



ITF Australia National Association

Tournament Rules

(Sixth Amended August 1st , 2017)



ITF Australia National Association Tournament Rules



ITF TAEKWON-DO

AUSTRALIA

ITF Taekwon-do Australia rule have been draw up using the

International Taekwon-Do Federation (ITF)

By Laws ITF Umpire Rules - Rules and Regulations

as its guideline

International Taekwon-do Federation Bylaws - Rules and Regulations ITF



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SECTION I – GENERAL

T 1. PURPOSE

The purpose of these rules is to elevate the quality of Taekwon-Do by scoring every aspect and to provide an equal opportunity for all participants to show the ultimate of their abilities in friendly competition with one another.

T 2. APPLICATION

These are to be applied at every National Association event. They apply to male and female except where stated otherwise.

T 3. OFFICIALS

The Juries, Referees, Judges, and Computer Assistants will be selected according to the rules of certified Umpires.

T 4. DUTIES

- a. One (1) Jury President will be seated at the Jury table during competition at all times and will be responsible for decisions as written in the Umpire rules.
- b. Five (5) Judges will be seated in a line at a distance of one (1) metre from the border of the ring, facing the competitors, during Pattern and Pre-Arranged Free sparring competition. They will assign points in accordance with their judgement based on the competition rules and regulations.
- c. One (1) Centre Referee will be inside the ring to control the match during Free Sparring.
- d. Four (4) Judges will be seated at a distance of one (1) metre from the corner of the ring during Free Sparring. They will assign points in accordance with their judgement based on the competition rules and regulations.
- e. Three (3) Judges shall officiate in Power and Special Technique competition. They will assign points in accordance with their judgement based on the competition rules and regulations.
- f. At least one (1) Jury member will be seated at the Jury table to assist the Jury President at all times.
- g. One (1) Computer assistant member, supplied and fully trained by the Organizing Committee will be seated at the Jury table at all times to keep match records.

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T 5. COMPETITORS AND EVENTS:

- All NATIONAL, PROVINCIAL/STATE, OR REGIONAL TEAMS ARE PERMITTED TO REGISTER.
- Competitors shall compete in the divisions laid down in the following rules, and must be of the appropriate indicated age at the first day of the competition beginning.

Competitors in all divisions must be healthy and registered with their National Associations.

- All competitors must apply online, via an online process such as Kihapp ,
- ITF Australia has an open invitation to the Australian National championship for all other Martial arts organisations and Taekwon-do associations

Competitors are divided into the following divisions:

Groups:

- i. Male
- ii. Female

Age Divisions:

Competitors MUST be the age listed in the categories below, as of the actual date of official weigh-in, and shall compete in the divisions laid down in the following rules.

	Age Divisions	Description
a.	5-8 years old	Tots
b.	8-10 years old	Pee Wee
c.	10-12 years old	Youth
d.	12-14 years old	Pre Junior
e.	15-17 years old	Junior
f.	18-35 years old	Senior
g.	36-45 years old	Advanced Senior
h.	46 years and older	Veterans

Belt divisions:

Individual and/or Team:

- a. Coloured Belts - Blue and Red belts (combined in one division)

Pre-Junior Black Belts

- i. 12-14 years old – 1st, 2nd, 3rd Degree

Divisions may be adjusted to accommodate the competitor applications received

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Junior Black Belts

- i. 15-17 years old –1st, 2nd, 3rd Degree

Black Belts

- i. 18-35 years old – 1st, 2nd, 3rd and 4th to 6th Degree
- ii. 36-45 years old – 1st, 2nd, 3rd and 4th to 6th Degree
- iii. 46 years and older – 1st, 2nd, 3rd and 4th to 6th Degree

Events:

- a. Individual Pattern
- b. Individual Sparring
- c. Team Pattern
- d. Team Sparring
- e. Individual Special Technique
- f. Individual Power Test (Black Belt Competition Only)
- g. Pre-arranged Free sparring (Black Belt Competition Only, 1st - 6th Degree)

T 6. DRESS REQUIREMENTS

- a. Officials must wear the dress requirements as laid down in the ITF Umpires rules.
- b. Dobok
 - i. Competitors must wear the “official” ITF Dobok.
 - ii. None ITF Member are allowed to wear there own style offical uniform
 - iii. Female competitors may wear a white T-shirt under the Dobok jacket.
- c. Black Belts
 - i. Junior Black Belt: The Junior Black Belt must have a one (1) cm wide white stripe running horizontally along the entire length of the belt, from one end to the other. This stripe must be situated in the centre of the belt and must be visible on only one (1) face of the belt.
 - ii. Senior Black Belt: The Senior Black Belt is completely black.

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T 7. SAFETY EQUIPMENT AND PROTECTIVE WEAR

a. Competitors must wear:

- i. ITF Style hand and feet safety equipment.
- ii. Groin guards must be worn inside the Dobok trousers – males only.
- iii. ITF style head guard.
- iv. Mouth guards.

Safety equipment must be of an ITF type, see ITF rules web site for more information on safety equipment <http://www.taekwondoitf.org/wp-content/uploads/2014/10/2016-Appendix-9-Health-and-Safety-MAR-31-2016.pdf>

ITF Type shown here



b. Competitors may, optionally, wear the following:

- i. Shin protectors.
 - ii. Breast protectors - for female only - and must be worn inside the Dobok jacket.
 - iii. Groin guards must be worn inside the Dobok trousers - males only.
- c. All protective safety wear must be of an approved type consisting of elasticised material with sponge or rubber type padding and containing no metal, bone or hard plastic (accept for groin guards and breast protectors). The use of zip, lace or stud fasteners is forbidden.
- d. No other protective or safety equipment may be worn, except in special circumstances with the approval of the Tournament Committee.
- e. All competitors with injuries, which require bandaging, or strapping of any kind, must satisfy the Tournament Doctor of their need, and obtain approval of type before performing i.e. no pins or hard material can be worn.
- f. No jewellery, watches or other adornments may be worn. Hair may be kept in place using a material of a soft elastic nature only, no hard material, metal, grips or slides are allowed.

T 8. MEDICAL ATTENTION

National Association events must have a minimum of One(1) qualified Medical attendants or First Aid Attendants, additional appropriate qualified First Aid personnel, and appropriate equipment in attendance at all times. Medic's recommendations regarding competitors' further participation following injury must be adhered to.

T 9. INJURY LIABILITY AND INSURANCE – COMPETITORS

All competitors must have valid insurance coverage in order to compete. The National Association, NA Tournament Committee, NA Umpire Committee, NA Officials, and the hosting Organization will not be held responsible for any injury, loss, or eventuality incurred during the event.

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T 10. INSURANCE – FOR EVENT

All hosts must ensure that the event booked has all the necessary public liability insurance, fire certificates and Government licences that are all required to host such events in their locality.

T 11. RING SIZE

- a. All rings must be covered with an approved jigsaw type mat.
- b. For Sparring, the competition ring will consist of an 8 by 8 metres matted playing surface, and could have an additional one (1) metre wide (minimum) safety perimeter of a contrasting colour of mat, delineating the border between “In Play” and “Out of Play”. Or where additional border is not suited the ring may be used as border and the floor is out of play.
- c. For Pattern and Pre-Arranged Free Sparring competition, the ring will consist of a 8 by 8 metres matted playing surface. There will be 8 by 8 metres of mat of one colour, surrounded by a one (1) metre wide perimeter of a contrasting colour of mat. All areas of mat are “In Play”.
- d. With Pee Wee to Junior the competition ring will consist of an 7 by 7 or 8 by 8 metres matted playing surface, depended on competitor size.
- e. For Power Test and Special Technique, the ring size will consist of appropriate size matted playing surface for safe and equitable competition. Dimensions and layout will be decided and approved by both the ITF Tournament and ITF Umpire Committees.
- f. Lighting must not be lower than five (5) metres above the elevated centre ring.
- g. The official Jury table must be located in front of, and at the same level of, the ring.

T 12. RESULT RECORDING

All tournaments will have several forms of visual display of results for the benefit of participants and audience. In general, results should be shown as often as possible so as to enable the competitors to follow the course of the event whilst it is in progress.

T 13. DELEGATES

A delegate of the individual, school and/or team may be any person authorised by the National Association. A delegate registers the competitors, submits the documents, lodges complaints and co-operates with the other officials at the competition.

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T 14. COACHES

- a. For any individual and/or team competition, one (1) coach only must be present at the ringside, seated in the designated coach's chair.
- b. Coaches must wear a training suit, gymnastic shoes and carry a towel.
- c. Coaches are not allowed to wear bag packs and/or other non Taekwon-Do items in the competition area.
- d. Coaches must remain seated, at least one (1) metre outside of the playing area of the competition ring.
- e. Coaches must not interfere in the competition with action or words.
- f. Coaches are the only persons allowed to present an official protest.
- g. Failure to abide by the above mentioned may render the coach liable to be removed from his advisory position. The Tournament & Umpire Committee shall decide the time and duration of removal.
- h. A removed coach must be replaced by another coach, or by a competitor wearing a coach's outfit, within a two (2) minute time limit.
- i. If another coach is not present within the two (2) minute time period the competitor shall be disqualified.

