

COMPETITION RULE PACK
2026

Issue number 8.2 – 04/11/2026

CHANGELOG

Changes from 8.1

Tul Fest

- Pattern Selection - Round Robin (League Table) Competition (e.g Tul Fest)
    - Large Tul-Fest groups (8+) are now split into two groups. The top two competitors from each will enter a new draw.
    - Competitors entering the new draw will have a clean slate of patterns to choose from - though they cannot repeat the same pattern in the final should they use it in the semi-final.

Changes from 8.0

General

- Formatting errors largely fixed
- Spelling corrections
- Updated diagrams for ring layouts

Sparring

- Adjusted heights for U12 sparring - reverted to 10cm increments
- Added -45kg and 45.1-50kg categories to U16 Male sparring
- Clarified that competitors who are disqualified will not receive a medal for a particular event

CONTENTS

PURPOSE.....5
OFFICIALS.....6
MEDICAL COVER.....7
WEIGHT CHECK PROCEDURE.....8
UNIFORMS.....9
Competitors.....9
Coaches.....9
Competition Officials.....9
INDIVIDUAL PATTERNS.....10
Ring Layout.....10
Roles and Responsibilities.....10
Categories.....11
Format of Competition - Knockout Competition.....11
Format of Competition - Round Robin (League Table) Competition (e.g Tul-Fest).....11
Pattern Selection – Knockout Competition.....11
Pattern Selection – Round Robin (League Table) Competition (e.g Tul-Fest).....12
Pattern Scoring.....12
Penalties.....13
Injuries.....13
Award Structure.....13
INDIVIDUAL SPARRING.....14
Ring Layout.....14
Roles & Responsibilities.....14
Categories.....15
Protective Equipment.....16
Format of Competition – Knockout Competition.....16
Format of Competition – Round Robin (League Table) Competition (e.g Grand Prix).....16
Bout Duration – Knock Out Competition.....17
Bout Duration – Round Robin (League Table) Competition (e.g Grand Prix).....17
Scoring.....18
Scoring Areas.....18
Warnings.....18
Fouls.....19
Disqualification.....19
Injuries.....19
Award Structure.....20
INDIVIDUAL POWER.....21
Roles & Responsibilities.....21

Categories....21
Format of Competition....22
Techniques....22
Number of Boards....23
Black Belts....23
Colour Belts....23
Additional Information....24
INDIVIDUAL SPECIAL TECHNIQUE....25
Roles & Responsibilities....25
Categories....25
Format of Competition....25
Techniques & Board Heights....26
Scoring....26
Injuries....26
Award Structure....26
PROTESTS....27
Protest - Decisions....27
Disqualification....28
RELEVANT TERMINOLOGY - KOREAN....29

PURPOSE

The purpose of these rules is to:

- Raise the quality of the ITF Union England Taekwon-Do competitions
- Provide an equitable opportunity for all participants to demonstrate the best of their abilities and skills in a friendly, professionally run competition
- Ensure fairness for all athletes
- Restrict dangerous situations, behaviours and actions and identify unacceptable behaviours
- Level and align the judging criteria of Jury Members, Referees and Judges
- Protect the authority of Jury Members, Referees and Judges
- Define the rights and obligations of Jury Members, Referees and Judges

These will be applied in all ITF Union England National and International Championships.

OFFICIALS

The Chairperson of the Umpire's Committee is responsible for approving, assigning and assembling all members of the Jury, Referees and Judges for the Championships.

The Umpire's Committee is made up of the Chairperson and a minimum of two (2) members and no more than (6) members as appointed by the ITFU England Executive.

The Umpire's Committee is responsible for the following:

- Observe and strictly enforce the dress requirements of the Jury Presidents, Referees and Officials
- Assign ring councils to certain areas in co-ordination with the needs of the tournament
- The appointment, substitution and rotation of Jury Presidents, Referees, Judges and Officials to ensure neutrality, maintain a consistently high standard and provide corrections and guidance to all officials where needed
- Investigate any protests, deliberate on their validity and provide a final decision
- Take disciplinary action, such as, but not limited to; replacing, suspending or terminating activities for any Jury President, Referee, Judge or Official
- Develop and implement improvements to the Referee Rules and Regulations and/or manuals and supporting documentation
- Clubs entering students must supply one umpire per 10 students entered. Failure to do so may result in being barred from future events.

