

WPFG ABRIDGED RULES - TAEKWONDO - Page 1

GUIDING BODIES

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KYORUGI *(The rules for the Poomsae events are following those for Kyorugi)*

ELIGIBILITY

All competitors shall hold a WTF Taekwondo grade of 4th Kup (blue belt)

Competitors must be members of a national federation affiliated to the WTF. Proof of membership by means of a valid license, insurance and grade will be required at registration. All contestants/clubs must have their own insurance as UTA (NI) / TANI and any of its representatives will not be responsible for any injury cost.

KYORUGI EVENTS

The age categories will be the following:

18-29 years
30-39 years
40-49 years
50 + years

The weight classes are the following:

Men:

Under 58.0 Kg
Under 68.0 Kg (over 58.0 & not exceeding 68.0 Kg)
Under 80.0 Kg (over 68.0 & not exceeding 80.0 Kg)
Over 80.0 Kg

Women:

Under 49.0 Kg
Under 57.0 Kg (over 49.0 & not exceeding 57.0 Kg)
Under 67.0 Kg (over 57.0 & not exceeding 67.0 Kg)
Over 67.0 Kg

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CONTESTANT UNIFORM AND PROTECTIVE EQUIPMENT

A contestant shall wear a WTF-approved uniform, head protector, trunk protector, groin guard, forearm guards, shin guards, hand protector, sensing socks (in the case of using electronic body protector - PSS) and be equipped with a mouth piece before entering the Field of Play. Head protector must be firmly tucked under left arms when entering into competition area. Head protector shall be put on the head following instructions of the referee before the start of the contest. The groin, forearm and shin guards shall be worn beneath the Taekwondo uniform

The contestant shall bring the following WTF-approved protective equipment for his/her personal use:

- Groin guard,
- Forearm and shin guards,
- Hand protector,
- Mouthpiece (transparent or white),
- Sensing socks (for use with electronic body protector - PSS),
- Head protector (red, blue, or white)

Wearing any item on the head other than the head protector shall not be permitted. Any religious item shall be worn beneath the head protector and inside the Dobok and shall not cause harm or obstruct the opposing contestant.

Mouthpiece: The color of the mouthpiece is limited to white or transparent. However, obligation to use mouthpiece may be exempted upon submission of the medical Doctors diagnosis stating that use of mouthpiece may cause harm to the contestant.

WEIGH-IN PROCEDURES

Weighing-in of the competitors shall not take place more than 24 hours prior to competition for the specific weight category.

During weigh-in, the male contestant shall wear underpants and the female contestant shall wear underpants and brassiere. Weigh-in may not be conducted in the nude.

Weigh-in shall be made once, however, one more weigh-in is granted within the time limit for official weigh-in to the contestant who did not qualify the first time.

Not exceeding:

The weight limit is defined by the criterion of one decimal place away from the stated limit. For example, not exceeding 58kg is established as until 58.0kg with 58.1kg being over the limit and resulting in disqualification.

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DURATION OF CONTEST

The duration of the contest shall be 3 rounds of 2 minutes each, with a 1 minute rest period between rounds. In case of a tie score after the completion of the 3rd round, a 4th round of 2 minutes will be conducted as the sudden death overtime round, after a 1 minute rest period following the 3rd round.

GENERAL RULES for Taekwondo

PROCEDURE OF THE CONTEST

1. Call for Contestants

The name of the contestants shall be announced 2 times beginning 2 minutes prior to the scheduled start of the contest. The contestant who fails to appear in the contest area within 1 minute after the scheduled start of the competition shall be regarded withdrawn.

2. Physical and Costume Inspection

After being called, the contestants shall undergo physical and costume inspection at the designated inspection desk by the inspector designated by the WTF, and the contestant shall not show any signs of aversion, and also shall not bear any materials which could cause harm to the other contestant.

3. Entering the Competition Area

After inspection, the contestant shall enter into the waiting position with 1 coach.

4. Procedure before the Beginning and after the End of the Contest

Before the start of the contest, the center referee will call "Chung, Hong." Both contestants will enter the Contest Area with their headgears firmly tucked under their left arms. When any contestant is not present or present without being fully attired, including all protective equipment, uniform, etc., at the Coach's Zone by the time the referee calls "Chung, Hong", he/she shall be regarded as withdrawn from the contest and the referee shall declare the opponent as the winner.

