



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



Welcome to One Legacy International Taekwon-Do Federation 2nd Victorian Open Championship.

On behalf of the Organising Committee, we welcome athletes, coaches, officials and supporters from all clubs and affiliations to Victorian Open Championship in Stawell, Victoria. This one-day championship aims to strengthen martial art and friendship, build confidence in the next generation, and provide every participant a fair opportunity to pursue their best.

Registration will be open soon.

### **Event details**

Date: Saturday, 5<sup>th</sup> September 2026 (one day)

Registration is closed by 4<sup>th</sup> September 2026

Hall opens / Sign-in & Weigh In: 9:00 am

Competition start: 10:00 am

Venue: Stawell Secondary College (79-97 Patrick St, Stawell VIC 3380)

### **Events**

Individual: Patterns, Sparring, Special Technique, Power Breaking

Team: Pre-Arranged Sparring, Team Pattern, Team Sparring

Special Event: Family Team Pattern

### **Rules & divisions**

Tournament Rules are provided by registering, you acknowledge and agree to abide by them.

To ensure safety, fairness and an efficient schedule, divisions may be merged or expanded at the Organising Committee's discretion based on entry numbers and competitor skill levels.

### **Officials & volunteers**

We welcome umpires and volunteers from all clubs. Please indicate availability during registration or contact the Organiser.

Enquiries



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



If you have any questions, please contact the Organiser through phone or email.

We look forward to a full day of Taekwon-Do in Victoria.

Our Organising committees thank you for taking part of this special event:

### **South Australia**

South Australia ITF Taekwon-Do

### **Victoria**

Il Shim International TaeKwon-Do Stawell

Il Shim Taekwon-Do Melbourne



Kind regards,

Liang

One Legacy International Taekwon-Do Federation Event Organiser

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# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



### **A) General Provisions**

Events: Individual Pattern, Team Pattern, Individual Sparring, Team Sparring, Pre-Arranged Sparring, Special Technique, Power Breaking.

Eligibility: As per published divisions (age/rank/weight) in the Championship Program.

Officials present per ring: Jury President (leads/announces), Jury Member/Recorder, IT-Umpire (time/score). Event-specific judging crews are specified in each section (Pattern/Team/Pre-Arranged/Special/Power = three umpires; Sparring = referee + four corners).

Ring 1: Pattern and Sparring (Individual & Team), Pre-Arranged Sparring

Ring 2: Pattern and Sparring (Individual & Team), Pre-Arranged Sparring, Family Pattern

Ring 3: Special Techniques

Ring 4: Power Breaking

Call-up: One call + one final call. 60-second report time; failure = Walkover (WO).

Uniform & Appearance: Tidy and presentable uniform (dobok) and correct belt; nails trimmed; no jewellery or hard hair accessories.

Coaches (all events): One registered coach per athlete/team/pair. Must remain at least 1 m outside the playing area; calm voice/hand signals only; silent during performances/rounds. Attire: team tracksuit/club uniform or presentable attire (smart-casual) with clean, closed-toe indoor shoes; no bulky bags at the chair. Only the coach may lodge a protest.

Conduct & Safety: Courtesy is mandatory. The Ring Council may pause/stop any bout/performance for safety.

### **B) Individual Pattern**

#### **Officials & Format**

Umpires: three (3) Pattern Umpires (incl. Head Umpire).

Format: Head-to-head single-elimination or round-robin depends on size.

Procedure: Bow-in → ready → perform → judges submit scores → result announced.



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



### Colour Belts

- White Belt (10th Gup): division contains only White Belt competitors (no merging). Perform one (1) optional exercise — Saju Jirugi (Four Direction Punch) or Saju Makgi (Four Direction Block) — performed in both directions (right side first). Athlete announces the choice before starting.
- Yellow Stripe → Green Stripe (9th → 7th Gup): perform one (1) optional pattern chosen from Chon-Ji up to the competitor's current pattern.
- Green Belt → Black Stripe (6th → 1st Gup): perform one (1) optional pattern chosen from Won-Hyo up to the competitor's current pattern.
- Merged colour-belt bouts: the lower rank's selection range governs both competitors.

### Black Belts (1st–6th Degree) — Standard & Age Exceptions

- Standard ( $\leq 45$  yrs): Two (2) designated patterns per bout (no repetition). First Designated from the competitor's own degree list; Second Designated from the remaining patterns from Chon-Ji up to the competitor's own degree (excluding the first).
- Masters (46–55 yrs): One (1) optional black-belt pattern from the competitor's own degree list.
- Legends (56+ yrs): One (1) optional pattern from Chon-Ji up to the competitor's current degree pattern.

