

AMATEUR ATHLETIC UNION TAEKWONDO



2025 - 2026 AAU TAEKWONDO HANDBOOK



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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/Breaking/Weapons

- Traditional Forms/Patterns (WT-Style Sport Poomsae standards do not 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)
- Team Forms (see the Team Forms section of this handbook)

Traditional Sparring

- Point Sparring
- Continuous Point Sparring

Olympic-Style Sparring (WT standards apply)

Sport Poomsae (WT Sport Poomsae standards apply)

- Individual
- Pair
- Team
- Free Style

Para Tae Kwon Do (see Para Tae Kwon Do)

Article II. General Guidelines for Divisions and Age Categories

A. <u>Division</u>	<u>Ages</u>
Youth	5 - 17
Senior	18 - 32
Executive	33 - 42
Ultra	43 - 52
Diamond	53 - 62
Elite	63 & Up

II.B. **Youth Divisions.** All 5 - 17 years 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

II.G.1 Olympic Sparring

II.G.1a. Cadets: 12 - 14 years old Black Belts

II.G.1b. Juniors: 15 - 17 years old Black Belts

II.G.1c. Seniors: 18 - 32 years old Black Belts

II.G.2 Sport Poomsae

II.G.2a - TBA

II.G.3 Point Sparring

II.G.3a - TBA

II.H. Team Trial Age Group Considerations, Olympic Sparring. At the AAU TKD National Championship competition, Black Belt competitors in the 10 - 11, 12 - 14, or 15 - 17 years old age groups will not be required to move up to the next age group for Team Trials consideration.

II.H.1.Olympic Sparring. All Black Belt AAU National Team members who will be aging up in the following calendar year are eligible to participate in the AAU Team Trials, provided they compete in that year's AAU National Championships. This eligibility includes members of the 10–11 year-old Youth Team.

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.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, Camo, 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 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.

IV.H. 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.

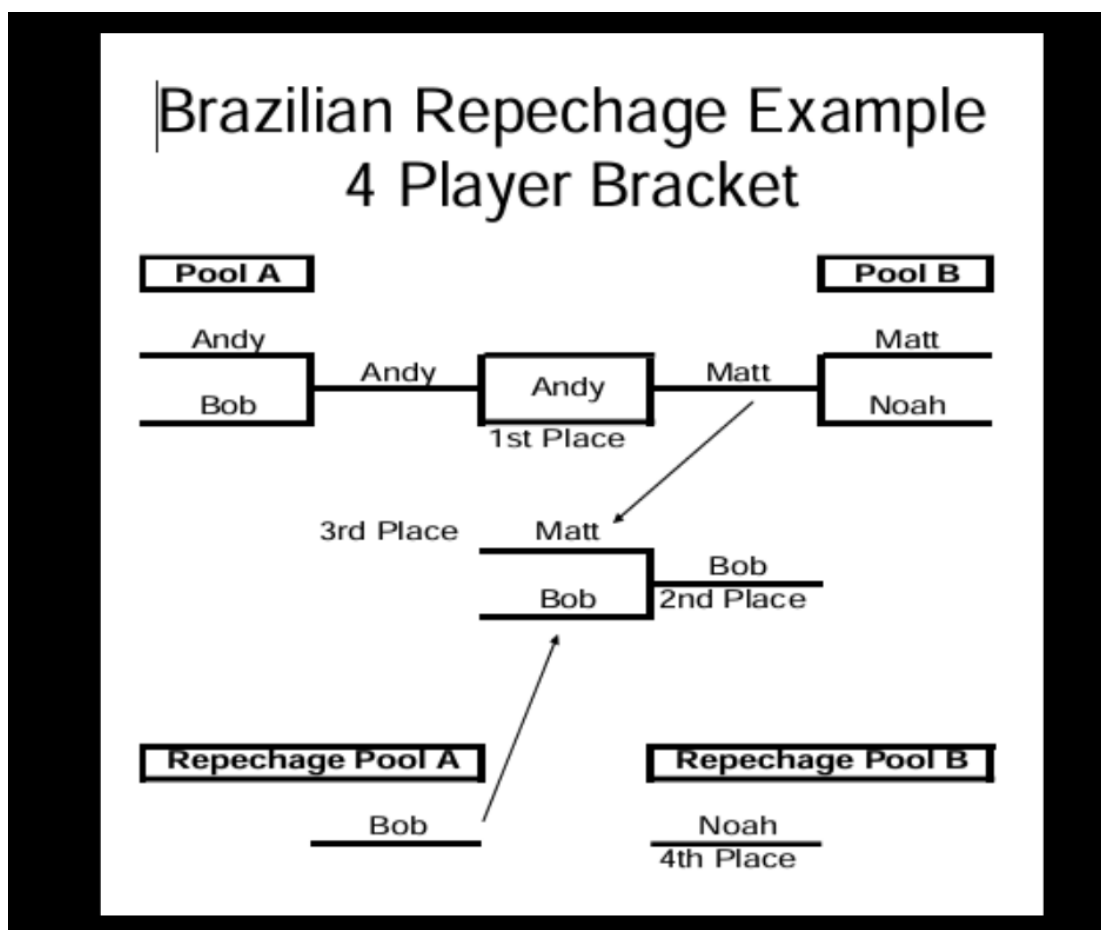
VI.B. All qualifying events must identify all athletes who competed in a division for purposes of qualifying athletes for national competitions.

VI.C. A "bye" system shall be used at all championships, which guarantees four semifinalists. All byes shall be awarded during the first round of competition.

Brazilian Repechage

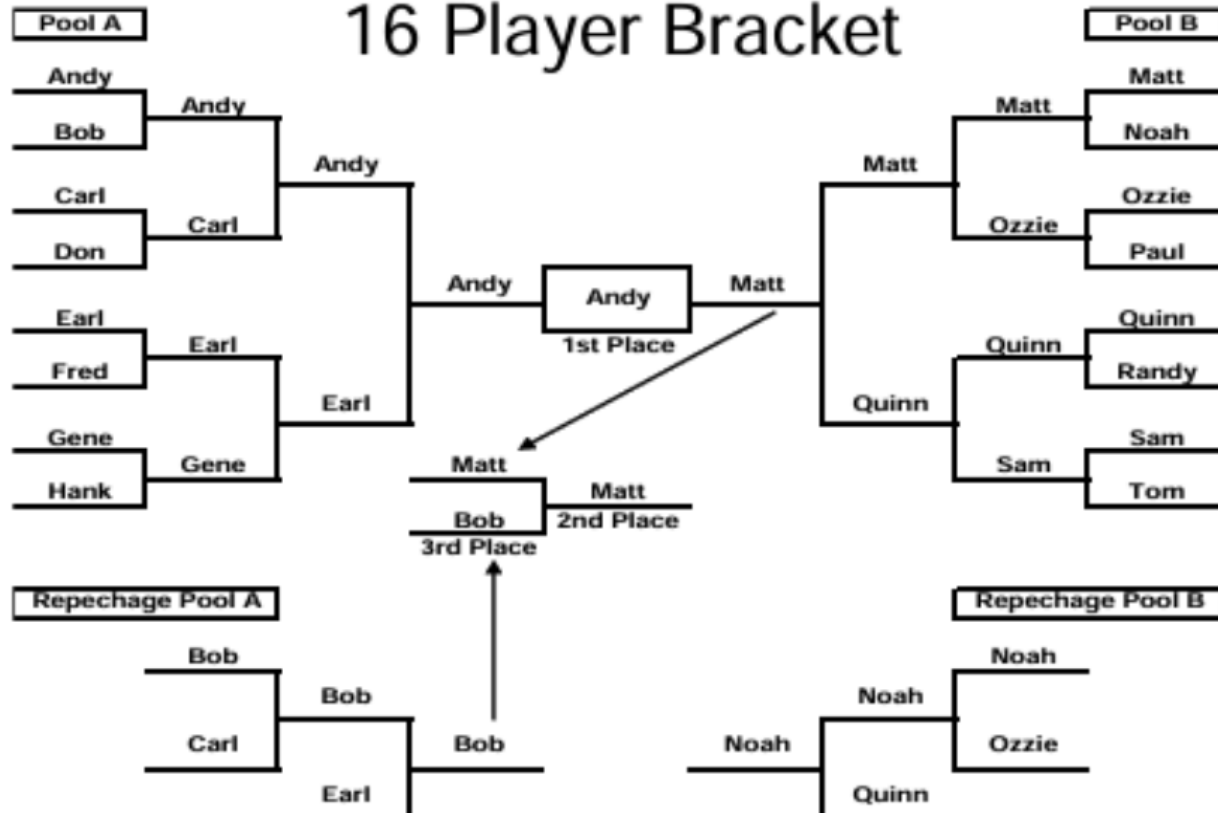
The most common forms of brackets are single and double elimination bracketing systems. Single elimination is the least time-consuming method of bracketing; however, if the 2 best competitors compete together early in the competition in a large bracket, the loser could be eliminated from any medal standing. A 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 1st place competitor, that competitor will get a chance to reclaim 2nd place, no matter where in the bracket they lost. The top portion of a bracket must be completed prior to beginning the bottom portion of the bracket. The top portion of the bracket determines only the 1st place competitor in the division. The bottom portion of the bracket decides who will compete against the loser of the top bracket for 2nd and 3rd place. In the 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

16 Player Bracket



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 Head Referee will provide a ruling.

VIII.C. 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 Head Referee for a ruling.

General Competition Guidelines

Officials' and Coaches' Attire

All officials shall wear:

- Black slacks
- Official AAU Officials' Polo Shirt
- White sneakers
- White 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 24 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 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.

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 31st as the age determining date for all competitions. Athletes shall compete during the entire calendar year at their age as of December 31st of that year.

For the four(4) 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. The athletes do not have to advance to a higher age group during the National Championship or Team Trials events.

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.
- 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 Teams

Youth Team (10 – 11 Years Old) Selection Process

- The 10 - 11 years old Youth Team will be composed of those participants who place 1st at the current year's AAU Taekwondo National Championships in the 10 - 11 years old Black Belt Olympic-Style sparring divisions.

Benefits

- All 10 - 11 years old Youth Team members will receive an invitation to AAU National Team Training.
- All 10 - 11 years old Youth Team members will receive a warm-up jacket.

Other Matters

- All 10 - 11 years old Youth 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 years old must compete in the 10 - 11 years old age group. They may not move up to the 12-14 age group.

Cadet Team (12 – 14 Years Old) Selection Process

- All 12 - 14 years old participants placed 1st through 4th at the current year's AAU Taekwondo National Championships in the 12 - 14 years old Black Belt.
- Olympic style sparring divisions will receive an invitation to the AAU National Team Trials competition along with the current team members in good standing.
- All 1st place competitors at Team Trials will be selected as 12 - 14 years old Cadet Team members.

Benefits

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

- All 12 - 14 years old Cadet Team members traveling with the team will receive financial support including transportation stipend, lodging, and entry fee. All 12 - 14 years old Cadet Team members will receive a team warm-up jacket, uniform, and gear or bag.
- Former members of the previous year's Cadet Team, as well as Youth Team members who have aged into the 12-14 division, are eligible to participate in the current year's team trials, provided they have competed in the current National Competition.

Other Matters

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

Junior Team (15 - 17 Years Old) Selection Process

- All 15 - 17 years old participants placed 1st through 4th at the current year's AAU Taekwondo National Championships in the 15 - 17 years old Black Belt.
- Olympic style sparring divisions will receive an invitation to the AAU National Team Trials competition along with the current team members in good standing.
- All 1st place competitors at Team Trials will be selected as 15 - 17 years old Junior Team members.

Benefits

- 15 - 17 years old Junior Team members will receive an invitation to AAU National Team Training which they must attend.
- All 15 - 17 years 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 years old Junior Team members will receive a team warm-up jacket, uniform, and gear or bag.

Senior Team (18 - 32 Years Old) Selection Process

- All 18 - 32 years old (or older if they chose to compete in the senior division at the Nationals) participants placed 1st through 4th at the current year's AAU Taekwondo National Championships in the 18 - 32 years 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 1st place competitors at Team Trials will be selected as the 18 - 32 years old Senior Team members.

