



# Tournament Rules

Unified Taekwon-Do World Championships

Iguazu Falls, Brazil

August 9-11, 2019



Derived from the Rules and Regulations approved and used by the Late Founder, General Choi Hong Hi.



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# Section 1: GENERAL

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## Article 1: PURPOSE & APPLICATION

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

These are to be applied at every sanctioned International and National level Unified Taekwon-Do competition for degree holders. Modifications must be approved by the organization and posted in advance of the tournament.

A copy of the Unified Taekwon-Do Tournament Rules must be present at all tournaments and be accessible to all officials and competitors.

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## Article 2: OFFICIALS

Every participating country or delegation will supply at least 2 certified Umpires per every 10 competitors unless there are “exceptional circumstances,” which are to be agreed with the Tournament Organizing Committee prior to the event.

**Jury President:** Manages Umpires and oversees the operation of the ring to which they've been designated. They will be seated in a place of honour at each Jury table, and will render the final decision in the case of a dispute.

### UMPIRES:

- **Centre Referee:** Manages the bout, competitors and adjudicates penalty distribution by oversight of the Jury President.
- **Judges:** Give points in accordance with their judgment. For Pattern, Judges will be seated in a line facing the competition. In Sparring, they will be seated at the four corners of the ring.

**Jury Members:** Can act as a **Recorder/Timekeeper**, or may be assigned to a ring to assist with such tasks as adjusting board holder heights.

**Recorder/Timekeeper:** Seated ringside and manages all timekeeping for the ring, distribution of paperwork, scoresheets, and supplies, keeps accurate records of all rounds, and organizes/announces next and on-deck competitors.

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## Article 3: COMPETITORS

All competitors must compete according to their age at the beginning of the Tournament and will compete in the divisions as laid down in ["Article 14: Division of Competition"](#).

**Cadet Competitors** must be 12 years old or younger at the beginning of the Tournament and must be a I degree black belt certificate holder (internationally recognized).

**Junior Competitors** must be 13 to 17 years old at the beginning of the Tournament and must be I, II or III degree black belt certificate holders.

**Senior Competitors** is an open age division. Competitors must be I, II, III, IV, V or VI degree black belt certificate holders. Competitors under the age of 18 must have permission from their parents/guardian to compete in the Senior Open division and is subject to approval from the Tournament Organizing Committee.

**Veteran Competitors** must be 36 years and older at the beginning of the Tournament and must be I, II, III, IV, V or VI degree black belt certificate holders.

All competitors must be healthy and registered with a Unified Taekwon-Do representative.

The Tournament Committee reserves the right to refuse entry or expel any individual from the Tournament at any time.

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## Article 4: HEAD OF DELEGATION

The Head Delegate may be any person authorized by their association or governing body. The Head Delegate registers their competitors and Umpires, submits the necessary documents, lodges any complaints and cooperates with the other Officials in the competition. All Head Delegates must register with Unified Taekwon-Do.

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## Article 5: COACHES

Coaches must register with the Tournament Committee. For individual and team Sparring competition there can only be one (1) coach to a ring, however, the Coach must not interfere in the competition by action or words. During the competition, the coach must wear a training/track suit. During the Sparring competition, the Coach will be seated at least 1 metre from the ring. The Coach must not speak to the Referee or Judges. The Coach is the only person allowed to present an official protest.

Failure to follow the above rules will render the Coach liable to be disqualified from his advisory position and risk penalty for their competitor.

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## Article 6: ATTIRE

Officials will follow the attire requirements as laid down in the Unified Taekwon-Do Umpire Manual, ["Article 4: Attire Regulations"](#).

Competitors, while competing must wear an approved Taekwon-Do dobok with a Unified Taekwon-Do patch. The black belt must be of the official dimensions (5 cm) and must indicate the competitor's dan. A **competitor number** will be given to all competitors and this must be worn on the lower back part of the dobok at all times.

For opening and award ceremonies, countries may wear a Taekwon-Do dobok or the official country training suit.

Drinking of alcoholic beverages or smoking while wearing the dobok is prohibited.