### Scoring & Decisions

Method: Each judge scores by deduction at  $-0.2$  per fault, capped at 10.0 total deduction per performance.

Panel decision: The competitor with the lower total deduction on a judge's card wins that judge; a 2–1 majority wins the bout.

Judge-level tie: If a judge's totals are equal, that judge records a draw. If the panel is not 2–1, use the tie-break procedure below.

### Examples of $-0.2$ faults

- Stance length/width/facing errors; balance loss.
- Incorrect tool/placement; poorly timed chamber/retraction; trajectory errors.



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



- Rhythm/sine-wave/breathing timing errors; power/control inconsistencies.
- Boundary step-off; kihap/audible counting; a single incorrect movement (not two consecutive).

### Zero-score (0) Conditions

- Fails to complete the pattern/exercise; wrong pattern/exercise; wrong starting direction; incorrect starting posture.
- Two consecutive incorrect movements; fewer total movements than required; pause >2 s; unsafe clash clearly caused by the competitor.

### Tie-Breaks

- Colour Belts: both competitors perform one additional optional pattern from their allowed range (merged bouts use the lower rank range). Repeat if needed until a 2–1 majority is reached.
- Black Belts — Standard ( $\leq 45$ ): if tied after two designated patterns, perform one (1) additional designated black-belt pattern — from the own-degree list in standard divisions; from the lower-degree list if merged. Repeat if needed.
- Black Belts — Masters (46–55): if tied after the first optional pattern, perform one additional optional pattern from the same allowed range (own degree).
- Black Belts — Legends (56+): if tied after the first optional pattern, perform one additional optional pattern from the same allowed range (Chon-Ji → own degree).

### C) Team Pattern

Umpires: three (3) Pattern Umpires (incl. Head Umpire).

Teams: 3–5 athletes on the floor (up to 2 reserves listed). Mixed gender/rank allowed per program.

Event format: Head-to-head; each bout = ONE (1) OPTIONAL PATTERN ONLY.

Pattern choice: any pattern from Chon-Ji to Ge-Baek (inclusive). The highest-ranked athlete on the floor sets the maximum allowed pattern level; teams may choose any lower pattern within that range.



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



### Scoring

- A. Technical — deduct -0.2 per fault, up to a maximum of 6.0 total deduction.
- B. Teamwork / Choreography / Difficulty — deduct -0.5 per fault, up to a maximum of 4.0 total deduction.
- Each judge's total = A + B (max 10.0). Team with the higher total on that judge's card wins that judge. 2-1 majority wins the bout.

### Ties & Zero-Score

- Judge-level tie: a draw is recorded. If the panel is not 2-1 (e.g., 1-1-1), both teams perform another optional pattern (within Chon-Ji→Ge-Baek and rank limits) until a 2-1 majority is reached.
- Zero-score examples: wrong pattern; fail to complete; wrong initial direction; systemic incorrect starting posture; two consecutive incorrect movements by an athlete or loss of sequence for  $\geq 2$  moves; pause  $> 2$  s; unsafe clash; unlisted athlete/fewer than 3 on the floor.

### D) Individual Sparring

Officials: Center Referee; four Corner Umpires; IT-Umpire; Jury President.

Format: Continuous sparring, head-to-head single-elimination (round-robin allowed with  $\leq 3$ ).

### Light Contact Policy

- All techniques must be controlled and performed with skill. Force is limited to safe, sporting levels at all times.
- Head contact permissions follow divisional rules below; when permitted, it must be LIGHT CONTACT only. Under-12: no head contact.
- Body contact must always be controlled; deliberate heavy or reckless contact is prohibited.
- Referee authority: The Center Referee may warn, penalise (-1), or disqualify a non-compliant competitor immediately for excessive/uncontrolled contact or dangerous conduct. The Main Jury (Jury President) may confirm, escalate, or overturn sanctions within these rules.



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



### **Rounds & Rest**

- Under 12: 2 × 1:30 rounds (rest 30 s).
- Ages 13–17: 2 × 1:45 rounds (rest 45 s).
- Ages 18+: 2 × 2:00 rounds (rest 60 s).

