

GTUK NATIONAL TAEKWON-DO

TOURNAMENT RULES

Tournament Rules Index

SECTION 1 - GENERAL

Article 1 - Purpose

Article 2 - Application

Article 3 - Officials

Article 4 - Duties

Article 5 - Competitors

Article 6 – Dress Code

Article 7 - Safety Equipment and Protective Wear

Article 8 - Medical Attention

Article 9 - Injury Liability and insurance for Competitors

Article 10 - Insurance for Event

Article 11 - Ring

Article 12 - Result Recording

Article 13 - Delegates

Article 14 - Coaches

Article 15 - Awards

Article 16 - Official Terminology

Article 17 - Division of Competition

Article 18 - Competitor Numbers

Article 19 - Order of Match

Article 20 - Weight Check

Article 21 - Draw for Order of Competing

Article 22 - Announcements

Article 23 - Equipment Check



SECTION 2 - PATTERNS

Article 24 - Elimination - Junior / Adult / Veteran Individual

Article 25 - Groups

Article 26 - Divisions and Decisions

Article 27 - Officials for Pattern Division

SECTION 3 - SPARRING

Article 29 - Divisions

Article 30 - Duration of Bouts and Decisions

Article 31 - Target Area

Article 32 - Attacking Tools

Article 33 - Point Awards

Article 34 - Scoring Procedure

Article 35 - Disqualification

Article 36 - Fouls

Article 37 - Warnings

Article 38 - Injury

Article 39 - Bout Procedure

Article 40 - Timing

Article 41 - Officials for Sparring Competition

SECTION 4 - POWER

Article 42 - Divisions

Article 43 - Procedure

SECTION 5 - SPECIAL TECHNIQUE

Article 44 - Divisions

Article 45 - Procedure

Article 46 - Officials for Special Technique

SECTION 6 - PROTEST PROCEDURE

Article 47 - Protest

Article 48 - Decisions

Article 49 - Disqualification



SECTION 7 – CHANGE LOG

Article 50 – Description

Article 51 – Change Log



SECTION 1 – GENERAL

Article 1: PURPOSE

The purpose of these Competition Rules is to raise the standard of Taekwon-Do by scoring every aspect of performance and to provide all participants with an equal opportunity to demonstrate their abilities in a friendly competitive environment.

Article 2: APPLICATION

These rules apply to every GTUK National Taekwon-Do competition.

Article 3: OFFICIALS

Juries, Referees and Judges will be selected from certified Umpires recognised by the GTUK.

Article 4: DUTIES

Judges for patterns will be seated in a line facing the competition area. Judges for sparring will be seated at the four corners of the ring. They will award points in accordance with their judgement. Timekeepers will be seated at ringside to monitor and indicate the beginning, end, and continuation of each match. The Recorder will be seated at ringside to maintain match records.

Article 5: COMPETITORS

DRAGON COMPETITORS must be less than 6 years old at the beginning of the championships and will compete in the divisions laid down in the Competition Rules. All competitors must be a registered Gup Student or an Open ITF or ITF system black belt certificate holder.

RAINBOW COMPETITORS must be 6-10 years old at the beginning of the championships and will compete in the divisions laid down in the Competition Rules. All competitors must be a registered Gup Student or an Open ITF or ITF system black belt certificate holder.

CADET COMPETITORS must be 11-12 years old at the beginning of the championships and will compete in the divisions laid down in the Competition Rules. All competitors must be a registered Gup Student or an Open ITF or ITF system black belt certificate holder.

JUNIOR COMPETITORS must be 13 to 16 years old at the beginning of the championships and will compete in the divisions laid down in the Competition Rules. All competitors must be a registered Gup Student or I, II or III degree Open ITF or ITF system black belt certificate holders.

SENIOR COMPETITORS must be 17-39 years old at the beginning of the championships and will compete in the divisions laid down in the Competition Rules. They must be a registered Gup Student or an Open ITF or ITF system black belt certificate holder.

