

# **REUNITE INTERNATIONAL TAEKWON-DO FEDERATION (RITF)**

**Tournament Rules  
For World & National Championships**



**May 2014  
Version 1**

# Reunite International Taekwon-Do Federation

## Rules and Regulations

### RITF World & National Championships

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## **SECTION I – GENERAL**

### **A 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.

### **A 2. APPLICATION**

These rules are to be applied at every World and National Championships. They apply to male and female except where stated otherwise.

### **A 3. OFFICIALS**

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

### **A 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. Three (3) to 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 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 corners 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 Breaking 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, supplied and fully trained by the Organising Committee maybe seated at the Jury table to keep match records.

### **A 5. COMPETITORS AND EVENTS**

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.

Competitors are divided into the following divisions:

#### **Coloured Belt Age:**

Young Children: 5-7 years old

Children: 8-10 years old

Young Junior: 11-14 years old

Junior: 15-17 years old

Adult: 18-35 years old  
Senior: 36-45 years old  
Veteran: 46 years and above

**Coloured Belt Ranks:**

White – Green Stripe  
Green – Blue Stripe  
Blue – Black Stripe

**Black Belt Age:**

Young Junior: 10-14 years old  
Junior: 15-17 years old  
Adult: 18-35 years old  
Senior: 36-45 years old  
Veteran: 46 years and above

**Black Belt Ranks: (Individual and Team)**

Black belt ranks that can compete: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> Degrees (Dan)

**World Championship Events:**

Colour Belt World Championships

- Individual Pattern
- Individual Sparring

Black Belt World Championships

- Individual Pattern
- Individual Sparring
- Individual Power Breaking
- Individual Special Technique
- Team Pattern
- Team Sparring
- Team Power Breaking
- Team Special Technique

**A 6. DRESS REQUIREMENTS**

- Officials must wear the dress requirements as laid down in the RITF Umpire rules
- Dobok
  - Competitors must wear the “officially approved” ITF Dobok.
  - Personal sponsorship on the ITF Dobok is allowed only on the left sleeve (measuring length 8cm and height 5cm). The Tournament Committee must approve before competition starting.
  - Female competitors may wear a white t-shirt under the Dobok jacket.
  - The national emblem (flag) may be worn on the right sleeve of the Dobok and the nations name may be worn under the ITF tree on the back of Dobok.
- Black belts – All Black belt competitors must have their rank clearly indicated on their belt, NO plain Black belts will be allowed.
- Competitors are allowed, when not performing, to wear their national team track suit.

- e. For opening and closing ceremonies countries may wear their official team tracksuit, however all competitors must dress the same. At the medal ceremony competitors must wear the official ITF Dobok or National tracksuit.

N.B: Drinking of alcoholic beverages or smoking whilst wearing the Dobok is prohibited.

## **A 7. SAFETY EQUIPMENT AND PROTECTIVE WEAR**

- a. Competitors must wear:
  - I. Red and Blue coloured hand and feet safety equipment
  - II. Groin guards must be worn inside the Dobok trousers – male only
  - III. Head guard – All competitors under 18 years old
  - IV. Mouth guard – suitable quality
  
- b. Competitors may, optionally wear the following:
  - I. Shin/forearm protectors
  - II. Breast protectors – for female only – and worn inside the Dobok jacket
  - III. Groin guard must be worn in the Dobok trousers – Females
  - IV. Head guard – for competitors over 18 years old

Safety equipment must be of an approved type and certified by the tournament committee, all equipment must be of elasticised material with sponge or rubber type padding and containing no metal, bone or hard plastic (accept groin guards and breast protectors). RITF allows both Dipped Sparring equipment as well as PVC Sparring equipment.

- c. No other protective or safety equipment may be worn, except in special circumstances with the approval of the Tournament Committee
- d. All competitors with injuries, which require bandaging, or strapping of any kind, must satisfy the tournament doctor of their need, and obtain approval of the type before performing i.e. no pins or hard material can be worn
- e. No jewellery, watches or other adornments may be worn. Hair may be kept in place using a material of soft elastic nature only, no hard material, metal, grips or slides are allowed.

