



COMPETITION RULES AND REGULATIONS

for coaches and competitors



TABLE OF CONTENTS

1. GENERAL
2. APPLICATION
3. QUALIFICATIONS
4. COMPETITORS & COACHES
5. DRESS CODE
6. SAFETY & PROTECTIVE EQUIPMENT
7. RING SIZE
8. TERMINOLOGY
9. INSURANCE & MEDICAL ASSISTANCE
10. WEIGHT-CHECK & DRAW
11. COMPETITION NUMBERS
Individual & Teams
12. COMPETITION & ORDER OF MATCH
13. PATTERNS
14. SPARRING
15. POWER BREAKING
16. SPECIAL TECHNIQUES
17. PRE-ARRANGED SPARRING
18. UMPIRE COUNCIL
19. HEALTH & SAFETY



SECTION 1. GENERAL

Definition

One legacy International Taekwon-Do competition is to promote the teachings and techniques taught by Taekwon- Do Founder, Gen. Choi Hong Hi

The purpose of these rules is to:

1. Elevate the quality of ITF Taekwon-Do competition by scoring every aspect,
2. To provide an equal opportunity for all participants to show the best of their abilities in friendly competition with one another.
3. Ensure equity for all athletes,
4. Restrict dangerous situations, behaviors, or actions,
5. Identify unacceptable behaviors,
6. Level and align the judgement criteria of Jury Members, Referees and Umpires.
7. Protect the authority of the Jury Members, Referees, and Umpires.
8. Delineate the Rights and Duties of Jury Members, Referees and Umpires.

The Tournament Rules shall apply in all the International Competitions organized/promoted by One Legacy International Taekwon-Do Federation, be they International, Continental, National and Regional. All modification of the Tournament Rules should request for One Legacy International Taekwon-Do Federation approval.

We affirm that Taekwon-Do is founded on the principles of fairness, integrity, and respect. To uphold these values, all competitors are required to participate in divisions that correspond to their biological sex as recorded at birth.

All ITF-affiliated members and competitors wishing to participate in Championships shall submit their entry forms to the Organizing Committee by the deadline.



SECTION 3. QUALIFICATIONS

Principles of Qualifications for Participation in Championships

All ITF affiliated One Legacy registered belt holders can participate in the Championship.

A NGB that is not yet affiliated to One Legacy ITF and wishes to participate in the Championship for whatever reason must have the approval of One legacy International Taekwon-Do Federation.

SECTION 4. COMPETITORS & COACHES

All coaches and competitors should know and strictly observe the ITF Tournament & Umpire Rules. All coaches are responsible for ensuring that their competitors conduct themselves in a courteous manner and adhere to the ITF Tournament Rules.

During the competition

- The coach may wear a full tracksuit, tracksuit & team shirt, and gym shoes.
- Tracksuits & team shirts should bear the markings of the team.
- Coaches must have protective gloves. A towel and a bottle of water for the competitor.
No Other items are allowed at the coaches' chair.
- 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 center 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.
- Competitors will not be allowed to compete without a coach.



Age Divisions	Description
12-14 years old	Pre-Junior
15-17 years old	Junior
18-35 years old	Adult
36-45 years old	Senior
46-55 years old	Veterans
56 years and older	Gold – Veterans

Weight Division:

	Weight up to											
	Pre-Junior		Junior		Adult		Senior		Veteran		Gold-Veteran	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
Micro	45kg	44kg	50kg	49kg	54kg	52kg	55kg	54kg	60kg	59kg	65kg	64kg
Light	50kg	49kg	55kg	54kg	63kg	58kg	64kg	63kg	65kg	64kg	70kg	69kg
Middle	55kg	54kg	60kg	59kg	70kg	63kg	71kg	70kg	70kg	69kg	75kg	74kg
Heavy	60kg	59kg	65kg	64kg	80kg	70kg	81kg	80kg	75kg	74kg	80kg	79kg
Hyper	60kg+	59kg+	65kg+	64kg+	81kg+	70kg+	81kg+	80kg+	75kg+	74kg+	80kg+	79kg+

Coloured Belt Competitors:

- Must hold the rank of 8th, 7th, 6th, 5th, 4th, 3rd, 2nd, or 1st gup.

Black Belt Pre-Junior or Junior Competitors:

- Must hold the rank of 1st, 2nd, or 3rd degree.

Black Belt Adult, Senior, Veteran or Gold-Veteran Competitors:

- Must hold the rank of 1st, 2nd, 3rd, 4th, 5th, or 6th degree.

Division and draws can be modified/merged at the discretion of tournament committee at any stage.



SECTION 5. DRESS CODE

Competitors shall wear official ITF-approved Doboks

The Uniform worn by the competitor should be of correct dimensions as laid down in One Legacy ITF Rules and indicate the Dan/Colour Belt of the competitor. The wearer's Dan should be marked on the belt and seen whilst in its tied state.

Both, Black Belt and Coloured Belt Doboks MAY have the country, association, organisation, club, or school name written on the back of the Dobok, above or below belt level. Letters must be all black in colour and measuring between 4cm-8cm in height.

The number patch issued to competitors must be placed on the lower part of the back of Dobok shirt.

Competitors are allowed, when not performing, to wear other tracksuits, sporting apparel, training shoes etc.

Competitors participating in opening and closing ceremonies are allowed official ITF Dobok or the official association, organisation, school, club or country training suit.