MEDICAL COVER

Only medical staff approved by the competition organisers may be in the competition area to attend to any athlete requiring assistance. The approved medical staff will have the final say about the medical care and/or any decision relating to continued participation of an athlete while in the competition area.

The decision of the approved medical team is final and will be upheld by the ITFU England Umpire's Committee and competition organisers.

If the injured competitor and/or their coach do not accept the decision of the medical team and the ring council, the competitor will be disqualified and withdrawn from the competition.

WEIGHT CHECK PROCEDURE

Wherever possible, the weigh-in will be held at a specified time the day before the competition. There will also be an option to weigh in on the morning of the event. Details of this will be published closer to the time of the event.

Competitors can weigh-in wearing the clothing of their choice and should additional privacy be required; this can be requested upon reaching the weigh-in desk.

All members of a club or country (in the case of an international event) should weigh-in together supported by their team coach.

The categories stated in this document are absolute, there will be no leeway on the categories, competitors must be under the stated weight e.g. -70kg competitor must not exceed a weight of 69.99kg.

If the competitor is over the stated weight for their category, they will have one (1) hour to lose the required weight (subject to the category start time). After the hour, if they are still above the limit for the planned category, they will incur a fee of £20 to have their entry recategorized to the division above. If there is not sufficient time to allow the hour to lose the required weight, the £20 fee will be immediately payable and the competitor will be moved to the division above

UNIFORMS

Competitors

All competitors must wear official white ITF uniform and correct belt relative to their current grade.

Coaches

All coaches must wear their official club tracksuit (or that of the country they are representing in the case of an international event). Jeans, shorts or doboks are not allowed for the coaches.

Each coach will also need a towel.

Competition Officials

All competition officials will be required to wear the following:

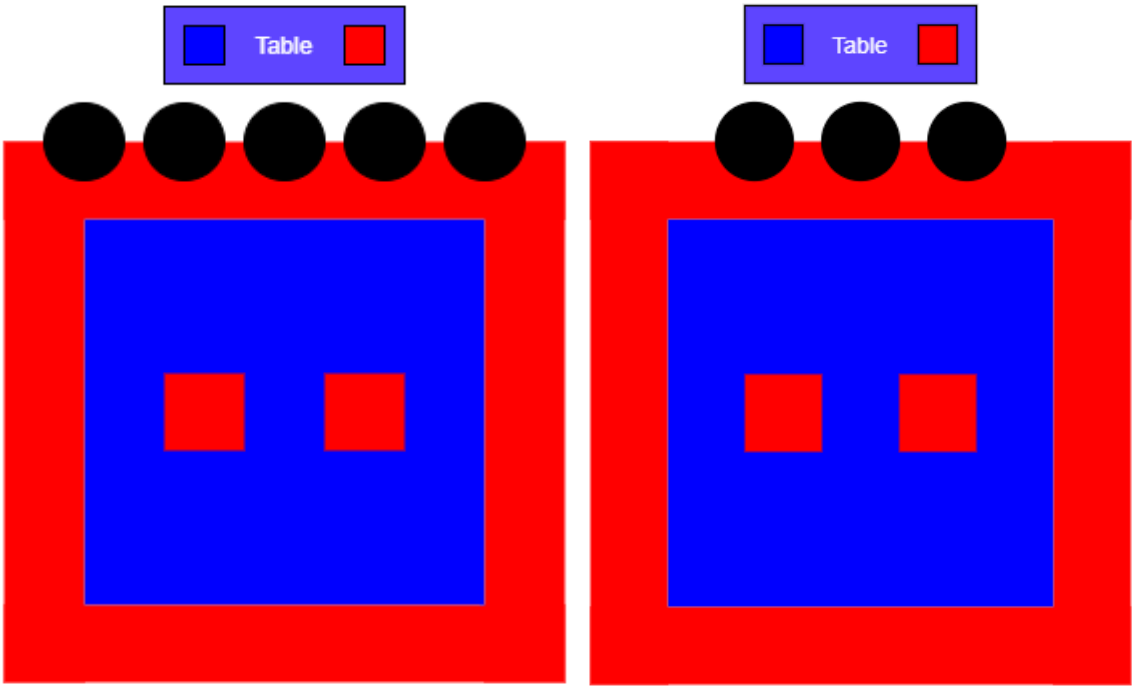
- Blue suit (jacket & trousers - no jeans)
- White long sleeve shirt
- Official ITFU tie (external judges may wear the tie of their club/association)
- Smart brown or black shoes

