose of the meeting.
4. **Executive Committee Meetings** – The National Chair shall determine the date and location of the Executive Committee Meetings.
5. **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 AAU Code.

Voting – At all meetings, only members of the Committee are permitted to vote. There shall be no voting by proxy. Each member of the Committee will have one vote. Only representatives from Districts and Allied members which register 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.

Quorum – A quorum consists of the voting members of the Committee that are present at the meeting.

Technical Rules Committee – The Technical Rules Committee shall be a direct working body within the National Committee.

Purpose – The purpose of this committee shall be to consider and adopt competition policy and competition rules.

Representation

1. The National Sport Chair shall appoint the Chair of the Technical Rules Committee.
2. The Technical Rules Committee will consist of the Regional Directors, the National Chief Referee, and the Sport Directors of the top ten Districts by number of registered members as of May 1 of the current year.

Sport Rules, Policies and Procedures

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 categories of competition policies and procedures are considered. Change proposals may be submitted by the following individuals

1. National Sport Chair
2. National Chief Referee
3. TRC Chairman
4. Regional Directors
5. District Sports Directors who are members of the TRC based on the membership numbers putting that district in the top ten (membership as of May 1)

Each year AAU clubs also have the ability to suggest changes to the program. These changes are submitted and voted on at the annual meetings of the district sport committee (for which there must be a quorum). To have voting privileges at the annual meeting, a club must have a minimum of 5 members. Those changes agreed to at the District level are then submitted to the Technical Rules Committee (TRC) for their consideration. Rules and/or policy changes that pass that body become part of the next year's hand book pending ratification by the entire National Sport Committee at their next meeting.

It has always been the policy of the AAU Taekwondo Program to consider changes the World Taekwondo (WT) makes to their competition rules. Those WT rules and competition requirements are mandated to the National Governing Bodies of Taekwondo when conducting WT licensed events. The AAU has the luxury to consider whether to accept or reject WT changes. Each WT change is considered independently with consideration to the benefit for the athlete and the competition experience.

All rules/policy/procedural changes must be presented to the TRC Chair in the proper format. (See Appendix F). The TRC Chair, together with the National Sport Chair, and the National Chief Referee will review all change requests, eliminate duplications, sort them in a logical order, and send them to all TRC members. This committee will also be responsible for contacting all District Sport Chairs who will be on the TRC because they rank in the top 10 districts by membership for the current year.

Regional Structure

Purpose – The AAU Districts are combined into Regions for AAU competition. These Regions are formed in order to reduce the travel distance for athletes competing in Regional competition and to equalize the competition.

Region Descriptions

Region 1 – New England, Adirondack, Niagara, Connecticut, NY Metropolitan, New Jersey

Region 2 – Middle Atlantic, Maryland, Potomac Valley, Virginia, Western Pennsylvania

Region 3 – North Carolina, South Carolina, Georgia, Southeastern

Region 4 – Florida, Florida Gold Coast

Region 5 – Hawaii

Region 6 – Indiana, Kentucky, Ohio, Lake Erie, Michigan, Central, West Virginia

Region 7 – Wisconsin, Minnesota, Iowa, Nebraska

Region 8 – Missouri Valley, Ozark, Oklahoma, Arkansas

Region 9 – Gulf, Southwestern, South Texas, West Texas, Southern

Region 10 – New Mexico, Arizona, Colorado, Utah

Region 11 – Montana, North Dakota, South Dakota, Wyoming

Region 12 – Alaska, Inland Empire, Pacific Northwest, Oregon

Region 13 – Southern Pacific, Central California, Pacific Southwest, Southern Nevada, Pacific

Region 14 – Mid-East Districts and expatriate U.S. citizens in surrounding countries including the island Cyprus

Region 15 – Puerto Rico District, U.S. Virgin Islands and expatriate U.S. citizens in the Caribbean area

Regional Taekwondo Directors

Purpose & Function – It is the aim of the Amateur Athletic Union National Taekwondo Committee to have the Regional Taekwondo Director act as representative of the Executive Committee within their region.

Scope – The National Sport Chair shall coordinate the activities of the Regional Taekwondo Director.

Term of Appointment – The National Taekwondo Chair, with the advice of the Executive Committee, shall appoint the Regional Taekwondo Director on a biannual basis.

Duties – It is the aim of the Amateur Athletic Union National Taekwondo Committee to have an AAU Regional Director in each of the Regions to represent the AAU National Committee and it will be their duty to:

1. Answer any questions concerning the AAU Taekwondo program for the AAU
2. Assist the Districts within their Region in organizing and conducting the District and Regional AAU Sports Taekwondo Program
3. Conduct and Coordinate Regional Championships
4. Develop and conduct, with the approval of the National Taekwondo Sport Chair, Taekwondo competition where the Districts have none planned, including a District or Regional Qualifier
5. Conduct any Regional and/or National aspects of the Program on behalf of National AAU Taekwondo
6. Coordinate the sports programs of the Districts to ensure that the best interest of the sport is served
7. To ensure compliance to the Official Code of the Amateur Athletic Union, and to the Rules and Regulations of the National AAU Taekwondo Committee
8. Promote Taekwondo throughout their Region
9. Shall recommend Clinic Administrators to the National Chief Referee
10. Shall ensure that the local Districts conduct championships in accordance with the guidelines of the National Taekwondo Sport Committee
11. Shall work with District Sports Directors so as to facilitate growth and excellence sport of Taekwondo within their Region

District Structure

Purpose – Districts are divided as per AAU Code. It is the aim of the AAU Taekwondo Program to have a District Taekwondo Sport Director in each District. It will be the responsibility of the AAU Taekwondo District Sport Director to disseminate information about AAU Taekwondo for the purpose of growing AAU Taekwondo in their respective Districts and to conduct annual District Qualifying events. This annual event will qualify competitors to compete in the AAU Taekwondo National Championship. AAU Taekwondo District Sport Directors may also recommend Clinic Administrators from their district to the National Chief Referee.

Officials Program Governance and Administration

Officials Program Administrator – The Officials Program Administrator will work directly with the National Sport Chair and National Chief Referee to administer all aspects of the Officials Program. The Officials Program Administrator will:

1. Work directly with the Clinic Administrators from across the country to process information about those that have attended clinics. The Administrator will maintain a database of information about Officials that will be used in order to conduct local, regional and national competition.
2. Work with the Clinic Administrators (CAs) to ensure they are given the information and materials that are needed to train the most highly informed Officials in the country.
3. Update the Officials Database with information on attendance and upgrades of Officials at local, regional and national competition. Compile a list of those that are certified for use by those conducting licensed events.
4. Work with the National Executive Committee to make sure that the Officials Program is being run effectively.
5. Prepare Official Badges and Coaches Passes with ID photos for those that register to participate in National Events.

Officials Program/Purpose and Function

How to Become Certified or Recertified – All AAU officials are required to become (re)certified through a recognized Clinic Administrator on a yearly basis. Officials must be (re)certified EACH YEAR prior to District or Regional qualifying competition. Certified officials wishing to officiate at a National event are expected to also take ONE of the National Clinics, offered at the National Championships and AAU Junior Olympic Games, before they will be allowed to work either National event. Since the Nationals are NORMALLY held first, an official must attend the Nationals' clinic in order to work the Nationals and his/her certification will allow him/her to also work the AAU Junior Olympic Games. Should an official only work the AAU Junior Olympic Games, they must attend the AAU Junior Olympic Games Clinic that will be offered at that event.

Who is Authorized to Conduct Clinics – Only certified Clinic Administrators and the National Chief Referee may conduct clinics. Clinic Administrators are appointed by the National Sports Chair upon the recommendation of the National Chief Referee. A complete list of clinic administrators is listed on the website at www.aautaekwondo.org. All questions regarding clinics and clinic administrators should be directed to the Officials Program Administrator. Clinic Administrators must use the officials program PowerPoint to conduct clinic and ensure that the required minimum hours are met (4-6 hours) including, practical, drill and situational exercise.

When are Clinics Allowed to be Conducted – Clinics cannot be held until the current years rules are finalized. This is NORMALLY accomplished no later than September 15. No clinic may be held between June 1 and September 1 without special permission from the Officials Program Administrator. All officials' Clinic must be posted at www.aautaekwondo.org prior to the Clinic.

Clinic Administrator Timelines – All Officials' clinic applications, digital photos and cover invoice sheet, must be forwarded to the Officials Program Administrator no later than seven days after the clinic. While mailing these documents is acceptable, email is preferred. A complete list of Coaches and Officials that have completed clinic will be posted at www.aautaekwondo.org

What if Classification Isn't Kept Current – 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.

1. Participation within a two-year period at the AAU National Championships would be as follows:
 - a. AA officials must work 5 days
 - b. A officials must work 4 days
 - c. B officials must work 3 days
2. Participation within a two-year period at the AAU J.O. Games would be as follows:
 - a. Only B officials may use the J.O. Games to maintain their classification
 - b. 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
3. In order to meet the minimum number of work days at either the National Championship or J.O. Games, 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).

Upgrade Requirements – Upgrades in classification are not automatic, nor are they a “right.” An upgrade is based on satisfactory performance of an official during AAU licensed competition at the District and Regional level, as determined by the Tournament Head Referee (up to level C) appointed by the tournament director or by the National Chief Referee at the AAU Taekwondo National Championship.

In addition, an official **MUST** first meet the requirements listed later in this document to be considered eligible for an upgrade. ALL officials upon entering the program will be issued classification based on minimum age and rank requirements. The National Chief Referee may waive time requirements.

All D officials who meet rank and age requirements, as outlined, may be upgraded locally upon request to C classification after working two district or regional qualifiers, and being evaluated or by working and being evaluated a minimum of two days at the Nationals Championship.

In order to upgrade to a B or higher classification, the candidate must have successfully completed the annual district/regional course, have worked the required number of licensed events, and then requested to be evaluated at the AAU National Championships. In order to be evaluated, an applicant must request to be reviewed for upgrade at the time of registering for an event. The applicant must attend the national seminar, pass a written test and be evaluated while officiating at the event, ALL WITHIN THE SAME COMPETITION YEAR.

Officials' Certification Requirements

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

Requirements

1. Basic understanding of official rules and procedures
2. Working knowledge of time keeping and score keeping
3. Minimum age of 14

4. Yearly attendance of a District/Regional Clinic Workshop**How Certified**

1. Certification issued by Officials Program Administrator

Class D Official – Refers to Judges at District, Regional or National competitions. D officials can also assume aforementioned position as authorized. Class D officials may, if needed or if being evaluated for upgrade, center referee at District and Regional competitions for non-Black Belt divisions only.

Requirements

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

How Certified

1. Certification issued by Officials Program Administrator

Class C Official – Refers to Officials at District or Regional competitions or Judges at National competitions. C officials can also assume any of the aforementioned position as authorized. Class C officials may, if needed or if being evaluated for upgrade, center referee at National competitions for non-Black Belt divisions only.

Requirements for Upgrade

1. Must meet all above requirements for class E through D officials
2. Adequate knowledge of Referee terms and methods of signaling
3. Adequate proficiency as Referee at District or Regional competition
4. Must have officiated as a corner judge as a D level official for a minimum of two District or Regional AAU licensed events or one AAU licensed National event working a minimum of two days
5. Minimum age of 16
6. Minimum rank of 1st Dan Black Belt
7. Must attend a yearly District/Regional Clinic and Workshop
8. 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
 - a. A head Referee for a local event who evaluates an applicant for upgrade must be a Clinic Administrator and/or a AA official or have been appointed by the National Chief Referee

How Certified

1. Certification is issued by the Official's Program Administrator upon recommendation from the tournament's Head Referee based on an evaluation of the candidate's officiating skills at District, Regional or National events

Class B Official – Refers to Officials at the National level. B officials can also assume any aforementioned position as authorized.

Requirements for Upgrade

1. Must meet all above requirements for class E through C officials
2. Must be able to demonstrate adequate proficiency as a judge and referee for forms and sparring competition.

3. Must have been a class C official for a minimum two years or worked at a minimum of two National Championships for a minimum of two days each. (The National being used to upgrade counts as one of the two Nationals.)
4. Minimum age of 18
5. Must attend a yearly District/Regional Clinic and workshop
6. Must request to be evaluated at the AAU National Championships when registering for the event
7. 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.
8. Must work six AAU licensed events as a Class C official.

How Certified

1. Certification issued by Officials Program Administrator upon successful completion of performance evaluation

Class A Official – Refers to Officials at the National level. A officials can also assume any aforementioned position as authorized.

Requirements for Upgrade

1. Must meet all requirements for Class E through B official
2. Must be able to demonstrate a high degree of proficiency as a judge and referee for forms and sparring competition
3. Must have been a class B official for a minimum of three years
4. Must officiate at three National Championships as a Class B official
5. Must attend a yearly District/Regional Clinic and workshop
6. Must request to be evaluated at National Championships when registering for the event
7. Must pass written test and practical evaluation by an 85% combined score. Candidate will be evaluated on performance as judge and referee for forms and sparring competition. To be eligible for evaluation, candidate must work a minimum of four full days during the event
8. Must work 15 AAU Licensed events as a B official.

How Certified

1. Certification issued by Officials Program Administrator upon successful completion of performance evaluation

Class AA Official – Refers to Senior Officials at the National Level who have demonstrated the highest standards of professionalism and proficiency. Team Leaders for a ring are usually chosen from the AA officials at Nationals events.

Requirements for Upgrade

1. Must meet all above requirements for Class E through A official
2. Must be able to demonstrate a high degree of proficiency as a judge and referee for forms competition and both styles of sparring competition
3. Must have been a class A official for a minimum of five years
4. Must officiate at a minimum of five Nationals Championships as a Class A official
5. Must attend a yearly District/Regional Clinic and workshop
6. Must request to be evaluated at the AAU National Championships when registering for the event
7. Must pass written test and practical evaluation by a 90% combined score. Candidate will be evaluated on performance as judge and referee for forms

and both styles of sparring competition. To be eligible for evaluation, candidate must work the entire event

8. Must work 40 AAU licensed events as an A official

How Certified

1. Certification issued by Officials Program Administrator upon successful completion of performance evaluation

Disciplinary Actions

Officials are expected to maintain the highest standards of professionalism. An official whose conduct is determined to not measure up to these standards shall be subject to disciplinary action by the Executive Committee.

Event Head Referee for District and Regional Licensed Events

All AAU licensed events must have an Event Head Referee who has the following responsibilities. The Event Head Referee for District and Regional Events:

1. Is appointed by the tournament director of that event
 - a. The Event Head Referee cannot be the Tournament Director
2. Must be a AA Official or a Clinic Administrator or be approved by the National Chief Referee
3. Must obtain a listing of all officials prior to the tournament, confirm their classifications and validate that they have taken a current officials clinic.
4. Must make ring assignments and manage any movement in regards to those ring assignments
5. Evaluate all D officials wishing to upgrade to C after confirming their eligibility to upgrade
6. Submit upgrade recommendations to the Officials Program Administrator within seven days of the event
7. Submit a Head Referee report to the National Chief Referee within seven days of the event
8. Conduct a referee meeting the morning of the event.
9. Mentor all lower level officials
10. Preside over any coach's protests or complaints.
11. Issue officials' stipends.

All licensed events, including one official's clinic per year, can be counted toward an official's upgrade requirement, but the event head referee report must be on file with the National Chief Referee.

Any variation from the policies outlined above must be approved by the National Chief Referee.

General Competition Guidelines

Article I. The Types of Competition Shall Be:

I.A. Qualifying Events

Forms/Patterns
Point-Sparring
Olympic-style Sparring

I.B. Non-Qualifying, Optional Events

Team Forms (see the Team Forms section of this handbook)
Board Breaking-Seven Different Categories (see Appendix E for J.O. Games Rules)
Creative Forms (see Appendix E for J.O. Games Rules)
Creative Musical Forms (see Appendix E for J.O. Games Rules)
Weapons Forms (see Appendix E for J.O. Games Rules)
Musical Weapons Forms (see Appendix E for J.O. Games Rules)
Demo Team Competition (see Appendix E for J.O. Games Rules)
Self Defense (see Appendix E for J.O. Games Rules)
Padded Weapons Sparring (see Appendix E for J.O. Games Rules)
Special Needs
Sport Poomse (Will follow WT Rules)

Article II. General Guidelines for Divisions and Age Categories

| <u>II.A. Division</u> | <u>Ages</u> |
|-----------------------|-------------|
| Youth | 5–17 |
| Senior | 18–32 |
| Executive | 33 and up |

II.B. Youth Divisions. All 5-17 year old competitors must compete in their respective age groups. If there is no competition in a competitor's age group, tournament directors reserve the right to move that competitor up in age.

II.C. Senior Division. This division is for ages 18–32, but is also open to athletes ages 33 and up for all types of competition.

II.D. Executive Division. Athletes age 33 and older may compete in the Senior Division.. Athletes may not compete in more than one age category for any one event.

II.E. Team Trial Age Groups' Considerations. Black Belt competitors in the 10–11 year old age group will **not** be allowed to move to the 12–14 year old age group unless authorized by the tournament director to provide competition for an athlete. At the AAU TKD National Championship competition, Black Belt competitors in the 12–14 or 15–17 year old age groups will **not be required** to move up to the next age group for Team Trials consideration.

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

II.F.1. Competition shall be divided by age, belt, weight, and gender.

II.F.1.a. Weight is further defined in the sections of the book for each type of sparring.

II.F.1.b. Weight requirements are further explained later in this section of the handbook called 'Weigh-Ins'.

II.F.2. The age of the competitor as of **December 31** shall determine the age of that competitor as regards to competition. The competitor must compete for the entire calendar year at the age they will be on December 31.

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

| <u>Division</u> | <u>Belts Included in that Division</u> |
|-----------------|--|
| Novice | White, Yellow and Orange Belts |
| Intermediate | Green, Blue and Purple Belts |
| Advanced | Red and Brown Belts only |
| Black Belt | Poom Belts, 1st Dan and up |

II.G Dividing Divisions. The sponsoring organization has the option of dividing each belt division into further weight classes (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 (separate white and yellow belt competitors into separate divisions).

