



ITFNZ
Taekwon-Do

TOURNAMENT RULES

BY EXECUTIVE COMMITTEE CONSENT

Master Evan Davidson (President)
Mr Vince Pygott (Secretary)
Ms Tanya Katene (Treasurer)
Mr Mark Banicevich (AN Regional Director)
Ms Sue Breen (CM Regional Director)
Mr Gwyn Brown (MID Regional Director)
Mr Dave Ballard (CD Regional Director)
Mr Nick Lorrantos (WEL Regional Director)
Mr Kris Herbison (SI Regional Director)

Ratified: 25 October 2004
Effective From: 1 January 2005

1. Table of contents

1. TABLE OF CONTENTS	2
2. GENERAL	4
2.1. Purpose of Tournaments	4
2.2. Terms	4
2.3. Tournament Sub-Committee Duties:	4
2.4. Commencement of Rules and Regulations	4
2.5. Classification of Tournaments	4
2.6. National Tournaments	5
2.7. Entry Forms	5
2.8. Entrants who change rank close to a tournament	5
2.9. Minimum Competitors per Division	5
2.10. Draw	5
2.11. Dress for Officials	5
2.12. Dress for Competitors	5
3. OFFICIALS	6
3.1. Officials: General	6
3.2. Officials Required By Tournament Class	6
3.3. Tournament Organiser	6
3.4. Tournament Arbiter	6
3.5. Floor Manager	7
3.6. Chief Recorder	7
3.7. Announcer	7
3.8. Medical	7
3.9. Host/ess	7
4. PATTERNS	8
4.1. Divisions	8
4.2. Procedure Individual	8
4.3. Designated Patterns Individual	9
4.4. Procedure Team	9
4.5. Performance Team	9
4.6. Points	9
4.7. Awarding the bout	9
4.8. Officials	9
5. SPARRING	10
5.1. Divisions:	10
5.2. Competitors per Division	10
5.3. Weights:	10
5.4. Duration of bouts	11
5.5. Awarding an individual bouts	11
5.6. Team Procedure	11
5.7. Awarding team bouts	11
5.8. Points	12
5.9. Attack	12
5.10. Defence	12
5.11. Touch-contact sparring:	12
5.12. Warnings	13
5.13. Fouls	13
5.14. Deduction of Points	13
5.15. Disqualifications	13
5.16. Counts	14

ITFNZ Tournaments	January 2005	3
5.17. Jury		14
5.18. Referee		14
5.19. Judges		15
5.20. Time Keeper		15
5.21. Ring Recorder		15
5.22. Ring Marshal		15
5.23. Seconds & coaches		15
5.24. Runners (General)		16
5.25. Weigh In		16
5.26. Rings		16
5.27. Safety Equipment worn by Competitors.		16
5.28. Etiquette		17
6. SPECIAL TECHNIQUE		17
6.1. Divisions:		17
6.2. Procedure Individual		18
6.3. Procedure Team		18
6.4. Officials		18
7. POWER TEST		18
7.1. Divisions		18
7.2. Procedure Individual		19
7.3. Procedure Team		19
7.4. Officials		19
8. DISPUTES		19
8.1. Procedure		19
9. BEST OVERALL RESULTS		20
9.1. Best Overall Team		20
9.2. Best Overall Club at Regional (Class B) Tournaments.		20
9.3. Best Overall Region		20
10. REGIONAL TEAM MANAGEMENT GUIDELINES		21
10.1. Team Selection		21
10.2. Team Officials Selection		21

2. General

2.1. Purpose of Tournaments

The purpose of tournaments and these rules is to provide a friendly, safe, and fair environment for contestants to gain experience, improvement of TKD skills, comradeship & fun. With this in mind, it is through friendly rivalry competitors will be self-motivated to strive for the goal of personal improvement and not winning at all costs.

2.2. Terms

- (1) "Executive" and "President" Mean those members elected in accordance with the constitution of the International Taekwon-Do Foundation (Inc). "National Body" has a corresponding meaning.
- (2) "Foundation" Means the International Taekwon-Do Foundation (Inc).
- (3) "Director" Means the Tournaments Director, appointed by the Executive Committee as the director of the Tournament Sub-committee
- (4) "Umpire" Means a person appropriately qualified to carry out the duties of refereeing or judging events at an ITFNZ tournament. Please refer to the ITFNZ Tournaments Umpires Rules.

2.3. Tournament Sub-Committee Duties:

- (1) Ensure that only qualified members, who have passed the appropriate written and practical examinations, as set by the Director, shall judge and referee at regional or national tournaments.
- (2) Periodically review the standard of qualified Umpires, to maintain a consistent and high standard nationally.
- (3) Ensure the tournament rules and regulations of the Foundation are complied with.
- (4) Establish and update tournament rules and regulations with approval of the Executive Committee.
- (5) Give guidance to club Instructors where necessary, on matters relating to tournaments.
- (6) Provide guidelines for the wearing of the correct uniform, protective gear and official dress.
- (7) Hold an "Umpires Seminar" in major regions throughout the country once per year or as required.
- (8) Ensure the Executive are advised of matters relating to tournaments, with recommendations where necessary.
- (9) Direct any member whom the Director considers below the required standard, to be re-examined by the Sub-Committee.
- (10) Report to the Executive Committee any member who has competed in any tournament outside of the Foundation (**class D**), without the prior approval of the Regional Cell.
- (11) Ensure all members qualified as Umpires attend a refresher course at least once every **three** years, to be re-assessed by the Sub-Committee.
- (12) At the Director's discretion the Sub-Committee may withdraw any members qualifications to judge and referee if they don't comply with sub clause (11) or any direction given under sub clause (9).

2.4. Commencement of Rules and Regulations

These rules and regulations will come into effect on the first day after consent by the Executive Committee and will bind all members of the International Taekwon-Do Foundation (Inc) of New Zealand, and any other ITF style members competing at ITFNZ tournaments

2.5. Classification of Tournaments

- (1) Class A. National and Regional Championships.
- (2) Class B. Other Tournaments open to any ITFNZ members (e.g. Junior tournaments etc).
- (3) Class C. Non-championship Tournaments restricted to five or less specified clubs or a specified group of twenty-five or less members. (e.g. Interclubs etc).