INDIVIDUAL PATTERNS

Ring Layout

The ring will be 7 x 7m.

The official's seating for the ring will be as below, depending on the number of Umpire's available on the day:



Roles and Responsibilities

The ring council for Individual Patterns will consist of:

- 1 Jury President (Class A)
- 1 Head Referee (Class B)
- 4 Judges (Class C) (this can be reduced to 2 at the discretion of the Umpire Committee dependant on the number of available officials - in the case of 2 Jury Members the 2 corner seats nearest the table will be removed)
- 1 Record Keeper (Class D)

Categories

All categories will be split into male and female (maybe subject to change by the Umpire's Committee due to numbers entered for the relevant tournament).

The age categories for Individual Patterns will be (maybe subject to change by the Umpire's Committee due to numbers entered for the relevant tournament):

- 7 - 9 years (Children B)
- 10 - 11 years (Children A)
- 12 - 13 years (Cadets)
- 14 - 15 years (Youth B)
- 16 - 17 years (Youth A)
- 18 - 36 years (Adult)
- 37 - 45 years (Veteran B)
- 46+ years (Veteran A)

The belt categories within each division will be: (maybe subject to change by the Umpire's Committee due to numbers entered for the relevant tournament)

- 9th- 7th Kup
- 6th- 4th Kup
- 3rd- 1st Kup
- 1st- 3rd Dan
- 4th- 6th Dan

Format of Competition - Knockout Competition

- 2 competitors will perform simultaneously
- Judges vote either red, blue or draw
- The winner progresses to the next round

Format of Competition - Round Robin (League Table) Competition (e.g Tul-Fest)

- 2 competitors will perform simultaneously
- Judges vote either red, blue or draw
- All competitors will face everyone in their division in a league format
- 3 points awarded for a win; 1 for a draw; 0 for a loss

Pattern Selection – Knockout Competition

- Coloured belts will perform one choice* pattern in each round
- Black Belts will perform one choice* pattern each round. For the final they will perform one choice* pattern and one designated# pattern

In the event of a draw, the competitors will be instructed to perform a designated# pattern.

* - Choice pattern denotes any pattern from or below a competitor's current grade.

- Designated pattern denotes a pattern randomly generated and announced by the Jury President. The pattern will be from or below one grade lower than the lowest ranked competitor on the mat e.g. if the lowest ranked competitor is a 2nd Dan then the designated pattern will be Ge-Baek or below.

Pattern Selection – Round Robin (League Table) Competition (e.g Tul Fest)

- Coloured belts will perform one choice* pattern in each round
- Black Belts will perform one choice pattern per round (pattern must be different each round**)
- Large Tul-Fest categories (8+) will be split in half, with the top two from each group entering a standard draw to determine 1st, 2nd and 3rd (One Bronze).

* - Choice pattern denotes any pattern from or below a competitor's current grade.
** - For large Tul Fest categories (8+), the top two competitors from each pool will enter a standard draw for placement. Their choice of patterns is reset in this new draw, allowing them to select any pattern (though they cannot repeat the same pattern in the final should they use it in the semi-final).

Pattern Scoring

Patterns will be scored according to the following criteria:

- Technical content (out of 5)
- Power (out of 5)
- Rhythm (out of 5)

Each judge will decide, individually, which of the 2 competitors has scored higher, that person being the winner of that round as shown in the raising of the corresponding flag. In the case of the scores being even, a draw will be signalled by the raising of both flags crossed.