II.H. Combining Divisions. If the number of competitors for any one division is less than four, 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: The competition area at AAU competitions shall be a **MINIMUM** as follows:

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

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

III.A.3. Tournament directors have the option to use an octagon ring

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 and the Red competitor shall line up on the left side.

Article IV. Uniform (Dobok) Requirements

IV.A. All competitors 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. Black trim on the collar/lapel of the dobok is allowed for black belts only.

IV.C. Athletes may wear a t-shirt underneath the dobok.

IV.D. No Jewelry can be worn. 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 of 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. Dobok top may not be tucked into the pants.

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

IV.F. 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.

IV.G. Other than the headgear for sparring, no other item shall be worn on the head with the exception of religious headwear which shall be worn under the headgear and inside the uniform and shall not cause harm or obstruct the opposing competitor.

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

Black and /or white sneakers

Black socks

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 for Officials and Coaches

In general, the contest shall be conducted by one Referee, three Judges and a Team Leader (TL), along with the assistance of a computer operator. Tournament Directors have the option of using one Referee and two judges, if necessary, for point sparring only. All licensed 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 **one time only**. Thereafter that individual Official **must** obtain AAU Official certification. No more than one non-certified Referee or Judge may be present in the ring. Coaches shall not enjoy this same privilege. All coaches at any AAU licensed event must be currently certified to work that event.

Internationally WT certified officials, with current certification, are approved for Olympic Sparring and sport poomse only without being AAU certified Officials. **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 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 '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 competitor 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, 10–11, 12–14, 15–17 and 18–32, competing in Olympic Sparring will be required to show a valid photo ID documenting date of birth (such as a driver's license, birth certificate, or passport).

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.

Article IX. Methods of Competition

IX.A. Methods of scoring/bracketing for all types of competition for all events at the local, regional, and national levels can be scored, single elimination brackets, double elimination brackets, Repechage brackets or round robin.

IX.B. All qualifying events must use a scoring/bracketing method that will allow identification of the top eight competitors in a division for purposes of qualifying athletes for national competitions.

IX.C. A “bye” system shall be used at all championships, which guarantees four semi-finalists. All byes shall be awarded during the first round of competition.

Article X. Situations Not Covered by Rules

X.A. AAU rules will preside at all AAU licensed events.

X.B. If a situation is not covered by the AAU rules, the National Chief Referee will provide a ruling.

X.C. If the National Chief Referee is not present, such as during a District or Regional event, and cannot be reached to make the ruling, the Event Head Referee will provide that ruling.

General Rules and Regulations for Point Style Sparring

Article I. Protective Equipment

I.A. Mandatory. All competitors must wear:

I.A.1. A mouth-guard

I.A.2. Full hand protectors, any color - foam dipped/vinyl only

I.A.3. Full foot protectors, any color - foam dipped/vinyl only

I.A.4. Full headgear including a padded top, any color - foam dipped/vinyl only.

Headgear that includes padding under and around the chin WILL NOT BE ALLOWED.

I.A.4.a. Other than the headgear, no other item shall be worn on the head with the exception of religious headwear which shall be worn under the headgear and inside the uniform and shall not cause harm or obstruct the opposing competitor.

I.A.5. Male competitors must also wear a 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. Clear plastic face shield

I.B.5. All optional equipment must be worn under the dobok with the exception of the clear plastic face shield

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. Hair shall be tucked inside the head gear.

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.

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. If the competitor cannot or will not comply, the Referee shall declare the opponent the winner.

II.D. 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 approved by tournament medical team. 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 competitor is absolutely prohibited. Any competitor violating these rules will be disqualified.

II.F. Eyeglasses. Only "sport" eyeglasses will be allowed in point sparring competition. Soft contacts are highly recommended.

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, that competitor may be disqualified.

Article IV. Duties of Officials (Referees, Judges, Team Leaders (TL) and Computer Operators)

IV.A. The Referee shall:

IV.A.1. Make every effort to ensure 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 *kal-yeo* (break) and *kye-sok* (continue)

IV.A.5. Call penalties, qualifications and cast a vote for points when using three officials in point sparring

IV.A.6. Stop the timekeeper's clock when necessary

IV.A.7. Independently state his/her opinion about decisions, penalties, warnings, and the winner when requested by the Team Leader and/or event head Referee

IV.A.8. The Referee may stop the match due to a mismatch. This can be done without consultation of the Judges.

IV.A.9. 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 or electronic controllers as each occurs.

IV.B.3. Indicate by use of hand signal when face contact is made upon request of Referee

IV.C. The Team Leader 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 Team Leader should consult with the appropriate Judge or Referee

IV.C.5. Sign each contested match's scorecard and present it to the event head Referee in the case of a protested match (when using paper scoring)

IV.C.6. Oversee the computer operator/scorekeeper

IV.C.7. Manage the ring and mentor the officials

IV.C.8. Advance the winner on the bracket with the ID number and score for the match

IV.D. The Computer Operator Shall Perform The Following Functions:

IV.D.1. Shall follow instructions from the Referee to record penalties and keep time electronically

IV.D.1.a. Upon the Referee's *Kal-yeo* command, the computer operator will wait one second, then stop time.

IV.D.2. 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: Even if 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. 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: 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.a.1. Competitor's Entry into the Ring. Competitors will enter the ring holding their headgear under their left arm.

V.A.1.b. Bowing 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 will instruct the competitors to put on their headgear. The Referee shall then physically examine the two competitors (Blue first, then Red) to ensure that all the requirements listed in Articles I and 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 short 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 walking 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). Both competitors will automatically return to their starting position. Standing between them with both arms parallel to the floor, palms down and fingertips touching, the Referee will command “Judges Call.”

V.A.4.b. When using one Referee and two judges 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 competitor who he/she thinks scored a valid point. When using one Referee and three judges, the Referee leaves his arms parallel to the floor and does not vote.

V.A.4.c. Judges must indicate by use of flags or electronic controllers whether a point (s) was scored and by which competitor. If a judge sees a point he/she must kihap and extend his/her flag/controller.

V.A.4.d. Upon verification that a point(s) was/were scored, the Referee will, using the arm nearest the competitor scoring the point(s), bend the elbow and extend the index finger towards the competitor, announcing the competitor’s color, either *Chung* or *Hong*. Using the same arm, he/she will turn to the head table, extending either one or two fingers and announce the number of points to be awarded, *Il-Jeom* (one point) or *Ee-Jeom* (two points).

V.A.5. To Award the Joo-eui (verbal warning):

V.A.5.a. The Referee shall break the competitors with the *kal-yeo* command at the spot where the violation took place.

V.A.5.b. He/she will face the perpetrator of the offense and give a verbal warning to the competitor..

V.A.6. To Award a Kyong-go (Half-Point Penalty): (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 competitor, with the arm fully extended and declare *kyong-go* (half-point penalty).

V.A.7. To Award a Gam-jeom (Full-Point Penalty): (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 an attention 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 penalty).

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: (See Appendix A)

The Referee shall point to the competitor and declare *chung* or *hong*, then extend the right palm to the front, move the hand to the right, then to left as wide as the shoulders, then back to the center while facing the computer operator and verbally declare the violation to be reversed (*Kyong-go* or *Gam-jeom*).

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 athletes should remove their headgear and place it under his/her left arm. The Referee will bow out the competitors following the same procedure outlined to bow them in.

V.A.11. To Award the Winner: (See Appendix A)

Still standing between the two competitors and facing the computer operator, the Referee 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 knife hand 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.A.12. To Award the Medal Places

At the end of the competition, the Referee will line up the top 4 place winners by calling the names of the winners from 1st place to 4th place (or 3rd if awarding two third places), indicating where they should stand. The Referee will then announce the places starting with 4th place (or 3rd if awarding two third places) and ending with 1st place while extending the appropriate number of fingers over each **competitor's** head to indicate the place they won.

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 extends 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.1.a. The blue flag should always be held in or facing the judge's right hand.

V.B.2. To Make a Call: The Judge(s) that presented their flags, 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 competitor that the judge feels scored the point(s) will be pointed upward while simultaneously indicating the number of points to be awarded (one, two, or three) with the other hand.

V.B.3. To Confer with the Referee: The Judge shall *ki-hap* loudly.

Article VI. Awarding Points

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

VI.B. Examples of majority calls with 3 scoring officials — either 1 Referee and 3 judges (only judges score), or 1 Referee and 2 judges (Referee and judges all score).

- VI.B.1. 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.
- VI.B.2. 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).

Article VII. Age, Belt and Weight Divisions in General

The following shall serve simply as a recommended guideline for the establishment of divisions to be offered at AAU licensed events. The ultimate decision on what divisions will be offered at any one event shall be established by the event director. Careful consideration should be given to amending AGE, GROUP ,and WEIGHT CLASS offerings.

VII.A. Competition shall be divided by Age, Belt, Weight (lbs) or Height (in), and Gender

VII.B. Ages 5 – 17 Youth Divisions

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

VII.C. All Senior, Executive and Ultra Divisions

| MALE | | FEMALE | |
|---------------|-------------|---------------|-------------|
| Division | Ages | Division | Ages |
| Senior | 18–32 | Senior | 18–32 |
| Executive | 33–42 | Executive | 33–42 |
| Ultra | 43 and up | Ultra | 43 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-minutes rest between semi-final and final matches.

Article IX. Permitted 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. Permitted 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 face 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 (to the imaginary line drawn down the side from the back crease of the armpit)

X.C. If a legal implement hits a legal target area, but part of the striking implement also lands in an illegal area, it will be considered a legal strike and will be scored.

Article XI. Illegal Target Areas

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

XI.A.1. The face area or face shield, if worn

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 technique executed to the legal body or head area.

XII.B. Two points shall be awarded for any valid foot technique executed to the legal body area.

XII.C. Three points shall be awarded for any valid foot technique executed to the legal head area.

XII.D. In order to score, the legal scoring implement must be executed with good balance and form and must touch the legal target area with light contact. A majority of the judges must concur in order that a valid point was indeed scored.

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 competitor should not continue

XIII.B. When a competitor protests a Referee's call and does not continue the contest

XIII.C. When the Referee declares a mismatch

Article XIV. Procedures for Suspending a Match

The following procedures are used to stop the match for non-injury time such as equipment adjustment, removal of foreign objects from competition floor, or for an injury such as accidental falling or an injury from a prohibited act.

XIV.A. To suspend a match for any reason other than injury the Referee shall:

XIV.A.1. Declare *kal-yeo* to stop the competitor action

XIV.A.2. Order the timekeeper to suspend the time by declaring *shi-gan* (non-injury time-out) using the proper hand signal

XIV.B. To suspend a match for injury the Referee shall:

XIV.B.1. Declare *kal-yeo* to stop the competitor action

XIV.B.2. Order the timekeeper to suspend match time and start injury time by declaring *kye-shi* (injury time-out) using the proper hand signal (injury time-out shall not exceed one minute)

XIV.B.3. Allow the injured competitor to receive first aid within one minute. Medical personnel may extend the injury time-out period.

XIV.B.4. Competitors will receive one injury time-out per match per injury. Once initial injury time-out has expired, competitor may not receive another injury time-out for the same injury.

XIV.C. If the injured competitor cannot continue the match after one minute the Referee shall:

XIV.C.1. Declare the injured competitor the loser if the injury was not the result of an attack

XIV.C.2. 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

XIV.C.3. Declare the injured competitor the loser if the injury was the result of a prohibited act that competitor was assessed a *kyong-go* penalty

XIV.C.4. Declare the injured competitor the winner if the injury was the result of a prohibited act that competitor was assessed a *gam-jeom* penalty

XIV.C.5. Declare a winner based on the score before the injury if both competitors are injured and cannot continue

XIV.C.6. May consult with the Team Leader to make a decision

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 penalties.

XV.C. At the conclusion of regulation time, any odd *kyong-go* infractions will be dropped before the Golden Point (tie breaker) round.

Article XVI. Decision

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

XVI.A.1. Win by Referee stops contest (RSC)

XVI.A.2. Win by final score (PFT)

XVI.A.3. Win by point gap (PTG)

XVI.A.4. Win by Golden Point (GDP)

XVI.A.5. Win by withdrawal (WDR)

XVI.A.6. Win by disqualification (DSQ)

XVI.A.7. Win by Referee's punitive declaration (PUN)

XVI.B. Gap Rule

XVI.B.1. There will be a 12 point gap rule for point sparring

XVI.B.2. For all divisions, regardless of age, the twelve point gap is not considered until the end of the 1st round. If a 12 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 12 point gap is obtained or end of match time.

Article XVII. Prohibited Acts

XVII.A. The Referee shall declare penalties on any prohibited acts.

XVII.B. In the case of multiple penalties being committed simultaneously by the same competitor, the heavier penalty shall be declared.

XVII.C. Penalties are divided into *kyong-go* (half-point) and *gam-jeom* (full-point) penalties.

XVII.D. Two *kyong-gos* shall be counted as a one point penalty which will be recorded by adding one point to the opponent's score. The last odd *kyong-go* shall not be counted in the grand total.

XVI E. A *gam-jeom* shall be counted as a one point penalty which will be recorded by adding one point to the opponent's score. All *gam-jeoms* are counted in the grand total.

XVII.F. *Joo-eui* (Verbal Warning at the referee's discretion)

XVII.F.1. Only one *joo-eui* per infraction, per round, per competitor.

XVII.F.2. A *joo-eui* does not affect points, but a *kyong-go* must be given in the event the athlete repeats the same infraction during the same round. For example, 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.F.3. *Joo-euis* are only given for prohibited acts related to *kyong-gos* and never for *gam-jeoms*.

XVII.G. *Kyong-go* Penalties (Half-Point Penalties)

XVII.G.1. Evading by turning the back to the opponent

XVII.G.2. Intentionally falling down

XVII.G.3. Avoiding the match

XVII.H.4. Making contact with an unauthorized implement

XVII.G.5. Grabbing, holding or pushing the opponent

XVII.G.6. Pretending injury

XVII.G.7. Crossing the boundary line with both feet

XVII.G.8. Uttering undesirable remarks or misconduct

XVII.G.9. Flailing with the hand to the head

XVII.H. *Gam-jeom* Penalties (Full-Point Penalties)

XVII.H.1. Attacking the opponent after *kal-yeo*

XVII.H.2. Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand

XVII.H.3. Making non-incidental contact to an illegal target area

XVII.H.4. Excessive contact (may also result in disqualification)

XVII.H.5. Interrupting the progress of the match on the part of the competitor or coach

XVII.H.6. Attacking the fallen opponent

XVII.H.7. Uncontrolled attack

XVII.H.8. Violent or extreme remarks or behavior on the part of the competitor or coach

XVII.I. When a competitor refuses to comply with the competition rules or the Referee's order intentionally, the Referee may declare the competitor the loser.

XVII.J. Any combination of half-point or full-point penalties, which brings the total of full penalty points to four (4), shall cause that competitor to be declared the loser.

XVII.K. Automatic Disqualification

XVII.K.1. Injuring the opponent's face or neck*

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

XVII.K.3. Injuring and/or rendering an opponent unable to continue by using an unauthorized attacking implement or by attack to an unauthorized area

XVII.K.4. Significant unsportsmanlike conduct on the part of the competitor or coach

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

**** The Referee, with or without the consensus of the Team Leader, 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 Director, along with a fee of \$75 (cash only). The protest will be submitted on the official protest form (See Appendix B). The appointed coach **MUST** inform the Referee or Team Leader 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 event head Referee can hear opinions from the Referee, Judges, or Team Leader.

XVIII.B.3. If necessary, the event head Referee can review the material evidence of the decisions, such as the written data (score sheets). Video **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 competitor 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 and/or sanctioned.

XVIII.B.6. Errors in factual judgment: When the event head Referee 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 and/or sanctioned.

XVIII.B.7. The decision of the event head Referee 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 for Non-PSS Matches. All competitors must wear:

I.A.1. Olympic style chest protector

I.A.2. Headgear

I.A.2.a. The Blue competitor must wear blue headgear

I.A.2.b. The Red competitor must wear red headgear

I.A.2.c. Other than the headgear, no other item shall be worn on the head with the exception of religious headwear which shall be worn under the headgear and inside the uniform and shall not cause harm or obstruct the opposing competitor.

I.A.3. Commercially manufactured shin and instep protectors (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

I.A.7. Foot Gloves (in lieu of manufactured insteps) and Hand Gloves are optional for colored belts and any divisions that are not using PSS, but if used must be white and WT approved.

I.B. Mandatory Equipment When Using Electronic Protector and Scoring System (PSS) at National Championship (10–32 years old Black Belt), and Team Trials (12–17 years old Black Belt). PSS Electronic Protectors are optional at licensed local qualifying events, but if used, must be only from AAU Taekwondo PSS approved supplier.

I.B.1. Both competitors shall wear the same size chest protector with the following exception:

I.B.1.a. When combining weight divisions resulting in extreme size differences in the competitors, s may be allowed to wear the PSS Electronic Protector appropriate for their weight class, at the discretion of the Head Referee for the event, however they will be required to use the pressure settings of the division they are moved into.

I.B.2. Headgear

I.A.2.a. The Blue competitor must wear blue headgear

I.A.2.b. The Red competitor must wear red headgear

I.B.2.c. Other than the headgear, no other item shall be worn on the head with the exception of religious headwear which shall be worn under the headgear

I.B.3. Shin protectors (white only, no instep, and must be worn underneath the dobok)

I.B.4. AAU Taekwondo approved vendor sensing socks

I.B.5. Forearm protectors (white only and must be worn underneath the dobok)

I.B.6. WT approved white gloves

I.B.7. Mouth guard

I.B.8. Males are required to wear groin protection (hard cup). Female groin protection is optional. All groin protection must be worn inside the dobok.

I.C. Equipment Color at Tournaments Other Than National Events

I.C.1. At tournaments other than national events ONLY, the tournament director has the option to waive the color requirement for the hand, foot, and headgear equipment.