## **A 8. MEDICAL ATTENTION**

All tournaments must have one (1) Doctor, and appropriate qualified first aid personnel in attendance. It is preferable to have an ambulance and appropriate equipment in attendance as well. Doctor's recommendations, with regard to competitor's further participation following injury must be adhered to.

## **A 9. INJURY LIABILITY AND INSURANCE – COMPETITORS**

All competitors must have valid insurance coverage in order to compete, as the RITF Board of Directors, RITF Tournament Committee, RITF Umpire Committee, RITF Officials, and the hosting Organization will not be held responsible for any injury, loss, or eventuality incurred during the event. The cost of accident insurance, treatment, and third party insurance of the competitors is the responsibility of the Competitor. The host of the event has the responsibility to obtain appropriate accident insurance and third party insurance for the tournament.

## **A 10. INSURANCE – FOR EVENT**

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

## **A 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 must 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”.
- c. For Pattern, the competition ring will consist of an 8 by 8 metres matted playing surface, and must 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”.
- d. For Power Breaking 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 the RITF Tournament and RITF Umpire Committees.
- e. Lighting must not be lower than five (5) meters above any competition rings.
- f. The official Jury table is located in front of the ring.

## **A 12. RESULT RECORDING**

Results from all matches will be recorded by the Jury President. All tournaments may have several forms of visual display of results for the benefit of participants and audience. Results should generally be shown as often as possible so as to enable the competitors to follow the course of the event whilst it is in progress.

## **A 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.

## **A 14. COACHES**

- a. For any individual and/or team competition, only one (1) coach may be present at the ringside, seated in the designated coach’s chair.
- b. Coaches must wear their Nation’s Team tracksuit, rubber sole shoes and carry a towel.
- c. Coaches are not allowed to wear bags 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 actions 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 Team tracksuit, 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.

#### **A 15. AWARDS – INDIVIDUAL AND TEAM (MALE & FEMALE)**

a. **Individual**

1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners are awarded medals

b. **Team**

1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners are awarded medals

c. **Best Country, School or Club**

In order to have the Overall Classification all points from Individual and Team events (male and female) will count. If applicable to the tournament.

- d. In the case of Team Events, placing will be counted as a single medal and not multiplied by the number of team members. For example, the winning team in Team Patterns will have only one (1) Gold medal added to their overall medal total, and not the amount of team members in the team.

- e. The country, school or club that wins the highest number of medals (the highest total of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> medals) will be awarded with the overall champion trophy.

#### **A 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 – DEDUCTION 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

#### **A 17. DIVISION OF COMPETITION**

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

**Individual**

- a. Black Belt Individual Events:



- I. Patterns
- II. Sparring
- III. Power Breaking
- IV. Special Technique

b. Black Belt Team Events:

- I. Patterns
- II. Sparring
- III. Power Breaking
- IV. Special Technique

c. Colour Belt Individual Events:

- I. Patterns
- II. Sparring

The winners of the Sparring and Patterns events will be decided according to the pyramid system of elimination.

The winners of the Power breaking and Special technique will be determined by the highest points obtained.

N.B: Individual competitors may enter all events

### **Team**

Young Junior, Junior, Adult, Senior and Veteran matches are divided into:

a. Pattern

- I. Male
- II. Female

b. Sparring

- I. Male
- II. Female

c. Special Technique

- I. Male
- II. Female

d. Power Breaking (Junior, Adult, Senior and Veteran only)

- I. Male
- II. Female

Each team may perform in all events regardless of rank and weight.

## **A 18. COMPETITORS NUMBERS – INDIVIDUAL AND TEAM**

### **Individual**

- a. Any number of individual competitors may enter each event
- b. These competitors may be individual or team members

## **Team**

Each team must present the minimum number of competitors as listed below, the team will have no more than five (5) in all events, this includes reserve competitors.

- a. **Team Pattern:**  
Five (5) competitors allowed, with three (3) competing on the floor.
- b. **Team Sparring:**  
Five (5) competitors allowed, with five (5) competing on the floor
- c. **Team Power Breaking:**  
Five (5) competitors allowed, with three (3) competing on the floor
- d. **Team Special Technique:**  
Five (5) competitors allowed, with three (3) competing on the floor

Changes to the members of a team is not allowed once the competition begins.