VETERAN COMPETITORS must be 40-54 years old at the beginning of the championships and will compete in the divisions laid down in the Competition Rules. All competitors must be a registered Gup Student or an Open ITF or ITF system black belt certificate holder.



GOLDEN VETERAN COMPETITORS must be 55+ years old at the beginning of the championships and will compete in the divisions laid down in the Competition Rules. All competitors must be a registered Gup Student or an Open ITF or ITF system black belt certificate holder.

All competitors must be fit to compete and registered with their National Association or group.

Article 6: DRESS CODE

Officials must adhere to the dress requirements set out in the GTUK Umpire Rules. Competitors must wear an officially approved white ITF Taekwon-Do dobok, complete with the appropriate badges, while competing.

Female competitors may wear a plain white T-shirt underneath the dobok jacket. When not actively competing, participants may wear appropriate sportswear, including tracksuits, training shoes, and similar attire. During the Opening and Closing Ceremonies, participants taking part in the parade are not permitted to carry cameras, flags, banners, or any other unauthorised items into the arena. The consumption of alcohol and smoking while wearing the ITF dobok is strictly prohibited.

Article 7: SAFETY EQUIPMENT AND PROTECTIVE WEAR

All protective equipment must be of an approved type and constructed from elasticated material with sponge or rubber padding. Equipment must not contain any metal, bone, hard plastic, or similar rigid materials and must not incorporate zips, laces, studs, or other hard fastenings. No additional protective or safety equipment may be worn unless authorised in exceptional circumstances by the Tournament Committee.

Competitors requiring bandages, strapping, or similar support due to injury must obtain approval from the GTUK Tournament Board prior to competing. Any approved bandaging or strapping must not contain pins, hard materials, or provide an unfair competitive advantage through additional support. Jewellery, watches, and other personal adornments are strictly prohibited during competition. Hair may only be secured using soft elastic bands. Hair grips, slides, and other hard accessories are not permitted. All safety equipment and protective wear will be inspected in the holding area prior to competition.

All competitors must wear:

- Approved hand protectors (closed type)
- Approved foot protectors
- A groin guard, worn underneath the dobok trousers
- Approved head protection (mandatory for all competitors)

The following protective equipment may be worn at the competitor's discretion:

- Shin protectors
- Breast protectors (female competitors only)
- Gum shield

Article 8: MEDICAL ATTENTION

All tournaments must have qualified first aid personnel in attendance. Their recommendations, with regard to a competitor's further participation following an injury, must be followed.



Article 9: INJURY LIABILITY AND INSURANCE FOR COMPETITORS

All Competitors must sign a tournament entry form and liability waiver and must have insurance coverage for all eventualities. (Khiapp)

Article 10: INSURANCE - FOR EVENT

All hosts must ensure that the event venue has the necessary public liability insurance and that venue fire procedures have been reviewed for the event.

Article 11: THE RING

The ring size will be 7 by 7 metres. When the ring is elevated, the platform must extend at least 2 metres beyond the ring area. Elevations may range from 50 cm to 100 cm. Lighting must not be lower than 5 metres above the ground. The official table, where the Jury, Recorder and Timekeeper are seated, will be positioned beside the ring.

Article 12: RESULT RECORDING

Tournament results will be published on Khiapp throughout the day for the benefit of competitors, coaches, and spectators. Results will be updated regularly to ensure participants can follow the progress of the competition and remain informed of standings, schedules, and outcomes as the event unfolds.

Article 13: DELEGATES

Each competitor shall be represented by their instructor or an assigned instructor. The instructor shall be responsible for lodging official complaints where necessary and cooperating with tournament officials in the administration and smooth running of the competition.

Article 14: COACHES

No coaching shall be permitted during any National Event. Competitors must perform and compete without receiving instruction, advice, encouragement, or tactical guidance from any coach or instructor while an event is in progress.