I.C.2. At any event where the gear color is waived, there must be an announcement or available literature stating that waiving the color requirement applies only to local

events and that the gear color requirements will be strictly enforced at all national events.

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. Hair shall be tucked inside the head gear.

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. If the competitor cannot or will not comply, the Referee shall declare the opponent the winner.

II.D. 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 approved by the tournament medical team. 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 competitor is absolutely prohibited. Any competitor 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 *gam-jeom* 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 second *gam-jeom* and the match will begin. If the competitor does not return within the total two-minute grace period, that competitor may be disqualified.

Article IV. Duties of Officials (Referees, Judges, Team Leaders and Computer Operators)

IV.A. The Referee shall:

IV.A.1. Control the competition

IV.A.2. Physically inspect the competitors before the match

IV.A.2.a When using an electronic Protector and Scoring System (PSS), the referee shall check that the PSS system and sensing socks worn by both athletes are working properly.

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 penalties and disqualifications and verbally announce invalid scores.
- 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.** Independently state his/her opinion about decisions, penalties, warnings, and the winner, when requested by the Team Leader and/or event head Referee
- IV.A.8.** The Referee may stop the match due to a mismatch. This can be done with or without consultation of the Team Leader
- IV.A.9.** When using paper scoring, collect the scorecards from the Judges and submit them to the Team Leader at the end of each round

IV.B. The Judges shall:

- IV.B.1.** Be positioned in an equilateral triangle, one on each front corner and one between the two remaining corners
- IV.B.2.** Record points, warnings, infractions, and disqualifications on the scorecard if using paper scoring. Score point with controllers 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, Team Leader and/or National Chief Referee or local Head Referee at local events

IV.C. The Team Leader (TL) shall:

- IV.C.1.** Consult with the Referee and Judges if necessary
- IV.C.2.** If using PSS, complete the TA match paper.
- IV.C.3.** Inspect the scorecard and, 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 Team Leader should consult with the appropriate Judge or Referee
- IV.C.5.** Sign each contested match's scorecard or TA matches paper and present it to the event head Referee in the case of a protested match (when using paper scoring)
- IV.C.6.** Oversee the computer operator/scorekeeper
- IV.C.7.** Manage the ring and mentor the officials
- IV.C.8.** Advance the winner on the bracket with ID number and score of the match

IV.D. The Computer Operator shall:

- IV.D.1.** Follow instructions from the Referee to record penalties and keep time electronically.
 - IV.D.1.a.** Upon the Referee's *kal-yeo* command, the computer operator will wait one second, then stop time. This allows time for possible points that occurred immediately prior to *kal-yeo* to be scored by the corner judges.
 - IV.D.1.b.** Time is not stopped when the Referee begins an eight count. Following the eight-count, the Referee will indicate for the clock to be stopped by announcing *shi-gan* and using the proper hand signal.
- IV.D.2.** 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.** 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, the Referee Shall: (See Appendix A)

V.A.1.a. Call 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.a.1. competitors will enter the ring holding their headgear under their left arm.

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 will instruct the competitors to put on their headgear. The Referee shall then physically examine the two competitors (Blue first, then Red) to ensure that all the requirements listed in Article I and II above have been followed.

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

V.A.2.a. The Referee shall 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 walking 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)

V.A.3.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 Award a *Joo-eui*:

V.A.4.a. The Referee shall break the competitors with the *kal-yeo* command at the spot where the violation took place.

V.A.4.b. He/she will face the perpetrator of the offense and give a verbal warning to the competitor.

V.A.5. To Award a *Gam-jeom* (Full-Point Penalty): (See Appendix A)

V.A.5.a. The Referee shall break the competitors with the *kal-yeo* command at the spot where the violation took place.

V.A.5.b. Next, the Referee will face the perpetrator of the offense, then 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.5.c. 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 competitor with arm fully extended and declare *gam-jeom* (full-point penalty).

V.A.6. To Continue the Match: (See Appendix A)

V.A.6.a. The Referee shall say *kye-sok* (continue) while striking sharply downward from the ear with a right knifehand and returning upward.

V.A.7. To End the Match: (See Appendix A)

V.A.7.a. The Referee shall say *keu-man* (stop) and command the competitors return to the starting position. Even if the referee has not declared *keu-man*, the contest shall be regarded as having ended when the match clock expires.

V.A.7.a.1. If using paper scorecards, the Judges bring the completed scorecards to the Referee who then approaches the table, bows and then presents them to the Team Leader. The Team Leader then determines the winner and informs the Referee. The Referee then returns to his position in the center of the ring.

V.A.7.b. The athletes should remove their headgear and place it under their left arm. The Referee will bow out the competitors following the same procedure used to bow them in.

V.A.8. To Award the Winner: (See Appendix A) Still standing between the two competitors and facing the computer operator, 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.A.9. To Award the Medal Places

At the end of the competition, the Referee will line up the top 4 place winners by calling the names of the winners from 1st place to 4th place (or 3rd if awarding two third places), indicating where they should stand. The Referee will then announce the places starting with 4th place (or 3rd if awarding two third places) and ending with 1st place while extending the appropriate number of fingers over each competitor's head to indicate the place they won.

Article VI. Weight (lbs) and Age Divisions in General

The following charts are established as a general guideline for all licensed events. The event director, of course, has the right to establish those age and weight categories best suited for his/her event based on the number of competitors. However, careful consideration must be given when contemplating changes to the recommended classes.

VI.A. Senior Divisions — Black Belts, Ages 18 to 32

| Male 18-32 Blk Belt Divisions | Weight in Kilograms | Weight in Pounds | PSS Power Level | PSS Hogu Size |
|-------------------------------|----------------------------------|---------------------|-----------------|---------------|
| Fin | Not exceeding 54kg | Not exceeding 119.0 | 18 | 3 |
| Fly | Over 54 kg – Not exceeding 58 kg | 119.1 – 127.9 | 19 | 3 |
| Bantam | Over 58 kg – Not exceeding 63 kg | 128.0 – 138.9 | 20 | 3 |
| Feather | Over 63 kg – Not exceeding 68 kg | 139.0 – 149.9 | 21 | 4 |
| Light | Over 68 kg – Not exceeding 74 kg | 150.0 – 163.1 | 22 | 4 |
| Welter | Over 74 kg – Not exceeding 80 kg | 163.2 – 176.4 | 23 | 4 |
| Middle | Over 80 kg – Not exceeding 87 kg | 176.5 – 191.8 | 25 | 5 |
| Heavy | Over 87 kg | 191.9 + | 27 | 5 |

| Female 18-32 Blk Belt Divisions | Weight in Kilograms | Weight in Pounds | PSS Power Level | PSS Hogu Size |
|---------------------------------|----------------------------------|---------------------|-----------------|---------------|
| Fin | Not exceeding 46 kg | Not exceeding 101.4 | 15 | 2 |
| Fly | Over 46 kg – Not exceeding 49 kg | 101.5 – 108.0 | 16 | 2 |
| Bantam | Over 49 kg – Not exceeding 53 kg | 108.1 – 116.8 | 17 | 3 |
| Feather | Over 53 kg – Not exceeding 57 kg | 116.9 – 125.7 | 18 | 3 |
| Light | Over 57 kg – Not exceeding 62 kg | 125.8 – 136.7 | 19 | 3 |
| Welter | Over 62 kg – Not exceeding 67 kg | 136.8 – 147.7 | 20 | 3 |
| Middle | Over 67 kg – Not exceeding 73 kg | 147.8 – 160.9 | 21 | 4 |
| Heavy | Over 73 kg | 161.0 + | 22 | 4 |

VI.B. Senior Divisions — Colored Belts, Ages 18 to 32
Executive Divisions — All Belts, Ages 33 to 42

| Male Divisions | | Female Divisions | |
|------------------------|---------------------|------------------------|--------------|
| Senior | 18–32 | Senior | 18–32 |
| Executive | 33–42 | Executive | 33–42 |
| Weight Groups (pounds) | | Weight Groups (pounds) | |
| Fly | Not Exceeding 127.9 | Fly | Under 108.0 |
| Feather | 128.0–149.9 | Feather | 108.0–125.7 |
| Welter | 150.0–176.4 | Welter | 125.8–147.7 |
| Heavy | 176.5 and up | Heavy | 147.8 and up |

VI.C. Junior Divisions — Black Belts, Ages 15 to 17

| Junior Male 15-17 Blk Belt Divisions | Weight in Kilograms | Weight in Pounds | PSS Power Level | PSS Hogu Size |
|---|----------------------------------|--------------------|--------------------|------------------|
| Fin | Not exceeding 45kg | Not exceeding 99.2 | 14 | 2 |
| Fly | Over 45 kg – Not exceeding 48 kg | 99.3 – 105.8 | 15 | 2 |
| Bantam | Over 48 kg – Not exceeding 51 kg | 105.9 – 112.4 | 16 | 3 |
| Feather | Over 51 kg – Not exceeding 55 kg | 112.5 – 121.3 | 17 | 3 |
| Light | Over 55 kg – Not exceeding 59 kg | 121.4 – 130.1 | 18 | 3 |
| Welter | Over 59 kg – Not exceeding 63 kg | 130.2 – 138.9 | 19 | 3 |
| Lt. Middle | Over 63 kg – Not exceeding 68 kg | 139.0 – 149.9 | 20 | 4 |
| Middle | Over 68 kg – Not exceeding 73 kg | 150.0 – 160.9 | 21 | 4 |
| Lt. Heavy | Over 73 kg – Not exceeding 78 kg | 161.0 – 172.0 | 22 | 4 |
| Heavy | Over 78 kg | 172.1 + | 23 | 4 |

| Junior Female 15-17 Blk Belt Divisions | Weight in Kilograms | Weight in Pounds | PSS Power Level | PSS Hogu Size |
|---|----------------------------------|--------------------|--------------------|------------------|
| Fin | Not exceeding 42 kg | Not exceeding 92.6 | 13 | 2 |
| Fly | Over 42 kg – Not exceeding 44 kg | 92.7 – 97.0 | 13 | 2 |
| Bantam | Over 44 kg – Not exceeding 46 kg | 97.1 – 101.4 | 14 | 2 |
| Feather | Over 46 kg – Not exceeding 49 kg | 101.5 – 108.0 | 15 | 2 |
| Light | Over 49 kg – Not exceeding 52 kg | 108.1 – 114.6 | 16 | 3 |
| Welter | Over 52 kg – Not exceeding 55 kg | 114.7 – 121.3 | 16 | 3 |
| Lt. Middle | Over 55 kg – Not exceeding 59 kg | 121.4 – 130.1 | 17 | 3 |
| Middle | Over 59 kg – Not exceeding 63 kg | 130.2 – 138.9 | 18 | 3 |
| Lt. Heavy | Over 63 kg – Not exceeding 68 kg | 139.0 – 149.9 | 19 | 3 |
| Heavy | Over 68 kg | 150.0 + | 20 | 4 |

VI.D. Junior Divisions — Colored Belts, Ages 15 to17

| MALE Weight Groups | | FEMALE Weight Groups | |
|-----------------------|---------------------|-------------------------|--------------------|
| Fly | Not exceeding 105.8 | Fly | Not exceeding 97.0 |
| Feather | 105.9–121.3 | Feather | 97.1–108.0 |
| Welter | 121.4–138.9 | Welter | 108.1–121.3 |
| Middle | 139.0–160.9 | Middle | 121.4–138.9 |
| Heavy | 161.0 and up | Heavy | 139.0 and up |

VI.E. Cadet Divisions — Black Belts, Ages 12 to 14

| Cadet Male 12-14 Blk Belt Divisions | Weight in Kilograms | Weight in Pounds | PSS Power Level | PSS Hugu Size |
|--|--------------------------------|-------------------------|----------------------------|--------------------------|
| Fin | Not exceeding 33kg | Not exceeding 72.8 | 11 | 1 |
| Fly | Over 33kg – not exceeding 37kg | 72.9 – 81.6 | 12 | 1 |
| Bantam | Over 37kg – not exceeding 41kg | 81.7 – 90.4 | 13 | 2 |
| Feather | Over 41kg – not exceeding 45kg | 90.5 – 99.2 | 13 | 2 |
| Light | Over 45kg – not exceeding 49kg | 99.3 – 108.0 | 14 | 2 |
| Welter | Over 49kg – not exceeding 53kg | 108.1 – 116.8 | 15 | 3 |
| Lt. Middle | Over 53kg – not exceeding 57kg | 116.9 – 125.7 | 16 | 3 |
| Middle | Over 57kg – not exceeding 61kg | 125.8 – 134.5 | 17 | 3 |
| Lt. Heavy | Over 61kg – not exceeding 65kg | 134.6 – 143.3 | 18 | 3 |
| Heavy | Over 65kg | 143.4 + | 19 | 4 |

| Cadet Female 12-14 Blk Belt Divisions | Weight in Kilograms | Weight in Pounds | PSS Power Level | PSS Hugu Size |
|--|--------------------------------|-------------------------|----------------------------|--------------------------|
| Fin | Not exceeding 29kg | Not exceeding 63.9 | 10 | 1 |
| Fly | Over 29kg – not exceeding 33kg | 64.0 – 72.8 | 11 | 1 |
| Bantam | Over 33kg – not exceeding 37kg | 72.9 – 81.6 | 12 | 1 |
| Feather | Over 37kg – not exceeding 41kg | 81.7 – 90.4 | 13 | 2 |
| Light | Over 41kg – not exceeding 44kg | 90.5 – 97.0 | 13 | 2 |
| Welter | Over 44kg – not exceeding 47kg | 97.1 – 103.6 | 14 | 2 |
| Lt. Middle | Over 47kg – not exceeding 51kg | 103.7 – 112.4 | 15 | 2 |
| Middle | Over 51kg – not exceeding 55kg | 112.5 – 121.3 | 16 | 3 |
| Lt. Heavy | Over 55kg – not exceeding 59kg | 121.4 – 130.1 | 17 | 3 |
| Heavy | Over 59kg | 130.2 + | 18 | 3 |

VI.F. Cadet Divisions — Colored Belts, Ages 12 to 14

| MALE | | FEMALE | |
|-------------------------------|--------------------|-------------------------------|--------------------|
| Weight Groups (pounds) | | Weight Groups (pounds) | |
| Fly | Not exceeding 81.6 | Fly | Not exceeding 72.8 |
| Feather | 81.7–99.2 | Feather | 72.9–90.4 |
| Welter | 99.3–116.8 | Welter | 90.5–103.6 |
| Middle | 116.9–134.5 | Middle | 103.7– 121.3 |
| Heavy | 134.6 and up | Heavy | 121.4 and up |

VI.G. Youth Divisions — All Belts, Ages 5 to 11

| MALE | | | FEMALE | | |
|-------------|-------------------------------|--------------|---------------|-------------------------------|--------------|
| Ages | Weight Groups (pounds) | | Ages | Weight Groups (pounds) | |
| 5 | Light | 45.0 & Under | 5 | Light | 45.0 & Under |
| | Heavy | Over 45.0 | | Heavy | Over 45.0 |
| 6–7 | Fly | Under 40.1 | 6–7 | Fly | Under 40.1 |
| | Feather | 40.1–52.0 | | Feather | 40.1–52.0 |
| | Light | 52.1–65.0 | | Light | 52.1–65.0 |
| | Middle | 65.1–78.0 | | Middle | 65.1–78.0 |
| | L. Heavy | 78.1–90.0 | | L. Heavy | 78.1–90.0 |
| | Heavy | Over 90.0 | | Heavy | Over 90.0 |
| 8–9 | Fly | Under 55.1 | 8–9 | Fly | Under 55.1 |
| | Feather | 55.1–67.0 | | Feather | 55.1–67.0 |
| | Light | 67.1–80.0 | | Light | 67.1–80.0 |
| | Middle | 80.1–92.0 | | Middle | 80.1–92.0 |
| | L. Heavy | 92.1–105.0 | | L. Heavy | 92.1–105.0 |
| | Heavy | Over 105.0 | | Heavy | Over 105.0 |
| 10–11 | Fly | Under 64.0 | 10–11 | Fly | Under 64.0 |
| | Feather | 64.0 – 77.2 | | Feather | 64.0– 77.2 |
| | Light | 77.3 – 90.0 | | Light | 77.3 – 90.0 |
| | Middle | 90.1–102.0 | | Middle | 90.1–102.0 |
| | L. Heavy | 102.1–115.0 | | L. Heavy | 102.1–115 |
| | Heavy | Over 115.0 | | Heavy | Over 115.0 |

VI.H. Mini Cadet Black Belt Divisions Using PSS Showing Hogu Settings

| Mini Cadet Male Blk Belts 10-11 Divisions | Weight in Kilograms | Weight in Pounds | PSS Power Level | PSS Hogu Size |
|---|--------------------------------|--------------------|-----------------|---------------|
| Fly | Not exceeding 29kg | Not exceeding 63.9 | 10 | 1 |
| Feather | Over 29kg – not exceeding 35kg | 64.0 – 77.2 | 10 | 1 |
| Light | Over 35kg – not exceeding 40kg | 77.3 – 90.0 | 11 | 2 |
| Middle | Over 40kg – not exceeding 46kg | 90.1 – 102.0 | 12 | 2 |
| L. Heavy | Over 46kg – not exceeding 52kg | 102.1 – 115.0 | 13 | 2 |
| Heavy | Over 52kg | Over 115.0 | 14 | 3 |
| | | | | |
| Mini Cadet Female Blk Belts 10-11 Divisions | Weight in Kilograms | Weight in Pounds | PSS Power Level | PSS Hogu Size |
| Fly | Not exceeding 29kg | Not exceeding 63.9 | 10 | 1 |
| Feather | Over 29kg – not exceeding 35kg | 64.0 – 77.2 | 10 | 1 |
| Light | Over 35kg – not exceeding 40kg | 77.3 – 90.0 | 11 | 2 |
| Middle | Over 40kg – not exceeding 46kg | 90.1 – 102.0 | 12 | 2 |
| L. Heavy | Over 46kg – not exceeding 52kg | 102.1 – 115.0 | 13 | 2 |
| Heavy | Over 52kg | Over 115.0 | 14 | 3 |

Article VII. Duration of Competition

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

VII.B. Black Belt Rounds

- VII.B.1. AAU Team Trials and/or National Championship matches
- VII.B.1.a. Youth (5-9), Mini-Cadet (10-11), Cadet (12-14) and Executive (33 and up) shall compete using three one-minute rounds with a 30-second rest
- VII.B.1.b. Junior (15-17) Shall compete using three 90-second rounds with a 30-second rest
- VII.B.1.c. Senior (18-32) Shall compete using three two-minute rounds with a 60-second rest
- VII.B.3. For District and Regional competition, the tournament Directors have the option of using the times outlined above or using two two-minute rounds with a 30-second rest between rounds. Match times being used at local events must be specified on tournament flyer.