## **A 19. ORDER OF MATCH**

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

## **A 20. DRAW FOR ORDER OF COMPETING**

- a. Competitor placement on the event/division draw sheet, and all byes will be decided by random draw during the officials meeting.
- b. The competition draw will be held a minimum 24-48 hours prior to the event, and the draws will be made available to all competitors and coaches.
- c. One (1) copy of the entire draw shall be given to each country present at the coaches meeting (World Championships only).

## **A 21. WEIGHT CHECK**

The first weight check will be within 24-48 hours prior to the beginning of the competition. Competitors not making their weight at the first weigh in shall have one (1) hour to present themselves for the second and final weigh in. If he/she is still too heavy, then he/she shall be removed from that weight group and placed in a higher division.

## **A 22. ANNOUNCEMENTS**

According to the tournament competition schedule it will be announced in which ring an event will take place and it is the responsibility of the competitors/teams to be close to the ring so that they may compete without delay when called upon to do so. They will be called to the red or blue side of the competition ring complete with any equipment (such as safety equipment) which they require.

Should they not come forward immediately then their name and/or country will be called for a second time. Should the individual/team still not come forward to the ring within one (1) minute from the second call then they will be disqualified.

### **A 23. EQUIPMENT CHECK**

Competitors' Dobok and/or equipment check will take place outside of the ring 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.

### **A 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.

## **SECTION II – PATTERN**

### **A 25. GROUPS**

- a. Male
- b. Female

### **A 26. ELIMINATIONS – INDIVIDUAL**

The pyramid system of elimination will be used.

- a. Coloured belt competitors will compete 1 on 1 and will perform simultaneously one (1) **optional** pattern (appropriate to their rank)
- b. Black belt competitors will compete 1 on 1 and will perform simultaneously one (1) **optional** pattern (appropriate to their rank) and then one (1) **designated** pattern.
- c. The judges will choose the best competitor to go forward to the next round.

### **A 27. PERFORMANCE AND DECISIONS – INDIVIDUAL**

- a. Coloured belts
  - I. Coloured belts will perform One (1) pattern from their present rank
- b. Black belts
  - I. 1<sup>st</sup> degrees will compete with 1<sup>st</sup> degrees with the designated pattern being any one from CHON JI to CHOONG MOO
  - II. 2<sup>nd</sup> degrees will compete with 2<sup>nd</sup> degrees with the designated pattern being any one from CHON JI to CHOONG MOO
  - III. 3<sup>rd</sup> degrees will compete with 3<sup>rd</sup> degrees with the designated pattern being any one from CHON JI to CHOONG MOO
  - IV. 4<sup>th</sup> degrees will compete with 4<sup>th</sup> degrees with the designated pattern being any one from CHON JI to CHOONG MOO
  - V. 5<sup>th</sup> degrees will compete with 5<sup>th</sup> degrees with the designated pattern being any one from CHON JI to CHOONG MOO
  - VI. 6<sup>th</sup> degrees will compete with 6<sup>th</sup> degrees with the designated pattern being any one from CHON JI to CHOONG MOO

#### **In individual matches the following decisions will apply**

The competitor obtaining the majority of Umpire votes, shall be declared the winner and advance to the next round of competition. Black belt divisions will NOT be combined, however two (2) Black belts of different ranks may compete against each other to make up a category, however they are both still to be awarded 1<sup>st</sup> place.

#### **In the event of a tie**

- a. Competitors will perform an additional designated pattern as selected by random draw by the Jury president, until the winner is decided.
- b. The additional designated pattern shall be a pattern appropriate for their ranks, and which has not yet be performed.

- c. In the event of a tie between Coloured belts of different 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.
- d. In the event of a continued tie, the same process will continue until all patterns appropriate to that rank, have been performed.

#### **A 28. ELIMINATION – TEAM**

The pyramid system of elimination will be used.

- a. Random draw will decide which team performs first
- b. The judges will choose the better team to go forward to the next round
- c. All teams will perform the same designated pattern from CHON JI to CHOONG MOO

#### **A 29. PERFORMANCE AND DECISIONS – TEAM**

- a. Each team will have three (3) competitors who must perform together one (1) Optional pattern. The Optional pattern being from CHON JI to GAE 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/her 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 of the ring is NOT part of the choreography and no points will be given for this.

#### **In team matches the following decisions will apply**

The team obtaining the majority of Umpire votes, shall be declared the winner and advance to the next round of competition.

