



ITF – General Choi Memorial Cup Individual Competitor - competition rules

Article 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.

Article 2

Application

These are to be applied 1st General Choi Memorial Cup. They apply to all competitors, colour and Black Belts, male and female except where stated otherwise.

Article 3

Officials

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

Article 4

Duties

One (1) Jury President will be seated at the Jury table, and will be responsible for decisions as written in the Umpire rules.

There may be additional Umpires seated at the table to help with time keeping and scoring.

One (1) Center Referee will be in the square to control the match.

Three (3) There will be a minimum of 3 Judges for patterns will be seated in a line facing the competition.

Four (4) Judges for sparring will be seated at the four corners of the square. They will give points in accordance with their judgement.

Three (3) Judges for Special Technique and Power Test will signal if the technique or break is successful.

Article 5

Competitors

Junior competitors must be 12 to 17 years old on the 1st January in the year that championships are held and may compete in the divisions laid down in the following rules..

Senior competitors must be 18 years old or above on the 1st January in the year the championships are held and compete in the divisions laid down in the following rules

All Competitors must present their current ITF certificates or passports to check the year of birth. Competitors in all divisions must be healthy and registered with their National Associations.

The age of the competitor on the 1st January in the year of the championships will determine which age group they compete in.





Article 6 Unifrom

Officials will wear the dress requirements as laid down in the I.T.F Umpires rules.

Competitors, while competing must wear TKD dobok with badges officially approved by the I.T.F. The black belt must be of the official dimensions and must indicate the competitor's degree. The country name must be worn on the back part of the dobok above belt level at all times. Female competitors may wear a white T-shirt under the dobok jacket.

Competitors are allowed, when not performing, to wear normal sportswear such as track suits, dressing gowns, training shoes, etc. however it is at the discretion of the Tournament Committee.

For opening and closing ceremonies countries may wear the official ITF dobok or the official country training suit, but all team members should be dressed the same. No participant in the parade is permitted to carry cameras, flags, banners, etc. other than those authorized, on the field during the opening and closing ceremonies. Any participant committing a breach of the above regulations, will be liable to sanctions.

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

Sponsorship is allowed on the right or left sleeve measuring 5 x 8 cm.

Article 7

Safety Equipment and protective wear

- a. Competitors must wear: i.) approved hand and feet safety equipment ii.) Groin guards must be worn inside the dobok trousers. iii) Mouth Guard. iv) Head Guard.
- b. Competitors may optionally wear: i.) Shin protectors. ii.) Breast protectors (must be worn INSIDE the dobok jacket) (female only)

These all being of an approved type consisting of elasticized material with sponge or rubber type padding and containing no metal, bone or hard plastic or similar hard material whatsoever, nor involving the use of zip, lace or stud fasteners.

- 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 type before performing i.e. no pins or hard material can be worn, neither can bandaging give extra support so that it constitutes an advantage to that competitor. e. No jewelry, watches or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

Article 8

Medical Attention

All tournaments must have a Doctor(s), qualified First Aid personnel in attendance. Doctor's recommendations, with regard to competitors' further participation, following injury, must be adhered to.





Article 9

Injury liability and insurance - competitors

All competitors must be in possession of Insurance coverage as the host is not responsible for any eventuality and/or injury.

Article 10

Insurance - for event

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

Article 11

Square

Square size will be 8x8 meters floor space. A jig saw - padding floor must be used at all times. When the square is elevated then the elevations must be at least two (2) meters greater in size than the square. Elevations may be from 50 cm to 100 centimeters. Lighting must not be lower than five (5) meters above the ground. The official Jury table is in front of the square.

Article 12

Result recording

All tournaments will 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.

Article 13

Delegates

A delegate of the individual or team should be a senior member or head coach. A delegate registers the competitors, submits the documents, lodges complaints and co-operates with the other officials at the competition.

Article 14

Coaches

For individual or team competition there must be only one (1) coach close to the square. During the tournament, coaches must wear a training suit, gymnastic shoes and carry a towel. They will be seated at least one (1) meter away from the square. They must not interfere in the competition by action or words. They are the only ones allowed to present an official protest. Failure to abide by the above mentioned rules may render the coach liable to be disqualified from his advisory position.