VII.C. Advanced & Black Belts Combined. For Nationals Championships, when Red/Brown belts are combined with Black belts all matches shall consist the match time for the Black Belts at that event..

VII.D. Rest Time between Semi-Final and Final Match. Competitors shall be allowed at least two-minutes rest between semi-final and final matches.

Article VIII. Permitted techniques

- VIII.A. Fist technique: A straight punching technique using the knuckle part of a tightly clenched fist
- VIII.B. Foot technique: Delivering techniques using any part of the foot below the ankle.

Article IX. Permitted areas

IX.A. Head Area (Foot techniques only permitted). The “head area” is all areas above the bottom of the headgear, including face, ears, top and back of head.

IX.B. Trunk. This area includes the entire trunk which is covered by the chest gear between the armpit and the pelvis. This includes the back, except for the spine. Attacks by fist and foot techniques are permitted.

IX.C. If a legal implement hits a legal target area, but part of the striking implement also lands in an illegal area, it will be considered a legal strike.

Article X. Points (Valid Scores)

Points shall be awarded when permitted techniques are delivered accurately and powerfully to legal scoring areas of the body (The blue or red colored area of the body protector).

Points shall be awarded when permitted foot techniques are delivered accurately to the head.

X.A. Scoring Areas

X.A.1. Body: The blue or red colored area of the trunk protector

X.A.2. Head: The entire head above the bottom line of the head protector

X.B. Criteria for Valid Points

X.B.1. Points shall be awarded when permitted techniques are delivered accurately and powerfully to legal scoring areas of the body (The blue or red colored area of the body protector).

X.B.2. Points shall be awarded when permitted foot techniques are delivered accurately to the head.

X.C. Points Awarded for Legal Attacks to Legal Scoring Areas:

X.C.1. One point for a valid hand attack to the legal scoring area of the trunk

X.C.2. Two points for a valid foot attack to the legal scoring area of the trunk

X.C.3. Three points for a valid turning kick to the legal scoring area of the trunk (continuous motion)

X.C.4. Three points for a valid kick to the head

X.C.5. Four points for a valid turning kick to the head (continuous motion)

X.C.6. One point will be awarded a competitor for every *gam-jeom* infraction given to the opponent.

X.C.7. If using PSS, determination of the validity of the technique, level of impact, and/or valid contact to the scoring area shall be made by the electronic scoring system. These PSS determinations shall not be subject to challenge from a coach.

X.C.8. The National Chief Referee shall determine the required level of impact and sensitivity of the PSS, using different scales in consideration of weight category, gender and age groups. In certain circumstances, as deemed necessary, the National Chief Referee may recalibrate the valid level of impact.

X.C.9. Match score shall be the sum of points for all rounds.

X.D. Invalidation of Points. If a competitor records the point (s) while performing a prohibited act, the following actions will be taken.

X.D.1. If the prohibited act was instrumental to the scoring of the point(s), the Referee shall invalidate the point(s) and declare the penalty for the prohibited act.

X.D.2. If the prohibited act was not instrumental to earning the points, the Referee may penalize the prohibited act, but not invalidate the point(s).

X.D.3. To remove point(s) that were scored due to the use of an infraction the Referee should face the computer operator, extend the right palm to the front, move the hand to the right, then to the left as wide as the shoulders, and then back to the center, making sure the computer operator removes the point(s). The Referee will then issue the appropriate penalty.

X.E. Challenge Cards and IVR (Instant Video Replay)

When using electronic scoring, either PSS or non PSS, if there is a legal attack to the head area and no point is scored, any of the officials or coaches may ask for confirmation of the head kick. The Referee shall gather the Judges to ask for statements. After discussion, the Referee will add the point if it is confirmed by the corner judges. If not confirmed by the corner judges, and if the challenge came from the coach, a challenge card will be taken away from the coach who challenged the kick for delaying the game.

X.E.1. Challenge Cards. Coaches will be given two (2) challenge cards each, with the challenge card color being dependent on the fighter's color (i.e. two blue challenge cards will be given to the blue player's coach, and two red challenge cards will be given to the red player's coach). These will be given at the beginning of each match to have the center referee pull the judges and question a head kick.

X.E.1.a. If the red player's coach loses his request, he will lose a red challenge card. If both challenge cards are lost, the coach is no longer allowed to question a head kick.

X.E.1.b. If the match goes to a Golden Point round, the coaches will be permitted one (1) challenge card each.

X.E.2. IVR (Instant Video Replay) . IVR may be requested for only one action which has occurred within the previous five (5) seconds.

X.E.2.a. Coach may only challenge:

- Validity of attack to the head area for either contestant if Electronic headgear is not being utilized.
- Validity of technical point, if point scored by PSS or judges, for either contestant.

X.E.2.b. In the last 10 seconds of the last round and in any time during golden point round, any of the judges can ask for IVR review and correction of scoring when a coach does not have challenge card.

X.E.2.c. Referee may request IVR for head/face contact after a count as a result of a knockdown and no points scored by PSS headgear. If accepted points shall be awarded for valid kick.

X.F. When Using Electronic Protector and Scoring System (PSS) points scored on the mid-section of the trunk shall be recorded automatically by the transmitter in the electronic trunk protector. If Electronic Headgear is utilized, only points scored by the headgear shall be recorded automatically by the transmitter in the headgear.

X.F.1. Valid points scored on the mid-section of the trunk or the headgear shall be recorded automatically by the transmitter in the PSS. In case of a valid turning kick to the trunk protector or headgear, the "valid point" shall be scored automatically by the transmitter in the PSS.

X.F.1.a. If a technical point was given for a turning kick, but the kick was not scored by the PSS, the technical point shall be invalidated.

X.F.2. Judges shall score:

X.F.2.a. Valid point(s) to the head area by a foot technique when electronic headgear is not utilized.

X.F.2.b. Valid point to the body by a valid hand technique.

X.F.2.c. Technical point for a valid turning kick to the head or trunk.

X.F.3 In case of using three (3) judges, valid points shall be those scored by two or more judges while valid points shall be those scored by three or more judges in case of using four (4) judges.

(Explanation #1)

Points shall be immediately recorded: Immediate scoring means awarding the point immediately after delivery of the scoring technique. Points awarded after a period of time has elapsed cannot be considered valid.

(Explanation #2)

In case of non-use of PSS: All scoring must be done according to the judge's own decision. There must be equipment available which is capable of immediately conveying the recorded point to the scoreboard. However, when electronic publication equipment is not available, the points shall be immediately recorded on the judge's scoring sheet and publicized at the end of the round.

(Explanation #3)

In the case of using PSS, technical points shall be validated if the transmitter acknowledges the valid points and the judges did not give the points for a valid turning kick. In the event that the transmitter does not acknowledge the points, no points shall be given regardless of the judges' scoring of a valid turning kick and the technical points shall be removed.

Article XI. Definition of a Knockdown

XI.A. Knock Down. A knock down shall be declared when a legitimate attack is delivered and any of the following criteria are met:

XI.A.1. When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's scoring technique

XI.A.2. When a competitor is staggered, showing no intention or ability to pursue the match following the opponent's scoring technique

XI.A.3. The Referee determines that the contest cannot continue as the result of any scoring technique.

Article XII. In The Case Of A Knock Down

XII.A. When a competitor is knocked down as the result of the opponent's scoring technique, and the referee deems that an eight-count is warranted, the following measures will be taken:

XII.A.1. The referee shall keep the attacker away from downed competitor by declaration of *kal-yeo* (break).

XII.A.2. The referee shall first check the status of the downed competitor and count aloud from *ha-nah* (one) up to *yeol* (ten) at one-second intervals toward the downed competitor, using hand signals to indicate the passage of time.

XII.A.3. In case the downed competitor stands up during the referee's count and desires to continue the fight, the referee shall continue the count up to *yeo-dul* (eight) for recovery of the competitor. The referee shall then determine if the competitor is recovered and, if so, continue the contest by declaration of *kye-sok* (continue).

XII.A.4. When a competitor who has been knocked down cannot demonstrate the will to resume the contest by the count of *yeo-dul* (eight), the referee shall announce the other competitor winner by RSC (Referee stops contest).

XII.A.5. The count shall be continued even after the end of the round or the expiration of the match time.

XII.A.6. In case both competitors are knocked down, the referee shall continue counting as long as one of the competitors has not sufficiently recovered.

XII.A.7. When both competitors fail to recover by the count of *yeol*, the winner shall be decided by the match score before the occurrence of knock down.

XII.A.8. When it is judged by the referee that a competitor is unable to continue, the referee may decide the winner either without counting or during the counting.

XII.B. Procedures to be Followed After RSC Due to Serious Injury. Any competitor who could not continue the match as a result of a serious injury to any part of the body may not enter another sparring competition within thirty (30) days and must also receive a physical examination and clearance from a physician.

(Explanation #1)

When a competitor who has been knocked down does not express the will to resume by the count of *yeo-dul* (8), the referee shall announce the other competitor winner by RSC, after counting to *yeol* (10).

The competitor expresses the will to continue the match by gesturing several times in a fighting position with the clenched fists. If the competitor cannot display this gesture by the count of *yeo-dul*, the referee must declare the other competitor winner after first counting *a-hop* (9) and *yeol* (10). Expressing the will to continue after the count of *yeo-dul* cannot be considered valid. Even if the competitor expresses the will to resume by the count of *yeo-dul*, the referee can continue counting and may declare the contest over if he/she determines the competitor is incapable of resuming the match.

(Explanation #2)

When a competitor is downed by a powerful scoring blow and whose condition appears serious, the referee can suspend the count and call for first aid or do so in conjunction with the count.

Article XIII. Procedures for Suspending a Match

XIII.A. To suspend a match for non-injury situations such as equipment adjustment, removal of foreign objects from competition floor, etc. the Referee shall:

XIII.A.1. Declare *kal-yeo* to stop the competitor action

XIII.A.2. Resume the contest by declaring *kye-sok* when situation is resolved

XIII.B. To suspend a match for injury the Referee shall:

XIII.B.1. Declare *kal-yeo* to stop the competitor action

XIII.B.2. Order the timekeeper to suspend match time and start injury time by declaring *kye-shi* (injury time-out) using the proper hand signal (injury time shall not exceed one minute).

XIII.B.3. Allow the injured competitor to receive first aid (within one minute) Medical personnel may extend the injury time-out period.

XIII.B.4. Competitors will receive one injury time-out per match per injury. Once initial injury time-out has expired, competitor may not receive another injury time-out for the same injury.

XIII.C. If the injured competitor cannot continue the match, the Referee shall:

XIII.C.1. Declare the injured competitor the loser if the injury was not the result of an attack, such as a twisted ankle or wrenched knee.

XIII.C.2. Declare the other contestant the winner if an injured contestant cannot return to the match after one minute as the result of a legal attack to a legal target area.

XIII.C.2.a. Pain does not constitute an injury. If the Referee determines a competitor is in pain, but does not suffer an actual injury, such as a broken bone, the Referee shall declare *Kal-yeo* and give a command to resume the match with the call, "stand-up." If the competitor refuses to continue the match after the Referee gives the command "stand up" three times in 3 second intervals, the Referee shall declare the match over due to RSC (Referee Stops Contest)

XIII.C.3. Declare the injured competitor the winner if the injury was the result of a prohibited act to be penalized by a *gam-jeom* penalty

XIII.C.3.a. If the Referee determines a competitor has received an injury such as broken bone(s), dislocation, sprain ankle(s), and/or bleeding, the referee shall allow the competitor to receive a first aid treatment for one minute by announcing *Kye-shi*. The Referee may allow the competitor to receive first aid treatment even after giving a command to "stand-up" if the competitor is subsequently determined to be injured.

XIII.C.4. Declare a winner based on the score before the injury if both competitors are injured and cannot continue

XIII.C.5. The Referee may consult with the Team Leader to make a decision

XIII.D. If the Referee determines a competitor has received an injury such as broken bone(s), dislocation, sprain ankle(s), and/or bleeding, the Referee shall consult with the medical personnel. If a competitor is re-injured in the same manner, the medical personnel may advise the Referee to stop the match and declare the injured competitor the loser.

(Explanation #1)

If an injury requires treatment, the Referee will announce *kye-shi*. The injured will have one minute for medical assistance. It is the decision of the Referee, after consultation with the medical personnel, whether it is possible for the competitor to resume the match. The referee can order the competitor to resume the match any time within one minute. The referee can declare any competitor who does not follow the order to resume the match the loser of the match.

While the competitor is receiving medical treatment, or is in the process of recovering, 40 seconds after the declaration of *kye-shi*, the referee will begin to loudly announce the passage of time in five second intervals. When the competitor cannot return to the competitor's mark by the end of the one-minute period, the match results must be declared.

After the declaration of *kye-shi*, the one-minute time interval must be strictly observed regardless of the medical personnel availability. However, when the doctor's treatment is

required but the medical personnel is not available or additional treatment is necessary, the one minute time limit can be suspended at the judgment of the referee.

If resumption of the match is impossible after one minute, the decision of the match will be determined according to guidelines described above.

If both competitors become incapacitated and are unable to resume the match after one minute or urgent conditions arise, the match result is decided according to the following criteria:

- If the outcome is the result of a prohibited act to be penalized by *gam-jeom* by one competitor, that competitor shall be the loser.
- If the outcome was not related to any prohibited act to be penalized by *gam-jeom*, the result of the match shall be determined by the match score at the time of suspension of the match. However, if the suspension occurs before the end of the first round, the match shall be invalidated and the Tournament Director will determine an appropriate time to re-contest the match. The competitor who cannot resume the match shall be deemed to have withdrawn from the match.
- If the outcome is the result of prohibited acts to be penalized by *gam-jeom* by both competitors, then both competitors shall lose.

(Explanation #2)

The situation which warrants suspending the match beyond the above prescribed procedures shall be treated as follows:

- When uncontrollable circumstances require suspension of the match, the Referee shall suspend the match and follow the directives of the National Chief Referee.
- If the match is suspended after the completion of the next to last round, the outcome shall be determined according to the match score at the time of suspension.
- If the match is suspended before the conclusion of the next to last round, a rematch shall, in principle, be conducted and shall be held in two or three rounds, the same as in the original match.

Article XIV. Golden Point Round and Rules of Superiority

XIV.A. In the event the score is tied a “Golden Point” round of one (1) minute duration will follow. The score and penalties will be reset to zero for the Golden Point round. The competitors will be directed back to their coaches’ seat for the normal rest period between rounds. The first contestant to score a point(s) or whose opponent received two (2) *gam-jeoms* in the Golden Point round shall be declared the winner.

XIV.B. If the match is still not decided after the Golden Point round, and the competitors are not using PSS (electronic chest protectors), the Corner Judges will determine the winner by applying the rules of superiority to the Golden Point round only. On the Referee’s *woo-si-girok* command Corner Judges will record a vote (using paper, controllers or hand signal) to indicate their decision for a winner.

XIV.C. If the match is still not decided after the Golden Point round, and the competitors are using PSS equipment, the winner will be determined as follows:

XIV.C.1 The first criteria will be the competitor who makes the most contact to the other competitor's chest protector in the Golden Point round as scored by PSS (the hit level does not matter). If a point scored from an illegal act and the referee invalidates the point, giving a *gam-jeom*, and the score is tied at the end of the golden point round, the TL must eliminate the missed hit manually to determine the winner.

XIV.C.2. If the score is still tied (same number of hits), the competitor who receives the least *gam-jeoms* from all rounds will be the winner.

XIV.C.3. If the first two criteria are tied, the Referee and Corner Judges will use the normal superiority method based on the Golden Point round to determine the winner. On the Referee's *woo-si-girok* command, Corner Judges will record a vote (using paper, controllers or hand signal) to indicate their decision for the winner.

XIV.D. After the corner judges' votes are tabulated, the Referee will bow out the competitors and award the winner by declaring *Chung sung* or *Hong sung*.

XIV.E. The decision of superiority will be made in the following manner:

XIV.E.1. The competitor who has shown the most initiative, which is defined as:

XIV.E.1.a. Technical dominance of the opponent through aggressive match management

XIV.E.1.b. The greater number of techniques executed

XIV.E.1.c. The use of more advanced techniques, both in difficulty and complexity

XIV.E.1.d. Display of better competition manner

(Explanation #1)

In the event that one athlete delivers a successful head kick right before the opponent's body kick but the body kick was registered, the coach of the athlete who delivered the head kick (or any of the judges) may request a challenge for the head kick. The Referee will consult with the Corner Judges. If it is determined that the head kick was valid and performed before the body kick, the Referee shall invalidate the point scored by body kick, then declare 3 or 4 points for the head kick, and declare the one who delivered head kick as winner.