- (4) Class D. Non-ITFNZ tournaments. Covers both ITF (e.g. overseas) and non-ITF styles. Note that the rules for ITF tournaments may differ to ITFNZ rules. Contact the Tournament Committee for any clarifications on classification.

2.6. National Tournaments

- (1) The National Tournament will be held on the last weekend of July, or within one week of then if that date is not practical.
- (2) The following year's Nationals venue will be announced at the conclusion of each National Tournament.
- (3) National tournaments will be held in each region in the following order: Auckland North, Palmerston North, Wellington, Counties Manukau, WaiBoP, and South Island.

2.7. Entry Forms

- (1) The onus must rest on all teams to submit their entries before the required date so that any adjustments to the weight division shown can be made well before the holding of the tournament.
- (2) Tournament entry forms not received by the required date will not be accepted, unless special approval from the tournament organiser is given.

2.8. Entrants who change rank close to a tournament

- (1) Entrants will fill in the entry form with their rank as at the date of entry.
- (2) If the entrant is notified of a successful advancement in rank later than seven days before the entry closing date, the entrant may specify the lower rank.
- (3) This is to make fair allowance for postal etc delays in both grading results and the submission of tournament entry forms before the close-off date.
- (4) The entrant will compete as the rank specified on the entry form.
- (5) The entrant will wear the uniform that matches the rank specified on the entry form.

2.9. Minimum Competitors per Division

Sparring divisions with only a single competitor, by a date determined by the Tournament Organiser may be cancelled, with a refund of fees. If default after this date by other competitor(s) leave only one competitor, a Gold medal will be awarded. A single competitor can elect to compete in a higher grade or weight division.

2.10. Draw

The tournament shall proceed according to the draw drawn up at the start of the tournament. An order of events shall be available.

2.11. Dress for Officials

Officials shall wear the following uniform:

- 1 navy blue blazer with ITFNZ insignia or identifying lapel badge
- 1 pair of navy blue trousers or 1 navy blue skirt
- 1 ITFNZ tie (International Instructors may wear the ITF Tie)
- 1 white shirt/blouse. 1 black dress belt. 1 pair white socks. 1 pair white shoes

2.12. Dress for Competitors

- (1) Throughout the duration of the competition, the Dobok must be worn (from official opening to official closing).
- (2) During competition no other articles may be worn other than those specified - i.e. no sweatbands etc.
- (3) During intervals, clothing may be worn over the Dobok.

For sparring matches the correct safety equipment as detail in the rules in the sparring section must be worn.

3. Officials

3.1. *Officials: General*

- | | |
|--------------------------|--|
| (1) Tournament Organiser | 1 (assistants as required) |
| (2) Tournament Arbiter | 1 (may be Tournament Organiser if qualified) |
| (3) Floor Manager | 1 |
| (4) Chief Recorder | 1 (assistants as required) |
| (5) Announcer | 1 |
| (6) Medical | 1 |
| (7) Runner | as required |
| (8) Host/ess | 1 |
| (9) Cleaner | 1 |

3.2. *Officials Required By Tournament Class*

- (1) Class A
 - (a) All Officials fully qualified, numbers as per sections 3.1, 4.8, 5.17 to 5.22, 6.4 and 7.4
- (2) Class B
 - (a) All Officials fully qualified, numbers as per sections 4.8, 5.17 to 5.22, 6.4 and 7.4 if possible.
 - (b) On authorisation by the Tournament Committee, the number of judges may be reduced to a minimum of two per ring appropriately qualified, with the referee also calling points.
- (3) Class C
 - (a) Small tournaments, e.g. Interclubs, are often relatively informal, the officials may be largely as agreed by the participants. However the conduct of such tournaments still reflects on the reputation of ITFNFZ, and must have some qualified control.
 - (b) It is recommended that there be a Tournament Organiser, and that the parties involved agree to abide by his/her decisions.
 - (c) A qualified jury is required.
 - (d) Every effort should be made to have qualified Referees.
 - (e) The Organiser may nominate judges from the most senior and experienced members available. It is recommended that at least half of the judges in any event be qualified.

3.3. *Tournament Organiser*

The Tournament Organiser is nominated by the Regional Cell and in cases other than local tournaments, the appointment shall be confirmed by the Tournament Sub-Committee. They shall be responsible for the successful planning, directing and closing of a tournament, and shall appoint suitable staff to assist.

3.4. *Tournament Arbiter*

- (1) The Tournament Organiser will nominate a suitably experienced and qualified person to be the final arbiter of any disputes that may arise during the tournament. This appointment is to be confirmed by the Tournament Sub-Committee.
 - (a) As the majority of such disputes are likely to be over interpretation of tournament regulations, the logical choice will be the Tournaments Director (or his/her nominee).
 - (b) This does not preclude an experienced Dan grade Tournament Organiser or other appropriate person filling this role.
 - (c) The arbiter will be expected to consult the most senior authority present related to the area of dispute, e.g. Regulations, Technique, Standards & Discipline.
 - (d) The arbiter shall have the power to dismiss without further consideration an appeal made to the arbiter if the appeal is considered by the arbiter to lack substance, be frivolous or vexatious.
 - (e) The arbiter's decision on any appeal with sufficient merit to have been considered by the arbiter can overturn the decision of a jury.

- (f) The Tournament Organiser will point out the arbiter during the introduction at the start of the Tournament.
- (g) "Suitably qualified" means the same as qualification for Jury (sec 5.17).
- (h) The decisions of the tournament arbiter are final and no further correspondence will be entered into, either during or after the tournament.

3.5. Floor Manager

- (1) The Floor Manager is appointed by the Tournament Organiser and is responsible for ensuring the smooth running of proceedings during the competition.
- (2) The floor manager shall ensure that all hygiene facilities provided for competitors, officials and spectators are maintained in a sanitary condition for the duration of the tournament. The floor manager shall ensure that the Tournament Organiser points out the location of toilets and glove disposal facilities during the introduction at the start of the tournament.

