

2026 TAE KWON-DO INTERNATIONAL WORLD CUP

JULY 4 & 5, 2026
COMPETITORS' PACKAGE





2026 Tae Kwon-Do International World Cup

Hosted by United Traditional Tae Kwon-Do Canada

Supported by TAGB Tae Kwon-Do International



Dear Martial Arts Grand Masters, Masters, and Instructors,

Welcome! We are pleased to invite you to attend the 2026 Tae Kwon-Do International World Cup Tournament in **Lethbridge, Alberta, Canada**. The competition will be held on **July 4 and 5, 2026**, at the Lethbridge Trade & Convention Centre. This is a new premier venue in the region, built to host world-class events. Part of the proceeds from this event will be donated to the non-profit organization, KidSport, which helps underprivileged children gain access to organized sports.

We intend to uphold the highest standards to ensure a fair, safe, organized, and exciting event. All men, women, and children training in recognized schools are welcome. Whether this is your first competition or you are an elite competitor, there will be fantastic opportunities for you to participate.

Enclosed is a two-part Competitors' Package where you will find important tournament details, including the Daily Program, Competitor Events, and Black Belt Weight Classes. The second part of this package includes the Tournament Rules.

Please review this package to familiarize yourself with our event and share it with your members. **Registration is open from January 1 to June 22, 2026**, on our website tkdcanada.com. Feel free to contact us at legacytkd@telus.net.

We are excited to host another great event and look forward to your participation!

Sincerely,

Grand Master Darin Gibson
UTTC President

Grand Master Colin Nonomura
UTTC Vice President





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2026 Tae Kwon-Do International World Cup Competitors' Package

2026 World Cup Information

Tournament Details	Page 1
Daily Program	Page 2
Competitor Events	Page 4
Event Software	Page 4
Black Belt Weigh-ins	Page 5

Tournament Rules

Table of Contents	Page 6
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2026 Tae Kwon-Do International World Cup Tournament Details

Dates	Saturday, July 4 and Sunday, July 5, 2026
Location	Lethbridge Trade & Convention Centre 101 Exhibition Way South, Lethbridge, Alberta, Canada
Registration	Register online at tkdcanada.com . Registration will be open until June 22. No registrations at the door. - Team Event Registration Guide (step-by-step help guide)
Black Belt Weight-in *UPDATED	Fri, July 3, 4-7 pm at the Nikka Yuko Japanese Gardens (835 Mayor Magrath Dr S) . Competitors may also check in at this time. - Alternate weigh-in option: Saturday, July 4, at 8-9:15 am (Lethbridge Trade & Convention Centre)
Competitor Check-in *UPDATED	Fri, July 3 from 4-7 pm at the Nikka Yuko Japanese Gardens (835 Mayor Magrath Dr S). - Free admission to view the Gardens for competitors and coaches; \$9 general admission Sat, July 4 from 8-9:15 am at the Lethbridge Trade & Convention Centre. - All competitors must be present in uniform for the official bow-in at 9:30 am.
Entry Fees	Adults (18+): \$120 for one or two divisions; \$30 each additional division Children (6-17 years): \$100 for one or two divisions; \$30 each additional division
Spectators	Weekend passes (cash or credit card). Purchase at the door. Adults (18+): \$20, Youth 7-17: \$10, Children 6 & under: free Family pass (same household) \$60
Live Streaming *NEW	We will be live streaming every ring. Details to come. Follow UTTC on Facebook and Instagram for the latest info and tournament photos.



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Awards	Custom medals for 1st, 2nd, and 3rd place Custom plate awards for black belt sparring divisions
Eligibility	Competition is open to members of recognized, established martial arts schools. Proof of rank or membership may be required.
Hotels	Coast Hotel Lethbridge. 526 Mayor Magrath Drive South Booking link: http://coa.st/2026TaeKwonDoInternationalWorldCup Lethbridge Hotel Partners: https://visitlethbridge.com/2026-tae-kwon-do-international-world-cup/
Book Signing *NEW	Book signing event with authors GM CK Choi, GM Phap Lu, GM Peter Sanders, and Alex Gillis on Saturday, July 4, from 10:30 to 12 pm.
Leaders' Dinner and Celebration Party	Find details and links to purchase tickets for both these events on our website, tkdcanada.com/worldcup . Leaders' Dinner: Saturday, July 4, 6:30 pm Celebration Party: Sunday, July 5, 8:00 pm
Inquiries	Contact GM Darin Gibson at legacytkd@telus.net
Social media	Follow United Traditional Tae Kwon-Do Canada (UTTC) on Facebook and Instagram for the latest updates and tournament photos!

Daily Program

FRIDAY, JULY 3

Nikka Yuko Japanese Garden, 835 Mayor Magrath Dr S, Lethbridge

- 4:00 to 7:00 pm Competitor Check-in and Black Belt Weigh-in

Free admission to view the Gardens for competitors and coaches; \$9 general admission.