Article XV. Decision

XV.A. Determination of the Winner shall be made as follows:

XV.A.1. Win by Referee Stops Contest (RSC)

XV.A.2. Win by Final Score (PTF)

XV.A.3. Win by Point Gap (PTG)

XV.A.4. Win by Golden Point (GDP)

XV.A.5. Win by Superiority (SUP)

XV.A.6. Win by Withdrawal (WDR)

XV.A.7. Win by Disqualification (DSQ)

XV.A.8. Win by Referee's Punitive Declaration (PUN)

Explanation #1) Referee Stops Contest: The referee declares RSC in the following situations:

- a) If a competitor has been knocked down by an opponent's scoring technique and cannot resume the contest by the count of *yeo-dul*; or if the referee determines

the competitor is not able to resume the competition regardless of the progress of the count

- b) If a competitor cannot continue the match after one minute of medical treatment
- c) If a competitor disregards the referee's command to continue the match three times
- d) If the referee recognizes the need to stop the match to protect a competitor's safety
- e) When the tournament medical staff determines that the match should be stopped due to a competitor's injury

(Explanation #2) Win by withdrawal. The winner is determined by withdrawal of the opponent:

- a) When a competitor withdraws from the match due to injury or other reasons
- b) When a competitor does not resume the match after the rest period or fails to respond to the call to begin the match
- c) When the coach throws a towel into the court to signify forfeiture of the match

(Explanation #3)

Win by disqualification: This is the result determined by the competitor's failure in weigh-in or when a competitor loses competitor status before the competition begins.

(Explanation #4) Win by the referee's punitive declarations:

The referee declares PUN in the following situations:

- a) If a competitor accumulates ten (10) *gam-jeoms*
- b) If it is determined that a competitor manipulated the sensor(s) or scoring system of the PSS
- c) If a competitor or coach refuses to follow the referee's commands or to comply the competition rules, or commits other serious infringing behavior including improper protest

XV.B. Point Gap Rule

XV.B.1. In case of 20 points difference between the two athletes' scores at the time of the completion of next to last round or at any time during the last round, the referee shall stop the contest and declare the winner by point gap.

Article XVI. Prohibited Acts

XVI.A. The Referee shall declare penalties on any prohibited acts. Prohibited acts shall be penalized with *Gam-jeom* (deduction penalty).

XVI.B. In the case of multiple penalties being committed simultaneously by the same competitor, only one (1) penalty shall be declared (preferably the first).

XVI.C. A *gam-jeom* shall be counted as a one point penalty which will be recorded by adding one point to the opponent's score. All *gam-jeoms* are counted in the grand total.

XVI.D. Joo-eui (Verbal Warning)

XVI.D.1. Only one *joo-eui* per infraction, per round, per competitor

XVI.D.2. A *joo-eui* does not affect points, but a *gam-jeom* must be given in the event the athlete repeats the same infraction during the same round. For example, if an official gives a *joo-eui* for falling down, he must give a *gam-jeom* 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.

XVI.E. Gam-jeom Penalties: The following shall be classified as prohibited acts, and *gam-jeom* shall be declared.

- XVI.E.1.** Crossing the boundary line
- XVI.E.2.** Avoiding or delaying the match
- XVI.E.3.** Falling down
- XVI.E.4.** Grabbing, holding or pushing the opponent
- XVI.E.5.** Kicking below the waist
- XVI.E.6.** Lifting the leg to block, and/or kicking the opponent's leg to impede the opponent's kicking attack, or lifting a leg and/or kicking in the air for more than 3 seconds to impede the opponent's potential attacking movements, or a kick aimed below the waist
- XVI.E.7.** Butting or attacking with the knee
- XVI.E.8.** Hitting the opponent's head with the hand
- XVI.E.9.** Attacking and making contact to the opponent after *Kal-yeo*
- XVI.E.10.** Attacking and making contact to a fallen opponent
- XVI.E.11.** Misconduct on the part of a competitor or a coach

Explanation of *Gam-jeom* Penalties

Crossing the Boundary Line:

A *gam-jeom* shall be declared when both feet of a competitor cross the boundary line. No *gam-jeom* will be declared if a competitor crosses the boundary line as a result of a prohibited act by the opposing competitor.

Avoiding or delaying the match:

This act involves stalling with no intention of attacking. A competitor who continuously displays a non-engaging style shall be given a penalty. If both competitors remain inactive after five (5) seconds, the Referee will signal the "fight" command. A *gam-jeom* will be declared on both competitors if there is no activity from them 10 seconds after the command was given; or on the competitor who moved backwards from the original position 10 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 also be given for evading the opponent's attack by bending below waist level or crouching.

Retreating from the technical engagement only to avoid the opponent's attack and to run out the clock, shall result in a *gam-jeom* for the passive competitor.

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.

Gam-jeom shall also be given to the athlete who asks the referee to stop the contest in order to adjust the position/fit of protective equipment.

Falling down:

Gam-jeom shall be declared when any part of the body touches the floor other than the foot, except as follows:

- As a result of opponent's prohibited act
- Both competitors fall down as the result of incidental collision

Grabbing, holding or pushing the opponent:

This includes grabbing any part of the opponent's body, uniform or protective equipment with the hands. It also includes the act of grabbing the foot or leg or hooking either one on top of the forearm. For pushing, the following acts shall be penalized:

- a) Pushing the opponent out of the boundary line
- b) Pushing the opponent in a way that prevents kicking motion or any normal execution of attacking movement

Kicking below the waist:

This action applies to an attack on any part of the body below the waist. When an attack below the waist is caused by the recipient in the course of an exchange of techniques, no penalty will be given. This article also 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.

Lifting the Leg:

Lifting the leg to block, or kicking the opponent's leg to impede the opponent's kicking attack, or lifting a leg or kicking in the air for more than 3 seconds to impede the opponent's potential attacking movements, or kick was aiming to below the waist. Lifting the leg or cut kick motion shall not be penalized only when it is followed by execution of kicking technique in combination motion

Butting or attacking with the knee:

This article relates to an intentional butting or attacking with the knee when in close proximity to the opponent. However, contact with the knee that happens in the following situations cannot be punished by this article

- When the opponent rushes in abruptly at the moment a kick is being executed
- As the result of a discrepancy in distance in attacking.

Hitting the opponent's head with the hand:

This article includes hitting the opponent's head with the hand (fist), wrist, arm, or elbow. However, unavoidable actions due to the opponent's carelessness such as excessively lowering the head or carelessly turning the body cannot be punished by this article.

Attacking and making contact to the opponent after *Kal-yeo*:

- a) Attacking after *kal-yeo* requires that the attack results in actual contact to the opponent's body.
- b) If the attacking motion started before the *Kal-yeo*, the attack shall not be penalized.
- c) 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
- d) If an attack after *kal-yeo* did not land on the opponent's body but appeared deliberate and malicious the referee may penalized the behavior with a *gam-jeom* (misconduct).

Attacking and making contact to a fallen opponent:

- a) This action is extremely 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 competitor will be greater due to the competitor's position
- b) These types of aggressive actions toward a fallen opponent are not in accordance with the spirit of Taekwondo and as such are not appropriate to Taekwondo competition. In this regard, penalties should be given for intentionally attacking the fallen opponent regardless of the degree of impact

Misconduct of competitor or coach

The following cases are considered misconduct from a competitor or coach:

- a) Not complying with a Referee's command or ruling
- b) Inappropriate protesting or criticizing of officials' decisions
- c) Leaving the designated coach's seat or standing up
- d) Inappropriate attempts to disturb or influence the outcome of the match
- e) Provoking or insulting officials, opposing competitor, coach, or spectators
- f) Any other undesirable behavior or unsportsmanlike conduct from a competitor or coach

NOTE:

When misconduct is committed by a competitor or a coach during a rest period, the Referee can immediately declare the penalty and the penalty shall be recorded in the next round's results.

XVI.F. When a competitor refuses to comply with the competition rules or the Referee's order intentionally, the Referee may declare the competitor loser.

XVI.G. When a contestant receives ten (10) *gam-jeom* penalties, the referee shall declare the contestant loser by referee's punitive declaration (PUN).

XVI.H. To reverse a violation call the Referee point to the competitor and declare chung (or Hong), then extend the right palm to the front, move the hand to the right, then to left as wide as the shoulders, and then back to the center while facing the computer operator and verbally declare *gam-jeom*. (See Appendix A)

XVI.I. If the referee determines, in consultation with the PSS technician, if necessary, that a contestant or coach has attempted to manipulate the sensitivity of PSS sensor(s) and/or inappropriately alter the PSS so as to affect its performance, the contestant shall be disqualified.

Article XVII. Protests

XVII.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 event head Referee or Tournament Director, along with a fee of \$75 (cash only). The protest will be submitted on the official protest form (See Appendix B). The appointed coach **MUST** inform the Referee or Team Leader of that match immediately 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 in error in the management of that division, such as

miscalculating the score or misidentifying an athlete, the correction must take place immediately.

XVII.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.”

XVII.B.2. If necessary, the arbiter can hear opinions from the Referee, Judges, or Team Leader.

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

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

XVII.B.5. Error in application of rules: When it is determined by the arbiter 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 and/or sanctioned.

XVII.B.6. Errors in factual judgment: When the arbiter 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 and/or sanctioned.

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

Article XVIII. Safety Rules Governing Olympic-Style Sparring for Junior Competitors

The following special section of the Competition Rules shall apply to all belt ranks 5 to 14 years of age and colored belts 15 to 17 years of age competing in the Olympic Style Division.

XVIII.A. General Rules. In the local/preliminary, District, Regional, and National level competition, the rules concerning a kick to the head area shall be as follows:

XVIII.A.1. The competitor is encouraged to kick to the head area; however, the kick must be light contact with absolute control or the appropriate penalty shall be invoked.

XVIII.A.2. The competitor who executes a successful technique (light contact) will be awarded three or four points, whichever is applicable based on the type of kick.

XVIII.A.3. The competitor who executes a kick to the head or neck, which does not cause injury, but, in the judgment of the Referee, is deemed excessive, will receive a one-point penalty (*gam-jeom*).

XVIII.A.4. The competitor who executes a kick to the head or neck, which results in a minor injury, shall receive a one-point penalty. A minor injury is defined as an abrasion or bleeding caused by excessive contact. The Referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury and if the attack is a non-excessive one.

XVIII.A.5. The competitor who executes a kick to the head or neck, which results in the inability of the opponent to continue, due to the injury, shall be disqualified. The Referee, with or without consultation with the tournament physician and or Team Leader, shall determine if the attack is excessive contact, and disqualification.

NOTE: Inability to continue because of fright, crying, or loss of will following a legal kick to the head does not constitute grounds for disqualification of the attacker.

****Note Exception: The 12–14 year olds Black Belt Cadets shall compete using the same rules as the 15–17 year olds Black Belt Junior at the Team Trials competition.**

General Rules and Regulations for Forms/Patterns Competition

Article I. Competition Shall Be Divided By Age, Belt and Gender In General.

I.A. All ages and belt divisions

| Age Groups | Belt Divisions |
|------------------|---|
| 5 Male | Novice, Intermediate, Advanced |
| 5 Female | Novice, Intermediate, Advanced |
| 6 & 7 Male | Novice, Intermediate, Advanced |
| 6 & 7 Female | Novice, Intermediate, Advanced |
| 8 & 9 Male | Novice, Intermediate, Advanced, Black |
| 8 & 9 Female | Novice, Intermediate, Advanced, Black |
| 10 & 11 Male | Novice, Intermediate, Advanced, Black 1, Black 2 & Up |
| 10 & 11 Female | Novice, Intermediate, Advanced, Black 1, Black 2 & Up |
| 12 & 13 Male | Novice, Intermediate, Advanced, Black 1, Black 2 & Up |
| 12 & 13 Female | Novice, Intermediate, Advanced, Black 1, Black 2 & Up |
| 14 & 15 Male | Novice, Intermediate, Advanced, Black 1, Black 2 & Up |
| 14 & 15 Female | Novice, Intermediate, Advanced, Black 1, Black 2 & Up |
| 16 & 17 Male | Novice, Intermediate, Advanced, Black 1, Black 2 & Up |
| 16 & 17 Female | Novice, Intermediate, Advanced, Black 1, Black 2 & Up |
| Senior Male | Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4 & Up |
| Senior Female | Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4 & Up |
| Executive Male | Novice, Intermediate, Advanced, Black 1, Black 2, Black 3 & Up |
| Executive Female | Novice, Intermediate, Advanced, Black 1, Black 2, Black 3 & Up |
| Ultra Male | Novice, Intermediate, Advanced, Black 1, Black 2, Black 3 & Up |
| Ultra Female | Novice, Intermediate, Advanced, Black 1, Black 2, Black 3 & Up |

I.B. In Youth Divisions (ages 5 to 17), where there are 40 or more athletes, that division will be divided into two divisions according to age.

Article II. Merits

Merit will be awarded on the basis of beauty, grace, rhythm, focus, power, and technique.

Article III. Judging Procedure.

Forms/patterns may be scored by one of the following two methods.

III.A. Individual Scored Forms Competition

III.A.1 Judges shall be seated in the four corners with the Referee in front of the scorer's table.

III.A.2 Points shall be awarded on a scale of 7.0 to 10.0 in tenths of a point (0.1) increment, 7.0 being the lowest score awarded for a completed pattern. 8.0 shall be the score awarded by an Official for what that Official deems to be an average performance for that age and rank division in which the competitor competes.

III.A.3 Judges shall display the score of each competitor.

III.A.4 The highest and lowest scores shall be thrown out and the remaining three scores added to compute a total score.

III.A.5 In the case of a tie, the lowest score shall be added back to break the tie. If still tied, the highest score shall then be added back as well. If this procedure fails to break the tie, then both competitors shall repeat their form/pattern (competitors may choose to do a different form/pattern, but are not required to do so).

III.A.6 The Score Keeper shall record the computation of the total score on the score sheet and the Referee shall sign the division results sheet.

III.A.7 Anyone under Black Belt may begin a pattern a second time with a two-tenths (0.2) deduction from the total score (not each individual Judge's score).

III.B. Bracketed Competition

All methods of bracketed competition are allowed. At National level competition, the Brazilian Repechage system will be used. (See Appendix D) Two competitors will perform their form/pattern simultaneously. No competitor may begin his pattern a second time (unless both competitors are unable to complete their form during the first time through).

When using three judges, they shall be positioned in an equilateral triangle, one on each front corner and one between the two remaining corners. The referee shall abstain from scoring.

When using five scorers, the judges shall be positioned at the four corners of the competition area and the referee shall be positioned in the rear between the two corner judges. The referee shall represent the fifth scorer.

When doing bracketed forms, red and blue flags will be used.

Article IV. Duties of Officials (Referees, Judges, Team Leaders and Computer Operators)

IV.A. Referee

IV.A.1. Ensure all competitors are doing the correct form prior to the start of the division

IV.A.2. Give pre-competition instructions when necessary

IV.A.3. Control the entry and exit of the competitors to the mat

IV.A.4. Call of scores from the judges and announce the winner based on those scores

IV.A.6. Consult with all ring officials (Judges & Team Leader) to offer an opinion on modification or alteration of a form after the "Judges, Call" command, but prior to awarding the winner.

IV.A.7. Announce the match winners

IV.B. Judges

IV.B.1. Be positioned in an equilateral triangle — one on each front corner and one between the two remaining corners

IV.B.2. Indicate their vote for winner through the use of the flag or electronic scoring implement upon the Referee's command

IV.B.3. Stand to indicate an opinion on modification or alteration of a form prior to the Referee's "Judges Call" command

IV.C. Team Leader

IV.C.1. Consult with the Referee and Judges if necessary

IV.C.2. Inspect the bracket for accuracy

IV.C.3. Confirm the winner only on the basis of the Referee's declaration and judge's score

IV.C.4. In the case of questions, the Team Leader should consult with the appropriate Judge or Referee

IV.C.5. Stand and to indicate an opinion on modification or alteration of a pattern prior to the Referee's "Judges Call" command

IV.C.6. Request arbitration if needed

IV.C.7. Oversee the computer operator/scorekeeper

IV.C.8. Manage the ring and mentor the officials

IV.C.9. Advance the winner on the bracket with the ID number and score of the match

IV.D. Computer Operator

IV.D.1. Keep accurate brackets of each match, ensuring that the correct competitor is advanced

IV.D.2. Record the winner on the scoreboard

IV.D.3. Call the names of the competitors when indicated to do so by the Referee

IV.D.4. Complete the bracket sheet correctly showing 1st, 2nd, 3rd, and 4th place winners

IV.D.5. When using the scored method of competition, accurately enter each competitors scores and ensure correct totals.

Article V. Official Signals and Language: Bracketed Forms Competition

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

V.A. Referee

V.A.1. Before the Start of the Division

The Referee shall line up the competitors at the back of the ring and bow in the division. Next, the Referee shall check all competitors' forms to ensure that they are performing patterns appropriate to their rank and division.

V.A.2. Before the Match

Calling the competitors: The Referee stands at his/her 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, and then repeats the same procedure with the left hand for *Hong* (red).

V.A.3. Bow in the Competitors

The Referee shall raise both arms (triceps parallel to the floor), hands open (palms facing inward) and forearms bent vertically at the elbows and says *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.4. To Start the Match

After bowing in the two **competitors**, the referee shall indicate for them to face the front by turning his/her hands forward. Once facing the front the referee will tell the competitors to move to their starting positions. The Referee will then announce *joon-bi* (ready). After the announcement of *joon-bi* (ready) the referee shall start to back out of the ring. Once the competitors are ready the Referee shall announce *shi-jak* (begin).

V.A.5. The Referee shall exit the back of the ring and stand at the edge of the mat.

V.A.6. To End the Match and Vote for the Winner

The Referee will return to the center of the ring, and call competitors back to the starting position. The Referee will then bow out the s following the same procedure used to bow in the competitors. Next, with both arms parallel to the floor, palms down and fingertips touching the Referee will command “Judges, Call.” The Referee shall remain with both arms parallel to the floor, palms down and fingertips touching and calculate the votes of the three judges.

V.A.7. To Award the Winner

Still standing between the two competitors and facing the head table, the referee 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 knife-hand 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.A.8. To Award the Medal Places

At the end of the competition, the Referee will line up the top 4 place winners by calling the names of the winners from 1st place to 4th, indicating where they should stand. The Referee will then announce the places starting with 4th place and ending with 1st place while extending the appropriate number of fingers over each competitor's head to indicate the place they won.