3.6. Chief Recorder

- (1) The Chief Recorder is directly responsible to the Tournament Organiser. Key tasks include:
 - (a) Assist in the preparation of the draws with the Tournament Organiser.
 - (b) Ensure there are sufficient copies of draws and programmes for distribution to Judges, Marshals, and Team Managers etc.
 - (c) Set up each ring table with score sheets, draws, copy of ring, pens, stopwatch and programme of events.
 - (d) Make any changes to the draw on the day of the tournament if needed as directed by the Tournament Organiser.
 - (e) Record all results on appropriate draw sheets. Oversee that draws are continually up-dated throughout the day and that results are posted on the wall for competitors.
 - (f) Finalise any appeals.
 - (g) Oversee all addition of points for final placings.
 - (h) Record totals so that placings can be awarded for each category.
 - (i) Total points so that Regional placings can be given.
 - (j) Ensure any certificates are written out and that these are placed in order for final presentation.

3.7. Announcer

The Announcer is appointed by the Tournament Organiser and is responsible for making announcements as instructed.

3.8. Medical

The Tournament Organiser will appoint a Doctor or a suitable medical attendant to be available and present at all times during the competition.

The Tournament Organiser will introduce the medical person at the start of the Tournament, and point out the medical area.

3.9. Host/ess

- (1) The Host/ess is responsible for looking after the officials, supplying them with drinks and snacks throughout the competition. This is especially important for Referees who may be in the ring literally for hours, burning a lot of energy. Fresh water should be available on the ring officials' table.

4. Patterns

4.1. Divisions

- | | |
|---|-----------------------------|
| (1) Black Belt Team Mens | (as part of the team event) |
| (2) Black Belt Team Womens | (as part of the team event) |
| (3) Mens Black Belt 4th Dan and above | |
| (4) Womens Black Belt 4th Dan and above | |
| (5) Mens Black Belt 3rd Dan | |
| (6) Womens Black Belt 3rd Dan | |
| (7) Mens Black Belt 2nd Dan | |
| (8) Womens Black Belt 2nd Dan | |
| (9) Mens Black Belt 1st Dan | |
| (10) Womens Black Belt 1st Dan | |
| (11) Mens Senior Red Belt | (1st and 2nd gup) |
| (12) Womens Senior Red Belt | (1st and 2nd gup) |
| (13) Mens Senior Blue Belt | (3rd and 4th gup) |
| (14) Womens Senior Blue Belt | (3rd and 4th gup) |
| (15) Mens Senior Green Belt | (5th and 6th gup) |
| (16) Womens Senior Green Belt | (5th and 6th gup) |
| (17) Mens Senior Yellow Belt | (7th and 8th gup) |
| (18) Womens Senior Yellow Belt | (7th and 8th gup) |
| (19) Mens Junior Red Belt | (1st and 2nd gup) |
| (20) Womens Junior Red Belt | (1st and 2nd gup) |
| (21) Mens Junior Blue Belt | (3rd and 4th gup) |
| (22) Womens Junior Blue Belt | (3rd and 4th gup) |
| (23) Mens Junior Green Belt | (5th and 6th gup) |
| (24) Womens Junior Green Belt | (5th and 6th gup) |
| (25) Mens Junior Yellow Belt | (7th and 8th gup) |
| (26) Womens Junior Yellow Belt | (7th and 8th gup) |

For National Tournaments each region can enter up to 2 competitors per division except team divisions, where 1 team per division only is allowed.

For Class B and C tournaments senior and junior belt divisions may be joined to be one division if the number of competitors is insufficient. If numbers are still insufficient then male and female divisions may also be joined.

4.2. Procedure Individual

- (1) The pyramid system of elimination will be used. The competitors will be drawn in the same manner as for sparring and will compete 1 to 1.
- (2) Each competitor will perform two patterns. The first pattern is an optional pattern chosen by the competitor. The optional pattern must be one of the patterns designated in 4.3 below. The second pattern is designated by the judges and will be any of the patterns as described in 4.3 below and will be drawn at random.
- (3) These patterns will be performed one after the other and the competitor with the highest combined score moves forward to the next round.
- (4) In the interests of time, if in the sole opinion of the jury and judges, a particular pattern competition has a very large number of competitors, they may choose to judge only the *optional* pattern in the earlier rounds. However when the competition is down to four remaining competitors two patterns must be judged in each round
- (5) Competitors will be allowed only one (1) attempt at each pattern.

4.3. Designated Patterns Individual

- (1) The designated pattern will be any pattern from Chon-Ji to the highest pattern for that grade
- (2) Where two competitors of unequal rank are drawn to compete against each other, the designated pattern will be any pattern from Chon-Ji to the pattern for the grade of the lower ranked member (e.g. where a green belt is drawn against a blue stripe the designated pattern shall be any from Chon-Ji to Won-Hyo).

4.4. Procedure Team

- (1) The pyramid system of elimination will be used.
- (2) The teams will be drawn as for sparring and will compete 1 to 1. A coin will be tossed to decide which team goes first. The first team performs their patterns and then the second team will do likewise. The judges will choose the better one to go forward to the next round.

4.5. Performance Team

- (1) Each team (5 competitors) must perform 1 optional "text book" pattern. They may line up in any form that they choose and team members may perform movements individually, or together, as they choose, but it must be seen to be teamwork, for example: one member may not perform moves of the pattern on his own without the others following in unison.
- (2) Scoring is based on a possible 22 points, and points are awarded as in the individual patterns competition with one extra category worth 5 points for presentation, teamwork & choreography.
- (3) Only one (1) attempt will be permitted.

4.6. Points

- (1) Patterns are judged on a 17-point scale for individual events and 22 points for team events.
- (2) Technical Content 5 points
- (3) Power 3 points
- (4) Balance 3 points
- (5) Breath Control 3 points
- (6) Rhythm 3 points
- (7) Presentation, teamwork & choreography 5 points (team event only)
- (8) If a pattern is not completed no points will be scored.