### **Targets & Contact by Division**

- Under-11: legal torso front/sides; NO head contact; torso light only.
- Ages 11–14: feet to head LIGHT; hand OR foot to head LIGHT; torso light–medium.
- Ages 15+: hand OR foot to head LIGHT; torso controlled.
- All divisions: If age groups merged, lower age group contact rule applies

### **Scoring & Penalties**

- Scoring values: +1 hand (torso/head where allowed); +2 foot to torso; +3 foot to head (where allowed); +1 Flying bonus only when the scoring technique is clearly airborne at impact (both feet off the floor). No other bonuses apply.
- Warnings (3 = –1): excess contact (minor), stepping out, running/turning back, grabbing/pushing/holding, falling (self), passivity, minor dissent.
- Minus (–1): after “Stop,” illegal targets, excessive/uncontrolled contact causing injury or danger, sweeps/throws/grappling, serious dissent, or 3 warnings (auto –1).
- Disqualification: 3 minus points total, deliberate/excessive force, intent to injure, gross misconduct, or medical disqualification (per §I).
- Ties: Golden Point (first clean score). If still unresolved, Superiority decision.



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



### D1) Sparring Gear Approval

- Insert approved gear photos into the panels below (front and side views on a neutral background).
- Headgear (Required): closed-top foam-dipped or equivalent; smooth surface; no rigid/metal parts; ear protection integrated; secure chin strap; colours red/blue/black/white permitted; no cages. Must be clean and well-fitted.
- Gloves (Required): ITF-style foam-dipped or equivalent 10 oz point-sparring gloves; full finger coverage; secure wrist strap; no MMA/open-finger/rigid shells.
- Foot Protectors (Required): foam-dipped or equivalent; heel and instep covered; secure strap under foot; no hard soles; no exposed toes without foam coverage.
- Mouthguard (Required):
- Groin guard: mandatory for males, recommended for females; worn under dobok; no external cups.
- Shin/Forearm Guards (Optional): soft foam/cloth only; no hard shells; must fit under dobok.
- Gear Inspection & Compliance: All items are inspected at marshalling. The Referee/Jury may reject any gear that is unsafe, damaged, non-compliant, or unsuitable.

#### Approved Headgear — Example





# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



### Approved Gloves — Examples

**Light Contact Gloves with no fingers exposed**



**10 Oz Gloves with no fingers exposed**



### Approved Foot Guards — Example



### Shin Guards — Example





# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



### **E) Team Sparring (Point-Style Fighting)**

#### **Team Composition**

Each team consists of 3–5 active competitors, with a maximum of 6 athletes total (including reserves).

Mixed gender and mixed rank teams are permitted.

Junior Participation: Highly skilled junior competitors may participate with the approval of their instructor, the tournament organiser, and the centre referee.

#### **Match Format**

- The event follows a head-to-head, point-style system.
- Each bout runs for 2 minutes total.
- At any given time, two competitors (one from each team) will face each other in the ring.

When a valid point is scored:

- The scoring competitor is awarded the point according to the standard sparring point system.
- Both competitors immediately leave the ring.
- Their teammates immediately substitute in, and the match continues.
- This continuous rotation format repeats throughout the 2-minute bout.
- The action does not pause between substitutions; rotation occurs immediately after each confirmed point.

#### **Scoring & Judging**

- Points are awarded in accordance with the individual sparring point system.
- Two corner judges will actively move around the ring perimeter.
- When a judge observes a valid and legal scoring technique, they will raise their flag immediately.
- Each judge's call is independent — they do not require confirmation from the other judge.
- The centre referee will:
  - Confirm and announce the point.
  - Administer warnings and fouls as appropriate.

#### **Jury President's Role:**



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



- The Jury President is responsible for manually recording all scores, warnings, and fouls for both teams throughout the bout.
- The Jury President will accumulate the total team score and maintain a continuous tally of team warnings and fouls.
- Warnings and fouls are carried across all rotations and do not reset when competitors are substituted.
- *Example:* If Competitor A receives 2 warnings and Competitor B receives 1, the team total equals 3 warnings = loss of 1 team point.

### Penalties:

- Three (3) warnings = loss of one (1) team point.
- Three (3) fouls = team disqualification.

### Tie-Breaker Procedure

- If the scores are tied at the end of regulation time, an additional 1-minute round will be held in the same continuous-rotation format.
- If the scores remain tied after the extra minute, each team will nominate one final competitor to compete in a sudden-death bout.
- The first competitor to score a valid and confirmed point will secure victory for their team.

