

Nature Coast Taekwondo Championship



OLYMPIC STYLE SPARRING Rules;

In general

- a. We will be using Electronic scoring system to score 3pt head, 2pt kick to body, 1pt Punch to body, 1pt Technical for Turning Kicks
- b. Using two or three judge system two to confirm.
- c. No point ceiling, 20 point spread rule.
- d. Match time is:
 - * 14 and under, 2 rounds at 1 minute per round 15sec rest
 - * Color belts 15 and up/Black over 34yr, 2 rounds at 1.5 minute per round 30sec rest
 - * Only 12-14, 15-17 yr old and 18-34 yr old Black Belts - 2 rounds at 2 minute, 30 sec rest
- e. At the end of time, the competitor with the most points is the winner. Ties decided with “sudden death”

Mandatory Sparring Equipment

All competitors must wear tournament committee approved sparring gear. All equipment must fit properly and be in good condition.

- * Head protection Foam dip – Black Belt head shot division no face shield or sport goggle (White, or may use red when you are red and blue when you are blue)
- * WTF style reversible (red + blue) Chest protector
- * Mouth protection – any color
- * Groin Protection - male (female optional) competitors on the inside of the dobok/Gi.
- * Cloth or vinyl forearm guards. (WTF style gloves are allow not mandatory)
- * Will allowed but not recommended, must be approve by tournament director first. Foam dip Arm guard but no punch WTF style gloves are allow.

FOOT and SHIN

- * Cloth or vinyl shin/instep guard **OR**
- * Cloth or vinyl shin guard with Foot protection (white vinyl WTF style, red and blue ok, must match chest protector when competing)
- * Will allowed but not recommended, must be approve by tournament director first. Foam dip shin guard with boots (must match chest protector when competing, Competitor must have both color red and blue. Or one color white for the boot)

Optional for female

Inside dobok rib, breast protectors (women)(must still wear outside Hogu)

Awarding Points

- * Two officials must push the proper scoring trigger with-in 1 sec for the score to be recorded and display on the screen.

Points Awarded (new WTF rule):

Hand technique that scores with trembling shock to a body area is worth 1 point.
Foot technique that scores to a legal body area is worth 2 (two) point.
Foot technique that scores to a legal head area is worth 3 (three) point.
Foot technique for spinning technique legal area is a extra point

Legal Techniques (Duk-jeom)

One (1) point shall be awarded for each closed fist or kicking technique delivered accurately and with sufficient power to the entire colored area of the torso protector, in the absence of any violations. Sufficient power is defined as abrupt displacement due to the impact of the strike.

Two (2) Points shall be awarded for legal strikes to the trunk protector by Foot.

Three (3) points being awarded for legal kicks to the head, 1

Extra points awarded for a valid turning Kick. **No punching to the head is allowed.**

When a score is awarded for legal techniques which result in staggering or a knockdown. A knockdown consists of an 8-count required by the Referee due to the strike impact of a valid technique, where upon any part of the body other than the foot touches the ground. A competitor must demonstrate the ability to continue the match safely, or the referee will continue the count to 10, there upon declaring the winner.

Scoring techniques shall not be delivered to unauthorized areas including directly to the spine. Foot sweeps and throws are not allowed. National and International competition requires a competition ring size of eight meters by eight meters.

****Junior Safety Rules regarding contact to the Head****

No contact to the head is allowed for ages 11yr and under, color belts. Light, controlled contact is allowed to the head area for black belts 10yr to 11yr, All belt levels age 12-14, Color Belts 15 to 17 and "Ultra" divisions age 33 and over. Full Contact rules apply for 15 to 17 Black Belts and for age 18-32 all belts.

Point scoring system, with one (1) or two (2) point awarded for each legal Hogu scoring technique, (3) points awarded for head shots and a 1 extra point for a valid turning kick to the body or head. For Junior Safety Rule division no extra point for spin to the head and Excessive contact to the head will stop the time in order for a penalty to be issued, rather than for an 8-count. No extra point for knock down,

Non Junior Safety Rule Division extra point for spin head shot.

NOTE: Inability or lack of desire to continue the match due to a legal technique is **not** grounds for the disqualification of an opponent.

The winner is determined by superior point totals of successful hits (solid contact) using hands and feet.

With an Electronic scoring system, a point must be confirmed by a majority of the corner judges within a one (1) second "scoring window" in order to be recorded onto the Scoreboard. Once a scoring window is opened upon one judge indicating a point seen, this window will remain open for one (1) second to be confirmed. Penalty points will be taken into account at the time they are recorded, and will appear on the scoreboard.

PROHIBITED ACTS

Gam-jeom +1 Point awarded to Opponent:

1. Falling down.
2. Evading by turning the back to the opponent.
3. Grabbing, Holding, or Pushing the opponent.
(Pushing with the forefists--without moving forward is allowed only to create distance)
4. Pretending injury.
5. Butting or attacking with the knee.
6. Attacking below the waist.
7. Hitting the opponent's face with hand or fist.
8. Avoiding the match.
9. Crossing the Boundary Line.
10. Uttering undesirable remarks or any misconduct on the part of contestant or coach.
11. Lifting the knee to avoid a valid attack or impede the progress of an attack.

Gam-jeom) +1 Point awarded to Opponent for each declaration:

1. Throwing down the opponent by grabbing the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand.
2. Intentionally attacking the fallen opponent after declaration of "Kal-yeo" (break).
3. Intentionally attacking the opponent's face with fist.
4. Interrupting the progress of the match on the part of a contestant or a coach.
5. Violent or extreme remarks or behavior on the part of a contestant or a coach.

DISQUALIFICATION

1. Total of 10 minus points.
2. Competitor or coach intentionally disobeys the referee or the competition rules. Competitor has (1) minute to conform.
3. An intentional, illegal strike to an opponent which results in rendering him or her unable to continue the match.
4. Significant unsportsmanlike conduct on the part of the contestant or coach
5. **An excessive kick to a Junior's head which results in abrasion or bleeding.

Sudden Death Round

In the case of a tie score the winner shall be decided by an additional Bonus/Overtime round. The winner will be declared as the first contestant to be awarded a legal point during this additional 1 minute round