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SATURDAY, JULY 4

- 8:00 to 9:15 a.m. Competitor Check-in and Black Belt Weigh-in
- 9:30 a.m. Opening Ceremony (all competitors present in uniform)
- 10:30 to 12:00 p.m. Tae Kwon-Do Authors' Book Signing

SATURDAY EVENTS

** Schedule is tentative and may be changed based on competitor numbers*

- Select Black Belt Patterns (TBD)
- All Colour Belt Patterns
- All Colour Belt Point Sparring
 - Senior Belts (must be 10 years+ & green belt+)
 - Junior Belts (must be 13 years+)
- Colour Belt Continuous Sparring Part 1 (white and yellow belts, ages 6 to 12 years)
- All Black Belt Point Sparring
- All Three-Person Team Black Belt Point Sparring

LEADERS' DINNER

- For all Instructors, Masters, and Grand Masters with [pre-purchased tickets](#)
- Details at tkdcanada.com/worldcup – deadline to purchase tickets is June 29

SUNDAY, JULY 5

- 10:00 a.m. Competition Begins
- 8:00 p.m. Celebration Party and Dance (ticketed event)

SUNDAY EVENTS

** Schedule is tentative and may be changed based on competitor numbers*

- Select Black Belt Patterns (TBD)
- Team Patterns
- Colour Belt Continuous Sparring Part 2 (green belts and higher, ages 10 and older)
- All Black Belt Continuous Sparring
- International Team Black Belt Continuous Sparring (18+ only)

CELEBRATION PARTY AND DANCE

- [Link to purchase tickets – \\$20 each](#)
- Cash bar, light snacks, and DJ entertainment – not suitable for younger children



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Competitor Events

Divisions within the following events will be sorted by rank, age, gender, and, in some cases, weight to ensure fairness. Black belts must weigh in before competition.

BLACK BELTS

- Patterns
- Point Sparring (weigh-in required for ages 13+)
- Continuous Sparring (weigh-in required for ages 13+)

COLOUR BELTS

- Patterns
- Point Sparring (10 yrs+ and green belt+)
- Continuous Sparring

TEAM PATTERNS

- Three- to five-person teams (all belt levels)

THREE-PERSON TEAM POINT SPARRING

- Black belts only (must be 13 years+)
- All members of a team must be of the same age division

INTERNATIONAL TEAM CONTINUOUS SPARRING

- Black belts only (must be 18 years+)
- Five-person men's teams and three-person women's teams

Event Software

We will be using Kihapp software to register for the event and manage the tournament. The software will allow real-time tracking on the day of the event, with **approximate times** and ring assignments. Tracking will open immediately after the bow-in. These times and ring assignments are fluid and are **estimates** only. They will update as the event progresses.

You can find the link here: [Kihapp Tournament Tracking](#).



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Black Belt Weigh-ins

Weigh-in will be held on Friday, July 3, 4:00 to 7:00 p.m. at the Nikka Yuko Japanese Garden (Bunka Centre), 835 Mayor Magrath Dr S. Black belts may also check at this time.

Alternate weigh-in option – Saturday, July 4, 8:00 to 9:15 a.m.

Competitors must be clothed at the weigh-in. A weight allowance will be given as follows:

- T-shirt and shorts/pants – 0.5 Kilogram
- Dobok (no belt) – 1 Kilogram

Competitors may take up to two measurements during weigh-in. The lower weight of the two will be used. The following are required to weigh in before the event to confirm the weight they submitted on their registration. Any adjustments will be made at the weigh-in.

Boys 13-15 years Boys 16-17 years	Weight classes will be determined at the event, based on entries.
Girls 13-15 years Girls 16-17 years	Weight classes will be determined at the event, based on entries.
Men 18-39 years	Light: Up to and including 63 kg Welter: Above 63 kg, up to and including 70 kg Middle: Above 70 kg, up to and including 80 kg Heavy: Above 80 kg, up to and including 90 kg Super Heavy: Above 90 kg
Women 18-39 years	Light: Up to and including 55 kg Welter: Above 55 kg, up to and including 65 kg Middle: Above 65 kg, up to and including 75 kg Heavy: Above 75 kg
Men Executive 40+ & Super Executive 50+	Weight classes will be determined at the event, based on entries. Please note that competitors 40+ may not fight in younger divisions.
Women Executive 40+ & Super Executive 50+	Weight classes will be determined at the event, based on entries. Please note that competitors 40+ may not fight in younger divisions.



World Cup 2026 Tournament Rules for Instructors, Coaches, Competitors, and Spectators

1. Introduction	6
2. Expectations of Behaviour	6
3. Expectations for Officials' Behaviour	6
4. Overseeing of Tournament Judging	6
5. Appeals	7
6. Officials' Attire	7
7. Dimensions of Ring	7
8. Patterns	8
9. Placement of Officials and Competitors for Sparring	9
10. Target Area	9
11. Competitor Uniform and Equipment	10
12. Continuous Sparring	10
13. Point Sparring	14
14. Three-Person Team Point Sparring	16
15. International Team Continuous Sparring: 5-Person Men's & 3-Person Women's	17
16. Team Patterns	19
17. Description of Minor Offenses	20
18. Description of Major Offenses	22
19. Contact	23
20. Warnings, Minus Points, & Disqualification	25
21. Competitor Injury	26
22. Unexpected Events	26

*Items in red indicate changes/additions to the rules as of May 29, 2026

1. Introduction

In this document, you will find the rules and regulations governing the 2026 World Cup, a UTTC-sanctioned event. In all cases, we endeavor to ensure all participants have the best possible experience under the fairest and safest conditions.

2. Expectations of Behaviour

The Tournament Director, Director of Officiating, and referees reserve the right to disqualify any competitor if there is unfair play or poor behaviour by any parties affiliated with the competitor. Any derogatory language from masters, coaches, parents, and teammates will not be tolerated. Threats to any official, volunteer, parent, or other competitor will not be tolerated. Those associated with the offending competitor may also be expelled from the venue.

