

Dress code

Dress code – Officials

Navy blue blazer

Navy blue trousers

Long sleeve white shirt

Official federation tie & pin

White socks

White TKD shoes

Dress code – Coaches

Tracksuit - Not blazer or dobok

Official Coach ID Card

Towel

Training shoes

(Bare feet are not permitted)

Coaches are only permitted for
sparring

Dress code – Competitors

Official ITF dobok

Belt showing exact grade on left side

Approved hand & foot safety

Mouth Guard (Gum shield)

Approved Head Guard

Approved shin Guards

Groin guard (Male only - inside dobok)

Plain white T-shirt (Females only)

Ladies chest protector

No shoes, strapping or jewellery

All strings/ties must be concealed

Categories & Divisions

Patterns

Mixed sex

7 to 12 years, 13 to 17 years, 18 years +

9th to 7th Kups

6th to 4th Kups

3rd to 1st Kups

1st to 3rd Degree

Sparring

Separate sex

7 to 12 years, 13 to 17 years, 18 years +

9th to 7th Kups

6th to 4th Kups

3rd to 1st Kups

1st to 3rd Degree

Special Technique

7 to 12 years, 9th kup to 1st Kup, mixed sex, -135.0cm | 135.1-146.0cm | +146.1cm

12 to 17 years Female, 9th kup to 1st Kup

12 to 17 years Male, 9th kup to 1st Kup

13 to 17 years Female, 1st Degree +

13 to 17 years Male, 1st Degree +

Power

18 years + Female, 8th kup to 1st Kup

18 years + Male, 8th kup to 1st Kup

18 years + Female, 1st Degree +

18 years + Male, 1st Degree +

Height and weight categories for sparring

7 to 12 years -125.0cm | 125.1-135.0cm | 135.1-146.0cm | +146.1cm

13 to 17 years

Boys -55.0kg | 51.1-63.0kg | 63.1-70.0kg | +70.1kg

Girls -48.0kg | 48.1-55.0kg | 51.1-63.0kg | +63.1kg

18 years +

Men -65.0kg | 65.1-75.0kg | +75.1kg

Ladies -55.0kg | 55.1-65.0kg | +65.1kg