Penalties

A competitor's score will be reduced for the following:

- Lack of power
- Performing an incorrect move or stance
- Performing a technique to the wrong section
- Performing a technique with incorrect motion
- Lack of/poor rhythm
- Loss of balance
- Shouting at any point in the pattern
- Finishing the pattern facing the wrong direction
- Calling the incorrect name of pattern
- Returning to the start position with the wrong foot

Should a competitor stop/pause for longer than 5 seconds, they will not score any points for that pattern. The Jury President will be responsible for enforcing this with the rest of the judges on that ring.

Injuries

In the event of a competitor injuring themselves to such an extent that a medic is required, the affected competitor's score will be frozen at that point while their opponent completes

their pattern. Following the completion of the pattern, the medic will assess and decide if the competitor is fit to continue competing. In the case of another pattern needing to be performed in the round, the injured competitor has 2 minutes for the medic to decide whether they are fit to continue. If the competitor is declared unfit to continue, a decision is made on that round based on the judges scores. Future rounds will be forfeited after withdrawal.

Award Structure

Each category will be awarded medals as below:

Knockout Competition

- 1 Gold
- 1 Silver
- 2 Bronze

Round Robin (League Table) Competition (e.g Tul-Fest)

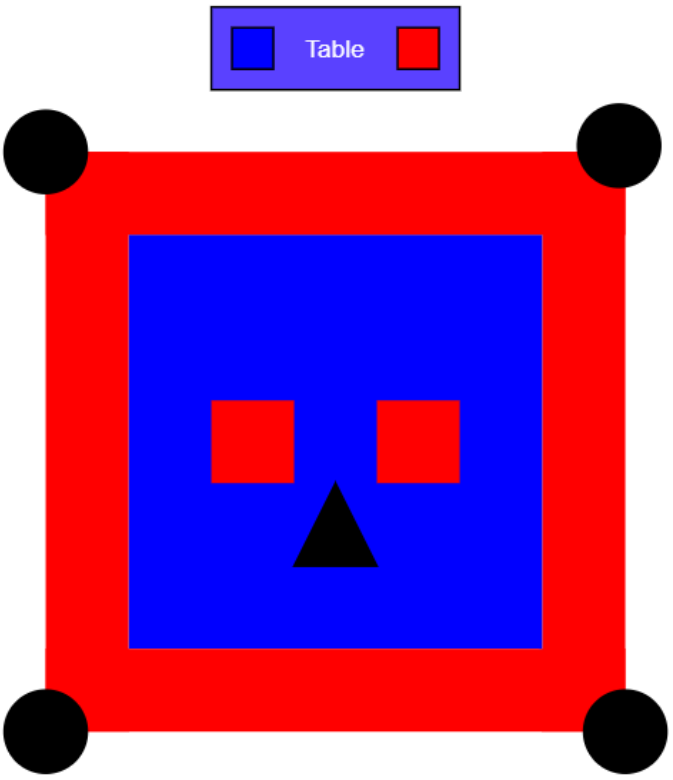
- 1 Gold
- 1 Silver
- 1 Bronze

INDIVIDUAL SPARRING

Ring Layout

The ring will be 7 x 7m

The official's seating for the ring will be as below (seats marked as black circles, Head Referee marked as a triangle):



Roles & Responsibilities

The ring council for Sparring will consist of:

- 1 Jury President (Class A)
- 1 Head Referee (Class B)
- 4 Judges (Class C)
- 1 Record Keeper (Class D)
- 1 Time Keeper (Class D)

Categories

All categories will be split into Male and Female competitors. Children's categories will be based on Height Divisions.

