

# Amateur Athletic Union Taekwondo



## 2024 – 2025 AAU Taekwondo Handbook

Updated 9/1/2024



# Table of Contents



## Rule Book Section

Section Content	Page
General Competition Guidelines	1
Point-Style Sparring	5
Continuous Point-Style Sparring	12
Olympic-Style Sparring	17
Traditional Forms/Patterns/Poomsae	31
Team Forms	36
Sport Poomsae	37
Additional Events Offered by AAU	38
Para Taekwondo	48
Brazilian Repechage Bracketing	49

## Policy Book Section

Section Content	Page
National Sport Committee Governance and Administration	53
Officials Program Governance and Administration	58
General Competition Guidelines	64
Point-Style Sparring	66
Continuous Point-Style Sparring	71
Olympic-Style Sparring	75
Traditional Forms/Patterns/Poomsae	83
Para Taekwondo Competition	86
Eligibility Requirements for Nationals and J.O.	87
Eligibility Requirements for AAU National Teams	88
Other Matters	92
AAU Taekwondo Protest Form	95
Korean Terminology	96
Submitting Rule Changes for the AAU TKD Handbook	97

## General Competition Guidelines

### Article I. Types of Competition

#### I.A. Qualifying Events

To qualify for National Championships or AAU Junior Olympic Games an athlete must qualify at a District or Regional Qualifying tournament by competing in at least one of the events listed below:

- Traditional Forms/Patterns (WT-Style Sport Poomsae standards do **not** apply)
- Point-Style Sparring
- Olympic-Style Sparring
- Sport Poomsae (WT-Style Sport Poomsae standards apply)
- Board Breaking-Any Category (see Additional Events Offered)
- Creative Forms (see Additional Events Offered)
- Creative Musical Forms (see Additional Events Offered)
- Weapons Forms (see Additional Events Offered)
- Musical Weapons Forms (see Additional Events Offered)
- Demo Team Competition (see Additional Events Offered)
- Self Defense (see Additional Events Offered)
- Padded Weapons Sparring (see Additional Events Offered)
- Para Taekwondo (see Para Taekwondo)
- Team Forms (see the Team Forms section of this handbook)

### Article II. General Guidelines for Divisions and Age Categories

<u>II.A. Division</u>	<u>Ages</u>
Youth	5–17
Senior	18–32
Executive	33–42
Ultra	43–52
Diamond	53 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 ages 33 and older may also compete in the Senior Division. Athletes may not compete in more than one age category for any one event.

**II.E.** Ultra Division. Athletes ages 43 and older may also compete in the Executive or Senior Division. Athletes may not compete in more than one age category for any one event.

**II.F.** Diamond Division. Athletes ages 53 and older may also compete in the Ultra, Executive or Senior Division. Athletes may not compete in more than one age category for any one event.

**II.G.** Team Trials Divisions- Olympic Sparring

**II.G.1.** Cadets: 12–14 year-old Black Belts

**II.G.2.** Juniors: 15–17 year-old Black Belts

**II.G.3.** Seniors: 18–32 year-old Black Belts

**II.H.** Team Trial Age Group Considerations–Olympic Sparring. 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 10–11, 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.I. Divisions, Age Determination, Current Rank.**

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

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

**II.I.1.b.** Weight requirements are further explained later in the Policy section of the handbook under General Competition Guidelines in the Weigh-In section.

**II.I.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.I.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.I.3.a.** If the athlete's current rank has been in place for an extended time period, they will be required to move up to the next division after competing at National events as outlined below:

**II.I.3.a.1.** Novice: After 1 Year of Nationals Events

**II.I.3.a.2.** Intermediate: After 2 Years of National Events

**II.I.3.a.3.** Advanced: After 2 Years of National Events

**II.I.3.a.4.** National Events would be AAU Nationals and AAU Junior Olympics

**II.I.3.b.** At the time when an athlete has competed in a division the number of years listed above, they will be required to move to the next division regardless of the rank at their school.

**II.I.3.c.** The Executive Committee shall establish a process for applying for a waiver, which must be submitted 30 days prior to the National Event.

**II.I.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.J.** 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 group. 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) or ages (separate 8 year-olds from 9 year-olds).

**II.K.** Combining Divisions. If the number of competitors in 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 as follows:

**III.A.1.** Point Sparring: National Championships, AAU Olympic Games, Regional & District Events: 6 meters by 6 meters

**III.A.2.** All other types of competition will be a MINIMUM as follows:

**III.A.2.a.** Regional & District Events: 7 meters by 7 meters

**III.A.2.b.** National Championships, AAU Junior Olympic Games and AAU Team Trials: 8 meters by 8 meters

**III.A.3.** Tournament directors have the option to use an octagon ring or any size ring at the tournament director's discretion.

**III.B.** Competitor Positioning. The Referee, standing in the center of the ring, will call the competitors to take their place for competition. The athletes 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. Athlete Uniform (Dobok) Requirements**

**IV.A.** All competitors must wear a clean white dobok at National competitions. Colored uniforms may be allowed with approval from the tournament director. (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 the wrist and elbow. The cuff of the pants 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. The Chief Referee Committee or the Head Referee may waive the No jewelry and rolled pant legs and arms for uniforms in non-sparring competitions.

**IV.E.** All competitors must wear a belt appropriate to their rank with the knot of the belt worn in the front. The belt must be tied so that the length of the ends do not extend more than halfway between the hip and the knee.

**IV.F.** Junior black belts (15 years of age and younger) are permitted to wear black belts or "Poom belts" (half-red, half-black) as well as "Poom" or black 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. 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 VI. Methods of Competition**

**VI.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.

**VI.B.** All qualifying events must identify all athletes who competed in a division for purposes of qualifying athletes for national competitions.

**VI.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 VII. Coaches' Holds**

**VII.A** For all District, Regional, and National Championships, coaches' holds will be limited to the finals (Gold Medal Match) **ONLY**.

**Article VIII. Situations Not Covered by Rules**

**VIII.A.** AAU rules will preside at all AAU-licensed events.

**VIII.B.** If a situation is not covered by the AAU rules, the Chief Referee Committee will provide a ruling.

**VIII.C.** If the Chief Referee Committee is not present, such as during a District or Regional event, the Event Head Referee will provide that ruling. The Event Head Referee may, solely at his/her discretion, try to contact the Chief Referee Committee for a ruling.

## General Rules and Regulations for Point-Style Sparring

### Article I. Protective Equipment

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

**I.A.1.** A mouthguard. May be any color except red. Athletes with dental braces must wear special mouthguards that cover braces on both upper and lower teeth.

**I.A.2.** Full hand protectors, any color. The hand protectors may be made of foam dipped in vinyl or artificial leather.

**I.A.3.** Full foot protectors, any color. The foot protectors may be made of foam dipped in vinyl or artificial leather.

**I.A.4.** Full headgear (including a padded top), any color allowed, but it is recommended having both a red and blue headgear. The headgear may be made of foam - dipped in vinyl, foam layered-plate construction covered in cloth, or elastomeric-polyurethane. Headgear that includes padding under and around the chin WILL NOT BE ALLOWED.

**I.A.5.** Competitors in Male Divisions 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 or any soft material rib protectors. Olympic Style hogus are not allowed.

**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 and breast/rib protectors

**I.B.6.** Clean, fitting colored uniforms are allowed at all events at the tournament director's discretion.

### 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 headgear.

**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 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.

**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. 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.

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

**IV.A.1.** If height is used to divide competitors, a divisional grand champion round may be run between the shorter and taller division winners in each age/belt/height division. If divisional grand champion rounds are held, an overall grand champion round may be run.

**IV.A.2.** If weight is used to divide competitors, a divisional grand champion round may be run between the light and welter weight divisions and the middle and heavy weight divisions. If divisional grand champion rounds are held, an overall grand champion round may be run.

**IV.A.3.** Weight breakdown charts can be found in the Policy section of the handbook in the point sparring section.

### Article V. Duration of Competition

**V.A.** All matches will be two minutes running time or a 10-point gap, whichever occurs first. If the match runs the full two minutes, the competitor ahead on score will be declared the winner.

**V.A.1.** If a match is tied at the end of the two minutes, a Golden Round will determine the match. A competitor must win the Golden Round by a two (2) point net change in the score.

**V.A.2.** At the 1 minute 45-second mark of the match, the timekeeper will announce "Fifteen Seconds".

**V.A.3.** Each coach will be allowed one 10-second time-out for each match by raising their hand and calling "Time". This request can ONLY be granted during a break in action. Coaches cannot call "Time" during active match play.

### Article VI. Permitted Implements for Scoring Points

**VI.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

**VI.B.** Foot. Any part of the foot below the ankle

### Article VII. Permitted Areas for Scoring Points

**VII.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!

**VII.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).

**VII.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 VIII. Illegal Target Areas

**VIII.A.** Illegal target areas shall include:

**VIII.A.1.** The face area or face shield, if worn

**VIII.A.2.** The neck and throat

**VIII.A.3.** The back, including the kidney area

**VIII.A.4.** The groin

**VIII.A.5.** The joints

**VIII.A.6.** The legs

### Article IX. Points (Valid Scores)

**IX.A.** One point shall be awarded for any valid hand technique executed to the legal body or head area.

**IX.B.** One point shall be awarded for any valid foot technique to the legal body area.

**IX.C.** Two points shall be awarded for any valid foot technique executed to the legal head area.

**IX.D.** Three points shall be awarded for any valid spinning or turning foot technique executed to the legal head area.

**IX.E.** In order to score, the legal scoring technique must be executed with good balance and form and the legal scoring implement must touch the legal target area with light contact. A majority of the Judges must concur that a valid point was indeed scored.

### Article X. Referee Stops Contest (RSC)

The Referee may stop any match under the following circumstances:

**X.A.** When the Referee or tournament physician determines that a competitor should not continue

**X.B.** When a competitor protests a Referee’s call and does not continue the contest

**X.C.** When the Referee declares a mismatch

### Article XI. 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.

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

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

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

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

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

**XI.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)

**XI.B.3.** Allow the injured competitor to receive first aid within one minute. Medical personnel may extend the injury time-out period up to two (2) minutes total, if necessary.

**XI.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.

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

- XI.C.1.** Declare the injured competitor the loser if the injury was not the result of an attack
- XI.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 competitor
- XI.C.3.** Declare the injured competitor the loser if the injury was the result of a prohibited act for which the other competitor was assessed a *kyong-go* penalty
- XI.C.4.** Declare the injured competitor the winner if the injury was the result of a prohibited act for which the other competitor was assessed a *gam-jeom* penalty
- XI.C.5.** Declare a winner based on the score before the injury if both competitors are injured and cannot continue
- XI.C.6.** May consult with the Ring Manager to make a decision

## Article XII. In the Event of a Tie Score

**XII.A.** If, at the end of regulation time, the score is tied, the competitors shall continue the match until the two (2) point net change in score determines the winner.

**XII.B.** This may occur through actual scoring or penalties.

**XII.C.** The score and penalties will be reset to zero for the Golden Round.

## Article XIII. Decision

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

- XIII.A.1.** Win by Referee stops contest (RSC)
- XIII.A.2.** Win by final score (PFT)
- XIII.A.3.** Win by point gap (PTG)
- XIII.A.4.** Win by Golden Point (GDP)
- XIII.A.5.** Win by withdrawal (WDR)
- XIII.A.6.** Win by disqualification DSQ)
- XIII.A.7.** Win by Referee's punitive declaration (PUN)

**XIII.B.** Gap Rule

- XIII.B.1.** There will be a 10-point gap rule for point sparring

## Article XIV. Prohibited Acts

**XIV.A.** The Referee shall declare penalties for any prohibited acts.

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

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

**XIV.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.

**XIV.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.

**XIV.F.** *Kyong-go* Penalties (Half-Point Penalties)

- XIV.F.1.** Evading by turning the back to the opponent
- XIV.F.2.** Falling down (if a 3-point head kick is scored, the Referee will not give a penalty for falling down)
- XIV.F.3.** Avoiding the match
- XIV.F.4.** Making contact with an unauthorized implement

- XIV.F.5.** Grabbing, holding or pushing the opponent
- XIV.F.6.** Pretending injury
- XIV.F.7.** Crossing the boundary line with one foot touching the mat
- XIV.F.8.** Uttering undesirable remarks or misconduct
- XIV.G.** *Gam-jeom* Penalties (Full-Point Penalties)
  - XIV.G.1.** Attacking the opponent after *kal-yeo*
  - XIV.G.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
  - XIV.G.3.** Making non-incident contact to an illegal target area
  - XIV.G.4.** Excessive contact (may also result in disqualification)
  - XIV.G.5.** Interrupting the progress of the match on the part of the competitor or coach
  - XIV.G.6.** Attacking the fallen opponent
  - XIV.G.7.** Uncontrolled attack
  - XIV.G.8.** Violent or extreme remarks or behavior on the part of the competitor or coach
- XIV.H.** When a competitor refuses to comply with the competition rules or the Referee's order intentionally, the Referee may declare the competitor the loser.
- XIV.I.** Any combination of half-point or full-point penalties, which brings the total of full penalty points to five (5), shall cause that competitor to be declared the loser.
- XIV.J.** Automatic Disqualification
  - XIV.J.1.** Injuring the opponent's face or neck\*
  - XIV.J.2.** Injuring the opponent by a malicious or excessive attack\*\*
  - XIV.J.3.** Injuring and/or rendering an opponent unable to continue by using an unauthorized attacking implement or by an attack to an unauthorized area
  - XIV.J.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 Ring Manager, shall determine if the attack was malicious or excessive.

## Article XV. IVR (Instant Video Replay) and Appeals

**XV.A.** Each coach shall have the following quantity of Challenge Cards for Appeals per match:

**XV.A.1.** IVR matches: 1

**XV.A.2.** Non-IVR matches: 1

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

**XV.C.** Coach may only appeal the following:

**XV.C.1.** Head kick that is not scored for their contestant

**XV.C.2.** Misidentified kick (score for the body that should have been head) (IVR ONLY)

**XV.C.3.** Head kick score given to the wrong contestant (IVR ONLY)

**XV.C.4.** An incorrect recording of points or penalty.

\*Any upheld challenge will be corrected at that point and the match will resume. No other adjustments will be made.

## Article XVI. Black Belt Team Sparring

**XVI.A.** Team Divisions

**XVI.A.1.** 3-Man Team Sparring (Max 3 Team Members plus 1 Alternate) 18-32/ 32+

**XVI.A.2.** 2-Women Team Sparring (Max 2 Team Members plus 1 Alternate)18-32/32+

**XVI.A.3.** 3-Boy Youth Sparring Teams 12-13/14-15/16-17

**XVI.A.4.** 2-Girl Youth Sparring Teams 12-14/15-17

**XVI.A.5.** Senior Teams

**XVI.B.** Adult Sparring Teams

**XVI.B.1.** When teams are called to the mat only the three or four male competitors and one coach or two or three women competitors and one coach can appear on the mat. All other team members and coaches must remain off the mat and/or sparring area. A team may only declare three or four male team competitors per event/tournament or two or three female team competitors. Competitors must be 18 years old or older. No youth competitor can participate in adult sparring competitions.

**XVI.C.** Senior and Junior Sparring Teams

**XVI.C.1.** Where ages are different, the appropriate ages must be matched together. A coin flip will determine which team will send an initial competitor and the other team must send a matching age competitor. a) Junior 3-Boy Sparring Teams and Junior 2-Girl Sparring Teams' age category competitor can compete up 1 age category older (EXAMPLE – A 12-13 age category can compete up into the 14-15 age category and/or a 14-15 age category competitor can compete up into the 16-17 team age category). Same for Girl's age categories as well. b) Senior Sparring Teams. An older age category competitor can compete down in a younger age category, but a younger age category competitor cannot compete up into an older age category.

**XVI.D.** Team Members

**XVI.D.1.** Since there are only three individual team rounds for men and two individual team rounds for women, a men's team that has four members and a women's team that has three members have an additional member. The additional member can be used at any time. Any player on a four-man team or a three-woman team can be used equally but can only fight once in a team round. The additional member can be used as a strategy in any round during a match, but the four-man team members and three-woman team members must be declared when the teams are called to the mat, prior to the start of the first team round. After the start of the team's first round only the team members that are declared can be used in any additional rounds at a single tournament.

