

Competition Rules



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Competition Rules

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Article 1. Purpose

The purpose of the Competition Rules is to smoothly and fairly manage all matters pertaining to competitions promoted, organized or sanctioned by USA Taekwondo (USAT), and ensure the standardization of Taekwondo competition in the United States in accordance with the World Taekwondo Federation (WTF)—the International Federation governing the sport of Taekwondo.

A competition that does not follow the fundamental principles of these rules cannot be recognized as USA Taekwondo competition.

Article 2. Application

These competition rules shall apply to all competitions to be promoted and/or organized by the USAT. If any USAT association wishes to modify any part of the Competition Rules for a particular competition, they must first receive the approval of the USAT.

First receive the approval:

Any organization wanting to make a change to some portion of the existing rules must submit the contents of the desired amendment to the USAT, along with the reasons for the change. Approval for any changes in these rules must be received from the USAT one month prior to the scheduled competition.

With prior approval, competition rules such as weight categories, the number of referees, positions for the Inspector, Recorder and Commission Doctor, etc., and contest duration may be modified for a particular event or events. However, basic competition principles such as valid points, warnings, deductions, and the competition area must not be changed.

Article 3. Competition Area

The Competition Area shall measure 8m x 8m (26.25 ft x 26.25 ft). The Competition Area shall have a flat surface without any obstructing projections, and be covered with an elastic, not slippery mat.

The Competition Area may also be installed on a platform 1m (3.28 ft) high, if necessary. For the safety of the contestants, the outer part of the Boundary Lines shall be inclined at a gradient of less than 30 degrees (see Diagram 1).

1. Demarcation of the Competition Area

- 1) The 8 m x 8 m area shall be called the Competition Area, and shall be marked in blue color, and the marginal line of the Competition Area shall be called the Boundary Line. The outer part of boundary line, known as the Safety Boundary Area, shall be marked in red or yellow color. The front Boundary Line adjacent to the Recorder's Desk and the Commission Doctor's Desk shall be deemed Boundary Line #1. Clockwise from Boundary Line #1, the other lines shall be called Boundary Lines #2, #3, and #4.

- 2) For all USAT-sanctioned tournaments, the Competition Area shall be no less than 8 square meters (26 ft x 26 ft).
- 3) USAT-sanctioned tournaments shall not be held on unmatted concrete or hardwood floors.

2. Indication of Positions (*Refer to diagram of the Competition Area*)

1) Position of the Referee

The position of the Referee shall be marked at a point 1.5m back from the center point of the Competition Area to the 3rd Boundary Line. This shall be designated as the Referee's Mark.

2) Position of the Judges

The position of the 1st Judge shall be marked at a point 0.5m from the corner of Boundary Line #1 and Boundary Line #2. The position of the 2nd Judge shall be marked at a point 0.5m from the corner of Boundary Line #2 and Boundary Line #3. The position of the 3rd Judge shall be marked at a point 0.5m from the corner of Boundary Line #3 and Boundary Line #4. The position of the 4th Judge shall be marked at a point 0.5m from the corner of Boundary Line #4 and Boundary Line #1.

Where only three judges are used:

The position of the 1st Judge shall be marked at a point 0.5m outward from the center of the 1st boundary line, facing toward the center of the Contest Area. The position of the 2nd Judge shall be marked at a point 0.5m from the corner of the 2nd boundary line and the 3rd boundary line. The position of the 3rd Judge shall be marked at a point 0.5m from the corner of the 3rd boundary line and the 4th boundary line.

3) Position of the Recorder

The position of the Recorder shall be marked at a point 2m back from **Safety** Boundary Line #1 facing the Competition Area, and 2m adjacent to the corner of Boundary Line #1 and Boundary Line #2.

4) Position of the Commission Doctor

The position of the Commission Doctor shall be marked at a point more than 3m to the right side from the **Safety** Boundary Line.

5) Position of the Contestants

The position of the Contestants shall be marked at two opposing points, 1m from the center point of the Competition Area, 4m from Boundary Line #1 (Red Contestant facing Boundary Line #2 and Blue Contestant facing Boundary Line #4).

6) Position of the Coaches

The position of the Coaches shall be marked at a point 1m back from the center point of the Safety Boundary Line of each contestant's side. Coaches shall not stand up while coaching (except the case when requesting for video replay) and shall not leave the 1m x 1m marked Coach's zone that indicates the position of the coach. In case of violation of this rule, the referee shall give "Kyong-go" to the pertinent coach.

7) Position of the Inspection Desk

The position of the Inspection Desk shall be near the entrance of the Competition Area for inspection of the contestants' protective equipment.

Elastic mat:

The degree of elasticity and slipperiness of the mat must be approved by the USAT before the competition.

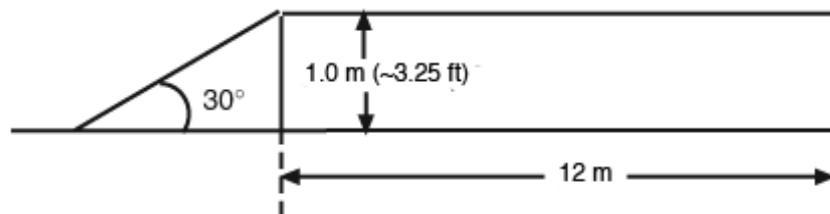
Measurement of Competition Area:

Measurement of Competition Area: Competition Area shall have a safety area measuring at least 1m wide surrounding it. Accordingly, a court shall be at least 10m x 10m (33 ft x 33 ft) or 12m x 12m wide (39 ft x 39 ft).

Competition platform:

The platform should be built according to the following diagram:

Diagram 1. Competition Platform



Position of the Referee and Contestants

The positions of referee and contestants shall be indicated on the mat with different color from the color of the mat.

Color :

The mat's surface must not be overly reflective, or in any way tiring to the contestants' or spectators' eyesight. The color scheme should also be appropriately matched to the competitors' equipment, uniform and the competition surface.

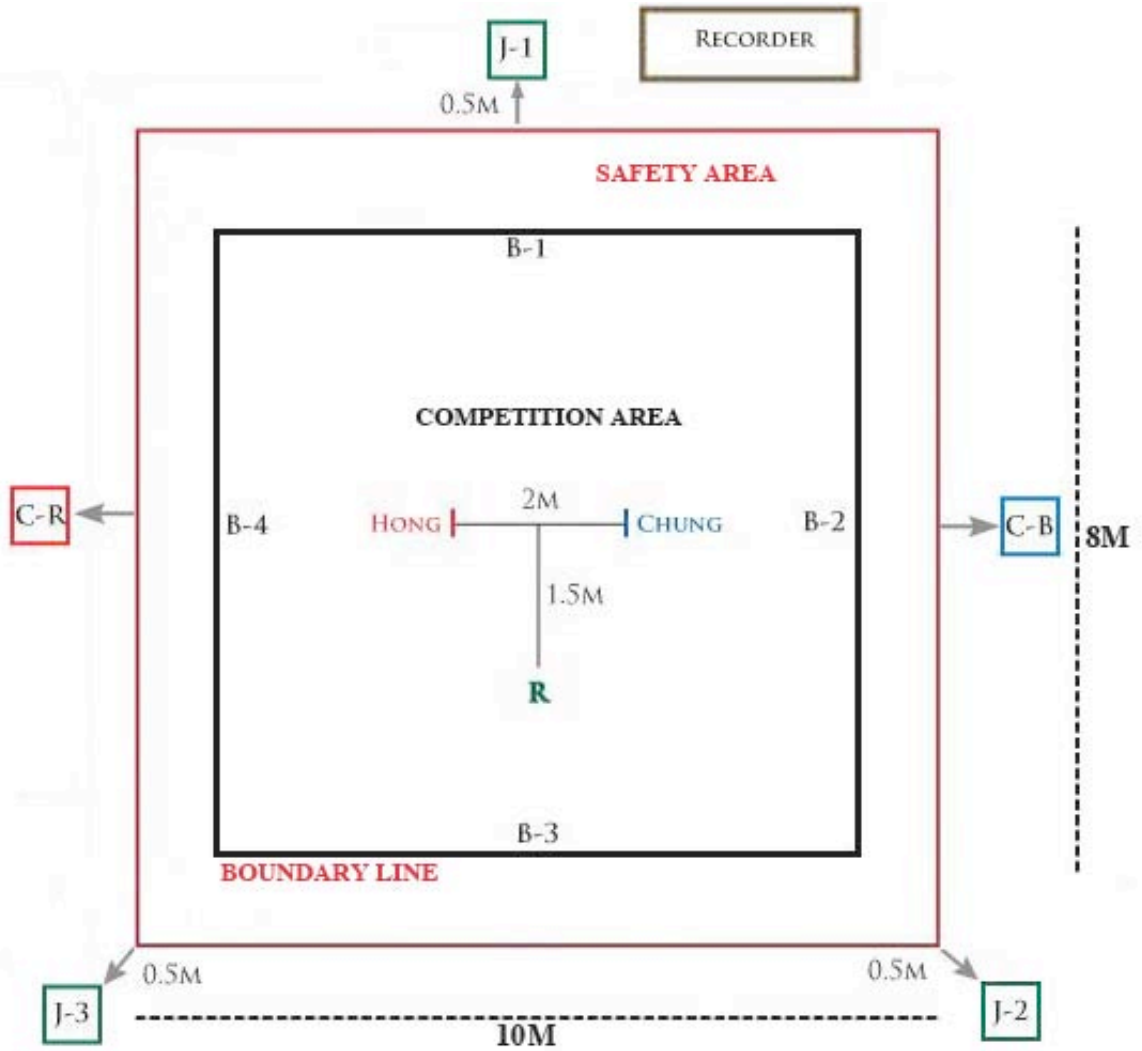
Inspection Desk:

At the Inspection Desk, the inspector verifies that all the materials worn by the contestant are approved by the WTF/USAT and fit the contestant properly. If any protective equipment is found to be inappropriate or unsafe, the contestant will be asked to change it.

Competition Area:

The referee must have a full understanding of the Competition Area's dimensions and of the application of these dimensions in officiating, and utilize the full limits of the Competition Area in order to avoid excessive interruption of the match.

Diagram 2. Field of Play



- B-1, -2,-3, -4** **Boundary Lines #1 to #4**
- J1, 2, 3** **Corner Judges #1 to #3**
- R** **Center Referee**
- C-R** **Coach (Red/Hong)**
- C-B** **Coach (Blue/Chung)**

Article 4. Contestants

1. Qualification of USAT Contestants

- 1) Citizen of the United States
- 2) Registered USAT athlete member
- 3) All black belt contestants must submit a copy of the Dan/Poom Certificate, current USAT identification card, and birth certificate at the time of registration with the Tournament Organizing Committee.
- 4) All contestants participating in a tournament are required to observe the decorum code of the USAT and the rules of the tournament. Violators face sanction by the USAT.

2. The Uniform for Contestants

1) Official Uniform (Dobok)

All contestants must wear a white Taekwondo V-neck USAT/WTF uniform (dobok) in good condition. Black Belts must wear black-collared uniforms. Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms.

Patches, embroidery, logos, team names, country names, athlete names, and stripes are permitted on the uniform; they can be up to 12" x 4" on each extremity (leg or arm) for a total of four. Logos or names on the back of the uniform and patches on the chest area of the uniform are also allowed.

NO TAPE WILL BE ALLOWED ON ANY PART OF THE UNIFORM. (*Exception: Taping the pants leg when using Protector and Scoring System sensor socks.*)

2) Protective Equipment

Contestants shall wear an approved trunk protector, headgear (white, or red for Hong and blue for Chung), groin guard (optional for female competitors), gloves (see below), forearm protector, shin-instep protectors, sensing socks (if using an electronic Protector and Scoring System) and a mouth guard before entering the contest area. The head protector must be firmly tucked under the left arm when entering the competition area, and shall be put on the head following instructions of the referee before the start of the contest.

The groin, forearm, and shin-instep protectors must be worn inside the Taekwondo uniform. Wearing of any other items on the head other than head protector shall not be permitted. A previously approved religious item shall be worn beneath the head protector and inside the dobok and shall not cause harm or obstruct the opposing contestant.

3. Personal Requirements

All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely.

a. Metallic Articles

Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, etc.

b. Personal Hygiene

- i. All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly.
- ii. Any violators of Section 1, 2, and 3 will be required to correct the violation within one minute, or face disqualification.

c. Tape

A maximum of two (2) layers of tape are allowed, except in the case of an injury. For an injury, the minimum amount of tape that will protect the area should be used. If there is a question, the referee should have the wrapping examined and approved by the Tournament Medical Staff. Under no circumstances will a hard splint or cast—no matter how small—be allowed.

4. Medical Control

- 1) At the Taekwondo events promoted or sanctioned by the USAT, any use or administration of drugs or chemical substances described in the USOC anti-doping by-laws is prohibited. However, IOC doping by-laws shall be applied to the Taekwondo competition of Olympic Games and other multi-sports Games.
- 2) The USAT may carry out any medical testing deemed necessary to ascertain if a contestant has committed a breach of this rule. Any winner who refuses to undergo this testing or who proves to have committed such a breach shall be removed from the final standings, and the record shall be transferred to the contestant next in line in the competition standings.
- 3) The organizing committee shall be responsible for making arrangements to carry out medical testing.

Explanation: USA Taekwondo Equipment Standards

Belt Colors:

Only WTF/USAT belt colors will be allowed (black, red, blue, green, yellow). Belts with stripes will be allowed.

Gloves:

14-17 year old Black Belts and Senior Black Belts are required to wear WTF-approved Taekwondo gloves. Gloves may be red, blue, or white; white is preferred. However, red and blue are allowed. If the competitor chooses to wear red or blue gloves, they must correspond with the color of the chest protector. Gloves must open finger style, as shown.

For all other divisions, gloves are optional and must comply with the above rule.



Knee pads and elbow pads:

The use of kneepads and/or elbow pads is **OPTIONAL**. Kneepads or elbow pads, if worn, must be foam, cloth, or vinyl. Any color will be allowed.

Mouth guard:

All athletes are **REQUIRED** to use a mouth guard. A mouth cover may be used for those with braces if an orthodontist's note is provided prior to the beginning of competition. Mouth guards may be any color.

Properly fitting headgear:

All participants must provide their own red, blue or white headgear with no markings other than corporate logos. Red and blue are preferred, however, white is allowed. If the competitor chooses to wear red or blue headgear, it must correspond with the color of the chest protector. Cracks or defects in the headgear will not be allowed.

Protective cup:

All male athletes are **REQUIRED** to wear a protective cup inside the pants during competition. Groin protection is optional for female athletes; if worn, it must be inside the uniform.

Properly fitting chest protector:

Where Electronic Body Protectors are not being used, all athletes must provide their own red and blue **full-body WTF trunk protector**. The trunk protector (hogu) must cover the entire valid scoring area, armpit to hip bone. *(Note: When not using Electronic Body Protectors, different size trunk protectors may be used within the same weight classification in order to ensure that the entire valid scoring area is covered. When Electronic Body Protectors are used, both players must use the same size.)*

All trunk protectors must wrap around and cover the back of the athlete in the valid scoring area. All trunk protectors must be of a similar style as in the pictures below.



Shin and instep protection:

Shin and instep protectors are **REQUIRED**, and they must be made of foam, cloth or vinyl. When available, LaJust sensor socks with built-in instep padding will also be allowed.

If an athlete chooses to wear foam padding, it must be taped on and it must cover the area from the base of the toes, over the top of the instep to the side of the foot, with no more than two layers of tape. Additional shin or instep protection must be approved and stamped by the Sports Medicine Department for the purpose of protecting an injury.

Important note: “Foot gloves” are not allowed for use at USA Taekwondo events.

Forearm guard:

Forearm guards are **REQUIRED** and it is mandatory that athletes wear only foam, cloth, or vinyl products. Any color forearm guard will be allowed.

Please Note: USA Taekwondo reserves the right to disallow any uniform or equipment if it is found to be offensive or degrading in any fashion.

Article 5. Weight Divisions

- Weights are divided into male and female divisions.
- Weight divisions are divided as follows for black belts in International, US Team Trials, and US National competitions, and for any USAT-sanctioned competitions:

	Men's Division	Women's Division
Fin	Not exceeding 119.0 lbs (Not exceeding 54 kg)	Not exceeding 101.4 lbs (Not exceeding 46 kg)
Fly	119.1 lbs – 127.9 lbs (Over 54 kg & not exceeding 58 kg)	101.5 lbs – 108.0 lbs (Over 46 kg & not exceeding 49 kg)
Bantam	128.0 lbs – 138.9 lbs (Over 58 kg & not exceeding 63 kg)	108.1 lbs – 116.9 lbs (Over 49 kg & not exceeding 53 kg)
Feather	139.0 lbs – 149.9 lbs (Over 63 kg & not exceeding 68 kg)	117.0 lbs – 125.7 lbs (Over 53 kg & not exceeding 57 kg)
Light	150.0 lbs – 163.1 lbs (Over 68 kg & not exceeding 74 kg)	125.8 lbs – 136.7 lbs (Over 57 kg & not exceeding 62 kg)
Welter	163.2 lbs – 176.4 lbs (Over 74 kg & not exceeding 80 kg)	136.8 lbs – 147.7 lbs (Over 62 kg & not exceeding 67 kg)
Middle	176.5 lbs – 191.8 lbs (Over 80 kg & not exceeding 87 kg)	147.8 lbs – 160.9 lbs (Over 67 kg & not exceeding 73 kg)
Heavy	191.8 lbs and over (Over 87 kg)	161.0 lbs and over (Over 73 kg)

- Weight divisions for the Olympic Games are divided as follows:

	Men's Division	Women's Division
Olympic Fly	Not exceeding 127.9 lbs (Not exceeding 58 kg)	Not exceeding 108.0 lbs (Not exceeding 49 kg)
Olympic Feather	128.0 lbs - 149.9 lbs (Over 58 kg & not exceeding 68 kg)	108.1 lbs - 125.7 lbs (Over 49 kg & not exceeding 57 kg)
Olympic Welter	150.0 lbs - 176.4 lbs (Over 68 kg & not exceeding 80 kg)	125.8 lbs - 147.7 lbs (Over 57 kg & not exceeding 67 kg)
Olympic Heavy	176.5 lbs and over (Over 80 kg)	147.8 lbs and over (Over 67 kg)

4. Weight divisions for the World Junior Championships are divided as follows:

	Men's Division	Women's Division
Fin	Not exceeding 99.2 lbs (Not exceeding 45 kg)	92.6 lbs (Not exceeding 42 kg)
Fly	99.3 lbs – 105.8 lbs (Over 45 kg not exceeding 48 kg)	92.7 lbs – 97.0 lbs (Over 42 kg not exceeding 44 kg)
Bantam	105.9 lbs – 112.4 lbs (Over 48 kg not exceeding 51 kg)	97.1 lbs – 101.4 lbs (Over 44 kg not exceeding 46 kg)
Feather	112.5 lbs – 121.3 lbs (Over 51 kg not exceeding 55 kg)	101.5 lbs – 108.0 lbs (Over 46 kg not exceeding 49 kg)
Light	121.4 lbs – 130.0 lbs (Over 55 kg not exceeding 59 kg)	108.1 lbs – 114.6 lbs (Over 49 kg not exceeding 52 kg)
Welter	130.1 lbs – 138.9 lbs (Over 59 kg not exceeding 63 kg)	114.7 lbs – 121.3 lbs (Over 52 kg not exceeding 55 kg)
Light Middle	139.0 lbs – 149.9 lbs (Over 63 kg not exceeding 68 kg)	121.4 lbs – 130.0 lbs (Over 55 kg not exceeding 59 kg)
Middle	150.0 lbs – 160.9 lbs (Over 68 kg not exceeding 73 kg)	130.1 lbs – 138.9 lbs (Over 59 kg not exceeding 63 kg)
Light Heavy	161.0 lbs – 172.0 lbs (Over 73 kg not exceeding 78 kg)	139.0 lbs – 149.9 lbs (Over 63 kg not exceeding 68 kg)
Heavy	172.1 lbs and over (Over 78 kg)	150.0 lbs and over (Over 68 kg)

4. Weight divisions for the Youth Olympic Games are divided as follows:

Men's Division	Women's Division
Not exceeding 105.8 lbs (Not exceeding 48 kg)	Not exceeding 97.0 lbs (Not exceeding 44 kg)
105.9 lbs – 121.3 lbs (Over 48 kg & not exceeding 55 kg)	97.1 lbs – 108.0 lbs (Over 44 kg & not exceeding 49 kg)
121.4 lbs – 138.9 lbs (Over 55 kg & not exceeding 63 kg)	108.1 lbs – 121.3 lbs (Over 49 kg & not exceeding 55 kg)
139.0 lbs – 160.9 lbs (Over 63 kg & not exceeding 73 kg)	121.4 lbs – 138.9 lbs (Over 55 kg & not exceeding 63 kg)
161.0 lbs and over (Over 73 kg)	139.0 lbs and over (Over 63 kg)

5. Belt Divisions are as follows:

- a) White
- b) Yellow
- c) Green
- d) Blue
- e) Red
- f) Black

The sponsoring organization has the option of further dividing each belt division into weight classes as light, middle and heavy, depending on the number of competitors in each division. It is recommended that the belt divisions be separated into a minimum of two weight classes (light and heavy) whenever the number of entrants is sixteen (16) or more. The maximum number of weight classes will be at the discretion of the tournament director.