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

The referee shall start the contest by commanding "Joon-bi (ready)" and "Shi-jak (start)".

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

After the end of the last round, the contestants shall face each other at their designated positions. The contestants shall take off their headgears and exchange a standing bow at the referee’s command of “Cha-ryeot”, “Kyeong-rye.” The contestants shall wait for the referee’s declaration of decision in a standing posture.

The referee shall declare the winner by raising his/her own hand to the winner’s side.

5. The contestants retire from the Competition Area.

PERMITTED TECHNIQUES AND AREAS

Permitted techniques

Fist technique: Delivering a punch using the tightly clenched fist

Foot technique: Delivering techniques using any part of the foot below the ankle bone

Permitted areas

Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on the part of the spine.

Head: The area above the collar bone. Only foot techniques are permitted

VALID POINTS

Legal Scoring Areas

Body: The blue or red colored area of the body protector

Head: The area above the collar bone (i.e. whole part of the head including both ears and the back of the head)

Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of body and accurately to the legal scoring areas of head.

The valid points are divided as follows:

1 point for a valid attack on trunk protector

2 points for a valid turning kick to the trunk protector

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3 points for a valid kick to the head

4 points for a valid turning kick to the head

Match score shall be the sum of points of the 3 rounds.

Invalidation of points: When a contestant performs a scoring attack that incorporated the use of prohibited acts, the points scored shall be annulled.

SCORING AND PUBLICATION

Valid points shall be immediately recorded and publicized.

In case of non-use of Protector and Scoring System, valid points shall be recorded by each judge by using the electronic scoring instrument or judge's scoring sheet. Points recorded by judge's scoring instrument shall be immediately publicized.

In the use of Protector and Scoring Systems:

Valid points scored on the mid-section of the trunk shall be recorded automatically by the transmitter in the Protector and Scoring System. In case of a valid turning kick to the trunk protector, the "valid point" shall be scored automatically by the transmitter in the Protector and Scoring System, while the "valid turn" shall be scored by the judges.

Valid points scored to the head or attack by fist shall be recorded by each judge using the electronic scoring instrument or by the judges scoring sheet. As per valid turning kick on the head, the judges shall score valid points and "valid turn".

In case of using three (3) judges, valid points shall be those scored by two or more judges while valid points shall be those scored by at least three or more judges in case of using four (4) judges.

PROHIBITED ACTS AND PENALTIES

Penalties on any prohibited acts shall be declared by the referee.

Penalties are divided into "Kyong-go (warning penalty)" and "Gam-jeom (deduction penalty)".

Two "Kyong-go" shall be counted as an addition of one (1) point for the opposing contestant. However, the final odd-numbered "Kyong-go" shall not be counted in the grand total.

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A "Gam-jeom" shall be counted as one (1) additional point for the opposing contestant.

Prohibited acts: "Kyong-go" penalty

- a. Interference with the progress of the match
- b. Crossing the Boundary Line
- c. Avoiding or delaying the match
- d. Falling down
- e. Grabbing, holding or pushing the opponent
- f. Attacking below the waist
- g. Butting or attacking with the knee
- h. Hitting any part of the opponents head with the hand
- i. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach
- j. Lifting the knee to avoid a valid attack or impede the progress of an attack

Prohibited acts: "Gam-jeom" penalty

- a. Attacking the opponent after "Kal-yeo"
- b. Attacking the fallen opponent
- c. Throwing the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand
- d. Intentionally attacking any part of the opponents head with the hand
- e. Intentionally attacking below the waist
- f. A coach or a contestant interrupting the progress of the match
- g. Violent or extreme remarks or behavior on the part of a contestant or a coach
- h. Intentionally avoiding the match
- i. In case of using PSS, before each round of competition, the referee shall check whether any attempts were made to manipulate the scoring system and/or increase sensitivity of the sensing socks, or any other method. In the event that the referee finds intentional manipulation, the referee shall reserve the right to give "Gam-jeom" to the pertinent contestant and shall reserve the right to declare the violating athlete as the loser by penalty based on the degree of seriousness of the violation.

When a contestant receives eight (8) "Kyong-go" or four (4) "Gam-jeom", or in the event of any combination of Kyong-go and Gam-jeom that add up to minus four points, the referee shall declare the contestant loser by penalties.

"Kyong-go" and " Gam-jeom" shall be counted in the total score of the three rounds.