4.7. Awarding the bout

- (1) The winner will be the competitor with the greatest number of judges' scores in their favour.

Judge A	Judge B	Judge C	Result
Red	Red	Blue	Red
Red	Draw	Draw	Red
Red	Draw	Blue	Draw
Draw	Draw	Draw	Draw

- (2) In the event of a draw another designated pattern shall be chosen. This will continue until a winner is decided.

4.8. Officials

- (1) 3 Judges with one elected as the Head judge. 1 centre referee.
- (2) During the judging of a pattern, Judges are not to offer any comment, or communicate with each other in any way on matters that could be construed to affect the scoring. If a pattern is not completed no points will be scored.

5. Sparring

5.1. Divisions:

	Male	Female
(1) Black Belt Team (as part of the team event)	open weight	open weight
(2) Senior Black Belt 1st Dan and above	6 weights	6 weights
(3) Senior 4th to 1st gup	6 weights	6 weights
(4) Senior 8th to 5th gup	6 weights	6 weights
(5) Veterans Black Belt 1st Dan and above	6 weights	6 weights
(6) Veterans 4th to 1st gup	6 weights	6 weights
(7) Veterans 8th to 5th gup	6 weights	6 weights
(8) Junior Black Belt 1 st Dan and above	5 weights	5 weights
(9) Junior 4th to 1st gup	5 weights	5 weights
(10) Junior 8th to 5th gup	5 weights	5 weights
(11) Peewee Black Belt 1 st Dan and above	5 weights	5 weights
(12) Peewee 4th to 1st gup	5 weights	5 weights
(13) Peewee 8th to 5th gup	5 weights	5 weights

5.2. Competitors per Division

At a National Tournament, **three (3)** competitors per region per division are allowed.

5.3. Weights:

(1) Senior & Veteran	Male	Female
(a) Micro	00-54kg	00-52kg
(b) Light	54-63kg	52-58kg
(c) Middle	63-71kg	58-63kg
(d) Heavy	71-80kg	63-70kg
(e) Hyper	80-95kg	70-85kg
(f) Hyper plus	95+kg	85+ kg

Veteran age is over 35 years on the tournament day

(2) Junior	Male	Female
(a) Micro	00-52kg	00-42kg
(b) Light	52-58kg	42-48kg
(c) Middle	58-63kg	48-53kg
(d) Heavy	63-70kg	53-60kg
(e) Hyper	70+kg	60+ kg

Junior age is under 18 years on the Tournament Day

(3) Peewee	Male	Female
(a) Micro	00-29kg	00-35kg
(b) Light	30-45kg	36-45kg
(c) Middle	46-60kg	46-55kg
(d) Heavy	61-75kg	56-65kg
(e) Hyper	76+kg	66+kg

Peewee age is under 11 years on the Tournament Day

The weight divisions described in the rules are not always able to be strictly adhered to as it is not possible to assess the number of competitors in any one weight division until all entries are received.

5.4. Duration of bouts

- (1) Each contest will consist of two (2) rounds of two (2) minutes for individuals. For teams there will be 5 separate rounds of 2 minutes. There will be a break of 30 seconds between rounds.
- (2) Depending on the number of entries per division, the Tournament Organiser may allow all preliminary contests to be one (1) round of two (2) minutes.
- (3) Medical Person's recommendations with regard to competitors' further participation, following injury, must be adhered to.

5.5. Awarding an individual bouts

- (1) When 3 or 4 judges give a decision in favour of one competitor then that competitor is the winner.
- (2) When 3 or 4 judges say that it is a draw then it is a draw.
- (3) When 2 judges give a decision in favour of one competitor and the other two give a draw then the competitor who received the decision of the 2 judges is the winner.
- (4) When 2 judges give a decision in favour of one competitor and 1 judge gives a decision in favour of the other competitor and 1 judge gives a draw then the competitor who received the decision of the 2 judges is the winner.

In the event of a draw of an individual bout

- (5) If an individual bout is determined as a draw a further 1 minute round (round 3) will take place following a 30 second break.
- (6) If the result after the extra round is a draw, as described above, then a further 1 minute "first point" round (round 4) will take place.
- (7) In a "first point" round the first competitor to score a point, given by 2 or more judges, will be declared the winner.
- (8) If after 1 minute no points have been awarded then the lightest competitor shall be declared the winner.
- (9) All fouls carry over into extra rounds. A competitor committing their third foul for the bout in any of these rounds will be disqualified.
- (10) In a "first point" round if a competitor receives a foul the bout is automatically awarded to their opponent. If the opponent receives 3 warnings in this round they are also awarded the bout.

5.6. Team Procedure

- (1) A team coach on winning a coin toss can elect to put forward the first competitor or have the opposing team put forward a competitor. The opposing team coach will then decide who from their team will spar. They have 30 seconds to do so.
- (2) The choice of who puts forward a competitor first will alternate between teams between rounds.
- (3) No team member can spar more than once.
- (4) If after five rounds there is a draw, the 6th team member must spar in the 6th round.

5.7. Awarding team bouts

- (1) When 3 or 4 judges give a decision in favour of one competitor, then that competitor is the winner and 2 points will be added to the team score.
- (2) When 3 or 4 judges decide that it is a draw, then **1 point** will be added to each team score.
- (3) When 2 judges give a decision in favour of one competitor (2 for one competitor + 1 for the other + 1 giving it as a draw) or (2 for one competitor + 2 giving it as a draw) then that competitor who got the decision of the 2 judges is the winner and 2 points will be added to the team score.

- (4) When 2 judges give a decision in favour of one competitor and the other 2 judges give a decision in favour of the other competitor then the result will be a draw and 1 point will be added to each team score.
- (5) When the 5 bouts are finished and the result is a draw, then each Coach will select 1 competitor to spar an extra bout. The team whose competitor wins this bout will be the winner.
- (6) If at this time in a further draw, then the first scored point will decide who is the winner.