(Interpretation)

1. A Taekwondo tournament is a competition which is decided, within the rules, by direct physical contact and forceful physical collisions between contestants. The weight division system was established to ensure the safety of the competitors, as well as to create equal conditions for the exchange of techniques.
2. The division of men and women into separate categories—men competing against men, and women competing against women—is a fundamental rule.
3. Weight divisions for the Olympic Games are to be decided in consultation with the International Olympic Committee.

(Explanation)

Not exceeding:

The weight limit is defined by the criterion of two decimal places away from the stated limit (in hundredths). For example, “not exceeding 50 kg” goes up to 50.009 kg, with 50.01 kg being over the limit.

Over:

50.01 kg is considered over the 50.00 kg mark; 49.99 kg is considered insufficient.

Article 6. Classification and Methods of Competition

1. Competitions are divided as follows:

1) Individual competition shall normally be between contestants in the same weight class. When necessary, adjoining weight classes may be combined to create a single classification. No contestant is allowed to participate in more than one weight category in one event.

2) Team Competition:

Systems of Competition

(1) Five contestants by weight classification with the following categories:

Men's Division	Women's Division
Not exceeding 119.0 lbs (Not exceeding 54 kg)	Not exceeding 103.6 lbs (Not exceeding 47 kg)
119.1 lbs - 138.9 lbs (Over 54 kg not exceeding 63 kg)	103.7 lbs - 119.1 lbs (Over 47 kg not exceeding 54 kg)
139.0 lbs - 158.7 lbs (Over 63 kg not exceeding 72 kg)	119.2 lbs - 134.5 lbs (Over 54 kg not exceeding 61 kg)
158.8 lbs - 180.8 lbs (Over 72 kg not exceeding 82 kg)	134.6 lbs - 149.9 lbs (Over 61 kg not exceeding 68 kg)
180.9 lbs and over (Over 82 kg)	150.0 lbs and over (Over 68 kg)

(2) Eight contestants by weight classification

(3) Four contestants by weight classification (Consolidating the eight weight classifications into four weight categories by combining two adjoining weight classes).

2. Systems of competition are divided as follows:

- 1) Single elimination tournament system
- 2) Round robin system
- 3) Double elimination tournament system

3. USAT-sanctioned Competitions

All competition shall be divided into male and female divisions. Non-Black Belt Competition may be subdivided by weight, belt rank, or age with further subdivisions of advanced, intermediate, and beginners.

In the tournament system, competition is founded on an individual basis. However, the team standings can also be determined by the sum of the individual standings according to the overall scoring method.

Point System

Team Ranking shall be decided by the total points based on the following guidelines.

- Basic one (1) point per each contestant who entered the Competition Area after passing the official weigh-in
 - One (1) point per each win (win by a bye included)
 - Additional seven (7) points per gold medal
 - Additional three (3) points per silver medal
 - Additional one (1) point per bronze medal
 - In case more than two teams are tied, the rank shall be decided by 1) number of gold, silver and bronze medals won by the team in order, 2) number of participating contestants and 3) higher points in heavier weight category.
2. In the team competition system, the outcome of each team competition is determined by the individual team results.
 3. In the above format, if one team achieves a majority of victories before all matches have been conducted, the remaining matches should, in principle, also be conducted. If the losing team wishes to forfeit the remaining matches, the result shall be recorded as loss due to disqualification, without consideration of the accumulated record.

(Explanation)

Consolidated weight divisions:

This method of consolidation shall follow the Olympic weight divisions.

Eight weight class format:

According to competition in eight weight classes, the team winning five or more divisions is victorious. In the event of a tie score (four to four), each team shall designate a representative to fight a tie-break match. In this format, contestants who did not participate in the team competition may not be substituted.

Article 7. Duration of Contest

The duration of the contest shall be three rounds of two minutes each, with a one-minute rest period between rounds.

In case of a tie score after the completion of the 3rd round, a two-minute, 4th round will be conducted as the overtime round, after a one-minute rest period.

The USAT, at its discretion, may modify round duration and rest periods for specific competitions.

Article 8. Weigh-in

1. A competitor's weight shall be measured in the afternoon or evening prior to the competition. The weigh-in hours may be extended or shortened if necessary.
2. A competitor's weight may be measured twice. If a contestant does not qualify the first time, one more official weigh-in is granted within the time limit.
So as not to be disqualified during official weigh-in, a scale, the same as the official one, shall be provided at the contestants' place of accommodation or at the arena for pre-weigh-in.
3. During the weigh-in, the contestant is required to show his/her current USAT identification card, and may be required to show proof of citizenship.
4. Any irregular action by the competitor or coach during the weigh-in may result in disqualification from tournament participation.
5. Weigh in, for both males and females, shall be taken in the official V-neck uniform only. However, if a contestant wishes, weigh-in may be done in underpants for male and underpants and bra for female contestants. ***Under NO circumstances may an athlete weigh-in in the nude in the United States.***

Prior to the pertinent competition:

Contestants listed to compete on a scheduled day will be weighed in on the day before. The time for weigh-in will be decided by the Organizing Committee and communicated to the participants at the Head of Team meeting.

Male and female contestants will have separate sites for weigh-ins. Weigh-ins for females must be conducted by a female official in charge.

Disqualification during official weigh-in:

If a competitor is disqualified at the official weigh-in, the competitor will not receive a participation point.

Scales:

The practice scale must be of the same type and calibration as that of the official scale and these facts must be verified prior to the competition by the Organizing Committee.

Article 9. Procedure of the Contest

1. Call for Contestants

The name of the contestants shall be announced three times beginning three minutes prior to the scheduled start of the contest. If a contestant fails to appear in the competition area within one minute after the scheduled start of the competition, he/she shall be regarded as withdrawn.

2. Physical and Dobok Inspection

After being called, the contestants shall undergo inspection of **body, uniform and apparatus** at the designated inspection desk by the **inspectors** designated by the USAT Referee Director for that event or USAT designee. If the inspection desk is not used, the referee shall inspect the contestants at the ring prior to start of the contest.

3. Entering the Competition Area

After inspection, the contestant and one certified coach shall enter into the waiting area.

4. Contest Procedure

1) Before the start of the contest, the center referee will command “Chung, Hong.” Both contestants will enter the Competition Area with their headgears firmly tucked under their left arms, **and with all required protective equipment.**

If using an electronic Protector and Scoring System (PSS), the referee shall check that the PSS system and sensing socks worn by both athletes are working properly.

2) The contestants shall face each other and make a standing bow at the referee’s command of “Char-yeot” (attention) and “Kyeong-rye” (bow). A standing bow shall be made from the natural standing posture of “Cha-ryeot” by bending the waist at an angle of more than 30 degrees with the head inclined to an angle of more than 45 degrees. After the bow, the contestants shall put on their headgear.

3) The referee shall start the contest by commanding “Joon-bi” (ready), and “Shi-jak” (start).

4) The contest in each round shall begin with the declaration of “Shi-jak”(start) by the referee and shall end with the declaration of “Keu-man” (stop) by the referee. Even if the referee has not declared “Keu-man,” the contest shall be regarded as having ended when the prescribed time is over.

5) After the end of the last round, the contestants shall face each other at their designated positions. The contestants shall take off their headgear and exchange a standing bow

at the referee's command of "Cha-ryeot, Kyeong-rye." The contestants shall remain standing while waiting for the referee's declaration of decision.

- 6) The referee shall declare the winner by raising his/her own hand to the winner's side.
- 7) Retirement of the contestants.

5. Contest Procedure in Team Competition

- 1) Both teams shall stand facing each other in line in submitted team order towards the 1st Boundary Line from the Contestants' Marks.
- 2) Procedure before the beginning and after the end of the contest shall be conducted as in Item 5 of this Article.
- 3) Both teams shall leave the Competition Area and stand by at the designated area for each contestant's match.
- 4) Both teams shall line up in the Competition Area immediately after the end of the final match facing each other.
- 5) The referee shall declare the winning team by raising his/her own hand to the winning team's side.

Article 10. Permitted Techniques and Areas

1. Permitted Techniques

- 1) Fist techniques:
Delivering a punch using the tightly clenched fist.
- 2) Foot techniques:
Delivering techniques using any part of the foot below the ankle bone.

2. Permitted Areas

- 1) Trunk:
Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. Attack to the spine, however, is not permitted.
- 2) Head:
This is the area above the collar bone. Only foot techniques are permitted.

Fist Techniques:

Striking with the correctly clenched fist is permitted without consideration of the angle, trajectory, or fist placement of the strike.

Foot techniques:

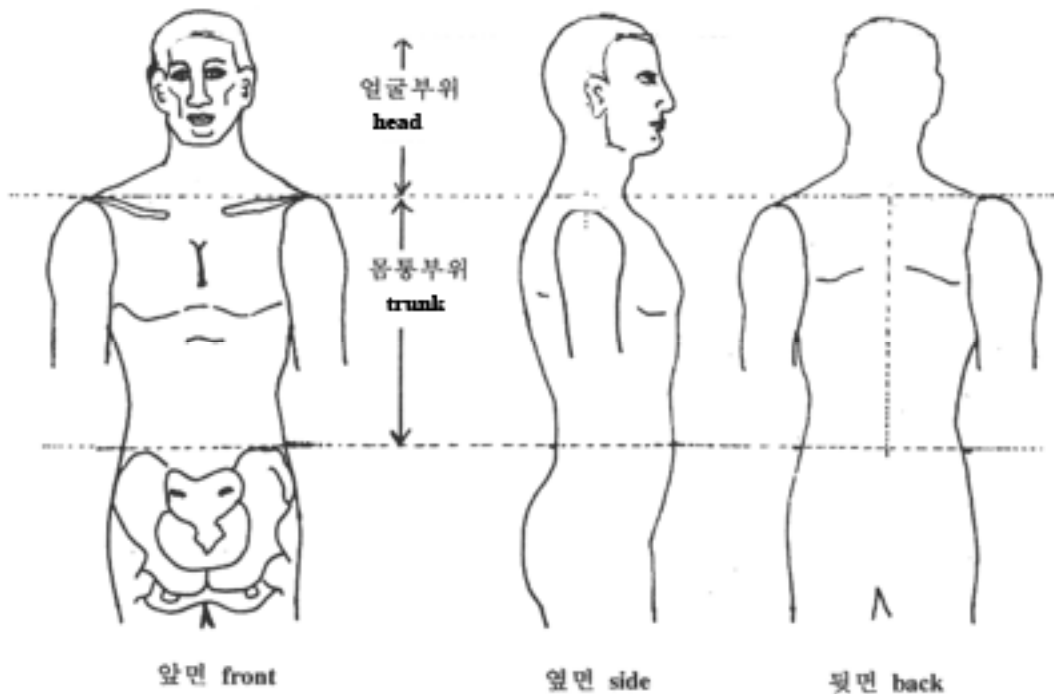
Any striking techniques using any part of the foot below the ankle bone are legal. Attacks using any part of the leg above the ankle bone, i.e., the shin, knee, etc., are not permitted.

Trunk:

As depicted in the following illustration, the area covered by the trunk protector between the armpit and the pelvis is the legal attacking area. Thus, trunk protector should be worn according to the rule on the size of trunk protector for each weight category and the physique of each contestant.

Face:

As depicted in the following illustration, this is area above the collar bone.



Article 11. Valid Points

1. Legal Scoring Areas
 - 1) **Body**: The blue or red covered area of the trunk protector.
 - 2) **Head**: The area above the collar bone (i.e., the whole part of the **head**, including both ears and the back of the head.)

2. Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas.
3. The valid points are divided as follows:
 - 1) One (1) point for a valid attack on trunk protector
 - 2) Two (2) points for a valid turning kick to the trunk protector.
 - 3) Three (3) points for a valid kick to the head.
 - 4) Four (4) points for a valid turning kick to the head.
4. Match score shall be the sum of points of the three rounds.
5. Invalidation of points: When a contestant scores through the use of a prohibited act, the point(s) scored shall be annulled.

Guidelines for Officiating:

Accurately:

This means the proper aspect of a legal attacking technique, fully contacting the opponent within the designated limits of a legal target area.

Powerfully:

- a. Trunk protector not equipped with electronic sensor: Sufficient power is demonstrated as the opponent's body is abruptly displaced by the impact of the strike.
- b. In the use of electronic Protector and Scoring System: Force of impact is measured by the PSS, with the level of force by which points are scored varying by weight division and gender.

When a contestant is knocked down due to opponent's legitimate attack with valid point, the referee shall first check the status of the contestant and decide whether to count or not. If the referee determines that the contestant cannot continue the match, the referee may stop the match and declare the winner by K.O.

When a contestant is knocked down by the opponent's legitimate attack without registration of valid point(s), the referee shall either resume the match after checking the status of the athlete or take action in accordance with the Article 17 "Procedure in the event of a Knock Down." The criteria of "Knock-down" shall be in accordance with the Article 16.

Invalidation of a point: It is a rule that points gained through illegal actions or illegal techniques cannot be valid. In this situation, the referee must indicate invalidation of the point by hand signal and declare the appropriate penalty.

Referee procedure for nullification of a point:

1. Place right hand approximately 8 inches in front of forehead, palm facing out.
2. Move hand to the right approximately 12 inches.
3. Move hand to the left approximately 18 inches.
4. Move hand back to center.

Article 12. Scoring and Publication

1. Valid points shall be immediately recorded and publicized.
2. In the use of body protectors not equipped with electronics, valid points shall be immediately marked by each judge by using the electronic scoring instrument or, where electronic scoring is not available, the judge's scoring sheet.
3. In the use of electronic **Protector and Scoring System**
 - 1) Valid points scored on the mid-section of the trunk shall be recorded automatically by the transmitter in the electronic trunk protector. In case of a valid turning kick to the trunk protector, the "valid point" shall be scored automatically by the transmitter in the electronic trunk protector, while the "valid turn" shall be scored by the judges.
 - 2) Valid points scored to the head or attack by fist shall be recorded by each judge using the electronic scoring instrument or judge's scoring sheet. **As per the valid turning kick on the head, the judges shall score valid points and "valid turn."**
 - 3) **In case of using four judges or three judges, valid points shall be those scored by at least two or more judges.**

Interpretation:

The electronic trunk protectors must meet all WTF requirements for the enhancement of competing ability and insurance of fair match outcome.

It is a principle of these rules that points shall be awarded immediately. This principle must be followed regardless of the scoring method used. Awarding a point at the end of the round is a violation of this regulation.

a. Points shall be immediately recorded:

Immediate scoring means awarding the point immediately after delivery of the scoring technique. Points awarded after a period of time has elapsed cannot be considered valid.

- b. Points shall be immediately publicized:
A point having been awarded by the judges shall be immediately publicized on the scoreboard.
- c. Use of trunk protectors not equipped with electronic sensors:
All scoring must be done according to the judge's own decision and there must be equipment available which is capable of immediately conveying the recorded point to the scoreboard. However, when electronic publication equipment is not available, the points shall be immediately recorded on the judge's scoring sheet and publicized at the end of the round.
- d. The use of electronic protectors:
Scoring techniques striking the body protector will be automatically recorded. Judges will award points resulting from head attacks, punches or turning kicks.

In the case of using electronic body protectors, one (1) point shall be validated if the transmitter acknowledges the valid point and the judges do not give the point for a "valid turn."

Judges must press to award the 2nd point for a "valid turn." Judges should press for all valid turning kicks without reference to accuracy or power, and without looking at the monitor to determine if the point scored. In the event that the transmitter does not acknowledge the point, no point shall be given, regardless of the judges' scoring of a "valid turn."

In case of a valid turning kick to the head, judges must first press to score the head kick, and then award the additional point for the valid turn. Mechanism for doing this may vary, depending on the electronic scoring system in use.
- e. The use of Judge's Paper:
Where electronic scoring is not used, the Judge's Paper shall be recorded in the following manner: number of points, deductions and warnings shall be recorded as an oblique line (/, //, ///, etc.)

-Notes-

Article 13. Prohibited Acts

1. Penalties shall be declared by the referee for any prohibited acts.
2. Penalties are divided into “Kyong-go” (warning penalty) and “Gam-jeom” (deduction penalty).
3. Two “Kyong-go” penalties shall be counted as an additional one (1) point for the opposing contestant. However, the final odd-numbered “Kyong-go” shall not be counted in the grand total.
4. A “Gam-jeom” shall be counted as an additional point for the opposing contestant.
5. **Prohibited acts**
 - 1) The following acts shall be classified as prohibited acts, and **“Kyong-go”** shall be declared.
 - a. Crossing the Boundary Line
 - b. Avoiding or delaying the match
 - c. Falling down
 - d. Grabbing, holding or pushing the opponent
 - e. Attacking below the waist
 - f. Butting or attacking with knee
 - g. Hitting the opponent’s face with the hand
 - h. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach
 - i. Lifting the knee to avoid a valid attack or impede the progress of an attack
 - 2) The following acts shall be classified as prohibited acts, and **“Gam-jeom”** shall be declared.
 - a. Attacking the opponent after “Kal-yeo”
 - b. Attacking the fallen opponent
 - c. Throwing down the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand
 - d. Intentionally attacking the opponent’s face with the hand
 - e. A coach or contestant interrupting the progress of the match
 - f. Violent or extreme remarks or behavior on the part of a contestant or a coach
 - g. Manipulating, or attempting to manipulate, the electronic scoring system

6. When a contestant intentionally refuses to comply with the Competition Rules or the referee's order, the referee may declare the contestant loser by disqualification after one (1) minute.
7. When the contestant receives eight (8) "Kyong-go" or four (4) "Gam-jeom" penalties, or in the event of any combination of "Kyong-go" and "Gam-jeom" that add up to four penalty points, the referee shall declare the contestant loser by penalties.
8. "Kyong-go" and "Gam-jeom" shall be counted in the total score of the three rounds.
9. When the referee suspends a contest for declaration of "Kyong-go" or "Gam-jeom," the contest time shall not be counted from the moment of the referee's declaration of "Shigan" (or "Kye-shi") until "Kye-sok" is declared for resumption of the contest.