#### **A 30. OFFICIALS FOR PATTERN DIVISION**

One (1) Jury President, two (2) Jury Members, One (1) Centre Referee and three (3) to five (5) Umpires.

## **SECTION III – SPARRING**

### **A 31. DIVISIONS**

#### **INDIVIDUAL – COLOURED BELT**

- a. Male and Female groups
- b. Weights
- c. Age groups
- d. Divisions
  - I. White to Green Stripe
  - II. Green to Blue Stripe
  - III. Blue to Black Stripe

#### **Young Children (5 – 7 years old)**

<b>Male</b>	<b>Female</b>
- 18kgs	- 16kgs
- 23kgs	- 20kgs
- 27kgs	- 25kgs
+ 27kgs	+ 25kgs

#### **Children (8 – 10 years old)**

<b>Male</b>	<b>Female</b>
- 23kgs	- 21kgs
- 27kgs	- 25kgs
- 31kgs	- 29kgs
+ 31kgs	+ 29kgs

#### **Young Junior (11 – 14 years old)**

<b>Male</b>	<b>Female</b>
- 45kgs	- 38kgs
- 52kgs	- 45kgs
- 60kgs	- 51kgs
+ 60kgs	+ 51kgs

#### **Junior (15 – 17 years old)**

<b>Male</b>	<b>Female</b>
- 50kgs	- 45kgs
- 56kgs	- 50kgs
- 62kgs	- 55kgs
- 68kgs	- 60kgs
- 75kgs	+ 60kgs
+ 75kgs	

#### **Adult (18 – 35 years old)**

<b>Male</b>	<b>Female</b>
- 57kgs	- 52kgs
- 63kgs	- 56kgs
- 70kgs	- 62kgs
- 78kgs	- 68kgs
- 85kgs	- 75kgs

- 95kgs	+ 75kgs
+ 95kgs	

### Senior (36 – 45 years old)

Male	Female
- 65kgs	- 55kgs
- 72kgs	- 60kgs
- 79kgs	- 65kgs
- 85kgs	+65kgs
+ 85kgs	

### Veteran (46 years and above)

Male	Female
- 67kgs	- 55kgs
- 75kgs	- 63kgs
- 82kgs	+ 63kgs
+ 82kgs	

Individual sparring categories must consist of at least two (2) competitors. In case of only one (1) competitor he/she shall be moved to another weight category.

### INDIVIDUAL – BLACK BELT

- a. Male and Female groups
- b. Weights
- c. Age groups
- d. Divisions – 1<sup>st</sup> to 6<sup>th</sup> Degree (Dan) combined

### Young Junior (10 – 14 years old)

Male	Female
- 45kgs	- 38kgs
- 52kgs	- 45kgs
- 60kgs	- 51kgs
+ 60kgs	+ 51kgs

### Junior (15 – 17 years old)

Male	Female
- 50kgs	- 45kgs
- 56kgs	- 50kgs
- 62kgs	- 55kgs
- 68kgs	- 60kgs
- 75kgs	+ 60kgs
+ 75kgs	

### Adult (18 – 35 years old)

Male	Female
- 57kgs	- 52kgs
- 63kgs	- 56kgs
- 70kgs	- 62kgs
- 78kgs	- 68kgs
- 85kgs	- 75kgs

- 95kgs	+ 75kgs
+ 95kgs	

### Senior (36 – 45 years old)

Male	Female
- 65kgs	- 55kgs
- 72kgs	- 60kgs
- 79kgs	- 65kgs
- 85kgs	+65kgs
+ 85kgs	

### Veteran (46 years and above)

Male	Female
- 67kgs	- 55kgs
- 75kgs	- 63kgs
- 82kgs	+ 63kgs
+ 82kgs	

Individual sparring categories must consist of at least two (2) competitors. In case of only one (1) competitor he/she shall be moved to another weight category.

### TEAM

#### All team divisions:

- a. Each sparring team (male or female of any weight and degree) must consist of a maximum of five (5) and minimum of three (3) competitors, this is including the reserve.