**XVI.E.** Injury

**XVI.E.1.** Any declared Team Member, who has not completed during the match, can replace an injured competitor that cannot continue during a match. If this happens, the injured competitor cannot be used again in the team event at that tournament. (If it is considered by the officials, with great certainty, that a fighter is faking an injury for any reason the fighter can be disqualified).

**XVI.F.** Match Times

**XVI.F.1.** A flip of a coin will determine who sends out the first competitor. The winner of the coin flip can decide to send the first competitor or have the other team send out first. After the first competitors, the teams then alternate who must send out a fighter first to be matched by the other team.

**XVI.F.2.** All rounds are 90 seconds long.

**XVI.F.3.** Once a team earns a 10-point spread during their round, the round is over, even if there is time left in the round. All scores from each round are added together for a total score which will determine the winning team.

**XVI.F.4.** The final round has no 10-point spread rule.

**XVI.F.5.** The team with the most accumulated points wins, but the accumulated score is a must-win by two points.

**XVI.F.6.** If, at the end of the final match the accumulated score is a tie, or one point separates the teams, overtime is required to determine the winner.

**XVI.F.7.** In overtime, a coin toss will determine who will send out a fighter to finish the match. The winner of the coin flip can decide to send a competitor out first or have the other team send a competitor out first.

## **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 Head Referee/Chief Referee Committee or Tournament Director, along with a fee of \$100 (cash only). The protest will be submitted on the official protest form (See Page 95). The appointed coach **MUST** inform the Referee or Ring Manager 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.

### **XVII.B.** Deliberation Process.

**XVII.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 event Head Referee can hear opinions from the Referee, Judges, or Ring Manager.

**XVII.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.

**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 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.

**XVII.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 Continuous Point-Style Sparring

## Article I. Protective Equipment

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

**I.A.1.** A mouthguard. May be any color except red. Athletes with dental braces must wear special mouthguards for braces that cover both upper and lower teeth.

**I.A.2.** Full hand protectors, any color. The hand protectors may be made of foam dipped in vinyl or artificial leather.

**I.A.3.** Full foot protectors, any color. The foot protectors may be made of foam dipped in vinyl or artificial leather.

**I.A.4.** Full headgear including a padded top, any color. The headgear may be made of foam - dipped in vinyl; foam layered-plate construction covered in cloth or made of elastomeric-polyurethane. Headgear that includes padding under and around the chin **WILL NOT BE ALLOWED.**

**I.A.5.** Clear plastic face shield.

**I.A.6.** Competitors in Male Divisions must also wear a groin cup and supporter on the inside of the dobok.

**I.A.7.** 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 or any soft material rib protectors, at their discretion

**I.B.4.** All optional equipment must be worn under the dobok with the exception of the breast/rib protectors

**I.B.5.** Clean, fitting colored uniforms are allowed at the tournament director's discretion.

## 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 headgear.

**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. 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.

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

**IV.A.1.** If height is used to divide competitors, a divisional grand champion round may be run between the shorter and taller division winners in each age/belt/height division. If divisional grand champion rounds are held, an overall grand champion round may be run.

**IV.A.2.** If weight is used to divide competitors, a divisional grand champion round may be run between the light and welter weight divisions and the middle and heavy weight divisions. If divisional grand champion rounds are held, an overall grand champion round may be run.

**IV.A.3.** Weight breakdown charts can be found in the Policy section of the handbook in the point sparring section.

### Article V. Duration of Competition

**V.A.** All matches will be a maximum of three (3) rounds 1 minute, running clock, with a 15-second break between rounds. The first to win two (2) rounds, wins the match.

### Article VI. Permitted Implements for Scoring Points

**VI.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.

**VI.B.** Foot. Any part of the foot below the ankle

### Article VII. Permitted Areas for Scoring Points

**VII.A.** Head Area. All areas of the head, including the face shield, shall be considered a legal target area.

**VII.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)

**VII.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 VIII. Illegal Target Areas

**VIII.A.** Illegal target areas shall include:

**VIII.A.1.** The neck and throat

**VIII.A.2.** The back, including the kidney area

- VIII.A.3.** The groin
- VIII.A.4.** The joints
- VIII.A.5.** The legs

### **Article IX. Referee Stops Contest (RSC)**

The Referee may stop any match under the following circumstances:

- IX.A.** When the Referee or tournament physician determines that a competitor should not continue
- IX.B.** When a competitor protests a Referee's call and does not continue the contest
- IX.C.** When the Referee declares a mismatch

### **Article X. 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 an injury such as accidental falling or an injury from a prohibited act.

- X.A.** To suspend a match for any reason other than injury the Referee shall:
  - X.A.1.** Declare *kal-yeo* to stop the competitor action
  - X.A.2.** Order the timekeeper to suspend the time by declaring *shi-gan* (non-injury time-out) using the proper hand signal
- X.B.** To suspend a match for injury the Referee shall:
  - X.B.1.** Declare *kal-yeo* to stop the competitor action
  - X.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)
  - X.B.3.** Allow the injured competitor to receive first aid within one minute. Medical personnel may extend the injury time-out period.
  - X.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.
- X.C.** If the injured competitor cannot continue the match after one minute the Referee shall:
  - X.C.1.** Declare the injured competitor the loser if the injury was not the result of an attack
  - X.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 competitor
  - X.C.3.** Declare the injured competitor the loser if the injury was the result of a prohibited act for which the other competitor was assessed a *kyong-go* penalty
  - X.C.4.** Declare the injured competitor the winner if the injury was the result of a prohibited act for which the other competitor was assessed a *gam-jeom* penalty
  - X.C.5.** May consult with the Team Leader to make a decision

### **Article XI. Decision**

- XI.A.** Determination of the winner shall be made as follows:
  - XI.A.1.** Win by final score (PFT)
  - XI.A.2.** Win by withdrawal (WDR)
  - XI.A.3.** Win by disqualification (DSQ)
  - XI.A.4.** Win by Referee's punitive declaration (PUN)

### **Article XII. Prohibited Acts**

- XII.A.** The Referee shall declare penalties for any prohibited acts.
- XII.B.** In the case of multiple penalties being committed simultaneously by the same

competitor, the heavier penalty shall be declared.

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

**XII.D.** Two *kyong-gos* shall be counted as a one-point penalty. The last odd *kyong-go* shall not be counted in the grand total.

**XII.E.** A *gam-jeom* shall be counted as a one-point penalty. All *gam-jeoms* are counted in the grand total.

**XII.F.** *Kyong-go* Penalties (Half-Point Penalties)

**XII.F.1.** Evading by turning the back to the opponent

**XII.F.2.** Falling down

**XII.F.3.** Avoiding the match

**XII.F.4.** Making contact with an unauthorized implement

**XII.F.5.** Grabbing, holding, or pushing the opponent

**XII.F.6.** Pretending injury

**XII.F.7.** Crossing the boundary line with one foot touching the mat

**XII.F.8.** Attacking the head with the hand more than three (3) times without a kick or separation or an attack to the body

**XII.F.9.** Uttering undesirable remarks or misconduct

**XII.G.** *Gam-jeom* Penalties (Full-Point Penalties)

**XII.G.1.** Attacking the opponent after *kal-yeo*

**XII.G.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

**XII.G.3.** Making non-incident contact to an illegal target area

**XII.G.4.** Excessive contact (may also result in disqualification)

**XII.G.5.** Interrupting the progress of the match on the part of the competitor or coach

**XII.G.6.** Attacking the fallen opponent

**XII.G.7.** Uncontrolled attack

**XII.G.8.** Violent or extreme remarks or behavior on the part of the competitor or coach

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

**XII.I.** Any combination of half-point or full-point penalties, which brings the total of full penalty points to five (5), shall cause that competitor to be declared the loser.

**XII.J.** Automatic Disqualification

**XII.J.1.** Injuring the opponent by a malicious or excessive attack\*

**XII.J.2.** Injuring and/or rendering an opponent unable to continue by using an unauthorized attacking implement or by an attack to an unauthorized area

**XII.J.3.** Significant unsportsmanlike conduct on the part of the competitor or coach

\* The Referee, with or without the consensus of the Team Leader, shall determine if the attack was malicious or excessive.

## Article XIII. Protests

**XIII.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 Head Referee/Chief Referee Committee or Tournament Director, along with a fee of \$100 (cash only). The protest will be submitted on the official protest form (See Page 95). 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.

### **XIII.B. Deliberation Process.**

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

**XIII.B.2.** If necessary, the event Head Referee can hear opinions from the Referee, Judges, or Ring Manager.

**XIII.B.3.** If necessary, the event Head Referee can review the material evidence of the decisions, such as the written data (score sheets). Only video from the tournament’s IVR system can be admitted as evidence to confirm or disconfirm the protest.

**XIII.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.

**XIII.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.

**XIII.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.

**XIII.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.** Mouthguard. May be any color except red. Athletes with dental braces must wear special mouthguards that cover braces on both upper and lower teeth

**I.A.6.** Competitors in Male Divisions 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, but if used must be white half-finger TKD Hand Protectors (WT style Gloves).

**I.A.8.** Rolling of the dobok sleeves or pants legs is not allowed.

**I.A.9.** Belts are not to extend more than halfway down the competitor's thigh.

**I.B. Mandatory Equipment When Using Electronic Protector and Scoring System (PSS).**

PSS Electronic Protectors are optional at the tournament director's discretion, 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, a competitor 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.B.2.a.** The Blue competitor must wear blue headgear

**I.B.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.** White half-finger TKD Hand Protectors (WT style Gloves)

**I.B.7.** Mouthguard. May be any color except red. Athletes with dental braces must wear special mouthguards that cover braces on both upper and lower teeth

**I.B.8.** Competitors in Male Divisions 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 headgear.

**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 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.

**II.F. Eyeglasses.** For all belt ranks 5 to 11 years of age (excluding the mini-cadet black belt division age 10-11), "sport" eyeglasses will be allowed in Olympic Sparring competition. Soft contacts are highly recommended. Regular eyeglasses are not allowed.

## 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 countdown 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. Weight (lbs.) and Age Divisions in General

Weight charts can be found in the Policy section of the handbook in the Olympic-Style Sparring section. The charts are established as a general guideline for all licensed events. The event director, of course, has the right to establish 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.

## Article V. Duration of Competition

### V.A. Match Times

**V.A.1.** Color Belts: three (3) 60-second rounds with a 30-second rest period between rounds.

**V.A.2.** Black Belts: three (3) 90-second rounds with a 30-second rest period between rounds.

**V.B.** Rest Time Between Semi-Final and Final Matches. Competitors shall be allowed at least a two-minute rest between semi-final and final matches.

**V.C.** For District and Regional competitions, the tournament director has the option to modify the match times as desired. Match times being used at local events must be specified on tournament flyer if varied from above prescribed times.

## Article VI. Permitted Techniques

**VI.A.** Fist technique: A straight punching technique using the knuckle part of a tightly clenched fist

**VI.B.** Foot technique: Delivering techniques using any part of the foot below the ankle.

## Article VII Permitted Areas

**VII.A.** Trunk: Attack by the fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on the part of the spine.

**VII.B.** Head: The area above the collarbone. Only foot techniques are permitted.

**VII.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 VIII. Points (Valid Scores)

### VIII.A. Scoring Areas

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

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

### VIII.B. Criteria for Valid Points

**VIII.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).

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

### VIII.C. Points Awarded for Legal Attacks to Legal Scoring Areas:

**VIII.C.1.** One (1) point for a valid hand attack to the legal scoring area of the trunk

**VIII.C.2.** Two (2) points for a valid foot attack to the legal scoring area of the trunk

**VIII.C.3.** Three (3) points for a valid kick to the head

**VIII.C.4.** Four (4) points for a valid turning kick to the legal scoring area of the trunk (continuous motion)

**VIII.C.5.** Five (5) points for a valid turning kick to the head (continuous motion)

**VIII.C.6.** One (1) point will be awarded to a competitor for every *gam-jeom* infraction given to the opponent.

**VIII.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.

**VIII.C.8.** The Chief Referee Committee 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 Chief Referee Committee may recalibrate the valid level of impact.

**VIII.C.9.** Match score shall be the sum of the number of rounds won of the three (3) rounds.

**VIII.D.** Invalidation of point(s): When a contestant records point(s) following prohibited act:

**VIII.D.1.** If prohibited act is followed by point(s), the Referee shall declare the penalty for the prohibited act and invalidate the point(s).

**VIII.E.** 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.

**VIII.E.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.

**VIII.E.1.a.** If technical points were given for a turning kick, but the kick was not scored by the PSS, the technical point shall be invalidated.

**VIII.E.2.** Judges shall score:

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

**VIII.E.2.b.** Valid point to the body by a valid hand technique.

**VIII.E.2.c.** Technical points for a valid turning kick to the head or trunk.

**VIII.E.3** Valid points shall be those scored by two or more 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)

Back kick (Dwichagi) is one type of turning kick technique. The head and shoulder rotation must occur to be considered as a back kick (Dwichagi) and awarded technical points. When a contestant kicks an opponent with the back kick (Dwichagi) without contestant's simultaneous rotation of head and shoulder, back kick (Dwichagi) will not be considered a turning kick.

## Article IX. Definition of a Knockdown

**IX.A.** Knockdown. A knockdown shall be declared when a legitimate attack is delivered and any of the following criteria are met:

**IX.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

**IX.A.2.** When a competitor is staggered, showing no intention or ability to pursue the match following the opponent's scoring technique. This includes a strong impact to the head, kick to the eye(s), or bleeding.

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

## Article X. In the Case of A Knockdown

**X.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:

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

**X.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.

**X.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). If resumption is hampered by the requirement of medical treatment, the Referee must first resume the match with the declaration of *kye-sok* and, immediately after, declare *kal-yeo* and *kye-shi* and then follow the procedures for suspending the match.

**X.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).

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

**X.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.

**X.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 knockdown.

**X.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.

### **X.B. Procedures to be Followed After RSC Due to Significant Head Trauma or Concussion.**

**X.B.1.** Any competitor who could not continue the match as a result of a diagnosis of significant head trauma or concussion may not enter another sparring competition within thirty (30) days (18 years of age and older), forty (40) days (15 to 17 years of age) or fifty (50) days (14 years of age and younger) and must also receive a physical examination and clearance from a physician.

**X.B.2.** Any contestant who had a second concussion in the last 90 days may not enter another sparring competition for 90 days. Any contestant who had a third concussion in last 180 days may not enter another sparring competition for 180 days.

#### (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 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 XI. Procedures for Suspending a Match

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

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

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

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

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

**XI.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).

**XI.B.3.** Allow the injured competitor to receive first aid (within one (1) minute). Medical personnel may extend the injury time-out period up to two (2) minutes total if necessary.

**XI.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.

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

**XI.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.

**XI.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.

**XI.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 may declare the match over due to RSC (Referee Stops Contest)

**XI.C.3.** Declare the injured competitor the winner if the injury was the result of a prohibited act for which the other competitor was assessed a *gam-jeom* penalty.

**XI.C.3.a.** If the Referee determines a competitor has received an injury such as broken bone(s), dislocation, sprained ankle(s), and/or bleeding, the Referee shall allow the competitor to receive 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.

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

**XI.C.5.** The Referee may consult with the Technical Assistant (TA) to make a decision

**XI.D.** If the Referee determines a competitor has received an injury such as broken bone(s), dislocation, sprained 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 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 as follows:
  - Best of 3 System: If both contestants are knocked down and are unable to continue the contest after one minute during anytime of Round 1 or Round 3, the winner shall be determined by the points scored before the injuries occurred in the pertinent Round. If points are tied, the winner shall be decided according to criteria of superiority for the pertinent round. If this occurs during Round 2, the winner shall be determined by the decision of Round 1.
- 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 Head Referee.
- Best of 3 System: If the match is suspended anytime during Round 1, a rematch shall, in principle, be conducted. If the match is suspended anytime during Round 2, the winner shall be determined by the decision of Round 1. If the match is suspended anytime during Round 3, the winner shall be determined by the points scored in that round. If the points are tied, the winner shall be decided according to criteria of superiority for that round.

## Article XII. Rules of Superiority

**XII.A.** In the best of three (3) system, in case of a tie score for corresponding round, the round winner shall be decided by superiority based on the following criteria:

**XII.A.1.** Most points scored by turning or spinning kick.

**XII.A.2.** If the technical score is the same, the contestant who has more points scored in the order of a higher value technique as follows – (Head, Trunk, Punch, Gam-Jeom).