For the medal awarding ceremony all competitors must wear either the full ITF Dobok , full tracksuit or team shirt and track pants.

National Flag and Trademark of the Sponsor

Competitors should bear the national flag on the right part of the front of Dobok shirt at the same level of ITF Logo the dimension of which should be 3×5 cm.

Competitors should bear the Association, organisation, or club Logo or the Trademark of sponsor on the left sleeves of Dobok which should be 15 cm. below from shoulder line.



Religious Exemptions

Muslim Hijab

A hijab is a religious veil worn by Muslim women in the presence of any male outside of their immediate family, which usually covers the hair, head and chest. It is forbidden for any male other than family to see or touch.

Muslim Women are permitted to wear the hijab as part of their uniform.

Within Muslim religion men are not permitted to touch the woman under any circumstance. So when having gear check prior to event start, the person checking the competitor should be **female only**.

In cases where dobok has exposed areas of skin it is permitted for the competitor to wear thermal underwear. Preferable White colour.

Sikh Turban

The turban is worn as a symbol of respect to their faith. They are required to grow their hair from birth and not expose outside of their home. The turban is a light material that is worn in many colours as a cover to wrap the bun of hair.

The Sikh Turban is permitted to be worn as part of their uniform. Preferable white colour.

The allowance of religious attire gives no advantage to the competitor.



SECTION 6. SAFETY & PROTECTIVE EQUIPMENT

Competitors must wear:

1. Red or Blue hand and feet safety equipment must be worn, in accordance with the colour required for their position on the master draw list.
2. Red or Blue coloured head guard only, in accordance with the colour required for their position on the master draw list.
3. Groin guards (mandatory for males) must be worn inside the Dobok.
4. Mouth guards (must be transparent, non-coloured for international championship only)

Competitors may optionally wear:

5. Shin protectors must be worn inside the Dobok trousers.
6. Breast protectors (for females) must be worn inside the Dobok jacket.
7. Groin guards (for females) must be worn inside the Dobok trousers.
8. Approved soft frame, prescription sport glasses.

Safety Equipment may NOT contain any metal, bone or hard plastic (except for groin guards and breast protectors). The use of zip, lacing, or stud fasteners is prohibited.

No other protective or safety equipment may be worn, except in special circumstances with approval. Written approval must have been requested and granted from One Legacy ITF tournament committee.

All competitors with long hair MUST tie their hair up in a secure fashion. Hair must be kept in place and/or covered using items of a soft material or elastic nature only.

1. No hard material, metal, grips, or slides are allowed,
2. No hair adornments, such as flags, streamers, lacing, embellishments or other such shall be worn on or in the hair while the competitor is in the competition playing area,
3. For sparring divisions: Any hair fasteners and/or covering must fit fully within the confines of the safety headguard.



Head / neck coverings may be worn by all competitors. Head / neck coverings MUST:

1. Be constructed of a solid preferably white colour,
2. Be made of a soft and/or elastic material,
3. NOT contain any hard materials, metal, grips or slides,
4. Fit, and remain, fully within the confines of the safety headguard and the dobok jacket while the competitor is sparring.

Undergarments, of a soft or elastic nature ONLY, may be worn beneath the competitor's dobok (beneath the top and/or trousers).

1. Undergarments (Only those garments that are visible while competitor is competing) MUST:
 - i. Be of a solid white colour,
 - ii. Be made of a single layer of soft and/or elastic material,
2. Undergarments MUST NOT:
 - i. Provide additional protection from impact,
 - ii. Contain any hard materials, metal, grips or slides.
 - iii. Extend past the distal portion of either the wrist or the ankle.

No jewellery, body piercings, watches, fitness monitors, headphones/earbuds, communication devices, or other such adornments/items may be worn on the competition floor.

Tape/soft bandaging/soft strapping may be used for medical or first aid reasons, provided:

1. That is not used in an excessive manner,
2. No hard plastic/metal fasteners, laces, studs or mechanical fasteners are **to be** used,
3. No mechanical means of support are included in the bandaging/taping/strapping. (Including though not limited to bracing/stays/splints, mechanical joints/articulations/hinges...)
4. That its use does not give the competitor any undue advantage,
5. All Tape/soft bandaging/soft strapping **MUST** be either white or skin-coloured if it is visible while competitor is competing. Any Tape/soft bandaging/soft used on areas not visible (i.e. knee) may be of any colour so long as the colour is not plainly visible through the material of the dobok.



Tape/soft banding/soft strapping may NOT be used in the following circumstances:

1. Power Test: NO tape/soft bandaging/soft strapping may be used on any part of the competitor's attacking tool or the joints associated with the break being performed. (Fingers, wrist, hand, toes, ankle, foot).

One Legacy ITF Tournament and/or Umpire Committees reserve the right to inspect and either approve or reject any competitor's safety equipment, protective wear, taping/bandaging/strapping, clothing, and/or accessories/adornments. The decision of the committee following inspection is final and binding. For religious purposes, all female competitors can only be inspected by female officials.