### A 32. DURATION OF BOUTS AND DECISIONS

#### a. Individual – Black belt

- I. Individual elimination bouts will be two (2) rounds of two (2) minutes with a one (1) minute rest between.
- II. Individual final bouts will be three (3) rounds of two (2) minutes with a one (1) minute rest between rounds.
- III. In case of a draw, a further one (1) minute round will take place
- IV. If this results in a further draw, then the first clear point to score assigned by at least two (2) Referees at the same split second will decide who the winner is.

#### b. Individual – Colour belt

- I. Individual elimination bouts will be two (2) rounds of one and a half (1.5) minutes with a one (1) minute rest between.
- II. Individual final bouts will be two (2) rounds of two (2) minutes with a one (1) minute rest between rounds.
- III. In case of a draw, a further one (1) minute round will take place
- IV. If this results in a further draw, then the first clear point to score assigned by at least two (2) Referees at the same split second will decide who the winner is.

#### c. Team – Black belt only

- I. Each team bout will be one (1) round of two (2) minutes
- II. In team matches, the judge's total points from the three (3) bouts shall be counted. However if all three (3) bouts are finished and the result is a draw then



- each coach will select one (1) competitor to spar and 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.

### **A 33. TARGET AREA**

- a. Head (high section)
  - I. At the front, sides, and top of the head, but not at the back.
  - II. Excluding the neck
- b. Trunk of the body (mid section)
  - 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 back)

### **A 34. POINT AWARDS**

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

### **A 35. LIGHT CONTACT SCORING SYSTEM**

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

- a. Executed correctly.
- b. Dynamic, that is to say it is delivered with strength, purpose, speed and precision.
- c. Controlled on the target

### **A 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/grasping
- e. Intentional attack to a target other than specified (see article A33)

### **A 37. WARNINGS**

Warnings will be assigned for the following offences:

- a. Pretending to have scored a point by raising one or both arms and/or yelling
- b. Stepping completely out of the ring (both feet)
- c. Falling down, whether intentional or not (it means any part of the body, other than the feet touching the ground)
- d. Pretending to be injured to gain an advantage
- e. Intentionally avoiding sparring
- f. Adjusting equipment during a bout without the consent of the centre referee
- g. Unintentional attack to a target other than specified in article A33
- h. Pushing with either hands or body

The sum of three (3) warnings automatically means deducting one (1) point.

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

### **A 38. DISQUALIFICATION**

A competitor will be disqualified for the following offences:

- 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 alcohol or drugs
- e. Loss of temper
- f. Swearing/foul language
- g. Insulting an opponent
- h. Biting/scratching
- i. Attacking with the knee, elbow or head
- j. Causing a K.O. (knockout) see article A39

N.B: A competitor that insults an opponent, coach or any official will be disqualified from the rest of the tournament.

### **A 39. INJURY**

- a. When a competitor is injured, the centre referee must stop the match and call the doctor. At the moment the doctor is in front of the injured competitor, he/she has a maximum of three (3) minutes to diagnose, treat the wounds and decide about the match and competition continuation.
- b. When a competitor cannot continue to compete because of the doctors 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/hers opponent is responsible
  - II. He/she is the loser if his/hers opponent is not responsible
- c. An injured competitor that is unfit to fight cannot continue for the time/day(s) set according to the doctors decision
- d. A competitor that refuses to accept the doctors and /or the ring council decision will be disqualified and taken out of the competition
- e. If two (2) 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 the bout.

N.B: A competitor that causes a K.O. (meaning their opponent is unconscious), or causes a concussion in sparring competition with an illegal technique, will be disqualified. The opponent that receives a K.O. or concussion shall not be able to compete again during the whole event.

## **A 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 set of sparring equipment to differentiate between them. Mouth protection is to 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 cease to spar and remain where they are until restarted.
- IV. An audible signal of time will end the round and/or bout. The reverse for bowing will ensue 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.

### **b. Team**

- I. Bout procedure will be as individual.
- II. A coin will be tossed between the two (2) coaches.
- III. The winning coach of the coin toss decides which team sends its first competitor into the ring.
- IV. The teams must then alternate.

## **A 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 next “GAE- SOK” (continue) command is given.

## **A 42. OFFICIALS FOR SPARRING COMPETITION**

One (1) Jury President, Two (2) Jury Members, One (1) Centre Referee and Four (4) Corner Referees.