T 15. AWARDS (Male and Female)

- a. **Individual** 1st, 2nd and two (2) 3rd place winners are awarded with medals.
- b. **Team** 1st, 2nd and two (2) 3rd place winners are awarded with medals.
- c. In the case of Team Events, final placing will be counted as a single medal and not multiplied by competitor (for the team members). For example, the 1st place team in Team Patterns will have only one Gold medal added to their overall medal count.

Note: reduction to the medals when a division has less than 3 competitors, 1st and Second place will be awarded.

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T 16. OFFICIAL TERMINOLOGY

a.	CHA RYOT	ATTENTION
b.	KYONG	YE BOW
c.	JUN BI	READY
d.	SHIJAK	BEGIN
e.	HAECHYO	SEPARATE
f.	GAESOK	CONTINUE
g.	GOMAN	END
h.	JU UI	WARNING
i.	GAM JUM	DEDUCTING POINTS
j.	SIL KYUK	DISQUALIFICATION
k.	HONG	RED
l.	CHONG	BLUE
m.	JUNG JI	TIME STOP
n.	DONG CHON	DRAW
o.	IL HUE JONG	FIRST ROUND
p.	I HUE JONG	SECOND ROUND
q.	SAM HUE JONG	THIRD ROUND
r.	SUNG	WINNER

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T 16a. OFFICIAL TERMINOLOGY



1. Referee calls in Red Competitor "Hong"



2. Referee calls in Blue Competitor "Chong"



3. Competitors face the Jury Table. "Charyot"



4. Competitors bow to the Jury Table. "Kyong-Ye"



5. Competitors face the Center Referee. "Charyot"



6. Competitors bow to the Center Referee. "Kyong-Ye"



7. Competitors face each other. "Charyot"



8. Competitors bow to each other. "Kyong-Ye"

T 16a. OFFICIAL TERMINOLOGY

STARTING THE MATCH



9. Step Back into ready position. "Junbi"



10. Extend arm between competitors



11. Indicate round number. "Il Hue Jong"



12. Keeping arm between competitors, visually check to ensure Jury President and all Corner Judges are ready to begin.



13. Drop arm to begin. "Sijak"

T 16a. OFFICIAL TERMINOLOGY

AT THE END OF A MATCH



1. Drop hand between competitors to stop for end of match. "Guman"



2. Referee directs Red competitor back to center "Hong"



3. Referee directs Blue competitor back to center "Chong"



4. Competitors face each other. "Charyot"



5. Competitors bow to each other. "Kyong-Ye"



6. Competitors face the Center Referee. "Charyot"



7. Competitors bow to the Center Referee. "Kyong-Ye"



8. Competitors face the Jury Table. "Charyot"



9. Competitors bow to the Jury Table. "Kyong-Ye"

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T 17. DIVISION OF COMPETITION

Competition is divided into INDIVIDUAL and TEAM match, with the following events:

a. Individual Events:

- i. Patterns
- ii. Sparring
- iii. Power Test
- iv. Special Technique

a. Team Events:

- i. Team Patterns
- ii. Team Sparring
- iii. Pre-Arranged Sparring

The winners of the Individual Pattern, Individual Sparring, Team Patterns, Team Sparring and Pre-Arranged Sparring events will be decided according to the pyramid system of elimination.

The winners of the Power Test and Special Technique events will be determined by the highest points obtained.

N.B.: Individual competitors may enter all events.

TEAM

Team match is divided into:

- b. Pattern
 - i. Male
 - ii. Female
- c. Sparring
 - i. Male
 - ii. Female
- d. Pre-Arranged Sparring
 - i. Male
 - ii. Female
 - iii. Mixed Couple

In the case of small divisions Male, Female and Mixed couples may be placed in one division.

Each team may perform in Patterns, and/or Sparring, and/or Pre-Arranged Sparring. In the Team Sparring event, competitors may be of any weight.

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T 18. COMPETITORS NUMBERS – INDIVIDUAL AND TEAM

INDIVIDUAL

- a. Any number of individual competitors may enter each event.
- b. These competitors may be individuals or team members.
- c. Competitors must compete in their designated age category for all divisions, and are not permitted to compete in either a higher or lower age category at any time. For example, if a competitor is registered as a junior, they cannot compete as a member of the senior team.
- d. Competitors must compete only in their designated rank division and are not permitted to compete in either a higher or lower rank division. Competitor can compete in open division (Open Rank)
- e. Competitors may compete for only one (1) club/school as registered. Competitors are not permitted to compete for more than one (1) club/school, or for different clubs/schools in different divisions.

TEAM

- a. Team Patterns: Five (5) competitors must compete in Pattern competition.
- b. Team Sparring: A minimum of Five (5) competitors, and a maximum of four(4) competitors, compete in Sparring competition.
- c. Team Power: A minimum of Five (5) competitors, and a maximum of four(4) competitors, compete in Power competition.
- d. Team Special Techniques: A minimum of Five (5) competitors, and a maximum of four(4) competitors, compete in Special Techniques competition.
- e. At the beginning of each team match, the coach MUST present the appropriate number of Competitor ID Cards (one for each competitor that is to compete in that particular team match).
- f. Once the Competitor ID Cards have been presented for a particular match, then NO changes to the members of that team are permitted during that match.
- g. Teams are free the change the members of the team from one match to the next (as long as all members are drawn from the originally presented list of competitors)
- h. Competitors may compete for only one (1) team, per event. (For example, a competitor may not compete for Team "Integrity" and then compete again for Team "Perseverance")

T 19. ORDER OF MATCH

The order of competition is subject to time requirements, and the overall schedule of the tournament.

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T 20. DRAW FOR ORDER OF COMPETING

- a. Competitor placement on the event/division draw sheet, and all byes will be decided by random computer draw.
- b. First and second place winners from the previous World Cup will be placed in separate halves (top and bottom) of the pyramid draw sheet respectively.
- c. The competition draw will be held a minimum of 48 hours prior to the event and the draws will be available on the ITF website.
- d. One (1) copy of the entire draw shall be given to each country present at the coach's meeting.

T 21. WEIGHT CHECK

The first weight check will be prior to the beginning of the competition. Competitors not making their weight (500g tolerance will be allowed) at the first weigh in shall have one (1) hour time to present themselves for the second and last weigh in. If he/she does not make weight at this time, he/she shall be removed from the sparring category and shall not be allowed to enter any other weight category.

T 22. ANNOUNCEMENTS

According to the tournament schedule, announcements will be made as to which square an event will take place. It is the responsibility of the competitor/team to be close to the square so they may compete without delay when called. They will be called to the red or blue side of the square and must have ready all required equipment (i.e., safety equipment). Should the competitor(s) not come forward immediately, their name and/or country will be called a second time. Should the individual/team not present themselves in the square within one (1) minute from the time of the second call, they will be disqualified.

T 23. EQUIPMENT CHECK

Competitors' dobok and/or equipment check will take place outside of the square to ensure that they are of an officially approved type and that they are not defective.

Competitors MUST present themselves at the ring when called, AND BE IN POSSESSION OF AND WEARING, the appropriate colour of safety equipment, in accordance with their position on the draw sheet.

Should any item(s) not be satisfactory then they must be changed. The competitor/team has a maximum of three (3) minutes to change what is requested, following which he/she/they will be disqualified and the match points awarded to the opponent where appropriate.

T 24. COURTESY

Competitors must at all times bow to the Jury and also to each other at the beginning and end of each performance/match.

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SECTION II - PATTERN

T 25. GROUPS

- a. Male
- b. Female.

T 26. ELIMINATIONS – INDIVIDUAL

- A. The pyramid system of elimination will be used.
 - a. Coloured Belt competitors will compete 1 to 1 and will perform simultaneously Two (2) Designated Pattern. (Appropriate to their rank: see T27). **Note: Pattern performed equivalent to competitors rank**
 - b. Black Belt Competitors will compete 1 to 1 and will perform simultaneously Two (2) Designated Pattern. (Appropriate to their degree: see T27). **Note: Pattern performed equivalent to competitors rank**
 - c. The Judges will choose the best competitor to go forward to the next round.
- B. In the event that two competitors clash (come into contact) during the performance of their pattern, the competitor that is found to be responsible for the clash will receive a score of zero (0) points for that pattern.
- C. Competitors must begin their patterns horizontally in line with one another with the exception of pattern UI-Ji, where the Red Competitor (HONG) must begin their pattern one (1) meter closer to the judge's table.

T 27. PERFORMANCE AND DECISIONS – INDIVIDUAL

a. Coloured Belts

- 4thGup will compete with the Designated Pattern being any one from CHON-JI to Joong-Gun,
- 3rd Gup will compete with the Designated Pattern being any one from CHON-JI to ToiGye,
- 2nd Gup will compete with the DesignatedPattern being any one from CHON-JI to Hwa-Rang,
- 1stGup will compete with the DesignatedPattern being any one from CHON-JI to Choong-Moo.

b. Black Belts

- 1stdegree will compete with 1st degree with the Designated Pattern being any one from CHON-JI to GE-BAEK.
- 2nd degree will compete with 2nd degree with the Designated Pattern being any one from CHON-JI to JUCHE.
- 3rd degree will compete with 3rd degree with the Designated Pattern being any one from CHON-JI to CHOI-YONG.
- 4th, 5th and 6th degree will compete with 4th, 5th and 6th degree with the Designated Pattern being any one from CHON-JI to MOON-MOO.