Article 16

Official Terminology

Cha Ryot - Attention

Kyong - Ye Bow

Jun Bi - Ready

Shijak - Begin

Haechyo - Separate

Gaesok - Continue

Goman - End

Ju Ui - Warning

Gam Jum - Deducting Points

Sil Kyuk - Disqualification

Hong - Red

Chong - Blue

Article 17

Division of competition

Competition is divided into Individual and Team matches and will be decided by the pyramid tournament system.

Article 18

Draw for order of competing

Each draw will be automated after the closing date and will be available before the competition. Teams from each country will be kept at separate ends of the draw wherever possible. None of the competitors or teams can win 2 rounds one after another without competing unless it is due to the withdrawal of their opponent due to previous injury. Byes will be decided by the computer.

Article 19

Announcements

It will be announced in which square an event will take place and it is the responsibility of the competitors/teams to be close to the square 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 square 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 square within one (1) minute from the second call then they will be disqualified.





Article 20

Equipment check

Competitors dobok and/or equipment check will take place outside of the square to ensure that they are of an officially approved type and that they are not defective. 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.

Article 21

Courtesy

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

Article 22

Medal Awards

There will be medal awards for 1st, 2nd and joint 3rd Individual events. Colour Belt and Black Belt , Males and Females will compete separately.

In Team Events All members of the team (including 4th member) will receive an award.

There will be over all trophies presented to the Individuals and teams who achieve the most points over all disciplines. There will only be one trophy awarded to each "Overall Team Champions"

Each Team will get 3 points for a GOLD, 2 for a SILVER and 1 point for a BRONZE award.





Pattern

Article 23 Regulations

The pyramid system of elimination will be used.

Each Colour Belt Competitor will do one (1) Optional Pattern from their grade
(ie 5t Kup can do Won Hyo or Yul Gok)

Black Belts will do (2) Designated Patterns. (1) will be from their current grade and (1) will be a lower grade pattern, including colour belt patterns.

Article 24 Decisions

Each Judge will indicate their decision on the command of the Centre Referee, decision can be either Red, Blue or Draw.

When the majority of judges give a decision in favor of one Competitor then they are the winner.

In the event of a tie then another designated Pattern must be performed, until the winner is decided.

Sparring

Article 25 Regulations

The pyramid system of elimination will be used except when there are only 3 Competitors a "Round Robin" will be used.

Rounds are 2x1.5 Minutes for Cadets and Executives, 2x2 Minutes for Juniors and Seniors.

At the command of the Centre Referee the competitors bow in turn to the Jury table and then to each other. The Centre Referee will then start the Sparring with the command "SHI-JAK" and the competitors continue to spar until the Referee issues the command "HAECHYO".

At this point the competitors cease to spar and remain where they are until restarted. On completion of time an audible signal will warn the Centre Referee, but the bout only ends on the final comment "GOMAN" by the Centre Referee. The reverse for bowing will ensure and the result will be declared.

If a competitor leaves the square they must re-start one (1) meters inside the square.





Sparring (cont.)

Article 26

Divisions

Green & Blue Belts will compete together as will Red & Black Belts in Individual Sparring.

Cadets (boys/girls): -150cm, -160cm, -170cm, +170cm

Juniors Boys: -50kgs, -56kgs, -62kgs, -68kgs, -75kgs, +75kgs

Junior Girls: -45kgs, -50kgs, -55kgs, -60kgs, -65kgs +65 Kgs

Senior Male: -57kgs, -63kgs, -70kgs, -78kgs, -85kgs, +85kgs

Senior Female: -50kgs, -56kgs, -62kgs, -68kgs, -75kgs, +75kgs

Executive Male: -70Kgs, -78Kgs, -85Kgs, +85Kgs

Executive Female: -60kgs, -68kgs, -75kgs, +75kgs

Article 27

Target area

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

Trunk of the body from neck to navel vertically and from a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

Article 28

Point award

One (1) point will be awarded for: Hand attack directed to mid or high section.
Flying hand attack directed to mid or high section

Two (2) points will be awarded for: Foot attack directed to mid section. Jumping or flying kick directed to mid section.