Objectives in establishing the prohibited acts and penalties:

- To protect the contestants
- To ensure fair contest management
- To encourage appropriate or ideal techniques

Explanation:

Two "Kyong-go" shall be counted as an addition of one (1) point for the opposing contestant. However, the final odd-numbered "Kyong-go" shall have no value in the total score. Every two (2) "Kyong-go" shall be counted as an additional point for the opposing contestant, regardless of whether the committed violations are the same or different acts, and regardless of the round in which they occur.

Prohibited acts resulting in "Kyong-go" penalty:

a. Crossing the Boundary Line

A "Kyong-go" shall be declared when both feet of a contestant cross the Boundary Line. No "Kyong-go" will be declared if a contestant crosses the Boundary Line as a result of a prohibited act by the opposing contestant.

b. Avoiding or delaying the match

This act involves stalling with no intention of attacking. A contestant who continuously displays a non-engaging style shall be given a penalty. However, the referee shall distinguish intentional avoidance from tactical defense, and the penalty shall not be given for tactical defense.

If both contestants remain inactive after five (5) seconds, the center referee will signal the "Fight" command. A "Kyong-go" will be declared: On both contestants if there is no activity from them 10 seconds after the command was given; or, on the contestant who moved backwards from the original position within 10 seconds after the command was given.

Turning the back to avoid the opponent's attack should be punished, as it expresses the lack of a spirit of fair play and may cause serious injury. The same penalty should also be given to evading the opponent's attack by bending below waist level or crouching.

“Pretending injury” means exaggerating injury or indicating pain in a body part not subjected to a blow for the purpose of demonstrating the opponent’s actions as a violation, and also exaggerating pain for the purpose of elapsing the match time. In this case, the referee shall give the indication to continue the match to the contestant two times in five (5) seconds intervals, and then shall give a “Kyong-go” penalty unless the contestant follows his/her instructions.

“Kyong-go” shall also be given to the athlete who asks the referee to stop the contest for any reason (for instance, in order to adjust the position of protective equipment) or ask his/her coach to request video replay.

c. Falling down

“Kyong-go” shall be immediately declared in the case of intentional falling down. In the case that a contestant falls down due to the opponent’s prohibited acts, “Kyong-go” penalty shall not be given to the fallen contestant, while a penalty shall be given to the opponent. In the event a contestant falls as a result of incidental contact with the opponent, “Kyong-go” shall be given to the fallen contestant only for repeated falling. As for unintentional falling down during an exchange of techniques, no penalty shall be given.

d. Grabbing, holding or pushing the opponent

This includes grabbing any part of the opponent’s body, uniform or protective equipment with the hands. It also includes the act of grabbing the foot or leg, or hooking either one on top of the forearm. Holding includes pressing the opponent’s shoulder with the hand or arm, or hooking the opponent’s body with the arm to hinder the opponent’s motion. If during the competition the arm passes beyond the opponent’s shoulder or armpit for the above-mentioned purpose, a penalty may be declared.

Pushing acts include pushing to displace the opponent’s balance for the purpose of gaining an advantage in attacking, pushing to hinder the opponent’s attack or hinder the normal execution of technique and pushing with the palm, elbow, shoulder, trunk or head, etc.

e. Attacking below the waist

This action applies to an intentional attack on any part below the waist. When an attack below the waist is caused by the recipient in the course of an exchange of techniques, no penalty will be given. This article also applies to strong kicking or stamping actions to any part of the thigh, knee or shin for the purpose of interfering with the opponent’s technique.

f. Butting or attacking with the knee

This article relates to intentional butting or attacking with the knee when in close proximity to the opponent. However, contact with the knee that happens in the following situations should not be punished:

- a. When the opponent rushes in abruptly at the moment a kick is being executed.
- b. Inadvertent contact, or as the result of a discrepancy in distance in attacking.

g. Hitting the opponent's face with the hand

This article includes hitting the opponent's face with the hand (fist), wrist, arm, or elbow. However, unavoidable actions due to the opponent's carelessness—such as excessively lowering the head or carelessly turning the body—cannot be punished by this article.

h. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach

In this instance, the undesirable behavior includes physical actions or attitudes which cannot be accepted from a contestant or a coach as amateur athletes or Taekwondo practitioners. Details of these actions are as follows:

- Any actions interfering with the progress of the contest
- Any action or behavior severely criticizing the referee's decision or any match officiating by using unsanctioned methods
- Physical or verbal behavior insulting the opposing contestant or the coach
- Loud or excessive coaching
- Any unnecessary or undesirable act with regard to the contest, or any behavior regarding the contest itself which is not within normally accepted limits
- The coach shall be given "Kyong-go" when he/she leaves the 1m x 1m marked Coach's Zone or is not seated in coach's seat.

** This article must be understood in relation to "Prohibited acts resulting in "Gam-jeom" penalty, Sub-Article "f" (below) regarding the degree of illegality and intention of the action. In severe cases, Sub-Article "f" is applied; in less severe cases, this sub-article is used. However, if the less severe cases are repeatedly seen, Sub-Article "f" may be used to penalize them. Distinguishing the above cases is the sole authority of the referee.

When misconduct is committed by a contestant or a coach during the rest period, the referee can immediately declare the penalty and that penalty shall be recorded on the next round's results.

i. Lifting the knee

Lifting the knee to avoid a valid attack or impede the progress of an attack is a prohibited act.

Prohibited acts resulting in "Gam-jeom" penalty:

a. Attacking the opponent after "Kal-yeo"

This action is extremely dangerous due to the high probability of injury to the opponent. The danger arises from the following:

- After "Kal-yeo," the opponent might, in that moment, be in an immediate defenseless state.
- The impact of any technique which strikes a contestant after "Kal-yeo" will be greater.

These types of aggressive actions toward a contestant are not in accordance with the spirit of Taekwondo competition. In this regard, penalties should be given for intentionally attacking the opponent after "Kal-yeo," regardless of the degree of impact. A "Gam-

jeom” penalty **should** also be given if a contestant pretends to attack the opponent after “Kal-yeo.”

b. Attacking the fallen opponent

This action is extremely dangerous due to the high probability of injury to the opponent. The danger arises from the following:

- The fallen opponent is in an immediate **defenseless state**.
- The impact of any technique which strikes a fallen contestant will be greater due to the contestant’s position.

These types of aggressive actions toward a fallen opponent are not in accordance with the spirit of Taekwondo and so are not appropriate to Taekwondo competition.

c. Throwing down the opponent by grappling the opponent’s attacking foot in the air with the arm or pushing the opponent with the hand.

Action to interfere with the opponent’s attack by grappling the opponent’s foot in the air or pushing with the hand.

d. Intentionally attacking the opponent’s face with the hand

“Gam-jeom” penalty shall be given at the referee’s discretion for any of the following:

- When the starting point of the fist attack was over the shoulder
- When the fist attack was made upward
- When the attack was made in a close distance for the purpose of causing an injury, not as a part of technical exchanges

e. Interrupting the progress of the match on the part of the contestant or a coach

This includes:

- When a coach leaves the designated coach’s mark during the match creating a disturbance, or intentionally leaves the competition area
- When a coach moves around the competition area with a purpose of interfering with the progress of the match or making a protest against the referee’s decision
- When a coach or a contestant threatens the refereeing officials or infringes on the refereeing officials’ authority
- When a coach or a contestant protests in illegal way and interrupts the progress of the match

f. Violent or extreme remarks or behavior on the part of a contestant or a coach
(Refer to Sub-Article **“h”** of “Kyong-go” Penalties.)

g. Manipulating, or attempting to manipulate, the electronic scoring system

Before each round of competition, the referee shall check whether any attempts were made to manipulate the scoring system and/or increase sensitivity of the sensing socks, or any other method, by the player or coach. In the event that the referee finds intentional manipulation, the referee may give “Gam-jeom” to the pertinent contestant and shall reserve the right to declare the violating athlete as the loser by penalty based on the degree of seriousness of the violation.

The referee may declare the competitor the loser by disqualification:

The referee can declare a contestant loser without the accumulation of eight (8) “Kyong-go” or four (4) “Gam-jeom” when the contestant or coach ignores or violates the basic principles of conduct in Taekwondo competition, the fundamental principles of the Competition Rules, or refuses to comply with the referee’s directives. In particular, if the contestant shows the intention to injure or commit a flagrant violation in spite of the referee’s cautionary directives, the contestant must immediately be declared loser by disqualification.

When a contestant receives eight (8) “Kyong-go” or four (4) “Gam-jeom” penalties:

When a contestant receives eight (8) “Kyong-go” or four (4) “Gam-jeom” penalties, in any combination that adds up to four (4) penalty points, he/she is automatically declared the loser. In this instance, the referee must declare the opposing contestant the winner.

Article 14. Sudden Death and Decision of Superiority

1. In the event the winner cannot be decided after 3 rounds, a 4th round will be conducted.
2. The first contestant to score a point in the extra round shall be declared the winner.

Fourth (4th) round Sudden Death system:

- a. One 4th round will be conducted, of the same duration as the rest of the contest.
- b. The 4th round begins as a “new contest,” with no points or penalties from the previous rounds carried forward.
- c. The 4th round will be immediately stopped when one of the contestants gets the first valid point. The contestant who gets the first valid point shall be declared the winner.
- d. The referee will declare “Kyong-go” and “Gam-Jeom” penalties. The 4th round will be immediately stopped when one of the contestants gets the 2nd “Kyong-go” or the 1st “Gam-jeom,” totaling one (1) point for the opponent. The contestant who gets the 2nd “Kyong-go” or the 1st “Gam-jeom” shall be declared loser.
- e. If no points are scored by either player and penalty points do not determine the result of the match, the winner will be determined by refereeing officials based on the Superiority system, as prescribed in this Article. In this case, Superiority will be based on the 4th round only, not on the entire match.

The decision of superiority shall be based on the initiative shown during the 4th round. Initiative is judged in the following order:

- Technical dominance of an opponent through aggressive match management
- A greater number of techniques executed
- The use of more advanced techniques, both in difficulty and complexity
- Display of a better competition manner

Procedure for superiority decision shall be as follows:

- 1) Prior to the contest, all refereeing officials should make sure they have a Superiority Card and pen with them.
- 2) In case of decision of superiority, the center referee shall declare “Woo-se-girok” (Record Superiority).
- 3) Upon the referee’s declaration, the judges shall record the winner within 10 seconds; they shall sign the Superiority Card, and give it to the referee.
- 4) The referee shall collect all Superiority Cards, record the final result, and present the cards to the Technical Assistant. The referee then returns to the center of the ring, has the competitors bow, and declares the winner.

In the case of four judges, the winner is decided by simple majority, with each judge and the referee having one vote. **In case of using 4 refereeing officials (1 referee and 3 corner judges), the referee can break the tie when the decision is tied 2 to 2 among all refereeing officials.**

- 5) Upon declaration of the winner, the Technical Assistant shall secure all cards and save them for future reference.

SUPERIORITY CARD									
Please circle the particulars									
1. Aggressive match management.									
2. Greater number of techniques.									
3. More advanced techniques (difficulty and complexity).									
4. Better competition manner.									
Referee Name _____					State/Country _____				
J4	J3	Referee		J2	J1				
CHUNG					HONG				
Signature: _____									
Referee Only									
J4	J3	Referee		J2	J1				
C	H	C	H	C	H	C	H	C	H
Referee's Final Decision:					CHUNG HONG				

Procedure for conducting the 4th round:

1. If the score is tied when the final round is completed, the referee sends the contestants back to their respective coaches with the same hand gesture used at the end of a round.
2. After the usual rest period, the referee begins the 4th round with “Joon-Bi” and “Shi-Jak.” The referee does not have the players bow to each other to begin the 4th round.

Article 15. Decisions

1. Win by knock-out (KO)
2. Win by Referee Stop Contest (RSC)
3. Win by final score (PTF)
4. Win by point gap (PTG)
5. Win by Sudden Death (SDP)
6. Win by Superiority (SUP)
7. Win by withdrawal (WDR)
8. Win by disqualification (DSQ)
9. Win by referee's punitive declaration (PUN)

Win by K.O.:

The referee shall declare this result when a contestant who has been knocked down by a legitimate technique with a valid point cannot demonstrate the will to resume the contest by the count of "Yeo-dul." When the referee determines that the competitor is not able to resume competition, this result may be declared before 10 seconds have elapsed.

Referee Stops Contest:

If it is determined by the judgment of the referee or Commission Doctor that a contestant cannot continue, even after the one minute recovery period or, when a contestant disregards the referee's command to continue, the referee shall declare the contest stopped and the other contestant the winner.

Win by point gap:

When there is a 12-point difference between athletes at the time of the completion of the second round, and/or at any time during the third round, the referee shall stop the contest and shall declare the winner by point gap.

Win by withdrawal:

The winner is determined by the withdrawal of the opponent.

- a. When a contestant withdraws from the match due to injury or other reasons
- b. When a contestant does not resume the match after the rest period or fails to respond to the call to begin the match
- c. When the coach throws a towel to the court to signify forfeiture of the match

Win by disqualification:

This is the result determined by the contestant's failure in weigh-in or when the contestant loses contestant status before the competition begins. The follow-up actions should be different in accordance with the reason of disqualification.

- i. In the event that an athlete has not passed or did not show at weigh-in after draw: The result should be reflected on the draw sheet and the information should be provided to technical officials and all relevant persons. Referees will not be assigned for this match. The opponent of an athlete that did not pass or show at weigh-in will not need to appear at the court to compete.

- ii. In the event that an athlete passed weigh-in but did not appear at the Coach's zone: The assigned referee and opponent shall be waiting in their position until the referee declares the opponent a winner of the match. Detailed procedure is stipulated in 4.1 of Article 9.

Win by the referee's punitive declaration:

This is the result declared by the referee after the accumulation of four points as the result of "Kyong-go" or "Gam-jeom" penalties, or by the referee's decision according to Section 13.6 of the Competition Rules.

Article 16. Knock Down

1. When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's technique.
2. When a contestant is staggered and shows no intention or ability to continue.
3. When the referee judges that, in the interest of safety, the contest cannot continue as the result of a contestant being struck by a legitimate technique.

A knock down:

This is the situation in which a contestant is knocked to the floor or is staggered or unable to respond adequately to the requirements of the match due to a legal technique. Even in the absence of these indications, the referee may interpret as a knock down the situation where, as the result of contact, it would be dangerous to continue or when there is any question about the safety of a contestant.

Article 17. Procedure in the Event of a Knock Down

1. When a contestant is knocked down as the result of the opponent's legitimate attack, the referee shall take the following measures:
 - 1) The referee shall keep the attacker away from the downed contestant by declaration of "Kal-yeo" (break).
 - 2) The referee shall count aloud from "Ha-nah" (one) up to "Yeol" (ten) at one-second intervals towards the downed contestant, making hand signals indicating the passage of time.
 - 3) In case the downed contestant stands up during the referee's count and desires to continue the fight, the referee shall continue the count up to "Yeo-dul" (eight) for recovery of the contestant. The referee shall then determine if the contestant is recovered and, if so, continue the contest by declaration of "Kye-sok" (continue).

- 4) When a contestant who has been knocked down cannot demonstrate the will to resume the contest by the count of “Yeo-dul” (eight), the referee shall announce the other contestant winner by K.O.
- 5) The count shall be continued even after the end of the round or the expiration of the match time.
- 6) In case both contestants are knocked down, the referee shall continue counting as long as one of the contestants has not sufficiently recovered.
- 7) When both contestants fail to recover by the count of “Yeol,” the winner shall be decided upon the match score before the occurrence of knock down.
- 8) When the referee judges that a contestant is unable to continue, the referee may decide the winner either without counting or during the counting.

2. Procedures to be followed after the contest

- 1) Any contestant suffering a knock-out as the result of a blow to the head, will not be allowed to compete for the next 30 days without an examination
- 2) Before entering a new contest after 30 days, the contestant must be examined by a medical doctor designated by the USAT, who must certify that the contestant is recovered and able to compete.

(Explanation #1)

Keep the attacker away:

In this situation the standing opponent shall return to the respective Contestant’s Mark; however, if the downed contestant is on or near the opponent’s Contestant’s Mark, the opponent shall wait in front of his/her coach’s chair.

(Guideline for officiating)

The referee must be constantly prepared for the sudden occurrence of a knock down or staggered situation, usually characterized by a powerful blow and dangerous impact. In this situation, the referee must declare “Kal-yeo” and begin the count without any hesitation.

(Explanation #2)

In case the downed contestant stands up during the referee’s count and desires to continue the fight:

The primary purpose of counting is to protect the contestant. Even if the contestant desires to continue the match before the count of eight is reached, the referee must count until “Yeo-dul” (eight) before resuming the match. Counting to “Yeo-dul” is compulsory and cannot be altered by the referee.

- * Count from one to ten: Ha-nah, Duhl, Seht, Neht, Da-seot, Yeo-seot, Il-gop, Yeo-dul, A-hop, Yeol.

(Explanation #3)

The referee shall then determine if the contestant is recovered and, if so, continue the contest by the declaration of “Kye-sok”:

The referee must ascertain the ability of the contestant to continue while he/she counts to eight. Final confirmation of the contestant’s condition after the count of eight is only procedural and the referee must not needlessly pass time before resuming the contest.

(Explanation #4)

When a contestant who has been knocked down cannot express the will to resume by the count of “Yeo-dul,” the referee shall announce the other contestant winner by K.O. after counting to “Yeol.”

A contestant expresses the will to continue the match by gesturing several times in a fighting position with the clenched fists. If the contestant cannot display this gesture by the count of “Yeo-dul,” the referee must declare the other contestant winner after first counting “A-hop” and “Yeol.” Expressing the will to continue after the count of “Yeo-dul” cannot be considered valid.

Even if the contestant expresses the will to resume by the count of “Yeo-dul,” the referee can continue counting and may declare the contest over if he/she determines the contestant is incapable of resuming the match.

(Explanation #5)

When it is judged by the referee that a contestant is unable to continue...

When a contestant has received an apparently dangerous blow and appears to be in serious condition, the referee can suspend the count and call for first aid, or do so in conjunction with the count.

(Guideline for officiating)

- a. The referee must not spend additional time confirming the competitor’s recovery after counting to “Yeo-dul” as a result of failing to observe the contestant’s condition during the administration of the count.
- b. When the contestant clearly recovers before the count of “Yeo-dul” and expresses the will to resume and the referee can clearly discern the condition of the contestant yet resumption is hampered by the requirement of medical treatment, the referee must first resume the match with the declaration of “Kye-shi” and the procedures of Article 18 must then be followed.