Table of Results

Judge 1	Judge 2	Judge 3	Judge 4	Individual result	Team result
RED	RED	RED	BLUE	RED	RED+2
RED	RED	BLUE	DRAW	RED	RED+2
RED	RED	DRAW	DRAW	RED	RED+2
RED	DRAW	DRAW	DRAW	DRAW	RED+1,BLUE+1
RED	RED	BLUE	BLUE	DRAW	RED+1,BLUE+1

5.8. Points

- (1) 1 POINT will be awarded for a:
 - (a) Hand attack directed to mid or high section
 - (b) Foot attack directed to mid section
 - (c) Perfect block
- (2) 2 POINTS will be awarded for a:
 - (a) Foot attack directed to the high section
 - (b) Hand attack while in air directed to the high section i.e. both feet must be off the ground.
 - (c) Jumping or flying kick directed to the mid section.
- (3) 3 POINTS will be awarded for a:
 - (a) Jumping or flying kick directed to the high section.

5.9. Attack

- (1) Points will be given only for correctly delivered "touch contact" techniques under the following conditions:
- (2) Proper distance.
- (3) Correct posture.
- (4) Appropriate tool to the section.
- (5) Forceful delivery

5.10. Defence

- (1) A point will be given for a perfect block which must satisfy the following conditions:
- (2) Defender must maintain complete balance.
- (3) An appropriate blocking tool must be used.
- (4) Block must be powerful and accurate.
- (5) Proper distance must be maintained.
- (6) Opponent's balance must be broken.

5.11. Touch-contact sparring:

- (1) "Successfully delivered" means the attack must make light controlled touch to a legal target area. This applies to ALL techniques (including reverse turning kick).
- (2) "Heavy contact" constitutes a foul offence and disqualification occurs if a foul is awarded three times during the bout. This rule applies to heavy contact to targets during a touch contact competition.
- (3) **Note:** If a technique cannot be executed with control (such as a reverse turning kick), then it should not be used by the competitor.

- (4) Hand and foot techniques must be balanced so that boxing matches are not staged - the referee may warn a competitor for not using sufficient leg techniques and may issue a foul after three such warnings during that bout.

5.12. Warnings

- (1) Warnings may be issued for the following offences:
- (2) Attack to an illegal target, i.e. back, throat, eyes, and all areas below the umbilicus.
- (3) Stepping completely out of the ring i.e. with both feet.
- (4) Falling down, whether intentional or not i.e. any part of the body, other than the feet, touching the ground.
- (5) Not using enough correct technique. (previously light contact)
- (6) Holding, grabbing or pushing.
- (7) Sweeping.
- (8) Intentionally avoiding sparring.
- (9) Pretending Pain
- (10) Turning the back, except while executing a legitimate technique e.g. back kick.
- (11) Performing uncontrolled techniques
- (12) Talking during the bout
- (13) N.B. One (1) point will be deducted for a mixture of 3 offences or 3 of the same offences in a bout.

IMPORTANT: THE REFEREE MAY CHOOSE TO UPGRADE A WARNING OFFENCE TO A FOUL OFFENCE IF THERE ARE REPEATED OFFENCES OR IN THE OPINION OF THE REFEREE THE NATURE OF THE OFFENCE WAS EXTREME

5.13. Fouls

- (1) A foul shall be issued for the following offences:
- (2) Attacking a competitor who has fallen.
- (3) Butting, biting, scratching or clawing.
- (4) Intentionally attacking after the declaration of "BREAK", "GOMAN" or "HAECHYO"
- (5) Making insulting remarks or abusive gestures during the progress of the bout.
- (6) Using the knee, elbow or forearm as an attacking tool.
- (7) Deliberate heavy contact of attack or defence during a touch-contact contest.

5.14. Deduction of Points

One (1) point shall be deducted for:

- (1) Every three warnings issued, cumulative across rounds.
- (2) Each foul issued.

5.15. Disqualifications

Disqualification of a competitor will occur when:

- (1) Three fouls are awarded against a competitor during a bout.
- (2) The opponent is unable to continue due an illegal or excessive attack.
- (3) The competitor disobeys the Referee.
- (4) The competitor leaves the ring before the announcement of the result.
- (5) The competitor does not report to the Ring Marshal when called before a bout.
- (6) The competitor enters the ring not in approved dress, as described in 5.27.
- (7) The competitor fails an eight count NOT due to an illegal or excessive attack.
- (8) The competitor is unable to continue with the contest or, in the opinion of the referee, is unable to defend themselves adequately. The result will be awarded to the opponent.
- (9) The competitor is suspected of being under the influence of alcoholic beverages or drugs.
- (10) The competitor is deemed dangerous to the other competitor and highly likely to cause serious injury.

5.16. Counts

- (1) Any competitor who, as a result of an attack, is sufficiently effected by that attack that they cannot immediately continue with the bout, will be given a standing eight (8) count.
- (2) In a touch contact bout, counts will not be called if medical assistance is required. After one minute, the Referee should either disqualify one of the competitors, or in unusual circumstances call a one-bout postponement.
- (3) If a competitor wishes to continue with the contest, and would be able to defend themselves adequately, but the Referee deems it inadvisable because of, for example, a bleeding nose, the Referee may call a one-bout postponement. This will also be allowed for an occurrence of a pre-existing medical condition, such as asthma. The time remaining is to be recorded, and the bout will continue for that amount of time. If, after one intervening contest, the competitor is unable to continue, they will be disqualified as per section 5.15. (If there is no intervening bout available, a maximum time of five minutes will be waited.)

5.17. Jury

- (1) The Tournament Organiser will select the Jury from the highest qualified people available. This person must be a qualified Umpire.
- (2) The Jury shall be responsible for affirmation of selection of other officials in their ring.
- (3) They shall be responsible for the maintenance of integrity and impartiality of all officials in their ring.
- (4) The Jury has the right to call a timeout, advise the Referee of incorrect calls with regard to the issuing of warnings/deductions etc, or advise that contact is being allowed to get too heavy.
- (5) The Jury will award the bout according to the provisions of section 5.5 and 5.7
- (6) The Jury shall consider and rule on any appeals away from the table. Their ruling must be in writing and include all relevant material. A copy must be given to the Manager/Coach of both competitors.
- (7) The Jury has the right to overturn the decision of the referee and judges, but only in the event of an obvious error on the part of the referee or judges. If more than one judge's results are discarded then the bout must be re-run.
- (8) If a competitor is disqualified, no points will be awarded to that competitor for that match, for example in the case of a count-back of points.