The competitor obtaining the majority of Umpire votes, with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and advance to the next round of competition

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In the event of a tie: a. Competitors will perform an additional Designated Pattern as selected by random draw of the computer, until the winner is decided.

b. The additional designated pattern shall be a pattern appropriate for their rank, (see Article 27), which has not yet been performed.

c. In the event of a tie between coloured belts of differing ranks, the designated pattern will be chosen from patterns Chon-Ji, up to and including the highest pattern appropriate, which has not yet been performed, for the competitor holding the lowest rank in that match. (See Article 27).

d. In the event of a continued tie, the same process will continue until all patterns appropriate to that rank, in accordance with Article 27, have been performed.

e. If a further tie continues, the computer will randomly select an additional designated pattern from those already performed, appropriate to that rank, in accordance with article T 27, until the winner is decided.

T 28. ELIMINATION – JUNIOR AND SENIOR – TEAM

a. The pyramid system of elimination will be used.

b. The judges will choose a winner to advance to the next round.

c. In case of a draw, another Optional Pattern must be performed until a winner has been declared.

T 29. PERFORMANCE AND DECISIONS – TEAM

a. Each Team of five (5) competitors must perform together one (1) Optional Pattern. The Optional Pattern being any from CHON-JI to GE-BAEK.

b. Team members may perform movements individually, or together, as they choose, but it must be seen to be teamwork. For example: one team member may not perform moves of the Pattern on his own without the other team members following in unison.

c. Teams must prepare their entrance and exit to the ring by lining up at the border of the ring, facing the Umpires. The marching in and out the ring is NOT part of the choreography and no points will be given for this.

T 30. OFFICIALS FOR PATTERN DIVISION

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant, and five (5) Referees. (2) alternate referees may be used on rotation after 2 bouts.

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By Laws

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INDIVIDUAL PATTERN PENALTIES

You have 10 points in total – Please deduct for each offense committed

DEDUCT 0.2 POINTS, PER OCCURRENCE, FOR EACH MISTAKE PERFORMED. FOR EXAMPLE, THOUGH NOT LIMITED TO	
Scoring Level 1	Not calling, or calling the incorrect pattern name
	Shouting or "Kihap" at any time during, or at the end of the pattern
	Performing a technique at the incorrect height
	Losing balance
	Hesitating and/or stopping for more than a split of a second
	Not returning to the starting spot (<i>within a distance of one shoulder radius</i>)
	Lack of power on a specific technique
	Returning to the starting spot with the wrong foot
	Stepping completely out of the ring with both feet
	Inaccurate or Incorrect Stepping (<i>foot placement after kicking, spot turning, pivoting, foot to foot placement, shifting, sliding....</i>)
	Inaccurate or Incorrect Breathing
	Inaccurate or Incorrect Preparation or Execution of technique (<i>i.e. crossing, pre-action, flying, jumping...</i>)
	Inaccurate or Incorrect Sine-Wave
	Inaccurate or Incorrect Stance
	Inaccurate or Incorrect Motion (<i>i.e. continuous, connecting, slow, fast, natural, normal</i>)
Attacking or defending with a wrong technique	
Incorrect suspension (<i>holding</i>) or termination (<i>retraction</i>) of a kick, according to the technical definition for that technique.	

Maximum of 6 points total for deduction

GIVE 0 POINTS (for entire pattern) FOR:	
Terminal Penalties	Stopping the pattern completely and/or not finishing the pattern
	Pausing and/or stopping for more than 2 full seconds
Given During Level 1 Scoring	Starting the pattern toward the wrong direction (<i>side/front/rear</i>)
	Starting a different pattern than the designated one, or with any fundamental technique other than the one defined for that pattern
	Failing to perform the total number of movements required by the technical directions of the pattern. (<i>Forgetting or adding one or more moves</i>)

Note: In the event that a single technique has multiple errors, deduct one penalty for each error performed (**For example:** If the pattern requires a walking stance - high forefist punch, however the competitor performs an L-Stance - middle fingertip thrust, deduct 0.2 points for the incorrect technique. 0.2 for incorrect height, and 0.2 for incorrect stance; for a total of 0.6 deductions)

DEDUCT A MAXIMUM OF 2 POINTS AT END OF PERFORMANCE (In 0.5 increments) FOR:	
Scoring Level 2	Overall Rhythm and Sine Wave

DEDUCT A MAXIMUM OF 2 POINTS AT END OF PERFORMANCE (In 0.5 increments) FOR:	
Scoring Level 3	Overall Power

ITF Umpire Rules - Rules and Regulations – In force as of January 1st, 2015

2

Where ITF electronic point scoring system is not available — Kihapp scoring system may be used.

The process above will be utilised either electronically where available or using a paper based approach or Red and Blue flag system.

International Taekwon-do Federation Bylaws - Rules and Regulations ITF



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TEAM PATTERN PENALTIES

You have 10 points in total – Please deduct for each offense committed

DEDUCT 0.2 POINTS, PER OCCURRENCE, FOR EACH MISTAKE PERFORMED. FOR EXAMPLE, THOUGH NOT LIMITED TO	
Scoring Level 1	Not calling, or calling the incorrect pattern name
	Shouting or "Kihap" at any time during, or at the end of the pattern
	Performing a technique at the incorrect height
	Losing balance
	Hesitating and/or stopping for more than a split of a second
	Not returning to the starting spot (within a distance of one shoulder radius)
	Returning to the starting spot with the wrong foot
	Lack of power on a specific technique
	Stepping completely out of the ring with both feet
	Inaccurate or Incorrect Stepping
	Inaccurate or Incorrect Breathing
	Inaccurate or Incorrect Preparation or Execution of technique (<i>i.e. crossing, pre-action, flying, jumping...</i>)
	Inaccurate or Incorrect Sine-Wave
	Inaccurate or Incorrect Stance
	Inaccurate or Incorrect motion (<i>i.e. continuous, connecting, slow, fast, natural, normal</i>)
Attacking or defending with a wrong technique	
Not withdrawing a snap kick immediately after execution (<i>Front/Sidefront/Turning/Middle or High Twisting Kick</i>)	
Failure of at least one competitor to continue the prescribed rhythm of the pattern at all times	
Maximum of 5 points total for deduction	

GIVE 0 POINTS (for entire pattern) FOR:	
Terminal Penalties	Stopping the pattern completely and/or not finishing the pattern
	Pausing and/or stopping for more than 2 full seconds
	Starting the pattern toward the wrong direction (<i>side/front/rear</i>)
Given During Level 1 Scoring	Starting a different pattern than the designated one, or with any fundamental technique other than the one defined for that pattern
	Failing to perform the total number of movements required by the technical directions of the pattern. (<i>Forgetting or adding one or more moves</i>)

Note: In the event that a single technique has multiple errors, deduct one penalty for each error performed
(For example: If the pattern requires a walking stance - high forefist punch, however the competitor performs an L-Stance - middle fingertip thrust, deduct 0.2 points for the incorrect technique. 0.2 for incorrect height, and 0.2 for incorrect stance; for a total of 0.6 deductions)

DEDUCT A MAXIMUM OF 4 POINTS AT END OF PERFORMANCE (In 0.5 increments) FOR:	
Scoring Level 2	Teamwork, Choreography, and Difficulty

DEDUCT A MAXIMUM OF 1 POINT AT END OF PERFORMANCE (In 0.5 increments) FOR:	
Scoring Level 3	Overall Power

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SECTION III - SPARRING

T 31. DIVISIONS INDIVIDUAL

(A) Male and Female groups.

(B) Weights - Under 12 years weights divisions determined by tournament director—Weight age and height

12-14 years old	
Male	Female
Up to 45 kg	Up to 38 kg
Over 45 to 52 kg	Over 38 to 45 kg
Over 52 to 60 kg	Over 45 kg
Over 60 kg	

15-17 years old	
Male	Female
Up to 50 kg	Up to 45 kg
Over 50 to 56 kg	Over 45 to 50 kg
Over 56 to 62 kg	Over 50 to 55 kg
Over 62 to 68 kg	Over 55 to 60kg
Over 68 to 75 kg	Over 60 to 65 kg
Over 75 kg	Over 65 kg

18-35 years old	
Male	Female
Up to 57 kg	Up to 50 kg
Over 57 to 63 kg	Over 50 to 56 kg
Over 63 to 70 kg	Over 56 to 62 kg
Over 70 to 78 kg	Over 62 to 68 kg
Over 78 to 85 kg	Over 68 to 75 kg
Over 85 kg	Over 75 kg

36-45 years old	
Male	Female
Up to 68 kg	Up to 55 kg
Over 68 to 78 kg	Over 55 kg
Over 78 kg	

46 years and older	
Male	Female
Up to 68 kg	Up to 55 kg
Over 68 to 78 kg	Over 55 kg
Over 78 kg	

Individual Sparring categories must consist of at least two (2) competitors. In the event that a category has only one competitor, that competitor will be moved to another category.

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TEAM JUNIOR AND/OR SENIOR – TEAM

- a. Each Sparring Team (Male and/or Female) must consist of a minimum of three (3), and a maximum of four (4) competitors and may have one (1) optional reserve.
 - i. Coloured Belts must compete with Coloured Belts.
 - ii. Black Belts must compete with Black Belts.
- a. Black Belts may be of any degree from 1st to 6th
- b. Team Members may be of any weight division.
- c. Age classes cannot be combined. *See Rule T5.