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## Article 7: INSURANCE

### INJURY LIABILITY & INSURANCE FOR COMPETITORS

All competitors must sign a tournament entry form and liability waiver and must have insurance coverage for all eventualities.

### EVENT INSURANCE

All hosts must ensure that the Tournament has all the necessary public liability insurance, and reviewed the venue's fire procedures, required for such events.

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## Article 8: THE RING

The ring size will be a 9 x 9 metre floor space. When the ring is elevated, the border must be at least 2 metres greater in size than the ring on all sides (for a minimum size of 11 x 11 metre elevated square). The height of elevations may be from 50 cm to 100 cm. The official table where the Jury President and Recorder/Timekeeper are seated is beside the ring.

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## Article 9: ORDER OF MATCH

Divisions will run simultaneously with the order of events being Pattern, Sparring, Power Breaking and Specialty Jumping Techniques when possible.

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## Article 10: DRAW FOR ORDER OF COMPETING

The order of matches for individuals and teams are drawn prior to the start of the competition. Medals which count toward the Overall Champion Trophies cannot be won without at least 4 competitors or teams for the event. None of the competitors or teams can win 2 rounds one after another without competing unless it is due to the withdrawal of their opponent due to previous injury. Bye(s) will be decided at the draw. After the drawing of the competitor or team numbers is completed, then registration will be closed.

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## Article 11: ANNOUNCEMENTS

Draws and approximate times of events will be posted. All competitors must be available in the 'competitors area' prior to that time with any equipment (such as safety equipment) which they require. A runner will collect the competitors and coaches from the competitors' area, check their ID badges and escort them to the ring ready for their event to take place. It will be announced in which ring an event will take place.

Should the individual/team not come forward immediately then the number, name and country will be called for a second time. Should the individual/team still not come forward to the ring then they will be disqualified.

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## Article 12: OFFICIAL TERMINOLOGY

<i>CHARYOT</i> : Attention	<i>GAM JUM</i> : Deducting Points
<i>KYONG YAE</i> : Bow	<i>SIL KYUK</i> : Disqualification
<i>JUNBI</i> : Ready	<i>HONG</i> : Red
<i>SHIJAK</i> : Begin	<i>CHONG</i> : Blue
<i>HAECHYO</i> : Separate	<i>JUNG JI</i> : Time Stop
<i>GAESOK</i> : Continue	<i>IL HE JON</i> : 1st Round
<i>GOMAN</i> : End	<i>YI HE JON</i> : 2nd Round
<i>JU UI</i> : Warning	<i>SUNG</i> : Winner



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## Article 13: MEDICAL ATTENTION & INJURY

All tournaments must have qualified First Aid personnel on site. Their recommendations, with regard to competitors' further participation, following injury, must be adhered to.

When a competitor is injured, the Centre Referee must stop the match and call the Doctor. The Doctor must diagnose, treat the wounds and decide about the match continuation.

An injured competitor that is unfit to continue the match, according to the Doctor's decision, cannot compete again during that event but may return to compete in later events with the approval of the Doctor.

**A competitor that refuses to accept the Doctor's decision will be disqualified from the remainder of the tournament.**

# Section 2: COMPETITION

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## Article 14: DIVISION OF COMPETITION

Competition is divided into INDIVIDUAL and TEAM matches and will be decided by the pyramid tournament system.

### DIVISIONS FOR INDIVIDUALS

**Individual Cadet** – Individual matches are divided into:

- PATTERN: Male/female. I dan. Two (2) age categories (10 and younger, 11/12 years old).
- SPARRING: Male/female. Three (3) weight divisions. Two (2) age categories (10 and younger, 11/12 years old).

### Individual Junior

- PATTERN: Male/female. I, II, III degree divisions.
- SPARRING: Male/female. Five (5) weight divisions (Micro, Light, Middle, Heavy, Hyper).
- POWER BREAKING: Male/female.
- SPECIALTY JUMPING TECHNIQUES: Male/female.

**Individual Senior** - Individual matches are divided into:

- PATTERN: Male/female. I, II, III, IV-VI degree divisions
- SPARRING: Male/female. Five (5) weight divisions (Micro, Light, Middle, Heavy, Hyper).
- POWER BREAKING: Male/female.
- SPECIALTY JUMPING TECHNIQUES: Male/female.

