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## Taekwondo Sparring Rules

### Officials

- For standard sparring there will be 3 corner judges and a centre referee
- For 2v2 sparring there will be 3 corner judges and 2 centre referees, with 1 designated as the leading referee
- If appropriate, the Senior Referee, Referee Coordinator or Taekwondo Sport Convenor may decide to reduce the number of corner judges
- Review jury
- Technical assistant

### Contestants shall wear

- A taekwondo dobok or martial art uniform deemed suitable by the Taekwondo Sport Convenor for the event
- Arm guards, shin guards, groin guard, mouth guard (white or clear) and fist protectors, all of which are either WT approved brands or deemed suitable by the Taekwondo Sport Convenor for the event (If a female competitor chooses to not wear a groin guard they take on full responsibility for any injury that may occur as a result)
- Daedo electronic footguards (available for hire for \$5, cash, at the competition), except for 2v2 sparring (which will be scored manually, so footguards are optional)
- Daedo electronic hogu and headguard, provided by competition organisers, except for 2v2 sparring, where contestants will have the option to provide their own hogu or use the provided hogus

### Commencement

- Contestants are called in by the referee using commands "chung" and "hong", with blue to the right of the referee and red to the left
- Contestants will test equipment by kicking the opponent chest guard and head guard as directed by the referee
- Following the equipment test the contestants will step behind their allocated mark and will bow with the commands "charyeot" and "kyeong-rye" then put on headguards
- Referee will indicate commencement with "joonbi" (ready) and "shijak" (start)
- For 2x2 sparring there is no electronic testing and contestants line up, with their partner, facing their opponents, on the side designated to their colour in the draw

### Other commands

- "kalyeo" (break)
- "keuman" (stop)
- "kyesok" (continue)

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## Permitted techniques

- Fist – straight punching technique using knuckle part of a tightly clenched fist
- Foot – delivering technique using any part of the foot below the ankle bone

## Scoring

- To the trunk – fist or foot to area covered by hogu, excluding the spine
- To the head – above collar bone, only foot techniques permitted
- All contestants, irrespective of rank, will have head kicks unless one of the contestant's requests only body kicks when, in such case, the match will only have body kicks. A request of this nature should be made prior to the commencement of the match and is preferred to be advised to the Taekwondo Sport Convenor, either on publication of the draw or before.
- Where a technique is delivered accurately and powerfully (in accordance with the power levels standard to the Daedo system, unless a lesser power level is determined by the Senior Referee, Referee Coordinator or Taekwondo Sport Convenor) then the following points will be scored:
  - o One (1) point for a punch to the trunk
  - o Two (2) points for a kick to the trunk
  - o Three (3) points for a kick to the head
  - o Four (4) points for a turning kick to the trunk
  - o Five (5) points for a turning kick to the head
  - o One (1) point to the opponent for each "gamjeom" penalty
- Where point is even at the end of the standard rounds a golden point, round will apply in terms of World Taekwondo rules (2 points)
- If the match remains undetermined then superiority applies in terms of World Taekwondo rules

## Penalties

- Penalties will be declared for:
  - o Crossing the Boundary Line
  - o Falling down
  - o Avoiding or delaying the match
  - o Grabbing or pushing the opponent
  - o Lifting the leg to block, or/and kicking the opponent's leg to impede the opponent's kicking attack, or lifting a leg or kicking in the air for more than 3 seconds to impede opponent's potential attacking movements, or kick was aiming to below the waist
  - o Kicking below the waist
  - o Attacking the opponent after "Kal-yeo"
  - o Hitting the opponent's head with the hand
  - o Butting or attacking with the knee
  - o Attacking the fallen opponent
  - o Attacking trunk PSS with the side or bottom of the foot having the knee pointed out in clinch position
  - o Following Misconducts of contestant or coach
    - Not complying with the referee's command or decision
    - Inappropriate protesting behaviour to officials' decisions
    - Inappropriate attempts to disturb or influence the outcome of the match

- Provoking or insulting the opposing contestant or coach
- Unaccredited team doctors, physiotherapists, athlete trainer, or chiropractor, or other team officials found to be seated in the doctor's position
- Any other severe misconduct or unsportsmanlike conduct from a contestant or coach
- Yellow cards, disqualification and other sanctions apply in terms of the rules of World Taekwondo.
- When a contestant accumulates 10 "gamjeom" penalties they will be declared the loser

### Instant Video Replay / Review Jury

- A coach can make a request for review on:
  - Penalties against opponent for falling down, crossing the boundary line, attacking after 'Kalyeo' or attacking a fallen opponent
  - Technical point
  - Any penalty against own contestant
  - Any mechanical malfunction or error in time management
  - If referee has forgotten to invalidate point after 'Gamjeom'
  - Wrong identification of punch by judge
- The coach appeal by standing and holding up colour card. The referee will approach and listen. Coach should be clear and succinct
- If successful appeal card will be returned. If not, coach cannot appeal for remainder of the match.

### Injury Time Out

- The referee may suspend the match for injury of one or both contestants.
- Match suspension of up to 1 minute, starting when first aid attendant engages.
- If injured contestant cannot return, the other contestant will be declared the winner, unless the injury was caused by a prohibited act, in which case the penalty will be declared, and the attacker will be the loser.
- If referee believes pain is only from bruising the referee will command the contestant to 'stand up' and re-engage. If the contestant does not respond to that command by the 3<sup>rd</sup> command, then they will be declared the loser.
- If there is broken bone, dislocation, sprained ankle or bleeding then the referee will allow additional time for first aid treatment as needed by the attending medical person.

### Competition Supervisory Board (CSB)

- A CSB will be designated at the event to deal with any applicable situations.

### Other matters

- Generally, unless otherwise noted herein, rules will follow World Taekwondo rules as at [www.worldtaekwondo.org](http://www.worldtaekwondo.org)

If there is any matter that needs to be determined at the event, then the Sport Convenor will determine anything that needs resolution and that decision will be final, unless the circumstances are covered by a policy of the association, such as the Member Protection Policy.