SECTION 7. RING SIZE

1. Flooring Requirement: All competition rings are mandated to be covered with an approved jigsaw-type mat for enhanced safety.
2. Sparring Ring Specifications: In Sparring competitions, the ring dimensions will be 8 by 8 meters with a matted playing surface. Additionally, there must be a minimum one (1) metre wide safety perimeter of a contrasting colour of mat, clearly indicating the boundary between the "In Play" and "Out of Play" areas.
3. Pattern and Pre-Arranged Free Sparring Ring Specifications: For Pattern and Pre-Arranged Free Sparring competitions, the ring will have an 8 by 8 meters matted playing surface. It should also feature a minimum one (1) meter wide safety perimeter of a contrasting color of mat. Importantly, all areas of the floor within this ring are considered "In Play."
4. Power Test and Special Technique Ring Specifications: In Power Test and Special Technique competitions, the competition ring will be 8 by 8 meters in size, equipped with a matted playing surface. Similar to the other categories, there must be an additional one (1) metre wide safety perimeter of a contrasting colour of mat. In this case as well, all areas of the floor within the ring are designated as "In Play."



SECTION 8. OFFICIAL TERMINOLOGY

- **CHA RYOT:** Attention
- **KYONG YAE:** Bow
- **JUN BI:** Ready
- **SHI JAK:** Begin
- **HE CHYO:** Separate
- **GE SOK:** Continue
- **GU MAN:** End
- **HONG:** Red
- **CHONG:** Blue
- **IL HE JON:** First Round
- **YI HE JON:** Second Round
- **SAM HE JON:** Third Round
- **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



SECTION 9. INSURANCE & MEDICAL ASSISTANCE

Insurance

All competitors are required to possess valid insurance coverage to be eligible for participation. The One Legacy ITF Board of Directors, ITF Tournament Committee, ITF Umpire Committee, ITF IT Committee, ITF Officials, and the hosting Organisation shall not assume responsibility for any injury, loss, or unforeseen circumstance that may arise during the event.

Medical Assistance

The official Tournament Medical Doctors' recommendations prohibiting a competitors' further participation following injury must be adhered to

SECTION 10. WEIGHT-CHECK & DRAW

Weight-Check

All competitors are required to participate in the official registration at the designated weigh-in location.

The initial weight check will take place within 24 hours prior to the commencement of the competition with dobok and belt. The weight division can be +/- 1kg variance for clothing factor. Competitors who do not meet the weight requirement during the first weigh-in will be granted a one (1) hour period to present themselves for the second and final weigh-in. Failure to meet the weight limit during the second weigh-in will result in removal from the sparring category, and the individual will be prohibited from entering any other weight category.

If members don't make weight on both occasions, there is no refund on their entry fee.



Draw

The draw shall be conducted in the principle that the 1st, 2nd, 3rd- 3rd placed competitors in the previous Championship should not compete against each other at the opening bouts.

The 1st place competitor with the highest accumulated points shall be arranged on the top of the competition table. The 2nd placed competitor shall be arranged at the bottom of the competition table. The next two 3rd placed competitors shall be arranged in the middle of the competition table with one competitor competing upward and the other competing downward.

When there are only 2 or less individual competitors and teams competing in a competition, then the draw will not be necessary.



Draw for Pattern

The order of competitions for individual disciplines shall be drawn according to gender and rank.

The order of competitions for team disciplines shall be drawn according to gender.

Draw for sparring

The order of competitions for the individual disciplines shall be drawn according to gender and weight.

The order of team competitions shall be drawn according to gender.

Draw for Pre-arranged sparring

Teams can be made up from any combination of gender

SECTION 11. COMPETITORS NUMBERS – INDIVIDUAL AND TEAM

Competition is divided into INDIVIDUAL and TEAM events.

INDIVIDUAL

The number of individual competitors who may enter each item is restricted to two (2) competitors from each country.

TEAM POOL (Male and Female)

All registered participants can be considered as Team Pool Members from each country and can be used for team events according to their age group and gender. (Not necessarily chosen out of the Individual competitors).

TEAM (Male and Female)

Out of the Team Pool Members a minimum of 5 competitors + 1 reserve (optional) may compete in Pattern, Sparring, Special Technique and Power events.



SECTION 12. COMPETITION & ORDER OF MATCH

The order of Competitions for Categories shall be directed by the Tournament Committee. The order of competition is subject to time requirements, and the overall schedule of the tournament.

SECTION 13. PATTERNS

The pyramid system of elimination will be used for both individual and teams.

Individual

Competitors will compete 1 to 1 and will perform two (2) Designated Patterns appropriate to their rank.

For Degree belts the first Designated Pattern will be randomly chosen from one of the last three patterns appropriate to their degree.

The second Designated Pattern will be chosen from all the remaining patterns appropriate to their degree.

For colour belts, only 1 pattern appropriate to their rank is chosen. For example, an 8th Gup (Dan-Gun only) vs 7th gup (Do-San).

1. The Jury President shall randomly draw the designated patterns electronically (Black belt divisions).
2. In the event that two competitors clash (come into contact) during the performance of their pattern, the competitor that is found to be responsible for the clash will receive a score of zero (0) points for that pattern.
3. The competitor will receive a score of zero (0) if not able to complete a pattern.
4. The Umpires will deduct up to 10 points in total (0.2 increments only), for each error spotted in the pattern performance based upon technical content, power, balance, breathing, sine wave, minor mistakes in pattern definition according to Scoring Table.
5. The competitor having obtained the majority of umpire votes and with a minimum of two (2) Umpire votes in his favor, shall be declared the winner and shall advance to the next round of competition.



6. In the case of a draw, an additional Designated Pattern will be randomly chosen from the remaining appropriate patterns and must be performed until the winner is decided (black belt). Colour belt will perform additional round of optional pattern until the winner is decided.