Article 18. Procedures for Suspending the Match

When a contest is to be stopped due to the injury of one or both of contestants, the referee shall take the measures prescribed below. However, in a situation which warrants suspending the contest for reasons other than an injury, the referee shall declare “Shi-gan” (time) and resume the contest by declaring “Kye-sok” (continue).

1. The referee shall suspend the contest by the declaration of “Kal-yeo” and order the Recorder to suspend the time by announcing “Kye-shi” (suspend).
2. The referee shall allow the contestant one minute to receive first aid.
3. The contestant who does not demonstrate the will to continue the contest after one minute, even in the case of a slight injury, shall be declared loser by the referee.
4. In case resumption of the contest is impossible after one minute, the contestant causing the injury by a prohibited act to be penalized by “Gam-jeom” shall be declared loser.
5. In case both of the contestants are knocked down and are unable to continue the contest after one minute, the winner shall be decided upon points scored before the injuries occurred.
6. When it is judged that a contestant’s health is at risk due to losing consciousness, or whose condition after a knock-down appears serious, the referee shall suspend the contest immediately and order first aid to be administered. The referee shall declare as loser the contestant causing the injury if it is deemed to have resulted from a prohibited attack to be penalized by “Gam-jeom.”

When the referee determines that the competition cannot be continued due to injury or any other emergency situation, the referee may take the following measures:

- 1) If the situation is critical, such as a contestant losing consciousness or suffering a severe injury, and time is crucial, first aid must be immediately directed and the match must be closed. In this case the result of the match will be decided as follows:
 - a. The causer shall be declared the loser if the outcome was the result of a prohibited act to be penalized by “Gam-jeom.”
 - b. The incapacitated contestant shall be declared the loser if the outcome was the result of a legal action or accidental, unavoidable contact.
 - c. If the outcome was unrelated to the match contents, the winner shall be decided by the match score before suspension of the match. If the suspension occurs before the end of the first round, the match shall be invalidated.
- 2) When the injury is not serious, the competitor can receive necessary treatment within one minute after the declaration of “Kye-shi.”
 - a. Permission for medical treatment:
When the referee determines that medical treatment is necessary, he/she can direct treatment by the Commission Doctor.
 - b. Order to resume the match:
It is the decision of the referee, after consultation with the Commission Doctor, whether or not it is possible for the contestant to resume the match. The referee can, at any time, order the contestant to resume the match within one minute. The referee can declare loser any contestant who does not follow the order to resume the match.

- c. While the contestant is receiving medical treatment or is in the process of recovering, 40 seconds after the declaration of “Kye-shi,” the referee begins to loudly announce the passage of time in five-second intervals. When the competitor cannot return to the Contestant’s Mark by the end of one-minute period, the match results must be declared.
 - d. After the declaration of “Kye-shi,” the one minute time interval is strictly observed regardless of the Commission Doctor’s availability. However, when the Doctor’s treatment is required and the Doctor is absent or additional treatment is necessary, the one-minute time limit can be suspended by the judgment of the referee.
 - e. If resumption of the match is impossible after one minute, the decision of the match will be determined according to Sub-article 1 of this Article.
- 3) If both contestants become incapacitated and are unable to resume the match after one minute or urgent conditions arise, the match result is decided according to the following criteria:
- a. If the outcome is the result of a “Gam-jeom” penalty by one contestant, that person shall be the loser.
 - b. If the outcome was not related to any prohibited act to be penalized by “Gam-jeom” the match results shall be determined by the score at the time of suspension of the match. However, if the suspension occurs before the end of the first round, the match shall be invalidated and Organizing Committee will determine an appropriate time to recontest the match.
 - c. If the outcome is the result of prohibited acts to be penalized by “Gam-jeom” by both contestants, then both contestants shall lose.

The situations which warrant suspending the match beyond the above-prescribed procedures shall be treated as follows:

- 1) When uncontrollable circumstances require suspension of the match, the referee shall suspend the match and follow the directives of the Organizing Committee.
- 2) If the match is suspended after the completion of the second round, the match shall be determined according to the match score at the time of suspension if the match cannot be concluded.
- 3) If the match is suspended before the conclusion of the second round, a rematch shall, in principle, be conducted and shall be held in three rounds.

Article 19. Refereeing Officials

- 1. Qualifications:
Holders of Referee Certification registered by the USAT and/or the WTF.
- 2. Duties

1) Referee

- a. The referee shall have control over the match, and is responsible to protect the safety of the competitors.
- b. The referee shall declare “Shi-jak,” “Keu-man,” “Kal-yeo,” “Kye-sok” and “Kye-shi,” winner and loser, deduction of points, warnings and retiring. All the referee’s declarations shall be made without hesitation during the course of the contest.

If the Inspection Desk is not in use, the referee will inspect the Chung contestant’s safety equipment, dobok, metallic articles, etc., and then Hong’s.

- c. The referee shall have the right to make decisions independently in accordance with the prescribed rules.
- d. In principle, the center referee shall not award points. However, in the case of four corner judges, if one of the corner judges raises his/her hand because a point was not scored, then the center referee will convene a meeting with the judges. If it was found that two corner judges pressed for a point but two did not, then the center referee has the authority to break the tie by deciding if it was a point. (Note: When there are only three judges, the referee must accept the decision of the majority of the corner judges.)
- e. In case of a tie or scoreless match, the decision of superiority shall be made by all refereeing officials after the end of the 4th round in accordance with Article 14.

2) Judges

- a. The judges shall mark the valid points immediately.
- b. The judges shall state their opinions forthrightly when requested by the referee, authorized officials and/or Competition Supervisory Board members.

3. Responsibility for Judgment

Decisions made by the referees and judges shall be conclusive and they shall be responsible to the Competition Supervisory Board for the content of those decisions.

4. Uniform of the Referees and Judges

- 1) Referees and judges shall wear the uniform designated by the USAT.
- 2) Referees and judges shall not carry or take any materials to the arena which might interfere with the contest.

The Chair of the Competition Supervisory Board may request the USAT Referee Chairman for that event or USAT designee to replace the refereeing officials in the event that refereeing officials have been mis-assigned, or when it is judged that any of the assigned refereeing officials have unfairly conducted the contest or made unreasonable mistakes.

(Guideline for officiating)

In case that each judge awards different score respectively to the legal attack on the head—for instance, one judge gives one point, another gives three and the other gives no point—and no point is recognized as valid, the Technical Assistant or any of the judges may indicate the mistake and ask for confirmation among the refereeing officials. Then, the referee may declare “Shi-gan” (time) to stop the contest and gather the judges to ask for statements. After discussion, the referee must publicize the resolution. In the case that a coach also requests a video review for the same occurrence, the referee shall first confer with the judges before taking the request from coach. If it has been decided to correct the decision, the coach shall remain seated without using his/her appeal quota. If the coach still stands and request for video review, the referee shall take the coach’s request.

Article 20. Recorder

The Recorder shall time the contest and periods of time-out and suspension, and also shall record and publicize the awarded points, and /or penalties.

Article 21. Assignment of Refereeing Officials

1. Composition of Refereeing Officials Squad
 - 1) In the use of non-electronic trunk protector, the officials’ squad is composed of one (1) referee and four (4) judges.
 - 2) In the use of electronic **Protector and Scoring System**, the officials’ squad is composed of one (1) referee and three (3) judges.
2. Assignment of Refereeing Officials
 - 1) The assignment of the referees and judges shall be made after the contest schedule is fixed.
 - 2) Referees and judges from the same state (or country, for international competitions) as that of either contestant shall not be assigned to such a contest. However, an exception shall be made for the judges when the number of refereeing officials is insufficient, as the case may be.
3. All USAT-sanctioned tournaments shall be officiated by certified USAT referees who are currently active with the USAT. To be current with the USAT, the referee must:
 - a) Be a registered member of the USAT for the current calendar year.
 - b) Attended and participated in at least one Referee Seminar conducted by the USAT within the past 12 months. International Referees must have attended at least one WTF-sanctioned IR certification seminar or refresher course within the past two years, or at least one Referee Seminar conducted by the USAT within the past year.

4. All USAT-sanctioned national level championships must be officiated by USAT referees.

Article 22. Other Competition Matters

1. Official Decision

Official, field of play decisions made during and at the end of the contest are final and not negotiable.

2. Competition Proceedings

- a. All officials, instructors, contestants, and coaches participating in a tournament are required:
 - i. To satisfy all USAT eligibility requirements.
 - ii. To observe the decorum code of the USAT and the rules of the tournament. Violators may face sanction by the USAT.
- b. All contestants are required to register with the USAT during the year of the competition.
- c. All black belt competitors must submit a copy of their Dan certificate at the time of registration with the Organizing Committee. The appropriate Dan must be indicated on the contestant's I.D. badge.
- d. When summoned, competitors are required to confirm their colors first, and then to make necessary preparations for the match. This includes putting on the protective equipment and having his/her coach available.
- e. During a contest, any contestant who wishes to leave the ring must request permission from the referee.
- f. Contestants are required to use the designated route for entry into and exit from the contest area.
- g. In case of team contests:
 - i. Each team shall submit the pre-determined list of contestants in the order of competition.
 - ii. Team competition winners shall be decided on the basis of the total number of points accumulated in individual competition; see Article 6 for details.
- h. All USAT-sanctioned tournaments must use electronic scoring, or the standard USAT Judge's Scoring Sheet and Score Tally paper. (*Please see Appendix II.*)

3. Coach

- 1) ONE Coach may accompany the contestant to the competition ring when the contestant's name is called to compete. The coach must meet all USAT Coaching program requirements to be eligible to coach.
- 2) The coach must observe the USAT decorum code, the rules and regulations of the Organizing Committee, and the rules of the tournament. Violators of these rules and/or regulations may have their coaching privileges canceled by the USAT and face additional sanction.
- 3) During the competition, coaches are required to remain seated and NOT allowed to move about the ring during competition. The coach may not enter the ring during a competition. If his/her contestant is injured during a contest, then the coach must wait for the referee to declare "Kal-yeo" and give permission before leaving the coach's chair. The coach should wait for the tournament doctor to arrive before touching his/her contestant.

4. Competition Floor

- 1) Throughout any USAT-sanctioned championships, only the following personnel may enter the competition floor:
 - a. Referees, Judges, Recorders and Technical Assistants
 - b. Members of the Tournament Staff
 - c. Members of the Competition Supervisory Board when necessary
 - d. Members of the medical team when necessary
 - e. Security officers when necessary
 - f. Athletes and qualified coaches when the athlete's name is called to compete
 - g. Other essential personnel with the approval of the USAT Event Director

5. The Referee and Coach During a Contest

- 1) Before the Start of a Contest
 1. The referee will collect the coach and the contestant badges from both the Chung (blue) and Hong (red) sides and bring them to the Recorder's table for retention until completion of the contest.
 2. Coaches without a valid coach's badge will be escorted from the competition area.
- 2) During a Contest
 1. If the coach leaves the coach's chair for any reason (including standing up), the referee may suspend the match and immediately declare a "Kyong-go" penalty on the coach's contestant.

2. If the coach tries to talk or talk back to referee or judges during a contest, the referee may suspend the match, and immediately declare a “Kyong-go” penalty on the coach’s contestant.
 3. If the coach makes any comment about the referee during a match, the referee may suspend the match and immediately declare a “Kyong-go” penalty on the coach’s contestant.
 4. If the coach is guilty of a serious violation of any kind (violent or extreme behavior), the referee should suspend the match and immediately declare a “Gam-jeom” penalty on the coach’s contestant.
- 3) After the Contest
1. The referee must keep all unauthorized persons away from the Recorder’s Table during or after the contest. This includes all Grandmasters, Masters, officials, coaches, etc.
 2. After the contest winner is declared, referees, judges or assistants should avoid interaction with coaches. It is the responsibility of the referee to help keep the coach and all other people away from all officials in his/her ring. If the coach has a problem with the contest decision, the referee or a member of the Event Staff will escort the coach immediately to the Competition Supervisory Board table.

Article 23. Arbitration and Sanction

1. Composition of the Competition Supervisory Board
 - 1) Qualifications of the members:
Qualified Competition Supervisory Board members shall be persons with sufficient Taekwondo experience recommended by the USAT Chief Executive Officer or his/her designee.
 - 2) Composition:
One Chairman and fewer than six members.

If there are officials from the same state or the same training affiliation, as either contestant involved on the Competition Supervisory Board, those members must be excluded from the Board. In all cases, the number of Board members must be an odd number. If the Chair is one who is ineligible, a temporary chair must be elected by the remaining members.
 - 3) The chair and members of the Competition Supervisory Board will be appointed by the USAT Chief Executive Officer or his/her designee.
2. Responsibility
 - 1) The Competition Supervisory Board shall adjudicate protests and correct misjudgments if necessary. In their concurrent capacity as the Sanction Committee,

the Competition Supervisory Board may also take disciplinary action against the officials committing the infraction. Documented records and results shall be sent to the USAT Chief Executive Officer.

The Chair of the Competition Supervisory Board may recommend that the USAT Referee Chairman for that event or USAT designee replace referees or judges.

- 2) For National Team Trials and for certain other USAT competitions (where possible and/or feasible) Video Replay will be used. In this case, each court shall have one (1) Review Jury consisting of an experienced International Referee, preferably with at least 1st Class qualification. The Review Jury may also serve as the Recorder/Technical Assistant of that court. It is the responsibility of the Review Jury to review an instant replay and to inform the center referee of the decision.

3. Procedure of Instant Video Replay Review

- 1) In case there is an objection to a judgment of the refereeing officials during the contest, the coach of a team can make a request to the center referee for an immediate review of the video replay.
- 2) When a coach appeals, the center referee will approach the coach and ask the reason for the appeal. Scope of the appeal for the video replay is limited to errors in factual judgment such as impact of striking, severity of action or conduct, intention, timing of an act in relation to a declaration or area. In the case of using electronic Protector and Scoring System, instant video replay cannot be requested for the areas scored by the PSS.

The scope of instant video replay request is limited to only one action which has occurred within five (5) seconds from the moment of the coach's request. Once the coach raises the card to request instant video replay, it will be considered that the coach has used his/her allocated appeal under any circumstance.

- 3) The referee shall request the Review Jury to review the instant video replay. An experienced Taekwondo person, who is thoroughly familiar with USAT competition rules and has significant experience as a high level coach or athlete—and who is not of the same affiliation as the contestants—shall be selected by the USAT CEO to assist the Review Jury in reviewing the video replay.
- 4) After review of the instant video replay, the Review Jury shall inform the center referee of the final decision. In the event that the Review Jury and the second appointed reviewer cannot reach a mutual decision, the final determination will be made by the Referee Chairman for that event.
- 5) Each coach shall have one (1) appeal per contest. If the appeal is successful and the contested issue is corrected, the coach shall retain the appeal quota for the pertinent contest. In other words, in a single match a coach may appeal as many times as he/she

wishes, as long as each appeal is upheld by the Review Jury. If an appeal is denied, the coach loses the right to any further appeal in that match.

- 6) In the course of a single championship, there is no limit on the total number of appeals a coach may make per contestant. However, if any coach has a certain number of appeals rejected for one contestant, he/she will lose the right to any further appeals. Based on the size and level of the championship, the Organizing Committee may decide the number of appeal quota between one (1) and three (3) per player per championship.
 - 7) The decision of the Review Jury is final; no further appeals will be accepted during or after the contest. with the exception of errors in determining the match results, mistakes in calculating the match score or misidentifying a contestant. In such instances, an official protest could be submitted according to the “Protest Procedure After the Match” (below).
 - 8) In the case that there is a clear erroneous decision from the refereeing officials on identification of the contestant or errors in the scoring system, any of the judges can request for review and correct the decision at any time during the contest. Once the refereeing officials leave the competition area, it will not be possible for anyone to request for review or to change the decision.
 - 9) In the case of a successful appeal, the Competition Supervisory Board shall investigate the contest at the end of the competition day and take disciplinary action against the concerned refereeing officials, if necessary.
3. Protest Procedure After the Match
- In the tournament where instant video replay system is not available, the following protest procedure will be applied.
- 1) In case there is an objection to a referee judgment, within 10 minutes after the pertinent contest, the certified coach representing the athlete may submit an application for re-evaluation of decision (protest application) together with the prescribed, non-refundable fee of one hundred dollars (\$100.00) to the Event Director. (*Please see Appendix I.*)
 - 2) Deliberation of re-evaluation shall be carried out excluding those members of the same state or training affiliation as that of either contestant concerned, and resolution shall be made by majority vote.
 - 3) The members of the Board of Arbitration (Competition Supervisory Board) may summon the refereeing officials for confirmation of events. Video tapes will NOT be admitted as evidence.
 - 4) The resolution made by the Competition Supervisory Board will be final and no further means of appeal will be applied.

5) Deliberation procedures are as follows:

- a. A coach or head of team from the protesting side shall be permitted to make a brief verbal presentation to the Board of Arbitration in support of their position. The coach or head of team from the respondent side shall be allowed to present a brief rebuttal.
- b. After reviewing the protest application, the content of the protest must be arranged according to the criterion of “Acceptable” or “Unacceptable.”
- c. If necessary, the Board can hear opinions from the referee or judges.
- d. If necessary, the Board can review the material evidence of the decision, such as the written records (TA Paper, score sheets, tally sheets), or electronic records of the match. No videotapes can be used.
- e. After deliberation, the Board holds a secret ballot to determine a majority decision.
- f. The Chair will make a report documenting the outcome of the deliberation and shall make this outcome publicly known.
- g. Subsequent process following the decision:
 - 1) Errors in determining the match results, mistakes in calculating the match score or misidentifying a contestant shall result in the decision being reversed.
 - 2) Errors in application of the rules:
When it is determined by the Board that the referee made a clear error in applying the Competition Rules, the outcome of the error shall be corrected and the referee may be admonished or face sanction.
 - 3) Errors in factual judgment:
When the Board decides that there was a clear error in judging the facts such as the impact of striking, severity of action or conduct, intention, timing of an act in relation to a declaration or area, the decision shall not be changed and the official(s) seen to have made the error shall be reprimanded.

The Chair of the Competition Supervisory Board may recommend that the USAT Referee Director for that event or USAT designee replace referees or judges in the event that refereeing officials have been wrongly assigned, or when it is judged that any of the assigned refereeing officials have unfairly conducted the contest or made unjustifiable mistakes.

4. Procedure of Sanction

- 1) The deliberation procedure of Sanction shall correspond to that of Competition Supervisory Board, and the details of sanction will comply with the Regulations on Sanctions.

The USAT Chief Executive Officer (or in case of his/her absence, the USAT Referee Chairman for that event or USAT designee) may request that the Sanction Committee

meet to deliberate when any of the following behaviors are committed by a coach, contestant, or official:

- a) Interfering with the management of a contest
- b) Stirring up spectators or spreading false rumor
- 2) When judged reasonable, the Sanction Committee shall deliberate and take disciplinary action immediately. The result shall be announced, and reported to the USAT Chief Executive Officer.
- 3) The Sanction Committee may summon involved persons for confirmation of events.

Article 24. Matters Not Specified In These Competition Rules

Matters not specified in the Competition Rules shall be dealt with as follows:

1. Matters related to the competition shall be decided through consensus by the refereeing officials of the pertinent contest, under the direction of the Technical Assistant and if necessary, the Referee Chairman for the event.
2. Matters which are not related to a specific contest shall be decided by the USAT Chief Executive Officer or his/her proxy.