5.18. Referee

- (1) The Referee shall be in the ring to control the match.
- (2) The Referee shall physically inspect competitors for correct dress and equipment before each match.
- (3) The Referee shall NOT give pre-bout instruction to all competitors.
- (4) The Referee shall declare the beginning and end of each contest.
- (5) The Referee shall issue informal cautions, formal warnings and fouls and any other decisions required.
- (6) The Referee shall ensure that all warnings and deductions of points are called and noted by the Judges during continuous bouts.
- (7) The Referee shall follow and watch competitors closely and when necessary shall declare "BREAK" and step between the competitors. The Referee should avoid being in such a position as to hinder either competitor's movement or judges/jury line of sight.
- (8) The Referee can suspend a contest to seek medical opinion on the condition of a competitor. "TIME OUT" will be indicated.
- (9) The Referee will stop a bout if it is felt the competitor can no longer defend themselves adequately; the bout will be awarded to the opponent.
- (10) If a competitor quits during a contest, the Referee shall declare their opponent the winner.
- (11) Where the Referee is in doubt of the events they may consult with the Judges and form a decision based on such consultation. The Jury may also be consulted.
- (12) The Referee shall declare a competitor the winner.

- (13) The Referee shall restart the bout near to where the competitors leave the ring.
- (14) A system of official commands shall be used as follows. An Umpire can choose to use either the English or the Korean commands, although Korean is preferable
- | | | |
|-----|------------|--------------------|
| (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 | Foul |
| (j) | Sil Kyuk | Disqualification |
| (k) | Hong Sung | Win by red corner |
| (l) | Chong Sung | Win by blue corner |
| (m) | Jung ji | Time Out |
| (n) | Hong | Red |
| (o) | Chong | Blue |
- (15) In the event that blood is spilled from a competitor or any other injury occurs the referee shall ensure that the ring in which they are officiating has been adequately cleaned and is in a hygienic state before the restarting of the bout.

5.19. Judges

- (1) The Judges shall score points, warnings and fouls on the scorecard provided, which when totalled, and the winner circled, are passed for handing to the Jury.
- (2) If an approved "clicker" counter system is used to record points, the judges will write their counter values onto the scorecard provided at the end of each bout.
- (3) Judges will write their name legibly in the space provided on the scorecard.

5.20. Time Keeper

- (1) The Time Keeper shall indicate the end of each round, and the end of the break between rounds.

5.21. Ring Recorder

- (1) The recorder shall note warnings and deductions of points on a scorecard, and provide this to the Jury at the end of the bout for inclusion in the final score.
- (2) If an approved "clicker" counter system is being used by the judges to record points, the deduction of points from warnings and fouls must be taken off EACH judges score card total
- (3) The recorder will call the Jury's attention during a bout if three fouls occur, leading to a disqualification.

5.22. Ring Marshal

- (1) The Ring Marshal will ensure that all competitors in their ring have the correct protective equipment and are ready prior to their contest.
- (2) They shall be responsible for the oversight of the safety of the ring, cleanliness of equipment, including the hygiene of the headgear, supply of water etc.
- (3) They may have assistance as required.

5.23. Seconds & coaches

- (1) Competitors are permitted to have the assistance of one second only.
- (2) The second must not interfere in the bout by actions or words.
- (3) During the bout he/she must be seated at least 1 metre away from the square.
- (4) The second must not speak to the referee, unless asked to do so by the referee.
- (5) During a bout, if a competitor is told to kneel and wait, he/she may not speak or otherwise communicate with his/her second.

- (6) Failure to abide by the above mentioned rules will result in the removal of the second. A replacement second will not be permitted.
- (7) The second must wear disposable gloves for the duration of the bout, and attend to any blood spilled from the competitor they are seconding upon instruction from the referee. The second shall dispose of their gloves in the nominated disposal facility immediately following the completion of the bout.

5.24. Runners (General)

- (1) Runners shall be available for tasks as directed by the Tournament Organiser or Chief Recorder.

5.25. Weigh In

- (1) Spot checks may be made on competitors at any time during the tournament. The individual shall be weighed wearing dobok (this does not include safety equipment).
- (2) Team Managers and Coaches shall be responsible for ensuring that the stated weight on each entry form is correct.

5.26. Rings

- (1) Rings will be 9 meters square if the size of the hall allows, otherwise 8 metre square rings will be used.
- (2) If the only available venue does not allow all rings to be 9 meters square, then if possible there will be at least one ring 9 meters square for seniors, with the other(s) smaller.
- (3) Safety mats shall be used if available, and the colours shall be red and blue where possible.
- (4) If safety mats are used an extra metre of mats per side will be used. The "boundary mats" will be of a differing colour to the main ring.

5.27. Safety Equipment worn by Competitors

- (1) Competitors must wear
 - (a) Mouth guard
 - (b) Gloves must be of an approved type and must cover from the wrist bone to the top of the fingers.
 - (c) Boots that cover the back-heel.
 - (d) Headgear that will be supplied by ITFNZ.
 - (e) Groin guard for males (to be worn inside dobok trousers)
 - (f) Boots and gloves must correspond with the allocated colours of the competitor i.e. red gear if the competitor is designated red. Black can be worn as a substitute to red or blue.
- (2) Competitors may optionally wear,
 - (a) Chest protector (female only, to be worn inside the dobok)
 - (b) Groin guard for females (to be worn inside dobok trousers)
 - (c) Shin pads
 - (d) Forearm guards.

All the above safety equipment must be of an approved type consisting in elastic material with sponge or rubber type padding (at least 1 cm thick) and containing no metal, bone or hard plastic (with the exception of groin and chest protectors) or similar hard material. Additionally, the equipment must not contain zips, lace or stud fasteners.