Article 15: AWARDS

Cadet/Junior/Adult/Senior/Golden – Each Height/Weight Category

- PATTERN (male) 1 Gold - 1 Silver - 1 Bronze
- PATTERN (female) 1 Gold - 1 Silver - 1 Bronze
- SPARRING (male) 1 Gold - 1 Silver - 1 Bronze
- SPARRING (female) 1 Gold - 1 Silver - 1 Bronze
- POWER (male) 1 Gold
- POWER (female) 1 Gold
- SPECIAL TECHNIQUE (male) - 1 Gold
- SPECIAL TECHNIQUE (female) - 1 Gold



Article 16: OFFICIAL TERMINOLOGY

Official terminology, commands, and instructions used during the competition shall be those recognised by the GTUK National Taekwon-Do and communicated by the appointed officials.

Article 17: DIVISION OF COMPETITION

Competition divisions will be conducted using the pyramid (elimination) tournament system and managed through Khiapp. Where possible, the draw will be configured to prevent competitors from the same club competing against one another in the opening round. However, this cannot be guaranteed in all divisions and remains subject to the number of entrants and the structure of the draw. All competition divisions, draws, bout orders, and results will be available to view through Khiapp throughout the event. Competitors, instructors, and spectators are encouraged to refer to the application regularly for the latest information and updates. The Tournament Committee reserves the right to amend divisions, draws, and schedules where necessary to ensure the smooth, fair, and efficient running of the competition.

Article 18: COMPETITORS NUMBER

The number of individual competitors who may enter each category from each GTUK club is unlimited, unless otherwise stated.

Article 19: ORDER OF MATCH

The order of events shall be Pattern, Sparring, Power, and Special Technique. This should be followed where possible but is subject to the requirements of the time and schedule of the tournament overall.

Article 20: WEIGHT CHECK

Competitors' weights may be verified in the holding area at any point during the event. Any competitor who has not previously completed a weight check will be required to do so before the commencement of their sparring division. It is the responsibility of each competitor to ensure they meet the weight requirements for the category in which they are entered. Competitors who fail to make the declared weight may be subject to reclassification or disqualification at the discretion of the Tournament Committee.

Article 21: DRAW FOR ORDER OF COMPETING

The order of competing will be determined through Khiapp where possible. The Tournament Committee reserves the right to amend the draw or order of competition where necessary to ensure the fair and efficient running of the event.

Article 22: ANNOUNCEMENTS

When a division is ready to compete, all participants in that category will be called to the holding area. Upon arrival, competitors will be checked and prepared for competition, including any necessary equipment or weight verification requirements. Once all competitors in the division have been accounted for and the appropriate checks completed, they will be escorted as a group to the ring where their category will take place. Competitors must ensure they report promptly to the holding area when called. Failure to attend the holding area within a reasonable time may result in the competitor being excluded from the division or disqualified at the discretion of the Tournament Committee.



Article 23: EQUIPMENT CHECK

It is the responsibility of all competitors to have any required equipment, including approved sparring safety equipment, ready and available when reporting to the holding area. All equipment will be inspected and approved by holding area officials before competitors are escorted to their designated ring. Prior to the commencement of each bout, the Centre Referee will conduct a final visual check of the competitor's equipment and appearance to ensure compliance with tournament rules and safety requirements. Any equipment deemed unsuitable or non-compliant must be corrected before the competitor is permitted to compete.

SECTION 2 – PATTERNS

Article 24: ELIMINATION - JUNIOR / ADULT / VETERAN INDIVIDUAL

The pyramid elimination system will be used for all individual patterns competitions. At the commencement of each match, competitors will perform their chosen patterns in accordance with the competition rules. The judging panel will assess each performance based on the established criteria and determine the competitor demonstrating the higher standard of technical accuracy, power, balance, rhythm, and overall presentation. The successful competitor will progress to the next round of the competition.

Article 25: GROUPS

- Male and Female Groups
- DRAGON, RAINBOW, JUNIOR, CADET, SENIOR, VETERAN & GOLDEN VETERAN Groups
- Kup & Degree Ranks

Article 26: DIVISIONS AND DECISIONS

Divisions can be found on Khiapp.

In individual matches, the following decisions will apply:

- When three or more Judges give a decision in favour of one competitor, that competitor is the winner.

