

ITF POWER TAEKWON-DO SPARRING RULES

Article 1. General

1.1 Official "ITF Power Taekwon-Do Sparring" competitions are held directly under the ITF headquarters' authority and it is a part of the official ITF competitions (World, Continental, Regional, National and etc.)

1.2 All competitions at the World, continental, national and all other levels must promote the development, popularization and rising quality of ITF Taekwon-Do as a sport and ITF as an organization.

1.3 All competitions and matches are on a voluntary basis. Also, the basis of all our activity in Taekwon-Do must be according to fair play, respect to all participants, officials and respect a fundamentals of the ITF rules.

1.4 ITF Pro-League Committee allows a maximum of 2 power taekwondo matches per competitor per day, during Continental or World Championships.

1.5 Only ITF Pro-League Committee has the power to take decisions on any official rules modifications. A change in a rule must be communicated to the ITF Umpire and Tournament committee related to the subject. In case any changes are adopted, the changes come into effect in 30 days after such decision is taken. The date a new rule comes into effect must be communicated in a form of written notification to all committees and member countries of ITF.

1.6 Changes may come into immediate effect if obvious mistakes are found in the text or if considered critical for health and safety of athletes by the ITF Pro-League Committee. If a change is valid immediately it must be well communicated to all member countries by mail and by an internet announcement. The exception to such practice is that there may not any change in the rules immediately before or during the World, Continental, National or Regional Championships.

Article 2. Application

The ITF Power Taekwon-Do Sparring Rules shall apply in all the Competitions organized/encouraged by ITF or Continental, Regional and National Federations.

Article 3. Pyramid system of elimination will be used.

Article 4. Qualification

Only adult male competitors may compete in the ITF Power Taekwon-Do Sparring. Competitors must be **18-39 years old** on the first day of the Championship and must be 1st, 2nd, 3rd, 4th, 5th or 6th degree ITF black belt certificate holders.

Article 5. Contact

5.1 The ITF Power Taekwon-Do sparring is striving a competitor to hit with full strength and power. All hand techniques and kicks must be applied to the permitted targeted areas with power and determination providing solid contact.

Article 6. Dress Code

6.1 The corner and central referees wear dark blue pants and a dark blue "Polo" shirt with the logo of the ITF Power Taekwon-Do Sparring and the ITF logo. They wear black sports shoes with soft soles.

6.2. Juries shall wear the umpire suits - navy blue coat, white shirt, navy blue trousers, navy blue neck tie, white track shoes and white socks.

6.3 Competitors shall wear official ITF Power Taekwon-Do Sparring Doboks.

6.4 The coach must wear a tracksuit and gym shoes. Tracksuits should bear the markings of the team. T-shirts may be worn as the occasion demands, however, short pants shall not be allowed. The coach is allowed to bring a towel and a bottle of water for the competitor.

Article 7. Safety and Protective Equipment

7.1 The gloves are to be closed, 10 OZ and in good condition. Gloves should be fixed with an adhesive tape, strings are not allowed.

7.2 Hand wraps are used for wrapping the fist to avoid injuries. Using hand wraps is mandatory. Hand wraps are 250 cm long and 5 cm wide cotton strips without sharp edges. Hand wraps will be fastened on the upper part of fighter's wrists with self-adhesive cotton-base strips; maximum length 15 cm and wide 2 cm.

7.3 Mouth-guards must be made from soft and pliable rubber-plastic material. Protection is allowed only on the upper teeth or on both upper and lower teeth. Mouth-guard must enable free breathing and must be adapted to the competitor's mouth configuration and must not protrude outside the mouth in any way. Mouth-guards can be of any color. It is not allowed to use a mouth-guard over tooth correction apparatus (braces, retainers) unless a dentist doctor's certificate allows that. Using tooth protection is mandatory.

7.4 The competitors must wear a groin guard inside his Dobok trousers.

7.5 The competitors must wear a helmet. The helmet must cover the whole of the head with exception of face. Helmet must be made of dipped foam or leather or synthetic leather material.

7.6 The competitors must wear shin guards. Shin guards are made from hard foam-rubber material. A shin guard must cover the shinbone from under the knee to the top of the feet.