SUDDEN DEATH AND DECISION OF SUPERIORITY

In the event the winner cannot be decided after 3 rounds, a 4th round will be conducted.

In case of a contest advances to a 4th round, all scores and penalties awarded during the first 3 rounds shall be void, and the decision shall be made only by the result of the 4th round.

The first contestant to score a point in the extra round shall be declared the winner.

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In the event that neither contestant has scored a point after the completion of the 4th round, the winner shall be decided by superiority as determined by the refereeing officials. The final decision shall be based on the criterion of superiority for the 4th round only.

In case of using 4 refereeing officials (1 Referee and 3 corner judges), the referee can break the tie when the decision is tied with 2:2 among all refereeing officials.

DECISIONS

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

KNOCK DOWN

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

When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's technique

When a contestant is staggered and shows no intention or ability to continue

When the referee judges that the contest cannot continue as the result of being struck by a legitimate technique.

POOMSAE

Eligibility to compete:

A Class Competitors must be minimum 1st Dan grade & Kukkiwon holder.

B Class Competitors 4th Kup – 1st Kup

Competitors must be members of a national federation affiliated to the WTF. Proof of membership by means of a valid licence, insurance and grade will be required at registration. All contestants/clubs must have their own insurance as UTA (NI) / TANI and any of its representatives will not be responsible for any injury cost.

POOMSAE EVENTS

Compulsory Poomsae

Divisions	A – Class:	1 st Dan / Poom and higher, Kukkiwon Holder
	B – Class:	1 st Kup (Black Tag) – 4 th Kup (Blue Belt)

Individual Male

Individual Female

Mixed Pairs (1 male & 1 female)

Teams (3 Males or 3 Females)

The age categories will be the following for both male and female (individual):

18-29 years

30-39 years

40-49 years

50 + years

Freestyle Poomsae (Dan Grades only 18- 29 yrs & 30 yrs +)

Individual Male

Individual Female

Mixed Pairs (1 male & 1 female)

Teams (3 Males or 3 Females)

Contestants can only enter a Division Once

Age categories are based on the year of birth. For example, if someone is 29 years old on the day of the competition but will be 30 before the end of the year (2015) then he/she shall participate in the category of 30-39 years old.

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Cut-Off System will be used

1st Round: If there are 20 and over competitors in a division then the competition will start in this round.

2 assigned compulsory poomsae will be required to be performed with a 1 minute rest period in between.

2nd Round: The top 50% of the competitors with the highest scores from the 1st round will qualify for this 2nd round (including competitors with equal scores).

2 assigned compulsory poomsae will be required to be performed with a 1 minute rest period in between

Final Round: The top 8 competitors (with the highest scores) from the 2nd round will qualify for this round.

2 assigned compulsory poomsae will be required to be performed with a 1 minute rest period in between

Final: Divisions may start in the final if there are 8 entrants or less. 9 entrants or more will start in the 2nd Round.

UNIFORM (DOBOK)

The contestants shall wear a Taekwondo uniform recognized by the WTF.

GENERAL RULES

Dress:

A Class Divisions: Competitors may only compete wearing full WTF Poomsae uniform.

Kup Divisions: Competitors may only compete wearing full WTF uniform. Jewelry is strictly not permitted.

Hall Rules:

Only competitors and their coaches shall be admitted to the contest areas.

Officials: 2 coaches per team

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A-CLASS DIVISION (DAN/POOM GRADES)

Dan Grades

Individual (Male & Female)	
Division	Compulsory Poomsae
U29 Years – Age 18 - 29 yrs (Born 1984-1995)	Taeguk 6,7,8 Jang, Koryo , Keumgang, Taebeak, Pyongwon, Shipjin
U39 Years - Age 30 – 39 yrs (Born 1974-1983)	
U49 Years – Age 40 – 49 yrs (Born 1964-1973)	Taeguk 8 Jang, Koryo, Keumgang, Taebeak , Pyongwon, Shipjin, Jitae, Chonkwon
U59 Years – Age 50 – 59 yrs (Born 1954 or Before)	Koryo, Keumgang, Taebeak , Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
1 st Pair 18- 29yrs (Born 1984-1995)	Taeguk 6,7,8 Jang, Koryo , Keumgang, Taebeak, Pyongwon, Shipjin
2 nd Pair 30 + yrs (Born 1983 or before)	Taeguk 8 Jang, Koryo ,Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon

Teams (3 Males or 3 Females)	
Division	Compulsory Poomsae
1 st Team 18 – 29yrs (Born 1984-1995)	Taeguk 6,7,8 Jang, Koryo , Keumgang, Taebeak, Pyongwon, Shipjin
2 nd Team 30+ yrs (Born 1983 or before)	Taeguk 8 Jang, Koryo ,Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon

Compulsory poomsae shall be chosen, set and announced by the organising committee 3 days before the competition.