Three (3) points will be awarded for: Foot attack directed to high section.
Jumping or flying kick directed to high section.

Article 29

Scoring procedure

In competition a technique is valid when:

it is executed correctly.

It is dynamic, that is to say it is delivered with strength, purpose, rapidity and precision.

It is controlled on the target.





Sparring (cont..)

Article 30 Warnings

Warnings will be assigned for the following offences:

Attack to an illegal target.

Stepping completely out of the ring (both feet).

Falling down, whether intentional or not (this means any part of the body, other than the feet, touching the ground).

Holding/grabbing/pushing.

Leg Sweeping.

Faking a blow, pretending to be injured to gain an advantage.

Intentionally avoiding sparring.

Pretending to have scored a point by raising the arm.

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

N.B.: If an athlete is pushed out of the ring with intent (without undergoing a technique) then he will not receive a warning.

Article 31 Fouls

Fouls will be assigned for the following offences:

One point will be deducted for the following offences:

Loss of temper.

Insulting an opponent in any way.

Biting, scratching.

Attacking with the knee, elbow or forehead.

Attacking a fallen opponent.

Attack to an illegal target with contact.

Excessive Contact.

N.B.: Each Foul awarded is an automatic point deduction

Article 32 Disqualification

Students will be disqualified for the following offences:

Misconduct against officials or ignoring instructions.

Heavy contact.

Committing three (3) fouls.

Any competitor being under influence of alcoholic beverages or drugs.

If a Competitor is disqualified then the decision goes to the opponent. The Disqualified student cant be used in further Sparring bouts.





Sparring (cont...)

Article 33

Injury

When a competitor is injured, the Centre Referee must stop the match and call the Doctor. The Doctor must diagnose and decide within two (2) minutes about the match and competition continuation. A total of four (4) minutes is allowed to treat the wounds.

When a competitor cannot fight on because of Doctor's decision:

he/she is the winner if his opponent is responsible;

he/she is the loser if his opponent is not responsible.

An injured competitor that is unfit to fight, cannot fight again in a later bout. A competitor that refuses to accept the Doctor's decision will be disqualified and taken out of the competition.

If two 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 about the bout.

Article 34

Decisions

Four (4) Judge will score each fight, at the end of the bout the winner will be the one with most points after fouls and warnings are deducted. The Jury President will then indicate the winner of the bout.

When three (3) or four (4) corner referees give a decision in favor of one competitor then that competitor is the winner and **two (2) points will be added to the team score.**

When three (3) or four (4) corner referees decide that it is a draw then **one (1) point will be added to each team score.**

When two (2) corner referees give a decision in favor of one competitor (two (2) for one competitor + one (1) for the other + one (1) given it as a draw or two (2) giving it as a draw) then that competitor who got the decision of the two (2) corner referees is the winner **and two (2) points will be added to the team score.**

When two (2) corner referees give a decision in favor of one competitor and the other two (2) corner referees give a decision in favor of the other competitor then the result will be a draw and **one (1) point will be added to each team score.**

When all three (3) bouts are finished and the result is a draw then each coach will select one (1) competitor to spar an extra bout of two (2) minutes. The team whose competitor wins this bout will be the winner.

If at this time it results in a further draw then the first scored point will decide who is the winner.

When three (3) corner referees give a decision in favor of one competitor in case of the first scored point bout then that competitor is the winner.





Power

Article 35 Procedure

Each Competitor lines up all 3 Power Machines for the techniques. They all get a chance to adjust the holder, measure and start in guarding block.

In power breaking it is permitted to make one step forward, to slide, or to skip, an L-stance forearm guarding block ready posture must be adopted before and after each attempt to break the board(s).

Referees may disallow an attempt for failure to maintain the following:

Correct balance and posture throughout technique.

Correct attacking tool in the correct manner.

Referees must examine each board before each attempt.

Each successful discipline break will count as two (2) points.

All boards must be broken, no points for “bent” boards.

If all 3 techniques are successful then a maximum of 6 points are awarded.

The four highest scores will set 1st, 2nd and two (2) 3rd place winners.