T 32. DURATION OF BOUTS AND DECISIONS

a. Individual

- i. Individual Elimination Bouts (Coloured Belt categories) will be two (2) round of one minute thirty seconds (1.5) minutes duration. Including finals
- ii. Individual Elimination Bouts (Black Belts categories) will be (2) round of two(2) minutes duration. Including finals
- v. In the case of a draw, a further one (1) minute round will take place.
- vi. If this results in a further draw then the first scored point assigned by at least two (2) Referees at the same split second will decide who the winner is.

b. Team

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

c. Identifying Sparring Competitor

All sparring competitors will be identified by tag/band on the back of the competitor.

i. Hong—Red Tag

ii. Chong—Blue Tag

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T 33. TARGET AREA

a. Head:

i. At the front, sides, and top of the head, but not at the back.

ii. Excluding the neck.

b. Trunk of the body:

i. From shoulder to navel vertically

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

T 34. POINT AWARDS

a. One (1) point will be awarded for any legal hand attack directed to mid or high section.

b. Two (2) points will be awarded for any legal foot attack directed to mid section.

c. Three (3) points will be awarded for any legal Foot attack directed to high section.

T 35. LIGHT CONTACT SCORING PROCEDURE SYSTEM

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

a. Executed correctly.

b. Dynamic (i.e., it is delivered with strength, purpose, speed and precision.)

c. Controlled on the target.

T 36. MINUS POINTS/FOULS

One point will be deducted for the following offences:

a. Heavy contact.

b. Attacking a fallen opponent.

c. Leg sweeping.

d. Holding/grabbing.

e. Intentional attack to a target other than mentioned in art. T33.

f. Unsportsmanlike Conduct*

* To include any action taken by a competitor that shows disrespect, lack of following directions or other unacceptable behaviours towards umpires, officials, or other competitors, including though not limited to: Failure or refusal to follow referee's directions, intentionally leaving ring/manipulation of time, inappropriate behaviour/language....)

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T 37. WARNINGS

Warnings will be assigned for the following offences:

- a. Pretending to have scored a point by raising one or both arms.
- b. Stepping completely out of the ring (both feet).
- c. Falling down, whether intentional or not (i.e. any part of the body, other than the feet, touching the ground).
- d. Faking a blow, pretending to be injured to gain an advantage.
- e. Intentionally avoiding sparring.
- f. Adjusting equipment during the bout without the consent of the Centre Referee.
- g. Unintentional attack to a target other than mentioned in art. T33.
- h. Pushing with either the hands or body

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

N.B. If a competitor is pushed out of the ring with intent (without undergoing a technique) then he will not receive a warning. The competitor who pushed shall receive a warning.

T 38. DISQUALIFICATION

- a. Misconduct against officials or ignoring instructions.
- b. Uncontrolled or excessive contact.
- c. Receiving three (3) minus points/fouls directly given by the Centre Referee.
- d. Being under the influence of alcoholic beverages or drugs.
- e. Loss of temper.
- f. Insulting an opponent, coach, and/or official.
- g. Biting, scratching.
- h. Attacking with the knee, elbow or forehead.
- i. Being negatively responsible for causing a loss of consciousness

(See article T. 39) N.B.: A competitor that insults an opponent, coach or official will be disqualified from the rest of the competition.



The Jury President stands, points at the disqualified competitor and raises his opposite hand in a closed fist with the underside of the fist facing out, and issues the command to disqualify "SIL KYUK"



T 37a. OFFICIAL HAND SIGNALS



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I.T.F. Umpire Rules - Rules and Regulations

Appendix 3 – Umpire’s Procedures & Signals

In force as of January 1st, 2015 (Amended Dec 14, 2014)

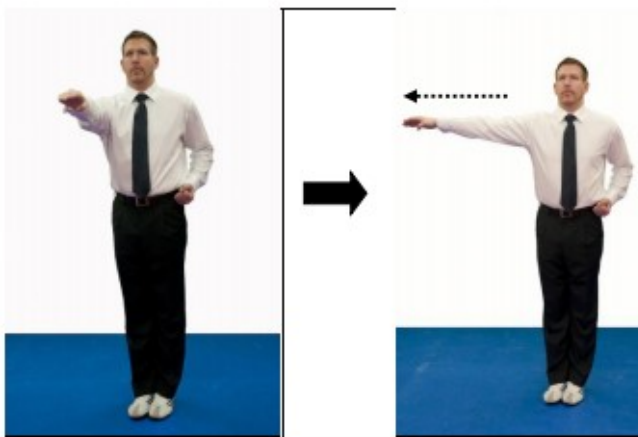
(Pages 1-23)



WARNINGS



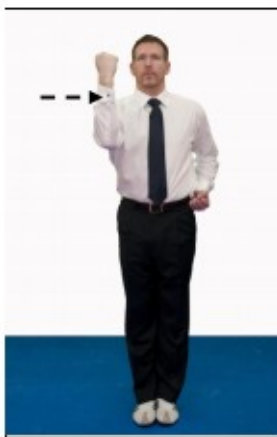
1. Pretending to score a point by raising an arm.
(Pull closed fist straight down from eye level to shoulder level)



2. Stepping outside of the ring with both feet.
5. Intentionally avoiding sparring.
7. Adjusting equipment without consent of the Referee.
(Draw a horizontal line outward across your body from center line to side of body)



3. Falling Down.
(Extend both hands, palms down, parallel to the floor while lowering the body by bending at the knees)



4. Faking an Injury
8. Pushing
(Execute an outer forearm inward block)



6. Unintentional attack to an illegal target.
(Execute an angle punch)



T 37a. OFFICIAL HAND SIGNALS - Continue



International Taekwon-Do Federation (I.T.F.)

By Laws

I.T.F. Umpire Rules - Rules and Regulations

Appendix 3 – Umpire's Procedures & Signals

In force as of January 1st, 2015 (Amended Dec 14, 2014)
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FOULS

Fouls may be issued for the following offences (See photographs below).

1. **Heavy Contact**
Contact made to an opponent without any attempt to control or retract: the technique, the delivery of technique or the emotion of the competitor.
2. **Attacking a fallen opponent.**
Attacking a competitor when any part of their body other than the feet touches the ground for any period of time.
3. **Leg Sweeping.**
Any attempt, using the feet, to take the opponent to the ground.
4. **Holding or grabbing.**
Retaining any part of the body.
5. **Intentional attack to an illegal Target**
Targeting and /or contact to any prohibited target, both above and below the belt.
6. **Unsportsmanlike Conduct.**
To include any action taken by competitor that shows disrespect, lack of following directions or other unacceptable behaviours towards umpire, other competitors or officials, including though not limited to: Failure or refusal to follow referee's directions, intentionally leaving ring / manipulation of time, inappropriate behaviour/language....)



1. Heavy Contact
4. Holding/Grabbing
5. Intentional attack to an illegal target
6. Unsportsmanlike Conduct
(Execute an angle punch into the open palm)



2. Attacking a fallen opponent
(Execute a low front snap kick)



3. Leg Sweeping
(Execute a sweeping kick)



T 37a. OFFICIAL HAND SIGNALS



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Appendix 3 – Umpire's Procedures & Signals

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GIVING WARNINGS & FOULS

How to give a Warning or Foul

- The Center Referee stops the bout, stepping between the two competitors and dropping his/her hand, at the same time announcing "HAECHYO".
- The Center Referee stands upright in a close stance.
- The Center Referee then uses the correct hand signal to indicate what offense has been committed.
- The Center Referee then steps back with one leg into walking stance, raising and/or circling one finger in the air and pointing with the other hand to the offending party.
- The Center Referee announces WARNING "JU UI HANNA" or FOUL "GAM JUNG HANNA".
- After the signal has been made the Center Referee returns to a ready position, raises his/her hand and issues the command to continue "GAESOK".



1. Center Referee stops the match. "Haechyo"



2. Center Referee indicates the infraction with the correct hand signal.
(i.e. FOUL: intentional attack to an illegal target)



3. Center Referee steps back, indicates the offending competitor and announces one Foul while circling his hand above his head. "Gam Jung Hanna"



4. Center Referee returns competitors to Ready Position.



5. Center Referee raises hand and issues command to continue. "Gaesok"

T37a Additional Signals

ADDITIONAL SIGNALS 1



Nothing Happened



Time Stop
"Jung-Ji"



Fight



Listen



No Talking



Time Stop for Injury



Direct opponent back to coach in the event of an injury

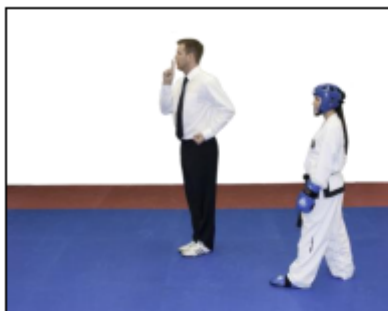


Directing both competitors to their coaches



T37a Additional Signals

ADDITIONAL SIGNALS 2



Coach: No Talking



Coach: Sit Down



Directing Red Competitor to return inside the ring after exiting the playing area
(Return at least 1 meter inside of the ring)



Referee directs Blue competitor to back up

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T 39. INJURY

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

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

- b. When a competitor cannot compete anymore because of the Doctor's decision and according to the decision of the Ring Council (Jury President, Centre Referee and Corner referees)
 - i. He/she is the winner if his/her opponent is responsible.
 - ii. He/she is the loser if his/her opponent is not responsible.
- c. An injured competitor that is unfit to fight cannot continue for the time/day(s) set according to the Doctor's decision.
- d. A competitor that refuses to accept the Doctor's and/or the Ring Council decision will be disqualified and taken out of the competition.
- e. If two competitors injure themselves at the same time and both are unfit to fight according to the Doctor's decision, the winner is the contender that has more scored points at that moment. If the competitors are even, the Ring Council will decide about the bout.