**XII.A.3.** When using PSS. if the high-value points are the same, the contestant who received the higher number of hits registered by the PSS.

**XII.A.4.** If the three above criteria are the same, the Referee and Judges shall determine superiority based on the decision of superiority listed in the following article.

**XII.A.4.a.** In case of two (2) corner Judges, winner shall be decided by Referee and two (2) Judges

**XII.A.4.b.** In case of three (3) corner Judges, winner shall be decided by three (3) Judges excluding the Referee

**XII.B.** The decision of superiority will be made in the following manner:

**XII.B.1.** The competitor who has shown the most initiative, which is defined as:

**XII.B.1.a.** Technical dominance of the opponent through aggressive match management

**XII.B.1.b.** The greater number of techniques executed

**XII.B.1.c.** The use of more advanced techniques, both in difficulty and complexity

**XII.B.1.d.** Display of better competition manner

## Article XIII. Match Decision

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

**XIII.A.1.** Win by Referee Stops Contest (RSC)

**XIII.A.2.** Win by Final Score (PTF)

**XIII.A.3.** Win by Withdrawal (WDR)

**XIII.A.4.** Win by Disqualification (DSQ)

**XIII.A.5.** Win by Disqualification for unsportsmanlike behavior (DQB)

**(Explanation #1) Referee Stops Contest.** The Referee declares RSC in the following situations:

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

**(Explanation #2) Win by Final Score (PTF).** Match score shall be the sum of the number of rounds won of the three rounds.

**(Explanation #3) Win by Withdrawal.** The winner is determined by withdrawal of the opponent:

- When a competitor withdraws from the match due to injury or other reasons
- When a competitor does not resume the match after the rest period or fails to respond to the call to begin the match

- When the coach throws a towel into the court to signify forfeiture of the match

**(Explanation #4) 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 #5) Win by Disqualification for Unsportsmanlike Behavior (DQB)**

- If it is determined that a competitor manipulated the sensor(s) or scoring system of the PSS
- If a competitor or coach refuses to follow the Referee's commands or to comply with the competition rules, or commits other serious infringing behavior including improper protests

**XIII.B. Gap Rule**

In case of twelve (12) points difference between two athletes per round, the Referee shall stop the contest and shall declare the winner by point gap for corresponding round.

**Article XIV. Prohibited Acts**

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

**XIV.B.** In the case of multiple penalties being committed simultaneously by the same competitor, only one (1) penalty shall be declared, except when a contestant commits a prohibited act followed by an "Attack after Kalyeo" or any other unsportsmanlike behavior, then the Referee may give a 2<sup>nd</sup> gam-jeom for "Attack after Kalyeo" or "Misconduct".

**XIV.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.

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

**XIV.D.1.** Crossing the boundary line with one foot touching the mat

**XIV.D.2.** Falling Down

**XIV.D.3.** Avoiding or delaying the match

**XIV.D.4.** Grabbing or pushing the opponent

**XIV.D.5.** The following are considered prohibited acts:

**XIV.D.5.a.** Lifting the leg to block

**XIV.D.5.b.** Kicking the opponent's leg to impede the opponent's kicking attack

**XIV.D.5.c.** Lifting the leg or kick was aiming below the waist without follow-up attack

**XIV.D.5.d.** Lifting the leg in the air for more than three (3) kicks

**XIV.D.5.e.** Lifting a leg or kicking in the air for more than three (3) seconds to impede opponent's potential attacking movements

**XIV.D.6.** Kicking below the waist

**XIV.D.7.** Attacking the opponent after *kal-yeo*

**XIV.D.8.** Hitting the opponent's head with the hand

**XIV.D.9.** Butting or attacking with the knee

**XIV.D.10.** Attacking the fallen opponent

**XIV.D.11.** Attacking trunk PSS with the side or bottom of the foot in clinch position

**XIV.D.12.** Attacking back of the head PSS in clinch position

**XIV.D.13.** Following misconducts of contestant or coach:

**XIV.D.13.a.** Not complying with the Referee's command or decision

**XIV.D.13.b.** Inappropriate protesting behavior to officials' decision

**XIV.D.13.c.** Inappropriate attempts to disturb or influence the outcome of the match

**XIV.D.13.d.** Provoking or insulting the opposing contestant or coach

**XIV.D.13.e.** Any other severe misconduct or unsportsmanlike conduct from a contestant or coach

**XIV.E.** When a coach or contestant commits excessive misconduct and does not follow the Referee's command, the Referee may declare a sanction request by raising a yellow card. In this case, the Chief Referee Committee shall investigate the contestant's and/or coach's behavior and determine whether a sanction is appropriate.

**XIV.F.** If a contestant intentionally and repeatedly refuses to comply with the competition rules or the Referee's orders, the Referee may end the match by raising the yellow card and declaring the opposing contestant the winner.

**XIV.G.** If the Referee at the inspection desk or officials in the field of play determine, 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.

**XIV.H.** When a contestant receives five (5) *gam-jeom* penalties in a round, the opponent will be declared the winner of that round.

### **Explanation of *Gam-jeom* Penalties**

Crossing the Boundary Line:

A *gam-jeom* shall be declared when one foot of a contestant crosses the Boundary Line. No *gam-jeom* will be declared if a contestant crosses the boundary line as a result of a prohibited act by the opposing contestant.

Falling down:

"Gam-jeom" shall be declared for falling down. However, if a contestant falls down due to the opponent's prohibited act, *gam-jeom* penalty shall not be given to the fallen contestant, while a penalty shall be given to the opponent. If both contestants fall as a result of incidental collision, or in the case a contestant who received a point with turning kick falls down, no penalty shall be given.

Avoiding or delaying the match:

This act involves stalling with no intention of attacking. A contestant who continuously displays a non-engaging style shall be given a "Gam-jeom". If both contestants remain inactive after three (3) seconds, the center Referee will signal the "Fight" command. A *gam-jeom* will be declared: on both contestants if there is no activity from them three (3) seconds after the command was given; or on the contestant who moved backwards from the original position three (3) seconds after the command was given.

Turning the back and moving away 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, "Gam-jeom" shall be given to the passive contestant.

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”. However Referee may request IVR for clarification before declaration of “Gam-jeom” for pretending injury.

*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.

Grabbing 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 the leg with forearm. For pushing, it is permitted as a quick impact and a contestant must disengage from opponent after one push. The following acts shall be penalized:

- Pushing the opponent with prolonged or continuous contact
- Pushing the opponent out of the boundary line
- Pushing the opponent in a way that prevents kicking motion or any normal execution of attacking movement

Lifting the leg or cut kick motions shall not be penalized only when it is followed by execution of punching or kicking technique in combination motion.

Attacking below the waist:

This action applies to an attack on any part 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.

Attacking the opponent after *kal-yeo*:

Attacking after *Kal-yeo* requires that the attack results in actual contact to the opponent's body.

If the attacking motion started before the *kal-yeo*, the attack shall not be penalized.

In Instant Video Replay, the timing of *Kal-yeo* shall be defined as the moment that the Referee's *Kal-yeo* hand signal was completed (with fully extended arm) and the start of the attack shall be defined as the moment that the attacking foot is fully off the floor.

If an attack after *Kal-yeo* did not land on the opponent's body but appeared deliberate and malicious the Referee may penalize the behavior with a “Gam-jeom”.

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.

Butting or attacking with the knee:

This article relates to 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
- Inadvertently, or as the result of a discrepancy in distance in attacking.

Attacking the fallen opponent:

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 contestant will be greater due to the contestant's position.

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

When misconduct is committed by a contestant or a coach during a rest period, past the five (5) seconds of the round conclusion, the Referee can immediately declare the "Gam-jeom" and the *gam-jeom* shall be recorded for the upcoming round.

However, *gam-jeom* shall be recorded to the previous round if the action happened within five (5) seconds of the round conclusion.

## Article XV. IVR (Instant Video Replay) and Appeals

**XV.A.** Each coach shall have the following quantity of Challenge Cards for Appeals per match:

**XV.A.1.** Non-IVR matches: 2 cards

**XV.A.2.** IVR matches: 1 card

**XV.A.3.** The tournament director may decide the quantity of Challenge Cards allowed.

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

**XV.C.** Coach may only appeal the following:

**XV.C.1.** IVR matches only: Penalties against the opponent for instances of falling down or crossing the boundary line or attacking the opponent after *kal-yeo* or attacking the fallen opponent

**XV.C.2.** Technical point

**XV.C.3.** IVR matches only: Any penalty against own contestant

**XV.C.4.** Any mechanical malfunction or error in time management. In case of appeal for PSS mechanical malfunction, the coach may use his challenge card to request testing of the PSS at any time during the 2<sup>nd</sup> and/or 3<sup>rd</sup> round. However, if the PSS mechanical function is working properly, the coach shall lose his challenge card and his player will receive a *gam-jeom* for misconduct. (Referee shall use his challenge card to test PSS equipment during 1<sup>st</sup> round).

**XV.C.5.** When Referee forgot to invalidate point(s) after *gam-jeom* was given for prohibited act.

**XV.C.6.** Wrong identification of fist attacking contestant by Judge

**XV.C.7.** Head kick that is not scored

**XV.D.** If the Referee perceives a contestant to be staggering, bleeding or knocked down by a kick to the head, this includes a strong impact to the head, kick to the eye(s) or bleeding, and so begins counting, but the attack was not scored, the Referee shall request IVR or Judges review to make the decision for awarding or not awarding points after the count.

**XV.E.** In the last five (5) seconds of any Round, the Center Referee may request IVR review to check possible Gam-jeom penalties for the following actions:

**XV.E.1.** Falling Down

**XV.E.2.** Crossing the Boundary Line

**XV.E.3.** Attack after Kal-yeo

**XV.E.4.** Attack the fallen Opponent

Any points scored after Prohibited Act shall be invalidated.

**XV.F.** At any time during the match, the Referee may request IVR for clarification before declaration of “Gam-jeom” for pretending injury.

**XV.G.** At any time during the match, any of the Judges can ask for IVR review for technical points (addition or removal), regardless of coach’s challenge card status.

**XV.H.** The decision of the Review Jury is final; no further appeals during the contest or protest after the contest will be accepted.

**XV.I.** In the case that there is a clear erroneous decision from the Refereeing officials on identification of the contestant or errors in the scoring system, any of the refereeing officials shall request for review and correct the decision at any time during the contest. If correction is decided, it has to take place ahead of the following contest for winner of the contest in question.

## Article XVI. Protests

**XVI.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/Chief Referee Committee or Tournament Director, along with a fee of \$100 (cash only). The protest will be submitted on the official protest form (See Page 95). The appointed coach MUST inform the Referee or Technical Assistant (TA) 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 an error in the management of that division, such as miscalculating the score or misidentifying an athlete, the correction must take place immediately.

### XVI.B. Deliberation Process

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

**XVI.B.2.** If necessary, the Head Referee can hear opinions from the Referee, Judges, or Ring Manager.

**XVI.B.3.** If necessary, the Head Referee can review the material evidence of the decisions, such as the written data (score sheets). Official ring IVR video WILL be allowed as evidence to confirm or disconfirm the protest.

**XVI.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.

**XVI.B.5.** Error in application of rules: When it is determined by the Head Referee 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.

**XVI.B.6.** Errors in factual judgment: When the Head Referee decides that there was clearly an error in judging the facts such as impact of striking, severity of action or conduct, intentionality, 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.

**XVI.B.7.** The decision of the Head Referee will be final and there will be no means of further appeal.

## Article XVII. Safety Rules Governing Olympic-Style Sparring for Youth 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.

**XVII.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:

**XVII.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.

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

**XVII.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 *gam-jeom*.

**XVII.A.4.** The competitor who executes a kick to the head or neck, which results in a minor injury, shall receive a *gam-jeom*. 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.

**XVII.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, if the Referee, with or without consultation with the tournament physician and/or Technical Assistant (TA), determine the attack was excessive contact.

**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-old Black Belt Cadets shall compete using the same rules as the 15–17 year-old Black Belt Junior at the Team Trials competition.

# General Rules and Regulations for Traditional Forms/Patterns/Poomsae Competition

(Age and Belt Division Chart can be found in the Policy Section of the Handbook)

## Article I. Traditional Forms Competition Defined

**I.A.** Traditional Forms/Patterns/Poomsae competition allows for a forms competition where a recognized Form/Pattern/Poomsae (form) competes with another recognized form, thus allowing different schools who teach the same form with different nuances to compete with an established judging criteria that recognizes that there is no one accepted method of doing forms from that style of taekwondo.

**I.A.1.** There are three different taekwondo styles that are accepted in AAU forms competition. The accepted styles originated in the International Taekwondo Federation (ITF), World Taekwondo Federation (WTF) or currently World Taekwondo (WT), or Moo Duk Kwan/Tang Soo Do/Soo Bak Do (MDK/TSD/SBD). Originating in these different organizations provides a recognized version of the form but allows for stylistic differences from school to school.

**I.B.** Traditional forms competition is different from WT Sport Poomsae competition. The criteria for judging WT Sport Poomsae are not used in the traditional forms competition. Sport Poomsae competition is offered, and those rules are outlined at [www.aautaekwondo.org](http://www.aautaekwondo.org).

## Article II. Merits

Merit will be awarded on the basis of Technique, Power, Focus, Rhythm, Grace, and Beauty. These are listed in order of importance when judging.

## Article III. Judging Procedure.

Traditional forms/patterns will be as bracketed competition for all National and qualifying events.

### III.A. Bracketed Competition

All methods of bracketed competition are allowed. Qualifying tournaments will use bracketed competition. At National-level competition, the Brazilian Repechage system will be used (see Page 49). 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 using two Judges, the Judges shall be positioned at the right and left corner of the front of the competition area and the Referee shall be positioned in the center rear,

effectively creating an equilateral triangle. The Referee shall represent the third scorer.

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

**III.B.** Non-qualifying and Para Taekwondo Divisions may use individual scored forms competition. See Para Taekwondo Division Rule Modifications for additional information.

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

**III.B.2.** Points shall be awarded on a scale of 7.0 to 10.0 in tenths of a point (0.1) increments, 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.B.3.** Judges shall display the score of each competitor.

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

**III.B.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.B.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.B.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.8.** In the case of three Judges instead of five, the three Judges will be in an equilateral triangle with two at the front on either side of the head table and the third in the rear between the two back corners. The Referee will not Judge in this scenario. Because there are only three Judges, there will be no scores removed in calculating the competitor's final score.

## Article IV. Recognized Forms/Patterns

**IV.A.** The official Forms/Patterns accepted for competition shall be forms that originated in the International Taekwondo Federation, the World Taekwondo Federation or current World Taekwondo, and Moo Duk Kwan/Tang Soo Do/Soo Bak Do, as listed below:

AAU Traditional Forms Division Belt Rank	Forms Originated in International Taekwondo Federation (ITF)	Forms Originated In World Taekwondo (WT/WTF)	Forms Originated In Moo Duk Kwan Tang Soo Do Soo Bak Do (MDK/TSD/SBD)
<b>Novice</b> White, Yellow, Orange (6th Gup, 7th Gup, 8th Gup)	Chon-Ji Dan-Gun Do-San	Pal Gwe 1-2 Taegeuk 1-2	Ki-Cho (KiBon) 1-3 Pyung-An/Pinan 1
<b>Intermediate</b> Green, Purple, Blue (3rd Gup, 4th Gup, 5th Gup)	Won-Hyo Yul Gok Joong-Gun Toi-Gye	Pal Gwe 3-6 Taegeuk 3-6	Ki-Cho (KiBon) 4-5 Pyung-An/Pinan 2-4
<b>Advanced</b> Red, Brown (1st Gup, 2nd Gup)	Hwa-Rang Choong-Moo	Pal Gwe 7-8 Taegeuk 7-8	Pyung-An/Pinan 5 Bassai ( Dai & So)
<b>1<sup>st</sup> Dan</b>	Kwang-Gae Po-Eun Ge-Baek	Koryo	Bassai ( Dai & So) Naihanchi Cho Dan Jin Do
<b>2<sup>nd</sup> Dan</b>	Eui-Am Choon-Jang Ko-Dang Juche	Keumgang	Naihanchi E Dan Naihanchi Sam Dan Lo-Hai/Po-Hai
<b>3<sup>rd</sup> Dan</b>	Sam-Il Yoo-Sin Choi-Yong	Taebaek	Kong Sang Koon (Dai & So) Sip Soo
<b>4<sup>th</sup> Dan</b>	Yon-Gae Ul-Ji Moon-Moo	Pyongwon	Wang Shu
<b>5<sup>th</sup> Dan</b>	So-San Se-Jong	Sip Jin	Ji-On Sei Shan
<b>6<sup>th</sup> Dan</b>	Tong-Il	Jitae	O Sip Sa Bo
<b>7<sup>th</sup> Dan</b>		Chonkwon	Hwa Sun
<b>8<sup>th</sup> Dan</b>		Hansu	
<b>9<sup>th</sup> Dan</b>		Ilyeo	

**IV.B.** Forms/Patterns Can Not Be Enhanced. When a change to a recognizable Form/Pattern compromises the integrity of the form for competitive purposes to impact the score of the form due to the change, it has been enhanced. This might be: 1) adding or changing techniques that enhance the visual aesthetics of the Form/Pattern; or 2) removing kicks or difficult techniques when they are an integral part of the recognized Form/Pattern.

