



Sparring Guidelines



| Age | Match Format & Duration | Points for Mid Section Turning Kick | Points for High Section Kick | Points for High Section Turning Kick | Other Guidelines |
|---|--|-------------------------------------|------------------------------|--------------------------------------|--|
| <u>No Head Contact</u> up to 9 | In the event of two competitors: Best two (2) matches out of three (3) matches. In the event of three competitors: Round Robin – in the event of a three way tie, then random draw will be conducted to determine additional matches. | 2 | No Head Contact | | Kyung-go: Light contact that does not result in injury. Gam-jeom: Contact that result in injury or of power that exceeds light contact. |
| <u>Junior Safety Rules</u> 10 – 14 33+ | In the event of four competitors: Semifinalists compete for third and fourth place. | | 3 | 4 | Points or Gam-jeom: Excessive contact can be determined by sound, head movement, and injury. |
| <u>Adult Rules</u> 15 - 32 | In the event of five or more competitors: Double Elimination/True Second Place.* Standard bracketing for all division, except for Black Belt Cadets, Juniors & Seniors. These divisions will be run using match numbering . | | 3 | 4 | |

*Once a competitor loses a match, they will be moved to the consolation bracket where they will compete for second place against the loser of the final match. If the winner of the consolation bracket has already faced the loser of the finals, then no match will be conducted and they will automatically earn a bronze medal.

Awards:

- 2 player divisions: 1st and 2nd
- 4 Player divisions: 1st, 2nd and two 3rd
- All other divisions: 1st, 2nd and 3rd

Four (4) full point deductions will result in a disqualification.



Sparring Guidelines



Equipment Guidelines

1. Head gear. Competitor must wear the head gear that either matches chest protector or is neutral (white or black).
2. Mouth piece of any color.
3. Chest protector that covers body from hip to arm pit that is tied appropriately.
4. Forearm and shin-instep guards.
5. Groin cup (males) which must be worn under pants.
6. No eyeglasses or safety glasses of any kind will be permitted while sparring.

Handling Inactivity

1. After 5 seconds of inactivity urge competitors to "fight."
2. If after 10 additional seconds neither competitor has made a valid attempt to engage award the "most inactive" competitor a Kyong-Go.

Handling Injuries

1. If medical attention is needed, then center referee will call Kye-shi and request medical assistance.
2. If medical attention is needed, then competitor must resume action without calling Kye-shi.
 - a. Referee gives indication to continue the match to the contestant two times in five-second intervals.
 - b. Unless the contestant resumes the match, referee gives "Kyong-go" penalty.

Handling Out Of Bounds: When a competitor has one FULL foot out of bounds a Kyong-Go will be awarded to:

1. Competitor who stepped out.
- OR**
2. Competitor who pushed other competitor out.

Handling a Tie

1. **Sudden Death:** If a match ends in a tie, a final sudden death round will be run of that same duration of regulation rounds after a thirty (30) second rest period.
2. **Decision of Superiority**

If at the end of a single sudden death round the score remains tied, a winner will be determined by evaluating the players based on the following criteria one at a time until a winner can be determined.

 1. Aggressive match management
 2. Number of kicks
 3. Number of superior techniques thrown
 4. Taekwondo spirit



Sparring Guidelines



Competition Sparring Penalties

1. **Kyung-go** (Warning with a 1/2 point deduction)
 - a. Crossing the Boundary Line
 - b. Avoiding or delaying the match
 - c. Falling down
 - d. Grabbing, holding or pushing the opponent
 - e. Attacking below the waist
 - f. Butting or attacking with knee
 - g. Hitting any part of the opponent's head with the hand
 - h. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach
 - i. Lifting the knee to avoid a valid attack or impede the progress of an attack

2. **Gam-jeom** (Deduction Point)
 - a. Attacking the opponent after "Kal-yeo"
 - b. Attacking the fallen opponent
 - c. Throwing down the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand
 - d. Intentionally attacking the opponent's face with the hand
 - e. A coach or contestant interrupting the progress of the match
 - f. Violent or extreme remarks or behavior on the part of a contestant or a coach
 - g. Intentionally and/or aggressively avoiding the match.
 - h. Intentionally attempting to manipulate the scoring system or increase sensitivity of the sensing socks.

Note: The execution of a prohibited act could be considered "intentional" if a contestant continues to perform prohibited act after being explicitly advised against said act. The impact of and/or extent of injury of a prohibitive act is NOT used in determining the severity of the prohibitive act.