- (3) No other protective or safety equipment may be allowed.
- (4) Bandages are not to be worn unless declared necessary as a preventive measure by the medical person. Competitors must obtain prior approval from the Umpire, Jury or Tournament Arbiter.
- (5) The competitor, or their club/region, must supply all protective equipment, other than headgear.

- (6) No jewellery, watches or other accessories may be worn. Hair may be kept in place using a material of a soft elastic nature only, no grips or hair slides are allowed. Glasses are not to be worn unless they are approved sports safety glasses.
- (7) The Referee will disqualify any competitor who enters the ring at the commencement of a bout, who does not comply with the above rules.

5.28. *Etiquette*

- (1) It is the participant's responsibility to be "kitted up" prior to their contest.
- (2) When entering the ring each competitor should bow and enter from their designated side and face the officials' table. (Red on Jury's left, Referees right)
- (3) On the command both competitors will bow to the Jury, then face each other.
- (4) On the command they bow to each other.
- (5) Following the Referee's instructions they will, on command, step back to a free sparring ready stance.
- (6) At the end of the first round the competitors will bow to each other and move directly to their "Second" who will tend to them.
- (7) On being called for the second round each competitor will face each other in the centre of the ring and bow.
- (8) On command, they move back into a free sparring ready stance.
- (9) On completion of the final round, each competitor will be kneeling in the ring centre while the results are collated. The competitors shall not remove any equipment except headgear and mouthguards.
- (10) The Referee will call them to their feet prior to the announcement of the results.
- (11) Following the results each competitor will, on command, bow to the Jury and then to each other.
- (12) The competitors will then acknowledge the Referee.
- (13) Each will then pay their compliments to the other's "Second" by bowing.
- (14) On returning to their "Second" they bow prior to leaving the ring (as in the Dojang), pay their compliments to their own "Second" and withdraw from the contest area.

6. Special Technique

6.1. *Divisions:*

- (1) Black Belt Team Mens (as part of the team event)
- (2) Black Belt Team Womens (as part of the team event)
- (3) Black Belts Mens
- (4) Black Belt Womens
- (5) Junior Black Belt Mens
- (6) Junior Black Belt Womens

At a National Tournament only two competitors per region per division are allowed

Suggested heights (to bottom of the board) & distances for senior black belts.

	Regionals (M)	Nationals (M)	Regionals (F)	Nationals (F)
Flying High Kick	2.4m	2.5m	2.2m	2.3m
Flying Overhead Kick	2.3m	2.4m	1.9m	2.0m
Flying Mid Air Kick	1.9m	2m	1.8m	2.0m
Flying Turning Kick	1.9m	2m	1.8m	2.0m
Flying Rev Turning	1.9m	2m	1.8m	2.0m

Suggested heights (to bottom of the board) & distances for junior black belts.

	Regionals (JM)	Nationals (JM)	Regionals (JF)	Nationals (JF)
Flying High Kick	2.2m	2.3m	2.1m	2.2m
Flying Overhead Kick	2.0m	2.1m	1.8m	1.9m
Flying Mid Air Kick	1.8m	1.9m	1.7m	1.9m
Flying Turning Kick	1.8m	1.9m	1.7m	1.9m
Flying Rev Turning	1.8m	1.9m	1.7m	1.9m

6.2. Procedure Individual

- (1) In each event a standard moveable target will be used. The target's height/length will be set by the tournament arbiter prior to the event.
- (2) For each item, each competitor will have **1 attempt** to hit the target, with only **1 pre-judging** (without touching) of the distance allowed. On command from the referee the competitor will adopt a ready posture and attempt to touch the target in one continuous movement, when signalled to do so by the Referee, ending back in a ready stance.
 - a. (ready stance → pre-judging → ready stance → hit target → ready stance)
- (3) After the signal the competitor has 30 seconds to complete that item.
- (4) Referees may disallow a technique for the following
- (5) Failure to maintain correct balance and posture throughout the technique
- (6) Failure to use the correct attacking tool in the correct manner
- (7) Knocking over any of the hurdles. (50cm high for the overhead kick).
- (8) Where any part of the competitor other than the foot touches the ground.
- (9) Referees must examine each target before each attempt.
- (10) If the item is touched but not moved beyond 45 degrees it will be classified as a touch and **2 points** will be awarded. If the item is **moved beyond 45 degrees** it will count as **3 points**.
- (11) The winners will be the competitors with the highest scores after having attempted all items listed for their group.
- (12) In the event of a tie, the Jury will select (by drawing) one item to be the "tie-breaker". They will decide the target's height/length. The tied competitors will continue until the places are decided.
- (13) Each target should be 30 x 30 x 2 cm thick.
- (14) Metal holders should be used to give uniformity for all competitors.

6.3. Procedure Team

- (1) Teams (5 competitors + 1 reserve) will perform the 5 items listed above and in the procedure 6.2. Each team member will perform one item only.

6.4. Officials

- (1) 2 referees. (1 of the referees must be an "A" grade)

7. Power Test**7.1. Divisions**

- (1) Black Belt Team Mens (as part of the teams event)
- (2) Black Belt Team Womens (as part of the teams event)
- (3) Black Belts Mens
- (4) Black Belt Womens

At a National Tournament only two competitors per region per division are allowed

The suggested number of wood or “black” plastic boards for each technique is shown below:

	Regionals (M)	Regionals (F)	Nationals (M)	Nationals (F)
Elbow strike	N/A	2	N/A	2
Punch	2	N/A	3	N/A
Knifehand strike	3	2	4	2
Side Piercing kick	4	3	5	3
Turning kick	3	2	4	2
Rev Turning kick	2	2	3	2