## **SECTION IV – POWER BREAKING**

### **A 43. DIVISIONS**

Male and Female groups.

Age ranges:

- Junior: 15 – 17 years
- Adult: 18 – 35 years
- Senior: 36 – 45 years
- Veteran: 46 years and above

Belt Categories:

- 1<sup>st</sup> – 6<sup>th</sup> Degree

Male Competitors (all age groups)

<b>HAND TECHNIQUES</b>	<b>FOOT TECHNIQUES</b>
Fore fist Front Punch (Ap Joomuk Jirugi)	Side Piercing Kick (Yop Chagi)
Knife hand Strike (Sonkal Taerigi)	Turning Kick (Dollyo Chagi)
	Reverse Turning Kick (Bandaedollyo Chagi)

Female Competitors (all age groups)

<b>HAND TECHNIQUES</b>	<b>FOOT TECHNIQUES</b>
Knife hand Strike (Sonkal Taerigi)	Side Piercing Kick (Yop Chagi)
	Turning Kick (Dollyo Chagi)

### **A 44. PROCEDURE – INDIVIDUAL AND TEAM**

The following procedure shall take place:

- a. Machines designed for the specific test will be used.
- b. The number of plastic boards for each test will be indicated by the Tournament committee.
- c. Machines shall have a range of a minimum and maximum height for all competitors
- d. Competitors are permitted to step, to slide or to skip (NO jumping)
- e. A forearm guarding block must be adopted before and after each attempt to break the board/s.
- f. For Sonkal Taerigi the strike can be either inwards or outwards.
- g. A total time of one (1) minute for male and female is allowed to set the correct height for the breaking machine.
- h. After the signal from the referee, each individual competitor has two (2) minutes to attempt to break the set techniques mentioned above, including one (1) pre judging of distance with touching NOT allowed, then followed by the attempt to break the board(s).
- i. A qualifying break will decide who goes into the final rounds of breaking, the technique will be decided by the tournament committee.
- j. Competitors that exceed the set time requirement shall receive zero (0) points for any break not yet performed.
- k. Referee's may disallow an attempt for failure to maintain the following:
  - a. Correct balance and posture throughout the attempt

- b. Correct attacking tool in the correct manner
- c. Touching the machine after the attempt has been made
- l. Referees must examine each board before and after each attempt:
  - a. Each separate board will count as three (3) points
  - b. Each bent board will count as one (1) point
- m. The four highest scores will set 1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners. Only in the event that three (3) or more competitors tie for third place with the same total score, in the same round of breaking, the competitors will perform a tie breaker.
- n. In the event of a tie the Jury President will select one (1) break from the list to be the tie breaker. If both competitors break the technique, they will continue until there is a clear winner.
- o. For team events the three (3) breaking techniques for male and female competitors are:
  - I. Knife hand strike
  - II. Turning kick
  - III. Side kick

N.B: Competitors and/or teams that did not score any points at their first attempt during the match will not be allowed to continue the power breaking competition.

**Number of Boards** - The board numbers below are the minimum starting number.

**Male Competitors:**

Hand Techniques:

Age group	Fore fist Punch	Knife hand Strike
15 – 17	2	2
18 – 35	3	3
36 -45	3	3
46 +	2	2

Foot Techniques:

Age group	Side Kick	Turning Kick	Reverse Turning Kick
15 – 17	4	3	2
18 – 35	5	4	3
36 -45	4	3	2
46 +	3	2	2

**Female Competitors:**

All Techniques

Age group	Side Kick	Turning Kick	Knife hand Strike
15 – 17	2	2	2
18 – 35	3	2	2
36 -45	2	2	2
46 +	2	2	2

**A 45. OFFICIALS FOR POWER BREAKING**

One (1) Jury President, one (1) Jury member and three (3) Referees.