Example: Executing an inside block instead of an outside block is not an enhancement to the form. Executing a jumping/turning crescent kick instead of a front snap kick would be an enhancement. A crescent kick instead of a stomp would not be an enhancement as they can be very similar in execution. Removing a section of a form because of its difficulty and a competitor's inability to perform that technique would be an enhancement.

Example: A novice belt leaves out a section of a form and it is evident from their rhythm and focus they forgot that section of the form. This isn't an enhancement, but would be as though the competitor didn't complete the form, and the Judges should Judge accordingly. Unless the other competitor also left out part of their form or failed to complete the form, this competitor should be judged the loser.

Example: Holding a chamber or a technique at an angle that isn't consistent with the current WT Sport Poomsae rules IS NOT an enhancement. Nor is a ki-hap that is in addition to or in a different place than current WT Sport Poomsae rules. Traditional forms do not Judge on the same criteria as WT Sport Poomsae. No discounting should be applied because of this.

**IV.C.** Only forms listed in the above chart will be accepted for traditional forms competition.

**IV.D.** Legal Forms/Patterns for Competition

**IV.D.1.** Novice, Intermediate, and Advanced rank competitors may do ANY Form/Pattern listed for any of their previous ranks as well as their current rank.

**IV.D.2.** 1<sup>st</sup> Dan competitors may do ANY Form/Pattern listed for Advanced or 1<sup>st</sup> Dan ranks

**IV.D.3.** 2<sup>nd</sup> Dan through 9<sup>th</sup> Dan competitors may do ANY Black Belt Form/Pattern listed for ANY Dan rank up to and including their current rank. (Ex. A 3<sup>rd</sup> Dan competitor could legally do ANY of the 1<sup>st</sup> Dan, 2<sup>nd</sup> Dan, or 3<sup>rd</sup> Dan Forms/Patterns listed for those ranks.)

**IV.E.** Proper Protocol for Athlete Introduction to Referee.

**IV.E.1.** Procedure for bracketed forms

**IV.E.1.a.** For bracketed forms, the Referee will check all forms being performed and athlete's rank prior to the start of competition.

**IV.E.2.** Procedure for scored forms

**IV.E.2.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.

**IV.E.2.b.** Competitors should not give their school name or instructor's name.

**IV.E.2.c.** Black Belt competitors are also required to state their current rank.

**IV.F.** If a form is disqualified due to an enhancement or being an illegal form, if using repechage or double elimination bracketing, the competitor may still compete again with a non-enhanced form or a legal form. The competitor is not disqualified – the form was.

## **Article V. Protests**

### **V.A. Filing a Protest**

**V.A.1.** 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 Head Referee/Chief Referee Committee or Tournament Director, along with a fee of \$100 (cash only). The protest will be submitted on the official protest form. Immediately following the match, the appointed coach MUST inform the Referee or Ring Manager for that match that they intend to protest the match. The written protest itself must be filed within a reasonable period of time. If the protest involves an error in the management of that division, such as miscalculating the score, misidentifying an athlete, or an illegal Form/Pattern being presented, the correction must take place immediately.

### **V.B. Deliberation Process**

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

**V.B.2.** If necessary, the event Head Referee can hear opinions from the Referee, Judges, or Ring Manager.

**V.B.3.** If necessary, the event Head Referee can review the material evidence of the decisions, such as the written data (score sheets) or AAU official recordings. Official ring IVR video WILL be allowed to confirm or disconfirm the protest. Personal video WILL NOT be admitted as evidence to confirm or disconfirm the protest.

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

**V.B.5.** When a Form/Pattern has been determined to be illegal (a form that is not allowed for the rank of the competitor), that competitor will be disqualified, and the result will be reversed.

**V.B.6.** Coaches MAY NOT protest a Form/Pattern he/she feels was enhanced.

**V.B.7.** The decision of the event Head Referee or chief Arbiter will be final, and there will be no means of further appeal.

## 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 enhanced.

### Article II. Team Make-Up

II.A. There will be three (3) types of teams

II.A.1. Black Belt Youth (5-17) Team

II.A.2. Black Belt Senior (18+) Team

II.A.3. Mixed Belt Rank Team (can be a combination of Youth and Seniors, all Colored Belts, a combination of Colored Belts and Black Belts, all Black Belts consisting of both Youth and Senior Black Belts.

II.B. Teams shall consist of three members.

II.C. An individual may compete on only one team.

II.D. Teams may consist of all males, all females, or a combination of males and females.

II.E. Black Belt Teams that only want to compete against Black Belts can only compete in either the Black Belt Youth (5-17) Division or the Black Belt Senior (18+) Division.

### Article III. 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 IV. Criteria for Form Selection

Black belt teams may perform any Black Belt pattern. Mixed belt teams may perform any form up to and including the rank of the most senior member of the team.

### Article V. 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.

## Sport Poomsae Competition

In Sports Poomsae, athletes are Judged based on the rules and criteria set forth by World Taekwondo and have been adjusted by AAU Taekwondo. These criteria for judging include technical skills, such as using the correct execution, techniques, and movements. To keep it brief, forms are scored based on a specific criterion in two categories, Accuracy & Presentation. Poomsae Referees and Judges are trained and certified to Judge the competition. This Sport Poomsae is an event by itself different from WT Traditional or Open forms events.

In WTF or WT Traditional Forms, athletes perform WT forms (Taegeuk Forms for color belts and Koryo to Hansu for black belts) and are judged on aesthetic performance such as power, rhythm, speed, balance, and overall look of the form, not specifically on the specific technical skill. AAU officials are the Judges for this event. They could be instructors from WT, ITF, or TSD.

In the Open Forms, WT, ITF & TSD forms competitors are allowed to perform in this event. Referees and Judges based on the above criteria for the traditional (WT, ITF, TSD) forms.

For more detailed information on sport poomsae including rules, regulations, scoring criteria and poomsae Referee development please refer to the sports poomsae page on the AAU Taekwondo website at [www.aautaekwondo.org](http://www.aautaekwondo.org).

## Guidelines/Rules for Additional Events Offered by AAU

### Article I. Forms – These are all additional forms that may be offered in addition to Traditional Forms.

#### I.A. Creative Forms

I.A.1. Single elimination format

I.A.2. Creative division shall allow forms to include contemporary martial arts techniques

I.A.3. These may be added to a traditional form, or the form may be devised in its entirety by the competitor

I.A.4. 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)

I.A.5. Spinning kicks, jump spinning kicks, flying kicks, multiple kicks, splits are allowed

I.A.6. Judging criteria include Creativity, Technique, Power, Focus, Rhythm, Grace & Beauty

I.A.7. 90-second time limit

#### I.B. Creative Musical Forms

I.B.1. Single elimination format

I.B.2. The Creative Musical Event utilizes the above criteria for Creative Forms and additionally will include music

I.B.3. National Events will supply music player setup. Competitors of other district, regional, and local tournaments offering this category should check entry packet or tournament director for availability of music player setups.

I.B.4. Judging criteria include Creativity, Technique, Power, Focus, Rhythm, Grace & Beauty

I.B.5. 90-second time limit

#### I.C. Traditional Weapons Forms

I.C.1. Single elimination format

I.C.2. No live blades will be allowed

I.C.3. Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe

I.C.4. The weapon must remain in contact with the body at all times

I.C.5. Inverted aerial maneuvers are not allowed; rolls on the ground are allowed; cartwheels are not allowed.

I.C.6. Judging criteria include Technique, Power, Focus, Rhythm, Grace & Beauty

I.C.7. 90-second time limit

I.C.8. Competitor may not switch weapons during the Traditional Weapons form

I.C.9. Approved weapons for this event are Kamas, Sword, Sai, Tonfa, Staff, Nunchaku, Knife, Polearm, Eku, Cane, Fan, Escrima.

#### I.D. Creative Weapons Forms

I.D.1. Single elimination format

I.D.2. No live blades will be allowed

I.D.3. Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe.

I.D.4. Weapon releases are allowed in creative division

I.D.5. Inverted aerial maneuvers are allowed in creative division

I.D.6. Judging criteria include Creativity, Technique, Power, Focus, Rhythm, Grace & Beauty

**I.D.7.** 90-second time limit

**I.D.8.** Competitor may not switch weapons during the Creative Weapons form

**I.C.9.** Approved weapons for this event are Kamas, Sword, Sai, Tonfa, Staff, Nunchaku, Knife, Polearm, Eku, Cane, Fan, Escrima.

### **I.E. Musical Weapons Forms**

**I.E.1.** Single elimination format

**I.E.2.** Both Traditional and Creative weapons forms will be permitted

**I.E.3.** This Creative Musical Event utilizes the above criteria for Creative Weapons Forms and additionally will include music

**I.E.4.** National Events will supply music player setup. Competitors of other tournaments offering this category should check entry packet or tournament director for availability of music player setups.

**I.E.5.** No live blades will be allowed

**I.E.6.** Weapons are subject to inspection by Chief Referee and may be prohibited if deemed unsafe

**I.E.7.** Judging criteria include Creativity, Technique, Power, Focus, Rhythm, Grace & Beauty

**I.E.8.** 90-second time limit

**I.E.9.** Approved weapons for this event are Kamas, Sword, Sai, Tonfa, Staff, Nunchaku, Knife, Polearm, Eku, Cane, Fan, Escrima.

### **I.F. Acceptable Weapons for Traditional, Creative, and Musical Weapons Forms**

**I.F.1.**



## **Article II. Board Breaking**

**II.A.** Board sizes will be supplied by the tournament director. All boards will be available for purchase at the venue. All boards used for competition must be purchased through tournament committee/director. No boards sourced from a 3<sup>rd</sup> party will be allowed for competition use. All boards will be subject to inspection anytime before or during the competition. For power breaking competition, boards may be taped only after inspection.

**II.A.1.** Competitors must provide their own board holders. All board holders must be either a coach or athlete registered for the tournament and is a current AAU member. Attire for board holders is coach's attire or athlete's uniform/dobok.

**II.A.2.** Cinder blocks used as support materials will be supplied by the tournament director. No more than three cinder blocks may be used for repetitive events. Up to four cinder blocks may be used for power events. Any other special breaking apparatus required must be supplied by the competitor. Spacers required for breaks will be supplied by the tournament director.

**II.A.3.** Any Black Belt under the age of 8 is welcome to compete, but must compete in the 8 – 9 year-old division.

**II.A.4.** Besides age, belt, and weight, competition shall also be divided by categories.

**II.A.5.** For any timed break that requires board holders, the number of board holders/feeders will be limited to two (2) feeders and two (2) holders.

**II.A.6.** Penalties may be assessed in the following situations:

**II.A.6.a** Repetitive Timed Breaking

**II.A.6.a.1.** A 0.5 second penalty will be assessed for each board in the repetitive timed breaking (human hold) events where a coach breaks the board before the athlete strikes it.

**II.A.6.a.2.** In the repetitive timed hand breaking (feeder system), if any boards are not broken by an athlete, that athlete will be placed below the athlete who broke all boards, even if that athlete had a slower time. If multiple athletes fail to break boards, their ranking will first be ranked according to the number of boards actually broken, and if still tied, the fastest time will be used.

**II.A.6.a.3.** If the competitor breaks more than one board with a single strike, the break will be disqualified.

**II.B. Board Breaking Events**

**II.B.1. Open Board Breaking**

**II.B.1.a.** Single Elimination Bracketed Format (unless designated otherwise by tournament director)

**II.B.1.b.** Athletes compete in a side-by-side manner (superior technique advances to the next round)

**II.B.1.c.** 90 seconds maximum setup/break time allowed per competitor

**II.B.1.d.** Maximum of 10 boards utilized is allowed per competitor, per round of competition

**II.B.1.e.** No forehead breaking, open flames, or bladed props may be used

**II.B.1.f.** No jumping/flying over people will be allowed

**II.B.1.g.** No spacers will be allowed

**II.B.1.h.** No direct elbow strikes will be allowed

**II.B.1.i.** Athlete technique will be judged based on the following criteria  
Technique, Focus, Balance, Power, and Creativity

**II.B.1.j.** For two competitors executing the same technique as part of competition:

**II.B.1.j.1.** A break performed on the 1<sup>st</sup> try is superior to a break completed on the 2<sup>nd</sup> try

**II.B.1.j.2.** A two-board break is superior to a one-board break; a three-board break is superior to a two-board break

**II.B.1.j.3.** A break supported on one end (speed break) is superior to a break supported on both ends (for same number of boards)

**II.B.2. Speed Board Breaking**

**II.B.2.a.** Single Elimination Bracketed Format (unless designated otherwise by tournament director)

- II.B.2.b.** Athletes compete in a side-by-side manner (superior technique advances to the next round)
- II.B.2.c.** One Station per competitor
- II.B.2.d.** Board(s) must be supported by a maximum of one side
- II.B.2.e.** No spacers will be allowed
- II.B.2.f.** A maximum of three attempts per station is allowed
- II.B.2.g.** Athlete technique will be judged based on the following criteria  
Technique, Focus, Balance, Power, and Creativity
- II.B.2.h.** For two competitors executing the same technique as part of competition:

- II.B.2.h.1.** A break completed on the 1<sup>st</sup> try is superior to a break completed on the 2<sup>nd</sup> try

- II.B.2.h.2.** A two-board break is superior to a one-board break; a three-board break is superior to a two-board break, and so on.

### **II.B.3. Jumping & Flying Breaking**

- II.B.3.a.** Single Elimination Bracketed Format (unless designated otherwise by tournament director)
- II.B.3.b.** Athletes compete in a side-by-side manner (superior technique advances to the next round)
- II.B.3.c.** One Station per competitor
- II.B.3.d.** Technique must be executed with both feet in the air
- II.B.3.e.** No spacers will be allowed
- II.B.3.f.** A maximum of three attempts is allowed
- II.B.3.g.** Athlete technique will be judged based on the following criteria  
Technique, Focus, Balance, Power, and Creativity
- II.B.3.h.** No jumping or flying over people will be allowed
- II.B.3.i.** For two competitors executing the same technique as part of competition:

- II.B.3.i.1.** A break completed on the 1<sup>st</sup> try is superior to a break completed on the 2<sup>nd</sup> try

- II.B.3.i.2.** A two-board break is superior to a one-board break; a three-board break is superior to a two-board break, and so on.

- II.B.3.i.3.** Break supported on one end (speed break) is superior to a break supported on both ends (for same number of boards)

### **II.B.4. Power Hand Breaking**

- II.B.4.a.** Single Break Format (unless designated otherwise by tournament director)
- II.B.4.b.** Athletes must provide the number of boards they intend to break before breaking begins.
- II.B.4.c.** One station per athlete
- II.B.4.d.** Acceptable techniques include fist, hammer fist, palm heel, knifehand, ridgehand.
- II.B.4.e.** Spacers are REQUIRED
- II.B.4.f.** Up to four cinder blocks may be used. If using board holders, maximum of two board holders and they must be registered as Board Holder, Coach or Athlete
- II.B.4.g.** 90-second time limit for set up and break
- II.B.4.h.** One attempt is allowed
- II.B.4.i.** Judging criteria are 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.