Article 25. Final Rulings

Matters and situations not covered by these competition rules will be resolved by precedents, interpretation, and the rules set forth by the USAT and the WTF:

1. If the situation is covered by the USAT or WTF rules, the Chairman of the Competition Supervisory Board will make final rulings.
2. If the situation is not covered by the USAT or WTF rules, the CEO of the USAT (or his/her appointed delegate) will make the final ruling after a joint meeting of the Competition Supervisory Board members and other involved committee members.

—Notes—

Official Letter of Protest

Event Name: _____ Date: _____

Weight Division: _____ Sex: _____ Ring#: _____

Protester: RED BLUE MATCH #: _____

Competitor Name: _____

I, _____, (LEVEL ONE COACH or ASSOCIATE COACH WITH PROTEST RIGHTS) do hereby officially submit this protest in accordance with the Code of Operations of the _____ (event name) and Article XXIII of the Competition Rules of USA Taekwondo.

Details of Protest:

Rule Number: _____ Rule Title: _____

Specific Protest:

Decision Delivered by the Competition Supervisory Board:

Name:

Signature:

Title:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

NOTE: Protest must be done by a Level One Coach or an Associate Coach with Protest Rights within ten minutes after the match is complete. The protest may not be filed by an Athlete. The coach must meet all parts of Article 24, Section 3 and be: (1) a 3rd Dan or higher or a current coach member and (2) a current USAT member. A \$100 protest-filing fee, in cash, must be submitted along with this protest form. The decision of the Competition Supervisory Board is final, and there is no further recourse. You must sign this form with this understanding.

Coach Name (Print): _____

Coach Signature: _____

—Notes—

**Chung V.R.
Quota**



TECHNICAL ASSISTANT'S PAPER

**Hong V.R.
Quota**

Court Number	Day Number	Date	Match Number
---------------------	-------------------	-------------	---------------------

CHUNG
Competitor Name
State

HONG
Competitor Name
State

Gam-Jeom	Kyong-Go	Deuk-Jeom	Round	Deuk-Jeom	Kyong-Go	Gam-Jeom
			1			
			2			
			3			
			4 Overtime			
			TOTAL			

K.O.	Referee Stop Contest (RSC)	Score or Superiority	Withdrawal	Disqualification	Referee Punitive Declaration
-------------	-----------------------------------	-----------------------------	-------------------	-------------------------	-------------------------------------

Judge 3	Judge 2	Judge 1	Center Referee
State	State	State	State

Decision of Superiority							
Judge 3		Judge 2		Judge 1		Center Referee	
CHUNG	HONG	CHUNG	HONG	CHUNG	HONG	CHUNG	HONG

Reason	Chung Video Replay			Quota
1 Point	A / R	A / R	A / R	Y
3 Points	A / R	A / R	A / R	
Kyong-go	A / R	A / R	A / R	N
Gam-jeom	A / R	A / R	A / R	

Superiority Result		
CHUNG		HONG

Reason	Hong Video Replay			Quota
1 Point	A / R	A / R	A / R	Y
3 Points	A / R	A / R	A / R	
Kyong-go	A / R	A / R	A / R	N
Gam-jeom	A / R	A / R	A / R	

Technical Assistant

Name: _____

Signature: _____

Review Jury

Name: _____

Signature: _____

채 점 표 JUDGE'S SCORING SHEET

일자
Date: _____ 19 _____

채 급
Weight Division: _____

경기번호
Match No: _____

청 Chung

홍 Hong

감 점 Gam-Jum	경 고 Kyong-Go	득 점 Deuk-Jum	회 전 Hoe-Jun	득 점 Deuk-Jum	경 고 Kyong-Go	감 점 Gam-Jum

심판명
Judge's Name: _____

서 명
Signature: _____

주
State: _____

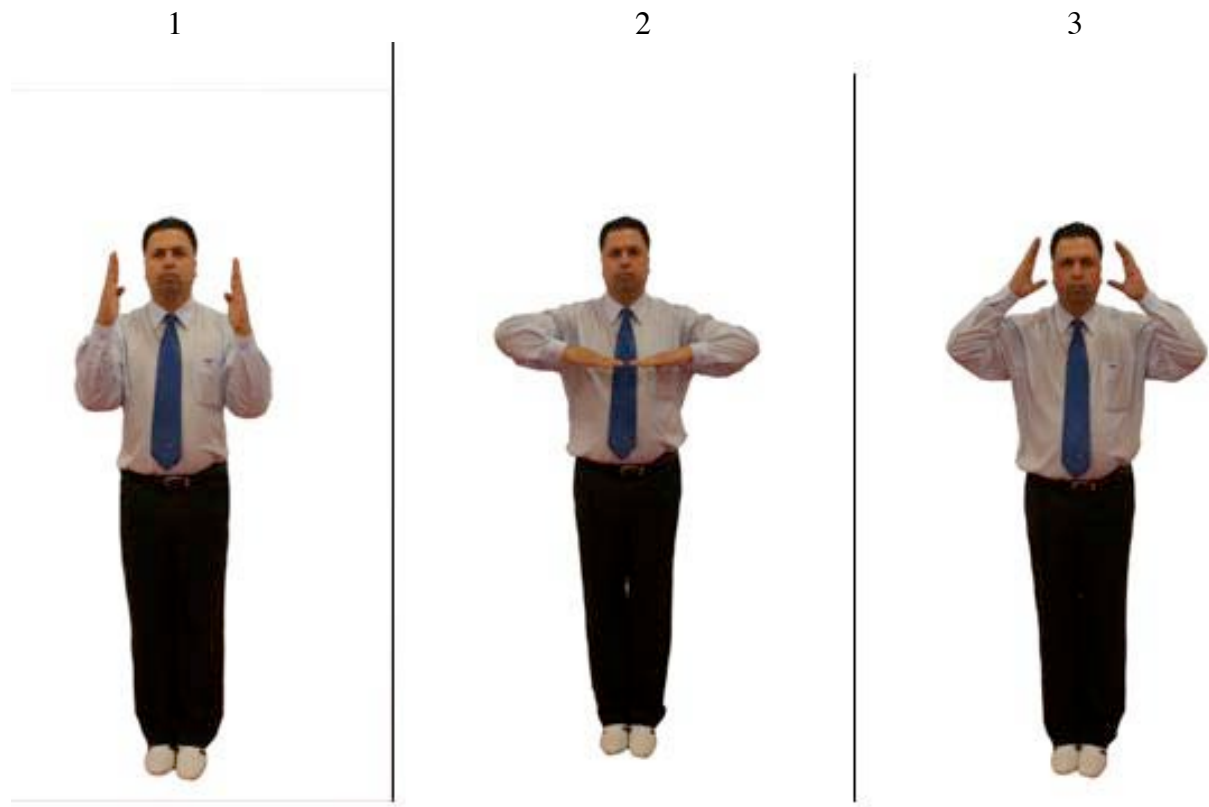
Referee's Hand Signals

1. Call for Contestants



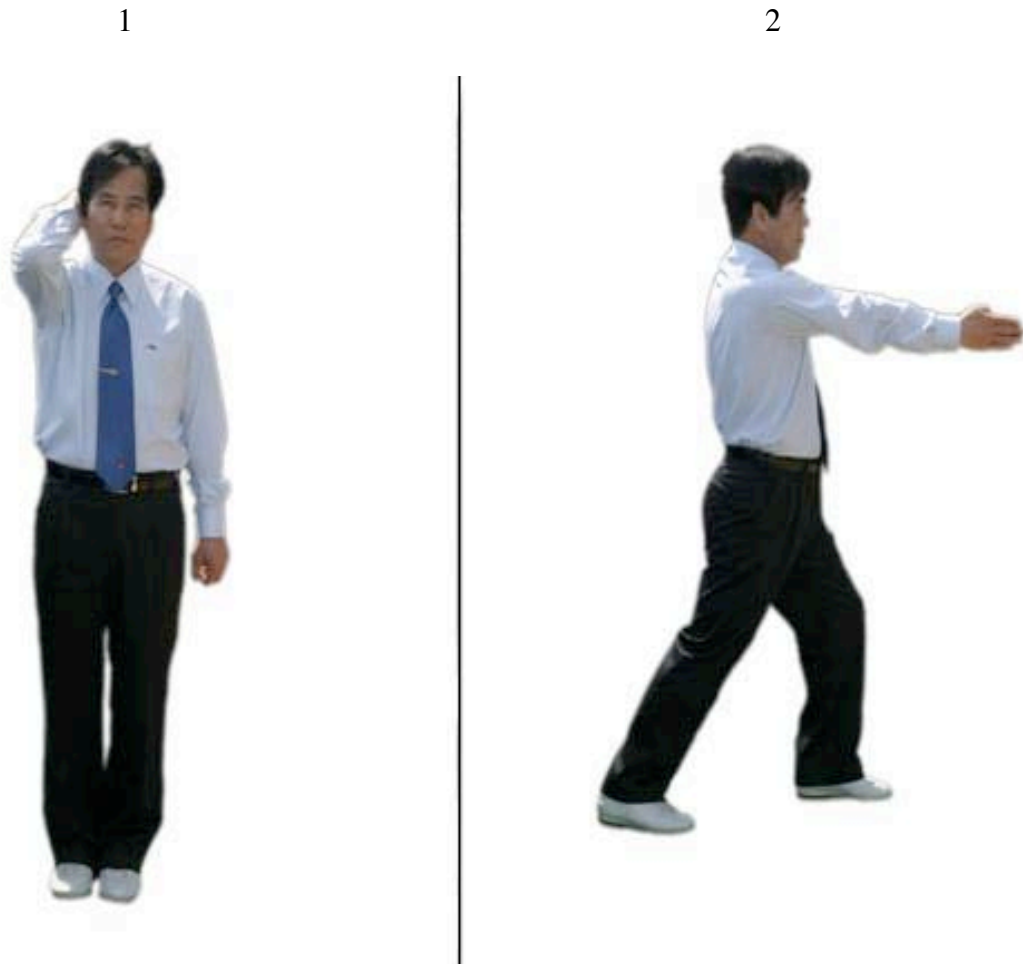
1. Raise both clenched fists with the thumb on the middle finger and the forefinger extended to the height of the ear.
2. Extend down the arms in turn, pointing the “Chung” contestant’s mark with right forefinger and giving verbal command “Chung,” then “Hong” contestant’s mark with left forefinger and giving verbal command “Hong.”

2. “Cha-ryeot” / “Kyeong-rye”



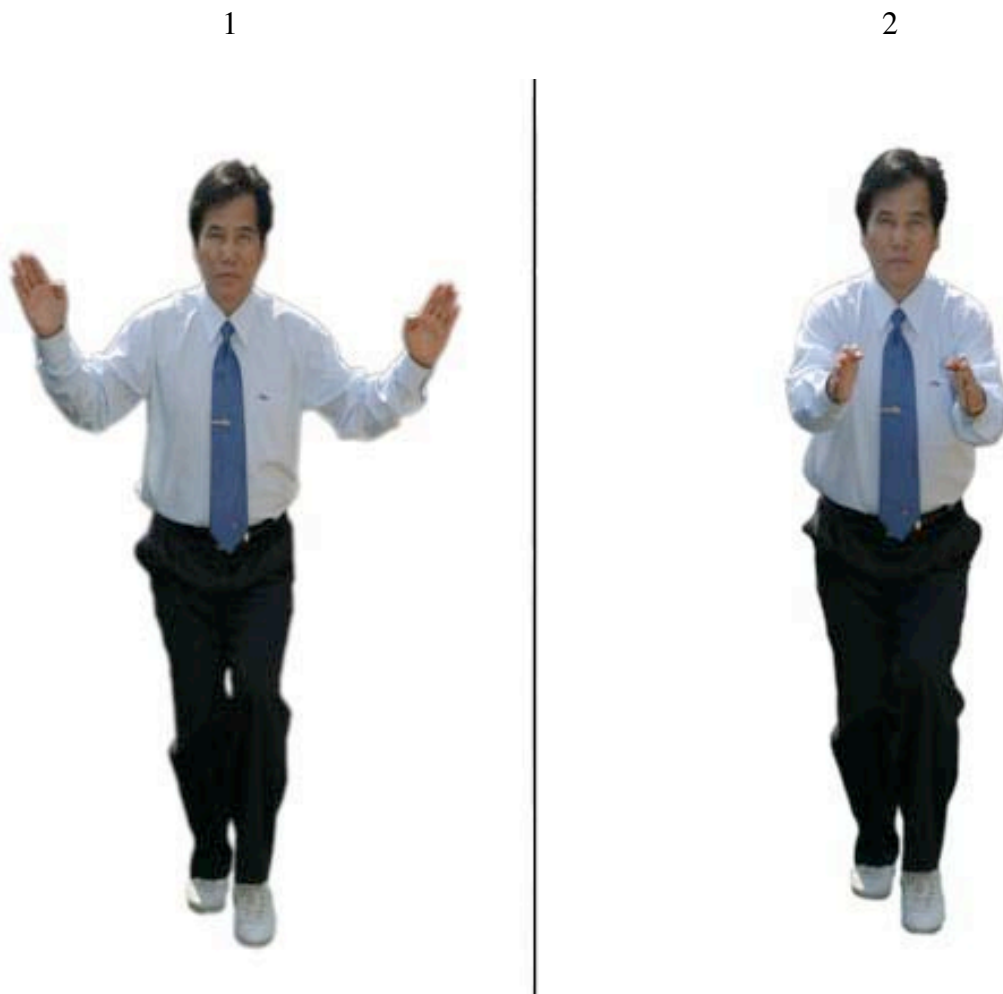
1. Raise the open palms facing each other with thumbs folded inward to the height of the eyebrows. Keep the arms apart from both sides of the trunk at 45 degrees, giving the verbal command “Cha-ryeot,” and then.
2. Bring both hands to the front of the **mid-point of the trunk** with palms down while giving a verbal command “Kyeong-rye.” Keep a fist-sized distance between the fingertips of both hands and between hands and the trunk.
3. After verbal command of “Kyeong-rye,” give the signal of **“put on head protector”** as follows; raise both arms bent at 45 degrees with open palms to the height of head.

3. “Joon-bi”



1. Fold the right arm upward at 45 degrees until right hand is the same height as the right ear.
 2. Extend the fingers of the right hand while extending the right arm fully down to the height of the mid-point of the trunk, just beneath the breast bone. In “Wen-Abgubi” stance (a step forward with the left leg), giving the verbal command, “Joon-bi.”
- * While these actions are taking place, put the left arm alongside the side of the trunk with the hand slightly clenched.

4. “Shi-jak”



1. Take a “Bum-seogi” stance from the posture of “Joon-bi” by drawing back the left leg, and opening both arms at 45 degrees from the shoulder with palms open.
2. Rapidly bring both arms before the breast with a 25cm distance and with palms facing each other, while giving the verbal command, “Shi-jak.”

5. “Kal-yeo” / “Keu-man”

Front



Side



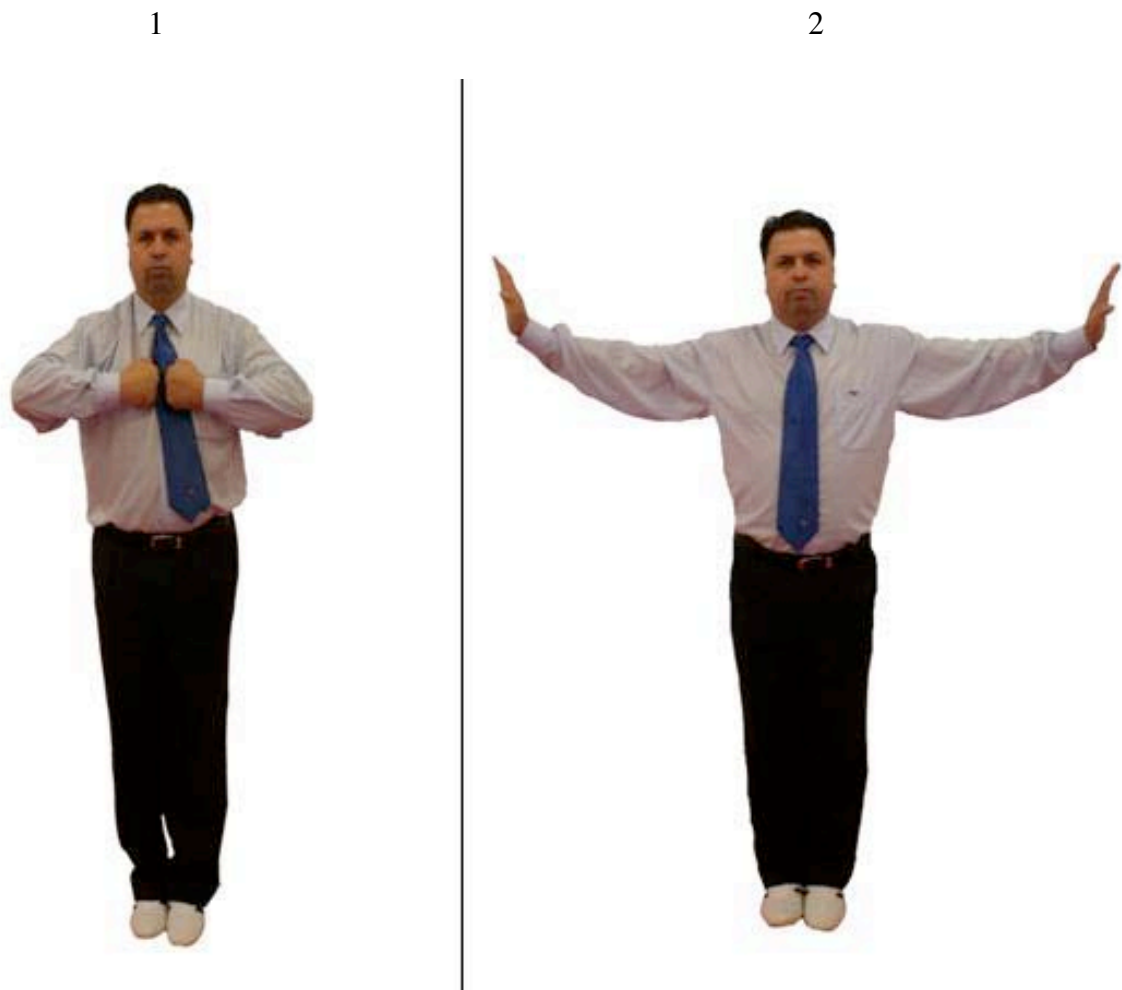
Extend the right arm down with open palm to the **mid-point of the trunk**, taking a “Wen-abseogi” stance and giving a verbal command, “Kal-yeo” or “Keu-man.”