Benefits

- All Senior Team members will receive an invitation to AAU National Team Training.
- All 18 - 32 years old Senior Team members traveling with the team will receive financial support including transportation stipends, lodging, and entry fees.
- All 18 - 32 years 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 applications 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 the 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 Teams

- Black Belts, Male & Female Individual - (10 - 11, 12 - 14, 15 - 17, 18 - 30, 31 - 40, 41 - 50, 51 - 60, 61 - 65)
- Black Belts, Mixed Pair - (10 - 11, 12 - 14, 15 - 17, 18 - 30, 31+)
- Black Belts, Male & Female 3 Person Team - (10 - 11, 12 - 14, 15 - 17, 18 - 30, 31+)

Selection Process

- All Sport Poomsae Team Members shall be determined at Team Trials*

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 prospective Team Members prior to participation in the Team Selection process.

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 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, summon 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 the 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 an 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.

General Rules and Regulations for Point-Style Sparring

Article I. Protective Equipment

I.A. Mandatory. All competitors must wear:

I.A.1. A mouth guard. Must be clear or white. Athletes with dental braces must wear special mouth guards 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 competitions. 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 gam-jeom (full-point) 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 Height (Tall and Short) 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 Height CLASS offerings.

IV.A. Competition shall be divided by Age, Belt, and Height (Tall and Short), 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.

Article V. Duration of Competition

V.A. All matches will be 2 rounds, One minute and 30 seconds running time with a 30 second coaches break to coach their competitors or a 10-point gap for the Black Belt divisions. All matches will be 2 rounds, One minute running time with a 30 second coaches break to coach their competitors or a 10-point gap for the Under Belts, or whichever occurs first. If the match runs the full two rounds minutes, the competitor ahead on score will be declared the winner.

V.A.1. If a match is tied at the end of the Second rounds , a Golden Round will determine the match. A competitor must win the Golden Round by the first competitor to score.

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. Two points shall be awarded for any valid foot technique to the legal body and head area.

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

IX.F. 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 timeout) 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, competitors 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 gam-jeom (full-point) 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 (1) 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 Warnings being committed simultaneously by the same competitor, the heavier penalty shall be declared.

XIV.C. Penalties are gam-jeom (full-point) penalties.

XIV.D. 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.E. Warnings.

XIV.E.1. Evading by turning the back to the opponent

XIV.E.2. Falling down (if a 3-point head kick is scored, the Referee will not give a penalty for falling down

XIV.E.3. Avoiding the match

XIV.E.4. Making contact with an unauthorized implement

XIV.E.5. Grabbing, holding or pushing the opponent

XIV.E.6. Pretending injury

XIV.E.7. Crossing the boundary line with two feet touching the mat

XIV.E.8. Uttering undesirable remarks or misconduct

XIV.F. Gam-jeom Penalties (Full-Point Penalties)

XIV.F.1. Attacking the opponent after kal-yeo

XIV.F.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.F.3. Making non-incidental contact to an illegal target area

XIV.F.4. Excessive contact (may also result in disqualification)

XIV.F.5. Interrupting the progress of the match on the part of the competitor or coach.

XIV.F.6. Attacking the fallen opponent

XIV.F.7. Uncontrolled attack

XIV.F.8. Violent or extreme remarks or behavior on the part of the competitor or coach.

XIV.G. 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.H. Any full-point penalties, which brings the total of full penalty points to five (5), shall cause that competitor to be declared the loser.

XIV.I. Automatic Disqualification

XIV.I.1. Injuring the opponent's face or neck*

XIV.I.2. Injuring the opponent by a malicious or excessive attack**

XIV.I.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.I.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 match: 2

XV.B. Coach's appeal is limited to only (1) action per round 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. Only Black Belts for 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 (One Minute and 30 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 wins.

XVI.F.6. If, at the end of the final match the accumulated score is a tie, 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 or Tournament Director, along with a fee of \$100 (NO CASH ACCEPTED). The protest will be submitted on the official protest form (See Page 96). 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 Head Referee will be final and there will be no means of further appeal.

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
- 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 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 or 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 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 for a Point Call: The Referee shall say kal-yeo (break). Both competitors will return to the center of the mat to their original spots. Upon kal-yeo, the Judges and the Referee shall indicate their vote as follows:

- Judges must indicate by use of pointing their fingers whether a point(s) was scored and by which competitor. If a Judge sees a point, he/she must kihap and extend his/her Finger. Immediately upon the Referees kal-yeo command, Judges shall Point their Finger to indicate which competitor they are voting for and extend 1, 2, 3 or 4 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, 3 or 4 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 hand to point at the competitor who scored the point. And using the Left hand by extending either one, two, three or Four fingers and announce the number of points to be awarded, (one point) or (two points) or (three points) or (four points).

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.

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

To Temporarily Halt the Match for a Point Call: Returning to the center of the mat.

- The Judge shall ki-hap (yell) loudly. 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 Finger to a position parallel to the floor at chest level regardless of the number of other officials who do so.

To Make a Call: The Judge(s) that presented their fingers, signifying the intent to score a point(s), will upon the Referee's kal-yeo command, 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, three or four) 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 Point Sparring Weights

Weight Charts:

Ages 5-17 Youth Divisions

All	Male			Female		
	Ages	Weight Groups (Pounds)		Ages	Weight Groups (Pounds)	
	5	Light Heavy	45.0 & Under Over 45.0	5	Light Heavy	45.0 & Under Over 45.0
	6-7	Light Middle Heavy	Under 45.0 45.0-55.9 Over 55.9	6-7	Light Middle Heavy	Under 45.0 45.0-55.9 Over 55.9
	8-9	Light Middle Heavy	Under 60.0 60.0-70.9 Over 70.9	8-9	Light Middle Heavy	Under 60.0 60.0-70.9 Over 70.9
	10-11	Light Middle Heavy	Under 75.0 75.0-85.9 Over 85.9	10-11	Light Middle Heavy	Under 80.0 80.0-90.9 Over 90.9
	12-13	Light Middle Heavy	Under 100.0 100.0-115.9 Over 115.9	12-13	Light Middle Heavy	Under 105.0 105.0-120.9 Over 120.9
	14-15	Light Middle Heavy	Under 115.0 115.0-145.9 Over 145.9	14-15	Light Middle Heavy	Under 110.0 110.0-140.9 Over 140.9
	16-17	Light Middle Heavy	Under 135.0 135.0-165.9 Over 165.9	16-17	Light Middle Heavy	Under 115 115.0-145.9 Over 145.9

Senior, Executive 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.-125.9
Middle	156.0-185.9	Middle	126.0-155.9
Heavy	Over 185.9	Heavy	Over 155.9

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

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 five 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), ATA or GTA. Originating in these different organizations provides a recognized version of the form but allows for stylistic differences from school to school.

I.A.2. If a competitor holds a belt rank in multiple taekwondo styles, the competitor will compete in all divisions as the highest belt ranking they hold within the taekwondo styles at the time of the event.

Example: An athlete has a Yellow belt in Tang Soo Do and a 1st Dan Black Belt in ITF and a 3rd Dan Black Belt in WT, the athlete would compete as a 3rd Dan black belt in all events.

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 form competition.

Article II. Merits

Merit will be awarded based on 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

III.A.1 All methods of bracketed competition are allowed.

III.A.2. Qualifying tournaments will use a single elimination bracket system.

III.A.3. At National level competition, the Brazilian Repechage system and it will be used for black belts only. Color Belt divisions will use a single elimination format.

III.A.4. 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).

III.A.5. Position of the judges

III.A.5.a. 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.

III.A.5.b. 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.

III.A.5.c. Five judges, 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 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 ITF	Forms Originated in WT/WTF	Forms Originated in MDK/TSD/SBD	ATA GTA
Novice White, Yellow, Orange (6th–8th Gup)	Choon-Ji Dan-Gun Do-San	Pal Gwe 1–2 Taegeuk 1–2	Ki-Cho (KiBon) 1–3 Pyung-Ahn/Pinnan 1	Songahm 1–3
Intermediate Green, Purple, Blue (3rd–5th Gup)	Won-Hyo Yul Gok Joong-Gun Toi-Gye	Pal Gwe 3–6 Taegeuk 3–6	Ki-Cho (KiBon) 4–5 Pyung-Ahn/Pinnan 2–4	Songahm 4–5 In Wha 1–2
Advanced Red, Brown (1st–2nd Gup)	Hwa-Rang Choong-Moo	Pal Gwe 7–8 Taegeuk 7–8	Pyung-Ahn/Pinnan 5 Bassai (Dai & So)	Choong Jung 1–2
1st Dan	Kwang-Gae Po-Eun Ge-Baek	Koryo	Bassai (Dai & So) Naihanchi Cho Dan Jin Do	Shim Jun
2nd Dan	Eui-Am Choon-Jang Ko-Dang Juche	Keumgang	Naihanchi E Dan Naihanchi Sam Dan Lo-Hai/Ro-Hai	Jung Yul
3rd Dan	Sam-Il Yoo-Sin Choi-Yong	Taebaek	Kong Sang Koon Bassai (Dai & So) Sip Soo	Chung San
4th Dan	Yon-Gae Ul-Ji Moon-Moo	Pyongwon	Wang Shu	Sok Bong
5th Dan	So-San Se-Jong	Sip Jin	Ji-On Sei Shan	Chung Hae
6th Dan	Tong-Il	Jitae	O Sip Sa Bo	Jhang Soo
7th Dan		Chonkwon	Hwa Sun	Chul Joon
8th Dan		Hansu		Jeong Seung
9th Dan		Ilyeo		Un Nam

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. 1st Dan competitors may do ANY Form/Pattern listed for Advanced or 1st Dan ranks

IV.D.3. 2nd Dan through 9th Dan competitors may do ANY Black Belt Form/Pattern listed for ANY Dan rank up to and including their current rank. (Ex. A 3rd Dan competitor could legally do ANY of the 1st Dan, 2nd Dan, or 3rd 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 or Tournament Director, along with a fee of \$100 (No cash will be accepted). 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 or 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 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. The referee will then follow the same procedure for bowing out and declaration of winner.

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. Scoring 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 the 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 the 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. Competitors 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 the 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. Competitors 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 and Oar.

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 the 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 the 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 and Oar.

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



General Rules and Regulations for Breaking Competition

Article I: General Guidelines

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 the tournament committee/director. No boards sourced from a 3rd 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.

B. Competitors must provide their own board holders. All board holders must be either a coach or athlete registered for the tournament and are currently AAU members.

B.1. Attire for board holders is coach's attire or athlete's uniform/dobok.

C. 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.

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

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

F. 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.

G. Penalties may be assessed in the following situations:

G.1. Repetitive Timed Breaking

G.1.a. 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.

G.1.b. 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.

G.1.c. If the competitor breaks more than one board with a single strike, the break will be disqualified.

Breaking Competition Categories

A. Open Board Breaking

- A.1. Single Elimination Bracketed Format (unless designated otherwise by tournament director).
- A.2. Athletes compete in a side-by-side manner (superior technique advances to the next round).
- A.3. 90 seconds maximum setup/break time allowed per competitor.
- A.4. Maximum of 10 boards utilized is allowed per competitor, per round of competition.
- A.5. No forehead breaking, open flames, or bladed props may be used.
- A.6. No jumping/flying over people will be allowed.
- A.7. No spacers will be allowed.
- A.8. No direct elbow strikes will be allowed.
- A.9. Athlete technique will be judged based on the following criteria.
Technique, Focus, Balance, Power, and Creativity.
- A.10. For two competitors executing the same technique as part of competition.
- A.11. A break performed on the 1st try is superior to a break completed on the 2nd try.
- A.12. A two-board break is superior to a one-board break; a three-board break is superior to a two-board break.
- A.13. A break supported on one end (speed break) is superior to a break supported on both ends. (for same number of boards)

B. Speed Board Breaking

- B.1. Single Elimination Bracketed Format (unless designated otherwise by tournament director).
- B.2. Athletes compete in a side-by-side manner (superior technique advances to the next round).
- B.3. One Station per competitor.
- B.4. Board(s) must be supported by a maximum of one side.
- B.5. No spacers will be allowed.
- B.6. A maximum of three attempts per station is allowed.
- B.7. Athlete technique will be judged based on the following criteria.
Technique, Focus, Balance, Power, and Creativity.
- B.8. For two competitors executing the same technique as part of competition:
 - B.8.a. A break completed on the 1st try is superior to a break completed on the 2nd try.
 - B.8.b. 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.