## **II.B.5. Power Foot Breaking**

### **II.B.5.a. Power Axe Kick Breaking**

**II.B.5.a.1.** Single Break Format (unless designated otherwise by tournament director)

**II.B.5.a.2.** One Station per competitor

**II.B.5.a.3.** Maximum of two board holders or use of four cinder blocks. Cinder blocks may not be used as stepping or launching platform for competitor.

**II.B.5.a.4.** Board Holders – Must be AAU Member and registered as Board Holder, Coach or Athlete

**II.B.5.a.5.** Acceptable techniques include axe kick (No stomp)

**II.B.5.a.6.** Spacers are required (spacers will be provided by the organizing committee)

**II.B.5.a.7.** 90-second time limit on set up and break

**II.B.5.a.8.** One attempt allowed

**II.B.5.a.9.** Judging criteria are 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.

### **II.B.5.b. Power Stomp Kick Breaking**

**II.5.b.1.** Single Break Format (unless designated otherwise by tournament director)

**II.5.b.2.** One Station per competitor

**II.5.b.3.** Maximum of two board holders or use of four cinder blocks. Cinder blocks may not be used as stepping or launching platform for competitor.

**II.5.b.4.** Board Holders – Must be AAU Member and registered as Board Holder, Coach or Athlete

**II.5.b.5.** Acceptable techniques include downward stomp kick

**II.5.b.6.** Spacers are required (spacers will be provided by the organizing committee)

**II.5.b.7.** 90-second time limit on set up and break

**II.5.b.8.** One attempt allowed

**II.5.b.9.** Judging criteria are 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.

### **II.B.5.c. Power Side/Back Kick Breaking**

**II.B.5.c.1.** Single Break Format (unless designated otherwise by tournament director)

**II.B.5.c.2.** One Station per competitor

**II.B.5.c.3.** Maximum of two board holders or use of four cinder blocks

**II.B.5.c.4.** Board Holders – Must be AAU Member and registered as Board Holder, Coach or Athlete

- II.B.5.c.5.** Acceptable techniques include Side/Back Kick Breaking
- II.B.5.c.6.** Spacers are required (spacers will be provided by the organizing committee)
- II.B.5.c.7.** 90-second time limit on set up and break
- II.B.5.c.8.** One attempt allowed
- II.B.5.c.9.** Judging criteria are 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.

### **II.B.6. Repetitive Timed Spin Hook Breaking**

- II.B.6.a.** Single break format
- II.B.6.b.** Allowed technique is spinning hook kick
- II.B.6.c.** One board per strike
- II.B.6.d.** Maximum of two board holders with two feeders
- II.B.6.e.** Board Holders - must be AAU Members and registered as Board Holders, Coaches, or Athletes.
- II.B.6.f.** 10-board competition
- II.B.6.g.** Timed competition
  - II.B.6.g.1.** Fastest competitor to break 10 boards wins gold
  - II.B.6.g.2.** 2<sup>nd</sup> fastest competitor to break 10 wins silver
  - II.B.6.g.3.** 3<sup>rd</sup> fastest competitor to break 10 wins bronze
  - II.B.6.g.4.** 4<sup>th</sup> fastest competitor to break 10 wins bronze

### **II.B.7. Repetitive Timed Side Kick Breaking**

- II.B.7.a.** Single break format
- II.B.7.b.** Allowed technique is side kick
- II.B.7.c.** One board per strike
- II.B.7.d.** Maximum of two board holders with two feeders
- II.B.7.e.** Board Holders - must be AAU Members and registered as Board Holders, Coaches, or Athletes.
- II.B.7.f.** 10-board competition
- II.B.7.g.** Timed competition
  - II.B.7.g.1.** Fastest competitor to break 10 boards wins gold
  - II.B.7.g.2.** 2<sup>nd</sup> fastest competitor to break 10 wins silver
  - II.B.7.g.3.** 3<sup>rd</sup> fastest competitor to break 10 wins bronze
  - II.B.7.g.4.** 4<sup>th</sup> fastest competitor to break 10 wins bronze

### **II.B.8. Repetitive Timed Hand Breaking (Human Hold)**

- II.B.8.a.** Single break format: One (1) board per strike
- II.B.8.b.** Allowed hand techniques include Hammer, Knife, Ridge, Palm, Fist/Punch
- II.B.8.c.** 10-board competition
- II.B.8.d.** Maximum of two board holders and two feeders OR use of three cinder blocks with two feeders.
- II.B.8.e.** Board Holders - must be AAU Members and registered as Board Holders, Coaches, or Athletes.
- II.B.8.f.** Timed competition
  - II.B.8.f.1.** Fastest competitor to break 10 boards wins gold
  - II.B.8.f.2.** 2<sup>nd</sup> fastest competitor to break 10 wins silver
  - II.B.8.f.3.** 3<sup>rd</sup> fastest competitor to break 10 wins bronze
  - II.B.8.f.4.** 4<sup>th</sup> fastest competitor to break 10 wins bronze

**II.B.9. Repetitive Timed Hand Breaking (Feeder System)****II.B.9.a.** Single break format: One (1) board per strike**II.B.9.b.** Allowed hand techniques include Hammer, Knife, Ridge, Palm, Fist/Punch**II.B.9.c.** 10-board competition**II.B.9.d.** Boards will be fed through feeder system provided by tournament organizing committee.**II.B.9.e.** Person feeding boards – must be an AAU Member and registered as a Board Holder, Coach, or Athlete.**II.B.9.f.** Timed competition**II.B.9.f.1.** Fastest competitor to break 10 boards wins gold**II.B.9.f.2.** 2<sup>nd</sup> fastest competitor to break 10 wins silver**II.B.9.f.3.** 3<sup>rd</sup> fastest competitor to break 10 wins bronze**II.B.9.f.4.** 4<sup>th</sup> fastest competitor to break 10 wins bronze**Article III. Other Events****III.A. Self Defense****III.A.1.** Single Elimination Format**III.A.2.** One defender vs. one to four attackers will be permitted**III.A.3.** Defense must be based on empty hand techniques**III.A.4.** Attackers may attack with safety weapons (subject to inspection by Chief Referee)**III.A.5.** Judging criteria include Realism, Effectiveness, Difficulty & Variety of Techniques used**III.A.6.** 90-second time limit**III.B. Padded Weapons Sparring -** Competitors must provide their own equipment. Padded Weapons must pass a Referee's weapon inspection.**III.B.1. Required protective equipment****III.B.1.a.** Mouthguard**III.B.1.b.** Full headgear (red for red competitor and blue for blue competitor)**III.B.1.c.** Competitors in Male Divisions must wear a groin cup and supporter inside the dobok**III.B.1.d.** Face Shield**III.B.2. Optional equipment****III.B.2.a.** Shin/instep pads**III.B.2.b.** Forearm pads**III.B.2.c.** Rib protector**III.B.2.d.** Optional equipment should be worn under dobok**III.B.3. Weapons that are approved for use –** Competitors must provide their own weapons. Padded weapons must pass a Referee's inspection.**III.B.3.a.** Padded Sword**III.B.3.a.1.** Long – Over 24 inches**III.B.3.a.2.** Short – 24 inches or less**III.B.3.b.** Padded cane**III.B.3.b.1.** Long – Over 36 inches**III.B.3.b.2.** Short – 36 inches or less**III.B.3.c.** Padded staff**III.B.3.c.1.** Long – Over 48 inches**III.B.3.c.2.** Short – 48 inches or less**III.B.4. Matches**

- III.B.4.a.** All color belt matches will consist of two 90-second rounds, with a 30-second break between rounds. The winner will be determined by the highest score or the first competitor to reach a 12-point gap after the end of the first round.
- III.B.4.b.** Black Belt matches will consist of two 2-minute rounds with a 30-second break between rounds. The winner will be determined by the highest score or the first competitor to reach a 12-point gap after the end of the first round.
- III.B.4.c.** In the event of a tie, an untimed Golden Round will occur; the first competitor scoring a point will win the match.

### **III.B.5. Point Scoring**

- III.B.5.a.** Competitors have the option to compete with one or two hands on the weapon at any time
- III.B.5.b.** Three points will be awarded for a head strike (not to include the neck)
- III.B.5.c.** Two points will be awarded for a strike to the trunk
- III.B.5.d.** 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)
- III.B.5.e.** To temporarily halt the match for a point call:
- III.B.5.e.1.** 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."
- III.B.5.e.2.** When using one Referee and two Judges upon his own command for "Judges' Call" the Referee shall indicate their vote for points by extending the appropriate arm, with the number of fingers extended to indicate their score in the direction of the competitor who he/she thinks scored a valid point.
- III.B.5.e.3.** When using one Referee and three Judges, the Referee leaves his/her arms parallel to the floor and does not vote.
- III.B.5.e.4.** 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.
- III.B.5.e.5.** Upon verification that a point(s) was/were scored, the Referee will use the right hand for the Blue player and the left hand for the Red player; 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, two, or three fingers and announce the number of points to be awarded, Il-Jeom (one point), Ee-Jeom (two points) or Sam-Jeom (three points).

### **III.B.6. Warnings/Penalties/Disqualification**

- III.B.6.a.** Penalties will be worth one point to be awarded to the competitor against whom the violation was committed.
- III.B.6.b.** An accumulation of four penalties that caused a deduction of points will result in an automatic disqualification.
- III.B.6.c.** Penalty violations include:
- III.B.6.c.1.** Dropping a weapon during the match
- III.B.6.c.2.** Attacking an unarmed opponent
- III.B.6.c.3.** Causing an injury serious enough that the opposing competitor cannot continue the match (may be DQ as well).
- III.B.6.c.4.** Illegal techniques: striking the groin, striking the neck, sweeping, striking with the butt of the weapon, punching, kicking to head, legs, torso, or spine.
- III.B.6.c.5.** Unsportsmanlike conduct: profanity, disobeying a Referee, disrupting the competition either by coaches or support groups.

**III.B.6.c.6.** Running away to intentionally avoid the fight.

**III.B.6.c.7.** Penalties will be called and awarded in the same manner as Point Sparring.

### **III.C. Demo Team**

#### **III.C.1. Composition of Team**

**III.C.1.a.** A minimum of three (3) team members (any rank)

**III.C.1.b.** More than 75% of the Demo Team members must participate in individual event(s)

**III.C.1.c.** All Team members & volunteers must be current AAU members and be registered as a Team Members. No coaches or volunteers will be allowed on the floor during the Demo Team performance.

**III.C.2. Demo Time:** Maximum two (2) minutes set up, maximum six (6) minutes performance, maximum two (2) minutes for cleanup

**III.C.3. Judging Criteria:** 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. Demo Team performance criteria must include elements from forms/poomsae, board breaking, and self-defense.

#### **III.C.4. Scoring**

**III.C.4.a.** Each Judge will provide three (3) sets of scores with a maximum of ten (10) points for originality, ten (10) points for technique, and ten (10) points for difficulty.

**III.C.4.b.** Five (5) Judges will score each performance, with the highest and lowest scores being excluded. Final score is cumulative. In case of a tie, all lowest scores will be added back in, then all highest scores will be added back in to break the tie.

**III.C.4.c.** Penalties: Exceeding time limit

**III.C.4.c.1.** Over six (6) minutes will be a five (5) point penalty from the overall score

**III.C.4.c.2.** Over six (6) minutes 30-second will be a ten (10) point penalty from the overall score

**III.C.4.c.3.** Over seven (7) minutes will be disqualified

### **III.D. Additional Information**

**III.D.1.** All props are subject to inspection of Chief Referee, and may be prohibited if deemed unsafe.

**III.D.2.** No jumping, flying, or going over individuals in any way will be allowed.

**III.D.3.** Normal uniform and equipment requirements are waived for demo competition and may be selected by the team.

**III.D.4.** Music and sound effects can be used.

**III.D.5.** Boards are to be purchased at the competition venue unless authorized by the tournament director and are the only type of breaking material allowed in the demonstration.

**III.D.6.** Handheld board holding poles and devices will be allowed as props for breaking (nothing can make contact with the floor).

**III.D.7.** Any music containing vulgarity or profanity is an automatic disqualification

**III.D.8.** Performance will be done in a matted ring on competition floor.

## **Article IV. Permitted Modifications for Local and Regional Tournaments**

**IV.A.** When local or regional licensed tournaments offer any of these events, the tournament director has the authority to modify the following rules:

**IV.A.1.** Systems of charting divisions (i.e. single elimination, double elimination, etc.)

- IV.A.2.** Methods of scoring (see above for different methods of scoring)
- IV.A.3.** Method athlete uses for music performance
- IV.A.4.** Type and sizes of boards athlete is required to break
- IV.A.5.** Number of attempts (breaking only)
- IV.A.6.** The use of spacers (breaking only)
- IV.A.7.** If competitors will be allowed to bring their own boards

## Para Taekwondo Division Rule Modifications

Para Taekwondo competition follows the same rules and equipment requirements as specified in current AAU Taekwondo Handbook with the following modifications:

**Para Point-Style Sparring** – Para Point-Style Sparring will no longer be offered as an event due to the inability to provide effective competition.

**Para Olympic-Style Sparring** – Para Olympic-Style Sparring will no longer be offered as an event due to the inability to provide effective competition.

## General Rules and Regulations for Para Traditional Forms/Patterns/Poomsae Competition

### Article I. Divisions

Divisions are defined in the AAU Taekwondo Policy Handbook

### 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.

**III.B.** Individual Scored Forms Competition

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

**III.B.2.** Points shall be awarded on a scale of 7.0 to 10.0 in tenths of a point (0.1) increments, 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.B.3.** Judges shall display the score of each competitor.

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

**III.B.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.B.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.B.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).

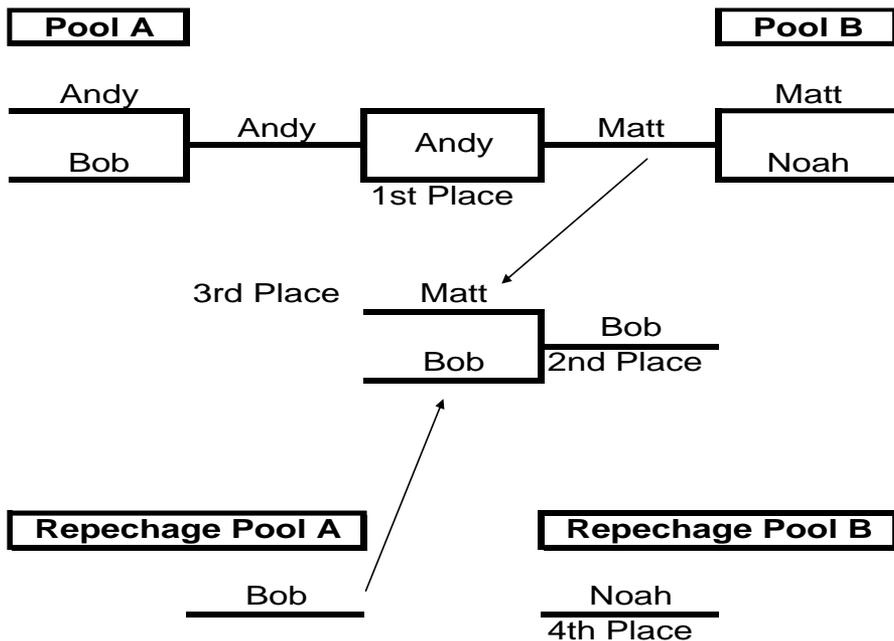
**III.B.8.** In the case of three Judges instead of five, the three Judges will be in an equilateral triangle with two at the front on either side of the head table and the third in the rear between the two back corners. The Referee will not Judge in this scenario. Because there are only three Judges, there will be no scores removed in calculating the competitor's final score.