3. Expectations for Officials' Behaviour

UTTC referees, assistant referees, and corner judges have been through numerous training seminars. They are instructed to conduct themselves fairly, unbiasedly, and professionally.

4. Overseeing of Tournament Judging

*Masters, coaches, instructors, or spectators shall not approach the head table or corner judges during the process of an ongoing match, unless they have been invited by the referee or the Director of Officiating. All scoring will be kept confidential unless the Director of Officiating requests a release of scores.

Sparring

The Marshal will monitor all corner judges and referees. The Marshal will ensure that appropriate attention is paid to all competition within their area of responsibility. If the Marshal believes that any corner judge or referee is not acting in a fair and unbiased manner, they are empowered to address the issue with the individual in question and remove that person from their duties. They will immediately inform the Director of Officiating of the incident, who will follow up as necessary.

Corner judges will use their discretion on the appropriate space needed to perform their duties. They may request people to move or be seated around the ring. If the corner

judge's requests are not respected, minus points, disqualification, or ejection of the competitor may occur.

Patterns

The Referee responsible for each pattern event will ensure that each judge makes a fair and unbiased decision for every competitor. If there is a problem or concern with any individual judge, the referee is empowered to address the issue with the judge concerned, remove them from their duties, and immediately inform the Marshal and/or the Director of Officiating of the incident. Upon review of the information received, the Marshal or Director of Officiating will speak with the individual in question and address the situation as he/she deems appropriate.

5. Appeals

- Disputes regarding a decision can only be presented by the competitor's Instructor/Coach immediately following the disputed match.
- The dispute will be brought to the Marshal or the Director of Officiating.
- Each Instructor/Coach will be allowed two appeals throughout the tournament at no charge.
- Subsequent appeals will be levied \$150 CDN. If the appealing Instructor is successful, the \$150 CDN will be refunded.
- The Marshal or Director of Officiating will gather all information, review the decision made by the officials of the match in question, and make a decision that will be final in all respects. This decision will be made within a reasonable timeframe, and the Instructor/Coach will be informed.

6. Officials' Attire

Marshals, referees, assistant referees, and judges will be dressed in professional and/or athletic straight-leg black pants, a designated UTTC shirt, and comfortable black or white non-marking footwear.

7. Dimensions of Ring

The ring sizes shall be 7 metres x 7 metres with a 1 metre border.

8. Patterns

When judging patterns between head-to-head competitors, judges will choose a winner upon completion. The referee will call “JUDGES READY,” and the officials will cross their arms in front of their chests to signal they are ready. The referee will then call “SCORE”. In a quick, decisive motion, the judges will signal their choice of the winner. If the winner is the left competitor, the left arm will go up; if the winner is the right competitor, the right arm will go down. The competitor with the most votes wins. Three or five officials will judge patterns.

Scoring of Patterns

As patterns vary from organization to organization, they will be judged on stances, power, balance, and flow. Each judge will assess the competitors and determine a winner based on those criteria.

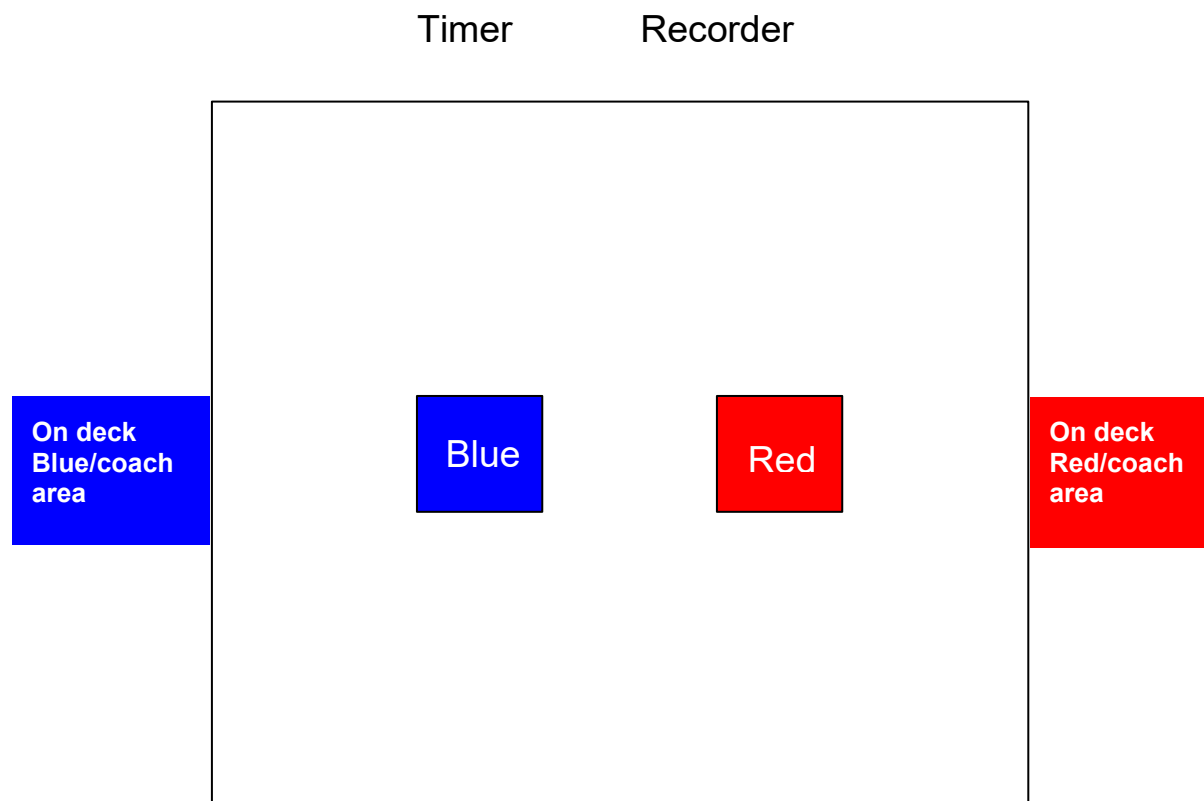
- Competitors must declare the pattern they are performing before the start of their match.
- Colour belts must perform their own ranked pattern or one below their current rank.
- Black belt competitors will not be allowed to perform patterns above their rank.
- If a competitor chooses an ineligible pattern, they will be given 20 seconds to declare an eligible pattern, or they may be disqualified.