N.B. A competitor that is negatively responsible for causing a loss of consciousness or causing a concussion in sparring competition may be disqualified. The unconscious or concussed competitor shall not be able to compete again during the whole event, and as such will forfeit any remaining matches or events.

T 40. BOUT PROCEDURE – INDIVIDUAL AND TEAM

a. INDIVIDUAL

- i. Sparring competitors will commence the bout on the start positions, each with a red or blue pair of hands, feet and head equipment to differentiate between them or Red or Blue Tags. Mouth protection gear of a transparent colour must be worn at all times. At the command of the Centre Referee the competitors bow in turn to the Jury table, Centre Referee and then to each other.
- ii. The Centre Referee will then start the Light Contact Sparring with the command "SHI-JAK" and the competitors will continue to spar until the Referee issues the command "HAECHYO".
- iii. At this point the competitors will cease to spar, and will remain where they are until restarted.

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- iv. An audible signal of time will end the round and/or bout. The reverse order of bowing will ensure and the result will be declared.
- v. In a draw situation, warnings and/or minus points are not carried forward.
- vi. If a competitor leaves the ring they must re-start one (1) metre inside the ring.

Individual Sparring

- a. Individual Sparring Corner Umpires shall score all point(s) electronically, as indicated in the NA Tournament Rules, and the following decisions will apply:
 - i. Individual
 - 1. The competitor obtaining the majority of umpire votes with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and advance to the next round of competition.
 - 2. In the case of a draw, then a one (1) minute extension will follow.
 - 3. In the case of a another draw, the first scored point will decide who the winner is.

TEAM Sparring

- i. The bout procedure for team sparring will be the same as that for individual sparring.
- ii. A coin will be tossed between the two (2) coaches to determine which team sends its first competitor into the ring.
- iii. The teams must then alternate.
- a. Team Sparring Corner Umpires shall score all point(s) electronically as indicated in the NA Tournament Rules, and the following decisions will apply:
 - 1. The team obtaining - after five (5) sparring bouts - the majority of total umpire votes shall be declared the winner and advance to the next round of competition.
 - 2. In the case of a draw after the five (5) sparring bouts, each coach will select one (1) competitor to spar an extra bout of two (2) minutes.
 - a. The competitor obtaining the majority of umpire votes, with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and the Team shall advance to the next round of competition.
 - b. In the case of another draw, the same competitor will spar again until the first scored point is made; the competitor with the majority of umpire votes, with a minimum of two (2) Umpire votes in his favour, will be declared the winner and the Team shall advance to the next round of competition.

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T 41. TIMING

On the first “Shi-Jak” (Start) command from the Centre Referee the timekeeper starts the clock until full time, unless the Centre Referee calls for a “Time Out” by saying “Jung-Ji”. At this time the timekeeper stops the clock until the next “Gae-Sok” (Continue) command is given.

T 42. OFFICIALS FOR SPARRING COMPETITION

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant, one (1) Centre Referee and four (4) Corner Referees.

- i. In addition a rotation of one (1) Centre Referee and four (1) Corner referee will be available at all rings.
- ii. After every 2 bouts referees will rotate clockwise and a new corner referee (chair 1) and centre referee will enter.

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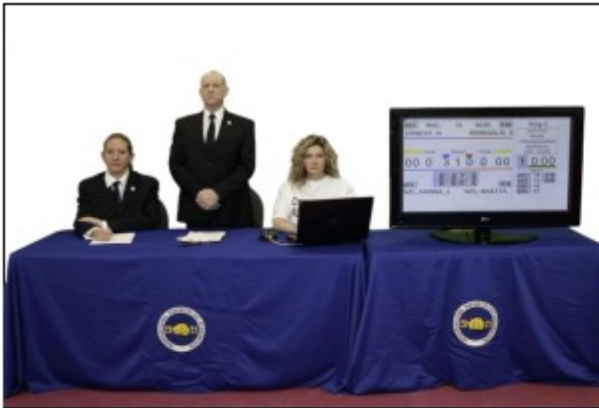
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T 42a. OFFICIALS FOR SPARRING COMPETITION



Waiting to give decision



Draw



Blue Wins



Red Wins



Disqualify (Blue)



Time Stop (JUNG JI)

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T 42a. OFFICIALS FOR SPARRING COMPETITION



Call one (1) Corner Official to the Jury Table



Call all Officials to the Jury Table



Send one (1) Corner Official back to his/her chair



Send all Corner Officials back to their chairs



Corner Official / Center Referee approaches the Jury Table and bows



Corner Official / Center Referee receiving directions. Center Referee waits in parallel stance with hands clasped behind back

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SECTION IV – POWER

T 43. DIVISIONS

Competitors will be asked to successfully complete a qualifying technique of their choice before proceeding onto the other techniques. If a competitor does not successfully complete the qualifying technique they will be eliminated from the competition

POWER BREAKING IS FOR BLACK BELTS (1st – 6th Degree)

Age Division

- A. 14-17 years and above
- B. 18 years and above

POWER BREAKING IS FOR Colour BELTS (8th – 1st Gup)

Male and Female Groups.

Age Division

- A. 14-17 years and above
- B. 18 years and above

NATIONAL ASSOCIATION POWER BREAKING BOARD COUNTS

Male - Junior and Senior

KOREAN	ENGLISH	BOARDS - JUNIOR	BOARDS - SENIOR
Ap-Joomuk Jirugi	Forefist Front Punch	1	2
Sonkal Taerigi	Knifehand Strike	2	2
Yopcha Jirugi	Side Piercing Kick	2	3
Dollyo Chagi	Turning Kick	2	2
Bandae Dollyo Chagi	Reverse Turning Kick	1	2

Female - Junior and Senior

KOREAN	ENGLISH	BOARDS - JUNIOR	BOARDS - SENIOR
Sonkal Taerigi	Knifehand Strike	1	2
Yopcha Jirugi	Side Piercing Kick	2	2
Dollyo Chagi	Turning Kick	1	2

Colour of boards to be determined by umpire director and tournament director prior to the event

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T 44. PROCEDURE – INDIVIDUAL

- a. Competitors must choose: one (1) technique, either hand or foot from the above noted list of techniques for qualifying round.
- b. Competitor must announce their choice of technique to the Centre Referee prior to beginning the bout.
- c. The winners will be decided by the highest total accumulated score for both hand and foot techniques.
- d. Machines designed for the specific test will be used.
- e. The number of official plastic boards for each item as indicated in the above table. Boards shall be the white, plastic boards of the official ITF Supplier.
- f. Is permitted to step forward, to slide, skip and or jump.
- g. A forearm guarding block must be adopted before and after each attempt to break the board(s).
- h. For Sonkal Taerigi the strike may be either inward or outward.
- i. Each competitor is allowed a total of one (1) minute to set the correct heights for all breaking techniques.

The following procedure shall take place:

- a. After a red flag signal by the referee, each competitor has two (2) minutes to attempt to bend or separate the board(s) of the five or three (5 Male/3 Female) chosen breaking items from the listed which must include one (1) pre-judgement of distance with one (1) touch allowed, followed by the attempt to break the board(s).
- b. Competitors that exceed the prescribed time shall receive 0 points for any item not yet performed
- c. A forearm guarding block ready posture must be adopted before and after the attempt to break the board.
- d. Referees may disallow an attempt for failure to maintain the following.
 - i. Correct balance and posture throughout the attempt.
 - ii. Use of the correct attacking tool in the correct manner.
- e. Referees must examine each board before each attempt.
 - i. Each separated board will count as three (3) points
 - ii. Each bent board will count as one (1) point.
- f. The four highest scores, combined from the total performed techniques, will determine 1st, 2nd, and two (2) 3rd place winners. Only in the event that two (2) or more competitors tie for third place with the same total score, in the same round of breaking, will there be two 3rd place winners. g. In the event of a tie the Jury President will randomly draw one item from the list of eligible techniques to be the tiebreaker.
 - i. The Jury President will decide how many boards are to be used.
 - ii. The competitors will perform the chosen technique according to the procedures above. iii. In the case of a further tie, this procedure will continue until a winner is found.

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

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T 45. OFFICIALS FOR POWER

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant, and three (3) Referees.
 (1) Rotational referee may be used in rotation during this event.

SECTION V – SPECIAL TECHNIQUE

Competitors will be asked to successfully complete a qualifying technique of their choice before proceeding onto the other techniques. If a competitor does not successfully complete the qualifying technique they will be eliminated from the competition.

