

Competition Information 2026

Arrival time: 9.15am (Do not enter the competition arena before this time)

Competition start time: 9.30am

Coaches

Must be a minimum of 18 years of age and 1st Dan. Only one coach is allowed ringside with a competitor. Coaches must comply with all decisions of Umpires and first aid personnel.

Coaches and competitors should familiarise themselves with the rules before the event and coaches should ask any questions in advance by email if they are unsure.

- During the competition, the coach must not act in such a manner that may disturb the competition.
- During the competition, the coach may instruct a competitor with hand gestures or verbal instructions, but in a calm and controlled manner.
- The coach must not enter the ring without the centre referee's approval.
- During the competition, the coach must remain seated. The coach must not stand up from his or her seat to give instructions to the competitor.
- The coach shall ensure that his or her competitor observes the ITF Tournament rules, and behaves accordingly, both in the competition and public areas of the stadium.
- The coach shall be held responsible for any violation of regulations or poor behaviour of their competitors

Competitors:

- Competitors can only wear white doboks.
- All competitors for sparring must wear:
 - Hand & feet safety equipment. Gloves must enclose the fingers.
 - Groin guards (for male competitors) worn inside the dobok trousers.
 - Head guards
 - Mouth guards
 - Shin guards
- Chest guards are optional but advised.
- No jewellery, watches or piercings are allowed.
- Competitors must use the designated changing facilities and not change in the stadium.

Categories will be merged where there are insufficient numbers in a division, or height weight boundaries may be altered to give the best experience for all

Patterns

- Coloured belts choose either their current grade pattern or the previous one (e.g. Green stripes do Dan Gun or Do San)
- White belts choose from sajo jirugi or sajo magki
- Yellow stripes choose either Chonji or sajo magki
- Pre-Taekwon-do children may choose half of sajo jirugi, or just foot movements for sajo jirugi with their hands on hips.
- Males and females will be separated out in any large enough division but may be combined in smaller ones.

- Umpires' decisions are final
- **Categories will be merged or rearranged if insufficient numbers**

Team Patterns

Team patterns are for ages 11 to 18 who are 4th kup or above, including black belts. At least one person in the team must be under 18. Teams can consist of either 3 or 4 people. There will be no separate grade divisions. Ages and genders can be mixed. Black belts who enter Team Patterns and who are also assisting with umpiring, will not have to pay to enter. Get in touch to find out how to enter free online.

Scoring

- Teamwork and Choreography 10 points
- Technical contents 10 points
- Power 6 points
- Balance 6 points
- Breath Control 6 points
- Rhythm 6 points

Power breaking (over 18s)

- Green belts to black stripes, male & female divisions, veteran male & female divisions
- Techniques: sonkal, ap kumchi, Balkal, dwitchook.
- The eliminator will be sonkal or balkal for all divisions.
- Once through the eliminator techniques can be selected in turn or passed. Increasing the number of boards will gain more points. No technique can be repeated.

Special technique (under 18s)

- 13 and under flying side kick - male & female categories, and height divisions
- 14 to 17 flying high kick - male & female categories, and height divisions

Sparring

- Under 9 white belts/ yellow stripes do tag sparring (Dragons' Tails). Girls and boys may be mixed depending on category sizes. Divisions will be according to height
- Under 9 yellow belts can choose **either** Tag sparring **or** sparring.
- 7 years and above can do sparring from 8th Kup (Yellow belt) up.
- White belt and yellow stripe children aged 9 to 12 can do tag sparring.
- Adults & children aged 13 years or older who are white belts or yellow stripes, cannot enter sparring.
- **Children 130cm and under are not to make any head contact, children 140cm and under can only make light contact to the headguard not the face.**
- Rounds will be 1 x 1½ minutes for children and juniors, and 1 x 2 mins for adults
- Refer to ITF rules for additional information on scoring, see below
- Rounds may be shortened if the competition is running over time

Terminology

CHA RYOT	ATTENTION
KYONG YAE	BOW
JA YU MAT SO GI	FREE SPARRING
JUN BI	READY
SHI JAK	BEGIN
HE CHYO	SEPARATE
GE SOK	CONTINUE
GU MAN	END
JU UI	WARNING
HONG	RED
CHONG	BLUE
SUNG	WINNER

See below from the ITF Tournament Rules

Sparring scoring

One (1) point will be awarded for:

- Hand attack directed to mid or high section.
- Foot attack directed to mid-section.
- Perfect defense.
- Hand attack directed to the mid-section with both feet off the ground.

Two (2) points will be awarded for:

- Foot attack directed to high section.
- Hand attack directed to the high section with both feet off the ground.
- Flying foot attack directed to mid-section.

Three (3) points will be awarded for:

- Flying kick directed to high section.
- Mid-air kick (180°) to mid-section.
- Mid-air hand attack (180° or more) directed to high section.

Four (4) points will be awarded for:

- Mid-air kick (180°) directed to high section.
- Mid-air kick (360° or more) to mid-section.

Five (5) points will be awarded for:

- Mid-air kick (360° or more) to high section.

Warnings - will be issued for the following

- Attack to an illegal target.
- Stepping completely out of the ring (both feet).
- Any part of the body, other than the feet, touching the ground.
- Holding or grabbing.
- Pushing with hands or body.
- Pretending to be injured.
- Intentionally avoiding sparring.
- More than two punches to the face or any part of the body.
- Repeatedly pretending to have scored by raising the arm.
- Turning the back intentionally to avoid combat.
- Unnecessary speaking during competition.
- Paying no attention to the instructions of the Center Referee.

One (1) point will be deducted for every 3 warnings.

3.2 Deduction of Points for serious fouls (Yellow card)

57.2.1 For the following offences which carry a yellow card:

- Insulting an opponent in any way.
- Biting.
- Attacking a fallen opponent or an unready opponent when the referee has already stopped the competition.
- Uncontrolled contact.
- Attacking with head, elbow or knee.
- Intentional sweeping or tripping.
- Deliberately running out of the ring.

57.2.2 In case of point deduction Center Referee will raise a yellow card to indicate the one point deducted.

3.3 Disqualification (Red card)

57.3.1 For the following offences:

- Misconduct against umpires.
- Ignoring the Center Referee's instructions.
- Causing an opponent unable to compete as a result of heavy contact.
- Any competitor suspected of being under influence of alcoholic beverage or drugs.
- Receiving 3 deductions (yellow card) in the same competition.

3.2 The Center Referee will raise a red card to indicate a competitor disqualified.

For full details of ITF Tournament Rules, see <https://itf-tkd.org/wp-content/uploads/2025/05/itf-tournament-rules-2023-copy.pdf>