1st Dan Patterns	2nd and 3rd Dan Patterns	4th Dan+ Patterns
Choong Moo Gwang Gae Po Eun Ge Baek	Choong Jang Ko Dang Eui Am Juche Sam Il Yoo Sin Choi Yong	Ul Ji Moon Moo Yon Ge So San Tong Il Se Jong

- All other styles must perform their own ranked patterns.

9. Placement of Officials and Competitors for Sparring

The ring will be officiated by a referee and at least three judges for continuous sparring and two judges for point sparring. Judges can be seated or standing at the ring corners for continuous and standing around the corners for point sparring. Judges are free to move around, provided they do not interfere with other judges.



10. Target Area

High section techniques must be executed above the shoulders and from the ears forward. Techniques will not be counted as a point if they are executed to the back or the top of the head, behind the ears, neck, or throat.

Middle section techniques must be executed between the shoulders and the top of the belt. Techniques must also be executed to the front or sides of the body torso.

Techniques will not be counted as points if they are executed to the back, arms, or anywhere below the belt.

11. Competitor Uniform and Equipment

- Competitors must participate in a complete uniform, including top, pants, and belt.
- Competitors must have short and safe fingernails and toenails.
- All jewelry must be removed before competing.
- Eyeglasses are worn at the competitor's risk.

Mandatory Safety Equipment

- All competitors **10 years of age and older or of the rank of Green 6 and higher** will be required to have safety equipment
- All safety equipment is the responsibility of the competitor and includes:
 - Fitted mouth guard
 - Soft foam dipped, leather, or vinyl head gear
 - Soft foam dipped, leather, or vinyl hand gear and foot gear
 - Hand gear must not exceed the mass of 10 oz.
 - Each must cover all fingers, toes, and heels
 - Males must wear a groin protector; it is optional for females
 - Chest guards are optional

All equipment will be inspected and approved before the division starts.

- All safety equipment must show no signs of damage or modification. Examples of these include rips, tears, cracks, and tape.
- If a competitor has equipment that is deemed non-compliant, they will have until their first match begins to find approved replacement equipment.
- Any forgotten, non-compliant equipment, or failure to find approved equipment may result in disqualification.

12. Continuous Sparring

Scoring

- Continuous sparring competitions will be scored with point clickers to track each competitor.
- Techniques that are executed to the proper target areas and not obstructed by an opponent's block will be awarded points accordingly.

Points will be awarded as follows:

- **1 point** for any hand technique to either middle or high section.
- **2 points** for any foot technique to either middle or high section.
- **3 points** for any foot technique completed in the air.
- Points will be awarded for clean and controlled techniques. Wild techniques will not be awarded points and may result in warnings or minus points.
- Successful execution of punching combinations will be awarded 1 point.
- Only three consecutive punches are allowed in a single engagement; kicks must separate subsequent punches. If the 3-punch combination is exceeded, a wild technique warning will be issued.

Coloured Belts Continuous

- One 90-second continuous time round.
- Divisions will be on a single-elimination bracket.
- **Levels of contact are addressed in the Contact section of this document.**
- Any competitor deliberately contacting with no regard for their warning(s) may be immediately disqualified.
- If blood is drawn with the intent to injure an opponent, the offending competitor may be disqualified.
- There will be no coaching allowed for the colour belt competition.

Jr. Black Belt Continuous

- Two 90-second continuous time rounds with a 1-minute break between rounds.
- Divisions will be on a single-elimination bracket.
- **Levels of contact are addressed in the Contact section of this document.**
- If, in judgment of the referee, a competitor is intending to hurt an opponent, they may be immediately disqualified.
- If contact is made that is not controlled and/or excessive, a warning or a minus point will be issued. Further infractions will result in a minus point; three minus points will result in disqualification.
- If blood is drawn with the intent to injure an opponent, the offending competitor may be disqualified.
- All black belts will be judged on their accuracy, delivery, and control of their techniques during sparring matches.
- If a player cannot continue the match due to an inflicted injury, they must receive clearance from first aid staff before being allowed to continue in other events.
- Coaching is permitted for the black belt competition.