The categories for sparring will be: (maybe subject to change by the Umpire's Committee due to numbers entered for the relevant tournament)

- 7 - 9 years (Children B)
    - Height divisions: -100cm, 100.1-110cm, 110.1-120cm, 120.1- 130cm, 130.1-140cm, 140.1-150cm, 150.1cm+
- 10 - 11 years (Children A)
    - Height divisions: -100cm, 100.1-110cm, 110.1-120cm, 120.1- 130cm, 130.1-140cm, 140.1-150cm, 150.1cm+
- 12 - 13 years (Cadets)
    - Female: -30 kg, -35kg, -40kg, -45kg, -50kg, -55kg, +60kg
    - Male: -30 kg, -35kg, -40kg, -45kg, -50kg, -55kg, +60kg
- 14 - 15 years (Youth B)
    - Female: -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, +65 kg
    - Male: -45kg, -50kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, +75 kg
- 16 - 17 years (Youth A)
    - Female: -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, -70kg, +70kg
    - Male: -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, -80kg, 80kg
- 18 - 35 years (Adult)
    - Female: -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75kg, -80kg, +80kg
    - Male: -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, - 85kg, -90kg, +90kg
- 36 - 45 years (Senior B)
    - Female: -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75kg, -80kg, +80kg
    - Male: -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, - 85kg, -90kg, +90kg
- 46+ years (Senior A)
    - Female: -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75kg, -80kg, +80kg
    - Male: -60 kg, -65 kg, -70 kg, -75 kg, -80 kg, - 85kg, -90kg, +90kg

The belt categories within each division will be: (may be subject to change by the Umpire's Committee due to numbers entered for the relevant tournament)

- 9th- 7th Kup
- 6th- 4th Kup
- 3rd- 1st Kup
- 1st – 6th Dan

Protective Equipment

The following protective equipment is mandatory:

- Gum shield
- Foot pads (which must cover the top of the foot and the toes)
- Shin pads (must be soft not rigid material)
- Gloves (must be open palm, closed finger and unweighted)
- **Head Guard (Compulsory all ages)**
- Groin guard (males - must be worn under the dobok trousers)

The following protective equipment is optional:

- Chest protectors (female - must be worn under the dobok top)
- Groin guard (female - must be worn under the dobok trousers)
- Sport-specific safety glasses for competitors who would usually wear spectacles

If incorrect or faulty equipment is worn, the competitor will be given 2 minutes to find alternatives otherwise they will forfeit the round.

Equipment regulations:

- Equipment must not
    - contain metal or hard plastic except for groin and chest protectors
    - contain zippers, laces or buttons
- Soft medical bandages are permitted however the use of hard fasteners is prohibited
- Hand wraps are not permitted
- The use of tape on equipment and competitors is prohibited
- Jewellery, piercings, watches, exercise monitors or other similar items must not be worn
- Hair can be held in place by using a soft material or elastic device only. No hard materials, metal clips or slides can be used

Format of Competition – Knockout Competition

- 2 competitors will be called to compete
- Bout will be scored over the appropriate duration
- Winner progresses to the next round

Format of Competition – Round Robin (League Table) Competition (e.g Grand Prix)

- 2 competitors will be called to compete
- Bout will be scored over the appropriate duration
- All competitors will face everyone in their division in a league format
- 3 points awarded for a win, 1 for a draw, 0 for a loss

Bout Duration – Knock Out Competition

- • Coloured Belts
    - 1 x 1.5-minute rounds
- Black Belt
    - Cadets (Under 14s) - 1 x 1.5-minute rounds (with a 30-second interval)
        - Final – 2 x 1.5-minute rounds (with a 30-second interval)
    - Juniors & Adults (ages 14+) - 1 x 2-minute rounds (with a 1-minute interval)
        - Final – 2 x 2-minute rounds (with a 1-minute interval)

In the event of a draw

- Competitors will compete in an extra round of 1-minute (scores and warnings will be reset prior to this round)
- Should a tie remain after the additional round, bouts will be decided on golden point

Bout Duration – Round Robin (League Table) Competition (e.g Grand Prix)

- • Coloured Belts
    - 1 x 1.5-minute rounds
- Black Belt
    - Cadets (Under 14s) – 1 x 1.5-minute round
    - Juniors & Adults (ages 14+) - 1 x 2-minute round

Competitors will be awarded the appropriate points in the league system: 3 points for a win; 1 for a draw; 0 for a loss.

Draws at the end of the league, will be resolved in repeat bouts of tied competitors.