## Brazilian Repechage Bracketing

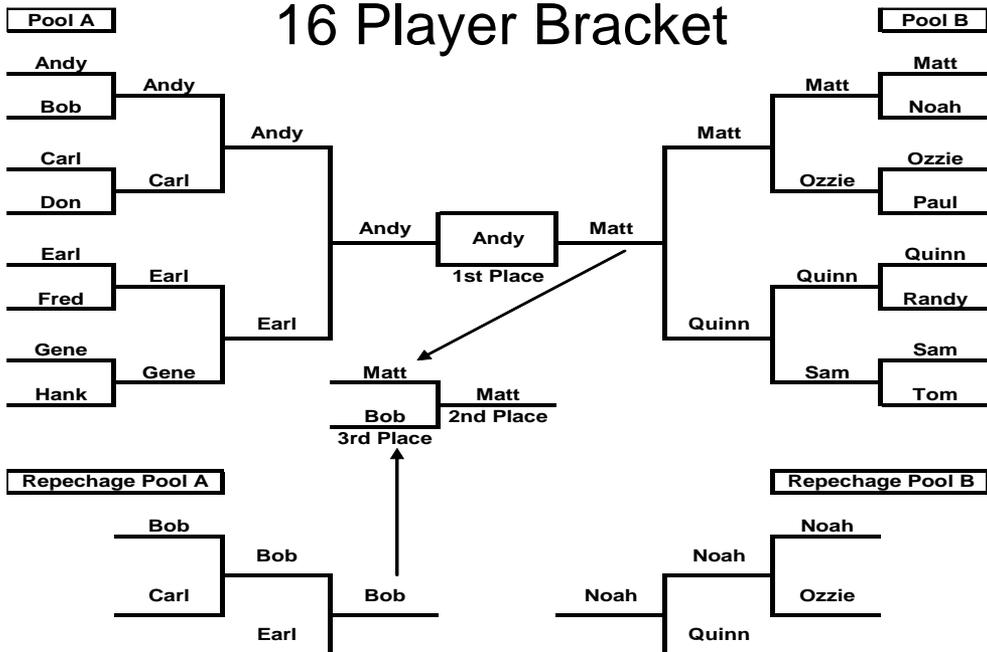
The most common forms of brackets are single and double elimination bracketing systems. Single elimination is the least time-consuming method of bracketing; however, if the 2 best competitors compete together early in the competition in a large bracket, the loser could be eliminated from any medal standing. 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.

The AAU program uses a form of bracketing called Brazilian Repechage for all types of forms competition as well as most Junior Olympic Games competition types, which operates under the basic concept that if a competitor loses to the 1<sup>st</sup> 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 examples 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



# Policy Book

## AAU TAEKWONDO 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.

##### National Sport Vice Chair

###### **Election and Removal of the National Sport Vice Chair**

1. The National Sport Vice Chair shall be elected by the National Sport Committee with the National Chair 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 Vice 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 Vice 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 Vice Chair**

1. Serve as senior member of Executive Committee.
2. Conduct the business of the Committee, subject to the Committee's operating rules.
3. Assist in preparation of budget which shall be reviewed and approved by the National Chair.
4. Act on behalf of the National Chairperson, should the National Chair be unable to perform their duties.

### **Executive Committee**

**Composition** - The AAU Taekwondo National Chair appoints all Executive Committee positions.

**Purpose** – The purpose of the Executive Committee is to assist the National Sport Chair in developing and administering the Taekwondo program. The Executive Committee will also maintain and update the Policy section of the Handbook.

### **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 and National Vice 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. Ten (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 established 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 0.5% (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 rules and make its recommendations to the National Sport Committee for final approval.

**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 Chief Referee Committee (CRC), 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**

### **Rule Changes**

Each year the AAU Taekwondo Program evaluates the rules of competition in order to determine if changes to the rules would create a better competition experience for the athletes. All categories of competition policies and procedures are considered. Change proposals may be submitted by the following individuals:

- National Sport Chair
- Chief Referee Committee (CRC)
- TRC Chair
- Regional Directors
- 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 handbook 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 its 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.

For Team Trials competition, the WT rules in place 30 days prior to the first day of competition will be used. The TRC, via conference call, may modify these rules. Any changes must be posted on the AAU Taekwondo website no later than 15 days before the first day of competition.

All rules/procedural changes must be presented to the TRC Chair in the proper format (see Page 97). The TRC Chair will review all change requests, consolidate duplications, sort them in a logical order following the order of the rulebook, prepare an appropriate presentation, and send them to all TRC members. The TRC Chair 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.

**Policy Changes** – All policy changes are made by the AAU Taekwondo Executive Committee. Suggestions can be sent to the TRC Chair who will forward them to the Executive Committee.

## 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:

- Answer any questions concerning the AAU Taekwondo program for the AAU
- Assist the Districts within their Region in organizing and conducting the District and Regional AAU Sports Taekwondo Program
- Conduct and Coordinate Regional Championships
- 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

- Conduct any Regional and/or National aspects of the Program on behalf of National AAU Taekwondo
- Coordinate the sports programs of the Districts to ensure that the best interest of the sport is served
- To ensure compliance to the Official Code of the Amateur Athletic Union, and to the Rules and Regulations of the National AAU Taekwondo Committee
- Promote Taekwondo throughout their Region
- Shall recommend Clinic Administrators to the Chief Referee Committee
- Shall ensure that the local Districts conduct championships in accordance with the guidelines of the National Taekwondo Sport Committee
- Shall work with District Sports Directors so as to facilitate growth and excellence in the 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 Chief Referee Committee.

## Officials Program Governance and Administration

**Chief Referee Committee (CRC)** – The Chief Referee Committee is appointed by the National Sport Chair and will oversee the education and management of the officials within the AAU Taekwondo official's program.

### **Purpose and Function.**

The Chief Referee Committee will carry out the duties of the Official's Program Administrator (OPA) to ensure the highest quality of officiating within the Program. The CRC may appoint individuals who will report to the Chief Referee Committee to assist with functions the OPA handles with regards to the Official's Program, but the CRC will be responsible for the oversight of delegations.

It shall be the responsibility of the Chief Referee Committee to continually evaluate the education and training of all AAU Taekwondo Officials and to continually make recommendations to the National Sport Chair as to how the Chief Referee Committee may enhance that training through innovative, educational programming.

The Chief Referee Committee shall also be responsible for supervising the officials at all national competitions.

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

- 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 to conduct local, regional and national competition.
- 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.
- 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.
- Work with the National Executive Committee to make sure that the Officials Program is being run effectively.

### **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 the National's Training Courses, offered at the National Championships for those working Nationals and AAU Junior Olympic Games for those working J.O.s, before they will be allowed to work either National event.

**Who is Authorized to Conduct Clinics** – Only certified Clinic Administrators and the Chief Referee Committee may conduct clinics. Clinic Administrators are appointed by the National Sports Chair upon the recommendation of the Chief Referee Committee. A complete list of clinic administrators is listed on the website at [www.aautaekwondo.org](http://www.aautaekwondo.org). All questions regarding clinics and Clinic Administrators should be directed to the Officials Program Administrator. Clinic Administrators are required to conduct at least one in person clinic in their District each year before qualifying tournaments begin. All officials must complete the Officials On-line Course either during the in-person clinic or before attending an in-person Hand Signals Clinic. During the Hand Signals Clinic, the officials will engage in practical, drill and situational exercise. Once this portion of the certification has been completed, the Clinic Administrator will certify to the Officials Program Administrator who has completed the certification/re-certification process. Virtual clinics may be conducted with the approval of the Chief Referee Committee, but are discouraged.

**When are Clinics Allowed to be Conducted** – Clinics cannot be held until the current year's 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' Clinics must be posted at [www.aautaekwondo.org](http://www.aautaekwondo.org) prior to the Clinic.

**Clinic Administrator Timelines** – The Clinic Administrator will provide the Officials Program Administrator all required information from the Official's Clinic as well as the Clinic Invoice no later than seven days after the clinic. The Clinic Administrator will transmit this electronically and notify both the Officials Program Administrator and the Chief Referee Committee with the information. A complete list of Officials that have completed the Officials Clinic will be posted at [www.aautaekwondo.org](http://www.aautaekwondo.org).

**What if Classification Isn't Kept Current** – All officials holding a classification of A, AA, or IR-A 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 B level official.

Participation within a two-year period at the AAU National Championships would be as follows:

- a. AA officials must work 5 days
- b. A and IR-A officials must work 4 days

**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, Regional and National level, as determined by the Tournament Head Referee or at the National level, the Chief Referee Committee.

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 Chief Referee Committee may waive time requirements.

To upgrade to a B or higher classification, the candidate must have successfully completed the annual On-Line Official's Course and Hand Signals Clinic, have worked the required number of licensed events, and then requested to be evaluated at the AAU National Championships. To be evaluated, an applicant must request to be reviewed for upgrade at the time of registering as an official for Nationals. 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. Class D officials may also be computer operators, scorekeepers, or timekeepers. 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, Regional, or National 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. Class C officials may also be computer operators, scorekeepers, or timekeepers. 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 Red/Brown 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 and must have been appointed by the Chief Referee Committee

### 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 as a C official. (The National being used to upgrade counts as one of the two Nationals.)
4. Minimum age of 18
5. Minimum rank of 1<sup>st</sup> Dan Black Belt
6. Must attend a yearly District/Regional Clinic and workshop
7. Must request to be evaluated at the AAU National Championships when registering for the event
8. Must pass written test and practical evaluation by an 80% combined score. Weighting of the written test shall be 30% and weighting of the practical evaluation shall be 70% of combined score. The Candidate must make a minimum of 70 on the written test. 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
9. Must work six AAU-licensed events as a Class C official. Each full day worked at a National tournament will be considered a licensed event.

### 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. Class 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. (The National being used to upgrade counts as one of the three Nationals.)
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. Weighting of the written test shall be 30% and weighting of the practical evaluation shall be 70% of combined score. The Candidate must make a minimum of 70 on the written test. 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 a minimum of four full days during the event with a minimum of one day for each type of competition
8. Must work 15 AAU-licensed events as a B official. Each full day worked at a National tournament will be considered a licensed event.

### **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. Ring Managers 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. (The National being used to upgrade counts as one of the five Nationals.)
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. Weighting of the written test shall be 30% and weighting of the practical evaluation shall be 70% of combined score. The Candidate must make a minimum of 70 on the written test. 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. Each full day worked at a National tournament will be considered a licensed event.

### **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:

- Is appointed by the tournament director of that event
- Cannot be the Tournament Director
- Must be a Clinic Administrator or be approved by the Chief Referee Committee
- Must obtain a listing of all officials prior to the tournament, confirm their classifications, and validate that they have taken a current officials' clinic.
- Must make ring assignments and manage any movement regarding those ring assignments
- Must evaluate all D officials wishing to upgrade to C after confirming their eligibility to upgrade
- Submit upgrade recommendations to the Officials Program Administrator within seven days of the event
- Submit a Head Referee report to the Chief Referee Committee within seven days of the event
- Mentor all lower level officials
- Preside over any coach's protests or complaints
- 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 Chief Referee Committee.

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

## General Competition Guidelines

### Officials' and Coaches' Attire:

#### All officials shall wear:

- Black slacks
- Official AAU Officials' Polo Shirt
- Black and/or white sneakers
- Black socks

#### All coaches shall wear:

- White or black dobok (uniform) pants or any ankle-length pants (no jeans)
- Official Blue AAU Coach's shirt (coach's shirt may not be modified in any way)
- Athletic sneakers (any color)

Coach credentials must be worn at all times and must be plainly visible.

### Qualifications for Officials and Coaches

In general, the contest shall be conducted by one Referee, two or three Judges and a Ring Manager (RM), along with the assistance of a computer operator. 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 Poomsae only without being AAU certified Officials. **Whether AAU certified or not, all officials must be AAU members for the current year.**

### Weigh-In

#### District and Regional Championships

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.

#### National Competitions

All competitors' weights must be verified within 48 hours of the start of the individual's sparring event day.

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.

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

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).

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

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.

## General Policy and Regulations for Point-Style Sparring

### Weight Charts:

#### 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

#### All Senior, Executive, Ultra and Diamond Divisions

MALE		FEMALE	
Division	Ages	Division	Ages
Senior	18–32	Senior	18–32
Executive	33 to 42	Executive	33 to 42
Ultra	43 to 52	Ultra	43 to 52
Diamond	53 & Up	Diamond	53 & 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

## **Duties of Officials (Referees, Judges, Ring Managers (RM), and Computer Operators)**

### **The Referee shall:**

- Make every effort to ensure the safety of the competitors
- Control the competition
- Physically inspect the competitors before the match
- 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)
- Call penalties, disqualifications and cast a vote for points
- Stop the timekeeper's clock when necessary
- Independently state his/her opinion about decisions, penalties, warnings, and the winner when requested by the Ring Manager and/or event Head Referee
- The Referee may stop the match due to a mismatch. This can be done without consultation of the Judges.
- Verify that the recorded scores are correct prior to the awarding of the match

### **The Judges shall:**

- Be positioned in each of the front two corners and assist the Referee as needed
- Cast a vote for point through the use of the flag or electronic controllers as each occurs.
- Indicate by use of hand signal when face contact is made upon request of Referee

### **The Ring Manager shall:**

- Consult with the Referee and Judges if necessary
- Inspect the scorecard for accuracy (when using paper scoring)
- Confirm the winner only on the basis of the scorecard and inform the Referee (when using paper scoring)
- In the case of questions, the Ring Manager should consult with the appropriate Judge or Referee
- 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)
- Oversee the computer operator/scorekeeper
- Manage the ring and mentor the officials
- Advance the winner on the bracket with the ID number and score for the match

### **The Computer Operator Shall Perform the Following Functions:**

- Shall follow instructions from the Referee to record penalties and keep time electronically
- Shall be responsible for keeping the official time by starting and stopping the clock on the Referee's orders, and for announcing the expiration of the official time period
  - NOTE: 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 if the penalty and point(s) occurred during regulation time.
- Shall keep a record of the results of each contest (win, loss)

## Official Signals and Language

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

### Referee

#### Before the Match:

**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). Competitors will enter the ring holding their headgear under their left arm.

**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.

**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 in the rulebook have been followed.

#### To Start the Match:

The Referee shall then assume a short front stance, left foot forward, and execute a chest level right knifehand downward strike between the opponents while commanding, *joon-bi* (ready).

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 *shijak* (begin).

#### To Temporarily Halt the Match:

The Referee shall announce *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.

#### To Temporarily Halt the Match for a Point Call:

The Referee shall say *kal-yeo* (break). Both competitors will remain at their current position. Upon *kal-yeo*, the Judges and the Referee shall indicate their vote as follows:

Judges must indicate by use of flags 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. Immediately upon the Referees *kal-yeo* command, Judges shall turn their flag to indicate which competitor they are voting for and extend 1, 2, or 3 fingers from the other hand to indicate the point(s) to be awarded.

The Referee, immediately following their *kal-yeo* command, shall indicate their vote for point by extending the appropriate arm (using 1, 2, or 3 fingers to indicate the point(s) to be awarded) in the direction of the competitor who he/she thinks scored a valid point.

Upon verification that a point(s) was/were scored, the Referee, using the right arm for the Blue player and the left arm for the Red player, will 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, two, or three fingers and announce the number of points to be awarded, Il-Jeom (one point) or Ee-Jeom (two points) or Sam-Jeom (three points).

#### **To Award a Kyong-go (Half-Point Penalty):**

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).

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).

#### **To Award a Gam-jeom (Full-Point Penalty):**

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).

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*.

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).

#### **To Continue the Match:**

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

#### **To Reverse a Violation Call:**

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).

#### **To End the Match:**

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.

### **To Award the Winner:**

Still standing between the two competitors and facing the computer operator, the Referee will drop both hands to 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*.

### **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 1<sup>st</sup> place to 4<sup>th</sup> place (or 3<sup>rd</sup> if awarding two third places), indicating where they should stand. The Referee will then announce the places starting with 4<sup>th</sup> place (or 3<sup>rd</sup> if awarding two third places) and ending with 1<sup>st</sup> place while extending the appropriate number of fingers over each competitor's head to indicate the place they won.

## **Judges**

### **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. The blue flag should always be held in or facing the Judge's right hand.

**To Make a Call:** The Judge(s) that presented their flags, signifying the intent to score a point(s), will upon the Referee's *kal-yeo* command, 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.

### **To Confer with the Referee:**

The Judge shall call out "Referee".

## **Awarding Points**

A majority of the officials must concur for a point(s) to be awarded. **All Point Sparring matches will use one (1) Referee and two (2) Judges. The Referee and Judges will score, points awarded will be the highest number agreed upon by two or more officials.**

Example: Judge 1 calls for 2 points blue and Judge 2 calls for 3 points blue; both Judges are calling for a minimum of 2 points blue, therefore 2 points will be awarded to blue.