Black Belt Continuous

- 18+ age restriction for this division.
- Two 2-minute continuous time rounds with a 1-minute break between rounds.
- Two 90-second continuous time rounds with a 1-minute break between rounds for the 40+ age categories.
- Divisions will be on a single-elimination bracket.
- **Levels of contact are addressed in the Contact section of this document.**
- If, in the judgment of the referee, a competitor is intending to hurt an opponent, they may be immediately disqualified.
- If contact is made that is not controlled and/or excessive, a warning or a minus point will be issued. Further infractions will result in a minus point; three minus points will result in disqualification.
- If blood is drawn with the intent to injure an opponent, then the offending competitor may be disqualified.
- All black belts will be judged on their accuracy, delivery, and control of their technique during sparring matches.
- If a player cannot continue the match due to an inflicted injury, they must receive clearance from first aid staff before being allowed to continue in other events.
- Coaching is permitted for the black belt competition.

Coaching

Coaching will only be permitted for black belt divisions. For colour belt divisions, instructors and coaches may be around the ring but can only encourage their players. No strategic advice or coaching will be tolerated.

In the black belt divisions, a coach will be provided with a chair within the coach area next to the ring. Coaches must remain in their area unless invited into the ring by the referee (for reasons such as a player's injury or a discussion with the referee). Only the coach will be permitted in the coach area next to the ring, with a limit of one coach per player.

Marking Competitors by Colour

- **Red Ribbon** – To be placed on the competitor to the right of the referee when the referee is facing the head table.
- **Blue Ribbon** – To be placed on the competitor to the left of the referee when the referee is facing the head table.

Calling Fighters into The Ring and the Beginning of the Round

The Referee will:

1. Point to each fighter and signal them with their hands to enter the centre of the ring (spaced approx. one metre apart).
2. Place hands up in front, palms facing toward the head table, and indicate a bow to the head table.
3. Place hands up in front, palms facing each other, and indicate a bow between competitors.
4. Give the competitors the proper command to assume a fighting stance. The referee will simultaneously place their right hand between the competitors and put their right foot back.
5. They will then give the command to start and pull their right hand back.

Calling “Time”

To do this, the referee will point to the timekeeper, then cross their two hands making a “T” sign while calling out “TIME”.

Restarting the Round

If the referee stops the match for any reason, the players will return to their starting positions at the centre of the ring. The referee will give the competitors the proper command to assume a fighting stance. The referee will simultaneously place their right hand between the competitors and put their right foot back. They will then give the command to start and pull their right hand back.

Forfeiture

If at any time during a match a coach is concerned about their player's safety and well-being, they may call out “STOP”. At that point the referee will stop the match and declare the other competitor the winner. This is a final decision.

Rest Period Between Finals Rounds

In the final rounds, if a competitor has just completed a match and must immediately return for their next match, a 2-minute rest period will be allowed before the final round begins.

Declaration of Winners for Continuous Sparring

At the conclusion of the final round the centre referee will bring the competitors back to their original positions. The centre referee will call “JUDGES SCORE.” Corner judges

will stand facing away with their backs toward the referee before raising their clicker colour. In the case of a tie, officials will raise both clickers and cross their arms in an “x”. The centre referee will clearly call out each judge’s result and raise the winner's hand. In the event of a tie, a 30-second overtime period will determine a winner. Judges have been instructed to pick a winner at the end of overtime. The winning competitor will have his or her arm raised to signify the win. They will then be directed to the head table to confirm their name.

13. Point Sparring

All rules and expectations regarding point sparring safety, sportsmanship, coaching, and safety equipment will be the same as in continuous.

Scoring

- Point sparring competition will be scored with a flip scoreboard or digital scoreboard.
- Techniques that are executed to the proper target areas and not obstructed by an opponent's block will be awarded points accordingly.
- Points will be awarded as follows:
 - **1 point** for any hand technique to either middle or high section
 - **2 points** for any foot technique to either middle or high section
 - **3 points** for any foot technique completed in the air
- Points will be awarded for clean and controlled techniques. Wild techniques will not be awarded points and may result in warnings or minus points.
- Successful execution of punching combinations will be awarded 1 point.
- Only three consecutive punches are allowed in a single engagement; kicks must separate subsequent punches. If the 3-punch combination is exceeded, a wild technique warning will be issued.
- There will be a **15-point mercy rule**. If a player leads by 15 points or more, the match will be stopped, and they will be declared the winner.

Coloured Belts Point Sparring

- Only students who are **10 years of age and older and Green 6 and higher** may enter point sparring.
- One 2-minute continuous time round. If the players are tied, the first to score will be declared the winner.
- Divisions will be on a single-elimination bracket.
- **Levels of contact are addressed in the Contact section of this document.**

- Any competitor deliberately contacting with no regard for their warning(s) may be immediately disqualified.
- If blood is drawn with the intent to injure an opponent, the offending competitor may be disqualified.
- There will be no coaching allowed for the colour belt competition.

Black Belt Point Sparring

- Two 2-minute continuous time rounds with a 1-minute break between rounds. If the players are tied, the first to score will be declared the winner.
- Two 90-second continuous time rounds with a 1-minute break for 40+ age categories.
- Divisions will be on a single elimination bracket.
- **Levels of contact are addressed in the Contact section of this document.**
- If, in the judgment of the referee, a competitor intends to hurt an opponent, then they may be immediately disqualified.
- If contact is made that is not controlled and/or excessive, a warning or a minus point will be issued. Further infractions will result in a minus point; three minus points will result in disqualification.
- All black belts will be judged on their accuracy, delivery, and control of their techniques during sparring matches.
- If a player cannot continue the match due to an inflicted injury, they must receive clearance from first aid staff before being allowed to continue in other events.
- Coaching is permitted for the black belt competition.