C. Jumping & Flying Breaking

- C.1. Single Elimination Bracketed Format (unless designated otherwise by tournament director).
- C.2. Athletes compete in a side-by-side manner (superior technique advances to the next round).
- C.3. One Station per competitor.
- C.4. Technique must be executed with both feet in the air
- C.5. No spacers will be allowed.
- C.6. A maximum of three attempts is allowed.
- C.7. Athlete technique will be judged based on the following criteria.
Technique, Focus, Balance, Power, and Creativity.
- C.8. No jumping or flying over people will be allowed.
- C.9. For two competitors executing the same technique as part of competition:
 - C.9.a. A break completed on the 1st try is superior to a break completed on the 2nd try
 - C.9.b. 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.
 - C.9.c. Break supported on one end (speed break) is superior to a break supported on both ends. (for same number of boards)

D. Power Hand Breaking

- D.1. Single Break Format (unless designated otherwise by tournament director).
- D.2. Athletes must provide the number of boards they intend to break before breaking begins.
- D.3. One station per athlete.
- D.4. Acceptable techniques include fist, hammer fist, palm heel, knifehand, and ridgehand.
- D.5. Spacers are REQUIRED.
- D.6. 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.
- D.7. 90-second time limit for set up and break.
- D.8. One attempt is allowed.
- D.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.

E. Repetitive Timed Hand Breaking (Human Hold)

- E.1. Single break format: One (1) board per strike.
- E.2. Allowed hand techniques include Hammer, Knife, Ridge, Palm, Fist/Punch
- E.3. 10-board competition
- E.4. Maximum of two board holders and two feeders OR use of three cinder blocks with two feeders.
- E.5. Board Holders - must be AAU Members and registered as Board Holders, Coaches, or Athletes.
- E.6. Timed competition
 - E.6.a. Fastest competitor to break 10 boards wins gold
 - E.6.b. 2nd fastest competitor to break 10 wins silver
 - E.6.c. 3rd fastest competitor to break 10 wins bronze
 - E.6.d. 4th fastest competitor to break 10 wins bronze

F. Repetitive Timed Hand Breaking (Feeder System)

- F.1. Single break format: One (1) board per strike
- F.2. Allowed hand techniques include Hammer, Knife, Ridge, Palm, Fist/Punch
- F.3. 10-board competition
- F.4. Boards will be fed through a feeder system provided by the tournament organizing committee.
- F.5. Person feeding boards – must be an AAU Member and registered as a Board Holder, Coach, or Athlete.
- F.6. Timed competition
 - F.6.a. Fastest competitor to break 10 boards wins gold
 - F.6.b. 2nd fastest competitor to break 10 wins silver
 - F.6.c. 3rd fastest competitor to break 10 wins bronze
 - F.6.d. 4th fastest competitor to break 10 wins bronze

G. Power Axe Kick Breaking

- G.1. Single Break Format (unless designated otherwise by tournament director).
- G.2. One Station per competitor.
- G.3. Maximum of two board holders or use of four cinder blocks. Cinder blocks may not be used as stepping or launching platforms for competitors.
- G.4. Board Holders – Must be AAU Member and registered as Board Holder, Coach or Athlete.
- G.5. Acceptable techniques include axe kick (No stomp).
- G.6. Spacers are required (spacers will be provided by the organizing committee).
- G.7. 90 second time limit on set up and break.
- G.8. One attempt allowed.
- G.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.

H. Power Stomp Kick Breaking

- H.1. Single Break Format (unless designated otherwise by tournament director).
- H.2. One Station per competitor.
- H.3. Maximum of two board holders or use of four cinder blocks. Cinder blocks may not be used as stepping or launching platforms for competitors.
- H.4. Board Holders – Must be AAU Member and registered as Board Holder, Coach or Athlete.
- H.5. Acceptable techniques include downward stomp kick.
- H.6. Spacers are required (spacers will be provided by the organizing committee).
- H.7. 90 second time limit on set up and break.
- H.8. One attempt allowed.
- H.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.

I. Power Side/Back Kick Breaking

- I.1. Single Break Format (unless designated otherwise by tournament director).
- I.2. One Station per competitor.
- I.3. Maximum of two board holders or use of four cinder blocks.
- I.4. Board Holders – Must be AAU Member and registered as Board Holder, Coach or Athlete.
- I.5. Acceptable techniques include Side/Back Kick Breaking.
- I.6. Spacers are required (spacers will be provided by the organizing committee).
- I.7. 90-second time limit on set up and break.
- I.8. One attempt allowed.
- I.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.

J. Repetitive Timed Spin Hook Kick Breaking

- J.1. Single break format.
- J.2. The allowed technique is spinning hook kick.
- J.3. One board per strike.
- J.4. Maximum of two board holders with two feeders.
- J.5. Board Holders - must be AAU Members and registered as Board Holders, Coaches, or Athletes.
- J.6. 10-board competition.
- J.7. Timed competition.
- J.8. The fastest competitor to break 10 boards wins gold.
- J.9. 2nd fastest competitor to break 10 wins silver.
- J.10. 3rd fastest competitor to break 10 wins bronze.
- J.11. 4th fastest competitor to break 10 wins bronze.

K. Repetitive Timed Side Kick Breaking

- K.1. Single break format.
- K.2. Allowed technique is side kick.
- K.3. One board per strike.
- K.4. Maximum of two board holders with two feeders.
- K.5. Board Holders must be AAU Members and registered as Board Holders, Coaches, or Athletes.
- K.6. 10 board competition.
- K.7. Timed competition.
 - K.7.a. The fastest competitor to break 10 boards wins gold.
 - K.7.b. 2nd fastest competitor to break 10 wins silver.
 - K.7.c. 3rd fastest competitor to break 10 wins bronze.
 - K.7.d. 4th fastest competitor to break 10 wins bronze.

Other Events

A. Self Defense

- A.1. Single Elimination Format.
- A.2. One defender vs. one to four attackers will be permitted.
- A.3. Defense must be based on empty hand techniques.
- A.4. Attackers may attack with safety weapons (subject to inspection by Chief Referee).
- A.5. Judging criteria include Realism, Effectiveness, Difficulty & Variety of Techniques used.
- A.6. 90-second time limit.

B. Padded Weapons Sparring - Competitors must provide their own equipment and must pass Referee's weapon inspection.

- B.1. Required protective equipment:
 - B.1.a. Mouthguard.
 - B.1.b. Full headgear (red for red competitor and blue for blue competitor).
 - B.1.c. Competitors in Male Divisions must wear a groin cup and supporter inside the dobok.
 - B.1.d. Face Shield.

B.2. Optional equipment:

- B.2.a. Shin/instep pads.
- B.2.b Forearm pads.
- B.2.c Rib protector.
- B.2.d. Optional equipment should be worn under dobok.

B.3. Weapons that are approved for use – Competitors must provide their own weapons. Padded weapons must pass a Referee's inspection.

B.3.a. Padded Sword

- B.3.a.1. Long – Over 24 inches.
- B.3.a.2. Short – 24 inches or less.

B.3.b. Padded cane

- B.3.b.1. Long – Over 36 inches.
- B.3.b.2. Short – 36 inches or less.

B.3.c. Padded staff

- B.3.c.1. Long – Over 48 inches.
- B.3.c.2. Short – 48 inches or less.

B.4. Matches

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.

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.

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.

B.5. Point Scoring

B.5.a. Competitors have the option to compete with one or two hands on the weapon at any time

B.5.b. Three points will be awarded for a head strike (not to include the neck)

B.5.c. Two points will be awarded for a strike to the trunk

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)

B.5.e. To temporarily halt the match for a point call:

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."

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.

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.

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.

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), EeJeom (two points) or Sam-Jeom (three points).

B.6. Warnings/Penalties/Disqualification

B.6.a. Penalties will be worth one point to be awarded to the competitor against whom the violation was committed.

B.6.b. An accumulation of four penalties that caused a deduction of points will result in an automatic disqualification.

B.6.c. Penalty violations include:

B.6.c.1. Dropping a weapon during the match

B.6.c.2. Attacking an unarmed opponent

B.6.c.3. Causing an injury serious enough that the opposing competitor cannot continue the match (may be DQ as well).

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.

B.6.c.5. Unsportsmanlike conduct: profanity, disobeying a Referee, disrupting the competition either by coaches or support groups.

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

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

C. Demo Team

C.1. Composition of Team

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

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

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.

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

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.

C.4. Scoring

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.

C.4.b. Five (5) Judges will score each performance, with the highest and lowest scores being excluded. The 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.

C.4.c. Penalties: Exceeding time limit

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

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

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

C.5 Additional Information

C.5.a All props are subject to inspection of the Chief Referee and may be prohibited if deemed unsafe.

C.5. bNo jumping, flying, or going over individuals in any way will be allowed.

C.5.c Normal uniform and equipment requirements are waived for demo competition and may be selected by the team.

C.5.d Music and sound effects can be used.

C.5.e 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.

C.5.f Handheld board holding poles and devices will be allowed as props for breaking (nothing can make contact with the floor).

C.5.g Any music containing vulgarity or profanity is an automatic disqualification.

C.5.h Performance will be done in a matted ring on the competition floor.

D. Grassroots Sparring

D.1 Grassroots sparring will follow all rules and requirements of Olympic Sparring with the following exceptions:

D.1.a Headkicks will not be permitted for and Novice, Intermediate, or Advanced Divisions.

D.1.a.1 If a Black Belt is integrated into a lower division they will conform to the rules of that division

D.1.b Black Belts may use face shields for Grassroots Divisions

D.2 Competition Restrictions

D.2.a No Athlete may compete in both Grassroots and Olympic Sparring at any single event. These two events must always be exclusive. Any athlete or coach found to be competing in both may be disqualified from competition.

Permitted Modifications for Local and Regional Tournaments

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

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

A.2. Methods of scoring (see above for different methods of scoring).

A.3. Method athletes use for music performance.

A.4. Type and size of boards athletes are required to break.

A.5. Number of attempts (breaking only).

A.6. The use of spacers (breaking only).

A.7. If competitors will be allowed to bring their own boards.

General Policy and Regulations for Traditional Forms/Patterns/Poomsae Competition

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
4 & 5 Male	Novice, Intermediate, Advanced
4 & 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
18 - 32 Senior Male	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4 & Up
18 - 32 Senior Female	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4 & Up
33 - 42 Executive Male	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4 & Up
33 - 42 Executive Female	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4 & Up
43 - 52 Ultra Male	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4 & Up
43 - 52 Ultra Female	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4 & Up
53 - 62 Diamond Male	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4 & Up
53 - 62 Diamond Female	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4 & Up
63 + Elite Male	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3, Black 4 & Up
63 + Elite 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 1st, 2nd, 3rd, and 4th 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 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.
- **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 1st place to 4th, indicating where they should stand. The Referee will then announce the places starting with 4th place and ending with 1st place while extending the appropriate number of fingers over each competitor's head to indicate the place they won.

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 and the Judge will state their opinion as to why the form was enhanced or is illegal.

General Rules and Regulations for Olympic-Style Sparring

Subject to revision in accordance with WT rule updates throughout the year.

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 competitors may wear blue headgear.

I.A.2.b. The Red competitors may wear red headgear.

I.A.2.c. Either competitor may wear white headgear.

I.A.2.d. 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. Must be white or clear. 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 in any non-World class division. Female groin protection is mandatory in all World Class divisions. All groin protection must be worn inside the dobok.

I.A.7. Foot Protection is mandatory for all Olympic sparring, hand gloves are optional for non-World Class Divisions, but are mandatory for all World Class Divisions and 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 extending 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 suppliers.

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. except for 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. The mouthguard must be white or clear. 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 in any non-World class division. Female groin protection is mandatory in all World Class divisions. 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.

I.D. At National Events all Athletes are required to use PSS equipment.

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 is 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 or goggles of any kind are not to be allowed at any age or rank.