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

## **General Policy and Regulations for Continuous Point-Style Sparring**

### **Weight Charts: Same as Point-Style Sparring**

### **Duties of Officials (Referees, Judges, Ring Managers (RM) and Computer Operators)**

#### **The Referee shall:**

- Make every effort to ensure the safety of the competitors
- Control the competition
- Physically inspect the competitors before the match
- 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)
- Call penalties and disqualifications
- Stop the timekeeper's clock when necessary
- Independently state his/her opinion about decisions, penalties, warnings, and the winner when requested by the Ring Manager and/or event Head Referee
- The Referee may stop the match due to a mismatch. This can be done without consultation of the Judges.
- Verify that the recorded scores are correct prior to the awarding of the match

#### **The Judges shall:**

- Be positioned in each of the front two corners and assist the Referee as needed
- Cast a vote for the round winner upon the Referee's "Judges Call" command

#### **The Ring Manager shall:**

- Consult with the Referee and Judges if necessary
- Inspect the scorecard for accuracy (when using paper scoring)
- Confirm the winner only on the basis of the scorecard and inform the Referee (when using paper scoring)
- In the case of questions, the Ring Manager should consult with the appropriate Judge or Referee
- 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)
- Oversee the computer operator/scorekeeper
- Manage the ring and mentor the officials
- Advance the winner on the bracket with the ID number and score for the match

#### **The Computer Operator Shall Perform the Following Functions:**

- Shall follow instructions from the Referee to record penalties and keep time electronically
- 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
  - o 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 if the penalty and point(s) occurred during regulation time.
- Shall keep a record of the results of each contest (win, loss)

## Official Signals and Language

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

### Referee

#### Before the Match:

**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). Competitors will enter the ring holding their headgear under their left arm.

**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.

**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 in this Rulebook have been followed.

#### To Start the Match:

The Referee shall then assume a short front stance, left foot forward, and execute a chest level right knifehand downward strike between the opponents while commanding, *joon-bi* (ready).

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 *shijak* (begin).

#### To Temporarily Halt the Match:

The Referee shall announce *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.

#### To Award a Kyong-go (Half-Point Penalty):

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).

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).

**To Award a Gam-jeom (Full-Point Penalty):**

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).

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*.

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).

**To Continue the Match:**

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

**To Reverse a Violation Call:**

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*).

**To End The Round**

The Referee shall say *keu-man* (stop) and command the competitors to return to their starting positions. The Referee shall return to their starting position, extend the palms downward and parallel to the floor at chest level, fingertips touching, and say "Judges Call." Upon their judges call command, the Referee shall cast their vote by pointing the competitor who they felt won that round. They shall use the right hand for *Chung* and the left hand for *Hong*. Once the votes have been totaled, the Referee shall point to the round winner (right for *Chung*, left for *Hong*) and announce *Chung* or *Hong*. Then, bringing that same hand towards the computer operator, hold up the index finger and announce *Il-Jeom*. The Referee shall then direct both competitors to their chairs using the appropriate hand signal for the rest period.

**To End the Match:**

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.

**To Award the Winner:**

Still standing between the two competitors and facing the computer operator, the Referee will drop both hands to 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*.

**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.

**Judges**

At the end of each round and upon the Referee's "Judges Call" command, the Judges shall flip the flag perpendicular to the floor. The color of the flag corresponding to the competitor that the Judge feels won the round will be pointed upward.

**To Confer with the Referee:**

The Judge shall call out "Referee".

**Awarding the Round**

A majority of the officials votes will determine the winner of each round. All Continuous Point Sparring matches will use one (1) Referee and two (2) Judges. The Referee and Judges will vote for the winner of each round. The winner will be the contestant that receives the most votes.

**Criteria used in determining each round winner:**

The Referee/Judges should base each round winner on who was the more dominant competitor for that round.

## General Policy and Regulations for Olympic-Style Sparring

### Weight (lbs) and Age Divisions in General

The 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.

**Note: The following charts are configured for KPnP PSS equipment only.**

### Weight Charts:

#### Ultra and Diamond Divisions (All Belts) – Ages 43 & Up

Gender	Div	Weight (In Kilograms)	Weight (in pounds)	Power Level / Hogu Size Blk	Power Level / Hogu Size Adv	Power Level / Hogu Size Int	Power Level / Hogu Size Nov
Male	Fly	Not Over 58	Not Over 127.9	18/3	18/3	17/3	16/3
Male	Feather	58.1 – 68.0	128.0 – 149.9	19/3	19/3	18/3	17/3
Male	Welter	68.1 – 80.0	150.0 – 176.4	21/4	21/4	20/4	19/4
Male	Middle	80.1 – 87.0	176.5 – 191.8	23/4	23/4	22/4	21/4
Male	Heavy	Over 87.0	Over 191.8	23/4	23/4	22/4	21/4
Female	Fly	Not Over 49	Not Over 108.0	15/2	15/2	14/2	13/2
Female	Feather	49.1 – 57.0	108.1 – 125.7	16/3	16/3	15/3	14/3
Female	Welter	57.1 – 67.0	125.8 – 147.7	17/3	17/3	16/3	15/3
Female	Middle	67.1 – 73.0	147.8 – 160.9	19/3	19/3	18/3	17/3
Female	Heavy	Over 73.0	Over 160.9	19/3	19/3	18/3	17/3

#### Executive Divisions (All Belts) – Ages 33 to 42

Gender	Div	Weight (In Kilograms)	Weight (in pounds)	Power Level / Hogu Size Blk	Power Level / Hogu Size Adv	Power Level / Hogu Size Int	Power Level / Hogu Size Nov
Male	Fly	Not Over 58.0	Not Over 127.9	18/3	18/3	17/3	16/3
Male	Feather	58.1 – 68.0	128.0 – 149.9	20/3	20/3	19/3	18/3
Male	Welter	68.1 – 80.0	150.0 – 176.4	22/4	22/4	21/4	20/4
Male	Middle	80.1 – 87.0	176.5 – 191.8	25/5	25/5	21/4	20/4
Male	Heavy	Over 87.0	Over 191.8	25/5	25/5	24/5	23/5
Female	Fly	Not Over 49	Not Over 108.0	15/2	15/2	14/2	13/2
Female	Feather	49.1 – 57.0	108.1 – 125.7	17/3	17/3	16/3	15/3
Female	Welter	57.1 – 67.0	125.8 – 147.7	19/3	19/3	18/3	17/3
Female	Middle	67.1 – 73.0	147.8 – 160.9	21/4	21/4	20/4	19/4
Female	Heavy	Over 73.0	Over 160.9	21/4	21/4	20/4	19/4

**Senior Black Belt Divisions – Ages 18 to 32**

<b>Gender</b>	<b>Division</b>	<b>Weight (In Kilograms)</b>	<b>Weight (in pounds)</b>	<b>Power Level / Hogu Size</b>
Male	Fin	Not Over 54	Not Over 119.0	18/3
Male	Fly	54.1 – 58	119.1 – 127.9	19/3
Male	Bantam	58.1 – 63	128.0 – 138.9	20/3
Male	Feather	63.1 – 68	139.0 – 149.9	21/4
Male	Light	68.1 – 74	150.0 – 163.1	22/4
Male	Welter	74.1 – 80	163.2 – 176.4	23/4
Male	Middle	80.1 – 87	176.5 – 191.8	25/5
Male	Heavy	Over 87	Over 191.8	27/5
Female	Fin	Not Over 46	Not Over 101.4	15/2
Female	Fly	46.1 – 49	101.5 – 108.0	16/2
Female	Bantam	49.1 – 53	108.1 – 116.8	17/3
Female	Feather	53.1 – 57	116.9 – 125.7	18/3
Female	Light	57.1 – 62	125.8 – 136.7	19/3
Female	Welter	62.1 – 67	136.8 – 147.7	20/3
Female	Middle	67.1 – 73	147.8 – 160.9	21/4
Female	Heavy	Over 73	Over 160.9	22/4

**Senior Novice, Intermediate, and Advanced Colored Belt Divisions – Ages 18 to 32**

<b>Gender</b>	<b>Division</b>	<b>Weight (In Kilograms)</b>	<b>Weight (in pounds)</b>	<b>Power Level / Hogu Size</b>	<b>Power Level / Hogu Size</b>	<b>Power Level / Hogu Size</b>
				<b>Advanced</b>	<b>Intermediate</b>	<b>Novice</b>
Male	Fly	Not Over 58	Not Over 127.9	18/3	17/3	16/3
Male	Feather	58.1 – 68	128.0 – 149.9	20/3	19/3	18/3
Male	Welter	68.1 – 80	150.0 – 176.4	22/4	21/4	20/4
Male	Heavy	Over 80	Over 176.4	25/5	24/5	23/5
Female	Fly	Not Over 49	Not Over 108.0	15/2	14/2	13/2
Female	Feather	49.1 – 57	108.1 – 125.7	17/3	16/3	15/3
Female	Welter	57.1 – 67	125.8 – 147.7	19/3	18/3	17/3
Female	Heavy	Over 67	Over 147.7	21/4	20/4	19/4

**Junior Black Belt Divisions — Ages 15 to 17**

Gender	Division	Weight (In Kilograms)	Weight (in pounds)	Power Level / Hogu Size
Male	Fin	Not Over 45	Not Over 99.2	14/2
Male	Fly	45.1 – 48	99.3 – 105.8	15/2
Male	Bantam	48.1 – 51	105.9 – 112.4	16/3
Male	Feather	51.1 – 55	112.5 – 121.3	17/3
Male	Light	55.1 – 59	121.4 – 130.1	18/3
Male	Welter	59.1 – 63	130.2 – 138.9	19/3
Male	Lt. Middle	63.1 – 68	139.0 – 149.9	20/4
Male	Middle	68.1 – 73	150.0 – 160.9	21/4
Male	Lt. Heavy	73.1 – 78	161.0 – 172.0	22/4
Male	Heavy	Over 78	Over 172.0	23/4
Female	Fin	Not Over 42	Not Over 92.6	13/2
Female	Fly	42.1 – 44	92.7 – 97.0	13/2
Female	Bantam	44.1 – 46	97.1 – 101.4	14/2
Female	Feather	46.1 – 49	101.5 – 108.0	15/2
Female	Light	49.1 – 52	108.1 – 114.6	16/3
Female	Welter	52.1 – 55	114.7 – 121.3	16/3
Female	Lt. Middle	55.1 – 59	121.4 – 130.1	17/3
Female	Middle	59.1 – 63	130.2 – 138.9	18/3
Female	Lt. Heavy	63.1 – 68	139.0 – 149.9	19/3
Female	Heavy	Over 68	Over 149.9	20/4

**Junior Novice, Intermediate and Advanced Colored Belt Divisions — Ages 15 to 17**

Gender	Division	Weight (In Kilograms)	Weight (in pounds)	Power Level / Hogu Size	Power Level / Hogu Size	Power Level / Hogu Size
				Advanced	Intermediate	Novice
Male	Fly	Not Over 48	Not Over 105.8	14/2	13/2	12/2
Male	Feather	48.1 – 55	105.9 – 121.3	16/3	15/3	14/3
Male	Welter	55.1 – 63	121.4 – 138.9	18/3	17/3	16/3
Male	Middle	63.1 – 73	139.0 – 160.9	20/4	19/4	18/4
Male	Heavy	Over 73	Over 160.9	22/4	21/4	20/4
Female	Fly	Not Over 44	Not Over 97.0	13/2	12/2	11/2
Female	Feather	44.1 – 49	97.1 – 108.0	14/2	13/2	12/2
Female	Welter	49.1 – 55	108.1 – 121.3	16/3	15/3	14/3
Female	Middle	55.1 – 63	121.4 – 138.9	17/3	16/3	15/3
Female	Heavy	Over 63	Over 138.9	19/3	18/3	17/3

**Cadet Black Belt Divisions — Ages 12 to 14**

Gender	Division	Weight (In Kilograms)	Weight (in pounds)	Power Level / Hogu Size
Male	Fin	Not Over 33	Not Over 72.8	11/1
Male	Fly	33.1 – 37	72.9 – 81.6	12/1
Male	Bantam	37.1 – 41	81.7 – 90.4	13/2
Male	Feather	41.1 – 45	90.5 – 99.2	13/2
Male	Light	45.1 – 49	99.3 – 108.0	14/2
Male	Welter	49.1 – 53	108.1 – 116.8	15/3
Male	Lt. Middle	53.1 – 57	116.9 – 125.7	16/3
Male	Middle	57.1 – 61	125.8 – 134.5	17/3
Male	Lt. Heavy	61.1 – 65	134.6 – 143.3	18/3
Male	Heavy	Over 65	Over 143.3	19/4
Female	Fin	Not Over 29	Not Over 63.9	10/1
Female	Fly	29.1 – 33	64.0 – 72.8	11/1
Female	Bantam	33.1 – 37	72.9 – 81.6	12/1
Female	Feather	37.1 – 41	81.7 – 90.4	13/2
Female	Light	41.1 – 44	90.5 – 97.0	13/2
Female	Welter	44.1 – 47	97.1 – 103.6	14/2
Female	Lt. Middle	47.1 – 51	103.7 – 112.4	15/2
Female	Middle	51.1 – 55	112.5 – 121.3	16/3
Female	Lt. Heavy	55.1 – 59	121.4 – 130.1	17/3
Female	Heavy	Over 59	Over 130.1	18/3

**Cadet Novice, Intermediate, & Advanced Colored Belt Divisions — Ages 12 to 14**

Gender	Division	Weight (In Kilograms)	Weight (in pounds)	Power Level / Hogu Size	Power Level / Hogu Size	Power Level / Hogu Size
				Advanced	Intermediate	Novice
Male	Fly	Not Over 37	Not Over 81.6	11/1	10/1	9/1
Male	Feather	37.1 – 45	81.7 – 99.2	13/2	12/2	11/2
Male	Welter	45.1 – 53	99.3 – 116.8	14/2	13/2	12/2
Male	Middle	53.1 – 61	116.9 – 134.5	16/3	15/3	14/3
Male	Heavy	Over 61	Over 134.5	18/3	17/3	16/3
Female	Fly	Not Over 33	Not Over 72.8	10/1	9/1	8/1
Female	Feather	33.1 – 41	72.9 – 90.4	12/1	11/1	10/1
Female	Welter	41.1 – 47	90.5 – 103.6	13/2	12/2	11/2
Female	Middle	47.1 – 55	103.7 – 121.3	15/2	14/2	13/2
Female	Heavy	Over 55	Over 121.3	17/3	16/3	15/3

**Mini Cadet Divisions (All Belts) — Ages 10 to 11**

Gender	Div	Weight (In Kilograms)	Weight (in pounds)	Power Level / Hogu Size			
				Blk	Adv	Int	Nov
Male	Fly	Not Over 29	Not Over 64	10/1	10/1	9/1	8/1
Male	Feather	29.1 – 35	64.0 – 77.2	10/1	10/1	9/1	8/1
Male	Light	35.1 – 40	77.3 – 88.2	11/2	11/2	10/2	9/2
Male	Middle	40.1 – 46	88.3 – 101.5	12/2	12/2	11/2	10/2
Male	L. Heavy	46.1 – 52	101.6 – 114.7	13/2	13/2	12/2	11/2
Male	Heavy	Over 52	Over 114.7	14/3	14/3	13/3	12/3
Female	Fly	Not Over 29	Not Over 64	10/1	10/1	9/1	8/1
Female	Feather	29.1 – 35	64.0 – 77.2	10/1	10/1	9/1	8/1
Female	Light	35.1 – 40	77.3 – 88.2	11/2	11/2	10/2	9/2
Female	Middle	40.1 – 46	88.3 – 101.5	12/2	12/2	11/2	10/2
Female	L. Heavy	46.1 – 52	101.6 – 114.7	13/2	13/2	12/2	11/2
Female	Heavy	Over 52	Over 114.7	14/3	14/3	13/3	12/3

**Youth Divisions — All Belts Ages 5 to 9 (Non-PSS Only)**

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

## Duties of Officials (Referees, Judges, Ring Managers and Computer Operators)

### The Referee shall:

- Control the competition
- Physically inspect the competitors before the match
  - 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.
- 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)
- Announce penalties and disqualifications and verbally announce invalid scores.
- Make every effort to ensure the safety of the competitors.
- Stop the timekeeper's clock when necessary
- Independently state his/her opinion about decisions, penalties, warnings, and the winner, when requested by the Ring Manager and/or event Head Referee
- The Referee may stop the match due to a mismatch. This can be done with or without consultation of the Ring Manager
- When using paper scoring, collect the scorecards from the Judges and submit them to the Ring Manager at the end of each round

### The Judges shall:

- When using three Judges, be positioned in an equilateral triangle, one on each front corner and one between the two remaining corners. When using two Judges, be positioned one at a front corner of the ring and the other at the opposite corner in rear of the ring.
- Record points, warnings, infractions, and disqualifications on the scorecard if using paper scoring. Score points with controllers when using electronic scoring.
- Deliver the completed scorecard to the Referee following the end of each round if using paper scoring
- State their opinions forthrightly when requested by the Referee, Ring Manager and/or Chief Referee Committee, or local Head Referee at local events

### The Ring Manager (RM) shall:

- Consult with the Referee and Judges if necessary
- If using PSS, complete the TA match paper.
- Inspect the scorecard and confirm the winner only on the basis of the scorecard and inform the Referee (when using paper scoring)
- In the case of questions, the Ring Manager should consult with the appropriate Judge or Referee
- 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)
- Oversee the computer operator/scorekeeper
- Manage the ring and mentor the officials
- Advance the winner on the bracket with ID number and score of the match

### The Computer Operator shall:

- Follow instructions from the Referee to record penalties and keep time electronically.
  - Upon the Referee's *kal-yeo* command, the computer operator will immediately stop time.
- Be responsible for keeping the official time and for announcing the expiration of the official time period

- **NOTE:** Although the Referee has not declared *keu-man*, the match shall be regarded as having ended when the prescribed time is over. Penalties and point(s) can be awarded after time as long as the penalty and point(s) occurred during regulation time.
- Keep a record of the results of each contest (win, loss).