Article 27: OFFICIALS FOR PATTERN DIVISION

- 1 Jury President
- 1 Jury Member
- 5 Referees



SECTION 3 - SPARRING

Article 29: DIVISIONS

All competition divisions, categories and entrant details can be viewed at any time through the Khiapp registration system. Competitors and instructors are encouraged to review Khiapp regularly to confirm their division entries and stay informed of any updates. The tournament draw, category information, schedules, and results will be published and maintained within Khiapp throughout the event, ensuring that all participants have access to the latest competition information.

Article 30: DURATION OF BOUTS AND DECISIONS

Cadet / Junior / Veteran / Golden: Each individual bout will consist of one round of 1.5 minutes.

In individual matches, the following decisions will apply:

- When three or four Corner Referees give a decision in favour of one competitor, that competitor is the winner.
- When three or four Corner Referees decide that the bout is a draw, the competitor with the fewest warnings will win the bout. If no warnings have been issued, a further thirty-second round will take place. If this also results in a draw, the first scored point will decide the winner.
- When two Corner Referees give a decision in favour of one competitor, one gives a decision in favour of the other competitor, and one gives a draw, or when two give a decision in favour of one competitor and two give a draw, the competitor who receives the two favourable decisions is the winner.
- When two Corner Referees give a decision in favour of one competitor and the other two Corner Referees give a decision in favour of the other competitor, the result will be a draw.
- When three Corner Referees give a decision in favour of one competitor during a first-scored-point bout, that competitor is the winner.

Senior individual bout will consist of one round of 2 minutes.

In individual matches, the following decisions will apply:

- When three or four Corner Referees give a decision in favour of one competitor, that competitor is the winner.
- When three or four Corner Referees decide that the bout is a draw, the competitor with the fewest warnings will win the bout. If no warnings have been issued, a further thirty-second round will take place. If this also results in a draw, the first scored point will decide the winner.
- When two Corner Referees give a decision in favour of one competitor, one gives a decision in favour of the other competitor, and one gives a draw, or when two give a decision in favour of one competitor and two give a draw, the competitor who receives the two favourable decisions is the winner.
- When two Corner Referees give a decision in favour of one competitor and the other two Corner Referees give a decision in favour of the other competitor, the result will be a draw.
- When three Corner Referees give a decision in favour of one competitor during a first-scored-point bout, that competitor is the winner.



Senior individual (10th to 8th Kup) bout will consist of one round of 1.5 minute Point Sparring

- A point shall only be awarded when at least two of the three referees clearly observe and indicate a valid scoring technique.
- If only one referee signals a point, no point shall be awarded and the match will continue.
- Where two referees signal a point for one competitor, that competitor shall be awarded the point.
- Where all three referees signal a point for the same competitor, that competitor shall be awarded the point.
- If two referees signal for one competitor and the third referee signals for the opposing competitor, the point shall be awarded to the competitor receiving the majority decision.
- If the referees are unable to reach a majority decision regarding a scoring technique, no point shall be awarded.
- The competitor with the highest number of points at the end of the match shall be declared the winner.
- If the match ends in a draw, an additional round or first-scored-point period may be used in accordance with the tournament rules to determine the winner.

Article 31: TARGET AREA

- Head and neck area at the front and sides but not at the back.
- Trunk of the body from neck to navel vertically and from a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

Article 32: ATTACKING TOOLS

- Hand parts: Forefist, Sidefist, Backfist, Knife-Hand, Reverse Knife-Hand
- Foot parts: Ball of the foot, Footsword, Back Heel, Instep, Sole, Toes

Article 33: POINT AWARDS

One (1) point will be awarded for:

- Hand attack directed to mid or high section
- Hand attack while in the air (both feet must be off the ground) directed to the mid section
- Foot attack directed to mid section.

Two (2) points will be awarded for:

- Foot attack directed to mid section.
- Jumping or flying kick directed to the midsection

Three (3) points will be awarded for:

- Jumping or flying kick directed to high section
- Foot attack directed to high section.