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. All Olympic Sparring matches shall be conducted using the Best-of-Three (3) Round System. Each round is decided by one of the following: Points, Point Gap, Penalty, or Referee Decision.

V.A.2. Color Belts and non-World Class Black Belts: best of three (3) 60 second rounds with a 30 second rest period between rounds.

V.A.3. Black Belts World Class Cadets and Juniors: best of three (3) 90 second rounds with a 30 second rest period between rounds.

V.A.4. Black Belts World Class Seniors: best of three (3) 120 second rounds with a 60 -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 semifinal and final matches.

V.C. The tournament director/committee has the option to modify the match times as desired. Match times being used at local events must be specified on tournament flyers 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 protectors are permitted. However, such attacks should 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 Head Referee shall determine the required level of impact and sensitivity of the PSS, using different scales in consideration of weight category, gender and age groups. In certain circumstances, as deemed necessary, the Head Referee 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 a 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 the 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 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 (Dwi Chagi) without contestant's simultaneous rotation of head and shoulder, back kick (Dwi Chagi) 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 the 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 the 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.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 interval s, the Referee may declare the match over due to RSC (Referee Stops Contest)

XI.C.3. Declare the injured competitor as 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.3.b. An athlete that is determined to be too injured to continue a match may not continue to advance in the division past their next match.

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 Ring Captain (RC) 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 any time 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 in 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) systems, 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 kicks.

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 the 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 2nd 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 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 because 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 of a contestant who received a point with turning kick falls, 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 the forearm. For pushing, it is permitted as a quick impact and a contestant must disengage from the 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 during 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 with 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 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 2nd and/or 3rd 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 1st round).

XV.C.5. When the 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 the 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 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 the 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 the 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 or Tournament Director, along with a fee of \$100. The protest will be submitted on the official protest form. 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.

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) determined 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 years old Black Belt (Cadets) shall compete using the same rules as the 15–17 years old Black Belt (Juniors) at the Team Trials competition.

Article XVIII. Grassroot Olympic Style Grassroots Sparring

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.

Children Divisions All Belts Ages 5 to 9							
MALE				FEMALE			
	Weight Groups				Weight Groups		
Ages	(Pounds)		(Kilograms)	Ages	(Pounds)		(Kilograms)
5	Light	45.0 & Under	20.4 & Under	5	Light	45.0 & Under	20.4 & Under
	Heavy	Over 45.0	Over 20.4		Heavy	Over 45.0	Over 20.4
6-7	Fly	Under 40.1	Under 18.2	6-7	Fly	Under 40.1	Under 18.2
	Feather	40.1-25.0	18.2-23.6		Feather	40.1-52.0	18.2-23.6
	Light	52.1-65.0	12.6-29.5		Light	52.1-65.0	12.6-29.5
	Middle	65.1-78.0	29.5-35.4		Middle	65.1-78.0	29.5-35.4
	L Heavy	78.1-90.0	35.4-40.8		L Heavy	78.1-90.0	35.4-40.8
	Heavy	Over 90.0	Over 40.8		Heavy	Over 90.0	Over 40.8
8-9	Fly	Under 55.1	Under 25.0	8-9	Fly	Under 55.1	Under 25.0
	Feather	55.1-67.0	25.0-30.4		Feather	55.1-67.0	25.0-30.4
	Light	67.1-80	30.4-36.3		Light	67.1-80	30.4-36.3
	Middle	80.1-92.0	36.3-41.7		Middle	80.1-92.0	36.3-41.7
	L Heavy	92.1-105.0	41.8-47.6		L Heavy	92.1-105.0	41.8-47.6
	Heavy	Over 105.0	Over 47.6		Heavy	Over 105.0	Over 47.6

Youth Divisions (All Belts) - Ages 10 to 11							
		Weight		Power Level/Hogu Size			
Gender	Division	(Kilograms)	(Pounds)	(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	7.3-88.2	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	Nov 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

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 N	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	15/3
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						
		Weight		Power Level/Hogu Size		
Gender	Division	(Kilograms)	(Pounds)	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	13/1	12/2	11/2
Male	Welter	45.1 – 53	99.3 – 116.8	14/3	13/2	12/2
Male	Middle	53.1 – 61	116.9 – 134.5	17/3	15/3	14/3
Male	Heavy	Over 61	Over 134.5	18/4	17/3	16/3
Female	Fly	Not Over 29	Not Over 72.8	10/1	9/1	8/1
Female	Feather	29.1 – 33	72.9 – 90.4	12/1	11/1	10/1
Female	Welter	44.1 – 47	90.5 – 103.6	13/2	12/2	11/2
Female	Middle	51.1 – 55	103.7 – 121.3	15/2	14/2	13/2
Female	Heavy	Over 59	Over 121.3	17/3	16/3	15/3

Junior Novice, Intermediate and Advanced Colored Belt Divisions – Ages 15 to 17						
		Weight		Power Level/Hogu Size		
Gender	Division	(Kilograms)	(Pounds)	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	14/1	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

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 96.6	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

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

Gender	Division	Weight		Power Level/Hogu Size		
		(Kilograms)	(Pounds)	Advanced	Intermediate	Novice
Male	Fly	Not Over 58	Not Over 127.9	18/2	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	15/2
Female	Welter	57.1 – 67	125.8 – 147.7	19/3	18/3	17/3
Female	Heavy	Over 67	Over 147.7	21/3	20/4	19/4

Senior Black Belt Divisions – Ages 18 to 32

Gender	Division	Weight (In Kilograms)	Weight (in pounds)	Power Level/Hogu Size
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	24/5
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	17/2
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

Executive Divisions (All Belts) – Ages 33 to 42							
		Weight		Power Level/Hogu Size			
Gender	Division	(Kilograms)	(Pounds)	Black	Advanced	Intermediate	Novice
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	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

Ultra and Diamond Divisions (All Belts) – Ages 43 to 52							
		Weight		Power Level/Hogu Size			
Gender	Division	(Kilograms)	(Pounds)	Black	Advanced	Intermediate	Novice
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	19/3	18/3
Male	Middle	80.1 – 87.0	176.5 – 191.8	22/4	22/4	21/4	19/4
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	14/2
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

Guidelines for Sport Poomsae

The AAU Taekwondo Sport Poomsae Rules and Regulations align with the World Taekwondo (WT) Poomsae Rules and Regulations, except where modifications are specifically noted herein. As World Taekwondo serves as the international governing body for Sport Taekwondo Poomsae, AAU Taekwondo is committed to maintaining consistency and alignment with its current standards. For any areas not addressed within this supplement, the World Taekwondo Poomsae Rules and Regulations shall apply. AAU Taekwondo will revise and update its rules and regulations as necessary throughout the year, rather than waiting for the start of a new fiscal cycle.

Competition Area

The Contest Area shall measure at least 10m x 10m (12m x 12m for Freestyle/Demo Team Competition) and have a flat surface without any obstructing projections.

1. Demarcation of the Contest Area
 - 1) The 10m x 10m area (12m x 12m for Freestyle and Demo Team Competition) shall be called the Contest Area.
2. Indication of Positions (see Figure 1)
 - 1) Referee: The Referee shall be positioned beside Judge No. 1.
 - 2) Judges: The judges are positioned along Boundary Lines 1 and 3. They are 1m from the boundary line with 1m separation between adjacent judges.
 - 3) Contestants: Contestants' starting position shall be 2m back from the center of the Contest Area, toward boundary line #3.
 - 4) Recorder's desk: It shall be positioned at 3m from the Referee on the right side.
 - 5) Competition coordinator(s): Competition coordinator(s) shall be positioned outside the Contest Area, 1m away from the corner between boundary lines #1 and #2.
 - 6) Standby contestants and coaches: Standby contestants and coaches shall be positioned outside the Contest Area; if possible, 3m away from the corner between boundary lines #3 and #4.
 - 7) Inspection desk: An Inspection Desk shall be positioned at the entrance of the Contest Area outside the corner of boundary lines #3 and #4.
3. Judging Formats
 - 1) Seven Judge Format: The seven judges (including the Referee) shall sit 1m away from the Competition Area with 1m separation between adjacent judges. Four judges (including the Referee) shall face the front of the contestants and three shall face the back. The boundary line adjacent to the four front judges shall be deemed boundary line #1, followed by, clockwise, boundary lines #2, #3, and #4. Judges are positioned and numbered clockwise from the left facing boundary line #1.
 - 2) Five Judge Format: In the case of a five-judge format, three judges (including the Referee) shall be positioned facing the contestants and the two judges facing the back of the contestants, in the same order as the seven judge format.
 - 3) Three Judge Format: In the case of a three-judge format, two judges (including the Referee) shall be positioned facing the contestants and one judge facing the back of the contestants, in the same order as the seven judge format. Judge Format Notes: The position of the Referee and Judges in the Seven, Five and Three Judge systems may be modified to all judges facing the contestants or other appropriate arrangements to accommodate scoring systems, venue or other limitations and constraints that may impact the competition.

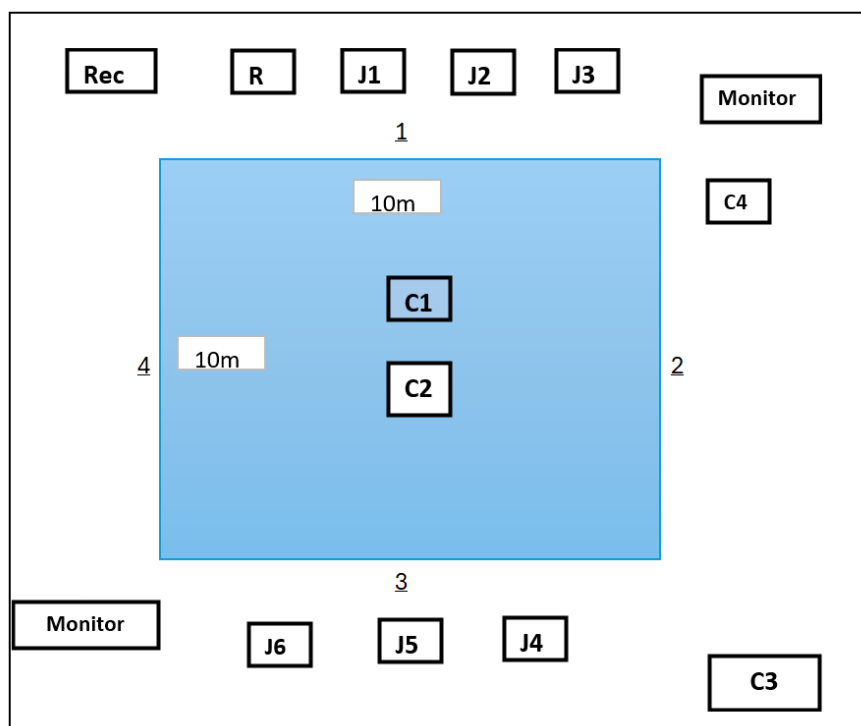


Figure 1. Field of Play – 7 Judges

- Rec: Recorder
- R: Referee
- J1, 2, 3, 4, 5, 6 Judge (1m apart from each judge & 1m apart from the Competition Area C1)
- C1: Competition Area (10x10 for recognized Poomsae; 12x12 for Freestyle)
- C2: Contestants
- C3: Standby Area for Contestants and Coach
- C4: Competition Coordinator
- 1, 2, 3, 4 Boundary Lines

Contestant

1. Qualification of Contestant
 - 1) Current AAU registered members and all contestants are required to adhere to AAU Rules & Code of Conduct.
 - 2) All color belt or black belt contestants must possess proper belt rank at the time of the competition registration.
2. Qualification of Age Range
 - 1) Age ranges are sometimes expressed in short form, O (Over) or U (Under). For example, U30=Under 30=18 to 30 years old.
 - 2) Competition age is by year of birth (1/1 – 12/31)

Divisions	Age Range
Dragon	6 and 7 years old
Tiger	8 and 9 years old
Youth	10 and 11 years old
Cadet	12 to 14 years old
Junior	15 to 17 years old
Under 30	18 to 30 years old
Under 40	31 to 40 years old
Under 50	41 to 50 years old
Under 60	51 to 60 years old
Over 60	61 years old and above
Under 65	61 to 65 years old
Over 65	66 years old and above

3. Poomsae Competition Uniforms

- 1) All contestants must wear a white Taekwondo V-neck AAU Taekwondo approved uniform (dobok) or WT approved Poomsae competition uniform in good condition and appropriate to the contestants' division.
- 2) Female contestants may wear a white or black undershirt. Male contestants may not wear an undershirt.
- 3) Patches, embroidery, logos, team/country names are permitted on the uniform.