Freestyle Poomsae

Freestyle Poomsae is the performance based on Taekwondo techniques with composition of music and choreography.

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Composition of Poomsae

1. Yeon-mu line shall be the choice of the competitor
2. Number of Poom: each performance shall be composite of 20 - 24 poom (composition shall be no more than 5 motions)
3. Technique: each performance shall be composite of defending and attacking techniques of Taekwondo with 60% foot techniques and 40% hand techniques.
4. Music and choreography shall be the competitors choice
5. Performance shall be within the boundary line.
6. Performance shall be within 60 - 70 seconds.
7. The competitor must submit a plan of their freestyle performance on registration.
8. Music shall be supplied by the competitor; this must be in MP3 format and be done on registration.
9. Music track must not contain any EXPLICIT lyrics

Guide line for Freestyle Poomsae

Technical Skills

1. Level of difficulty of foot and hand techniques
2. Height of jump kicks
3. Number of jumping kicks
4. Gradient of turn kicks
5. Number of consecutive kicks
6. Acrobatic actions
7. Taekwondo basic accuracy of movements

Presentation

1. Creativeness/ Harmony
2. Expression of energy
3. Good music & Choreography

B CLASS DIVISIONS (4th Kup Blue Belt to 1st Kup Black Tag)

B Class Competition Method

If 9 competitors, Pairs, Teams or more: Two poomsae to be performed in first round (top 6 to progress), and one further poomsae in the final. A poomsae cannot be repeated in the final.

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If 8 competitors, Pairs, Teams or less: Straight to final, two poomsae performed

Individual (Male & Female)	
Division	Compulsory Poomsae
1 st Senior 18yrs - 35 yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
2 nd Senior over 36yrs	

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
1 st Pair 18yrs to 35 yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
2 nd Pair over 36yrs	

Teams (3 Males or 3 Females)	
Division	Compulsory Poomsae
1 st Team 18yrs to 35yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
2 nd Team over 36yrs	

Competitor's choice

**All Poomsae shall be chosen by the Competitor, there will no drawn Compulsory Poomsae,
However Poomsae can not be repeated**

START OF CONTEST

Procedures of contest

- 1 Call for contestants: Thirty minutes prior to the scheduled start of the contest, the names of the contestants shall be announced three times to contestants' training area. Any contestant who fails to appear in the competition area after "Chool-jeon" command of the competition coordinator shall be regarded as having withdrawn from and forfeited the match.

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- 2 Physical inspection and uniform inspection: After being called, the contestants shall undergo a physical inspection and a uniform inspection at the specified inspection desk by an inspector designated by the WTF. The contestant shall not show any signs of aversion, and shall not bear any object which may cause harm to the other contestant.
- 3 Entering the Contest Area: Following the inspection, the contestant shall enter the contestant waiting area with one coach accompanied
- 4 Pre-contest and post-contest procedures
 - 4.1 The contest shall begin after the declaration of “Chool-jeon”, “Cha ryeot”, “Kyeong rye “Joon-bi” and “Shi-jak” by the competition coordinator.
 - 4.2 After the end of the each Poomsae, the contestants shall stand in their respective positions and make a standing bow at the coordinator’s command of “Ba-ro, Cha-ryeot, Kyeong-rye.” Contestants shall wait until the coordinator’s declaration of “Pyo-chul”
 - 4.3 The referee shall declare the winner according to the results of the judges.
 - 4.4 Contestant’s exit from the Competition Area.

ARBITRATION

Procedure of Protest

Only the official head coach is allowed to protest to the Competition Director. This must be made within 10 minutes of the end of the contest. A protest fee of £75 will be payable immediately to the competition board. This will be refunded if the protest is accepted and won.

SITUATIONS NOT COVERED BY THE RULES

Where any situation arises which is not covered by these rules, it shall be dealt with and decision given by the referee after consultation with the Refereeing Commission.