V.B. Judges**V.B.1. To make a call**

Upon the referee's command, “judges,” each judge shall hold the flag or controller at chest level parallel to the floor. When using flags, upon the Referee's command “call” each judge shall flip the flag perpendicular to the floor with the color of the flag corresponding to the competitor that the judge feels performed the superior pattern, according to the criteria for judging forms, pointed upward. If using electronic scoring implements, the judges shall press the appropriate one point button to indicate their vote for the winning competitor.

V.B.2. To indicate that a form may have been modified

Prior to Referee making the “judges-call” command, if a judge feels a form may have been modified, he/she shall stand up and kihap. Upon being questioned by the Referee, the judge will state their opinion as to why the form was modified.

Article VI. Recognized Forms/Patterns

IV.A. The official Forms/Patterns accepted for competition shall be:

| Rank | ITF | WT | TSD/MDK |
|--|--|----------------------------|--|
| Novice White, Yellow Orange | Chon-Ji Dan-Gun Do-San | Pal Gwe 1–2 Taegeuk 1–2 | Ki-Cho (KiBon) 1–3 Pyung-An/Pinan 1 Basic Form 1–5 |
| Intermediate Green, Purple Blue | Won-Hyo Yul Gok Joong-Gun Toi-Gye | Pal Gwe 2–6 Taegeuk 2–6 | Ki-Cho (Ki Bon) 3 Pyung-An/Pinan 1–4 |
| Advanced Red, Brown | Hwa-Rang Choong-Moo | Pal Gwe 6–8 Taegeuk 6–8 | Pyung-An/Pinan 4–5 Passaai (Bassai) |
| 1st Dan | Kwang-Gae Po-Eun Ge-Baek | Koryo | Jin Do Jit-Te |
| 2nd Dan | Eui-Am Choon-Jang Ko-Dang Juche | Keumgang | Ro-Hai |
| 3rd Dan | Sam-Il Yoo-Sin Choi-Yong | Taebaek | Kong San Kun |
| 4th Dan | Yon-Gae Ul-Ji Moon-Moo | Pyongwon | Wan Shu |
| 5th Dan | So-San Se-Jong | Sip Jin | Ji-On |
| 6th Dan | Tong-Il | Jitae | O Sip Sa Bo Tae Guik Kwon |
| 7th Dan | | Chonkwon | Sei-Shan So Rim Jang Kwon |
| 8th Dan | | Hansu | Sip Soo |
| 9th Dan | | Ilyeo | |

VI.B. Forms/Patterns Can Not Be Altered or Modified. Do not add or leave out kicks or movements. Doing so can result in disqualification. No variation from the above list will be accepted.

VI.C. Competitors may do ANY Form/Pattern listed for their rank or one rank below **up to their current rank.**

VI.D. Proper Protocol for Athlete Introduction to Referee.**VI.D.1. Procedure for scored forms**

VI.D.1.a. When a competitor is called to perform his/her form/pattern; they will approach the Referee in order to give their name and the name of their form. When approaching and backing away from the Referee, the competitor should do so quickly. The competitor, after having backed away from the Referee to begin their form/pattern, should begin when ready. Upon completion of the form/pattern the competitor should return to *joon-bi* without waiting for the Referee to command to do so.

VI.D.1.b. Competitors should not give their school name or instructor's name.

VI.D.1.c. Black Belt competitors are also required to state their current rank.

VI.D.2. Procedure for bracketed forms

VI.D.1.a. For bracketed forms, the above protocol is not used. The Referee will check all forms being performed and athlete's rank prior to the start of competition.

General Rules and Regulations for Team Form Competition

Article I. Competition Rules

I.A. Competition must be conducted according to the respective rules of individual competition. **Forms CANNOT be altered OR modified.**

Article II. Team Make-Up

- II.A. All team members must be Black Belts.
- II.B. Teams shall consist of three members.
- II.C. An individual may compete on only one team.

Article III. Age & Gender Divisions

III.A. Competitors will be grouped according to the following table:

III.A.1. 5 to 17 year olds

III.A.2. 18 year olds and up

III.B. Teams may consist of all female, all male, or a combination of females and males. Competitors must compete within their own age group.

Article IV. Determination of Winning Team

A team score will be awarded based on all criteria used in judging individual forms competition as well as the presentation of the team as a unit.

Article V. Criteria for Form Selection

Black Belt teams may perform any pattern up to the level (rank) of the senior ranking member of that team.

Article VI. Team Bracketed Forms

Procedure is identical to single competitor bracket forms with the exception that both teams will not perform their pattern simultaneously. After bow-in, *Hong* team exits the ring. *Chung* team will then perform their pattern. Once *Chung* team has completed their pattern and exited the ring, *Hong* team will reenter and perform their pattern. Referee will then follow the same procedure for bowing out and declaration of winner.

Eligibility Requirements for National AAU Taekwondo Championships and AAU Junior Olympic Games Competition

Article I. Requirements

I.A. All participants must be currently registered AAU members.

Article II. Eligibility for the National Championships

II.A. Competition open to:

II.A.1. Male and Female

II.A.2. All Belts

II.A.3. All Ages

II.B. Athletes must have placed 1st through 8th in an individual sparring or forms division in an AAU licensed District or Regional Championship of the current year, or

II.C. Athletes must have placed 1st in an individual sparring or forms Division in the **prior year's** National AAU Taekwondo Championships.

Article III. Eligibility for the AAU Junior Olympic Games

III.A. Competition open to:

III.A.1. Male and Female

III.A.2. Intermediate through Black Belt Divisions only

III.A.3. Ages 5 to 24 (Special Needs all ages)

III.B. Athletes must have participated in an AAU licensed District or Regional Championship of the current year, or

III.C. Athletes must have placed 1st in any division in the **prior year's** AAU Junior Olympic Games.

Special Needs Division Rule Modifications

Special Needs Competition follows the same rules and equipment requirements as specified in current AAU Taekwondo Handbook with the following modifications.

While providing Special Needs athletes with a competitive outlet at AAU Licensed Event is a worthwhile endeavor, these divisions may not necessarily be offered at the National Level. When, in fact, Special Needs Divisions are offered at any level of competition the following guidelines will be observed.

General Rules and Regulations for Point Style Sparring

Article I. Additional Mandatory Equipment and modifications

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

Article II. Additional Categories of Competition

- II.A. Besides age, belt and weight, competition shall also be divided by categories.
 - II.A.1. **Level 1:** Competitors have limited mobility of arms and/or legs (do not kick above the waist, do not extend arms fully for hand technique) or have a lower level of cognitive skills.
 - II.A.2. **Level 2:** Competitors have full mobility of arms and legs (can kick above waist and extend arms fully for hand technique) or have a higher level of cognitive skills.
 - II.A.3. **Level 3:** Competitors compete from a wheelchair (Sport Wheel Chair required)

Article III. Points (Valid Scores)

III.A. Level 1: (No Head Contact Allowed) (limited mobility)

- III.A.1. 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.
- III.A.2. 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 foot.

III.B. Level 2: (No Head Contact Allowed) (full mobility)

- III.B.1. One point shall be awarded for any valid **hand** technique executed to the legal body area with light contact and good technique.
- III.B.2. Two points shall be awarded for any valid **foot** technique executed to the legal body area with light contact and good technique.

III.C. Level 3: (Head Contact Allowed) (wheelchair)

- III.C.1. One point shall be awarded for any valid **hand** technique executed to the legal head area with light contact and good technique.
- III.C.2. Two points shall be awarded for any valid **hand** technique executed to the legal body area with light contact and good technique.
- III.C.3. Sport Wheel Chairs are required for sparring.

- III.D. For all techniques to be awarded a point or points, the contact must be light or within allowable limits as described above. A majority of the Judges and Referee must also concur that a valid point was indeed scored.

General Rules and Regulations for Forms/Patterns Competition

Article I. Competition Shall Be Divided By Age, Belt and Gender In General.

I.A. Competition shall also be divided by categories.

I.A.1. Level 1: Competitors perform basic skills such as blocking, striking and kicking techniques with direction from an instructor)

I.A.2. Level 2: Competitors perform patterns with assistance from instructor.

I.A.3. Level 3: Competitors perform patterns on their own.

Article II. Merits

II.A. Merit will be awarded on the basis of **SPIRIT**, focus, technique, power, rhythm, grace and beauty; listed in order of importance.

Article III. Judging Procedure

III.A. The scoring method used for forms is Individual Scored Method **ONLY**.

Eligibility Requirements for AAU National Team

The AAU Taekwondo Program will conduct competition for the purpose of selecting National AAU Taekwondo Teams to represent the program at non-AAU and International WT/Olympic style competitions and International Point Sparring competitions. The AAU Taekwondo program shall use December 31st as the age determining date for all competitions. Athletes shall compete during the entire calendar year at their age as of December 31st of that year.

For the four team member age groups, 10–11, 12–14, 15–17, and 18–32 this means athletes shall compete in that age group throughout the year including qualifying events, National Championship and Team Trials. No athlete will be required to move up to the next age group at the National Championship competition or Team Trials.

Should a Cadet or Junior Team Member 'age' into the next age bracket prior to actual team travel for competition purposes, those athletes will simply move up the appropriate age bracket at that time. Second place finishers from Team Trials may be invited to travel with the team to fill the vacated spot at their own expense. Should this alternate athlete medal, a portion of their expenses will also be reimbursed by AAU Taekwondo.

Article I. Requirements

I.A. All participants must be currently registered AAU members.

I.B. All participants must qualify at the AAU Taekwondo National Championships or be a current team member in good standing from either age group offered at Team Trials.

Article II. Team Types, Selection, and Benefits

II.A. The 10–11 Year Old Cadet Team (Olympic Sparring)

II.A.1. Selection Process

II.A.1.a. The 10–11 year old Cadet Team will be comprised of those participants who place 1st at the current year's AAU Taekwondo National Championships in the 10–11 year old Black Belt Olympic style sparring divisions.

II.A.2. Benefits

II.A.2.a. All 10–11 year old Cadet Team members will receive an invitation to the AAU National Team Training Camp.

II.A.2.b. All 10–11 year old Cadet Team members will receive a warm-up suit.

II.A.3. Other Issues

II.A.3.a. All 10–11 year old Cadet Team members attending the training camp must be accompanied by an adult.

II.A.3.b. All expenses to the camp will be the responsibility of the team member.

II.A.3.c. All 10–11 year olds must compete in the 10–11 year old age group. They may not move up to the 12–14 age group.

II.B. The 12–14 Year Old Cadet Team (Olympic Sparring)

II.B.1. Selection Process

II.B.1.a. All 12–14 year old participants who place 1st through 4th at the current year's AAU Taekwondo National Championships in the 12–14 year old Black Belt Olympic style sparring divisions will receive an invitation to the AAU National Team Trials competition along with the current team member in good standing.

II.B.1.b. All 1st place competitors at Team Trials will be selected as 12–14 year old Cadet Team members.

II.B.2. Benefits

II.B.2.a. All 12–14 year old Cadet Team members will receive an invitation to the AAU National Team Training Camp **which they must attend.**

II.B.2.b. All 12–14 year old Cadet Team members traveling with the team will receive financial support including transportation, lodging, and entry fees.

II.B.2.c. All 12–14 year old Cadet Team members will receive a team warm-up suit, uniform and full sparring gear.

II.B.3. Other Issues

II.B.3.a. It is highly recommended that all 12–14 year old Cadet Team members traveling with the team be accompanied by an adult.

II.C. The 15–17 Year Old Junior Team (Olympic Sparring)

II.C.1. Selection Process

II.C.1.a. All 15–17 year old participants who place 1st through 4th at the current year's AAU Taekwondo National Championships in the 15–17 year old Black Belt Olympic style sparring divisions will receive an invitation to the AAU National Team Trials competition along with the current team member in good standing.

II.C.1.b. All 1st place competitors at Team Trials will be selected as 15–17 year old Junior Team members.

II.C.2. Benefits

II.C.2.a. All 15–17 year old Junior Team members will receive an invitation to the AAU National Team Training Camp which they must attend.

II.C.2.b. All 15–17 year old Junior Team members traveling with the team will receive financial support including transportation, lodging, and entry fees for international competition.

II.C.2.c. All 15–17 year old Junior Team members will receive a team warm-up suit, uniform and full sparring gear.

II.D. The Senior Team (Olympic Sparring)

II.D.1. Selection Process

II.D.1.a. The Senior Team will be comprised of those participants who place 1st at the current year's AAU Taekwondo National Championships in the Senior Black Belt Olympic style sparring divisions.

II.D.2. Benefits

II.D.2.a. All Senior Team members will receive an invitation to the AAU National Team Training Camp.

II.D.2.b. All Senior Team members will receive a warm-up suit.

II.D.3. Other Issues

II.D.3.a. All expenses to the camp will be the responsibility of the team member.

II.D.3.b. Senior Team members who attend Team Training at their own expense, and later decide to travel with the team to competition, will have their housing and registration fees for that competition paid by AAU. Should they medal at the competition, transportation costs shall also be reimbursed.

II.E. Current Cadet and Junior Team Members (In good standing)

II.E.1. Recognizing the natural growth of Cadet and Junior Team Members, current members will be allowed to compete at their then current weight at the next Team Trials. Current team members must make the new weight division known when making application to participate in team trials. **Failure to make the declared weight class on the application will result in disqualification.**

II.F. The Point Sparring Team**II.F.1. Selection Process**

II.F.1.a. The Cadet, Junior and Senior Team will be comprised of those participants who place 1st at the current year's AAU Taekwondo National Championships in the Senior Black Belt point style sparring divisions.

II.F.2. Benefits

II.F.2.a. All Cadet, Junior and Senior Team members will receive a warm-up suit.

II.F.2.b. The Program shall endeavor to find a suitable international event for this team to participate in.

All expenses associated with this Point Sparring International event shall be borne by the individual Team Member.

Article III. Other Matters

III.A. AAU Taekwondo Team Trials Competition shall be conducted using round robin format.

III.B. The AAU Taekwondo Program shall have the option of not accepting any Team Member whose position was garnered as a result of a lack of competition in their respective weight class. Such winner's may be required to audition their proficiency before a panel chosen by the National Head Coach.

Article IV. Responsibility of AAU Taekwondo Team Members

IV.A. Those chosen to represent the AAU Taekwondo Program as current Team Members shall bear additional responsibilities to the AAU Taekwondo Program and these responsibilities shall be outlined and agreed upon by perspective Team Members prior to participation in the Team Trial process.

Guidelines for Officials Decisions, Protest Procedures and Competition Proceedings

Article I. Officials' Decisions

Official decisions made during and at the end of the contest are not negotiable. Any intent to protest must be made by the coach (not competitor) immediately following the match (refer to the protest paragraph in both Point and Olympic-Style sparring sections.) to ensure that tournament officials preserve all necessary records. Subsequently, the dispute shall be decided by the Tournament arbiter(s) in consultation with the Team Leader. The arbiter(s) may also call upon the Referee and/or Judges, in order to settle the dispute.

Article II. Competition Proceedings

II.A. All officials, coaches and competitors participating in a licensed tournament are required to observe the decorum code of the AAU and the rules of the tournament.

II.B. All competitors, coaches, and officials are required to be registered with the AAU during the year of the competition.

II.C. If the Referee requests a time-out during a match, the time shall not be included in the calculation of the total match time.

II.D. Any competitor who wishes to leave the ring area during his/her division must request permission from the Referee.

II.E. During a match, coaches are required to remain seated and are not allowed to move about the perimeter of the ring. The coach may **never** enter the ring with the exception of filing a protest. When doing so, he is allowed to take one step only into the ring and announce to the Referee, "I wish to protest this match."

II.F. Coaches **MUST** be in their proper chairs **PRIOR** to the beginning of a match and are required to remain seated. Coaches may **NOT** come into a chair once the match has begun unless approved by the Referee. Once the match has begun, the request to sit in the coach's chair can only take place between rounds. Coaches may **NOT** switch out during a match. A coach is **NOT** mandatory for competition. However, if an athlete does not have a coach, no protests will be allowed.

Article III. Disciplinary Reviews at National Events

III.A. The AAU National Sport Chair, and/or the National Chief Referee may request an on-the-spot three-person Disciplinary Review Committee be convened for deliberation when inappropriate behaviors are demonstrated by a coach, a competitor, official, and/or any staff member of AAU TKD.

III.B. The Disciplinary Review Committee shall deliberate the matter, summoning the person(s) concerned for confirmation of events and determine the disciplinary action(s) to impose, if any. The result of this deliberation shall be immediately announced to the spectating public and reported in writing, together with relevant facts and rationale, to the National Sport Chair.

III.D. Potential Violations of Conduct by a Competitor, Coach, Official, or Staff Member:

III.D.1. Refusing the Referee's command to complete the ending procedures of the match, including, but not limited to, bowing to his/her opponent at the end of the match or participating in the declaration of the winner

III.D.2. Throwing his/her belongings (headgear, groves, etc.) as an expression of dissatisfaction with decision

III.D.3. Not leaving the competition area after the end of a match

- III.D.4.** Not returning to a match after the referee's repeated command
- III.D.5.** Not complying with the competition official's ruling or command
- III.D.6.** Manipulation of scoring equipment, sensors and/or any part of PSS equipment
- III.D.7.** Any serious unsportsmanlike behavior during a match or aggressive misconduct toward competition officials
- III.D.8.** Complaining about and/or arguing against an official's decision during or after a round.
- III.D.10.** Arguing with the referee or other official(s)
- III.D.11.** Violent behavior or remark toward officials, opponents or the opposing side, or spectators during a match
- III.D.12.** Provoking spectators or spreading false rumors
- III.D.13.** Instructing athlete(s) to participate in misconduct, such as remaining in the competition area after a match or refusing to bow.
- III.D.14.** Violent behavior such as throwing or kicking personal belonging(s) or competition material(s).
- III.D.15.** Not following instructions of competition officials to leave the field of play or venue
- III.D.16.** Any other serious misconduct toward competition officials
- III.D.17.** Any attempt to bribe competition officials
- III.D.18.** Not abiding by policies set forth by AAU Rules and Regulations and/or the AAU Taekwondo competition rules
- III.D.19.** Accepting bribes for special judgement toward (either favorable or unfavorable) an athlete

IV. Disciplinary Actions

Disciplinary actions taken by the Disciplinary Review Committee may vary according to the degree of the violation and consequence of same including, but not limited to the following:

- IV.A.** Disqualification of the athlete
- IV.B.** Warning and order to issue official apology
- IV.C.** Removal of Accreditation (official credentials)
- IV.D.** Ban from the competition venue
 - IV.D.1.** Ban for the day
 - IV.D.2.** Ban for the duration of the Championships
- IV.E.** Cancellation of Result
 - IV.E.1.** Cancellation of the match result and all related merits
- IV.F.** Suspension of an athlete, coach, and/or team official from all AAU TKD activities
 - IV.F.1.** Six month suspension
 - IV.F.2.** One year suspension
 - IV.F.3.** Two year suspension
- IV.G.** Suspension of an athlete, coach and/or team official from all championships for a specified period of time (up to two (2) years)

The Disciplinary Review Committee may recommend to the National Sport Chair that additional disciplinary actions be taken against the members involved, including but not limited to longer-term suspension, or lifetime ban.