Scoring

For a technique to be scored, it must be

- Correct - Landed with a suitable part of the body to an appropriate target
- Dynamic - Landed with speed, strength and precision
- Clean - Landed without influence of external factors and without other infringement
- Controlled - Landed under control, without excessive force

Scoring Areas

- • High section
    - Front and side of head (including face)
- Middle section
    - Front and side of body above the belt

1 Point will be awarded for

- A legal hand technique to the high section
- A legal hand technique to the middle section

2 Points will be awarded for

- A legal kick to the middle section

3 Points will be awarded for

- A legal kick to the high section

An additional point will be awarded if the scoring technique is executed while in the air.

Warnings

A competitor will be given a warning (Ju Ui Hanna) for the following:

- Loss of balance
- Leaving the area
- Accidentally attacking an illegal target (e.g. back of head or low kicking)
- Talking
- Celebrating points
- Pushing
- Avoiding engagement
- Not following the referee's instruction

A competitor will lose a point for every 3 warnings given.

Fouls

A competitor will be given a foul (Gam Jum Hanna) for the following:

- Excessive contact
- Uncontrolled and/or dangerous techniques such as:
    - Spinning hand techniques
    - Reverse knife hand strikes (ridge hand)
    - Deliberate low kicking (below belt)
    - Knee and elbow strikes
    - Headbutts
- Biting
- Attacking (or pretending to attack) a grounded opponent
- Leg sweeps
- Intentional strikes to illegal targets (back of head or below the belt)
- Holding or grabbing
- Unsportsmanlike or disrespectful conduct

Disqualification

A competitor will be disqualified for:

- Being awarded 3 fouls in the same bout
- Attempting to compete under the influence of alcohol or drugs
- Injuring an opponent with an illegal technique

A competitor who is disqualified will not receive a medal, and will not be awarded points on the leaderboard.

Injuries

In the event of a competitor being injured to such an extent that a medic is required, the following will apply:

Injury caused by a legal manoeuvre or accident:

- The Head referee will stop the fight, ask the timekeeper to pause the timer and call for the medic
- The medic has 2 minutes to assess, treat and establish if the competitor is fit to continue. The Jury President has the discretion to extend this time by a limited amount should they feel minor treatment on the ring will allow the competitor to continue
- If the medic or competitor feel they are unable to continue or that it is unsafe to do so, they will forfeit the round and the win is awarded to the opponent

- If the competitor is deemed by the medic to be fit to continue, the referee will award any necessary warnings before restarting the bout for the remaining time
- If two competitors injure each other simultaneously and are both deemed to be unable to continue by the medical staff:
    - The winner is decided by whoever has the most points
    - In the event of a tied score - the winner will be the competitor with the least warnings

Injury caused by a deliberate illegal, uncontrolled or excessive manoeuvre:

- The Head Referee will stop the fight, ask the timekeeper to pause the timer and call for the medic
- The medic has 2 minutes to assess, treat and establish if the competitor is fit to continue. The Jury President has the discretion to extend this time by a limited amount should they feel minor treatment on the ring will allow the competitor to continue
- If the medic decides the injured competitor is unable to continue, the Jury President in conjunction with the Head Referee will disqualify the competitor who caused the injury and award the bout to the injured competitor. In the case of a round robin format, the disqualified competitor will forfeit any subsequent bouts
- If the competitor is deemed by the medic to be fit to continue, the referee will award any necessary warnings before restarting the bout for the remaining time

The decision of the medic is final and will be upheld by the ITFU England Umpire's Committee and competition organisers.

<u>Award Structure</u>

Knockout Competition

- 1 Gold
- 1 Silver
- 2 Bronze

Round Robin (League Table) Competition (e.g Grand Prix)

- 1 Gold
- 1 Silver
- 1 Bronze

INDIVIDUAL POWER

Roles & Responsibilities

The ring council for Power will consist of:

- 1 Jury President (Class A)
- 1 Head Referee (Class B)
- 2 Judges (Class C)
- 1 Record Keeper (Class D)

Categories

All categories will be split into Male and Female competitors.

All competitors must be aged 18 years or over.