Individual Pattern Scoring Table

Type of Scoring	Type of Mistakes
0.2 deductions per item spotted, allowed to deduct up to a total of 10 points	Incorrect (stance, tools, hand techniques, foot techniques, defence techniques, sinewave, rhythm, breathing) Inadequate power or control Stepping out of the ring Kihap at pattern Incorrect movement (not more than 2 consecutively)
Give 0 points	Not able to finish a pattern Incorrect Ready Hand Underperform total movements of pattern Stopping during the pattern for more than 2 seconds Perform the wrong pattern Begin the pattern towards the wrong direction Perform 2 incorrect movement consecutively

Team

Black belt team will perform one optional pattern and one designated pattern selected by Jury President in any format. Colour belt team will perform one optional pattern chosen within Chon-Ji and Choong-Moo.

1. 0.2 deductions: The Umpires will deduct up to 6 points (in 0.2 increments only) for each pattern technical error based on technical content, power, breathing and sine wave according to Scoring Table 2
2. 0.5 deductions: Umpires will deduct up to 4 additional points (in .5 increments only) for errors Teamwork, Choreography, and Difficulty.
3. The team having obtained the majority of umpire votes and with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and shall advance to the next round of competition.
4. In the case of a draw, additional designated pattern will be randomly chosen and must be performed until the winner is decided (black belt team), colour belt team will perform additional round of optional pattern until the winner is decided.



Team Pattern Scoring Table

Type of Scoring	Type of Mistakes
0.2 deductions per item spotted if any of one/multiple members perform the mistakes, allowed to deduct up to a total of 6 points	<i>Eg, if more than 1 member make the same mistake in the same time count as 1 mistake, if multiple member each make a different mistake consider as multiple deductions depends on the number of mistakes spotted.</i> Incorrect (stance, tools, hand techniques, foot techniques, defence techniques, sinewave, rhythm, breathing) Inadequate power or control Stepping out of the ring Kihap at pattern Incorrect movement (not more than 2 consecutively)
Give 0 points	<i>If 1 or more member:</i> Not able to finish a pattern Incorrect Ready Hand Underperform total movements of pattern Stopping during the pattern for more than 2 seconds Perform the wrong pattern Begin the pattern towards the wrong direction Perform 2 incorrect movement consecutively
0.5 deductions per item spotted if any of one/multiple members perform the mistakes, allowed to deduct up to a total of 4 points	Teamwork Choreography Difficulty



SECTION 14. SPARRING

Sparring competitors will be categorised into divisions based on the following criteria:

Gender: Competitors will be separated into divisions according to their gender.

Age: Divisions will be organised with consideration for different age groups to ensure fair competition.

Weight: Competitors will be further divided based on their weight to create balanced and equitable matches within each division.

This categorisation process is designed to promote fair and competitive sparring matches, considering the key factors of gender, age, and weight for each participant.

Individual

1. Individual elimination and final bouts will be two (2) rounds of two (2) minutes duration with a one- minute break between rounds.
2. In the case of a draw, a further one (1) minute round will take place and if it results in a further draw then the first scored point assigned by at least two (2) Referees at the same split second will decide who the winner is.

Team

1. Each team bout will be one (1) round of two (2) minutes.
2. In team matches all of the judge's decisions from the five (5) bouts shall be counted. However, when all five (5) bouts are finished, and the result is a draw then each coach will select one (1) competitor to spar an extra bout of two (2) minutes. The team whose competitor wins this bout will be the winner.
3. If at this time it results in a further draw, then the first scored point assigned by at least two.
(2) Referees at the same split second will decide who the winner is.

All five (5) bouts must take place and be completed. If one of the competitors withdraws in the event of an injury or to gain an advantage the opponent will be declared the winner.



TARGET AREA

Head

1. At the front, sides, and top of the head, but not at the back.
2. Excluding the neck.

Trunk of the body

1. From shoulder to navel vertically
2. From a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

POINT AWARDS

One (1) point will be awarded for any legal Hand Attack directed to mid or high-section.

One (1) point will be awarded for any legal Foot Attack directed to mid-section.

Two (2) points will be awarded for any legal Foot Attack directed to high-section.

Additional (1) point for performing the legal attack in the air (Both feet must be off the floor)

LIGHT CONTACT SCORING PROCEDURE SYSTEM

In competition technique is valid according to a light contact system if:

1. Correctly Executed.
2. Dynamic (i.e., it is delivered with strength, purpose, speed, and precision).
3. Controlled on the target.

MINUS POINTS/FOULS

One point will be deducted for the following offences:

1. Heavy or excessive contact.
2. Attacking a fallen opponent.
3. Leg sweeping.
4. Holding/grabbing.
5. Intentional attack to an illegal target
6. Unsportsmanlike Conduct*



This includes but is not limited to:

1. Failure or Refusal to Follow Referee's Directions:
2. Instances where a competitor does not comply with the instructions provided by the referee during the competition.
3. Intentionally Leaving the Ring/Manipulation of Time:
4. Deliberate actions by a competitor to exit the competition ring without proper cause or manipulation of the allotted time for tactical advantage.
5. Inappropriate Behaviour/Language:
6. Behaviours or language that are deemed inappropriate, offensive, or disrespectful towards umpires, officials, or other competitors.