Pausing the Round for Points

If a point is seen (without a warning), the following actions will occur:

- The referee will shout "STOP" to halt the action.
- The referee will say, "JUDGES SCORE," and each judge and referee will indicate one of the following signals: 1, 2, or 3 points while pointing to the competitor being awarded the point(s), while their other hand will be raised in the air showing the same number of points so that scoring is visible. Officials will signal "No Point" by crossing both arms in an "X" in front of their chest.
- Points will be awarded according to the majority of officials who saw the techniques.
- If two officials score different points for the same competitor, the lowest score called by the officials will be awarded.

Restarting the Round

- Players will return to their appropriate positions at the centre of the ring.
- The referee will give the competitors the proper command to assume a fighting stance. The referee will simultaneously place their right hand between the competitors and put their right foot back.
- They will then give the command to start and pull their right hand back.

Forfeiture

If at any time during a match a coach is concerned about their player's safety and well-being, they may call out "STOP!" At that point, the referee will stop the match and declare the other competitor the winner. This is a final decision.

Rest Period Between Finals Rounds

In the final rounds, if a competitor has just completed a match and must immediately return for their next match, a 2-minute rest period will be allowed before the final round begins.

Declaration of Winners in Point Sparring

At the conclusion of the round, the centre referee will bring the competitors back to their original positions. The centre referee will announce the final score at the head table and raise the winner's hand. If the players are tied, the first to score will be declared the winner. Winners will be directed to the head table to confirm their name.

14. Three-Person Team Point Sparring

Organization of Event

- This event is for **black belts only**.
- **One team member (or instructor) will register the team in Kihapp.** See the [Team Registration Guide](#) for instructions.
- 5-minute continuous time round.
- This event will be on a single-elimination bracket.
- There will be no mercy rule for this competition.
- If an injury occurs after team submission, the team may continue as a team of two people, but no edits to the roster will be allowed after registration has closed.
- All rules from point sparring, except round time, will apply here.

Pausing the Round for Points

If a point is seen (without a warning), the following actions will occur:

- The referee will shout “STOP” to halt the action.
- The referee will say, “JUDGES SCORE,” and each judge and referee will indicate one of the following signals: 1, 2, or 3 points while pointing to the competitor being awarded the point(s), while their other hand will be raised in the air showing the same number of points so that scoring is visible. Officials will signal “No Point” by crossing both arms in an “X” in front of their chest.
- Points will be awarded according to the majority of officials who saw the techniques.
- If two officials score different points for the same competitor, the lowest score called by the officials will be awarded.
- While judges are awarding points, teams may switch their players during this time. Once the referee has begun to restart the round, no switches will be allowed. Teams may not switch during warnings.
- There are no restrictions on how many switches can or need to be made.
- Every player must make at least one appearance in the ring.

Restarting the Round

- Players should be at their appropriate positions at the centre of the ring.
- The referee will give the competitors the proper command to assume a fighting stance. The referee will simultaneously place their right hand between the competitors and put their right foot back.
- They will then give the command to start and pull their right hand back.

15. International Team Continuous Sparring: 5-Person Men’s & 3-Person Women’s

Organization of Event

- This event is for **black belts only**. Teams will be submitted on the first day of the competition. If a team needs to use a red belt to fill their team, an appeal can be made to the Director of Officiating or the Tournament Director.
- Team players must all be from the same nation. If a nation cannot field a complete team, they may apply to the Tournament Director and coordinate with another nation in a near geographic region to enter a multinational team (e.g., Team Africa). The final decision is to be at the discretion of the Tournament Director.

- Each nation may only enter one team. If a nation is represented by multiple associations, they must work together to select their best team. If no agreement can be made among the respective groups, the nation may not enter a team.
- Each match will have one 2-minute continuous round per player (five rounds for men; three rounds for women).
- Each men's team must include a member of each weight class for black belts. Teams may elect to enter individuals into higher-weight classes if necessary.
- Each women's team must have three weight classes as follows:
 - Light: Up to and including 60 kg
 - Middle: Up to and including 70 kg
 - Heavy: 70 kg+
- If an injury has occurred after team submission, the team may continue as a team of four people (men's) or two people (women's), but no edits to the roster will be allowed after registration has closed. During the event, a player who withdraws will be designated a loss.
- All rules and regulations of continuous sparring, except round time, will apply here.

Beginning a Round

- At the beginning of the round, the referee will perform a coin toss to determine which team will send their first competitor. The other team matches from the same weight class.
- The referee should indicate to the teams which side of the coin is heads and which side is tails.
- Player choice will alternate between the competing nations with matching weight classes.

Concluding a Round

- At the end of each 2-minute round, the centre referee will bring the competitors to the middle and declare, "JUDGE'S SCORE". **Corner judges will stand facing away with their backs toward the referee before raising their clicker colour. In the case of a tie, officials will raise both clickers and cross their arms in an "x".**
- The winning nation will then receive two points on the scoreboard.
- If the players tie, each team will receive one point on the scoreboard.

Concluding the Best of Five (Men) or Best of Three (Women)

- At the end of the last round, the referee will declare a nation the winner.