7.7 Competitors shall be prepared for the match in advance, their faces must be clean, without any oily areas, as well as the whole body. No athlete is allowed to have blood presence before the fight. Fingernails and toenails should be cut. Jewellery, including piercings, cannot be worn during competitions.

7.8 No watches or other adornments are allowed.

7.9 The safety and protective equipment must not contain hard materials such as metal, bone and plastic.

7.10 The safety and protective equipment must not use zip lace or stud fasteners.

7.11 An injured competitor requiring bandaging or strapping of any kind may not contain materials of any kind that may provide an advantage to the wearer and/or a

disadvantage to the wearer's opponent. The injured competitor must be certified by the official Tournament Medical Officer to wear any of such material for his injury.

7.12 The competitor from the red corner must wear red helmet, hands and feet safety equipments and the competitor from the blue corner must wear blue helmet, hands and feet safety equipments.

7.13 All Safety and Protective Equipment must be approved by ITF Pro-League Committee.

Article 8. Knockdown, knockout and a technical victory

8.1 Whenever a competitor is knocked down, the referee shall order the contestant's opponent to retire to his coach and immediately beginning the count over the knocked down contestant. The referee will audibly announce the passing of each one second interval, indicating the passage with a downward movement of the arm.

8.2 Any time a competitor is knocked down, the referee shall automatically begin a mandatory eight-count and then, if the contestant appears able to continue, will allow the bout to resume. The timekeeper, through effective signalling, shall give the referee the correct one-second intervals for the count. The referee's count is the only official count.

8.3 Should a competitor be knocked down **two times in one match**, the referee shall stop the contest and declare the opponent to be the winner by **technical knockout**.

8.4 Should a competitor who is down rise before the count of ten is reached and then go down immediately without being struck, the referee shall resume the count where it was left off.

8.5 If the competitor taking the count is still down **when the referee calls the count of ten**, the referee shall wave both arms to indicate that **the contestant has been knocked out** and will signal that the contestant's opponent is the winner.

8.6 A round's ending before the referee reached the count of ten will have no bearing on the count. The contestant must still rise before the count of ten to avert a knockout.

8.7 Should both competitors go down at the same time, the referee shall continue to count as long as one of the competitors is down. If both competitors remain down until the count of ten, the contest will be stopped and the referee shall declare the bout to be a technical draw. But if one contestant rises before the count of ten and the other competitor remains down, the first competitor to rise shall be declared the winner by knockout. Should both competitors rise before the count of ten, the round will continue.

8.8 When the **knock down** is being counted, **five points** are **awarded** to the fighter who performed the attack which caused the knock down.

8.9 **Technical victory** shall be considered when one competitor reached a **15 points gap** over the other competitor.

Article 9. Allowed hand techniques and kicks.

9.1 Hand techniques – Hand techniques using “Ap jumok”, “Dung jumok” and “Yop jumok”.

9.2 Foot parts – “Ap kumchi”, “Bal Dung”, “Balkal”, “Bal duitchuk”, “Balbadak”.

9.3 **The number of consecutive hand techniques is unlimited.**

Article 10. Target Area

10.1 The Face area at the front and sides (excluding the nape and the neck).

10.2 Frontal area of trunk of the body from a line drawn from the armpit vertically down to the waist on each side (excluding the back).

10.3 When the arm, from the elbow to the fingers, is in contact with the body, then this is regarded as part of the body, by which the opponent can therefore score points.

Article 11. Criteria for Point Awards

11.1 One (1) point will be awarded for:

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

11.2 Two (2) points will be awarded for

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

11.3 Three (3) points will be awarded for:

- Flying kick directed to high section.
- Midair kick (180') to mid section
- Midair hand attack (180' or more) directed to high section

11.4 Four (4) points will be awarded for:

- Midair kick (180') directed to high section
- Midair kick (360' or more) to mid section

11.5 Five (5) points will be awarded for:

- Midair kick (360' or more) to high section
- Knockdown

* When flying 2 or 3 hand and foot attacks are counted as points, the respective points should be awarded for each technique.

*** When a technique is performed for 3, 4 or 5 points and is achieved a knockdown, points are awarded for both the technique and the knockdown.**

* **Points are awarded for** kicks and punches performed with **full contact**.

11.6 Judging points

11.6.1 The corner referees scores all techniques from 1 to 5 points, applied to the permitted areas with strength and solid contact.