It is compulsory for each competitor to attempt all breaks listed,

7.2. *Procedure Individual*

- (1) For each item a standard will be set by the tournament arbiter
- (2) Each wood board should be 30 x 30 x 2cm thick or “black” plastic breaker boards can be used.
- (3) In power breaking it is permitted to make **one step forward**, to slide or skip as long as the competitor does not jump, that means that one foot must keep in contact with the floor at all times. For sonkal (knifehand) the strike may be either inward or outward.
- (4) For each item, each competitor will have **1 attempt** to break only, with **1 prejudging** of distance allowed. On command from the judge the competitor will adopt a ready posture and attempt to break, in one continuous movement, when signalled to do so by the judge, ending back in ready stance. After the signal the competitor has 30 seconds to complete that item.
- (5) Judges may disallow an attempt for the following:
 - (a) Failure to maintain correct balance and posture throughout the technique.
 - (b) Failure to use the correct attacking tool in the correct manner
 - (c) Knocking over any hurdles.
 - (d) Where any part of the competitor other than the foot touches the ground.
- (6) Judges must examine the boards before each attempt. Once a board is used it cannot be used again, even if it is not broken or cracked.
- (7) Each broken board will count as **3 points** and each cracked board will count as **2 points**. For plastic boards if the combined separation at both ends of the board is greater than or equals **1 cm** it will be counted as a cracked board.
- (8) The winner being the competitors with the greatest number of points, after attempting all items listed for their group.
- (9) In the event of a tie at this stage the judges will randomly select one item to be the ' tie-breaker '. They will decide how many boards are to be used. The tied competitors will then carry on until the places are decided.
- (10) Board holders must be used to give uniformity in breaking for all competitors.

7.3. *Procedure Team*

Teams (5 competitors + 1 reserve) will perform all 5 items listed above following the procedure listed in 7.2 Each competitor will perform one item only.

7.4. *Officials*

- (1) Destructions will be judged by a panel of two Umpires, one judge must be an “A” grade judge.

8. Disputes

8.1. *Procedure*

- (1) The result of a bout can only be appealed by the competitor’s team manager at a National tournament, or Club Instructor at a Regional tournament. All appeals must be lodged with the jury of the relevant ring within fifteen (15) minutes of the completion of the contest. For

the avoidance of doubt the 15 minute period shall be deemed to have begun from the time the contest finished as recorded on the official scoring sheets by the jury. All appeals must be submitted to the Jury on an approved appeal form. Late appeals will not be accepted.

- (2) Note: In the absence of a Club Instructor at a Regional tournament the next senior person from the club or an appropriate nominated person responsible for the competitor (subject to the Tournament Organiser's approval) may lodge an appeal.
- (3) A jury's decision on an appeal may be further appealed at the National Tournament by the Team Manager (National Tournament) or Club Instructor/Senior (Regional, Age Group, or Interclub Tournament) to the Tournament Arbiter. An appeal to the tournament arbiter must be lodged with the arbiter, in writing and on an official appeal form, within one hour of the jury's decision being received by the relevant team managers/representatives.
- (4) Appeals to the Tournament Arbiter will only be considered where cases of serious misjudgement or disregard of the ITFNZ Tournament Rules are apparent in a juror's decision. Any appeal that is made to the Tournament Arbiter that is frivolous, vexatious, or otherwise without substance may in itself result in the appellant being referred to the Standards and Discipline Subcommittee. Any appeal brought to the Tournament Arbiter must therefore be carefully considered by the appellant.
- (5) It is the responsibility of managers, coaches or club instructors to ensure that participants under their auspice are conversant with the tournament rules and regulations. Ignorance of these shall not form a basis for any complaint or appeal.
- (6) The decisions of the Tournament Arbiter are final and no further correspondence will be entered into, either during or after the tournament.

9. Best Overall Results

9.1. *Best Overall Team*

- (1) Each team will consist of 6 competitors and must enter all 4 event (patterns, sparring, special technique & power test). Points from each event will be added to give a total score. Points will be award as follows 3 for first place, 2 for second place, 1 point for third place.
- (2) Note in the patterns and sparring events 3rd place will not be contested i.e. there will be 2X3rd place awarded for the purpose allocating points.

9.2. *Best Overall Club at Regional (Class B) Tournaments.*

- (1) The best overall club is the club with the highest total points.
- (2) Points are awarded as follows:
 - (a) Gold Medal 6 points
 - (b) Silver Medal 4 points
 - (c) Bronze Medal 2 points
 - (d) Best overall belt 6 points
 - (e) Every division entered 1 point (no points are awarded for a no show)
 - (f) Each official 1 point (an official is classified as any referee, juror, time keeper, runner, ring marshal who has officiated or who made themselves available to officiate for a half day or more)

9.3. *Best Overall Region*

- (1) The best overall region is determined through totalling the number of points from each region. The region with the highest score is awarded the best overall region prize.
- (2) A region must have 15 competitors to be eligible for best overall region
- (3) Points are awarded as follows:
 - (a) Gold Medal 3 points
 - (b) Silver Medal 2 points
 - (c) Bronze Medal 1 point
 - (d) Best overall belt 3 points
 - (e) Best overall team 3 points

Points from each black belt team event will count as 1x3 for one gold (not 6x3 points for six gold's) for best overall region.

10. Regional Team Management Guidelines

10.1. Team Selection

- (1) All current ITFNZ members in the Region are eligible for the selection process for the Regional team to compete at the ITFNZ National Tournament.
- (2) The selection process involves determining those members in each division who show the most merit.
- (3) Merit covers a balance of technical skill (in sparring, patterns and destructions), and effort. This balance to be determined by the Team Coach.
- (4) The Coach will determine how many candidates will be called to train for final selection for each division.
- (5) It is recommended that (if available) at least two candidates be called for each division.
- (6) It is recommended that first and second place getters at the Regionals are automatic candidates for their divisions.
- (7) It is recommended that performance at events other than the Regionals be taken into account, either through a formal "merit points" system, or through discussion between the Coach and the potential candidates Instructor.

10.2. Team Officials Selection

- (1) The Regional Director should publicise the requirement for a Team Coach and a Team Manager at least a month before the Regional meeting prior to the Regionals.
- (2) The candidates for the positions should present their applications to the Regional meeting, either in writing or in person.
- (3) The Regional meeting should consider candidates abilities (as appropriate) in skill building, team building, financial management, and responsibility, particularly with an away team.