6. “Kye-sok”



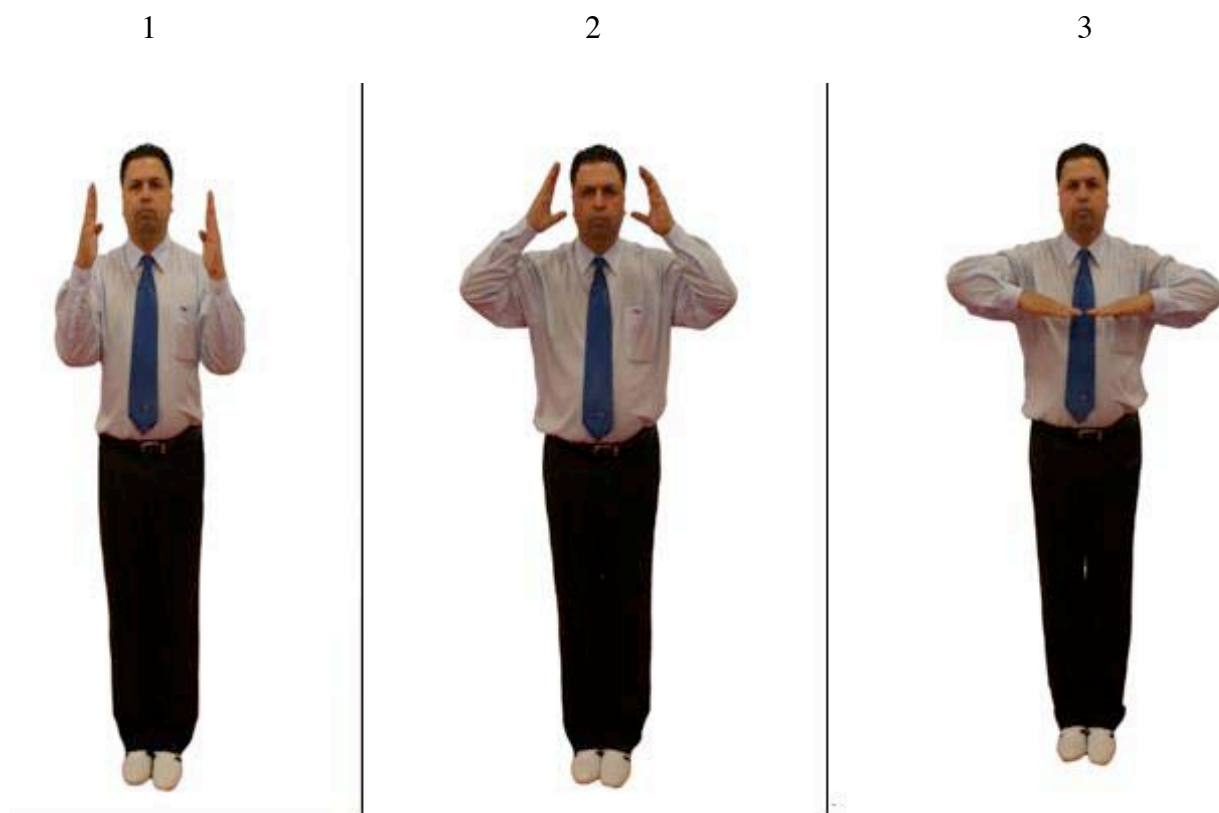
Take “Wen-abseogi” position, bend the right arm upwards until the forefingers are close to the right ear, giving a verbal command “Kye-sok.”

7. End of Round



1. After the declaration of “Kal-yeo” / “Keu-man” at end of a round, raise both arms with clenched fists to the height of the mid-point of the trunk, just beneath the breast bone, then
2. Extend the right arm to “Chung” coach side and left arm to “Hong” coach side in 180 degrees with open palms facing each side—“Chung” and “Hong,” respectively.

8. End of Match



1. After the declaration of “Kal-yeo” / “Keu-man” at end of a match, give the verbal command “Cha-ryeot,” then
2. Give the signal of “take off head protector,” then
3. Give the verbal command “Kyeong-rye.” (The signals will be the same as 2. “Cha-ryeot” / “Kyeong-rye” / “Put on Head Protector.”)

9. Winner Declaration



1. In case “Chung” contestant is the winner, indicate the winner as follows:
 2. Bring the clenched right fist to the mid-point of the trunk just beneath the breast bone, and then
 3. Extend the right arm up at 45 degrees with the open palm upward, declaring “Chung-Seung.”
- * While taking these actions, put the other arm alongside the side of the trunk with the fist slightly clenched.
 - * In case “Hong” contestant is the winner, follow the same procedure and declare “Hong-Seung” using the left hand.

10. “Woo-se Girok”



In case the winner cannot be determined after a sudden death round:

1. The center referee takes two steps back starting from left foot then right foot, then
2. Puts the left foot and the right foot together in “Cha-ryeot” stance and gives verbal command “Woo-se-gyro.”

11. “Kye-shi”



Extend the bent right arm down with the interior angle of the arm being 135 degrees, pointing at Recorder’s Desk with the forefinger, giving verbal command “Kye-shi.”

12. “Shi-gan”



Cross the forefingers of both hands with the left one outside just below the nose, pointing at the Recorder’s desk with verbal command “Shi-gan.”.

13. Counting

1



1-1



Starting with the left arm relaxed, put the thumb of the right hand to the left shoulder. Count from “Hanna” (1) through to “Da-seot” (5), extending the fingers one by one from the thumb of the right hand at one-second intervals.

Upon reaching “Da-seot” (5) turn the open palm towards the pertinent contestant. Repeat the same procedure with the left hand starting with the thumb at the right shoulder and raising to a stand, counting “Ya-seot” (6) through to “Yeol” (10). Upon reaching “Yeol” (10), turn the open palm towards the pertinent contestant.

(Counting should be close to the pertinent contestants face to ensure the contestant can hear/see the count and so the referee can check his/her condition.).

14. Calling for Judges' Gathering

1



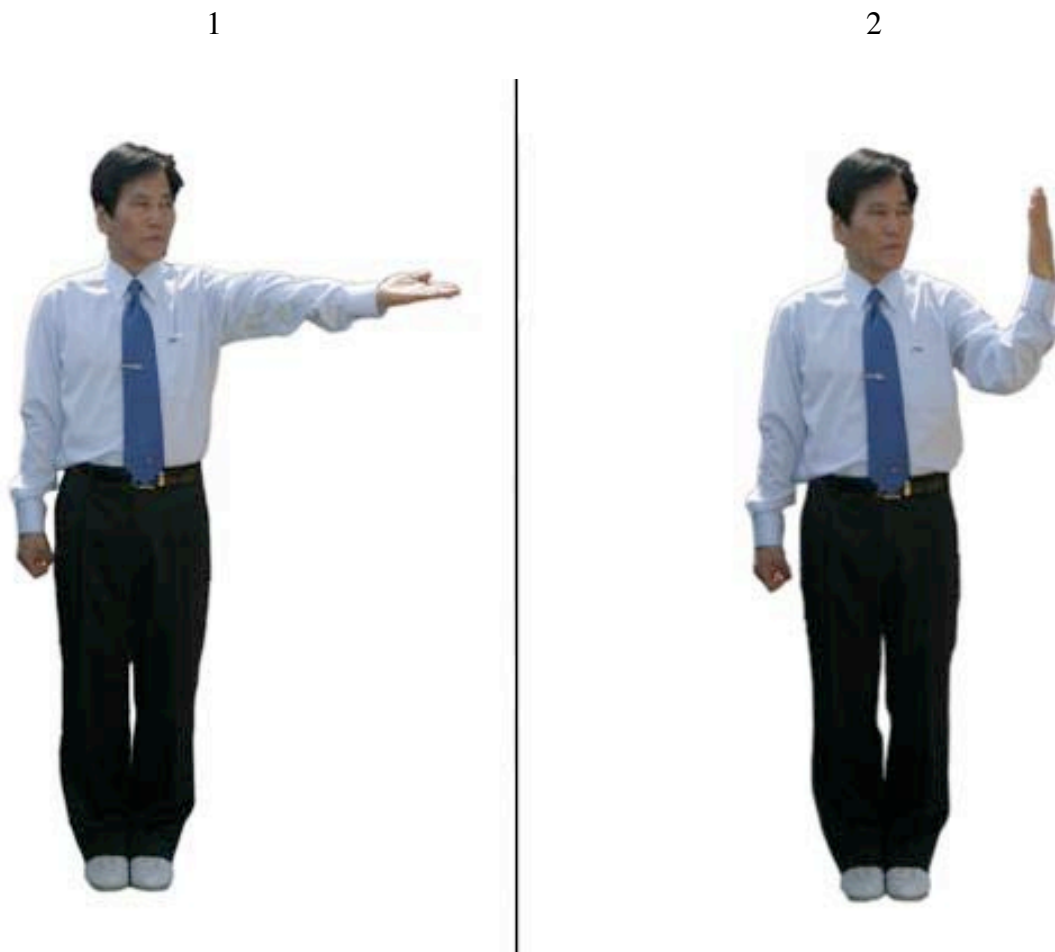
2



In the case of one or more corner judges have raised their hand from the sitting position, the center referee shall call for a judges' gathering.

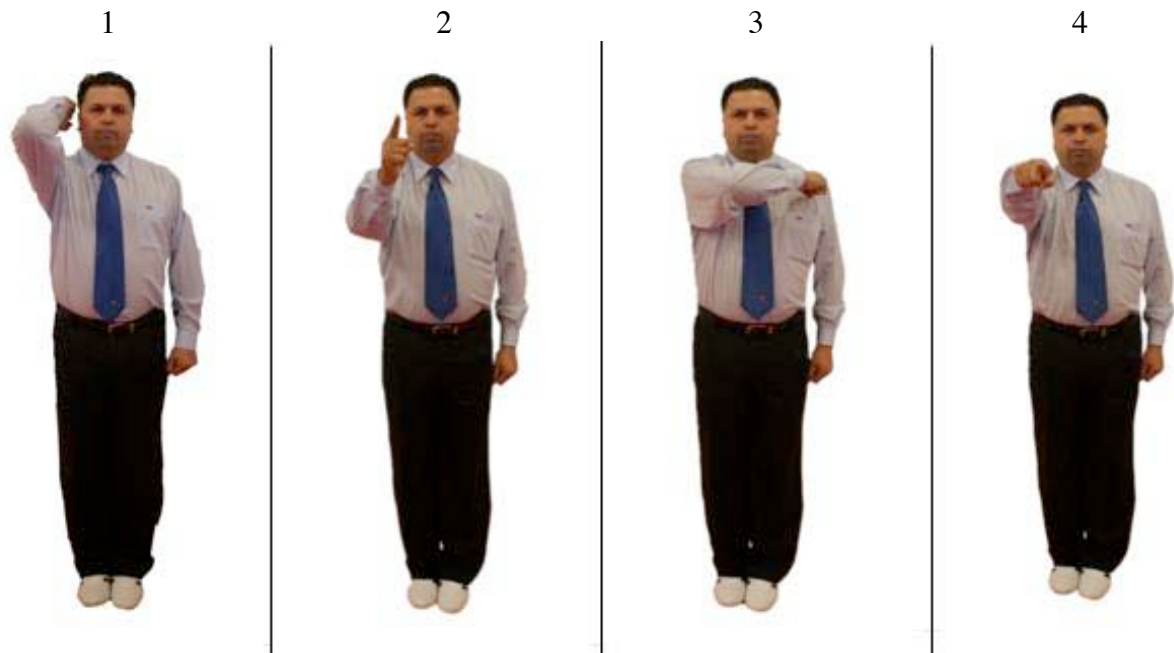
To signal a judges' gathering, extend both arms with open palms to 135 degrees, then bring in both arms to the height of the mid-point of the trunk, just beneath the breast bone.

15. Calling for the Commission Doctor's Aid



If the center referee has made a judgment that an athlete is in danger and needs the commission of a doctor's aid, then the center referee will immediately extend out and brings in his right arm to the height of the right ear and shout, "Doctor, Doctor."

16. Declaration of “Kyong-go”



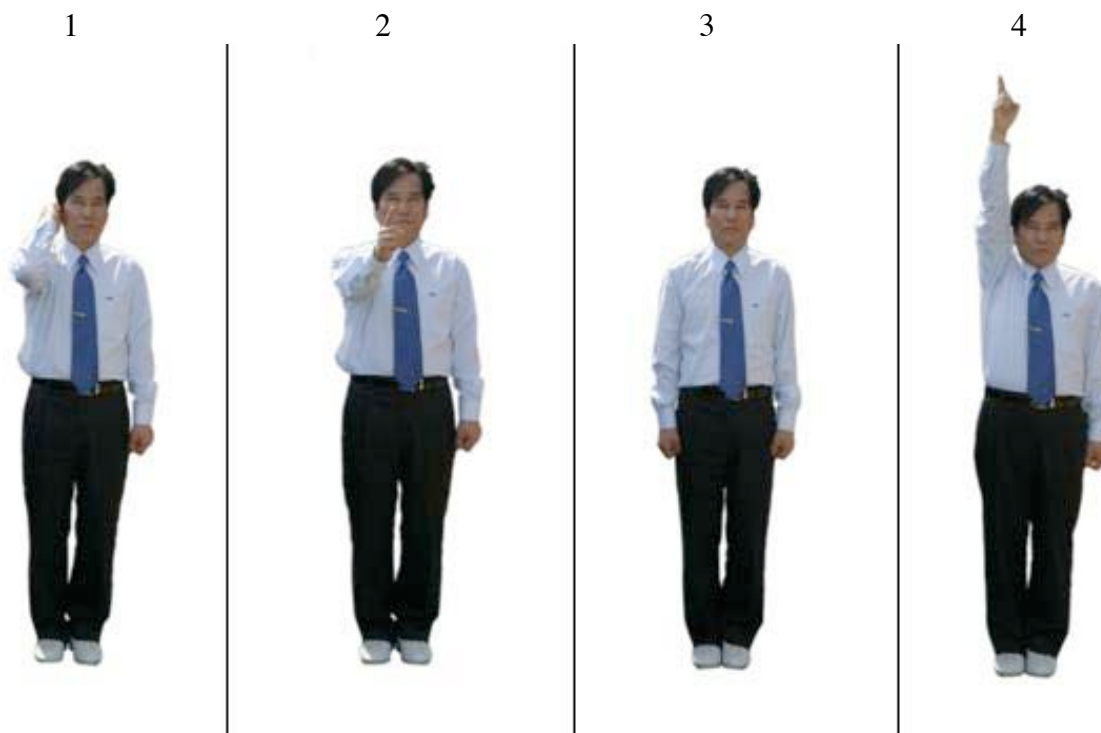
1. Start from the right ear with the right arm bent with clenched right fist and the forefinger extended.

2. Extend the right arm 45 degrees with the forefinger pointed at the pertinent contestant, and giving verbal command “Chung” or “Hong.”

3. Place the right arm bent with a clenched right fist on right chest.

4. Extend the right arm with the forefinger pointed at the forehead of the pertinent contestant, and declaring “Kyong-go.”

17. Declaration of “Gam-jeom”

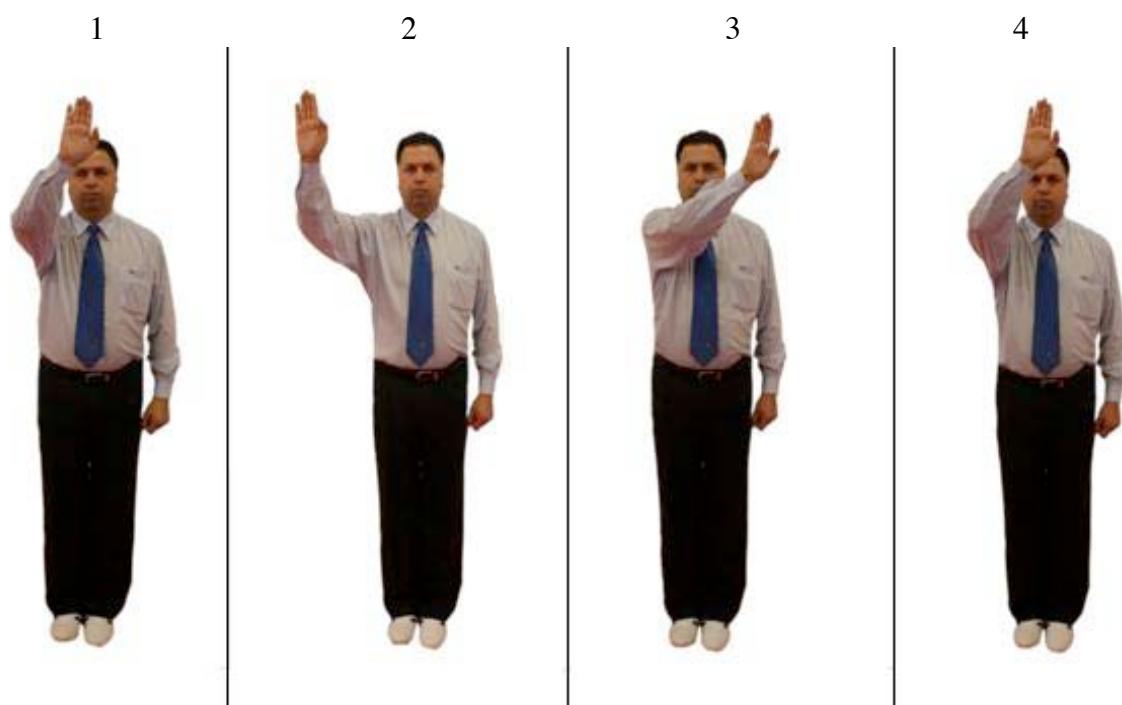


1. Start from the right ear with the right arm bent with a clenched right fist and the forefinger extended.

2. Extend the right arm 45 degrees with the forefinger pointed at the pertinent contestant and giving verbal command “Chung” or “Hong.”

3. In the “Cha-ryeot” stance, raise up the right fist vertically with the right forefinger stretched, declaring “Gam-jeom.”

18. Annulment of Points Scored



This is in regard to Article 12.5 of the Competition Rules that stipulates the annulment of the points scored immediately after the command “Kal-yeo.”

1. In a “Cha-ryeot” stance, raise the right palm before the forehead with a 20cm distance from the forehead.
 2. Wave the right palm twice horizontally from right to left as widely as the shoulder to annul the point(s) scored.
- * After the signal, as shown in picture 2-4, give the verbal commend “Shi-gan” to the Recorder’s desk and declare the penalty to the pertinent contestant. Time shall be started again from the point of the declaration “Kye-sok” after giving the penalty.

19. Declaration of Instant Video Review Request



At coach's request, the center referee shall declare an "instant video review request."

Raise the right arm just above the head while holding a video review request card received from coach(s), then looking at the review jury's desk and give the verbal command "Chung" or "Hong," "Video Replay."

20. Declaration of Points After Instant Video Review



In the case of a point (or points) granted after the video review, looking at Recorder's desk, raise the right arm to the height of the head as shown in the pictures above, then give the verbal command "Chung" or "Hong"—"Il-jeom," "Eui-jeom," "Sam-jeom," or "Sa-jeom."