## Official Signals and Language

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

### Referee

#### **Before the Match, the Referee Shall:**

**Call the Competitors:** Standing at his/her 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). Competitors will enter the ring holding their headgear under their left arm.

**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.

**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 of this Rulebook have been followed.

#### **To Start the Match:**

The Referee shall assume a front stance, left foot forward, and execute a chest level right knifehand downward strike between the opponents while commanding, *joon-bi* (ready).

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).

#### **To Temporarily Halt the Match:**

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.

#### **To Award a *Gam-jeom* (Full-Point Penalty):**

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

Next, the Referee will face the perpetrator of the offense, then place his/her right fist, forefinger extended behind his/her right ear, then point to the perpetrator's

forehead, extending the interior of the arm to 135 degrees, and acknowledge them with either *Chung* or *Hong*.

Next he/she will place his/her right fist, forefinger extended to his/her left shoulder, then point at the forehead of the pertinent competitor with arm fully extended, and declare *gam-jeom* (full-point penalty).

**To Continue the Match:**

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

**To End the Match:**

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.

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 Ring Manager. The Ring Manager then determines the winner and informs the Referee. The Referee then returns to his position in the center of the ring.

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.

**To Award the Winner:**

Still standing between the two competitors and facing the computer operator, he/she will drop both hands to 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*.

**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 1<sup>st</sup> place to 4<sup>th</sup> place (or 3<sup>rd</sup> if awarding two third places), indicating where they should stand. The Referee will then announce the places starting with 4<sup>th</sup> place (or 3<sup>rd</sup> if awarding two third places) and ending with 1<sup>st</sup> place while extending the appropriate number of fingers over each competitor's head to indicate the place they won.

## General Policy and Regulations for Traditional Forms/Patterns/Poomsae Competition (Sport Poomsae Rules on Website)

Competition Shall Be Divided by Age, Belt, and Gender in General. 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.

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

## Duties of Officials (Referees, Judges, Ring Managers and Computer Operators)

### The Referee Shall:

- Ensure all competitors are doing the correct form prior to the start of the division
- Give pre-competition instructions when necessary
- Control the entry and exit of the competitors on to and off of the mat
- Call scores from the Judges and announce the winner based on those scores
- Announce the match winners

### The Judges Shall:

- Be positioned in an equilateral triangle — one on each front corner and one between the two remaining corners
- Indicate their vote for winner through the use of the flag or electronic scoring implement upon the Referee's command
- Stand to indicate an opinion on an enhancement of a form, or illegal form immediately after the Referee awards the match

### The Ring Manager Shall:

- Consult with the Referee and Judges, if necessary
- Inspect the bracket for accuracy
- Confirm the winner only on the basis of the Referee's declaration and Judges' score
- In the case of questions, the Ring Manager should consult with the appropriate Judge or Referee
- Stand to indicate an opinion on an enhancement of a form, or illegal form immediately after the Referee awards the match
- Request arbitration if needed
- Oversee the computer operator/scorekeeper
- Manage the ring and mentor the officials
- Advance the winner on the bracket with the ID number and score of the match

### The Computer Operator Shall:

- Keep accurate brackets of each match, ensuring that the correct competitor is advanced
- Record the winner on the scoreboard
- Call the names of the competitors when indicated to do so by the Referee
- Complete the bracket sheet correctly showing 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place winners
- When using the scored method of competition, accurately enter each competitor's score and ensure correct totals.

## Official Signals and Language: Bracketed Forms Competition

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

### Referee

#### 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.

**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/she 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).

**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.

**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).

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

**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 competitors 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. If there are only two Judges, the Referee will vote by raising the arm for the appropriate competitor (right for Blue/Chung and left for Red/Hong) to a 90 degree angle and include their vote in with the two Judges.

**To Award the Winner:**

Still standing between the two competitors and facing the head table, the Referee will drop both hands to 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*.

**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 1<sup>st</sup> place to 4<sup>th</sup>, indicating where they should stand. The Referee will then announce the places starting with 4<sup>th</sup> place and ending with 1<sup>st</sup> place while extending the appropriate number of fingers over each competitor's head to indicate the place they won.

**Judges****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.

**To indicate that a form may have been enhanced:**

After the Referee's awarding the match, if a Judge feels a form may have been enhanced or is illegal (not allowed for the competitor's current rank), he/she shall stand up and kihap. Upon being questioned by the Center Referee. The Center Referee will consult with the Head Referee/Chief Referee Committee and the Judge will state their opinion as to why the form was enhanced or is illegal.

## **General Policy and Regulations for Para Taekwondo Competition**

### **Forms/Patterns Competition**

**Divisions:**

Besides age, belt and weight, competition shall also be divided by categories.

- **Level 1:** Competitors perform basic skills such as blocking, striking, and kicking techniques with direction from an instructor.
- **Level 2:** Competitors perform patterns with assistance from instructor.
- **Level 3:** Competitors perform patterns on their own.

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

### **Requirements**

All participants must be currently registered AAU members.

### **Eligibility for the National Championships**

#### **Competition is open to:**

Male and Female

All Belts

All Ages

Athletes must have participated in a District or Regional Qualifying Championship.

### **Eligibility for the AAU Junior Olympic Games**

#### **Competition open to:**

Male and Female

All Belts

Ages 5 to 24 (Para Taekwondo all ages)

Athletes must have participated in a District or Regional Qualifying Championship .

## Eligibility Requirements for AAU National Teams

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, International Point Sparring competitions and International Sport Poomsae competitions. The AAU Taekwondo program shall use December 31<sup>st</sup> as the age determining date for all competitions. Athletes shall compete during the entire calendar year at their age as of December 31<sup>st</sup> of that year.

For the four Olympic-Style 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 to 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.

### Requirements

All participants must be currently registered AAU members.

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.

### Team Types, Selection, and Benefits

#### Olympic-Style Sparring Team

##### Mini Cadet Team (10–11 Year Olds)

#### Selection Process

The 10–11 year-old Cadet Team will be comprised of those participants who place 1<sup>st</sup> at the current year’s AAU Taekwondo National Championships in the 10–11 year old Black Belt Olympic-Style sparring divisions.

#### Benefits

All 10–11 year-old Cadet Team members will receive an invitation to AAU National Team Training.

All 10–11 year-old Cadet Team members will receive a warm-up jacket.

#### Other Issues

All 10–11 year-old Cadet Team members attending the training must be accompanied by an adult.

All expenses to the training will be the responsibility of the team member.

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.

## **Cadet Team (12–14 Year Olds)**

### **Selection Process**

All 12–14 year-old participants who place 1<sup>st</sup> through 4<sup>th</sup> 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.

All 1<sup>st</sup> place competitors at Team Trials will be selected as 12–14 year-old Cadet Team members.

### **Benefits**

All 12–14 year-old Cadet Team members will receive an invitation to AAU National Team Training **which they must attend**.

All 12–14 year-old Cadet Team members traveling with the team will receive financial support including transportation stipend, lodging, and entry fee.

All 12–14 year-old Cadet Team members will receive a team warm-up jacket, uniform, and gear or bag.

### **Other Issues**

It is mandatory that all 12–14 year-old Cadet Team members traveling with the team be accompanied by an adult.

## **Junior Team (15–17 Year Olds)**

### **Selection Process**

All 15–17 year-old participants who place 1<sup>st</sup> through 4<sup>th</sup> 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.

All 1<sup>st</sup> place competitors at Team Trials will be selected as 15–17 year-old Junior Team members.

### **Benefits**

15–17 year-old Junior Team members will receive an invitation to AAU National Team Training which they must attend.

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

All 15–17 year-old Junior Team members will receive a team warm-up jacket, uniform, and gear or bag.

## **Senior Team (18–32 Year Olds)**

### **Selection Process**

All 18–32 year-old (or older if they chose to compete in the senior division at Nationals) participants who place 1<sup>st</sup> through 4<sup>th</sup> at the current year's AAU Taekwondo National Championships in the 18–32 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.

All 1<sup>st</sup> place competitors at Team Trials will be selected as the 18–32 year-old Senior Team members.

### **Benefits**

All Senior Team members will receive an invitation to AAU National Team Training.

All 18–32 year-old Senior Team members traveling with the team will receive financial support including transportation stipend, lodging, and entry fees.

All 18–32 year-old Senior Team members will receive a warm-up jacket, uniform, and gear or bag.

### **Current Cadet and Junior Team Members (In good standing)**

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.**

## **Point-Style Sparring Team**

### **Selection Process**

Point-Style Sparring Team Members shall be determined at the National Championship by virtue of capturing the 1st Place Gold Medal in single elimination competition for 10-11, 12-13, 14-15, 16-17, 18-32, Executive/Ultra/Diamond (33+) Black Belts. (Continuous Point Sparring Not Eligible)

### **Benefits**

All point sparring team members will receive a warm-up jacket.

Entry fees to a minimum of one event per year will be paid for each point sparring team member.

## **Traditional Forms Team**

### **Selection Process**

All Traditional Forms National Team Members will be determined at the National Championship. To become the Team Member for your age and gender, you must compete in:

- Two of Three Styles (ITF, TSD, WT)  
AND
- Open Traditional

Points will be awarded for all medals as follows:

- 10 points for Gold
- 5 points for uncontested Gold
- 6 points for Silver
- 4 points for Bronze

Ties will be decided by the individual who faced highest total number of competitors.

Eligible team spots will be 10-11, 12-13, 14-15, 16-17, 18- 32, 33-42, 43+ year-old Black Belts.

### **Benefits**

All traditional forms team members will receive a warm-up jacket.

Entry fees to a minimum of one event per year will be paid for each traditional forms team member.

## **Sport Poomsae Team**

### **Teams**

Black Belts (Male & Female) - Individual Poomsae  
10-11, 12-14,15-17, 18-30, 31-40, 41-50, 51-60, 61-65

Black Belts (Male & Female) - 3-Person Team Poomsae  
10-11, 12-14,15-17, 18-30, 31+

Black Belts (Mixed Pair Competition)  
10-11, 12-14,15-17, 18-30, 31+

### **Selection Process**

All Sport Poomsae Team Members shall be determined at the National Championship by virtue of capturing the 1st Place Gold Medal in Individual, Pairs, and Teams divisions.

### **Benefits**

All Sport Poomsae team members will receive a warm-up jacket.

Entry fees to a minimum of one event per year will be paid for each Sport Poomsae team member.

## **Other Matters**

AAU Taekwondo Olympic-Style Team Trials Competition shall be conducted using round robin format.

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 winners may be required to audition their proficiency before a panel chosen by the National Head Coach.

## **Responsibility of All AAU Taekwondo Team Members**

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 Selection process.

## Other Matters

### Guidelines for Officials' Decisions, Protest Procedures and Competition Proceedings

#### Officials' Decisions

Officials' 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 Traditional Forms, 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 Ring Manager. The arbiter(s) may also call upon the Referee and/or Judges in order to settle the dispute.

#### Competition Proceedings

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.

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

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

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

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/she is allowed to take one step only into the ring and announce to the Referee, "I wish to protest this match."

Coaches **MUST** be in their proper chairs **PRIOR** to the beginning of a match and are required to remain seated. Coaches may come into a chair if the match has begun once approved by the RM. Coaches may switch out during a match only once when approved by the RM. Only the coach that is in the chair at the end of the match may file a protest and the protest may only be for the time that they were in the chair. A coach is **NOT** mandatory for competition. However, if an athlete does not have a coach, no protests will be allowed.

#### Disciplinary Reviews at National Events

The AAU National Sport Chair, and/or the Chief Referee Committee 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.

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.

#### Potential Violations of Conduct by a Competitor, Coach, Official, or Staff Member:

- 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
- Throwing his/her belongings (headgear, groves, etc.) as an expression of dissatisfaction with decision
- Not leaving the competition area after the end of a match
- Not returning to a match after the Referee's repeated command
- Not complying with the competition official's ruling or command
- Manipulation of scoring equipment, sensors and/or any part of PSS equipment
- Any serious unsportsmanlike behavior during a match or aggressive misconduct toward competition officials
- Complaining about and/or arguing against an official's decision during or after a round.
- Arguing with the Referee or other official(s)
- Violent behavior or remark toward officials, opponents or the opposing side, or spectators during a match
- Provoking spectators or spreading false rumors
- Instructing athlete(s) to participate in misconduct, such as remaining in the competition area after a match or refusing to bow.
- Violent behavior such as throwing or kicking personal belonging(s) or competition material(s).
- Not following instructions of competition officials to leave the field of play or venue
- Any other serious misconduct toward competition officials
- Any attempt to bribe competition officials
- Not abiding by policies set forth by AAU Rules and Regulations and/or the AAU Taekwondo competition rules
- Accepting bribes for special judgment toward (either favorable or unfavorable) an athlete

### 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:

- Disqualification of the athlete
- Warning and order to issue official apology
- Removal of Accreditation (official credentials)
- Ban from the competition venue
  - Ban for the day
  - Ban for the duration of the Championships
- Cancellation of Result
  - Cancellation of the match result and all related merits
- Suspension of an athlete, coach, and/or team official from all AAU TKD activities
  - Six-month suspension
  - One-year suspension
  - Two-year suspension

- 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.

# 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:

Ring Manager \_\_\_\_\_

Referee \_\_\_\_\_

Corner 1 \_\_\_\_\_

Corner 2 \_\_\_\_\_

Corner 3 \_\_\_\_\_

Corner 4 \_\_\_\_\_

Reason for Arbitration Decision:

Was protest upheld?     Yes     No

Arbitration Member(s)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 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	One Point
Ee Jeom	E Jum	Two Points
Sam Jeom	Som Jum	Three Points
Sa Jeom	Sa Jum	Four Points
O Jeom	O Jum	Five 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 Gan	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

## Submitting Rule Changes to the AAU TKD Handbook

The TRC Chair will set deadline dates for rule change proposals to be submitted and alert all TRC members regularly of those deadlines. 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 special/keep source formatting 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. If working with a very large section of the book, you need only copy the Article and section numbers making sure that anything being changed is included, but it is not necessary to include several pages if what you are working with is that long.

**Remember that these are examples only and may not reflect actual pages or Articles in the actual handbook.**

### (Example 1)

#### Submitted by: Ozark District

Section in Handbook: Olympic Style Sparring page 28

Justification for change: Many people like to use some kind of headband or doo-rag to keep the sweat out of their eyes. The connotation of 'gangs' or 'wearing colors of other nations' isn't really relevant enough to keep this arcane rule in play.

## **Article IV. Duties of Officials (Referees, Judges, Ring Managers and Computer Operators)**

### Current Rule:

#### **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.

**Change to:****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.~~ **Religious headwear and long hair shall be worn under the headgear and inside the uniform and shall not cause harm or obstruct the opposing competitor.**

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