**Individual Veteran** - Individual matches are divided into:

- PATTERN: Male/female. I, II, III, IV-VI degree divisions. Two (2) age categories (36-49 and 50+).
- SPARRING: Male/female. Three (3) weight divisions (Light, Middle and Heavy). Two (2) age categories (36-49 and 50+).
- POWER BREAKING: Male/female.
- SPECIALTY JUMPING TECHNIQUES: Male/female.

**NOTE:** Divisions with less than four (4) competitors will be combined as deemed appropriate by the Tournament Director.

## DIVISIONS FOR TEAMS

### Team Cadet

- PATTERN: Mixed male/female teams. 12 years old and younger.

**Team Junior, Senior Open, and Veteran** – Team matches are divided into:

- PATTERN – Male/female. Any rank.
- SPARRING – Male/female. Any weight.
- POWER BREAKING – Male/female.
- SPECIALTY JUMPING TECHNIQUES – Male/female.

**Competitors may not compete on more than one (1) team in a division nor with different teammates in different events within the same division.**

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## Article 15: NUMBER OF COMPETITORS

Countries or delegations that enter more than four (4) individual competitors or more than four (4) teams in a division may first be required to compete in an elimination round.

### INDIVIDUAL

The number of individual competitors who may enter each division and event is unlimited from each country unless otherwise indicated. These competitors may also be on a team or not, as chosen by the national trainer for that country but may only compete in one (1) division as an individual.

### TEAMS

Any combination of team members from one (1) team may be used to compete in different team events. **Competitors may not compete on more than one (1) team in a division nor with different teammates in different events within the same division.**

**Male/Female Senior Open Division:** Teams will consist of up to 5 competitors and 1 in reserve.

#### FOR FEMALE:

- Three to Five (3-5) in Pattern\*
- Three (3) in Sparring
- Three (3) in Power Breaking
- Three (3) in Specialty Jumping Techniques

#### FOR MALE:

- Five (5) in Pattern\*
- Five (5) in Sparring
- Five (5) in Power Breaking
- Five (5) in Specialty Jumping Techniques

\* Female teams may choose to compete with 3-5 competitors for Team Pattern. **Teams with less than 3 female or 5 male competitors may NOT enter Team Pattern** but may enter the other events.

A score of 0 or a loss will be recorded if a competitor is not available to complete a technique or bout. No team competitor may complete two (2) techniques or two (2) matches in the preliminary round (competitors may be repeated in the case of tie breakers). The coach will specify his team prior to the division commencing.

Competitors of any age may compete on a Senior Open team. Junior and Veteran age competitors may compete on a team within their division in addition to a Senior Open team, however ***no competitor may compete on more than one (1) team in a division nor with different teammates in different events within the same division.***

**Junior and Veteran:** Teams will consist of three (3) competitors and one (1) in reserve. Three (3) must compete in Pattern, Sparring, Power Breaking and Specialty Jumping Techniques. Teams with less than three (3) competitors may NOT enter Team Pattern but may enter the other events.

A score of 0 or a loss will be recorded if a competitor is not available to complete a technique or bout. No team competitor may complete two (2) techniques or two (2) matches in the preliminary round (competitors may be repeated in the case of tie-breakers). The coach will specify the team prior to the division commencing.

***Competitors may not compete on more than one (1) team in a division nor with different teammates in different events within the same division.***

**Cadet Team:** Cadet teams (pattern only) will consist of three (3) competitors, 12 years old and younger, male or female (can be combined).

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## Article 16: WEIGHT CHECK

Competitors must weigh in during designated weigh-in periods. If a competitor does not qualify for their registered weight class, they will be disqualified from the event or moved to the appropriate weight class.

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## Article 17: EQUIPMENT CHECK

The Referee will check to ensure that doboks, equipment, etc are of an approved type and that they are not defective. Should any item(s) not be satisfactory, then it must be changed and the competitor/team has a maximum of three (3) minutes to do so. If replacement is not done within 3 minutes, then that competitor will be disqualified and match points awarded to the opponent where appropriate.