- In the event of a tie, each team will select one player for a 1-minute tiebreaker round.
- The match will conclude if a team wins three rounds (men) or two rounds (women).

16. Team Patterns

Organization of Event

- This event is for groups of three to five players of any rank.
- **One team member (or instructor) will register the team in Kihapp.** See the [Team Registration Guide](#) for instructions.
- Teams can be comprised of any combination of age and rank. Divisions will be sorted based on registration.
- Teams can declare a Chang-Hon pattern or a creative pattern of their design.
 - If declaring a Chang-Hon pattern, all members of the team must be eligible to perform the pattern (lower belts may not perform higher-ranked patterns).
- **Routines may not exceed two minutes in length.**

Beginning of Pattern

- A team will be called up to perform their pattern.
- The head judge will bow them in.
- Judging will not start until the head judge instructs them to begin (entrance and exit are not judged).

Judging of Pattern

- The first team will receive a **base score of five**.
- Subsequent teams will be scored higher or lower than five based on their performance compared to the first team.
- Judges are to base their score out of 10 with 0.5 increments.
- Patterns will be judged on power, stances, balance, flow, timing, choreography, and difficulty.

Completion of Pattern

- After the pattern, the head judge will declare, "JUDGES READY. JUDGES SCORE"
- At that time, the judges will declare their score between zero and 10 (the first team always receives a score of five) to be recorded at the ring table.
- Once the scores are recorded, the team is dismissed from the area.

Declaring Winners

- The team with the highest total score will be declared the winner.
- In the event of a tie, teams will perform again, and the high score will be the winner.

17. Description of Minor Offenses

Warnings will be given for the following minor offenses. A minus point will be assessed upon every third warning. Warnings from any infraction accumulate together toward minus points.

Holding

- 1 – Point to offender
- 2 – Clasp the left wrist with the right hand
- 3 – Signal a warning

Pushing

- 1 – Point to offender
- 2 – Both hands open in front of chest with palms out
- 3 – Push hands away from body
- 4 – Signal a warning

Grabbing

- 1 – Point to offender
- 2 – Open right hand beside body
- 3 – Pull up hand making a fist
- 4 – Signal a warning

Turning Back to Opponent

- 1 – Point to offender
- 2 – Left hand in a fist in front of chest
- 3 – Right hand across back of left fist
- 4 – Signal a warning

Out of Bounds (both feet)

- 1 – Point to offender
- 2 – Draw a square with both index fingers
- 3 – Signal a warning

Falling Intentionally

- 1 – Point to offender
- 2 – Push open hands downward in front (palms facing down)
- 3 – Signal a warning

Faking Injury

- 1 – Point to offender
- 2 – Right hand fingertips covering mouth
- 3 – Signal a warning

Wild Techniques (including blitz punches)

- 1 – Point to offender
- 2 – With the index finger make a circular motion above head
- 3 – Signal a warning

Attacking the Groin

- 1 – Point to offender
- 2 – Open hand (with palm facing) motion toward groin
- 3 – Signal a warning

Attacking with the Knee

- 1 – Point to offender
- 2 – Right hand open, palm facing toward knee
- 3 – Lift the right knee to the right hand
- 4 – Signal a warning

Kicking Below the Belt

- 1 – Point to offender
- 2 – With an arc hand and arm motion to the side of thigh
- 3 – Signal a warning

Showing Off

- 1 – Point to offender
- 2 – Right arm extended straight up with a fist
- 3 – Pull fist downwards to shoulder twice
- 4 – Signal a warning

Foul Language

- 1 - Point to offender

- 2 – Place left index finger to lips
- 3 – Signal a warning

Distraction of Referee by Coach/Fan of Competitor

- 1 – Point to offender
- 2 – Point to competitor
- 3 – Left index finger to lips
- 4 – Signal a warning

Contact to the Back or Back of the Head

- 1 – Point to offender
- 2 – Right hand palm placed on the back or back of the head
- 3 – Signal a warning

Non-Engagement

- 1 – Point to offender
- 2 – Bring fists together in front of chest
- 3 – Signal a warning

The above warnings are considered minor infractions. Players will receive two warnings for any infraction before receiving a minus point. If a player receives three minus points, they will be disqualified.

18. Description of Major Offenses

The following serious infractions will incur immediate minus points. Disqualification shall occur immediately on the third minus point.

Intentional Head Butt

- 1 – Point to offender
- 2 – Right hand palm with fingertips to forehead
- 3 – Signal a minus point

Intentional Contact to the Back or Back of the Head

- 1 – Point to offender
- 2 – Right hand palm placed on the back of the head
- 3 – Signal a minus point

Attacking a Fallen Opponent

- 1 – Point to offender

- 2 – Make a walking stance
- 3 – Punch with the right hand toward the ground
- 4 – Signal a minus point

Attacking After the Referee Has Stopped a Match

- 1 – Point to offender
- 2 – Make the symbol for “Time”
- 3 – Make the symbol for “Contact”
- 4 – Signal a minus point

Bad Behaviour

- 1 – Point to offender
- 2 – Left index finger to lips
- 3 – Signal a minus point

19. Contact

Contact for all ages and all divisions will be assessed with one warning. However, if the referee deems the contact to be excessive, a minus point or disqualification may result.