WARNINGS

Warnings will be assigned for the following offences:

1. Pretending to have scored a point by raising one or both arms.
2. Stepping completely out of the ring (both feet).
3. Falling down, whether intentional or not (it means any part of the body, other than the feet, touching the ground).
4. Faking a blow, pretending to be injured to gain an advantage.
5. Intentionally avoiding sparring.
6. Adjusting equipment during the bout without the consent of the Centre Referee.
7. Unintentional attack to a non-target area.
8. Pushing with the hands, shoulders, or body.

The sum of three (3) warnings automatically results in the deduction of one (1) point.

DISQUALIFICATION

1. Misconduct against officials or ignoring instructions.
2. Uncontrolled or excessive contact.
3. Receiving three (3) minus points/fouls directly given by the Centre Referee.
4. Being under influence of alcoholic beverages or drugs.
5. Loss of temper.
6. Insulting an opponent, coach and or official.
7. Biting, scratching.
8. Attacking with the knee, elbow, or forehead.
9. Being determined culpable for causing a loss of consciousness.

A competitor that insults an opponent, coach or official will be disqualified from the rest of the competition.



INJURY

When a competitor is injured, the Centre Referee must stop the match and call the Doctor. There will be a total of three (3) Minutes of time allowed per MATCH, for the doctor to diagnose, treat the wound and decide about the match and competitor continuation.

Note: The three-minute injury time will begin at the moment the doctor is in front of the injured competitor and will end when the doctor departs. This amount of time will be recorded, and if the doctor is called again to the same match, the injury clock will resume counting down from the last point. Any competitor requiring more than three (3) minutes total accumulated time of medical attention during a match will not be allowed to continue and will forfeit the match.

Regardless of the remaining injury time, in the case of a concussion examination, the concussion examination time is at least 2 minutes.

When a competitor cannot compete anymore because of the Doctor's decision and according to the decision of the Ring Council (Jury President, Centre Referee and Corner referees).

1. he/she is the winner if his/her opponent is culpable.
2. he/she is the loser if his/her opponent is not culpable.

An injured competitor that is unfit to fight cannot continue for the time/day(s) set according to the Doctor's decision.

A competitor that refuses to accept the Doctor's and/or the Ring Council decision will be disqualified and taken out of the competition.

If two competitors injure themselves at the same time and both are unfit to fight according to the Doctor's decision, the winner is the contender that has more scored points at that moment. If the competitors are even, the Ring Council will decide about the bout.

The procedure to determine culpability for potential disqualification is outlined as follows:

Anytime a potential disqualification occurs, the ring council must consult with a member of the Umpire Committee to ensure that due process is being followed before reaching a decision.



Criteria for Disqualification:

Culpability for disqualification must "as a direct result" of a potentially prohibited action delivered with intention. Such action must lead to the competitor's inability to continue the match.

Steps to Determine Culpability (Jury President's Role):

The ring council must request the presence of a member of the Umpire Committee to oversee and advise during the procedure.

The Umpire Committee member will first consult with the Jury President and then with the Centre Referee to comprehensively assess the situation and its outcomes.

If no conclusive decision is reached at this point, the Umpire Committee member may choose to consult the Umpires individually to gather their opinions.

Final Decision by Umpire Committee Member:

Considering all information learned, the Umpire Committee member will make the final decision on the outcome of the match.

Note A: A competitor found culpable for causing a loss of consciousness or a concussion in sparring competition may be disqualified. The unconscious or concussed competitor is not allowed to compete again during the entire event, leading to forfeiture of any remaining matches or events. This measure is taken to prioritize the safety and well-being of the affected competitor.



BOUT PROCEDURE – INDIVIDUAL AND TEAM

INDIVIDUAL

1. Sparring competitors will commence the bout on the start positions, each with red or blue head equipment to differentiate between them. Mouth protection gear of a transparent colour must be worn at all times. At the command of the Centre Referee the competitors bow in turn to the Jury table.
2. The Centre Referee will then instruct the competitors to form a guarding block and start the sparring with the command “SHI-JAK” and the competitors will continue to spar until the Referee issues the command “HAECHYO”. At this point the competitors will cease to spar and will remain where they are until restarted.
(Competitors are permitted to touch gloves before and after match)
3. An audible signal of time will stop the scoring and the Center Referee will end the round and/or bout with the command “ GUMAN”. The reverse order of bowing will take place, and the result will be declared.
4. In a draw situation, warnings and/or minus points are not carried forward.
5. If a competitor leaves the ring, they must re-start one (1) meter inside the ring.

TEAM

1. The bout procedure for team sparring will be the same as that for individual sparring.
2. A coin will be tossed between the two (2) coaches to determine which team sends its first competitor into the ring.
3. The teams must then alternate.

TIMING

On the first “Shi-Jak” (Start) command from the Centre Referee the timekeeper starts the system timer until full time (audible signal). The system timer will run continuously unless the Centre Referee calls for a “Time Out” by saying “Jung-Ji”. At this time the timekeeper stops the system timer until “Gae-Sok” (Continue) command is given.



SECTION 15. POWER BREAKING

INDIVIDUAL AND TEAM

Power Breaking competitors will be organized into groups according to rank, gender, and age.

Machines designed for the specific test will be used. The number and type of plastic boards for each item will be indicated in appendix 6 - Boards and Heights.

Machines shall have a range of a minimum and maximum initial height that shall be written in appendix 6 - Boards and Heights.

Board must be One Legacy ITF approved.