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## Article 18: COURTESY

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

The Tournament Committee reserves the right to refuse entry or expel any competitor.

# Section 3: PATTERN

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## Article 19: DIVISIONS

- Male and Female
- Rank
- Cadet, Junior, Senior and Veteran ages

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## Article 20: PATTERN PERFORMANCE

### JUDGING CRITERIA

**Technical Content:** Execution and application of movements.

**Power:** Execution and application of the theory of power.

**Balance:** Execution and application of posture and equilibrium.

**Breath Control:** Execution and application of controlled breathing.

**Rhythm:** Execution and application of speed and timing.

**Team Choreography** (*for Team Pattern only*): Execution of team performance.

### INDIVIDUAL PATTERNS

Competitors will compete 1 to 1 and will perform simultaneously first one (1) designated pattern and one (1) optional pattern chosen within their rank. The *designated* pattern will be drawn from CHON-JI to their rank.

### TEAM PATTERNS

Each team must perform one (1) designated and one (1) optional pattern. The *designated* pattern will be drawn from CHON-JI to GE-BAEK. The *optional* pattern can be chosen from CHON-JI to MOON-MOO.

Both teams will perform the same designated pattern which will be announced by the Jury President during team presentation ringside. The Team may line up in any format that they choose and team members may perform movements individually, or together, as they choose, but it must be seen as teamwork and not compromise the integrity of the pattern. *Teams must stay on the mat between the designated and optional pattern* however they are permitted to change their formation as long as the transition occurs within the ring.

# Section 4: SPARRING

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## Article 21: DIVISIONS—INDIVIDUALS

- Female and male
- Weight
- Cadet, Junior, Senior and Veteran ages

**CADET WEIGHT DIVISIONS** (female/male)—Divisions determined after registration is complete.

### JUNIOR WEIGHT DIVISIONS

Male:

- MICRO: ≤ 51.9 kg (114.5 lbs)
- LIGHT: 52.0 – 57.9 kg (114.6 – 127.7 lbs)
- MIDDLE: 58.0 – 62.9 kg (127.8 – 138.8 lbs)
- HEAVY: 63.0 – 69.9 kg (138.9 – 154.2 lbs)
- HYPER: ≥ 70 kg (154.3 lbs)

Female:

- MICRO: ≤ 41.9 kg (92.5 lbs)
- LIGHT: 42.0 – 47.9 kg (92.6 – 105.7 lbs)
- MIDDLE: 48.0 – 52.9 kg (105.8 – 116.7 lbs)
- HEAVY: 53.0 – 59.9 kg (116.8 – 132.2 lbs)
- HYPER: ≥ 60.0 kg (132.3 lbs)

### SENIOR WEIGHT DIVISIONS

Male:

- MICRO: ≤ 53.9 kg (118.9 lbs)
- LIGHT: 54.0 – 62.9 kg (119.0 – 138.8 lbs)
- MIDDLE: 63.0 – 70.9 kg (138.9 – 156.4 lbs)
- HEAVY: 71.0 – 79.9 kg (156.5 – 176.3 lbs)
- HYPER: ≥ 80.0 kg (176.4 lbs)

Female:

- MICRO: ≤ 51.9 kg (114.5 lbs)
- LIGHT: 52.0 – 57.9 kg (114.6 – 127.7 lbs)
- MIDDLE: 58.0 – 62.9 kg (127.8 – 138.8 lbs)
- HEAVY: 63.0 – 69.9 kg (138.9 – 154.2 lbs)
- HYPER: ≥ 70.0 kg (154.3 lbs)

### VETERAN WEIGHT DIVISIONS

Male:

- LIGHT: ≤ 70.9 kg (156.4 lbs)
- MIDDLE: 71.0 – 85.9 kg (156.5 – 189.4 lbs)
- HEAVY: ≥ 86.0 kg (189.5 lbs)

Female:

- LIGHT: ≤ 59.9 kg (132.2 lbs)
- MIDDLE: 60.0 – 74.9 kg (132.3 – 165.2 lbs)
- HEAVY: ≥ 75.0 kg (165.3 lbs)

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## Article 22: DIVISIONS—TEAM

**JUNIOR, SENIOR OPEN FEMALE, VETERAN:** Each team will consist of **three (3)** competitors of any weight and rank, and one (1) reserve.