The categories for power will be: (maybe subject to change by the Umpire's Committee due to numbers entered for the relevant tournament)

- 18 - 35 years (Adult)
- 36 - 45 years (Senior B)
- 46+ years (Senior A)

The belt categories within each division will be (maybe subject to change by the Umpire's Committee due to numbers entered for the relevant tournament):

- 9th- 6th Kup
- 5th- 1st Kup
- 1st – 3rd Dan
- 4th – 6th Dan

Format of Competition

- **Bow**: Competitor enters the area and bows to the breaking horse
- **Adjustment**: The competitor must verbally indicate if they require the horse to be higher or lower. They must not touch the boards or breaking horse
- **Guard**: Competitor then takes a guarding stance relevant to the technique
- **Measure**: The competitor is allowed one measure; they must only touch the wood/board once then return to the guard stance
- **Execution**: The competitor then completes the designated breaking technique before returning to the relevant guarding stance
- **Bow**: Competitor bows to the breaking horse
- **Result**: The judges will signify if the break was successful and legal

In the event of a draw, one of the previously used techniques will be randomly generated and announced by the Jury President to be performed with the competitors opposite side to that used in the preliminary breaks.

Techniques

Qualifying technique for male and female – Yop Chagi (Side Kick)
Number of Boards for Qualification are:
Black Belts – Male 3 Boards – Female 2 Boards
Coloured Belts – Male 2 Boards – Female 1 Board

The qualifying technique must result in a score of 1 or more to progress to the next round.
The following techniques will then be applicable:

- Sonkal Taerigi (Knifehand Strike)
- Dollyo Chagi (Turning Kick)
- Ap Joomuk Jirugi (Forefist Punch) – this will be substituted for a Sonbadak Taerigi (Palm Strike) for Female competitors
- Bandae Dollyo Chagi (Reverse Turning Kick)

Number of Boards

All boards for the ITFU England Competitions will be provided by the competition organisers.

Black Belts

Technique	Division					
	18-35 Female	18-35 Male	36-45 Female	36-45 Male	46+ Female	46+ Male
Yop Chagi (Side Kick)	2	3	2	3	2	3
Sonkal Taerigi (Knifehand Strike)	2	3	2	3	2	3
Dollyo Chagi (Turning Kick)	2	3	2	3	2	3
Ap-Joomuk Jirugi (Male) / Sonbadak Taerigi (Female) (Forefist Front Punch [Male] / Palm Strike [Female])	2	3	2	3	2	3
Bandae Dollyo Chagi (Reverse Turning Kick)	2	3	2	3	2	3

Colour Belts

Technique	Division					
	18-35 Female	18-35 Male	36-45 Female	36-45 Male	46+ Female	46+ Male
Yop Chagi (Side Kick)	1	2	1	2	1	2
Sonkal Taerigi (Knifehand Strike)	1	2	1	2	1	2
Dollyo Chagi (Turning Kick)	1	2	1	2	1	2
Ap-Joomuk Jirugi (Male) / Sonbadak Taerigi (Female) (Forefist Front Punch [Male] / Palm Strike [Female])	1	2	1	2	1	2
Bandae Dollyo Chagi (Reverse Turning Kick)	1	2	1	2	1	2

Additional Information

If at the end of 5 techniques, more than 1 individual has the same number of points from breaks, an additional board will be added and the 5 techniques will be restarted until a clear winner has arisen.

INDIVIDUAL SPECIAL TECHNIQUE

Roles & Responsibilities

The ring council for Special Technique will consist of:

- 1 Jury President (Class A)
- 1 Head Referee (Class B)
- 2 Judges (Class C)
- 1 Record Keeper (Class D)

Categories

The categories for special technique will be: (maybe subject to change by the Umpire's Committee due to numbers entered for the relevant tournament)

- 7 - 9 years (Children B)
- 10 - 11 years (Children A)
- 12 - 13 years (Cadets)
- 14 - 15 years (Youth B)
- 16 - 17 years (Youth A)

The belt categories within each division will be: (maybe subject to change by the Umpire's Committee due to numbers entered for the relevant tournament)

- 9th- 6th Kup
- 5th- 1st Kup
- 1st – 3rd Dan
- 4th – 6th Dan

Format of Competition

- **Bow**: Competitor enters the area and bows to the breaking horse
- **Guard**: Competitor then takes a guarding stance relevant to the technique.
- **Measure**: The competitor is allowed one measure; they must only approach the wood/board once then return to the guard stance.
- **Execution**: The competitor then completes the designated breaking technique before returning to the relevant guarding stance.
- **Bow**: Competitor bows to the breaking horse
- **Result**: The judges will signify if the break was successful and legal

Techniques & Board Heights

Measurements are from the floor to the centre of the board where the board is vertical and to the face of the board when it is horizontal.