Color Belts: White V-neck (White Top & White Pants)

Black Belts: White V-neck with black collar or WT approved competition dobok shown below:



Dragon (6 & 7), Tiger (8 & 9), Youth (10 & 11), Cadet (12-14)

Blue (Male)/Red (Female)
Poom collar y-neck
Poom belt (red and black, black color on top)



Junior to U50 (15-50)

Dark blue (Male)/Light Blue (Female)
Black collar y-neck
Dan belt (solid black)



U60, U65, O65 (51+)

Dark blue pants
Black collar gold y-neck
Dan belt (solid black)

4. **Personal Hygiene and Accessories**

- 1) All contestants must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly. Nail polish must be white or clear.
- 2) The only jewelry permitted are earrings, which must be flush to the ear. No other jewelry or piercings may be worn. Inspection may request earrings to be removed if there are safety concerns.
- 3) No hats or other items may be worn on the head except for religious coverings.
- 4) Hair Accessories:
 - I) Bobby pins, small hair clips and decorative bows that are “securely” tied to the hair are permitted.
 - II) Large and excessive hair clips and “loosely” tied bows/accessories are not permitted.

5. **Taping**

- 1) Any taping must be approved by the official medical personnel for injury reasons only.
- 2) It must be skin colored if the injured area is not covered by the dobok. (e.g. hand, wrist or ankle)
- 3) Only two layers of taping are allowed.

Classification

1. Classification of Competition - Contestants may compete in any divisions limited by gender or age.
 - I) Recognized Poomsae Competition
 - Men's Individual
 - Women's Individual
 - Men's Team
 - Women's Team
 - Pair (One Male, One Female)
 - II) Freestyle Poomsae Competition
 - Men's Individual
 - Women's Individual
 - Pair (One Male, One Female)
 - Mixed Team (Composed of 5 members including at least 2 males and 2 females). One substitute may accompany the Freestyle Poomsae Team.
2. Divisions by Gender and Age
 - 1) Recognized & Freestyle Poomsae Competitions
 1. Men, women, and mixed divisions shall be divided according to age based on the year of birth.
 2. Male and female divisions shall be classified as follows:

COLOR BELTS - Recognized Poomsae Competition

Recognized Poomsae	Age Divisions
Individual Male	Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Junior (15-17), U30, U40, U50, U60 U65, O65
Individual Female	Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Junior (15-17), U30, U40, U50, U60 U65, O65

BLACK BELTS – Recognized Poomsae Competition

Recognized Poomsae	Age Divisions
Individual Male	Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Junior (15-17), U30, U40, U50, U60 U65, O65
Individual Female	Dragon (6-7), Tiger (8-9), Youth (10-11), Cadet (12-14), Junior (15-17), U30, U40, U50, U60 U65, O65
Pair (1 M, 1 F)	Youth (10-11), Cadet (12-14), Junior (15-17), U30, U50, U60, O60 (61+)
Team Males (3 M)	Youth (10-11), Cadet (12-14), Junior (15-17), U30, U50, U60, O60 (61+)
Team Female (3 F)	Youth (10-11), Cadet (12-14), Junior (15-17), U30, U50, U60, O60 (61+)

BLACK BELTS – Freestyle Poomsae Competition

Freestyle Poomsae	Age Divisions
Individual Male	U17 (12-17), O17 (18+)
Individual Female	U17 (12-17), O17 (18+)
Pair (1 M, 1 F)	U17 (12-17), O17 (18+)
Mixed Team (5+1 max)	U17 (12-17), O17 (18+)

- Board breaking for Mixed Team only

BLACK BELTS – Mixed Poomsae Competition

Mixed Poomsae Team	Age Divisions
Individual Male	O17 (18+)
Individual Female	O17 (18+)
Pair (1 M, 1 F)	O17 (18+)
Team Males (3 M)	O17 (18+)
Team Female (3 F)	O17 (18+)
Mixed Team (5+1 max)	O17 (18+)

- First Poomsae-Recognized Poomsae, Second Poomsae- Freestyle.
- One recognized and one freestyle poomsae must be performed by the same contestant.

Designated Compulsory Poomsae**Color Belt Divisions: All ages**

Individual Category	Compulsory Poomsae
Yellow Belt (7th & 8th Geup)	Taegeuk 1, 2 Jang
Green Belt (5 th & 6th Geup)	Taegeuk 1, 2, 3, 4 Jang
Blue Belt (3rd and 4th Geup)	Taegeuk 3, 4, 5, 6 Jang
Red Belt (1st and 2nd Geup)	Taegeuk 4, 5, 6, 7, 8 Jang

Black Belt Divisions:

Individual Category	Compulsory Poomsae
Dragon	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Youth	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Cadet	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
Junior	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon
U30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
U40	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
U50	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
U60	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
O65	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Pair & Team Category	Compulsory Poomsae
Youth	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Cadet	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
Junior	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon
U30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
U50	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
U60	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
O60	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

*The Organizing Committee of the tournament may combine executive aged divisions (U50, U60, O60) above. For example: U60 may merge with a small group of U50, or O60 may merge with a small group of U60 or U50.

Method of Competition

AAU Taekwondo Poomsae Competition format is unique to AAU Taekwondo, it is designed to manage the competition effectively and efficiently to ensure a fair competition environment for athletes in pursuit of competitive excellence.

- ☒ Single Elimination
- ☒ Cut-Off
- ☒ Round Robin
- ☒ Combination

1. Single Elimination Tournament Format

- 1) Contestants perform one by one or side by side at the same time.
- 2) The tournament system will randomly draw one (1) or two (2) poomsae at the field of play or prior to the competition according to the Compulsory Poomsae list by division and age for EACH ROUND.
- 3) The contestant is eliminated after one loss.
- 4) Contestants are matched with opponents randomly or by seeding.
- 5) The result will produce Gold, Silver and two Bronze medals.

2. Cut-Off Tournament Format

- 1) Maximum of three rounds: Preliminary, Semi-Final, and Final.

Preliminary	Semi-Final	Final
20+	9 to 19	8 or fewer

- 2) In the Preliminary round, it may be divided into groups compete in different courts:

2 groups	3 groups
20 to 39	40+

In case 3 courts are not available, proceed with 2 courts.

- 3) Top 50% from the preliminary round from each group shall advance to the Semi-Final. If each group has an odd number, the next highest contestant right below top 50% shall also advance to the Semi-Final.

- 4) The preliminary round shall be randomly selected or seeded by AAU Sport Poomsae Ranking System. The Semi-Final round shall be randomly seeded and combined into one group. For the Final round, contestants will be seeded based on the score from the Semi-Final round with the lowest 8th score will perform first and the highest score perform last.

- 5) Tournament system will randomly draw one (1) or two (2) poomsae at the field of play or prior to the competition according to the Compulsory Poomsae list by division and age for Preliminary round; however, for the Semi-Final round and Final round, two (2) poomsae shall be performed. Selected poomsae shall NOT be performed in the previous round.

Preliminary	Semi-Final	Final
1 or 2 forms	2 forms	2 forms
Randomly selected at the field of play or prior to the competition. All forms shall NOT be repeated.		

- 6) The top four contestants (individual/pair/team) shall be awarded with Gold, Silver, and two Bronze medals.

3. Round Robin Tournament Format

- 1) Each contestant shall compete against each other participant in the division.
2) The tournament system will randomly draw one (1) or two (2) poomsae at the field of play or prior to the competition according to the Compulsory Poomsae list by division and age.
3) The top four contestants (individual/pair/team) shall be awarded with Gold, Silver, and two Bronze medals.

4. Combination Tournament Format

- 1) Cut-Off + Elimination systems combined.
2) Cut-Off system for the preliminary and Semi-Final Round and Single elimination for the final round.
3) Apply the same rules under the Cut-Off and Single Elimination systems.

Duration of Contest

1. Recognized Poomsae: Individual, Pair and Team competitions are up to 90 seconds.
2. Freestyle Poomsae: Individual, Pair and Mixed Team competitions are from 90 to 100 seconds.
3. The waiting time between 1st and 2nd Poomsae is a minimum of 30 seconds.
4. The waiting time between the 1st and 2nd Poomsae starts with “Tuae-jahng” (exit) and ends with “Chool-jeon” (enter) by the Competition Coordinator’s command.
5. The Clock starts at Shi-Jak (start) and ends at Bah-Roh (return).

Prohibited Acts and Penalties

1. The Referee declares any penalties for prohibited acts. Kyeong-go penalties include:
 - 1) Uttering undesirable remarks or any misconduct on the part of a contestant or a coach.
 - 2) Any act that intentionally interferes with another competitor, coach or official.
 - 3) If a competitor is assessed with two Kyeong-go (deductions of points by penalties), the referee shall declare the contestant a loser by disqualification.
 - 4) 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.
2. Yellow Card Procedure – Post Match
 - 1) The Referee fills out the Yellow Card Report.
 - 2) Any other judges who have advised on the Yellow Card must also contribute to the report.
 - 3) The Yellow Card Report is given to the Referee Chair for review.
 - 4) The Tournament Committee convenes an Extraordinary Sanctions Committee (ESC).
 - 5) 5 members: Referee, Coach, Athlete, Tournament Committee, Technical Delegate.
 - 6) The Referee and other involved parties are called by the ESC to give a report and answer questions.
 - 7) The ESC makes a recommendation on sanctions AAU Taekwondo makes a final decision on sanctions based on the ESC report.

Procedures of Contest

1. Call for Contestants
 - 1) At least thirty minutes prior to the scheduled start of the contest and the contestant must check-in in the holding areas.
 - 2) Any contestant who fails to appear in the competition area after “Chool-Jeon” command of the competition coordinator shall be regarded as having withdrawn from the competition.
2. Inspections
 - 1) After check-in in the Holding area and before entering to the contest area, a physical and uniform inspection must be performed by the designated referee officials (one male and one female).
 - 2) Following the inspection, the contestants will be led to the competition area with one coach accompanied.
 - 3) The inspection referees must ensure that there is a list of the contestant’s names to confirm identities with ID card or Competition Badge. If there are any issues, the Referee Chair must be notified.
 - 4) Coach and/or team doctor’s credentials must be confirmed.
3. Referee/Judges Walk-In Procedure
 - 1) The referee calls Cha-ryeot, Kyung-rae to bow to the Technical Assistant (TA) or Ring Captain (RC).
 - 2) All judges take their positions as follows:
 - I) 7 Judges: Coordination and Judges 4, 5, and 6 walk around the ring. Referee, Judges 1, 2, 3 spread out in the front.
 - II) 5 Judges: Judges 3 and 4 walk around the ring. Referee, Judge 1 and 2 spread out in the front.
 - 3) The referee calls Cha-ryeot, Kyung-rye. Judges face each other and bow, then take the seats.