**SENIOR OPEN MALE:** Each team will consist of **five (5)** competitors of any weight and rank, and one (1) reserve.

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## Article 23: SAFETY EQUIPMENT & PROTECTIVE WEAR

During sparring competition competitors **MUST** wear:

- Safety equipment of an approved type on their hands and feet. Hand pads must have the fingers and thumb covered and the palm open
- Mouth guard
- Head gear
- Groin guard protectors (male only; must be worn *inside* the dobok)

Competitors may optionally wear the following:

- Shin protectors
- Breast protectors (female only; must be worn *inside* the dobok)

These all being of an approved type consisting of elasticized material with sponge or rubber type padding and containing no metal. No other protective or safety equipment may be worn, except in special circumstances with the approval of the Tournament Committee.

All competitors with injuries that require bandaging or protection 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, neither can bandaging to give extra support so that it constitutes an advantage to that competitor.

No jewelry, watches or other adornments may be worn.

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## Article 24: DURATION OF BOUTS AND DECISIONS

### **INDIVIDUAL—Cadets and Veterans**

Each individual bout will be two (2) rounds of 1 min 30 seconds each with a 1 minute break between rounds.

### **INDIVIDUAL—Juniors and Seniors**

Each individual bout will be two (2) rounds of 2 minutes each with a 1 minute break between rounds.



## **TEAM—Junior, Senior and Veteran**

Each team bout will be one (1) round of 2 minutes.

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### **Article 25: ATTACKING TOOLS**

HAND PARTS: Forefist, sidefist, backfist, knife-hand, reverse knife-hand.

FOOT PARTS: Ball of the foot, footsword, reverse footsword, back heel, instep, sole, toes.

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### **Article 26: LEGAL TARGET AREAS**

Head and neck area at the front and sides but not at the back.

Trunk of the body from neck to navel vertically and from a line drawn from the armpit vertically down to the waist on each side (that is, the frontal area above the belt only—the back of the head and body are not legal target areas).

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### **Article 27: SCORING PROCEDURE**

In competition, a technique is valid when it is:

- executed correctly.
- dynamic, that is to say it is delivered with strength, purpose, rapidity and precision.
- controlled on the target.
- a perfect block:
  - › defender must maintain complete balance
  - › an appropriate blocking tool must be used
  - › block must be powerful and accurate
  - › defence must be maintained at a proper distance
  - › opponents balance must be broken

All techniques can only be validly scored if after execution, the competitor executing the technique does not overbalance, fall or land outside the ring on completion.

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## Article 28: AWARDING POINTS

One (1) point will be awarded for:

- Hand technique directed to mid or high section
- Hand technique while in the air (both feet must be off the ground) directed to the mid section
- Foot technique directed to mid section.

Two (2) points will be awarded for:

- Foot technique directed to high section
- Hand technique while in the air (both feet must be off the ground) directed to the high section
- Jumping or flying foot technique directed to the mid section

Three (3) points will be awarded for:

- Jumping or flying foot technique directed to high section

Refer to the Umpire Manual, "[Appendix B: Sparring Points](#)" for a reference diagram.

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## Article 29: WARNINGS

Warnings will be assigned for the following offences:

- **Attack to an Illegal Target**—Attacking any areas other than those listed in "[Article 26: Legal Target Areas](#)".
- **Out of the Ring**—When both competitor's feet are out.
- **Falling Down**—This occurs when any part of the body, other than the feet, touches the ground whether intentionally or not.
- **Holding / grabbing / clinching / pushing**— Holding the leg of an opponent, "clinching", or intentionally pushing without proper technique.
- **Avoiding Sparring**—When a competitor turns their back to the opponent.
- **Sweeping**
- **Faking a Blow**
- **Pretending to score a point or otherwise celebrating**—Pretending to score a point or influence the Judges by raising the hand.

The sum of three (3) warnings will result in one (1) minus point. Three (3) points deducted for warning is not disqualification.