In the event of a tie, we will have a **Power Play Off**. Each tied team will select 1 member and then he/she can choose any technique and any number of boards. In the Power Play Off each broken board counts as one (1) point.

Article 36 Techniques

Cadets MALE 12-14 years

Ap Palkup Taerigi-	1x Black Board
Yopcha Jirugi -	2x White Boards
Dollyo Chagi -	1x Black Board

Cadets FEMALE 12-14 years

Ap Palkup Taerigi-	1x White Board
Yopcha Jirugi -	1x Black Boards
Dollyo Chagi -	1x White Board





Power (cont.)

Junior MALE 15-17 years

Ap Palkup Taerigi –	2x White Boards
Yopcha Jirugi -	2x White Boards
Dollyo Chagi -	2x White Boards

Juniors FEMALE 15-17 years

Ap Palkup Taerigi –	1x Black Boards
Yopcha Jirugi -	2x White Boards
Dollyo Chagi -	1x Black Boards

Senior MALE 18-34 years

Sonkal Taerigi–	2x White Boards
Yopcha Jirugi -	3x White Boards
Dollyo Chagi -	2x White Boards

Senior FEMALE 18-34 years

Sonkal Taerigi–	1x Black Board
Yopcha Jirugi -	3x White Boards
Dollyo Chagi -	2x White Boards

Executive MALE Over 35 years

Palkup Taerigi –	2x White Boards
Yopcha Jirugi -	3x White Boards
Dwit Chagi -	2x White Boards

Executive FEMALE Over 35 years

Palkup Taerigi –	1x Black Boards
Yopcha Jirugi -	2x White Boards
Dwit Chagi -	2x White Boards

For Sonkal the strike may be either inward or outward





Special Technique

Article 37 Procedure

Each Competitor will get a chance to have one measure and then start in guarding block
Referees may disallow an attempt for failure to maintain the following:

Correct balance and posture throughout technique.

Correct attacking tool in the correct manner.

Each successful Special Technique executed will count as two (2) points.

If all 3 techniques are successful then a maximum of 6 points are awarded.

The four highest scores will set 1st, 2nd and two (2) 3rd place winners.

In the event of a tie, the Jury President will select one technique and the tied teams will then choose one competitor to go into the **Play Off**. This **Play Off** will be a knock out and the competitor who can execute the highest technique will win for their team.

Article 38 Special Techniques

Cadets MALE 12-14 years

Twimyo Nopi Apcha Busigi-	200cm
Twimyo Dollyo Chagi -	180cm
Twimyo 360 Dwit Chagi -	170cm

Cadets FEMALE 12-14 years

Twimyo Nopi Apcha Busigi-	190cm
Twimyo Dollyo Chagi -	180cm
Twimyo 360 Dwit Chagi -	170cm

Juniors MALE 15-17 years

Twimyo Nopi Apcha Busigi-	220cm
Twimyo Bandoe Dollyo Chagi-	200cm
Twimyo 360 Dwit Chagi -	190cm

Juniors FEMALE 15-17 years

Twimyo Nopi Apcha Busigi-	210cm
Twimyo Bandoe Dollyo Chagi-	190cm
Twimyo 360 Dwit Chagi -	180cm





Special Technique (cont.)

Article 38 cont.

Senior MALE 18-34 years

Twimyo Nopi Apcha Busigi-	260cm
Twimyo Bandae Dollyo Chagi-	220cm
Twimyo 360 Dwit Chagi -	210cm

Senior FEMALE 18-34 years

Twimyo Nopi Apcha Busigi-	230cm
Twimyo Bandae Dollyo Chagi-	200cm
Twimyo 360 Dwit Chagi -	190cm

Executives MALE Over 35 years

Twimyo Nopi Apcha Busigi-	200cm
Twimyo Bandae Dollyo Chagi-	200cm
Twimyo 360 Dwit Chagi -	190cm

Executives FEMALE Over 35 years

Twimyo Nopi Apcha Busigi-	190cm
Twimyo Bandae Dollyo Chagi-	180cm
Twimyo 360 Dwit Chagi -	180cm