### Safety Protocol

- All competitors must wear approved protective equipment (headgear, gloves, boots, mouthguard, groin and chest protection as applicable).
- The centre referee may stop the match at any time for safety concerns, equipment issues, or suspected injury.
- If a competitor cannot continue due to injury:
  - A reserve competitor may substitute (if available) and continue the match.
  - If no reserve is available, the team may continue with fewer competitors.
- Excessive contact, unsportsmanlike conduct, or intentional injury will result in an immediate foul or disqualification, as determined by the centre referee and jury.

### Winner Determination

- The team with the highest total points at the end of the 2-minute duration (or after tie-breaker procedures, if required) will be declared the winner.
- The Jury President will verify and confirm the final accumulated score, including any deductions for warnings or fouls.



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



- The official result will then be announced and recorded by the tournament organiser.

### E) Pre-Arranged Sparring

Umpires: three (3) Pre-Arranged Umpires (incl. Head Umpire).

Pairs: two athletes (one reserve may be listed).

Format: Head-to-head; one (1) performance per pair. Time limit: 45–70 s from “Begin” to final salute. <45 s or >70 s = 0 (zero score).

Safety: Techniques are simulated/controlled at impact (no real strikes). No weapons, props, or breaking. No dangerous throws/takedowns/chokes/locks; controlled takedown simulations allowed if safe.

### Scoring — Two-Bucket Deduction Model

- A. Technical — deduct –0.2 per fault, up to a maximum of 6.0 total deduction.
- B. Teamwork / Choreography / Difficulty — deduct –0.5 per fault, up to a maximum of 4.0 total deduction.
- Each judge’s total = A + B (max 10.0). Pair with higher total on that judge’s card wins that judge. 2–1 majority wins.

### Ties & Zero-Score

- If the panel result is not a 2–1 majority (e.g., 1–1–1), both pairs perform a 30s tiebreak routine of their choice. If still tied, Superiority prioritising Safety → Technical → Teamwork/Choreography/Difficulty.
- Zero-score examples: time violation; weapons/props/breaking; dangerous/excess head/neck contact; fail to complete or >2 s stop; sequence lost ≥2 moves; unlisted/insufficient athletes on floor.

### F) Special Technique

Umpires: three (3) Special-Technique Umpires (incl. Head Umpire).



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



### Techniques

Only two techniques are contested:

- Flying High Front Kick (Twimyo Nopi Ap Chagi) – for height. Use a scissor take-off and kick with the same leg that initiated the jump (the take-off leg).
- Flying Side Piercing Kick over obstacles (Twimyo Nomo Yop Cha Jirugi) – for distance. ): Jump over the uprights with a tape crossbar, kick with the non-take-off leg, and tuck the take-off leg under the body.

### Format & Attempts

Heights and distances will be announced per division on the day. Competitors are allowed one attempt per technique.

- Failure to score on both techniques will result in reverting to the last lower cleared level, or 0 if none.
- Scores of 0 are not eligible for any playoff or tie-breaker.
- If all competitors in a division score 0, the event is void and no playoffs or tie-breakers will occur.

### Procedure

- A — Adjust
  - Do not touch the paddle, machines, or obstacles.
  - Adjustments apply only to Twimyo Nomo Yop Chagi.
  - For this technique only, you may verbally request the Umpire to adjust the target board's:
    - Distance, height, or lateral position.
    - Height rule: the bottom edge of the target board must not be lower than the top of the ribbon cross bar.
    - Paddle may be moved left/right, raised (above its minimum start height), or set closer to/further from the ribbon cross bar.
- M — Measure
  - Make one (1) Forearm Guarding Block to signal ready.
  - Take one (1) mandatory measurement for distance.
  - For Special Technique, a measurement is one or more deliberate steps toward the target.
  - Make one (1) Forearm Guarding Block immediately before the attempt.
- E — Execute
  - Hit the paddle.
  - Make one (1) Forearm Guarding Block immediately after the attempt.



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)



### Scoring

- Complete break: Moderate deflection of the paddle ( $>10^\circ$ ) – 3 points.
- Partial break: Minor deflection of the paddle ( $<10^\circ$ ) – 1 point.
- No contact: 0 points.

### Fouls / Invalid Attempts

Foul (Score = 0):

- Incorrect tool
- Incorrect technique.
- Early start.
- Assistance or contact with holder/apparatus.
- Use of prohibited equipment

### Tie-Breakers

In the event of a tie, competitors will compete again using a technique and height/distance chosen by the Jury President.

## G) Power Breaking

Umpires: three (3) Power Umpires (incl. Head Umpire). Divisions: Junior (15–17) and Adult (18+) only. Rank groups: 10th–1st Gup Colour Belt; 1st–6th Degree Black Belt.