Referees must regularly examine each machine and or board.

In power breaking it is permitted to step forward, to slide, skip and or jump. However, a forearm guarding block must be adopted before and after each attempt to break the board(s).

For Sonkal Taerigi the strike may be either inward or outward.

The following procedure shall take place:

1. Each individual competitor, or each team will bow once at the start and once at the finish to the center referee and then attempt to bend or separate the board(s) of the five (5) listed breaking items.
2. Each attempt must include one (1) pre- judgement of distance (only one touch allowed) followed by the attempt to break the boards.

Umpires may disallow an attempt for failure to maintain the following.

1. Correct balance and posture throughout the attempt.
2. Correct attacking tool in the correct manner.
3. Umpires must examine each board before each attempt.
4. Each separated board will count as three (3) points and each bent board will count as one (1) point.
5. The four highest scores will set 1st, 2nd and two (2) 3rd place winners.



6. In the event of a tie the Jury President will select one item from the list by draw to be the tiebreaker.

He/she will decide how many boards are to be used. The coaches shall indicate the competitors to perform and in the case of another tie they will then indicate the next two competitors and this order will proceed until a winner is found.

Competitors and/or Teams that did not score any points at their first attempt during the match will not be allowed to continue the power breaking competition to determine any place and will not receive any medal.

The competitor may opt for a refusal on any particular technique where they will score zero points for that technique.

ORDER AND AMOUNT - BREAKING:

INTERNATIONAL CHAMPIONSHIP POWER BREAKING BOARD COUNTS			
KOREAN	ENGLISH	BOARDS Veterans & Junior	BOARDS Adult
<u>MALE – Junior and Adult</u>			
Ap-Joomuk Jirugi	Forefist Front Punch	2	3
Sonkal Taerigi	Knifehand Strike	2	3
Yopcha Jirugi	Side Piercing Kick	3	4
Dollyo Chagi	Turning Kick	2	3
Bandae Dollyo Chagi	Reverse Turning Kick	2	3
<u>FEMALE – Junior and Adult</u>			
Ap Palkup Taerigi	Front Elbow Strike	1	2
Sonkal Taerigi	Knifehand Strike	1	2
Yopcha Jirugi	Side Piercing Kick	2	3
Dollyo Chagi	Turning Kick	1	2
Bandae Dollyo Chagi	Reverse Turning Kick	1	2



SECTION 16. SPECIAL TECHNIQUE

INDIVIDUAL AND TEAM

A machine designed for the specific test will be used. The heights for each item will be indicated below.

Machines shall have a range of a minimum and maximum initial height that shall be written below.

Referees must regularly examine each machine and or board.

The following procedure shall take place:

1. Each individual competitor, or each team will bow once at the start and once at the finish to the center referee and then attempt to bend or separate the board(s) of the five (5) listed breaking items.
2. (1) pre- judgement of distance with no touching allowed, followed by the attempt to move the board.

Referees may disallow a break for:

1. Failure to utilize the correct attacking tool in the correct manner.
2. Knocking down the obstacle when performing Twimyo Nopi Yop Cha Jirugi.
3. Falling down (it means any part of the body, other than the feet, touching the ground).

Each fully broken board will count as three (3) points and each half-broken board will count as one (1) point.

The four highest scores will set 1st, 2nd and two (2) 3rd place winners.

In the event of a tie the Jury President will select one item from the list by draw to be the tiebreaker. He/She will decide how high the jump will be. The tied competitors will then carry on until the places are decided.



Competitors and/or Teams that did not score any point(s) at their first attempt during the match will not be allowed to continue the special technique competition to determine any place and will not receive any medal.

INTERNATIONAL CHAMPIONSHIP SPECIAL TECHNIQUE BOARD HEIGHTS

KOREAN	ENGLISH	HEIGHTS Pre-Junior	HEIGHTS Veterans & Junior	HEIGHTS Adult
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MALE – Junior and Adult

Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	230 cm	250 cm	260 cm
Twimyo Dollyo Chagi	Flying Turning Kick	210 cm	230 cm	240 cm
Twimyo Bandae Dollyo Chagi	Flying 180 Reverse Turning Kick	190 cm	210 cm	220 cm
Twio Dolmyo Yop Cha Jirugi	360 Mid Air Kick	190 cm	210 cm	220 cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	120 cm	130 cm	140 cm

FEMALE – Junior and Adult

Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	200 cm	220 cm	230 cm
Twimyo Dollyo Chagi	Flying Turning Kick	180 cm	200 cm	210 cm
Twimyo Bandae Dollyo Chagi	Flying 180 Reverse Turning Kick	170 cm	180 cm	190 cm
Twio Dolmyo Yop Cha Jirugi	360 Mid Air Kick	170 cm	180 cm	190 cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	100 cm	110 cm	120 cm



Special Technique Procedure Overview

ADJUST: *DO NOT TOUCH THE BOARD, MACHINES OR OBSTACLES*

This step is **ONLY FOR TWIO NOMO YOP CHAGI “FLYING OVERHEAD SIDE KICK”**

NO ADJUSTMENTS are allowed for any other breaks.

The target board cannot be adjusted from its official horizontal position (left, right, forward, backward) on the tatami.

Indicate to the Umpire if the Twio Nomo Yop Chagi “Flying Overhead Sidekick” target board needs to be adjusted in vertical position (height), where the bottom edge of the target board may not be positioned any lower than the height of the hurdle.