T 46. DIVISIONS • Male Groups • Female Groups

Age Divisions	Description
a. 12-14 years old	Pre Junior
b. 15-17 years old	Junior
c. 18-35 years old	Senior
d. 36-45 years old	Advanced Senior
e. 46 years and older	Veterans

Belt Categories Coloured Belt (one division) Black Belt - 1st - 6th Degree

12-14 Years Old

KOREAN	ENGLISH	HEIGHT MALE	HEIGHT FEMALE
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	210cm	190cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	100cm	90cm
Twimyo Dollyo Chagi	Flying Turning Kick	180cm	170cm

15-17 Years Old

KOREAN	ENGLISH	HEIGHT MALE	HEIGHT FEMALE
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	220cm	180cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	120cm	100cm
Twimyo Dollyo Chagi	Flying Turning Kick	210cm	180cm
Twio Dolmyo Yop Cha Jirugi	360 Mid Air Kick	200cm	X
Twimyo Bandae Dollyo Chagi	Flying Reverse Turning Kick	200cm	X

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18-35 Years Old

KOREAN	ENGLISH	HEIGHT MALE	HEIGHT FEMALE
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	250cm	210cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	130cm	110cm
Twimyo Dollyo Chagi	Flying Turning Kick	230cm	190cm
Twio Dolmyo Yop Cha Jirugi	360 Mid Air Kick	210cm	X
Twimyo Bandae Dollyo Chagi	Flying Reverse Turning Kick	210cm	X

36-45 Years Old

KOREAN	ENGLISH	HEIGHT MALE	HEIGHT FEMALE
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	240cm	180cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	120cm	100cm
Twimyo Dollyo Chagi	Flying Turning Kick	200cm	180cm

46+ Years Old

KOREAN	ENGLISH	HEIGHT MALE	HEIGHT FEMALE
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	220cm	180cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	110cm	90cm
Twimyo Dollyo Chagi	Flying Turning Kick	190cm	170cm

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T 47. PROCEDURE - INDIVIDUAL

- a. A machine designed for the specific test will be used.
- b. The heights of the target for each item will be indicated in the above tables. Heights are measured from the ground to the bottom edge of the target board.
- c. After a red flag signal of the referee, each competitor has sixty (60) seconds for each item in order to pre-judge the distance – compulsory, with no touch allowed, followed by the attempt to move the board.
- d. Competitors that exceed the prescribed time, or touch board during their pre-judging shall receive 0 points
- e. A forearm guarding block ready posture must be adopted before and after the attempt to move the board.
- f. Referees may disallow a break for failure to maintain the following:
 - i. Use of the correct attacking tool in the correct manner.
 - ii. Knocking down the obstacle when performing Twimyo Nopi Yop Cha Jirugi
 - iii. Falling down (i.e. any part of the body, other than the feet, touching the ground).
- g. Referees must examine each board before each attempt.
 - i. Each fully moved board will count as three (3) points
 - ii. Each half moved board will count as one (1) point.
- h. The four highest scores, combined from the two (2) performed techniques, will set 1st, 2nd, and two (2) 3rd place winners. Only in the event that two (2) or more competitors tie for third place, with the same total score, in the same round of jumping, there will be two 3rd place winners.
 - i. In the event of a tie the Jury President will select one item from the list by drawing to be the tie - breaker. He/She will decide how high the jump will be. The tied competitors will then carry on until the places are decided.

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

T 48. OFFICIALS FOR SPECIAL TECHNIQUES

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant, and three (3) Referees.

(1) Rotational referee may be used in rotation during this event.

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T47a. SCORE SHEETS

Score sheet for power breaking and special techniques will be as set below, Excel sheets to be used to collect scoring.

First round											
ITF #15390 Senior Male Individual Power Breaking											
No.	Country	Name	Ap Joomuk Jrugi	Sonkal Taerigi	Yop Cha Jrugi	Dollyo Chagi	Bandae Dollyo Chagi	Points	Place		
1	1	COU1 Name 1	4	0	6	4	4	18	3	<	
2	2	COU2 Name 2	2	4	0	0	0	6	9	<	
3	3	COU3 Name 3	0	0	0	0	0	0	10	<	
4	4	COU4 Name 4	0	0	8	0	1	7	8	<	
5	5	COU5 Name 5	4	4	6	4	4	22	1	<	
6	6	COU6 Name 6	4	4	6	4	4	22	1	<	
7	7	COU7 Name 7	0	4	6	4	4	18	3	<	
8	8	COU8 Name 8	4	4	6	0	4	18	3	<	
9	9	COU9 Name 9	4	4	0	4	4	16	7	<	
10	10	COU10 Name 10	4	4	6	4	0	18	3	<	

Second round											
ITF #15390 Senior Male Individual Power Breaking											
No.	Country	Name	Place before	Ap Joomuk Jrugi	Sonkal Taerigi	Yop Cha Jrugi	Dollyo Chagi	Bandae Dollyo Chagi	Points	Place	
5	5	COU5 Name 5	1		1				1	2	<
6	6	COU6 Name 6	1		6				6	1	<
1	1	COU1 Name 1	3		6				6	3	<
7	7	COU7 Name 7	3		6				6	3	<
8	8	COU8 Name 8	3		0				0	6	<
10	10	COU10 Name 10	3		6				6	3	<
2									0	7	<
3									0	7	<
4									0	7	<
9									0	7	<

Third round (one third place)											
ITF #15390 Senior Male Individual Power Breaking											
No.	Country	Name	Place before	Ap Joomuk Jrugi	Sonkal Taerigi	Yop Cha Jrugi	Dollyo Chagi	Bandae Dollyo Chagi	Points	Place	
5	5	COU5 Name 5	1		3				3	1	<
1	1	COU1 Name 1	2		0				0	2	<
2	2	COU2 Name 2	2		1				1	2	<
4	4	COU4 Name 4	3		3				3	3	<
8	8	COU8 Name 8	3		3				3	3	<
6									0	6	<
7									0	6	<
10									0	6	<
3									0	6	<
9									0	6	<

Third round (two third places)											
ITF #15390 Senior Male Individual Power Breaking											
No.	Country	Name	Place before	Ap Joomuk Jrugi	Sonkal Taerigi	Yop Cha Jrugi	Dollyo Chagi	Bandae Dollyo Chagi	Points	Place	
5	5	COU5 Name 5	1		3				3	1	<
1	1	COU1 Name 1	2		0				0	2	<
2	2	COU2 Name 2	2		1				1	2	<
3	3	COU3 Name 3	3		3				3	3	<
4	4	COU4 Name 4	3		3				3	3	<
8	8	COU8 Name 8	3		3				3	3	<
6									0	6	<
7									0	6	<
10									0	6	<
3									0	6	<
9									0	6	<

Result (one third place)											
ITF #15390 Senior Male Individual Power Breaking											
No.	Country	Name	Place before	Ap Joomuk Jrugi	Sonkal Taerigi	Yop Cha Jrugi	Dollyo Chagi	Bandae Dollyo Chagi	Points	Place	
1	5	COU5 Name 5	1		3				3	1	<
2	1	COU1 Name 1	2		0				0	2	<
3	2	COU2 Name 2	2		1				1	2	<
4	3	COU3 Name 3	3		3				3	3	<
8									0	6	<
6									0	6	<
7									0	6	<
10									0	6	<
9									0	6	<

Result (two third places)											
ITF #15390 Senior Male Individual Power Breaking											
No.	Country	Name	Place before	Ap Joomuk Jrugi	Sonkal Taerigi	Yop Cha Jrugi	Dollyo Chagi	Bandae Dollyo Chagi	Points	Place	
1	5	COU5 Name 5	1		3				3	1	<
2	1	COU1 Name 1	2		0				0	2	<
3	2	COU2 Name 2	2		1				1	2	<
4	3	COU3 Name 3	3		3				3	3	<
8									0	6	<
6									0	6	<
7									0	6	<
10									0	6	<
9									0	6	<

First round											
ITF #15490 Senior Male Individual Special Technique											
No.	Country	Name	Nopi Ap Cha Busigi	Twimyo Dollyo Chagi	Bandae Dollyo Chagi	Dolmyo Yop Cha Jrugi	Twimyo Nopi Yop Cha Jrugi	Points	Place		
1	1	COU1 Name 1	2	1	0	0	2	5	7	<	
2	2	COU2 Name 2	2	0	2	2	0	6	3	<	
3	3	COU3 Name 3	2	2	2	2	2	10	1	<	
4	4	COU4 Name 4	0	0	0	0	0	0	10	<	
5	5	COU5 Name 5	0	0	0	0	2	2	8	<	
6	6	COU6 Name 6	0	0	0	0	2	2	8	<	
7	7	COU7 Name 7	2	1	2	2	2	9	2	<	
8	8	COU8 Name 8	2	2	2	0	0	6	3	<	
9	9	COU9 Name 9	2	0	2	0	2	6	3	<	
10	10	COU10 Name 10	2	2	0	0	2	6	3	<	

Second round (one third place)											
ITF #15490 Senior Male Individual Special Technique											
No.	Country	Name	Place before	Nopi Ap Cha Busigi	Twimyo Dollyo Chagi	Bandae Dollyo Chagi	Dolmyo Yop Cha Jrugi	Twimyo Nopi Yop Cha Jrugi	Points	Place	
3	3	COU3 Name 3	1						0	1	<
7	7	COU7 Name 7	2						0	2	<
2	2	COU2 Name 2	3		1				1	4	<
8	8	COU8 Name 8	3		0				0	6	<
9	9	COU9 Name 9	3		2				2	3	<
10	10	COU10 Name 10	3		0				0	6	<