4. Pre-Contest and Post-Contest Procedures

1) Coordinator Commands – Single Elimination (One by One: Individual, Pair, Team)

Bow-In & 1st Poomsae (Chung)	Bow-In & 1st Poomsae (Hong)
Chung, Hong, Chool-Jeon (LH)	Hong, Chool-Jeon (LH)
Cha-ryeot (LH)	Cha-ryeot (LH)
Kyeong-rye (LH)	Joon-bi (RH)
Hong, Tuae-Jang (LH)	Shi-jak (RH)
Joon-bi (RH)	Ba-ro
Shi-jak (RH)	She-uh
Ba-ro	Tuae-jang (LH)
She-uh	
Tuae-jang (LH)	Pyo-chul (RH)

2nd Poomsae (Chung)	2nd Poomsae (Hong)
Chung, Chool-Jeon (LH)	Hong, Chool-Jeon (LH)
Joon-bi (RH)	Cha-ryeot (LH)
Shi-jak (RH)	Joon-bi (RH)
Ba-ro	Shi-jak (RH)
She-uh	Ba-ro
Tuae-jang (LH)	She-uh



Declaration of Winner
Chung, Chool-Jeon (LH)
Cha-ryeot (LH)
Kyeong-rye (LH)
Pyo-chul (RH)
<i>walk between contestants</i>
Cha-ryeot
Kyeong-rye (LH)
Chung-seung/Hong-seung (RH/LH)
Tuae-jang

2) Coordinator Commands – Single Elimination (Side by Side: Individual only)

First Poomsae	Second Poomsae	Declaration of Winner
Chung, Hong, Chool-Jeon (LH)	Chung, Hong, Chool-Jeon (LH)	<i>Walk between contestants</i>
Cha-ryeot (LH)	Cha-ryeot (LH)	Cha-ryeot (LH)
Kyeong-rye (LH)	Joon-bi (RH)	Kyeong-rye (LH)
Joon-bi (RH)	Shi-jak (RH)	Chung-seung/Hong-seung (RH/LH)
Shi-jak (RH)	Ba-ro	Tuae-jang
Ba-ro	She-uh	
She-uh	Cha-ryeot (LH)	
Tuae-jang (LH)	Kyeong-rye (LH)	
Pyo-chul (RH)	Pyo-chul (RH)	

3) Coordinator Commands – Cut-Off System (Individual, Pair, Team – Chung first, then Hong)

First Poomsae	Second Poomsae
Chool-Jeon (LH)	Chool-Jeon (LH)
Cha-ryeot (LH)	Cha-ryeot (LH)
Kyeong-rye (LH)	Joon-bi (RH)
Joon-bi (RH)	Shi-jak (RH)
Shi-jak (RH)	Ba-ro
Ba-ro	She-uh
She-uh	Cha-ryeot (LH)
Tuae-jang (LH)	Kyeong-rye (LH)
Pyo-chul (RH)	Pyo-chul (RH)
	Tuae-jang

4) When using an electronic scoring device:

I) The Referee and Judges enter the score into the device in REAL TIME, and after confirming the total score, the recorder will publish the score on the public display board.

5) When using the paper ballot:

I) The Referee and Judges enter the accuracy score in REAL TIME, then presentation score at the end of the performance. After the scores are recorded, the ballots will be shared with the recorder who will enter the scores into the computer and announce the final result to the Referee and the Coordinator through the public display board.

5. Restart Procedures

1) All Methods except for Side-by-Side

- Each contestant can restart only ONCE; otherwise score to the extent of the performance.
- Referee declares Restart.
- Referee commands the Computer Operator to STOP the timer immediately and Do NOT reset the timer
- The referee informs the Judges to clear the scores and deduct 0.6 from accuracy.
- When all Judges are ready, indicate to the coordinator to restart the contestant.
- The coordinator starts his/her commands: Cha-ryeot, Choon-bi, Shi-jak.

2) Procedures for Side-by-Side

- There is NO restart.
- If the contestant forgets some movements, each FORGOTTEN movement is a MAJOR mistake.
- If the contestant does NOT return to the correct Yeon-mu line and performs the missed movements (self-correct), each FOLLOWING movement will be a MAJOR mistake.

6. Procedures for unforeseen Incidents

1) The contestant starts with the wrong poomsae:

- The referee stops the contest and informs the contestant that they are doing the wrong poomsae.
- Follow the Restart Procedure.

- 2) The contestant is injured during their performance:
 - The referee stops the contest and calls for a doctor if necessary.
 - Command the computer operator to start a 90 second timer.
 - If the contestant can continue, follow the Restart Procedure. If the contestant can NOT continue after 90 seconds:
 - I) Deduct 0.3 for each missing movement
 - II) Score presentation
 - III) Sent the scores to the system
- 3) When your scoring controller encounters malfunction, but others are unaffected:
 - Remember your score and continue to score in your head or write down on a paper.
 - At the end of the performance, raise your hand and inform the computer operator or the technician of your score.
- 4) When the entire scoring system shuts down:
 - The referee stops the contest and sends the contestant back to their coach.
 - Call the scoring system technician.
 - Inform the contestant and the coach that the competition will resume when the system is restored.
- 5) When you notice that your owner score is displayed incorrectly:
 - Remember your intended score, both accuracy and presentation.
 - Stand up and raise your hand
 - Await instruction from the computer operator or TA or the scoring system technician, then re-enter your score.
- 6) When your score is consistently higher or lower than the other judges:
 - Continue to score consistently within your scoring range. Do NOT let other judges' scores affect yours; otherwise, the wrong contestant may win.
 - Seek feedback after the entire division is completed from your ring captain PRIVATELY. Do NOT discuss scores on the competition floor and when the competition is in progress.
- 7) All other problems that may arise shall be resolved through the meeting of the referee, judges, and Ring Captain/Technical Assistant of the pertinent competition, and must immediately report to the Poomsae Committee Chairperson, Vice Chair, and the Competition Supervisory Board members prior to the start of the competition for the next match or next round.

Scoring Criteria – Recognized Poomsae

Scoring Criteria	Details of Scoring Criteria	Points
Accuracy (4.0)	Accuracy in basic movements	4.0
	Accuracy in individual movement of the Poomsae	
	Balance	
Presentation (6.0)	Speed and Power	2.0
	Rhythm and Tempo	2.0
	Expression of Energy	2.0

Scoring Criteria – Freestyle Poomsae

Scoring Criteria	Details of Scoring Criteria		Points
Technical Skills (6.0)	Level of difficulty of foot technique	Jumping Side Kick	5.0
		Multiple kicks in a jump	
		Gradient of spins in a spin kick	
		Kyorugi style consecutive Kicks	
		Acrobatic kicking technique	
	Basic movements and practicability		1.0
Presentation (4.0)	Creativeness		4.0
	Harmony		
	Expression of Energy		
	Music and Choreography		
Maximum Points			10.0

Method of Scoring

1. Recognized Poomsae

1) Accuracy – 4.0 points (40% of total score)

- Minor mistakes (0.1 deduction) shall be deducted each time when a contestant makes a small mistake in individual movement including stance, hand techniques or kicking techniques during the performance.

Accuracy - Minor Deduction (0.1) Examples	
★ Incorrect execution of motion, but still the designated technique	★ Not maintaining closed fist throughout the duration of technique
★ Strikes or blocks not aligned with the expected target height (groin, solar plexus, or philtrum)	★ Inaccurate thumb placement
★ Not crossing the body's center line when blocking (e.g. momtong anmakki)	★ Inappropriate foot angle during stances
★ Using the wrong part of the foot while kicking	★ Fingers closed around tip of elbow during elbow strike
★ Poor chamber or retraction of kicks	★ Slight loss of balance impacting accuracy
★ Incorrect chamber of block or strike	

- Major mistakes (0.3 deduction) shall be deducted each time when a contestant makes a big mistake in individual movement including stance, hand techniques or kicking techniques during the performance.

Accuracy - Major Deduction (0.3) Examples
* Incorrect technique, omitted technique, or extra technique: > Miss kihap or kihap at the wrong movement > Miss stomping, or stomping at the wrong movement * Significant loss of balance impacting accuracy * Supporting the pelvis with hand to get higher kicks: > If the fist goes under the belt (-0.1) > If the open hand goes under the belt (-0.3) * Hesitation or pause/interruption for more than 3 seconds. * Looking in the wrong direction. * Eyes not looking at the target when kicking: > Vertical kick without looking > Lifting the chin too high (NO deduction in Accuracy but lower Presentation-Expression of Energy. * Both feet crossing the boundary line * Exceed the time limit. * Restart (0.6 deduction) - Any competition method EXCEPT FOR Side By Side.

2) Presentation – 6.0 points (60% of total score)

- Deduction points in presentation shall be made for the overall performance of Poomsae.
 - 2.0 points for speed and power.
 - 2.0 points for control of rhythm and tempo.
 - 2.0 points for expression of energy.
- The presentation scoring guidelines for each category ranges from 0.5 to 2.0 and are divided as follows: (Minimum score is 0.5 for each category)

VERY POOR	POOR	AVERAGE	GOOD	VERY GOOD	EXCELLENT	PERFECT
0.5 to 0.7	0.8 to 1.0	1.1 to 1.3	1.4 to 1.5	1.6 to 1.7	1.8 to 1.9	2.0

- The TOTAL Presentation scoring ranges from 1.5 to 6.0:

VERY POOR	POOR	AVERAGE	GOOD	VERY GOOD	EXCELLENT	PERFECT
1.5 to 2.22	2.3 to 3.0	3.1 to 3.8	3.9 to 4.6	4.7 to 5.4	5.5 to 5.9	6.0

- Score in your mind as the contestant performs the routine.
- Record the score of each of three categories after the performance is completed.

I) Speed and Power – Individual techniques are performed with power and maximum efficiency of the entire body.

Speed and Power examples	
<i>Low Presentation score:</i> * Too relaxed, no acceleration * Too much acceleration, never relax * Does not use entire body together (uses only arm or leg muscles) * too little or too much movement * Timed movements are performed too quick or slow (e.g. 3s or 10s for 5-8 seconds movement)	<i>High Presentation score</i> * Good relaxation and acceleration * Use of entire body, especially the core * timed movements are performed with correct timing * Precise amount of movement

II) Rhythm and Tempo – The techniques from one movement to the next with proper timing and flow.

Rhythm and Tempo examples	
<i>Low Presentation score:</i> * Poor balance and connection between movements * Poor recovery after kicking and punching * Entire Poomsae looks robotic and stiff without flow * Offensive techniques performed too slow * Same tempo from one movement to the next for the entire Poomsae	<i>High Presentation score</i> * Good balance and control between movements * Good connection between actions and change of speed * Techniques flow from one movement to the next through speed and softness

III) Expression of Energy – Poomsae is performed with the correct volume of movement, focus, intensity, confidence, and dignity.

Expression of Energy examples	
<i>Low Presentation score:</i> * Nervous or scared appearance * Dirty and messy uniform * Volume of movement too small or large * Kihap too long or too short * Poor competition manners * Heavy breathing or making sounds by mouth * Hitting body sound too loud * Supporting the pelvis with hand to get higher kicks	<i>High Presentation score</i> * Confident and strong eye focus appearance * Clean and neat uniform * Correct volume of movement * Strong and sharp kihap * Good competition attitude * Good control of breathing technique with movements

3) Deduction of Points

- 0.3 points shall be deducted from the FINAL score in case the performance is finished later than the required contest time.
- 0.3 points shall be deducted from the FINAL score if the contestant crosses the boundary line with two feet during the performance.
- Two minor mistakes at the same time (hand and foot techniques) = ONLY 0.1 (minor) point is deducted.
- One minor mistake and one Major mistake = ONLY 0.3 point is deducted.
- Two major mistakes = 0.6 point is deducted.

4) Score Calculation

- Accuracy shall be scored separately from the Presentation.
- Final score shall be the average of the judges' scores for accuracy (the highest and lowest judge scores are dropped before calculating the average) and the average of the judge's scores for Presentation (the highest and lowest judge scored are dropped before calculating the average). If using the three-judge format, the highest and lowest score will NOT be dropped.

2. Freestyle Poomsae

Freestyle poomsae is a performance with music and choreography. It includes basic techniques, jumping kick techniques, turning kick techniques, Kyorugi, board breaking, and acrobatic action.

The composition of the yeon-mu line is the contestant's choice; however, it must perform within the boundary of Taekwondo.

1) Technical Skill – 6.0 points

- Points are awarded based on the level of performance in technical skills. Zero (0) score may be given for invalid movements. For example, kick below the belt during jumping turning kick, Acrobatic kicks, and during consecutive sparring kicks.

- Deductions are taken from the technical skill total:
 - Falls (0.3)
 - Excessively repeated techniques (0.3 each, e.g. more than 3 acrobatic kicks)
 - 0.3 points shall be deducted for each missing mandatory stance (Hakdari Seogi, Beom Seogi, Dwitkubi).
 - The technical skills are divided into the following categories and they MUST be performed in sequence.

I) Level of difficulty of foot techniques – 5.0 Points

(a) **Jumping side kick**

- Points shall be awarded based on the performance level of jumping side kick and the height of jump.
- Must have at least 80% knee extension and at least at belt height.
- All members of the pair or mixed team must perform at the same time.