Excerpts from The AAU Code Book (Cannot Be Changed By Sport Committee)

AAU Membership – All participants – athletes and non-athletes - must be a member of the AAU in order to participate in any AAU Licensed Event. Event Operators may not collect AAU membership money at any AAU licensed event. Any person listed on an event flyer must have membership in the AAU.

Membership Requirements – Membership in the AAU is a privilege granted by the AAU. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.

Conditions for Membership – Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the Constitution, Bylaws, policies, procedures and rules of the AAU.

Classes of Membership – Classes of membership in the AAU are as follows:

District Member – the organization chartered by the Congress to provide administrative services within a designated geographic area.

Club Member – An organization or group that has been approved for membership after meeting the registration requirements of the Code.

Individual Member – A person who has been approved for membership after meeting the registration requirements of the Code.

Individual membership categories are:

Youth Athlete

Adult Athlete

Non-Athlete

Allied Member – An organization or group approved by Congress which is engaged in athletics or sports-related activities.

Use of Logos and Trademarks

The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. A user of the AAU's intellectual property must have prior and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy and may subject the member/entity to penalties set out in the AAU Code.

Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.

There are three (3) levels of AAU club membership. Level 1 AAU **member** Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 **member** Clubs **are authorized to use AAU's registered marks only as follows: The promotion of licensed AAU events and the purpose of promoting the club's AAU related activities.** Member clubs may not use the

name AAU in their legal name, **domain name, email or any other name without the express written consent of the National AAU.**

In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU, the Officers of the AAU shall decide and determine the dispute in their sole discretion.

Event Licenses

No event shall be conducted under the auspices of the AAU unless a license has been issued for the activity. A license is the written approval of the AAU for the conduct of the activity.

Only AAU members may participate in licensed events unless otherwise provided in the Bylaws.

Licenses may be issued to any club in good standing which meets the membership criteria. Any license may be reviewed within 15 days of submission by the District Sport Committee Director, or if no Director, by the Governor. If the license is reviewed and rejected, the organization submitting the license shall be notified.

No license shall take effect until the 15-day review period has expired, or until the license is processed following approval of the District Sport Committee Director. Beginning with the 2009 Membership year, all applications for licenses must be completed and submitted through the on-line process or the AAU National Office.

The National Registration Executive Committee has the authority to issue licenses as follows:

1. For events in locations where there is no active District member.
2. For events in Districts where there is no current active participation. (No District Championship in the prior membership year).
3. For events directly sponsored by the National AAU or National Sports Committee.
4. For inter-District league play.
5. Review and approve any license rejected by the District.
6. Licenses issued to one organization cannot be transferred to another organization.
7. No license will be issued for any event where the word "Olympic" or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.
8. Licenses must be reviewed and processed by the District Registrar and reported to the National Headquarters. A record shall be kept by each District of all licenses issued.

District Sport Committee Biennial Meeting

District Sport Committee Biennial Meeting – It is the duty of the District Sport Committee to hold a biennial meeting, the date of which shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]

Notice of District Sport Meetings – Notice of the biennial or special meetings of the District Sport Committee shall be issued (or issue approved) by the District Secretary, to clubs eligible to vote as of 30 days prior to the scheduled annual meeting.

Quorum – Five (5) member clubs must be present to constitute a quorum of the Annual Sport Committee meeting.

Voting – Each member of a Committee shall have one vote unless the operating rules of the Committee provide for weighted voting. There shall be no voting by proxy. [A club may replace and name another representative for the club. This changes the club contact in the membership database.]

Functions of District Sport Committees

District Sport Committees. In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.

Composition. The District Sport Committee shall include the following:

Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee; District Sport Committee Officers and Chairmen of Committees as defined by that sport's operating rules.
[Added 10/07].

The Governor may appoint two (2) at-large members.

Duties. The duties of the District Sport Committee are to:

- a. In even years, hold a Biennial meeting, the date, time and location of which shall be approved by the District Executive Committee. [Added 10/08].
- b. Adopt at the Biennial Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee Rules.
- c. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies (including filing a Location of Assets report and the IRS form 990).
- d. Conduct the District Championships.

Functions of the District Sport Director

In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Biennial Meeting. When there are fewer than five clubs registered to the Sport, the Chair may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.

Term – The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. The term of office for an appointed District Sport Director shall be one year or until such time as the Sport Committee meets the criteria to elect a Chair.

Vacancies – A vacancy occurring in an elected District Sport Director position shall be filled in accordance with the Sport Committee operating rules. A vacancy occurring in an appointed District Sport Director position shall be filled by the Governor with the approval of the National Sport Committee Chair.

Duties – The Sport Committee Director shall:

Develop a budget for the Sport Committee to file with the District Executive Committee;
Perform the duties set forth in the Committee Rules of Operation.

Approve event licenses in the sport.

Preside at Sport Committee meetings.

Prepare, or have prepared, meeting minutes and file appropriately.
At the conclusion of service, turn records over to successor.

Removal – District Sport Directors may be removed as follows:

By District Sport Committee – An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Biennial meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda. [Rev. 10/07]

By National Sport Chair – Each National Sport Chair shall annually review the number of events held in their sport. If the number of licensed events, excluding practice licenses, are below five (5), the National Sport Chair may remove the District Director. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision. [Rev. 10/07]

By National Board of Review – An elected Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings. [Added 10/07]

Membership and Residency

Adult members will not be bound by residence requirements.

Youth members must register in the District of their bona fide residency, except as follows:

A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.

A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.

A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.

Persons living outside the U.S. may register online or through the AAU National Office. The respective National Sports Committee rules shall govern their participation in AAU competitions.

Eligibility

A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team events, the National Sport Committees shall determine the number of youth membership permitted to participate on a team from an adjoining District. [Team sports include baseball, basketball, field hockey, hockey, soccer softball and volleyball.]

Club Attachment. A youth member becomes attached to a club member when he/she competes with that club in any AAU licensed event (practice not included). An athlete may attach to additional clubs if he/she participates in additional sports.

For team/club sports only. If an athlete participates in an AAU licensed league for one group member (club), that athlete may elect to affiliate immediately with a second group member (club) for the purpose of qualifying for an AAU National Championship. Participation may be simultaneous. A league is made up of teams/clubs that compete only among themselves for a defined period of time.

Transfers. An attached youth member may transfer to another club in the same sport under the following conditions:

If the youth member has not competed in any AAU licensed events in that Sport for a period of sixty (60) days.

If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes released under this provision are subject to National Championship eligibility restrictions as adopted by National Sport Committees.) [Added 10/07]

When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.

If the Registrar determines that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

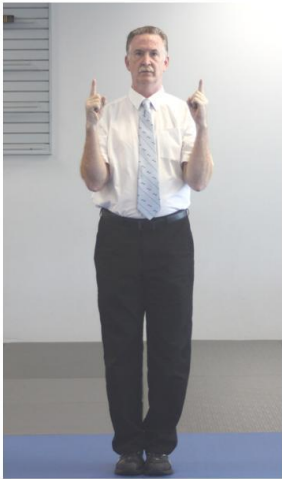
District Championships

District Championships shall be conducted in accordance with the National Sport Committee rules.

District Championship participation shall be open to any member athlete or club who fulfills the entry requirements. The District Sport Committee may not establish special eligibility criteria beyond the rules and regulations established by the National Sport Committee.

Appendix A – Hand Signals

(Bracketed Forms & Sparring) Calling the Competitors Into the Ring (Sparring competitors enter the ring with headgear under the left arm)



Chung



Hong

(Bracketed Forms & Sparring) Bowing in the Competitors



Char-yeot

Kyeong-Rye



(Sparring) **Headgear On** (Non Verbal–Hand Signal Only)



Inspection of Competitors

After putting on the headgear, the sparring competitors are inspected beginning with Chung (blue), then Hong (red)

(Bracketed Forms) **Face Forward**



After bowing in, forms competitors are instructed to face forward (shown) and position themselves on the mat.

The referee will then verbally announce Joon-bi and Shi-jak to begin each round after stepping from the ring .

When both competitors have completed their form, the referee will announce “Paro” and re-enter the ring.

(Sparring) **Ready Position Each Round**



Joon-bi



(Sparring) **Begin Each Round**



Shi-Jak



(Sparring) **Waving off a Point**



(Sparring) **Stopping the Match**



Shi-gan
Non-Injury time



Kye-shi
Injury time
(1 minute clock)

(Bracketed Forms & Sparring) Awarding the Win to Blue



Chung
Sung



(Bracketed Forms & Sparring) Awarding the Win to Red



Hong
Sung

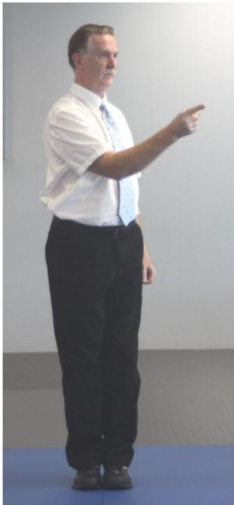


(Olympic Sparring) **Adding Point(s)**



Feet face forward. Torso twists to point to competitor

← Chung



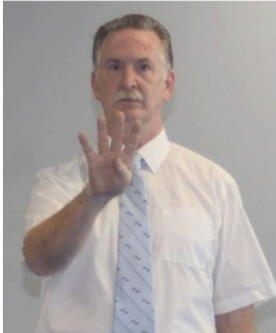
Hong →

Il Jeom →



← Ee Jeom

Sam Jeom →



← Sa Jeom

(Sparring) Half-Point Penalty



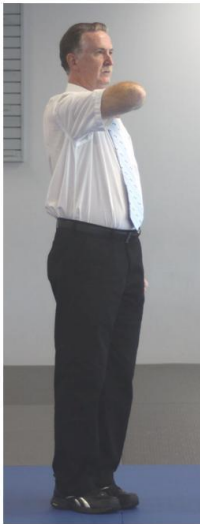
Chung



Kyong-go



Hong



Kyong-go



(Sparring) Full Point Penalty



Chung



Gam-jeom



Hong



Gam-jeom



(Olympic Sparring) **Eight Count**
Examples of hand position throughout count



Ha-nah (1)

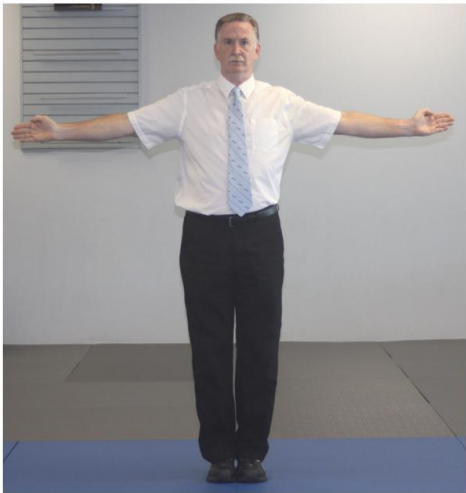
Da-sot (5)



Ya-sot (6)

(Olympic Sparring) Conference of Officials

This is done in Olympic sparring when the scoring of a head kick comes into question by a coach, judge, or referee.



**(Sparring) Sending Competitors to Their Coaches
Between Rounds**



(Sparring) **Stopping the Competition**



Kal-yeo
Breaks the competitors during a match

Keu-man
Breaks the competitors when the clock runs out for the round.

Both commands use the same hand signal and foot movements. The left foot steps out in a front stance, then the back foot slides forward into a walking stance.

(Sparring) **Starting the Competition Following Kal-yeo**



Kye-sok
The Kye-sok command is used to restart the competitors after they have been stopped for penalties, points, injury, etc.

The left foot steps out into a front stance, then pulls back into a walking stance.

(Sparring) Ending the Match

1.



Keu-man

2.



Chung



Hong

(Sparring) **Ending the Match (cont)**

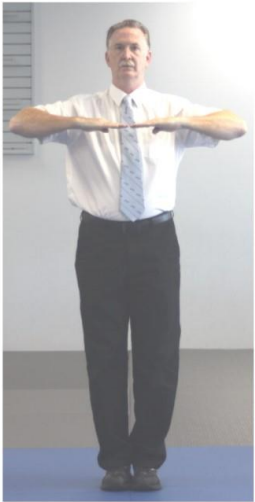
3.



4.



Char-yeot



Kyeong-rye

(Sparring) **Ending the Match (cont)**

(Bracketed Forms & Sparring) **Awarding Win to Blue**

5.



Chung
Sung



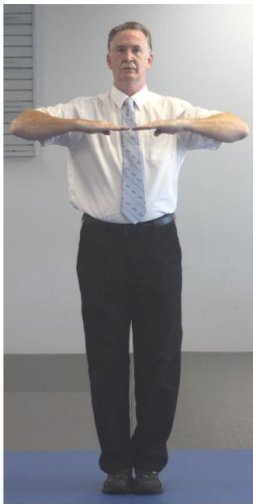
(Bracketed Forms & Sparring) **Awarding Win to Red**



Hong
Sung



(Point Sparring) Calling for Points



Judges Call

When this call is made, the judges will indicate their score of one by raising either their red or blue flag. If their score is for two points, they will raise their other hand showing two fingers.

If only 3 officials, the referee will raise their right or left hand over either the red or blue competitor to indicate one point or two fingers to indicate two points.

(Bracketed Forms) Calling for Winner of Round



Judges Call

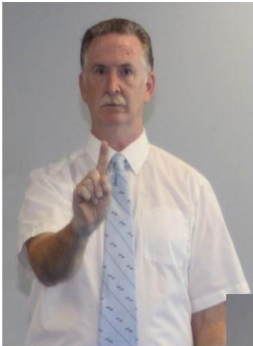
When this call is made, the judges will indicate their choice of the winner by raising either their red or blue flag.

The referee will then lower both hands to his/her side and follow the procedure to award the win to either the red or blue competitor.

(Point Sparring) **Awarding Points**



Chung



Il Jeom



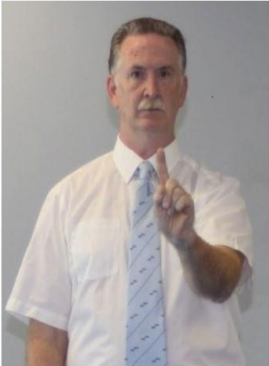
Ee Jeom



Sam Jeom



Hong



Il Jeom



Ee Jeom



Sam Jeom

Appendix B
AAU Taekwondo Protest Form



Athlete Name: _____ Division _____

Coach Name: _____ Ring # _____ Date _____

Describe what has happened to make you file this protest and what action(s) you think need to be taken to correct the situation:

Team Leader _____
Referee _____
Corner 1 _____
Corner 2 _____
Corner 3 _____
Corner 4 _____

Reason for Arbitration Decision:

Was protest upheld? ☐ Yes ☐ No

Arbitration Member(s)

Appendix C — Korean Terminology

| Korean | Pronunciation | English |
|------------|----------------|------------------------------|
| Char-yeot | Chair e yut | Attention |
| Chung | Chung | Blue |
| Chung Sung | Chung Sung | Blue Winner |
| Gam-jeom | Gam jum | Full-Point Penalty |
| Hong | Hong | Red |
| Hong Sung | Hong Sung | Red Winner |
| Il Jeom | Il Jum | Add Bonus Point |
| Ee Jeom | E Jum | Add Two Bonus Points |
| Sam Jeom | Som Jum | Add Three Bonus Points |
| Sa Jeom | Sa Jum | Add four Bonus Points |
| Joo-eui | Jew we | Warning |
| Joon-bi | June bee | Ready Position |
| Kye-sok | Kay suk | Continue |
| Kal-yeo | Cal E O | Break |
| Keu-man | Ko Mon | Stop |
| Kye-shi | Kay She | Injury Time-Out (60 seconds) |
| Kyong-go | Key Young Go | Half-Point Infraction |
| Kyeong-rye | Key Young Yeah | Bow |
| Shi-gan | She Gon | Non-Injury Time-Out |
| Shi-Jak | She Jock | Begin |

| Korean | Pronunciation | English |
|---------|---------------|---------|
| Il | Ill | First |
| Ee | E | Second |
| Sam | Som | Third |
| Sa | Sa | Fourth |
| O | Oh | Fifth |
| Yook | Yuck | Sixth |
| Chil | Chill | Seventh |
| Pal | Pol | Eighth |
| Ha-nah | Hana | One |
| Dul | Dool | Two |
| Set | Set | Three |
| Net | Net | Four |
| Da-sot | Dasut | Five |
| Ya-sot | Yasut | Six |
| Il-gop | Ilgop | Seven |
| Yeo-del | Yeodule | Eight |
| A-hop | Ahope | Nine |
| Yeol | Yole | Ten |

Appendix D – Brazilian Repechage

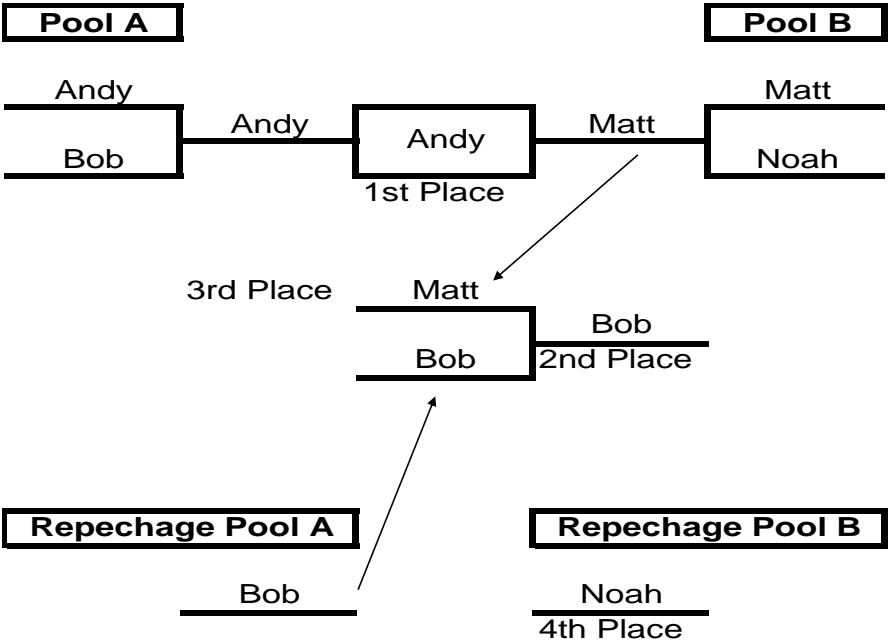
The most common forms of brackets are single and double elimination bracketing systems. Single elimination is the least time consuming method of bracketing, however, if the 2 best competitors compete together early in the competition in a large bracket, the loser could be totally eliminated from any medal standing. True double elimination bracketing system ensures that everyone must lose twice except the 1st place competitor. This system is much fairer to the competitors, but is extremely time consuming. Double elimination type brackets, both true double and modified double, are forms of a bracketing system which literally means “re-fishing.” It is a method of bracketing that, through different methods, gives losers a chance to medal.