Second round (two third places)											
ITF #15490 Senior Male Individual Special Technique											
No.	Country	Name	Place before	Nopi Ap Cha Busigi	Twimyo Dollyo Chagi	Bandae Dollyo Chagi	Dolmyo Yop Cha Jrugi	Twimyo Nopi Yop Cha Jrugi	Points	Place	
3	3	COU3 Name 3	1						0	1	<
7	7	COU7 Name 7	2						0	2	<
2	2	COU2 Name 2	3		3				3	3	<
8	8	COU8 Name 8	3		0				0	6	<
9	9	COU9 Name 9	3		2				2	3	<
10	10	COU10 Name 10	3		0				0	6	<

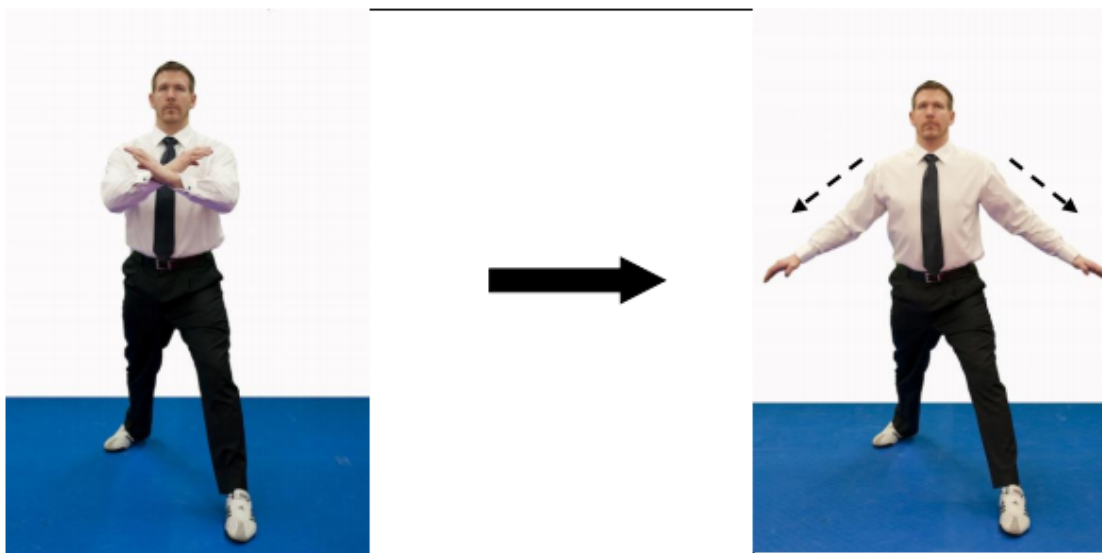
Result (one third place)											
ITF #15490 Senior Male Individual Special Technique											
No.	Country	Name	Place before	Nopi Ap Cha Busigi	Twimyo Dollyo Chagi	Bandae Dollyo Chagi	Dolmyo Yop Cha Jrugi	Twimyo Nopi Yop Cha Jrugi	Points	Place	
1	3	COU3 Name 3	1						0	1	<
2	7	COU7 Name 7	2						0	2	<
5	9	COU9 Name 9	3						0	3	<

Result (two third places)											
ITF #15490 Senior Male Individual Special Technique											
No.	Country	Name	Place before	Nopi Ap Cha Busigi	Twimyo Dollyo Chagi	Bandae Dollyo Chagi	Dolmyo Yop Cha Jrugi	Twimyo Nopi Yop Cha Jrugi	Points	Place	
1	3	COU3 Name 3	1						0	1	<
2	7	COU7 Name 7	2						0	2	<
3	2	COU2 Name 2	3						0	3	<
5	9	COU9 Name 9	3						0	3	<



T48a Hand Signals for Power and Special Techniques

Disallowing a Break



No Break

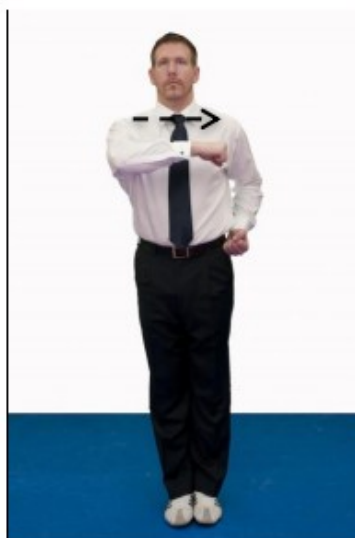
(Hands start in X-Knifehand Position then separate downwards)

Disallowed Breaks *(continued)*



1. Touching the Board more than Once

(Execute an angle punch, touching the opposite hand twice)



2. Illegal / Incorrect Tool

(Execute an angle punch)



3. Incorrect Technique

(Execute an outer forearm inward block)

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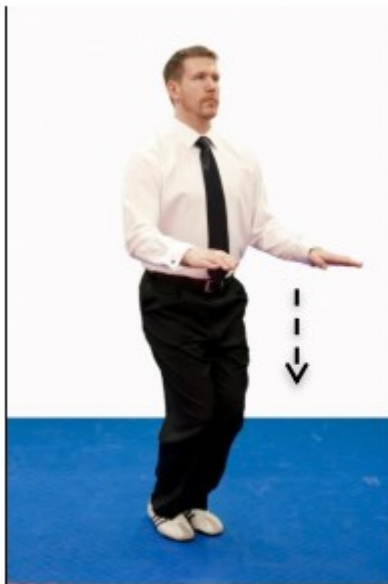
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T48a Hand Signals for Power and Special Techniques



4. Loss of Balance

(Extend both hands, palms down, parallel to the floor while lowering the body by bending at the knees)



5. No Guarding Block

(Execute Middle Forearm Guarding Block, L-Stance)

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(Sixth Amended August 1st , 2017)



SECTION VI – PRE-ARRANGED FREE SPARRING

T 49. DIVISIONS

- Male Only or Female Only or Mixed Couples
- Colour Belts 6th – 1st Gup Only
- Black Belt 1st – 6th Degree Only

T 50. PROCEDURE

- Each Team shall consist of two (2) participants that follow a prepared scenario, which enables them to skilfully exhibit a wide variety of techniques without fear of injury.
- Each Team shall perform one at a time and the Referees shall assign points from 0-10 according to the performance, taking into consideration the following criteria:
 - Technical Content.
 - Teamwork, Choreography and Difficulty.
 - Power.
- Execution of up to, but not more than, a total of three (3) acrobatic sequence of technique per team.
- Both competitors must assume an L-Stance guarding block.
- At the command “Shi-Jak” by one of the competitors, the bout time will start.
- The bout ends with a final blow and when one of the competitors shouts “Goman”, at the same time he/she assumes an L-stance guarding block.
- In case of a draw, each team will perform again, receiving new scores, until a winner has been declared.

Teams shall compete according to the following rules and regulations:

- Pre-Arranged free sparring shall consist of movements as shown in the ITF Encyclopaedia, Manuals or CD ROM, and as taught during the International Instructor Courses.
- Attacking techniques must be blocked and/or avoided and must be performed with realism. No unblocked contact is permitted with exception of a final incapacitating attack.
- Teams may be Black Belts from 1st to 6th degree, and must be only Male or only Female.
- Teams may be Colour Belts from 6th to 1st Gup, and must be only Male or only Female.
- Bout duration shall consist of one (1) round: minimum sixty (60) seconds, maximum seventy-five (75) seconds.

Age Divisions Description

- 12-14 years old Pre Junior
- 15-17 years old Junior
- 18-35 years old Senior
- 36-45 years old Advanced Senior
- 46 years and older Veterans

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- e. Teams that perform less than the required minimum of sixty (60) seconds shall receive zero (0) points.
- f. Teams that exceed the seventy-five (75) seconds duration of bout shall receive zero (0) points.
- g. Protective equipment may be worn as written in art.T.7.a. Point ii and T.7. b.
- h. Each Team of Competitors may perform up to, but not more than, a total of three (3) acrobatic sequences of technique, (Techniques that are not part of the Taekwon-Do syllabus), during the bout.
- i. Teams performing more than three (3) acrobatic sequences of technique during the bout shall receive zero (0) points.
- j. In the case of a draw an extra bout must be performed until the places are decided.

Scoring Procedure

1. **Level 1:** Umpires will deduct of to 4 points in total (in .2 increments only) for each technical error noted, or will give a total score of 0 if a major penalty event is noted. Umpires will then move to Level 2 scoring.
Level 2: Umpires will deduct of to a further 4 points (in .5 increments only) for errors in Teamwork, Choreography, Difficulty, Power. Umpires will then move to Level 3 scoring
Level 3: Umpires will deduct of to a further 2 points (in .5 increments only) for errors in overall power. Total Score: The NESS System will calculate the total score for each competitor according to the deductions issued by each umpire.
2. After deducting points for errors, the Umpires shall give a score between 0 and 10 points for the performance, based upon choreography, teamwork, difficulty, power, and sine wave.
3. The team obtaining the majority of umpire votes, with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and advance to the next round of competition.
4. In the case of a draw, both teams will perform again, until such time as the winner is decided.