Article 34: SCORING PROCEDURE

In competition a technique is valid when:

- It is executed correctly
- It is dynamic, that is to say it is delivered with strength, purpose, rapidity and precision
- It is controlled on the target

Article 35: DISQUALIFICATION

The Centre Referee will call in the Corner Referees to discuss before disqualification for the following:

- Continually ignoring instructions given by the referee
- Causing injury through the attacker's fault where the injured competitor is unable to continue
- Committing three fouls
- Repeating the same range foul twice
- Suspected of being under the influence of alcohol or drugs
- Uncontrolled dangerous behaviour

N.B. A competitor cannot be disqualified for any number of warnings.

Article 36: FOULS

One (1) point will be deducted for the following offences:

A Yellow Card will be raised by the Centre Referee upon the following:

- Attack with an illegal technique
- Bad behaviour by the competitor, instructor, or representative
- Attacking a fallen opponent
- Hard contact
- Causing injury to an opponent who can continue the match
- Purposely attacking after the referee's stop command

N.B. The sum of three (3) fouls will automatically result in disqualification.

Article 37: WARNINGS

Warnings will be assigned for the following offences:

- Attack to an illegal target,
- Stepping completely out of the ring (both feet),
- Loss of balance, including touching the floor with any part of the body other than the foot
- Contact (in excess of light)
- Holding
- Pushing with hand or foot
- Avoiding sparring
- Feigning injury
- Circular attacks (through the target)

N.B. The sum of three warnings will result in one (1) minus point. Three minus points deducted as a result of warnings does not constitute disqualification.



N.B. If a competitor is intentionally pushed out of the ring without being subject to a scoring technique, they will not receive a warning. If a competitor leaves the ring, they must restart 1 metre inside the ring.

Article 38: INJURY

When a competitor is injured, the Centre Referee must stop the match and call for First Aid. The First Aider must assess and treat the injury and decide whether the competitor may continue.

When a competitor cannot continue following the First Aider's decision:

- If the injured party stepped into the technique:
 - If they are able to continue, the attacker will be awarded the point as if it were a well-performed attack.
 - If they are unable to continue, the bout will be awarded to the attacker.
- If the injury, whether unintentional or intentional, is the fault of the attacker:
 - If the injured party is unable to continue, they will be awarded the bout.
 - If the injured party is able to continue, the attacker will be awarded a foul.
- If the injured party is unable to continue and it is impossible to decide who caused the injury:
 - The winner will be selected based on the points achieved before the injury occurred.

An injured competitor who is deemed unfit to continue, according to the First Aider's decision, cannot compete again during the event.

A competitor who refuses to accept the First Aider's decision will be disqualified.

Article 39: BOUT PROCEDURE

The bout will commence with the competitors in their starting positions, each wearing a red or blue marker to differentiate between them. At the command of the Centre Referee, the competitors will bow to the Jury table and then to each other. The Centre Referee will then start the match with the command "shi-jak", and the competitors will continue to spar until the Referee issues the command "haechyo". At this point, the competitors must stop sparring and remain where they are until restarted with the command "gaesok". On completion of time, the Timekeeper will signal audibly to warn the Centre Referee, but the bout will only end on the final command "goman" by the Centre Referee. The bowing procedure will then be repeated in reverse order, and the result will be declared. In a draw situation, warnings and/or minus points are not carried forward.

Article 40: TIMING

On the first "shi-jak" command from the Centre Referee, the Timekeeper starts the clock, which continues until full time unless the Centre Referee calls for "jung-ji" by saying "goman". At this point, the Timekeeper stops the clock until the "gaesok" command is given.

Article 41: OFFICIALS FOR SPARRING COMPETITION

- 1 Jury President
- 1 Timekeeper/Recorder
- 1 Centre Referee
- 4 Corner Referees



SECTION 4 - POWER

Article 42: DIVISIONS

Male:

- Ap Joomuk Jirugi Forefist Punch
- Sonkal Taerigi Knife Hand Strike
- Yopcha Jirugi Side Kick
- Dollyo Chagi Turning Kick
- Bandae Dollyo Chagi Reverse Turning Kick

Female:

- Sonkal Taerigi Knife Hand Strike
- Yopcha Jirugi Side Kick
- Dollyo Chagi Turning Kick

Article 43: PROCEDURE

For each item a standard will be set by the Tournament Adjudication Committee.