There are several other types of brackets. The AAU program uses a form called Brazilian, which operates under the basic concept that if a competitor loses to the 1st place competitor, that competitor will get a chance to reclaim 2nd place, no matter where in the bracket they lost. The top portion of a bracket must be completed prior to beginning the bottom portion of the bracket. 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. In the example below, Andy is the obvious 1st place winner. However, anyone who lost to Andy could possibly be the true 2nd place person, including Matt who also lost to Andy. The bottom brackets compete to their completion which is a winner in each pool. At this point, the competitor in the same pool as the 1st place competitor, in this example Bob from Pool A, will compete for 2nd and 3rd against the competitor who lost to the 1st place competitor in the top bracket, in this example Matt. The competitor in the opposing Repechage bracket, in this example Noah, has already lost to Matt in the top bracket, so will automatically take the 4th place position.

|

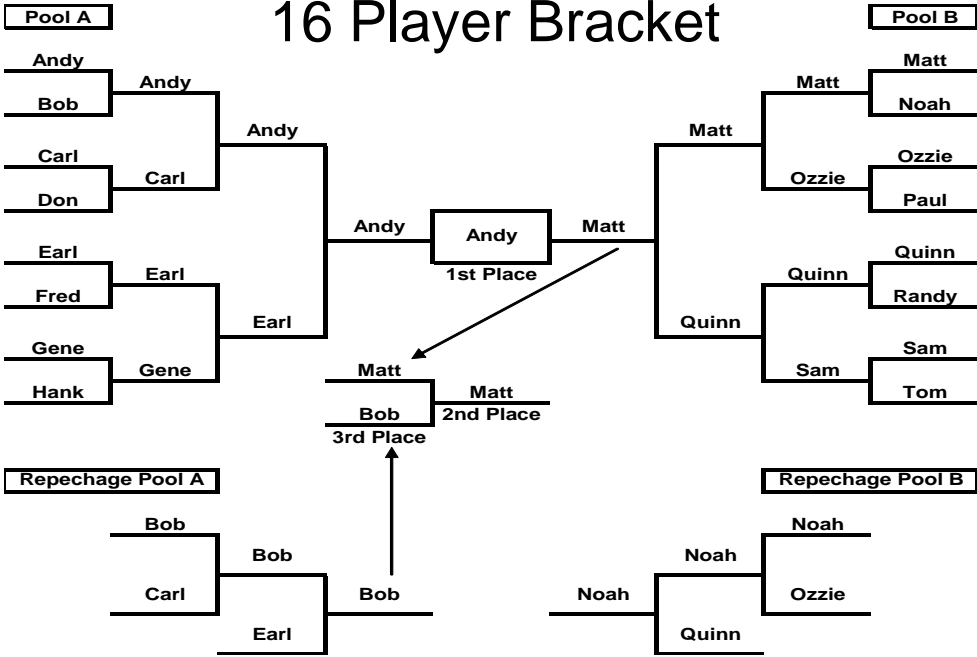
Brazilian Repechage Example

4 Player Bracket



Brazilian Repechage Example

16 Player Bracket



Guidelines for AAU Junior Olympic Games Competition

Eligibility/Requirements for Participation at the AAU Junior Olympic Games (J.O.s)

- All participants (competitors, coaches, and officials) must have current AAU membership
- All competitors must be 5 – 24 years of age
- Special needs any age

Belt Rank Categories

- Novice Belts (white, yellow, orange)
- Intermediate Belts (green, blue, purple)
- Advanced Belts (red, brown)
- Black/Poom Belts (all levels of Black)

Age Categories

- 6 – 7
- 8 – 9
- 10 – 11
- 12 – 13
- 14 – 15
- 16 – 17
- 18 – 24

Events Offered

- 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

AAU J.O. Games Competition Information

- Not all events will be offered at local licensed Qualifier tournaments, so qualifying for the AAU J.O. Games is not necessary. However, participation at the local licensed Qualifier is required and will be monitored
- Board sizes will be supplied in the information pamphlet for the AAU J.O. Games.
- All boards will be available for purchase at the venue
- All boards will be subject to inspection any time before or during the competition
- Competitors must have a coach to hold their boards

- Cinder blocks used as support materials will be supplied by the tournament director. Any other special breaking apparatus required must be supplied by the competitor
- If a competitor has set up a certain number of boards to break and fails to break the sum of all of the boards, he/she will be allowed to reset the break to its original number of boards. However, it will count as a missed attempt with regards to scoring
- All weapons are subject to inspection before or during the competition
- Spacers required for breaks will be supplied by the tournament director
- Any **Black Belt** under the age of 8 is welcome to compete, but must compete in the 8 – 9 year old division.

Permitted Modifications for Local and Regional Tournaments

- When local or regional licensed tournaments offer any of these events, the tournament director has the authority to modify the following rules:
 - Systems of charting divisions (i.e. single elimination, double elimination etc.)
 - Methods of scoring (see above for different methods of scoring)
 - Method athlete uses for music performance
 - Length of creative patterns
 - Type and sizes of boards athlete is required to break
 - Number of attempts (breaking only)
 - The use of spacers(breaking only)
 - If competitors will be allowed to bring their own boards

Competition Rules

Individual Traditional Forms

- Brazilian Repechage format
- Potential to perform a pattern multiple times
- Recognized and approved forms are specified in the AAU Taekwondo Handbook
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power & Technique

See AAU Taekwondo Handbook for a comprehensive detailing of this event.

Creative Forms

- Brazilian Repechage format
- Creative division shall allow forms to include contemporary martial arts techniques
- These may be added to a traditional form, or the form may be devised in its entirety by the competitor
- A form in the Creative Forms Event must include the majority of techniques which originate from martial arts (gymnastic type motions allowed, but form must remain primarily martial arts based)
- Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits are allowed
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

Creative Musical Forms

- Brazilian Repechage Format
- The Creative Musical Event utilizes the above criteria for Creative Forms and additionally will include music
- Each competitor must provide a music competitor of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the competitor who must be present at all times during the performance

- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

Weapons Forms

- Brazilian Repechage Format
- Both Traditional and Creative weapons forms will be permitted
- No live blades will be allowed
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

Musical Weapons Forms

- Brazilian Repechage Format
- Both Traditional and Creative weapons forms will be permitted
- This Creative Musical Event utilizes the above criteria for Weapons Forms and additionally will include music
- Each competitor must provide a music competitor of reasonable and non-intrusive size at ringside to play his or her music, and an attendant at the competitor who must be present at all times during the performance
- No live blades will be allowed
- Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique & Creativity

Self Defense

- Single Elimination Format
- One defender vs. one to four attackers will be permitted
- Defense must be based on empty hand techniques
 - Attackers may attack with safety weapons (subject to inspection by Chief Referee)
- Judging criteria includes Realism, Effectiveness, Difficulty & Variety of Techniques Used

Creative Board Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- Two stations per competitor
- Maximum three boards per station
- A maximum of three attempts per station is allowed
- No forehead breaking, CREATIVE flames, or bladed props may be used
- No jumping/flying over people will be allowed
- No spacers will be allowed
- No direct elbow strikes will be allowed
- Athlete technique will be judged based on the following criteria
 - Technique, focus, balance, power, and creativity
 - A break performed on the 1st try is superior to a break completed on the 2nd try

- A two board break is superior to a one board break; a three board break is superior to a two board break
- A break supported on one end (speed break) is superior to a break supported on both ends

Speed Board Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One Station per competitor
- Board(s) must be supported by a maximum of one side
- No spacers will be allowed
- A maximum of three attempts per station is allowed
- Athlete technique will be judged based on the following criteria
 - Technique, focus, balance, power, and creativity
 - A break performed on the 1st try is superior to a break completed on the 2nd try
 - A two board break is superior to a one board break; a three board break is superior to a two board break...

Jumping & Flying Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One Station per competitor
- Technique must be executed with both feet in the air
- No spacers will be allowed
- A maximum of three attempts per station is allowed
- Board holders/volunteers must be current AAU members
- Athlete technique will be judged based on the following criteria
 - Technique, focus, balance, power, and creativity
 - A break performed on the 1st try is superior to a break completed on the 2nd try
 - A two board break is superior to a one board break; a three board break is superior to a two board break....
 - Break supported on 1 end (speed break) is superior to a break supported on both ends

Power Hand Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One station per
- Acceptable techniques include: Fist, hammer fist, palm heel, knife hand, ridge hand
- Spacers are REQUIRED
- One attempt is allowed
- Judging criteria is based on the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
 - Tie Example "A" broke at 100%; competitor "B" broke at 83%. competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.

Power Foot Breaking

- Brazilian Repechage Format
- Athletes compete in a side-by-side manor (superior technique advances to the next round)
- One Station per competitor
- Acceptable techniques include any kicking technique executed using a part of the foot below the ankle
- No spacers will be allowed
- One attempt allowed
- Judging criteria is based on the number of boards broken to determine the winner. The competitor who breaks the most (or, in the event of a tie, has the highest percentage broken) is the winner.
 - Tie Example "A" broke at 100%; competitor "B" broke at 83%. competitor "A" is the winner. If more than one competitor has the same percentage broken after their initial break, there will be a break off to determine the winner.

Repetitive Speed Foot Breaking

- Single break format
- Maximum number of boards broken within 20 seconds using spin hook kick technique
- One board per strike

Repetitive Speed Hand Breaking

- Single break format
- Maximum number of boards broke within 20 seconds using any downward hand technique
- One board per strike

Padded Weapons Sparring**Required protective equipment**

- Mouthguard
- Full headgear (red for red competitor and blue for blue competitor)
- Male competitors must wear a groin cup and supporter inside the dobok
- Face Shield

Optional Equipment

- Shin/instep pads
- Forearm pads
- Rib protector
- Optional equipment other than face shield should be worn under dobok

Weapons that are approved for use

- Padded Sword (long/short)
- Padded cane
- Padded staff

Competitors must provide their own equipment. Padded Weapons must pass a referee's weapon inspection.

Matches

- All color belt matches will consist of two 90-second rounds, with a 30 second break between rounds or the first to score 12 points
- Black Belt matches will consist of two 2-minute rounds with a 30 second break between round or the first to score 12 points
- In both cases, if the 12 point ceiling is not reached by the end of the match time, the winner will be the competitor scoring the most points during the match.
- In the event of a tie, a round of sudden death will occur; the first competitor scoring a point will win the match.

Point Scoring

- Competitorss have the option to compete with one or two hands on the weapon at any time
- Three points will be awarded for a head strike (not to include the neck)
- Two points for a strike to the body between the collar bone and hip
- One point for a strike the limbs (limbs are defined as to include the arms below the shoulder to the wrist and the legs below the hip to the ankle)
- Points will be called and awarded in the same manner as point sparring. Please refer to the Point Sparring section of the AAU Taekwondo Hand Book.

Warnings/Penalties/Disqualification

- Penalties will be worth one point to be awarded to the competitor against whom the violation was committed.
- An accumulation of four penalties that caused a deduction of points will result in an automatic disqualification.
- Penalty violations include:
 - Dropping a weapon during the match
 - Attacking an unarmed opponent
 - Attacking after Kal-yeo (break) has been called
 - Causing an injury serious enough that opposing competitor cannot continue the match. (may be DQ as well)
 - Illegal techniques: striking the groin, striking the neck, sweeping, striking with the butt of the weapon, punching, kicking to head, legs, torso or spine.
 - Unsportsmanlike conduct: profanity, disobeying a referee, disrupting the competition either by coaches or support groups.
 - Running away to intentionally avoid the fight.
 - Penalties points will be called and awarded in the same manner as point sparring.

ALL OTHER MATCH PROCEDURES METHODS WILL FOLLOW POINT SPARRING RULES

Team Forms

- Brazilian Repechage format
- Three member Black Belt teams
- Recognized and approved forms are specified in the current AAU Taekwondo Handbook
- Forms may not be modified
- Judging criteria includes Beauty, Grace, Rhythm, Focus, Power, Technique and how well the team performs as a unit

Demo Team

- Three to twenty member teams (any rank)
- All members & volunteers must be current AAU members
- Four minute demonstration time limit
- All technical Taekwondo skills are graded for execution, presentation and difficulty
- Teams are granted freedom to add creativity to their demonstration, however synchronization may or may not be part of the team demonstration
- All props are subject to inspection of Chief Referee, and may be prohibited if deemed unsafe

Submitting Rule/Policy/Procedure Changes to the AAU TKD Handbook

All rule change proposals must be submitted to the TRC Chair no later than June 10. An explanation of who is allowed to submit changes is listed in the front of the handbook under 'Sport Rules, Policies and Procedures.'

All proposed changes must be presented using the proper format or they will be rejected. The section of the handbook must be identified, (for example point sparring, forms, etc.). Following the section should be an explanation or justification for wanting the change. The Articles and sub-articles, as written in the handbook, which are being proposed for a change must first be copied to the submitted form twice. The first copy remains intact to show how the rule/policy/procedure currently reads. The second pasted copy will show the proposed change(s). These changes are shown by yellow highlighting proposed additions, while ~~strikethroughs~~ will show wording to be deleted.

Doing a copy/paste function, as opposed to re-typing the information, will keep the proposal in the proper formatting which will allow an easier transition back to the handbook.

(Example 1)
Submitted by: Ozark District

Section in Handbook: Olympic Style Sparring page 26
Justification for change: The WT has adopted this change

Article IV. Duties of Officials (Referees, Judges, Team Leaders and Computer Operators)

Current Rule:

IV.D. The Computer Operator shall:

IV.D.1. Follow instructions from the Referee to record penalties and keep time electronically

Change to:

IV.D. The Computer Operator shall:

IV.D.1. Follow instructions from the Referee to record penalties and keep time electronically.

IV.D.1.a. Upon the Referee's *kal-yeo* command, the computer operator will wait one second, then stop time. This allows time for possible points that occurred immediately prior to *kal-yeo* to be scored by the corner judges.

IV.D.1.b. Time is not stopped when the Referee begins an eight count. Following the eight-count, the Referee will indicate for the clock to be stopped by announcing *shi-gan* and using the proper hand signal.

(Example 2)

Submitted by: Pat Weseman (Regional Director)

Section in Handbook: Olympic Style Sparring Page 40

Justification for change: WT has removed the reference to KO or Knockout. Any match resulting in a competitor not returning to the fighting position following an eight-count will result in the match being called due to RSC.

Current Rule:

Article XV. Decision

XV.A. Determination of the Winner shall be made as follows:

- XV.A.1.** Win by Knock Out (KO)
- XV.A.2.** Win by Referee Stops Contest (RSC)
- XV.A.3.** Win by Final Score (PTF)
- XV.A.4.** Win by Point Gap (PTG)
- XV.A.5.** Win by Golden Point (GDP)
- XV.A.6.** Win by Superiority (SUP)
- XV.A.7.** Win by Withdrawal (WDR)
- XV.A.8.** Win by Disqualification (DSQ)
- XV.A.9.** Win by Referee's Punitive Declaration (PUN)

Change to:

Article XV. Decision

XV.A. Determination of the Winner shall be made as follows:

- ~~**XV.A.1.** Win by Knock Out (KO)~~
- XV.A.2.** Win by Referee Stops Contest (RSC)
- XV.A.3.** Win by Final Score (PTF)
- XV.A.4.** Win by Point Gap (PTG)
- XV.A.5.** Win by Golden Point (GDP)
- XV.A.6.** Win by Superiority (SUP)
- XV.A.7.** Win by Withdrawal (WDR)
- XV.A.8.** Win by Disqualification (DSQ)
- XV.A.9.** Win by Referee's Punitive Declaration (PUN)

(Example 3)

Section in Handbook: Point Style Sparring Page 15

Justification for change: WT has increased the amount of tape allowed. Changing points sparring makes it comparable to Olympic style sparring

Current Rule:

Article II. Personal Requirements

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 approved by tournament medical team. Under no circumstances will a hard splint or cast be allowed, no matter how small.

Change to:

Article II. Personal Requirements

II.D. Medical Tape. A maximum of ~~two~~ **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

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should be approved by tournament medical team. Under no circumstances will a hard splint or cast be allowed, no matter how small.