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## Article 30: FOULS

One (1) point will be deducted for the following offences (refer to the Umpire Manual, "[Article 27: Fouls](#)" for more detail):

- Loss of temper
- Illegal technique
- Attacking a fallen opponent
- Excessive contact

**NOTE:** *The sum of three (3) fouls will automatically result in disqualification.*

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## Article 30: DISQUALIFICATION

The Centre Referee may disqualify a competitor for the following reasons:

- misconduct against officials or ignoring instructions
- heavy contact, loss of control or intent to injure
- committing three (3) fouls
- any competitor suspected of being under influence of alcoholic beverages or drugs

A competitor cannot be disqualified for any sum of warnings.

# Section 5: POWER BREAKING

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## Article 32: TECHNIQUES

It is compulsory for each competitor to attempt each technique listed, for his / her division.

### Female: Junior, Veteran

- *Sonkal Taerigi* : Knife Hand Strike
- *Yopcha Jirugi* : Side Kick
- *Dollyo Chagi* : Turning Kick

### Senior Female

- *Sonkal Taerigi* : Knife Hand Strike
- *Yopcha Jirugi* : Side Kick
- *Dollyo Chagi* : Turning Kick

### Senior Male:

- *Ap Joomuk Jirugi* : Forefist Punch
- *Sonkal Taerigi* : Knife Hand Strike
- *Yopcha Jirugi* : Side Kick
- *Dollyo Chagi* : Turning Kick
- *Bandae Dollyo Chagi* : Reverse Turning Kick

### Junior Male

- *Sonkal Taerigi* : Knife Hand Strike
- *Yopcha Jirugi* : Side Kick
- *Dollyo Chagi* : Turning Kick

### Veteran Male\*:

- *Ap Joomuk Jirugi* : Forefist Punch  
OR
- *Sonkal Taerigi* : Knife Hand Strike
- *Yopcha Jirugi* : Side Kick
- *Dollyo Chagi* : Turning Kick  
OR
- *Bandae Dollyo Chagi* : Reverse Turning Kick

\**Individual Veteran Male* competitors will attempt all 5 techniques but for *team competition* will choose between knife hand strike **OR** punch and turning kick **OR** reverse turning kick.

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## Article 33: PROCEDURE

For each technique a standard will be set by the Tournament Committee.

Plastic boards or the wooden equivalent will be used. In Power Breaking, it is permitted to make one step forward, to slide, or to skip as long as the competitor does not jump—**one foot keeps contact with the floor at all times**. For *Sonkal Taerigi* the strike may be either inwards or outwards.

For each technique, each competitor will have 1 attempt to break, and only 1 prejudging of distance is allowed. The competitor will attempt all techniques in succession.

Competitors **may not** touch the board in any way during the prejudging of distance for any technique. Prejudging of distance is not mandatory.

An L-stance forearm guarding block ready posture must be adopted before and after the attempt to break. The attempt to break must be in one continuous movement. After the signal of the Referee the competitor has 30 seconds to complete that technique. The same procedure must be repeated for each technique.

**Referees may disallow a break** for failure to maintain the following:

- correct balance and posture throughout technique
- correct attacking tool in the correct manner

## **TEAM**

Each team member will make their attempt one after the other.

**Senior Male:** Five (5) competitors + one (1) reserve

**Junior Male/Female, Senior Female, Veteran Male/Female:** Three (3) competitors + one (1) reserve will perform techniques as indicated in ["Article 32: Techniques"](#) and the procedure as indicated above will be carried out.

# Section 6: SPECIALTY JUMPING TECHNIQUES

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## Article 34: TECHNIQUES

It is compulsory for each competitor to attempt each technique listed for his / her division. A qualifying round of one (1) technique may be done.