Where ITF electronic point scoring system is not available — Kihapp scoring system may be used.

Technical content total 5 **Power** total 3 **Balance** total 3 **Breath Control** total 3 **Rhythm** total 3 total starting points
17. deduction of –1 point for each error in the above.

The process above will be utilised either electronically where available or using a paper based approach or Red and Blue flag system.

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International Taekwon-do Federation (ITF)

By Laws

ITF Umpire Rules. Rules and Regulations

PRE-ARRANGED SPARRING PENALTIES

You have 10 points in total – Please deduct for each offense committed

DEDUCT 0.2 POINTS, PER OCCURRENCE, FOR EACH MISTAKE PERFORMED. FOR EXAMPLE, THOUGH NOT LIMITED TO	
Scoring Level 1	Performing any technique without an accessible, legitimate target
	Attacking or defending with an incorrect application of technique
	Performing any offensive, defensive or evasive movement without purpose/function/need, except during acrobatic movements
	Losing balance
	Failure to maintain appropriate distance for attack and defense exchange
	Shouting or "Kihap" at any time during performance, with exception of the final sequence
	Lack of appropriate power on a specific technique
	Stepping completely out of the ring with both feet by either one or both competitors
	Hesitating and/or stopping for more than a split of a second. (i.e. Failure of at least one competitor to be engaged in action at all times.)
	Inaccurate or Incorrect Breathing
	Inaccurate or Incorrect Preparation or Execution of technique (i.e. crossing, pre-action, flying, jumping...)
	Inaccurate or Incorrect Sine-Wave
	Inaccurate or Incorrect Stance
	Inaccurate or Incorrect Motion (i.e. continuous, connecting, slow, fast, natural, normal)
	Assisting opponent during execution of technique or movement
Not withdrawing a snap kick immediately after execution (Front/Sidefront/Turning/Middle or High Twisting Kick)	
Maximum of 4 points total for deduction	

GIVE 0 POINTS (for entire performance) FOR:	
Terminal Penalties	Not meeting the minimum and/or maximum time requirements
	Pausing and/or stopping for more than 2 full seconds at any time during the performance
Given During Level 1 Scoring	Performing more than three (3) acrobatic sequences per team
	Failure to block and/or evade an opponent's attack at any time other than the final blow and/or final sequence

Note: In the event that a single technique has multiple errors, deduct one penalty for each error performed

DEDUCT A MAXIMUM OF 4 POINTS AT END OF PERFORMANCE (In 0.5 increments) FOR:	
Scoring Level 2	Teamwork, Choreography, and Difficulty

DEDUCT A MAXIMUM OF 2 POINTS AT END OF PERFORMANCE (In 0.5 increments) FOR:	
Scoring Level 3	Overall Power

Where ITF electronic point scoring system is not available — Kihapp scoring system may be used.

The process above will be utilised either electronically where available or using a paper based approach or Red and Blue flag system.

International Taekwon-do Federation Bylaws - Rules and Regulations ITF



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(Sixth Amended August 1st , 2017)



Teams shall compete according to the following rules and regulations:

1. Pre Arranged Free Sparring shall consist of movements as shown in the encyclopaedia, manuals and/or CD-ROM, and as taught during the International Instructor Courses (IIC).
2. Attacking techniques (with exception of the final blow) must be blocked or avoided and must be performed with realism.
3. Competitors may be from 1st to 6th degree and must be either male, female
4. Bout duration shall consist of one (1) round: minimum 60 seconds – maximum 75 seconds.
5. Teams that exceed the 75-second duration of the bout shall receive 0 points.
6. Teams that perform less than the required minimum of 60 seconds shall receive 0 points.
7. Protection gear may be worn as written in NA Tournament Rules art.
8. No more than a total of three (3) acrobatic sequences of technique, that are not part of the Taekwon-Do syllabus, may be performed during the bout by each team.
9. If one or both team members perform more than a combined total of three (3) acrobatic sequences of technique during the bout, the team shall receive 0 points.

T 51. OFFICIALS FOR PRE-ARRANGED FREE SPARRING

One (1) Jury President, one (1) Jury Member, one (1) Computer Assistant, and five (5) Referees.

(1) Rotational referee may be used in rotation during this event.

SECTION VII – DISPUTE PROCEDURE

T52. PROTEST

- a. Protests can be presented ONLY by the coach, and ONLY when there is an apparent violation of the official rules.
- b. Each protest must be presented to the Chairman of the Umpire Committee within five (5) minutes from the end of the match.
 - i. The protest must be precise and circumstantial and must be accompanied by a tax that will be fixed by the Tournament Committee at the beginning of each tournament, in order to limit such protests to cases where decisions are really questionable.
 - ii. Only in cases where the Umpire Committee positively accepts the protest will the tax will be returned to the coach.
- c. The Umpire Committee will then examine the circumstances of the protest and will decide either:
 - i. To validate the match
 - ii. To repeat the match
 - iii. To assign the victory of the match to the loser
 - iv. To disqualify both competitors.
- d. In case of a protest the winner cannot compete again before the decision of the Umpire Committee has been made.

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T 53. DECISIONS

- a. In order to give a decision the Umpire Committee may call on any individual they desire to give evidence concerning the protest.
- b. On reaching a decision the Umpire Committee will notify all parties concerned of this decision.
- c. The Umpire Committee will at all times base their decision on the rules laid down in this document and their decision cannot conflict with the rules of this document.

T 54. DISQUALIFICATION

Team Managers/Representatives or Individuals who persist in arguing against decisions made by the Tournament Committee may, at their discretion, have the whole team, school or club or the individual, disqualified from all further events at the championship. The Tournament Committee will consider the matter at a later date with a view to further action being taken.

T 55. TEAM/COMPETITOR WITHDRAWAL

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

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

T 56. ITF ANTI – DOPING CONTROL

Doping control will be in accordance with ITF Anti Doping Rules and WADA Anti Doping Policy.

T 57. UNEXPECTED EVENTS

The Tournament Committee shall make a decision in the case of any unexpected or unique event that may appear, and is not indicated in the Tournament Rules.

T 58. ITF TOURNAMENT COMMITTEE

The National Association Tournament Committee consists of the ITF Tournament Chairman, and two (2) to four (4) members. Both the Chairman, and the members of the committee are appointed by the NA Board executive.

T 59. ITF UMPIRE COMMITTEE

The National Association ITF Umpire Committee consists of the ITF Umpire Chairman, and two (2) to four (4) members. Both the Chairman, and the members of the committee are appointed by the NA Board of executive.

T 60. COPIES OF RULES

A copy of the ITF Tournament Rules must be present at all NA tournaments and be accessible to all competitors and officials.

International Taekwon-do Federation Bylaws - Rules and Regulations ITF



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T61. Health and Safety

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

1. MEDICAL EXAM GLOVES - COACHES

- a. All coaches **MUST** wear medical exam gloves on both hands at all times while at the ringside. (Silicone, Nitrile, Neoprene, Latex1 , or other such medical gloves are permitted. These may be powder-free for those coaches/competitors with allergies).
- b. Coaches **MUST** supply their own gloves. Absolutely **NO GLOVES** will be supplied by the Tournament Host, Tournament Committee, or Medical team members.

2. MEDICAL EXAM GLOVES – UMPIRES (REFEREES & EQUIPMENT CHECK)

- a. Referees **MAY CHOOSE** to wear medical exam gloves on both hands while executing their duties in the ring or while at ringside. (Silicone, Nitrile, Neoprene, Latex1 or other such medical gloves are permitted. These may be powder-free for those officials with allergies).
- b. Equipment Check Umpires **MUST** wear medical exam gloves on both hands while executing their duties in the ring or while at ringside. (Silicone, Nitrile, Neoprene, Latex1 or other such medical gloves are permitted. These may be powder-free for those officials with allergies).
- c. The Tournament Host must supply appropriate gloves at each ring table for use by Officials. These gloves **MUST NOT** be given to, or provided for coaches at any time.

3. MEDICAL CARE AT RINGSIDE

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

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4. BODILY FLUIDS

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

5. CONTAMINATED CLOTHING / EQUIPMENT

- a. Competitors with excessive blood/bodily fluids on their dress will be required to remove and replace the soiled items at the umpire's discretion. If directed to replace an item, competitor must complete the change within the allotted three (3) minute timeframe.
- b. Competitors with excessive blood/bodily fluids on their skin or safety equipment will be required to clean and disinfect the items at the umpire's discretion. If directed to replace an item, the competitor must complete the change within the allotted three (3) minute timeframe.
- c. Contaminated clothing and/or equipment must not be placed on the floor, coach's chair, competition area, or any other competition related area/surface.
- d. Contaminated items must be placed in a suitable plastic bag and sealed so as to minimize the potential of cross-contamination or transmission to other surfaces.
- e. Coaches MUST remove all contaminated items from the tournament site as soon as reasonably possible, and either decontaminate or dispose of these items appropriately.

Note: 1 Latex Gloves: Extreme care and caution must be used by coaches choosing to wear Latex medical gloves as latex allergies are very common and can be very severe. Coaches must carefully consider their own personal health as well as that of each of their athletes and other persons with whom they may come into contact. In consideration of the potential for allergic reaction, Latex gloves are NOT RECOMMENDED.

T 62. IMPLEMENTATION

- Amended 1st August, 2017