Indicate to the Umpire if the Twio Nomo Yop Chagi “Flying Overhead Sidekick” hurdle needs to have the distance from the target board adjusted.

MEASURE:

1. Make one (1) Forearm Guarding Block (signals ready)
2. Make one (1) Mandatory measurement for distance.
3. For Special Technique Breaking – A measure is defined as taking a minimum of one (1) or more deliberate steps towards the target.
4. Make one (1) Forearm Guarding Block (immediately prior to break)

EXECUTE:

1. Break boards
2. Make on (1) Forearm Guarding Block (immediately after break)



SECTION 17. PRE-ARRANGED SPARRING

PROCEDURE

1. Each Team shall consist of two (2) participants that follow a prepared scenario, which enables them to skillfully exhibit a wide variety of techniques without fear of injury.
2. Each Team shall perform one at a time and the Referees shall assign points from 10-0 according to the performance, taking into consideration the following criteria:
 - a. 0.2 deductions: Umpires will deduct up to SIX (6) points in total (in .2 increments only) for each technical error noted or will give a total score of 0 if a major penalty event is noted. Refer to Scoring Table 3
 - b. 0.5 deductions: Umpires will deduct up to FOUR (4) additional points (in .5 increments only) for errors in Teamwork, Choreography, and Difficulty. Refer to Scoring Table 3
3. Execution of up to, but not more than, a total of three (3) acrobatic sequence of technique per team.
4. Both competitors shall enter the ring and bow.
5. Both competitors must assume an L-Stance guarding block.
6. At the command “Shi-Jak” by one of the competitors, the bout time will start.
7. The bout ends with a final blow and when one of the competitors shouts “Guman”, at the same time he/she assumes an L-stance guarding block.
8. In case of a draw, each team will perform again, receiving new scores, until a winner has been declared.
9. Competitor must enter the ring from opposite sides as in free sparring procedure.

Teams shall compete according to the following rules and regulations:

1. Pre-Arranged free sparring shall consist of movements as shown in the ITF Encyclopedia
2. Attacking techniques must be blocked and/or avoided and must be performed with realism. No unblocked contact is permitted or else will receive zero (0) points, with exception of a final incapacitating attack.
3. Bout duration shall consist of one (1) round: minimum sixty (60) seconds, maximum seventy-five (75) seconds.



4. Teams that perform less than the required minimum of sixty (60) seconds shall receive zero (0) points.
5. Teams that exceed the seventy-five (75) seconds duration of bout shall receive zero (0) points.
6. Each Team of Competitors may perform up to, but not more than, a total of three (3) acrobatic sequences of technique, (Techniques that are not part of the Taekwon-Do syllabus), during the bout.
7. Teams performing more than three (3) acrobatic sequences of technique during the bout shall receive zero (0) points.
8. The team having obtained the majority of umpire votes and with a minimum of two (2) Umpire votes in his favor, shall be declared the winner and shall advance to the next round of competition.
9. In the case of a draw an extra bout must be performed until the places are decided.
10. Teams may be can be Male, Female, or mixed couples.



Scoring Table 3

Type of Scoring	Type of Mistakes
0.2 deductions per item spotted if any of one/multiple members perform the mistakes, allowed to deduct up to a total of 6 points	<i>Eg, if more than 1 member make the same mistake in the same time count as 1 mistake, if multiple member each make a different mistake consider as multiple deductions depends on the number of mistakes spotted.</i> Incorrect (stance, tools, hand techniques, foot techniques, defence techniques, sinewave, rhythm, breathing) Inadequate power or control Stepping out of the ring None purposeful movement Kihap during the performance except at the final blow Unnecessary pausing
Give 0 points	Not able to finish a sequent within the time limit (below 60 seconds or exceed 75 seconds) Pause longer than 2 seconds Performing more than 3 acrobatic Failure to block or evade an attack except the final blow
0.5 deductions per item spotted if any of one/multiple members perform the mistakes, allowed to deduct up to a total of 4 points	Teamwork Choreography Difficulty



SECTION 18. UMPIRE COUNCIL

For pattern competition, the umpire council is composed of:

1. One Jury President, Jury Member, and Computer Operator
2. One Equipment Verifier
3. Five Umpires

For sparring competition, the umpire council includes:

1. One Jury President, Jury Member, and Computer Operator
2. Two Equipment Verifiers
3. Three Centre Referees
4. Four Corner Umpires

Power Breaking & Special Techniques competition umpire council includes:

1. One Jury President, Jury Member, and Computer Operator
2. One Equipment Verifier
3. One Centre Referee
4. Two Umpires

The umpire council for Pre-Arranged competition involves:

1. One Jury President, Jury Member, and Computer Operator
2. One Equipment Verifier
3. Five Umpires

Additionally, two Umpires serve as Anti-Doping aides to assist the Anti-Doping Committee.

PROTEST

1. Protests can ONLY be presented by an official coach, and ONLY when there is an apparent violation of the official rules.
2. Coach must request a Protest Form from the Jury President immediately after the completion of the match.