(b) **Multiple kicks in the air**

- Points shall be awarded based on the performance level of multiple kicks and the number of kicks in a jump of any type.
- At least 3 kicks in any combination (e.g. Front, Roundhouse, Sidekick).
- Must have at least 80% knee extension and at least at belt height.
- At least one member of the pair or mixed team must perform this technique.

(c) **Jumping turning kick (*)**

- Points may be awarded based on the number or degrees of turn (i.e. 360 degrees, 540 degrees and 720 degrees) in spin kicks.
- Kicks must be above the belt.
- At least one member of the pair or mixed team must perform this technique.
- Must complete kicking before landing.

(d) **Consecutive Sparring kicks(*)**

- Points shall be awarded based on the mastery and performance level of Kyorugi style consecutive kicks in a row as if against one single opponent.
- The number of consecutive kicks shall be limited from seven (7) to ten (10).
- Kicks must be above the belt and at least 3 bounces in place (clearly) before execution of consecutive sparring kicks.
- Double kicks count as 1 kick; Triple kicks count as 2 kicks.
- At least one member of the pair or mixed team must perform this technique.

(e) **Acrobatic kicking technique (*)**

- Points shall be awarded based on the mastery and performance level of acrobatic kicking technique.
- The whole performance should only include 3 acrobatic sets. More than 3 sets will result in -0.3 deduction each time from the total technical score. One set means combination of different techniques executed within an overall acrobatic flow.
- Pair or Team are required to perform simultaneous acrobatic movements. A -0.3 points penalty is assessed if a member waits to begin their movements until AFTER their partner has finished their acrobatic routine.

(*) Board breaking is required for these three (3) techniques ONLY for Mixed Teams. Refer to paragraph below for additional information.

1. **Basic Movements and Practicability** – 1.0 Point

- Points may be added from 0 up to 1.0 for accuracy in basic movements of Taekwondo and designated technical movements of Taekwondo. Whether the movements appear to be practicable, whether there is an appropriate connection between attacks and defenses, and whether the movements are in perfect harmony shall be the criteria for evaluating general performances of the freestyle Poomsae.
- 0.1 point shall be deducted for losing balance during Hakdari Seogi or slow motion kicks.

2. **Presentation** – 4.0 points

- Points may be awarded from 0.0 up to 4.0 based on the general performance of the Freestyle Poomsae.

3. **Creativity** – 1.0 point

- Points may be awarded based on the creativity of the actions and components of the Poomsae.

4. **Harmony** – 1.0 point

- Points may be awarded based on the harmony and balance between different components of the Poomsae (music, choreography, and attire for example). Harmony, balance, or synchronicity between or among the performers (unity, for example) shall be also evaluated in the case of team and pairs contests.

5. **Expression of Energy** – 1.0 point

- Points may be awarded for accurate expression of energy in the Poomsae, as described in the Recognized Poomsae section.

6. **Music and choreography** – 1.0 point

- Points may be awarded based on how the music and the choreography contribute to the performance of the Poomsae.
- Music shall NOT contain any political, social, or religious content.
- Must be without lyrics or human words.
- Must be edited to be 90-100 seconds in duration.
- Do NOT violate the copyright law for the music & choreography. Violation will result in DSQ.

7. **Mandatory Stances: Hakdari Seogi, Beom Seogi, and Dwitkubi.**

- It can be performed within any part of the routine in any order.
- For Pair or Team, it must be performed by all athletes at the same time.
- 0.3 point deduction by each referee and judge for each missing stance. If the system is not equipped with a deduction button, then deduction from the Basic Movement and Practicability category.

8. **Deduction of Points**

- 0.3 points shall be deducted from the FINAL score in case the performance is finished later than the required contest time.
- 0.3 points shall be deducted from the FINAL score if the contestant crosses the boundary line with two feet during the performance.

For Pair or Team:

- 1) For Pair, 0.3 points shall be deducted due to Support/Boost or piggyback each time during the performance. Exception for Mixed Team format:
 - a) Jumping Turning Kick – Piggyback only.
 - b) Acrobatic Kicking – Support of Boost or Piggyback are allowed.
 - Maximum two (2) techniques can be out of sync without penalty. If more than 2 movements that are out of sync, 0.3 deduction from Total Score shall be given per movement until back in sync.
 - 0.3 points shall be deducted from the total Score when holding a teammate while doing a slow motion kick.
- 2) Non-Taekwondo Movements
 - Adding Non-TKD movements into Freestyle Poomsae is allowed but it has to be connected to TKD movements.
 - Non-TKD movements carrying “Political, Religious, and 18+ messages will be treated as a serious violation resulting in DSQ.
- 3) Score Calculation
 - Technical skill shall be scored separately from the Presentation.
 - Final score shall be the average of the judges’ scores for technical skills (the highest and lowest judge scores are dropped before calculating the average) and the average of the judge’s scores for Presentation (the highest and lowest judge scores are dropped before calculating the average). If using the three-judge format, the highest and lowest score will NOT be dropped.
- 4) Board Breaking Requirements
 - Required for Mixed Team format within their performance Routine in three specific technical skills.
 - Any of 5 members can perform board breaking but NOT substitute.
 - Maximum 9 boards.
 - If all boards are broken meeting the minimum board breaking requirement, when there is no break on the additional board(s), it shall consider deduction in presentation.
 - Mandatory techniques:

Techniques	Minimum	Maximum
Turning Kick	1 board	-
Consecutive Kicks	3 boards	-
Acrobatic Kicks	1 board	3 boards
TOTAL	5 boards	9 boards

- Length: 11.81 inches; Width: 8.66 inches; Thickness: 0.35 inches.
- Board holders can only be within 5 members of the mixed team.

- Support/Boosting & Piggyback Rules:

Techniques	Individual or Pair	Mixed Team
Jump Side Kick	Not Allowed	Not Allowed
Multiple Kicks in the Air	Not Allowed	Not Allowed
Jump Turning Kicks	Not Allowed	Piggyback ONLY
Consecutive Sparring Kicks	Not Allowed	Not Allowed
Acrobatic Kick	Not Allowed	Support/Boost & Piggyback
Basic Movements	Not Allowed	Not Allowed

Publication of Scores

The final score shall be announced immediately following the competition.

1. In case of using electronic scoring instruments
 - 1) Judges shall input points in the electronic scoring instruments (Accuracy in real time during the performance and Presentation after the performance of the Poomsae), and total points shall be automatically displayed on the monitors.
 - 2) The final score and the individual judges' scores shall be displayed on the monitor following the automatic deletion of the highest and lowest scores among the judges.
2. In case of manual (paper score sheet) scoring
 - 1) The coordinator shall collect each scoring sheet and convey the results to the recorder immediately after completion of the Poomsae.
 - 2) The recorder shall report the final score to the Referee, following the deletion of the highest and lowest scores, and announce the final score or have the final score displayed. In the case of the three-judge format the highest and lowest score will not be dropped.

Decision and Declaration of Winner

The winner shall be the contestant who is awarded the highest total points.

1. In case of a tied score, the winner shall be the contestant with a higher score in presentation (for Recognized Poomsae) or in technical skills (for Freestyle Poomsae) or Free Style Poomsae points (for Mixed Poomsae Competition). In case the scores are still tied, then the contestant with the higher total points (including all judge's scores, the highest and lowest not dropped) shall be the winner. In case the scores are still tied after the highest and lowest scores are added back, a rematch shall be conducted to determine the winner. The Tournament Committee will designate the Poomsae to be performed.
2. The rematch will consist of performing one compulsory Poomsae designated by the Referee. The previous scores will not affect the scores of the rematch.
3. In case of a tied score after the rematch, the winner shall be the contestant who is awarded more points in total, including the highest and lowest scores that were dropped. In case of a tie, the rematch will be repeated until there is a winner.

4. Decisions

- 1) Win by score. The winner is the contestant with the highest total points.
- 2) Win by Referee Stop the Contest (RSC). In the event that the referee or commission doctor determines that a contestant is unable to continue, even after a minute of recovery period, or if a contestant disregards the referee's command to continue, the referee shall declare the contest stopped and the opposing contestant shall be declared the winner.
- 3) Win by withdrawal of opponent. The winner is determined by the withdrawal of the opponent:
 - When a contestant withdraws from the match due to injury or other reasons, or
 - When a coach throws a towel into the court to signify forfeiture of the match.
- 4) Win by disqualification. Should a contestant lose his or her contestant status before the competition begins, the opposing contestant shall be declared the winner.
- 5) Win by opponent's penalties. In the event that a contestant accumulates two "Gam-jeom" (deduction of points by penalties), as prescribed in Article 12.3, the opponent shall be declared the winner.

Procedures for Suspending the Contest

When a contest is to be stopped during the competition, the referee shall:

1. At the time of suspending the match, the referee shall order the recorder to suspend timekeeping. At that time, the competition coordinator is determining the reason(s) for the stoppage of the competition.
2. In the case in which a contest is stopped due to problems related to a contestant, and should a contestant not demonstrate the will to continue the contest within 90 seconds, the referee shall declare the opposing contestant as the winner. In the case where the stoppage of a contest is not related to the contestants, the problem shall be resolved quickly and another chance to perform shall be given to pertinent contestants.
3. All the other problems that may arise shall be resolved through the meeting of the referee and judges of the pertinent competition, Poomsae Committee Chairperson, and the Competition Supervisory Board members.

Protest and Arbitration

1. A procedure for protest is provided in case there is a clear erroneous decision from the refereeing officials in identification of the winning contestants, errors in the scoring system, or other administrative errors resulting in the wrong players being named as winners. However, as a first recourse, the coach/team captain should respectfully bring the matter to the attention of the officiating team; if the situation cannot be resolved, then a formal protest may be filed.
 - Note that only procedural and administrative errors are subject to protest (including errors in addition or calculation of winners without the computer). *Disagreements about scoring are not protestable.*

2. The Poomsae Competition Boards consist of the Sport Poomsae Director or his designee and an appointed Senior Poomsae Referee.
3. The Responsibility of The Poomsae Competition Board shall adjudicate protests and correct misjudgments if necessary. In their concurrent capacity as the Sanction Committee, the Poomsae Competition Board may also take disciplinary action against the officials committing the infraction. Documented records and results shall be sent to the AAU Taekwondo Office.

Protest Procedure After the Match:

1. In case there is an objection that cannot be resolved with the officiating team, within 10 minutes after the pertinent contest, the certified coach representing the athlete may submit an application for reevaluation of decision (protest application) together with the prescribed, non-refundable fee of one hundred dollars (\$100.00) to the Sport Poomsae Director.
2. The Poomsae Competition Board may summon the refereeing officials for confirmation of events.

The resolution made by the Poomsae Competition Board will be final and no further means of appeal will be applied.

1. Deliberation procedures are as follows:
 - 1) A coach or head of a team representing the protesting player is permitted to make a brief verbal presentation to the Poomsae Competition Board in support of their position.
 - 2) After reviewing the protest application, the content of the protest must be arranged according to the criterion of "Acceptable" or "Unacceptable."
 - 3) If necessary, the Board can hear opinions from the referee or judges. The Board can review the material evidence of the decision, such as the written records (brackets, competitor lists, score sheets, tally sheets), or electronic records of the match. No videotapes can be used.
 - 4) After deliberation, the Board shall determine a decision and will make a report documenting the outcome of the deliberation and shall make this outcome publicly known.
2. Subsequent process following the decision:
 - 1) Errors in determining the match results, mistakes in calculating the match score or misidentifying a contestant shall be corrected.
 - 2) Errors in application of the rules:
 - ❖ When it is determined by the Board that the officiating team made a clear error in applying the Competition Rules (for example, advancing the wrong number of players) the outcome of the error shall be corrected.
 - 3) The Poomsae Competition Board may recommend that the Chairman/Director for that event or designee replace referees or judges if refereeing officials have been wrongly assigned, or when it is judged that any of the assigned refereeing officials have unfairly conducted the contest or made unjustifiable mistakes.