The plastic equivalent, or a machine designed for the specific test, will be used. In Power Breaking, it is permitted to make one step forward, slide, or skip, provided that the competitor does not jump. One foot must always remain in contact with the floor. For Sonkal Taerigi, the strike may be performed either inwards or outwards.

For each item, each competitor will have one attempt to break, and only one pre-judgement of distance is allowed. An L-stance forearm guarding block ready posture must be adopted before and after the attempt to break. The attempt to break must be performed in one continuous movement. After the referee's signal, the competitor has 30 seconds to complete that item.

Referees may disallow an attempt where the following requirements are not maintained:

- Correct balance and posture throughout the technique
- Use of the correct attacking tool in the correct manner

Referees must examine each board before each attempt. Each broken/separated board will count as 1 point. The winners will be the competitors with the highest scores after having attempted all items listed for their group.

In the event of a tie, the Jury President will select one item by draw as the tie-breaker. The Jury President will decide how many boards are to be used. The tied competitors will then continue until the places are decided.

Organising Committee-approved wooden or metal holders must be used to provide uniform resistance for all competitors.



SECTION 5 - SPECIAL TECHNIQUE

Article 44: DIVISIONS

It is compulsory for each competitor to attempt each item listed for their group.

DRAGON, RAINBOW, CADET, AND JUNIOR

- Twio Nomo Chagi Overhead Kick

Article 45: PROCEDURE

For each item, each competitor will have one attempt to touch, and only one pre-judgement of distance is allowed. An L-stance forearm guarding block ready posture must be adopted before and after the attempt to touch. The attempt to touch must be performed in one continuous movement. After the referee's signal, the competitor has 30 seconds to complete that item.

Referees may disallow a successful kick for failure in maintaining the following:

- Correct balance and posture throughout the technique
- Use of the correct attacking tool in the correct manner
- Landing without touching the floor with anything other than the feet

The winners will be the competitors with the highest jump in their group. In the event of a tie, the Jury President will select one item by draw as the tiebreaker. The Jury President will decide the height or distance of the jump, and the tied competitors will then continue until the places are decided.

Article 46: OFFICIALS FOR SPECIAL TECHNIQUE

- 1 Jury President
- 1 Referee

SECTION 6 - PROTEST PROCEDURE

Article 47: PROTEST

Only the competitor's instructor may present a protest where a decision appears to violate the rules.

The Umpire Committee will then examine the circumstances of the protest and will decide:

- To validate the match
- To repeat the match
- To assign the victory of the match to another competitor
- To disqualify either or both competitors.

Article 48: DECISIONS

To reach a decision, the Umpire Committee may call upon any relevant person to provide evidence regarding the protest. Once a decision has been reached, the Umpire Committee will notify all parties concerned. The Umpire Committee must base its decision on the rules laid down in this document, and its decision must not conflict with these rules.

Article 49: DISQUALIFICATION

Instructors, representatives, or individuals who persist in arguing against decisions made by the Tournament Committee may, at the Committee's discretion, have the whole team, club, or individual disqualified from all further events at the championship. The Tournament Committee shall consider the matter at a later date with a view to taking further action.



SECTION 6 – CHANGE LOG

Article 50: DESCRIPTION

This rule pack is subject to periodic review and amendment to ensure it remains accurate, up to date, and aligned with the requirements of the competition. Any changes, additions, clarifications, or corrections made to this document will be recorded in the Change Log below. Participants, coaches, instructors, officials, and spectators are encouraged to refer to the latest published version of the rule pack and review any updates prior to the event. The most recent version of this document will supersede all previous editions.

Article 51: CHANGE LOG

Version	Date	Description of Change	Author
1.0	01/09/2026	Initial release	Tournament Admin