Qualifying technique for Male and Female - Twimyo Nopi Chagi (Flying High Front Kick)

The qualifying technique must result in a score of 1 or more to progress to the next round. The following techniques will then be applicable:

Technique	Division				
	7-9 Years	10-11 Years	12-13 Years	14-15 Years	16-17 Years
Twimyo Nopi Chagi (Flying High Front Kick)	200cm	200cm	210cm	230cm	230cm

Scoring

- 2 points if the board is broken using the correct technique (or if the board is fully flipped over depending on the equipment used)
- 1 point if the board is bent using the correct technique (or if the board is touched but not flipped, depending on the equipment used)
- 0 points will be awarded for the following:
    - Not breaking or bending any of the boards
    - Falling - if any part of the body other than the feet touches the ground - Carrying out the technique with one foot remaining on the floor
    - Using the wrong attack tool
    - Failure to complete any of the steps listed in the format section

Injuries

In the event of a competitor injuring themselves to such an extent that a medic is required, the medic will assess and decide if the competitor is fit to continue competing. The injured competitor has 2 minutes for the medic to decide whether they are fit to continue. If the competitor is declared unfit to continue, their scores to that point will be frozen. Future rounds will be forfeited after withdrawal.

Award Structure

- 1 Gold
- 1 Silver
- 1 Bronze

PROTESTS

- Protests can only be filed by an official Coach and only when there is an apparent violation of the official rules
- Video evidence will not be accepted under any circumstances
- The Coach must request a protest form from the Jury President immediately after the end of the relevant match
- The Jury President will provide the Coach with the official protest form, after having received the official protest fee of £100.00 (GBP)
- Ring activities will not stop unless the issue at hand immediately affects the next match or hinders the continuity of the draw. Only then will ring activities stop, and only until the protest is settled
- Each protest must be written on the official protest form, in English
- The completed protest form must be submitted to the Jury President of the match in question, no later than five (5) minutes after receiving the form
- The protest must be precise, contain all relevant details and be written in a respectful manner
- The Jury President will deliver the completed protest form and the protest fee to the Chairperson of the Umpire's Committee
- The Umpire's Committee will then examine the circumstances of the protest and decide to:
    - Validate the match
    - Repeat the match
    - Assign victory of the match to the opponent
    - Disqualify both competitors

The protest fee will only be returned to the coach in the event that the ITFU England Umpire's Committee confirm and validate the protest. If the coach loses the protest, the protest fee is forfeited.

Protest - Decisions

- In making a decision, the Umpire's Committee may call any individual it wishes to present evidence regarding the protest
- On reaching a decision, the Chairperson of the Umpire's Committee will notify all interested parties of the decision
- The Umpire's Committee will base its decision on the rules set forth in this document and its decision cannot conflict with them

Disqualification

Coaches, team representatives or others who persist in disputing decisions taken by the Umpire's Committee; may, at the discretion of the committee, have their entire team/school/ club or the individual competitor disqualified from all subsequent divisions at the event.

RELEVANT TERMINOLOGY - KOREAN

Korean	English
Charyot	Attention
Kyong Ye	Bow
Junbi	Ready
Si Jak	Begin
Haechyo	Stop
Gaesok	Continue
Baro	Return
Hassan	Dismiss
Goman	Stop (end of round)
Ju Ui Hanna	Warning
Gam Jum Hanna	Foul
Sil kyuk	Disqualification
Hong	Red
Chong	Blue
Jung ji	Stop timer
Dong Chong	Tie
Il hue jong	First round
I hue jong	Second round
Sung	Winner