## **SECTION V – SPECIAL TECHNIQUE**

### **A 46. DIVISIONS**

Male and Female groups

Age ranges:

- Young Juniors: 10 – 14 years
- Junior: 15 – 17 years
- Adult: 18 – 35 years
- Senior: 36 – 45 years
- Veteran: 46 years and above

Belt Categories:

- 1<sup>st</sup> – 6<sup>th</sup> Degree

#### **Male Competitors (all age groups)**

<b>KOREAN</b>	<b>ENGLISH</b>
Twimyo Nopi Chagi	Flying High Front Kick
Twimyo Nopunde Dollyo Chagi	Flying Turning Kick
Twio Nomo Chagi	Overhead kick
Twio Dolmyo Chagi	Mid-air kick
Twimyo Bandae Dollyo Chagi	Flying reverse turning kick

#### **Female Competitors (all age groups)**

<b>KOREAN</b>	<b>ENGLISH</b>
Twimyo Nopi Chagi	Flying High Front Kick
Twio Nomo Chagi	Overhead kick
Twimyo Nopunde Dollyo Chagi	Flying Turning Kick

### **A 47. PROCEDURE – INDIVIDUAL AND TEAM**

- a. A machine designed for the specific test will be used.
- b. After a red flag signal of the referee, each competitor has one (1) minute for each item in order to pre-judge the distance – compulsory, with no touch allowed. Followed by the attempt to move the board.
- c. Competitors and /or teams that exceed the set time limit, or touch the board during their pre-judging shall receive zero (0) points.
- d. A forearm guarding block ready posture must be adopted before and after each attempt to move the board.
- e. Referees may disallow a break for failure to maintain the following:
  - I. Correct attacking tool in the correct manner
  - II. Knocking down the obstacle when performing Twio Nomo Chagi
  - III. Falling down (it means any part of the body, other than the feet, touching the ground)
- f. Referees must examine each board before and after each attempt
  - I. Each fully moved board will count as three (3) points
  - II. Each half moved board will count as one (1) point

- g. The four highest scores will set 1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners. Only in the event that three (3) or more competitors tie for third place with the same total score, in the same round of breaking, the competitors will perform a tie breaker.
- h. In the event of a tie the Jury President will select one (1) item from the list to be the tie breaker. If both competitors complete the technique, they will continue until there is a clear winner.
- i. A qualifying jump will decide who goes into the final rounds of special technique. The technique will be decided by the tournament committee.
- j. For team events the three (3) special techniques for male and female competitors are:
  - I. Flying high kick
  - II. Flying turning kick
  - III. Overhead kick

N.B: Competitors and/or teams that did not score point/s at their first attempt during the match will not be allowed to continue the special technique competition.

## HEIGHTS

### Male Competitors – Young Junior (10 – 14)

Korean	English	Height
Twimyo Nopi Chagi	Flying high kick	2.1m High
Twimyo Nopunde Dollyo Chagi	Overhead kick	2.5m & 0.7m High
Twio Nomo Chagi	Mid-air kick	1.8m High
Twio Dolmyo Chagi	Flying turning kick	1.8m High
Twimyo Bandae Dollyo Chagi	Flying reverse turning kick	1.8m High

### Female Competitors – Young Junior (10 – 14)

Korean	English	Height
Twimyo Nopi Chagi	Flying high kick	2.0m High
Twio Nomo Chagi	Overhead kick	2.0m & 0.7m High
Twimyo Nopunde Dollyo Chagi	Flying turning kick	1.8m High

### Male Competitors – Junior (15 – 17)

Korean	English	Height
Twimyo Nopi Chagi	Flying high kick	2.3m High
Twimyo Nopunde Dollyo Chagi	Overhead kick	2.5m & 0.7m High
Twio Nomo Chagi	Mid-air kick	2.1m High
Twio Dolmyo Chagi	Flying turning kick	2.2m High
Twimyo Bandae Dollyo Chagi	Flying reverse turning kick	2.1m High

### Female Competitors – Junior (15 – 17)

Korean	English	Height
Twimyo Nopi Chagi	Flying high kick	2.1m High
Twio Nomo Chagi	Overhead kick	2.5m & 0.7m High
Twimyo Nopunde Dollyo Chagi	Flying turning kick	1.8m High

### Male Competitors – Adult (18 – 35)

Korean	English	Height
Twimyo Nopi Chagi	Flying high kick	2.5m High

Twimyo Nopunde Dollyo Chagi	Overhead kick	3.0m & 0.7m High
Twio Nomo Chagi	Mid-air kick	2.2m High
Twio Dolmyo Chagi	Flying turning kick	2.3m High
Twimyo Bandae Dollyo Chagi	Flying reverse turning kick	2.2m High