### Senior Open Male:

- *Twimyo nopi apcha busigi* : Flying High Kick (Jumping Front Kick)
- *Twio nomo chagi* : Flying Side Kick
- *Twimyo dollyo chagi* : Jumping Turning Kick

In the event of a tie, the following techniques may be used as tie-breakers:

- *Twio dolmio chagi* : Mid-air Kick (Jumping Back kick)
- *Twimyo bandae dollyo chagi* : Jumping Reverse Turning Kick

### Junior Female/Male, Senior Open Female, and Veteran Female/Male:

- *Twimyo nopi apcha busigi* : Flying High Kick (Jumping Front Kick)
- *Twio nomo chagi* : Flying Side Kick
- *Twimyo dollyo chagi* : Jumping Turning Kick

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## Article 35: PROCEDURE

In each event a wooden board (30 x 30 x 1.5 cm thick), the plastic equivalent, or a machine designed for the specific test will be used. The board thickness and height/length will be set by the Tournament Committee prior to the event.

For each technique, each competitor will have one (1) attempt to break with only one (1) prejudging of distance during which the competitor **may not** to touch the board or target.

An L-Stance forearm guarding block ready posture must be adopted before and after the attempt to break and competitors must land on their feet. If any part other than the bottom of the foot touches the ground no points will be awarded. The attempt to break must be in one continuous movement.

After the signal of the Judge, the competitor has 30 seconds to complete that technique. The competitor will attempt all techniques in succession.

**Referees may disallow a break** based on the following criteria:

- falling down or failure to maintain correct balance and posture throughout the technique,
- failure to use the correct attacking tool in the correct manner,
- knocking over or touching any of the hurdles or barriers with any part of the body or dobok.

## **TEAM**

**Senior Open Male:** Five (5) competitors + one (1) reserve

**Junior Male and Female, Senior Open Female, Veteran Male and Female:** Three (3) competitors + one (1) reserve will perform techniques as indicated in ["Article 34: Techniques"](#) and the procedure as indicated above will be carried out.

# Section 7: COLOUR BELT COMPETITION

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## Article 36: DIVISION OF COMPETITION

Colour belt competitors will compete in Pattern and Sparring and will be divided by rank, age, and weight as deemed appropriate by the Tournament Committee.

Procedure and scoring will follow the same guidelines as black belt divisions.

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## Article 37: PATTERN

The pyramid system of elimination will be used.

Competitors will compete 1 to 1 and will perform simultaneously one (1) optional pattern from their rank or the immediate previous rank. White belts may compete with Saju Jirugi or Saju Maki on one side. In the case of a tie, a pattern will be chosen from any previous rank. The Judges will choose the better competitor to go forward to the next round.

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## Article 38: SPARRING

Colour belt competitors under the age of 14 may NOT punch to the high section. Competitors 14 years and older AND blue belts and higher are permitted to punch to the high section. No white, yellow or green belts are permitted to punch to the high section.

For **Cadets, Juniors and Veterans** there will be one round of 1 min 30 seconds.

For **Seniors** there will be one round of 2 minutes.



# Section 8: DISPUTE PROCEDURE

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## Article 39: PROTEST

Protests are for when a violation of the rules is believed to have occurred, not as a protest against results. Only the Coach can present a protest.

Each protest must be written on the Official Protest Form and presented to the Tournament Director within 5 minutes of the end of the match. 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 the Tournament. Only in cases where the protest is positively accepted by the Tournament Committee will the tax will be returned to the Coach.

The Tournament Committee will then examine the circumstances of the protest and will decide to:

- validate the match
- repeat the match
- assign the victory of the match to another competitor/team
- to disqualify one or both competitors/teams

In case of a protest, the competitors or teams cannot compete again before the decision of the Tournament Committee has been made.

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## Article 40: DECISIONS

In order to give a decision, the Tournament Committee may call anyone else they require to give evidence on the protest. On reaching a decision the Tournament Committee will notify all parties concerned of the decision.

The Tournament Committee will at all times base their decision on these Tournament Rules and their decision cannot conflict with the rules of this document.

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## Article 41: DISQUALIFICATION

Team Managers, coaches, representatives or individuals who persist in arguing against decisions made by the Tournament Committee may disqualify the whole team or the

individual from all further events at the Tournament. The Tournament Committee shall consider the matter at a later date with a view of taking further action.

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## **Article 42: TEAM / COMPETITOR WITHDRAWAL**

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

- automatic disqualification from that event, with no placing or medals for that event
- automatic disqualification from all further events at the Tournament
- further disqualification from future events as decided by the Tournament Committee





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