Ages 6 to 12, White to Black Stripe

- Intentional contact is not allowed. However, **incidental contact** can occur.
- Incidental contact is defined as accidental and non-deliberate. If the contact is intentional or aggressive, it no longer qualifies as incidental.
- Techniques executed from **1 to 10 cm** from the target will be awarded points.

Ages 13 to 17, White to Black Stripe

- **Touch contact allowed to the body. Incidental contact to the head.**
- Incidental contact is defined as accidental and non-deliberate. If the contact is intentional or aggressive, it no longer qualifies as incidental.
- Touch is defined as the safety equipment contacting the target area without any further force being applied. The force of the attack should cease at the moment of contact so that the opponent feels no pressure other than that of the touch.
- Techniques executed from **1 to 10 cm** from the target will be awarded points.

Ages 18+, White to Black Stripe

- **Touch contact allowed to the body. Incidental contact to the head.**

- Incidental contact is defined as accidental and non-deliberate. If the contact is intentional or aggressive, it no longer qualifies as incidental.
- Touch is defined as the safety equipment contacting the target area without any further force being applied. The force of the attack should cease at the moment of contact so that the opponent feels no pressure other than that of the touch.
- Techniques executed from **1 to 10 cm** from the target will be awarded points.

Jr. Black Belt Divisions

- **Light contact allowed to the body. Touch contact allowed to the head.**
- Touch is defined as the safety equipment contacting the target area without any further force being applied. The force of the attack should cease at the moment of contact so that the opponent feels no pressure other than that of the touch. If contact goes beyond this, a warning or minus points will be issued.
- Light contact is defined as the safety equipment contacting the target area, and further force can be applied. The force of the attack should not leave the body winded or cause the player to stop. If contact goes beyond this, a warning or minus points will be issued.
- Techniques executed from **touch to 5 cm** from the target will be awarded points.
- Jr. Black Belts who are placed in a colour belt division must adhere to the colour belt levels of contact.

Ages 18 to 39, Black Belts

- **Light contact allowed to the body. Touch contact allowed to the head.**
- Touch is defined as the safety equipment contacting the target area without any further force being applied. The force of the attack should cease at the moment of contact so that the opponent feels no pressure other than that of the touch. If contact goes beyond this, a warning or minus points will be issued.
- Light contact is defined as the safety equipment contacting the target area, and further force can be applied. The force of the attack should not leave the body winded or cause the player to stop. If contact goes beyond this, a warning or minus points will be issued.
- Techniques executed from **touch to 5 cm** from the target will be awarded points.

Ages 40+, Black Belts

- **Light contact allowed to the body. Touch contact allowed to the head.**
- Touch is defined as the safety equipment contacting the target area without any further force being applied. The force of the attack should cease at the moment

of contact so that the opponent feels no pressure other than that of the touch. If contact goes beyond this, a warning or minus points will be issued.

- Light contact is defined as the safety equipment contacting the target area, and further force can be applied. The force of the attack should not leave the body winded or cause the player to stop. If contact goes beyond this, a warning or minus points will be issued.
- Techniques executed from **touch to 5 cm** from the target will be awarded points.

Warning Symbols for Contact

Contact to Face

- 1 – Point to offender
- 2 – Bring right hand in fist to side of face
- 3 – Signal a warning

Contact to Body

- 1 – Point to offender
- 2 – Bring right hand in fist to open left hand
- 3 – Signal a warning

20. Warnings, Minus Points, & Disqualification

Warnings

Warnings will be assessed for minor offenses and contact offenses. **Warnings from any infraction accumulate together toward minus points.**

All warnings must be given immediately after the infraction occurs. They will be signaled with the right hand, regardless of who committed the infraction or where the offender is located in the ring. The referee will use their pointer finger, drawing it from in front of their left shoulder to in front of their right leg.

Minus Points

A minus point will be assessed upon every third warning. Minus points can also be immediately assessed for serious infractions (major offenses) and for excessive contact (referee's discretion).

The referee will signal a minus point by raising their right fist above their shoulder, with their pointer finger raised.

Disqualification

Disqualification will occur immediately on the third minus point. Disqualification can also occur upon contact that causes the opponent not to be able to continue (referee's discretion) or blatant disrespect towards the officials by competitors or their coaches.

Upon disqualifying a competitor, the referee will signal the round to stop, have the competitors bow to each other and the head table, and raise the hand of the victor.

All decisions made by the referee, assistant referee, and judges will be final unless formally disputed. Any disputes from competitors, coaches, or officials are to be sent to the Marshal and/or Director of Officiating for discussion.

Flag System (Blue and Red Flags)

A volunteer-operated flag system will be used at the table. Volunteers will track infractions and accumulated warnings on a score sheet. When a competitor receives a minus point, the appropriate colored flag will be raised to notify the referee so the minus point can be applied immediately. If a competitor reaches three minus points and is to be disqualified, the table official will wave the flag in a circular motion to notify the referee of the disqualification.

21. Competitor Injury

If an opponent is injured, the non-injured competitor will kneel on their marker in the ring, facing away from the injured opponent. During this time, coaching or communication with other competitors will not be allowed. Failure to comply may result in minus points or disqualification.

If an injured competitor cannot continue due to their injury. The referee will consult with all ring officials to determine the outcome of the match:

- If the injury is not the result of contact, the injured player will forfeit
- If the injury is due to contact, the offender may be disqualified

22. Unexpected Events

The Tournament Director shall decide in the case of any issue that may not be mentioned in these tournament rules.