#### Female Competitors – Adult (18 – 35)

Korean	English	Height
Twimyo Nopi Chagi	Flying high kick	2.2m High
Twio Nomo Chagi	Overhead kick	2.5m & 0.7m High
Twimyo Nopunde Dollyo Chagi	Flying turning kick	1.8m High

#### Male Competitors – Senior (36 – 45)

Korean	English	Height
Twimyo Nopi Chagi	Flying high kick	2.3m High
Twimyo Nopunde Dollyo Chagi	Overhead kick	2.5m & 0.7m High
Twio Nomo Chagi	Mid-air kick	2.1m High
Twio Dolmyo Chagi	Flying turning kick	2.1m High
Twimyo Bandae Dollyo Chagi	Flying reverse turning kick	2.0m High

#### Female Competitors – Senior (36 – 45)

Korean	English	Height
Twimyo Nopi Chagi	Flying high kick	2.0m High
Twio Nomo Chagi	Overhead kick	2.0m & 0.7m High
Twimyo Nopunde Dollyo Chagi	Flying turning kick	1.8m High

#### Male Competitors – Veteran (46+)

Korean	English	Height
Twimyo Nopi Chagi	Flying high kick	2.1m High
Twimyo Nopunde Dollyo Chagi	Overhead kick	2.5m & 0.7m High
Twio Nomo Chagi	Mid-air kick	1.8m High
Twio Dolmyo Chagi	Flying turning kick	1.8m High
Twimyo Bandae Dollyo Chagi	Flying reverse turning kick	1.8m High

#### Female Competitors – Veteran (46+)

Korean	English	Height
Twimyo Nopi Chagi	Flying high kick	2.0m High
Twio Nomo Chagi	Overhead kick	2.0m & 0.7m High
Twimyo Nopunde Dollyo Chagi	Flying turning kick	1.8m High

### **A 48. OFFICIALS FOR SPECIAL TECHNIQUE**

One (1) Jury President, one (1) jury member and three (3) Referees.



## **SECTION VI – DISPUTE PROCEDURE**

### **A 49. PROTEST**

- a. Only the Coach can present a protest when a decision seems to violate the rules.
- b. Each protest must be written in the English language, on the official protest form, and 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 fee that will be fixed by the tournament committee at the beginning of each tournament, in order to limit such protest to cases where decisions are genuinely questionable.
  - II. Only in cases where the Umpire Committee positively accepts the protest will the fee 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.

### **A 50. DECISIONS**

- a. In order to give a decision the Umpire Committee may call on anyone 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.

### **A 51. DISQUALIFICATION**

- a. Team managers/Representatives or Individuals who persist in arguing against decisions made by the Tournament Committee may, at the committees discretion, have the whole team, school or club or the individual, disqualified from all further events at the championships.
- b. The Tournament Committee will consider the matter at a later date with a view to whether further action should be taken.

### **A 52. TEAM/COMPETITOR WITHDRAWAL**

In case of teams or individual withdrawing from the championships 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 championships.
- c. Disqualification from further events as decided by the RITF Disciplinary Committee and the RITF Board of Directors.

#### **A 53. RITF ANTI – DOPING CONTROL**

Doping control will be in accordance with RITF Anti – Doping rules and WADA Anti – Doping Policy.

#### **A 54. UNEXPECTED EVENTS**

The Tournament Committee shall make a decision in case of any excepted or unique event that may occur, which is not indicated in the Tournament Rules.

#### **A 55. RITF TOURNAMENT COMMITTEE**

The RITF Tournament Committee consists of the RITF Tournament Chairman, and two (2) to four (4) members. Both the Chairman and the members of the committee are appointed by the RITF Board of Directors.

#### **A 56. RITF UMPIRE COMMITTEE**

The RITF Umpire Committee consists of the RITF Tournament Chairman, and two (2) to four (4) members. Both the Chairman and the members of the committee are appointed by the RITF Board of Directors.

#### **A 57. COPIES OF RULES**

A copy of the RITF Tournament rules must be present at all tournaments and be accessible to all competitors and officials.

#### **A 58. IMPLEMENTATION**

May 1, 2014 – Australia  
By Sabum Gary King V Dan  
RITF Vice President & Tournament Director

Under the Authority of the RITF Tournament Committee and RITF Umpire Committee.