### Techniques

Competitors must choose exactly two techniques in total:

- One hand technique: *Forefist Punch* or *Knife-hand Strike*
- One foot technique: *Side Piercing Kick*, *Turning Kick*, or *Back Kick*

### Scoring System

- Competitors must declare the number of board units (BUs) before starting.
- You may choose how many boards to attempt, but once declared, it cannot be changed.
- One attempt only per technique.

### Procedure



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



- A — Adjust
  - Verbally request “higher” or “lower.”
  - Do not touch the boards or the machine (not a disqualifying offence).
- M — Measure
  - Make one (1) Forearm Guarding Block to signal ready.
  - Take one (1) mandatory measurement for distance.
    - A “measurement” is the deliberate extension of any attacking tool toward the target board(s).
  - Make one (1) Forearm Guarding Block immediately before the break.
- E — Execute
  - Break the boards.
  - Make one (1) Forearm Guarding Block immediately after the break.

### Scoring

- Complete break: 3 points per board.
- Partial break: 1 point per board.
- Unbroken: 0 points.

Total Score = Hand Technique Points + Foot Technique Points

### Fouls & Safety

Fouls (score = 0):

- Incorrect tool
- Incorrect technique.
- Double measure (touching the boards more than once)
- Early start.
- Use of prohibited equipment

### Safety

- Light cloth wraps or elastic supports permitted (abrasion protection only).
- No padded gloves or guards permitted.
- Jury may lower a declared stack if deemed unsafe.

### Tie-Breaker Procedures

In the event of a tie, the Umpire will nominate the technique and exact number of boards. Competitors will each have one attempt, and may adjust and repeat until a clear result is determined.



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

*Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)*



### **H) Protests (all events)**

Only the registered coach may protest to the Jury President immediately after the decision and before the next bout/performance begins on that ring.

Grounds include identity/procedure/timekeeping/assignment recording/equipment malfunction. Judgment calls are not protestable. Fee/process per Championship General Rules.

### **I) Medical & Stoppages**

Medical Timeout: each athlete/team/pair is entitled to a cumulative medical timeout of up to 3 minutes (3:00) per bout/performance, including any tiebreaks in that bout/performance. When granted, the competition clock is stopped and a separate medical timer is started by the IT-Umpire. Medical time does not replace or reduce sparring rest periods.

Concussion & Blood Rule: First Aid or medical personnel have the final say on fitness to continue. Concussion suspicion → immediate stop and medical assessment; resume only if medically cleared. Active bleeding → stop; resume only once controlled, contaminated gear/area replaced/cleaned, and the athlete is medically cleared. Recurrent bleeding or concussion concern may result in removal from the bout/event at medical discretion.

### **J) Governance & Discretion**

These rules operate alongside the Championship General Rules and ITF principles.

The Jury President may interpret unforeseen situations to preserve safety, fairness, and schedule integrity.

### **K) Family Team Pattern**

This is an exhibition event, must be intergeneration (eg, parent with child, grandparent with grandchild), minimal team size of 2, without uniform is allowed for the family member who doesn't have one.



# One Legacy ITF Victorian Open Championship 2026

## Competition Rules

Stawell, Victoria — Saturday, 5 September 2026  
(79-97 Patrick St, Stawell VIC 3380)



**L) Korean Terminology** (we will make it easy to understand for young competitors)

| Korean Pronunciation | English Meaning             |
|----------------------|-----------------------------|
| CHARYOT              | ATTENTION                   |
| KYONG YE             | BOW                         |
| JUNBI                | READY                       |
| SIJAK                | BEGIN                       |
| HAECHYO              | SEPARATE                    |
| GAESOK               | CONTINUE                    |
| GOMAN                | END                         |
| BARO                 | RETURN                      |
| SHIOT                | RELAX                       |
| JU UI HANNA          | ONE WARNING                 |
| GAM JUM HANNA        | ONE FOUL (deduct one point) |
| SIL KYUK             | DISQUALIFICATION            |
| HONG                 | RED                         |
| CHONG                | BLUE                        |
| JUNG JI              | TIME STOP                   |
| DONG CHONG           | DRAW                        |
| IL HUE JONG          | FIRST ROUND                 |
| I HUE JONG           | SECOND ROUND                |
| SAM HUE JONG         | THIRD ROUND                 |
| SA HUE JONG          | FOURTH ROUND (First Point)  |
| SUNG                 | WINNER                      |