11.6.2 **The centre referee gives** only the **3, 4 and 5 points** for techniques performance.

* **When the centre referee considers a 3, 4 or 5 points technique has been scored** he/she will stop the match and raise his/her hand indicating 3, 4 or 5 points techniques. His other arm pointing to the relevant competitor and **the Jury table must award the points**. The coach of the opposite team can ask for video protest about the decision of the centre referee.

* When the centre referee is not totally sure that a competitor was marked for technique with 3, 4 or 5 points, he may consult with any of the corner referees or the Jury table.

Article 12. Fouls

12.1 Warnings

12.1.1 For the following offences;

- Attack to an illegal target
- Stepping completely out of the ring (both feet) without an intention
- Holding or grabbing
- Pushing with hands
- Repeatedly pretending to have scored by raising the arm
- Unnecessary speaking during competition
- Paying no attention to the instructions of Centre Referee

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

12.1.3 No disqualification will result from 3 points deduction or more from warnings.

12.2. Deduction of Points for serious fouls (**Yellow card**)

12.2.1 The following offences carry a yellow card:

- Insulting an opponent in any way.
- Biting
- Attacking a fallen opponent or an unready opponent when the referee has already

stopped the match.

- Attacking with head, elbow and knee
- Intentional stumbling or tripping
- **Voluntary exit out of the ring with both feet.** If the competitor is removed from the ring by pushing or kicking it shall not be construed as a voluntarily exit

- **Intentionally avoiding sparring**
- **Turning the back intentionally to avoid combat**

12.2.2 In case of point deduction Centre Referee will raise a yellow card to indicate one point deducted.

12.3 Disqualification (**Red card**)

12.3.1 For the following offences;

- Misconduct against umpires
- Ignoring the Centre Referee's instructions.
- Any competitor suspected of being under influence of alcoholic beverage or drugs.
- Receiving **3 deductions (yellow card) for same offences** in the same match.

12.3.2 The Centre Referee will raise a red card to indicate a competitor disqualification.

Article 13. Individual Matches

13.1 Weight Division

13.1.1 Up to two competitors from one country can participate in one weight category

- 52 kg, - 58 kg, - 64 kg, - **71 kg, - 78 kg, - 85 kg, - 92 kg. + 92 kg.**

13.1.2 The elimination will be 2 rounds of 2 minutes and 2 rounds of 2 minutes in semi finals and the finals.

13.1.3 One-minute break shall be given between rounds.

13.2 Deciding the Winner

The Jury President will decide the winner according to the points awarded by the referees.

13.2.1 For the scoring is used an electronic system. Each member of the jury gives points electronically, as in order to be respected a point at least two members of the jury should have a simultaneous press within 2 seconds. A computer collects and divides the given points and emits an average score for each fighter on the scoreboard. The score is visible for the audience.

13.2.2 When the competition is tied, then 2 minutes extension round will follow. If this results in a further draw, then the competition continues with 2 minutes rounds till the winner is decided.

13.2.3 Duration of bout

13.2.3.1 Each bout will be 2 rounds of 2 minutes "of actual sparing time".

Article 14. Injury

14.1 When a competitor is injured during the match, the centre referee should stop the game and call the doctor. The doctor should take a decision and inform the central referee if the competitor will be able to finish the match. The doctor's

decision is final.

14.2 Deciding the winner when the match cannot continue due to injury

14.2.1 When it is decided that the opponent is guilty of causing an injury, the injured competitor is the winner. The injured competitor may not continue in the next round of the pyramid.

14.2.2 When it is decided that it is the fault of the injured competitor that caused his or her own injury, then the injured competitor's opponent will be declared the winner.

14.2.3 If both competitors get injured simultaneously, and both prove to be unable to continue, the winner is the competitor who has more points until the moment the match was stopped. If the score is draw, the jury president will decide the winner after consulting with the Ring Council taking into consideration the resulting penalties to the moment. The injured competitor does not continue in the next round of the pyramid.

14.2.4 Until the decision on the injured competitor has been taken, the match may not continue.

14.2.5 The competitor not accepting the doctor's decision shall be disqualified.

Article 15. Officials

1 Jury President, 1-2 Jury Members , 1 Centre Referee, 4 Corner Referees

1 Timekeeper (**Scoring system technician**)