3. Jury President will provide the coach with the official Protest Form, after having received the official Protest Fee.
4. Ring activities will **NOT** be stopped unless the issue at hand immediately affects the next match or makes it difficult to continue with the draw. Only then will the ring activities be stopped, and only until such time as the protest is resolved.
5. Each protest must be written on the official Protest Form, in the ENGLISH language.
6. Each completed Protest Form must be presented to the Jury President of the match in question, no later than five (5) minutes after having received the form.
7. The protest must be precise and circumstantial.
8. Jury President will then deliver the completed Protest Form and Protest Fee to the Umpire Committee.
9. The Umpire Committee will then examine the circumstances of the protest and will decide either.
 - To confirm the match.
 - To repeat the match.
 - To assign the victory of the match to the opponent. (Sparring, Patterns, Pre-Arranged)
 - To assign or remove points, warnings, fouls, time, as necessary.
 - To disqualify both competitors.

The Protest Fee will only be returned to the protesting coach in the event that the ITF Umpire Committee upholds and validates the protest. Should the coach lose the protest, the Protest Fee will be forfeit.

PROTEST DECISIONS

1. In order to give a decision, the Umpire Committee may call on any individual they desire to give evidence concerning the protest.
2. On reaching a decision the Umpire Committee will notify all parties concerned of this decision.
3. The Umpire Committee will base their decision on the rules laid down in this document and their decision cannot conflict with the rules of this document.
4. no video allowed to be used to make a decision.



DISQUALIFICATION

Team Managers/Representatives or Individuals who persist in arguing against decisions made by the Tournament Committee may, at their discretion, have the whole team, school or club or the individual, disqualified from all further events at the championship.

The Tournament Committee will consider the matter at a later date with a view to further action being taken.

TEAM/COMPETITOR WITHDRAWAL

In case of teams or individuals withdrawing from the championship as a protest then the following will result.

1. Automatic disqualification from that event which means no placing for that event, and therefore no medals.
2. Automatic disqualification from all further events at the championship
3. Further disqualification from further events as decided by the ITF Disciplinary Committee and the ITF Board of Directors.



SECTION 19. HEALTH & SAFETY

The following policies and procedures **MUST** be adhered to during the One Legacy ITF World Championships events. These procedures have been adopted in an effort to provide the best possible care and protection of all our members, coaches, competitors, and officials; and as such, these procedures apply equally to all members, without exception.

Antidoping and concussion Rules, please refer to the Antidoping and Concussion Policy

MEDICAL EXAM GLOVES - COACHES

1. All coaches **MUST** be in possession of medical exam gloves at all times while at the ringside. Coaches **MUST** wear gloves on both hands any time they are dealing with potential bodily fluids.
2. Coaches **MUST** supply their own gloves. Absolutely **NO GLOVES** will be supplied by the Tournament Host, Tournament Committee, or medical team members.

MEDICAL EXAM GLOVES – UMPIRES (REFEREES & EQUIPMENT CHECK)

1. Referees **MAY CHOOSE** to wear medical exam gloves on both hands while executing their duties in the ring or while at ringside.
2. Equipment Check Umpires **MUST** wear medical exam gloves on both hands while executing their duties in the ring or while at ringside.
3. The Tournament Host **must** supply appropriate gloves at each ring table for use by Officials. These gloves **MUST NOT** be given to or provided for coaches at any time.



MEDICAL CARE AT RINGSIDE

1. Only the One Legacy ITF Approved Tournament Doctor(s) and/or their appointed medical staff are permitted at ringside and/or to attend to athletes while in competition or in the competition area.
2. The One Legacy ITF Approved Tournament Doctor(s) and/or their appointed medical staff will have final say regarding medical care, and/or any decisions pertaining to the continued participation of an athlete, while on the competition floor
3. Any competitor or coach failing or refusing to abide by the One Legacy ITF Approved Doctor's decisions regarding continuation will be immediately disqualified from the competition and removed from the competition area.
4. Competitor/Team Doctors are permitted to care for competitors outside of the competition area only.

BODILY FLUIDS

1. Anti-bacterial spray and disposable paper towels must be present at each ring for use in cleaning blood/bodily fluid. (Anti-bacterial wipes are not recommended as they may mistakenly be used on athletes.)
2. Coaches are responsible for cleaning/disinfecting any of their competitors' blood/bodily fluid from the competition area, contaminated equipment, or any other item.
3. The Centre Referee will direct coaches as to the need and appropriate time to enter the ring and clean/disinfect contaminated surfaces.
4. Coaches must immediately comply with the Center Referee's directions regarding health and safety issues. Arguing, delaying, or refusing to comply with these directions will result in the coach being immediately removed from their coaching position and the permanent revocation of their coaching credential.
5. Umpires, Tournament Committee, Umpire Committee, and IT Committee members are prohibited from cleaning bodily fluids at any time during the competition.



CONTAMINATED CLOTHING / EQUIPMENT

Competitors with excessive blood/bodily fluids on their dress will be required to remove and replace the soiled items at the umpire's discretion. If directed to replace an item, competitor must complete the change within the allotted three (3) minute timeframe.

1. Competitors with excessive blood/bodily fluids on their skin or safety equipment will be required to clean and disinfect the items at the umpire's discretion. If directed to replace an item, the competitor must complete the change within the allotted three (3) minute timeframe.
2. Contaminated clothing and/or equipment must not be placed on the floor, coach's chair, competition area, or any other competition related area/surface.
3. Contaminated items must be placed in a suitable plastic bag and sealed so as to minimize the potential of cross-contamination or transmission to other surfaces.

Coaches MUST remove all contaminated items from the tournament site as soon as reasonably possible, and either decontaminate or dispose of these items appropriately.

---END OF DOCUMENT---