21. Invalidation of Points After Instant Video Review

1-1



1-2



1-3



1-4

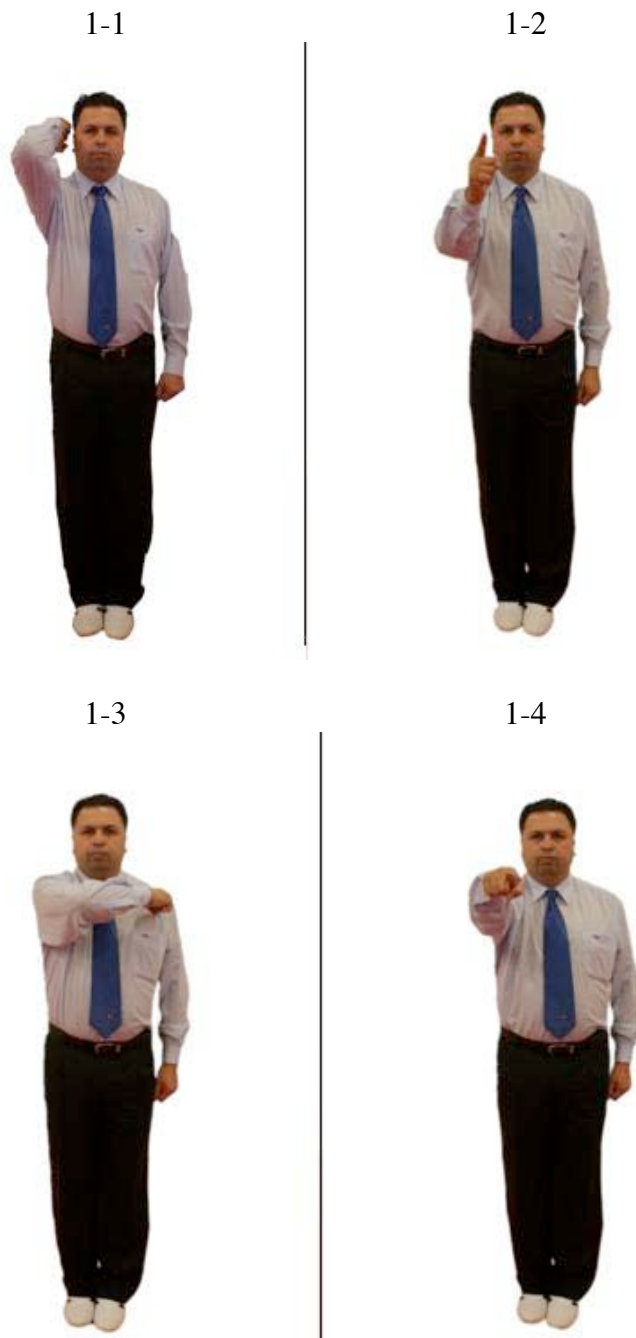


1-5



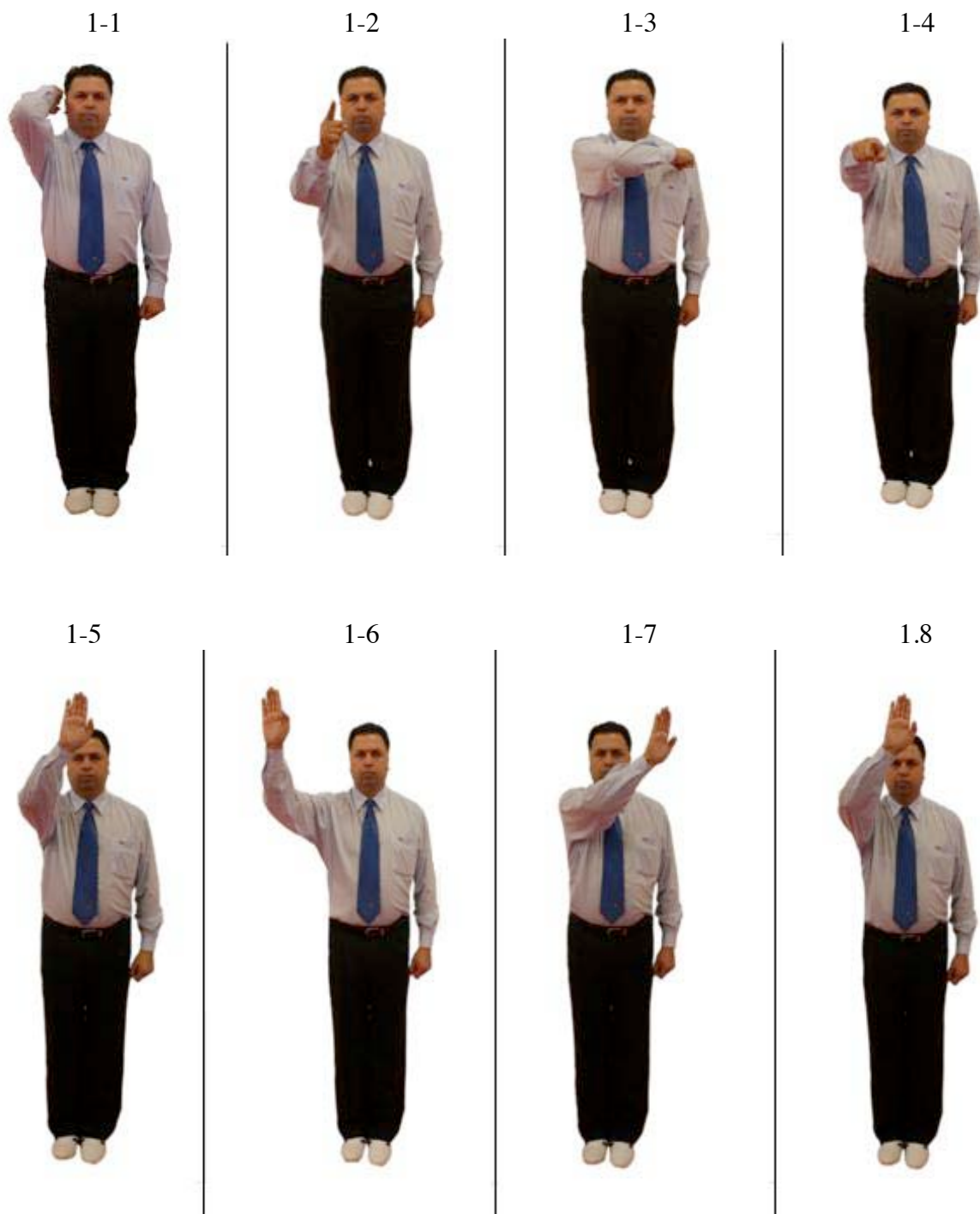
In case of a point or points being invalidated after the video review, looking at recorder's desk, give the verbal command "Chung" or "Hong" – "Il-jeom," "Eui-jeom," "Sam-jeom," or "Sa-jeom," then following same procedure as 18 (Invalidation of Points Scored).

22. Declaration of “Kyong-go” After Instant Video Review



In the case of “Kyong-go” is granted after the video review, the center referee will follow same procedure as 16 (Declaration of “Kyong-go”).

23. Invalidation of “Kyong-go” After Instant Video Review



In case of a “Kyong-go” being invalidated after the video review, looking at recorder’s desk, give the verbal command “Chung” or “Hong”—“Kyong-go,” followed by the same procedure as 18 (Invalidation of points scored).

24. Declaration of “Gam-jeom” After Instant Video Review

1-1



1-2



1-3

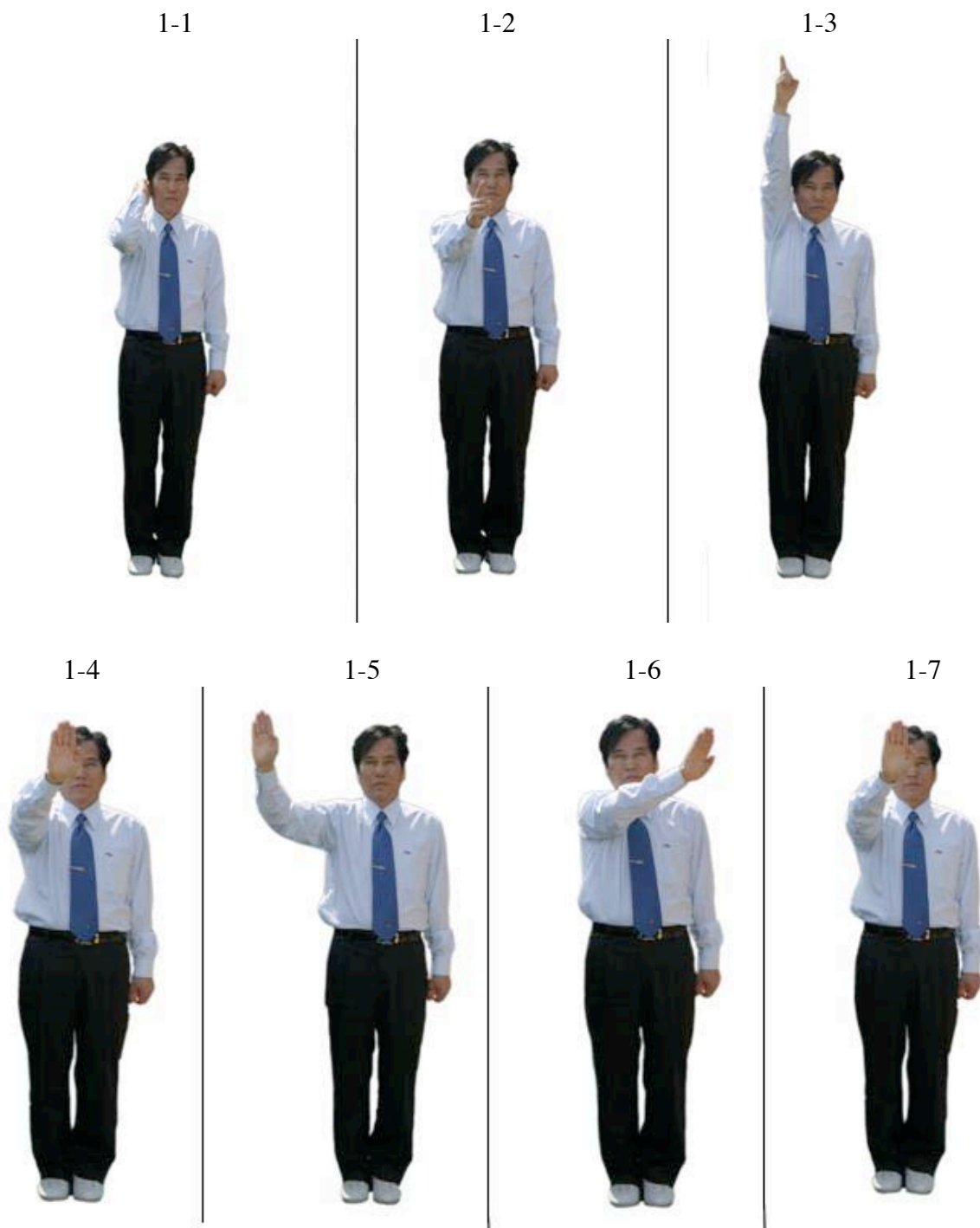


1-4



In the case “Gam-jeom” is granted after the video review, the center referee will follow same procedure as 17 (Declaration of “Gam-jeom”).

25. Invalidation of “Gam-jeom” After Instant Video Review



In case of a “Gam-jeom” being invalidated after the video review, looking at recorder’s desk, give the verbal command “Chung” or “Hong” — “Gam-jeom,” followed by the same procedure as 18 (Invalidation of points scored).

26. Acceptance of Reason for Coach's Request for Instant Video Review



The center referee shall walk toward the coach's mark and return the video review request card to the coach politely.

27. Rejection of Reason for Coach's Request for Instant Video Review



The center referee shall return to the referee's mark and place the video replay request card in shirt pocket, then resume the match.

—Notes—

Poomsae Competition Rules



Poomsae Competition Rules

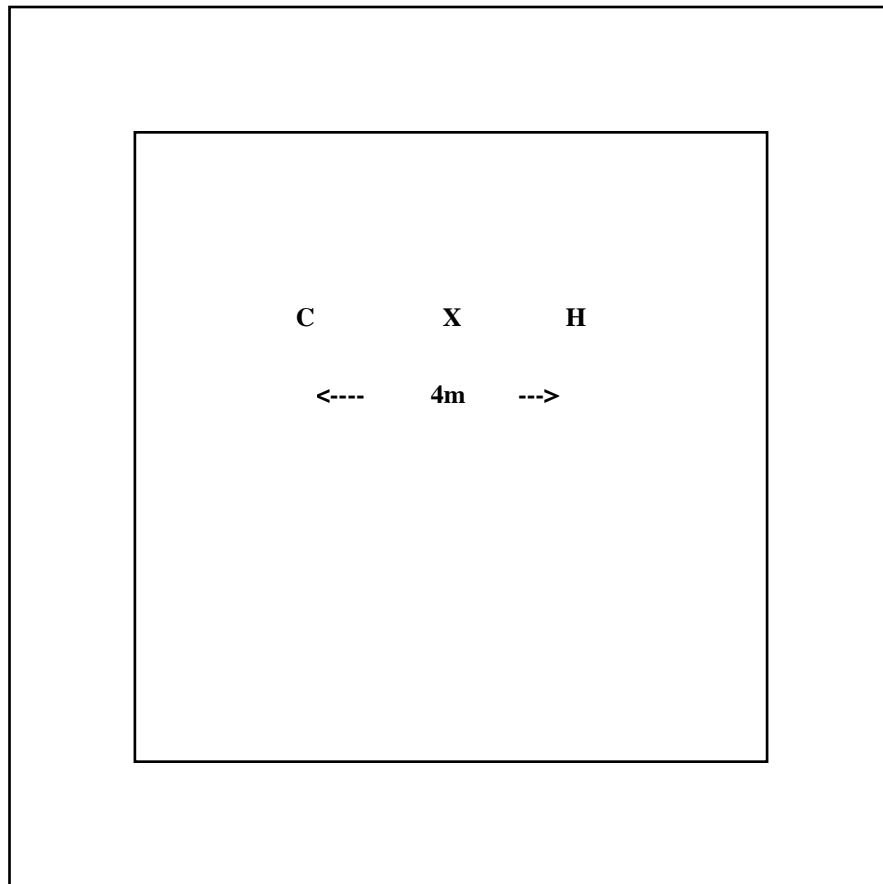
Article 1. General Rules and Regulations for Poomsae Competition

1. Poomsae Competition Area

Poomsae competition will take place in the Free Sparring Competition area as defined by the Competition Rules of the USAT and the WTF. However, officials, their assistants, and Poomsae contestants will be positioned as illustrated.

S-1

S-2



Judge 1 <2m> Judge 2 <2m> Referee <2m> Judge 3 <2m> Judge 4

Recorders

- C:** Odd-numbered contestant's position if two contestants perform
- H:** Even-numbered contestant's position if two contestants perform
- X:** Contestant's position if single contestant performs
- S-1:** Odd-numbered contestant's on-deck position
- S-2:** Even-numbered contestant's on-deck position
- Recorders:** Recorder's position

Article 2. Contestants

1. Official Uniform

A contestant must wear a white Taekwondo V-neck USAT/WTF dobok in good condition. Black Belts may wear black-collared uniforms. The uniform is allowed to have the following on the back:

- Country name
- State name
- Club/school name
- Athlete name

No tape will be allowed on any part of the uniform. USAT reserves the right to disallow any uniform or equipment if it is found to be offensive or degrading in any fashion. No competitor will be allowed to roll up the sleeves or cuffs, or to wear colored trim on the uniform except black trim around the neck for black belt contestants.

2. Metallic Articles

No contestants will be permitted to wear any metallic articles. Metallic articles include all hard objects such as rings, necklaces, watches, bracelets, earrings, and hard casts. However, safety eyeglasses may be permitted as far as they do not impair the contestant's movements.

3. Personal Hygiene

1. All competitors must maintain the highest standard of personal hygiene, keep their nails cut short and groom their hair neatly.
2. Any violators of Sections 1, 2, and 3 will be required to correct the violation within one minute, or they will be disqualified.

4. Alcohol and Drugs

1. Except for drugs permitted by the IOC/USOC, the administration or use of any drugs, alcohol, stimulants, and/or injections in any part of the body, either before or during a match, to and/or by any contestant is absolutely prohibited.
2. If illegal use of drugs is discovered prior to the competition, the contestant will be immediately disqualified. If illegal use of drugs is discovered after the results are declared, a contestant will forfeit his/her award.

Article 3. Officials — Referees, Judges, and Assistants

1. General Rules

1. The Poomsae competition in principle, will be judged by one referee and four judges. The scores will be recorded by recorders.

2. All USAT-sanctioned championships must be officiated by referees certified by the USAT and/or the WTF.
2. Referee
The referee will:
 1. Control the Poomsae competition;
 2. Physically examine if there are any violations of Article 2 when the contestant is called in;
 3. Order any violations corrected and start the timekeeper's clock;
 4. Give pre-competition instructions if necessary;
 5. Declare the beginning and the end of the competition;
 6. Call for judges to display score cards;
 7. Question, inspect, and declare if the Poomsae is authorized;
 8. Collect score tally sheets from the scorekeepers;
 9. Declare the winners of the Poomsae competition.
 4. Assistants
 1. Each recorder will independently:
 - a. Record scores displayed by the judges and referee;
 - b. Add the scores and rank the contestants;
 - c. Submit the final score-tally sheet to the referee.
 2. Timekeeper will:
 - a. Start the official clock after the referee orders correction of any violations of Article 11 of the Poomsae Competition Rules;
 - b. Inform the referee when the one minute time has expired.

Article 4. Official Signals and Language

1. Referee
The referee will:
 1. Call the contestant in by calling "Sunsoo-ipjang" (on position or enter the ring);
 2. Face the judges and declare "Char-eot, Kyeong-rye" (attention, bow) with the same hand signal as the free sparring competition;
 3. Conduct following physical inspections:
 - a. Visual inspection of dobok, hair and possible use of metallic articles;
 - b. Inspection for alcohol and/or drug abuse;

- c. Inspection of right-side contestant first if two contestants perform Poomsae at the same time.
4. Return to the referee's position thereafter;
5. Face the contestants assuming attention and declare "Joon-bi, Shi-jak" (ready, begin) and then sit down;
6. At the completion of the Poomsae, assume attention and declare "Keu-man" (finish) and then continue, declaring "Char-eot, Kyeong-rye" (attention, bow) with the same hand signals as the beginning.
7. Turn around to face the judges and call for the score by declaring "Jom-soo" (score);
8. Turn around and display his score;
9. Declare "Sunsoo-taejang" (dismissed or exit the ring).

Article 5. Scoring

1. Score

1. The referee and judges shall award a score, on a scale of five to ten, ten being the highest, to the contestant by displaying the score card.
2. Any tenth of one point may be awarded (0.1, 0.9, etc.).
3. The highest and lowest scores will be dropped from total computation. In case of tie, however, all scores will be computed to break the tie.
4. If a three-judge system is used, all scores will be computed. In case of a tie, however, the closest to the mean number is the winner. (E.g., 8.4, 8.5, 8.6 is the winner vs. 8.1, 8.5, 8.9).