1. Procedure of Sanction

- 1) The deliberation procedure of Sanction shall correspond to that of Competition Supervisory Board, and the details of sanction will comply with the Regulations on Sanctions.
- 2) The AAUTKD Sports Director (or in case of his/her absence, the AAUTKD Referee Chairman for that event or AAU designee) may request that the Sanction Committee meet to deliberate when any of the following behaviors are committed by a coach, contestant, or official:
 - ☒ Interfering with the management of a contest.
 - ☒ Stirring up spectators or spreading false rumors.
 - ☒ Aggressive or inappropriate behavior toward any technical officials.
 - ☐ Not leaving the contest area after the contest.
 - ☒ Throwing any materials and/or equipment.
- 3) When judged reasonable, the Sanction Committee shall deliberate and take disciplinary action immediately. The result shall be announced and reported to the AAU Chief Executive Officer.
- 4) The Sanction Committee may summon involved people for confirmation of events.

Refereeing Officials

1. Qualification

- 1) Judges and Referees shall be Poomsae-qualified AAUTKD referees.

2. Duties

1) Referee

- ❖ The Referee shall document all valid points.
- ❖ The Referee shall declare the winner and issue: Kyeong-go" (deduction of points by penalties).
- ❖ The Referee is permitted to summon the Judges during the competition if need arises. (e.g. Score was input incorrectly or any other technical system issue.)

2) Judges

- ❖ The Judges shall document all valid points.
- ❖ The Judges shall state their opinions forthrightly when requested to do so by the Referee.

3. Uniform of the Refereeing Officials

- 1) Refereeing officials shall wear uniforms designed by the AAUTKD.
- 2) Refereeing officials shall not carry or take any materials to the area that might interfere with the contest.

The Chairman of the Competition Supervisory Board may request the Chair of the refereeing officials that a refereeing official be reassigned in the event that refereeing officials have been improperly assigned, or when it is judged by the Competition Supervisory Board that any of the assigned refereeing officials have unfairly conducted the contest or made unreasonable mistakes.

Recorder

The recorder shall time the contest, including suspended time during the contest. The recorder shall also calculate, record and announce or display the total score.

Formation and Assignment of Refereeing Officials

1. Composition of refereeing officials

- 1) Five-Judge Format: 1 Referee and 4 Judges.
- 2) Three-Judge Format: 1 Referee and 2 Judges.

2. Assignment of refereeing officials

- 1) The assignment of the referees and judges shall be made after the contest schedule is set.
- 2) Referees and judges with the same state or club as that of either contestant or with a conflict of interest shall not be assigned to such a contest. However, an exception shall be made for the judges when the number of refereeing officials is insufficient, as the case may be. Prior to the beginning of the pertinent contest, referees and judges must disclose any conflict of interest to the Referee Chairperson or his/her designee.

Officials Program/Purpose and Function

AAU Taekwondo Officials Program Classifications & Requirements

Maintenance of Classification

Class	Duties / Scope	Requirements	Upgrade Path	Certification Issued By	Recommended Minimum Pay
Class D	Judges at District, Regional, National; May be computer operator, scorekeeper, or timekeeper; May center referee at District/Regional (non-Black Belt divisions only)	- Understand rules & procedures - Understand judge responsibilities - Knowledge of charting, timekeeping, scorekeeping - Age 15+ - Rank: Red/Brown Belt - Complete an A.R.C. course	Entry-level classification	Officials Program Administrator	\$50
Class C	Officials at District/Regional; Judges at Nationals; May center referee at Nationals (non-Black Belt divisions only)	- All Class D requirements - Knowledge of referee terms/signals - Proficiency as referee at District/Regional - Officiated 2 District/Regional events (2 days) OR 1 National event (2 days) as Class D - Age 16+ - Rank: Red/Brown Belt - Complete an A.R.C. course - Request evaluation at local/regional/ national	Head Referee evaluation (CA/AA official)	Officials Program Administrator upon recommendation	\$75
Class B	Officials at Regional level; Can assume any Class C/D duties	- All Class C requirements - Proficiency in Traditional Forms, Olympic & Point Sparring - 2 years as Class C OR 2 Nationals (2 days each) as Class C - Age 18+ - Rank: 1st Dan Black Belt - Complete an A.R.C. course - Request evaluation at Regionals - Pass practical exam - Work 6 licensed events as Class C	Regional practical exam & evaluation	Officials Program Administrator	\$100
Class A	Officials at National level; Certification: (T) Traditional (O) Olympic Sparring (P) Point Sparring (S) Sport Poomsae	- All Class B requirements - High proficiency in forms & sparring - 3 years as Class B - 3 Nationals as Class B (counts toward upgrade) - Complete an A.R.C. course - Request evaluation at Nationals - Pass written test (≥70%) + practical evaluation (combined 85%) - Work 15 licensed events as Class B - Demonstrate proficiency in ≥1 specialty	Written & practical exam at Nationals	Officials Program Administrator	\$150

IR/ A- T.O.P. S	International Referee – Advanced (same as Class A but internationally recognized)	Same as A + international requirements Must submit current official certifications to qualify and be approved	Written & practical exam at Nationals Only for T and P Certifications	Officials Program Administrator Only for T and P Certifications	\$175
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- All A, IR-A officials: Must work at least 1 National event every 2 years.
- Failure = downgrade 1 level every 2 years (not below Class B).
- National event participation requirements (every 2 years):
 - T.O.P.S. officials: Work 5 days
 - A & IR-A officials: Work 4 days (must overlap with their designated specialty)

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 AAU Head Referee.

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 a T.O.P.S. certified official. All events that are provided must be overseen by an Official that has the proper T.O.P.S. certification.
- Must obtain a listing of all officials prior to the tournament, confirm their classifications, and validate that they have taken that year's ARC.
- 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 or Sports Director within seven days of the event
- Submit a Head Referee report to the Officials Program Administrator or Sports Director within seven days of the event
- Mentor all lower level officials
- Preside over any coach's protests or complaints
- Issue officials' stipends

AAU Taekwondo Coaches Program – Classifications & Requirements

Coaches Certification Levels

Level 1 – Grassroots Coach (Color Belt)

Eligibility:

- Minimum age: 14 years old
Designed for assistant coaches and developing instructors.
- Must complete a referee course and pass with a 70%

Purpose:

- To provide foundational understanding of AAU Taekwondo rules, athlete safety, and competition procedures.
Enables participation at local and district events under supervision of a certified Level 2 Coach or higher.

Level 2 – World Class Coach (Black Belt)

Eligibility:

- Minimum age: 18 years old
- Must hold a current black belt certification.
- Must complete a referee course and pass with a 80%

Requirements:

- Completion of an AAU Regional Coaching Certification Course, either:
 - Online (Written Exam), or
 - Live Session via Zoom or In-Person training.

Privileges and Responsibilities:

- Eligible to apply for National Coaching Staff positions.
- Authorized to collect athlete credentials/badges at national events.
- Required to maintain certification through Referee Refresher attendance at Nationals (optional for coaches).
- Must hold Level 2 Certification to coach at:
 - AAU National Championships
 - Team Trials
 - International Events

General Competition Guidelines Officials & 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-Ins

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-shirts.

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.

Judge's Scoring Sheet – Recognized Poomsae

AAU Taekwondo Recognized Poomsae Competition Judge's Scoring Sheet																																						
	Name of Contestant										Court #																											
	State of Contestant										CHUNG					WIN																						
	Designated Poomsae										First Form:					Second Form:					HONG					WIN												
	Round (circle):										Preliminary Quarter-Final Semi-Final Final										Division (circle):					Individual Pair Team					Gender :					Male Female Co-Ed		
Category		Sub-Category		Score Allocation																Score																		
Accuracy (4.0)		Accuracy in Basic Movement		<i>Deduct: -0.1 using (/) or -0.3 using (X)</i>																																		
		Accuracy in individual Movement of the Poomsae																																				
		BALANCE																																				
Presentation (6.0)		Power & Speed		2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5																			
		Rhythm & Tempo		2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5																			
		Expression of Energy		2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5																			
Total Presentation Scoring Guideline:				Perfect	Excellent		Good			Average			Poor			Very Poor																						
Sub-Total Score : Presentation:																																						
TOTAL SCORE (Accuracy + Presentation)																																						
ADDITIONAL DEDUCTION FROM THE TOTAL SCORE AFTER THE REFEREE COLLECTS THE SCORING SHEET FROM ALL JUDGES (Circle One) by the Judges & Referee												Over Time:		Confirmed?		YES		NO																				
												Out of the Boundary :		Confirmed?		YES		NO																				
Judge's Name:												State (Abbreviation)																										

Judge's Scoring Sheet – Freestyle Poomsae

AAU Taekwondo Freestyle Poomsae Competition Judge's Scoring Sheet															
	Name of Contestant								Court #:						
	State of Contestant								Gender		Male Female Mixed				
	Round (circle):				Preliminary Quarter-Final Semi-Final Final				Division (circle):		Individual Pair Team				
Mandatory Stances : (For Pair and Mixed Team, athletes must perform at the same time) Hakdari Seogi Beom Seogi Dwikubi (Check the box for completion)															
Max. Boards = 9 for Mixed Team															
Scoring Guidelines & Allocation															
Category	Sub-Category		Very Poor	Poor	Poor	Poor	Average	Average	Good	Good	Excellent	Excellent	Perfect	score	
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
		Basic score for the mandatory foot techniques ranges between 0.0 to 0.7 according to balance and accuracy of execution of the kicks (mastery of performance)										Add 0.1, 0.2 or 0.3 points to the given basic score according to the following criteria			
Technical Skills (6.0)	Level of Difficulty of Foot Techniques (5.0)	Height of Jumping Side Kick	Below Belt	Average basic score for the performance of jumping side kick is 0.4 to 0.5 points								BODY	FACE	OVER FACE	
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3		
		Multiple Kicks in the Air	< 3 kicks	Average basic score for the performance of number / level kicks in the air is 0.4 to 0.5 points.								3 kicks any type	4 kicks any type	5 kicks any type	
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3		
		Gradient of Spins in a Spin Kick	< 360	Average basic score for the performance of jumping turning kick (360 degree) is 0.4 to 0.5 points								360 Body	540 Face	720 < Face	
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3		
		*Board Breaking for Mixed Team		Min. 1 board by any team members (no substitute). No breaks can only score up to 0.7 on base score. NO additional Score.											
		Performance level of Consecutive Sparring Kicks	< 7 Kicks	Average basic score for the performance of 7 to 10 consecutive sparring kicks is 0.4 to 0.5 points								Low level	Mid. Level	High Level	
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3		
		*Board Breaking for Mixed Team		At least 1 team member who MUST perform 7-10 consecutive kicks with min. of 3 board breaking in same direction.											
		Acrobatic Kicking Technique	No kick	Average basic score for the performance of acrobatic section with TKD kicks is 0.4 to 0.5 points. Pair or Team must perform simultaneously.								Low level	Mid. Level	High Level	
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3		
		*Board Breaking for Mixed Team		Min. 1 board by any team members (no substitute). No breaks can only score up to 0.7 on base score. NO additional Score.											
		Basic Movements and Practicability (1.0)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
Sub-Total Score of Technical Skills (6.0) Deduct 0.3 for each missing mandatory stance															
Presentation (4.0)	Creativity		0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Harmony		0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Expression of Energy		0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Music & Choreography		0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Sub-Total Score of Presentation (4.0):														
TOTAL SCORE (Technical Skills + Presentation)=															
ADDITIONAL DEDUCTION FROM THE TOTAL SCORE AFTER THE REFEREE COLLECTS THE SCORING SHEET FROM ALL JUDGES (Circle One) by the Judges & Referee								Before 90s or Over 100s:		Confirmed?		YES		NO	
								Out of the Boundary :		Confirmed?		YES		NO	
Deductions By the Referee ONLY Under time or Over Time, Crossing the Boundary Line from the TOTAL SCORE. Notify the Computer Operator AFTER the Judges' has been confirmed															
Total Score - Deductions = FINAL SCORE															
Judge's Name:										State		(Abbreviation)			

AAU Taekwondo Protest Form

Event Name: _____

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 the protest upheld? ☐ Yes ☐ No

Arbitration Member(s)

Korean Terminology 1

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 Terminology 2

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