2. Merits

Judges and referee will award scores on the basis of the following merits:

1. Correct and orderly execution of each movement;
2. Degree of proficiency which will be judged on the basis of:
 - a. Beginning and ending the Poomsae at the same spot
 - b. Executing powerful and speedy techniques by tensing and relaxing muscles at the proper moment
 - c. Mental concentration
 - d. Focused eye and head movements
 - e. Accurate targets
 - f. Inhaling and exhaling at the proper moment
 - g. Balance
 - h. Rhythm
 - i. Synchronization of entire body movements
 - j. Competition manner

3. Official Poomsae

1. The only official Poomsae for all USAT-sanctioned Poomsae competition are the ones officially recognized by the Kukkiwon/WTF and required by the USAT.
2. The WTF presently recognizes and the USAT presently requires:

BLACK BELTS

10th Dan	None
9th Dan	Ilyo
8th Dan	Hansu
7th Dan	Chonkwon
6th Dan	Jitae
5th Dan	Sipjin
4th Dan	Pyungwon
3rd Dan/Poom	Taebaek
2nd Dan/Poom	Keumgang
1st Dan/Poom	Koryo

NON-BLACK BELTS

10th Gup	Basic Form 1
9th Gup	Basic Form 2
8th Gup	Taegeuk 1 Jang
7th Gup	Taegeuk 2 Jang
6th Gup	Taegeuk 3 Jang
5th Gup	Taegeuk 4 Jang
4th Gup	Taegeuk 5 Jang
3rd Gup	Taegeuk 6 Jang
2nd Gup	Taegeuk 7 Jang
1st Gup	Taegeuk 8 Jang

Article 6. USAT-Sanctioned Poomsae Competition Events

1. National Taekwondo Championships

A. All Poomsae contestants must:

1. Be a currently-registered USAT Competitor member;
2. Be a certified black belt and must present a copy of current Dan Certificate to verify their rank;
3. Perform the official Poomsae required for their current rank;

B. Poomsae divisions will be as follows:

Male Division			Female Division	
Under 67 kg	(Under 147.4 lbs)	Light	Under 59 kg	(Under 129.8 lbs)
Over 67 kg	(Over 147.4 lbs)	Heavy	Over 59 kg	(Over 129.8.0 lbs)

- A. All junior Poomsae contestants must:
1. Be a currently-registered USAT Competitor member;
 2. Be a certified Dan or Poom holder, or an active student with 1st to 6th Gup. If a Black Belt or Poom holder, he/she must present a copy of current Dan/Poom Certificate to verify their rank;
 3. Perform official Poomsae required for their current rank;
 4. Be under 18 years of age as verified by a birth certificates.

B. Poomsae divisions will be categorized on the basis of the following criteria:

1. All weight divisions will be divided by gender, age, and weight. Each category will further subdivided into four belt ranks of green, blue, red, and black belts.

3. USAT-Sanctioned Championships

1. All Poomsae contestants in any championship sanctioned by the USAT must:

- a. Be a currently-registered USAT member;
- b. Be either a certified black belt or an active member of a USAT member club, school or organization;
- c. Perform official Poomsae required for their current rank.

2. All Poomsae divisions will be the same as the national level championships. However, the sponsoring organization has the option of combining two or three ranks, ages and sex divisions into a single group. The merging must be as fair and reasonable as possible for all affected participants.

4. Selection of Winners

1. National Level Championships

Winners of Poomsae competition at the national level, in principle, will be decided in three rounds of competition.

a. Elimination round:

- i. One third (1/3) of all contestants in each division with the highest scores will advance to the semifinals.

b. Semifinal round:

- i. New judges and referee will be assigned in principle;
- ii. All previous scores will be disregarded;
- iii. Contestants will perform the same Poomsae performed in the elimination round;

- iv. If there are more than 10 semifinalists, the five highest ranking will advance to the final round;
 - v. If there are fewer than 10 semifinalists, the three highest ranking will advance to the final round.
- c. Final round:
- i. New judges and referee will be assigned in principle;
 - ii. All previous scores will be disregarded;
 - iii. 1st, 2nd and 3rd place winners will be selected.
2. National Junior Olympic Championships
- a. Winners of Poomsae at the National Junior Olympic Championships will be selected by the same method as the national level championships.
 - b. However, the Chair of the organizing committee, with the approval of the USAT CEO, has the option:
 - (1) to select winners in the single two rounds of competition for black belt divisions;
 - (2) to select winners by single round of competition for under black belt divisions;
 - (3) to select more than three but less than six winners per division.

Article 7. Final Ruling

Matters and situations not covered by these Poomsae Competition Rules will be resolved by precedents, interpretation, and the USAT Competition Rules.

1. If the situation is covered by USAT rules, the USAT Referee Director for that event or USAT designee will make the final ruling after a joint meeting of the Competition Supervisory Board members and other involved committee members.
2. If the situation is not covered by USAT rules, the USAT CEO will make the final ruling after a joint meeting of the Competition Supervisory Board members and other involved committee members.

-Notes-

Junior Competition Rules



PART ONE
KYORUGI (FREE SPARRING) COMPETITION SAFETY
RULES GOVERNING CHILDREN

PURPOSE

The Competition Rules regulate and govern all matters pertaining to Taekwondo competition at all levels sanctioned or promoted by USA Taekwondo. However, the following special section of the Competition Rules (which will be referred to as “Junior Competition Rules” hereafter) shall further apply to junior sparring divisions as stated below. (Please refer to the chart on Page 69 for each division’s rules at the National Championships and National Qualifiers.)

Article 1. Junior Kyorugi (Sparring) Safety Rules

1. General Rules

A. No Head Contact

Ages 7 & Under (All Belts) and Ages 11 & Under (Color Belt Divisions)

1. In National Qualifier and National Junior Olympic Championships sparring competition, the rules concerning a kick to the face shall be as follows:
 - a. Any technique contacted to the head area which does not cause any injury, will be given a warning by the referee (“Kyong-go”).
 - b. Any technique, which causes injury to the head area will result in a one-point penalty by the referee (“Gam-jeom”).
 - c. If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.

NOTE: Inability to continue because of fright, crying or loss of will following a kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker.

B. Junior Safety Rules

Ages 8-11 (Black Belts), 12-13 Year Old Divisions (All Belts), and 14-17 Year Old Divisions (Color Belts)

1. In National Qualifier and National Junior Olympic Championships sparring competition, the rules concerning a kick to the face shall be as follows:
 - a. The competitor is allowed to kick to the facial area; however, the kick must be light contact with appropriate control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
 - b. The competitor who executes a successful technique (light contact without causing any injury) shall be awarded three (3) points.

- c. The competitor who executes a kick to the face which results in a minor injury shall receive a one-point (“Gam-jeom”) penalty. A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.
- d. The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.

NOTE: Inability to continue because of fright, crying or loss of will following a legal kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker.

C. 14–17 Year Old Black Belts and Senior Division (All Belts)

1. In National Qualifiers, Junior Olympic Championships, and Senior National Championship sparring competition, the Senior Black Belt adult rules shall apply for these divisions.

Excessive contact to the facial or head area:

Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact to be excessive, and declare the appropriate penalty.

Where Junior Competition Rules are in effect per Article 1.B above, the competitor who executes a successful technique to the face (light, controlled contact without causing any injury) shall be awarded three points. This is to better align with current WTF standards; however, the criteria for “excessive contact” will continue to be strictly enforced.

8-Count

Under Junior Competition Rules, the referee should NOT give an 8-count for ANY technique, even a legal one, to the head area; if a kick to the head is powerful enough to warrant an 8-count, it should be considered excessive, and the appropriate penalty should be declared.

However, the referee can and should begin an 8-count for a legal kick to the trunk area that results in a knock-down condition.

Turning Kicks

Successful turning kicks to the body shall be awarded two points in all Junior sparring divisions.

Junior Competition Rules for Nationals and National Qualifiers

AGE	BELT COLOR	QUALIFIER RULES
6-7	YELLOW	NH
	GREEN	NH
	BLUE	NH
	RED	NH
	BLACK	NH
8-9	YELLOW	NH
	GREEN	NH
	BLUE	NH
	RED	NH
	BLACK	JSR
10-11	YELLOW	NH
	GREEN	NH
	BLUE	NH
	RED	NH
	BLACK	JSR
12-13	YELLOW	JSR
	GREEN	JSR
	BLUE	JSR
	RED	JSR
	BLACK	JSR
14-17	YELLOW	JSR
	GREEN	JSR
	BLUE	JSR
	RED	JSR
	BLACK	ADULT
SENIOR	YELLOW	ADULT
	GREEN	ADULT
	BLUE	ADULT
	RED	ADULT
	BLACK	ADULT

ADULT – Adult Competition Rules shall apply.

JSR – Junior Safety Rules – See Section B on Page 67.

NH – No Head Contact – See Section A on Page 67.

Article 2. Junior Kyorugi Weight Divisions

Junior Kyorugi weight divisions will be categorized by sex, age, weight, and Taekwondo rank according to following charts.

1st, 2nd and two 3rd place winners will receive awards. At the discretion of the Tournament Organizing Committee, competitors may be divided into three rank divisions as follows: Black, yellow and green, and blue and red.

If the number of competitors for each division is less than 8, the Organizing Committee has the option of combining two or three age groups into a single group and assigning the divisions as advanced, intermediate, and beginner to each combined group.

14 -17 Year Old Black Belts

Male Division	Weight Category	Female Division
Not exceeding 99.2 lbs (Not exceeding 45 kg)	Fin	92.6 lbs (Not exceeding 42 kg)
99.3 lbs – 105.8 lbs (Over 45 kg not exceeding 48 kg)	Fly	92.7 lbs – 97.0 lbs (Over 42 kg not exceeding 44 kg)
105.9 lbs – 112.4 lbs (Over 48 kg not exceeding 51 kg)	Bantam	97.1 lbs – 101.4 lbs (Over 44 kg not exceeding 46 kg)
112.5 lbs – 121.3 lbs (Over 51 kg not exceeding 55 kg)	Feather	101.5 lbs – 108.0 lbs (Over 46 kg not exceeding 49 kg)
121.4 lbs – 130.0 lbs (Over 55 kg not exceeding 59 kg)	Light	108.1 lbs – 114.6 lbs (Over 49 kg not exceeding 52 kg)
130.1 lbs – 138.9 lbs (Over 59 kg not exceeding 63 kg)	Welter	114.7 lbs – 121.3 lbs (Over 52 kg not exceeding 55 kg)
139.0 lbs – 149.9 lbs (Over 63 kg not exceeding 68 kg)	Light Middle	121.4 lbs – 130.0 lbs (Over 55 kg not exceeding 59 kg)
150.0 lbs – 160.9 lbs (Over 68 kg not exceeding 73 kg)	Middle	130.1 lbs – 138.9 lbs (Over 59 kg not exceeding 63 kg)
161.0 lbs – 172.0 lbs (Over 73 kg not exceeding 78 kg)	Light Heavy	139.0 lbs – 149.9 lbs (Over 63 kg not exceeding 68 kg)
172.1 lbs and over (Over 78 kg)	Heavy	150.0 lbs and over (Over 68 kg)

Junior Kyorugi Weight Divisions
(All Gup Ranks and 6–13 Year Old Black Belts)

Age	Rank	Male Weights (lbs.)	Female Weights (lbs.)
6 - 7		Under 40	Under 40
	Green	40.1 - 52	40.1 - 52
	Blue	52.1 - 65	52.1 - 65
	Red	65.1 - 78	65.1 - 78
	Black	78.1 - 90	78.1 - 90
8 - 9		Over 90	Over 90
	Green	Under 55	Under 55
	Blue	55.1 - 67	55.1 - 67
	Red	67.1 - 80	67.1 - 80
	Black	80.1 - 92	80.1 - 92
10 - 11		92.1 - 105	92.1 - 105
		Over 105	Over 105
	Green	Under 65	Under 65
	Blue	65.1 - 78	65.1 - 78
	Red	78.1 - 90	78.1 - 90
12 - 13		90.1 - 102	90.1 - 102
		102.1 - 115	102.1 - 115
		Over 115	Over 115
	Green	Under 75	Under 70
	Blue	75.1 - 87	70.1 - 82
14 - 15		87.1 - 100	82.1 - 94
		100.1 - 112	94.1 - 106
		112.1 - 125	106.1 - 120
		Over 125	Over 120
	Green	Under 95	Under 92
16 - 17		95.1 - 107	92.1 - 104
		107.1 - 120	104.1 - 116
		120.1 - 132	116.1 - 128
		132.1 - 142	128.1 - 140
		142.1 - 158	140.1 - 152
16 - 17		Over 158	Over 152
	Green	Under 105	Under 100
	Blue	105.1 - 117	100.1 - 112
	Red	117.1 - 130	112.1 - 124
		130.1 - 142	124.1 - 138
	142.1 - 154	138.1 - 150	
	154.1 - 167	150.1 - 162	
	Over 167	Over 162	

PART TWO
JUNIOR POOMSAE COMPETITION RULES

The following section outlines the most important elements governing Junior Poomsae Competitions by the Poomsae Competition Rules of the USAT.

Article 1. Poomsae (Form) Competition Rules

1. Required Official Poomsae
 1. The only official Poomsae for all USAT sanctioned Poomsae competition are those officially recognized by the WTF and required by the USAT.
 2. The WTF presently recognizes, and the USAT presently requires:
 - (1) Black Belt

4th Dan	Pyongwon
3rd Dan or 3rd Poom	Taebaek
2nd Dan or 2nd Poom	Keumgang
1st Dan or 1st Poom	Koryo
 - (2) Non-Black Belt

Red Belt (1st & 2nd Gup)	Taegeuk 8 & 7 Jang
Blue Belt (3rd & 4th Gup)	Taegeuk 6 & 5 Jang
Green Belt (5th & 6th Gup)	Taegeuk 4 & 3 Jang
Yellow Belt (7th & 8th Gup)	Taegeuk 2 & 1 Jang
 3. All Poomsae contestants must perform the official Poomsae required for their current rank.
2. National Junior Olympic Taekwondo Championships
 1. Winners of Poomsae competitions at the National Junior Olympic Championships will be selected by the same method as the national level championships described in the Poomsae Competition Rules.
 2. The Chair of the Organizing Committee, however, with the approval of the USAT CEO, has the option:
 - 1) To select winners in a single or two rounds of competition for Junior Black Belt divisions (age 14-17);
 - 2) To select winners by a single round of competition for non-Black Belt divisions and under-age Black Belt divisions (age under 14); and
 - 3) To select more than three but less than six winners per division.

3. USAT-Sanctioned Championships

1. All Poomsae contestants in any championship sanctioned by the USAT must perform the official Poomsae required for their current rank.
2. All Poomsae divisions will be the same as the National Junior Olympic Taekwondo Championships. However, the sponsoring organization has the option of combining two or three ranks, ages and male and female divisions into a single group. The merging must be fair and as reasonable as possible for all affected participants.

—Notes—

Article 2. Junior Poomsae Weight Divisions

Junior Poomsae weight divisions will be categorized by sex, age, weight and Taekwondo rank as follows:

14 -17 Year Old Black Belts

Dan	Form	Division	Male Weights (lbs.)	Female Weights (lbs.)
1 Dan	Koryo	Light	Under 105.8	Under 97
2 Dan	Keumgang	Light Middle	105.8 - 121.2	97.1 - 108
3 Dan	Taebaek	Middle	121.3 - 138.9	108.1 - 121.2
4 Dan & Up	Pyongwon	Light Heavy Heavy	139.0 - 160.9 Over 160.9	121.3 - 138.9 Over 138.9

6-13 Year Old (All Belt Colors) and 14-17 Year Old Color Belts

Age	Belt	Dan	Male Weights (lbs.)	Female Weights (lbs.)
6 - 7	Green	1 Dan	Under 52	Under 52
	Blue	2 Dan	52.1 - 78	52.1 - 78
	Red	3 Dan	Over 78	Over 78
	Black			
8 - 9	Green	1 Dan	Under 67	Under 67
	Blue	2 Dan	67.1 - 92	67.1 - 92
	Red	3 Dan	Over 92	Over 92
	Black			
10 - 11	Green	1 Dan	Under 78	Under 78
	Blue	2 Dan	78.1 - 102	78.1 - 102
	Red	3 Dan	Over 102	Over 102
	Black			
12 - 13	Green	1 Dan	Under 87	Under 82
	Blue	2 Dan	87.1 - 112	82.1 - 106
	Red	3 Dan	Over 112	Over 106
	Black			
14 - 15	Green		Under 107	Under 104
	Blue		107.1 - 132	104.1 - 128
	Red		Over 132	Over 128
16 - 17	Green		Under 117	Under 112
	Blue		117.1 - 142	112.1 - 138
	Red		Over 142	Over 138

USAT Creative Kyuk-Pa Guidelines

Creative Kyuk-pa (Breaking) General Scoring Guidelines

Article 1. General Information

1. Competitors can choose the kind of techniques and number of boards to break.
2. The maximum set-up time is 1 minute.
3. The maximum time to complete the performance is 1 minute.
4. The maximum number of tries is 2 times.
5. The performance must be done within the WTF regulation ring size (8 m x 8 m).
6. All boards for breaking must be 12-inch by 10-inch, 3/4-inch thick pine. The Organizing Committee shall supply the boards. Competitors must provide their own holders.

Article 2. Judging Criteria

1. Difficulty of Technique will be based on the following order of superiority (in ascending order):
 - Hand Technique (least difficult)
 - Standing kick technique
 - Jump kick technique
 - Kicking technique with spinning motion
 - Jump kick with spinning motion
 - Multiple breaking jump kick
 - Multiple spinning jump kick (most difficult)
2. Difficulty of Breaking will also be based on the number of Boards.
 - Number of boards held at one time
 - Total number of boards in performance
3. Technique will be based on Accuracy, Speed, and Power.
 1. Accuracy:

Breaking at the first attempt is superior to breaking at the second attempt, and breaking at the center of the board is superior to breaking off-center.

2. Speed:

Suspended holding is superior to the fixed holding, and a competitor who executes more techniques in less time is superior to a competitor who executes less techniques in longer time.

3. Power:

Higher number of boards broken is superior to the lower number of boards broken.

4. Presentation is based on Balance, Rhythm, and Manner:

Competitor balance, rhythm, and good manner from entrance to the completion of the performance are superior to the competitor without balance, rhythm, and good manner.

Taekwondo Officiating Terminology

Starting and Ending

1.	Char-yeot	tcha riet	Attention
2.	Kyeong-rye	kieng ney	Bow
3.	Joon-bi	djoon bee	Ready
4.	Il hoe jeon	il way dzohn	1st Round
5.	Ee hoe jeon	ee way dzohn	2nd Round
6.	Sam hoe jeon	Sahm way dzohn	3rd Round
7.	Shi-jak	shi dzahk	Start
8.	Won wi chi	won wee chee	Come back to position
9.	Keu-man	ku mahn	Stop (end of round)

Directing, Enforcing and Awarding

1.	Kal-yeo	kal yo	Break
2.	Chung	chung	Blue
3.	Hong	hawng	Red
4.	Ip-jang	ip dzahng	Admission (enter the ring)
5.	Kyong-go	kyawng go	Warning penalty of 1/2 point
6.	Gam-jeom	gahm jum	Penalty of one point
7.	Kye-sok	kae sok	Continue
8.	Shi-gan	shee gan	Suspension of match (non-injury)
9.	Kye-shi	kae shee	Injury timeout (1 minute)
10.	Chung Seung	chung soong	Chung winner
11.	Hong Seung	hawng soong	Hong winner
12.	Hyu-sik	hju sik	Rest

Counting

1.	Ha-nah	hah nah	One
2.	Duhl	dool	Two
3.	Seht	set	Three
4.	Neht	net	Four
5.	Da-seot	da soot	Five
6.	Yeo-seot	yu soot	Six
7.	Il-gop	il gob	Seven
8.	Yeo-dul	yu duhl	Eight
9.	A-hop	ah hob	Nine
10.	Yeol	yool	Ten

Officiating Staff and Equipment

1.	Joo-sim	ju shim	Referee
2.	Bu-sim	boo shim	Judge
3.	Kye-shi	kae shee	Timer
4.	Ki-rohk	kee roke	Recorder
5.	Nangsim-hogu	nang sim ho goo	Protective cup (groin guard)
6.	Kasoom-hogu	ka soom ho goo	Trunk Protector

