

# TAEKWONDO

## TECHNICAL RULES AND REGULATIONS



2024



# TAEKWONDO

## TECHNICAL RULES AND REGULATIONS

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## TECHNICAL RULES AND REGULATIONS

### GENERAL

The purpose of the “ISF Taekwondo Technical Rules and Regulations” is to provide standardized rules and regulations for all Taekwondo competitions. This document is set up by the ISF Statutes, the ISF Sport Policy and the ISF General Competition Regulations, and World Taekwondo Federation Rules.

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner. The specific objectives of this document are to:

1. Define and specify the **general conditions** under which participants can take part in the ISF Taekwondo events;
2. Determine the **delegation composition**;
3. Determine the **sport program**;
4. Determine the **technical rules**;
5. Set the **draw** procedure;
6. Set **protests and appeals** procedure.

Please note that the technical rules and regulations are applicable to Taekwondo events in 2024.

### 1.GENERAL CONDITIONS

The competition will be run according to the World Taekwondo Federation (WT) technical rules under the direction of the WT. Any decisions over matters not mentioned in the present document will be taken by the WT technical delegate.

- The ISF Taekwondo event is WT recognized as G1.
- The ISF Taekwondo events are open to individuals/groups.
- The competition is categorized as : boy categories, girls categories and mixed categories.
- The competition will be held for color and black belts separately.

### AGE CATEGORY

Year	U18* YEAR OF BIRTH
2024	2007-2008-2009



## 2. DELEGATION COMPOSITION

Each delegation will consist of:

- Head of delegation - mandatory
- Deputy Head of Delegation - optional
- Student athlete(s) - mandatory
- Team officials - mandatory
- Additional adults - optional
- Safeguarding officer - optional
- Young reporter - optional

### HEAD OF DELEGATION (HOD)

- There is a mandatory amount of one (1) head of the delegation per registering delegation.
- The head of the delegation shall be the sole intermediary between the delegation and the Local Organising Committee, and the ISF.
- He/she may not combine the function with any other official role (i.e., coach, referee, etc.).

### DEPUTY HEAD OF DELEGATION (Deputy HoD)

- The role of Deputy HoD is to assist the Head of Delegation.
- The presence of the Deputy HoD is not mandatory.
- max 1 Deputy Head of a delegation from 100 to 200 participants.
- max 2 Deputy Heads of a delegation from 201 or more participants.

### ATHLETES

- All student-athletes must be enrolled as full-time students at a school in the country in which they represent.
- All student-athletes must be attending schools that provide general education and/or vocational education incorporating segments of general education.
- Only athletes, registered on the team's list handed in at the accreditation, are authorized to take part in this competition.
- Athletes need to have a national GAL (Global Athlete License) according to World Taekwondo Rules. In this event, color belts will need national GAL.

The following are *not* eligible to participate:

- Attendees of vocational schools only attend a school as a complement to their vocational training and are not full-time students with a segment of general education.
- Students enrolled at schools that provide sports training without any general education.



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### TEAM OFFICIALS

#### COACHES

- The presence of a coach is mandatory.
- Teams or individuals cannot participate in the competition without the presence of a coach.
- Each delegation shall enter a minimum of one (1) coach per gender.
- Coaches need to have a Coach Courses active GOL (Global Official License).

#### OTHER TEAM OFFICIALS

- The function of other team officials can be: doctor, trainer, physiotherapist, statistician, team manager etc.
- The presence of the other team officials is not mandatory.
- The function of the other team officials must be specified during the registration process.
- Any person not specified during registration or exceeding the limit will not be considered part of the team.

#### ADDITIONAL ADULTS

- The function of additional adults can be: interpreter, security personnel, ministry representatives, media, etc.
- The presence of additional adults is not mandatory.
- The function of each additional adult must be specified during the registration process.
- Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.

#### SAFEGUARDING OFFICER

The role of the safeguarding officer is to provide support to the delegation in any situation related to safety.

#### YOUNG REPORTER

Each delegation may bring additional young students who will take the role of a young reporter during the ISF event.

## 3. SPORT PROGRAM

#### EVENTS

- **Boys and Girls**
  - **Teams**
  - **Mixed**
  - **Single**



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- Kyorugi (Boys and girls)
- Poomsae Recognized (Boys and Girls):
  - Individual.
  - Pair
  - Teams
- Poomsae Freestyle (Boys and Girls):
  - Individual.
  - Pair.
- Mixed gender (Freestyle Poomsae):
  - Team of 5 athletes (2 boys and 3 girls or 3 boys and 2 girls)

AGE CATEGORY		2007-2008-2009	
<b>KYORUGI</b>		<b>POOMSAE</b>	
<b>BOYS</b>	<b>GIRLS</b>	<b>BOYS</b>	<b>GIRLS</b>
1. -45kg	1.-42kg	Recognized	Recognized
2. -48kg	2.-44kg	Individual	Individual
3. -51kg	3.-46kg	Pair	Pair
4. -55kg	4.-49kg	Team ( 3 athletes)	Team ( 3 athletes)
5. -59kg	5.-52kg	Freestyle	Freestyle
6. -63kg	6. -55kg	Individual	Individual
7. -68kg	7. -59kg	Pair	Pair
8. -73kg	8.-63kg	<b>MIXED GENDER</b>	
9. -78kg	9.-68kg	Free style Poomsae	
10. +78	10.+68kg	Team of 5 athletes (2 Boys and 3 Girls or 2 Girls and 3 Boys)	

## 4. TECHNICAL RULES

### RULES

- In accordance with current regulations: World Taekwondo DOCUMENTS
- This event is recognized as G1 tournament.

### SYSTEM OF PLAY

#### Kyorugi:

- Single elimination tournament system.
- Best of 3 rounds system.

#### Poomsae:

- Cutt off System.

### SPECIFIC RULES

- This information is just a resume of some articles of the rules. This event is recognized by World Taekwondo and the rules in force at the time of the event will be applied.



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### **Kyorugi rules:**

#### ***Weigh-in:***

- 1) The duration of the general weigh-in shall be two (2) hours at the maximum.
- 2) The random weigh-in will take place at the venue in the morning of the competition. Should a contestant fail to appear for the random weigh-in, he/she will be disqualified. The random weigh-in must be completed maximum thirty (30) minutes before the start of the competition each day.
- 2.1) The rate of selection for the random weigh-in shall be determined by the number of contestants in the weight category as following the criteria and subjects will be randomly selected by computerized.
  - a) More than 32 athletes: 20% of total
  - b) 17-32 athletes: 6 athletes
  - c) 9-16 athletes: 4 athletes
  - d) 4-8 athletes: 2 athletes
  - e) Below 4 athletes: None
- 2.2) The random weigh-in shall be conducted with plus 5% tolerance of the contestant's weight category. Underweight shall not be subjected to random weigh-in.
- 3) During the weigh-in, the male contestant must wear underpants and the female contestant must wear underpants and a brassiere. 100 grams will be allowed to compensate.
- 4) General weigh-in shall be made once, however, one more weigh-in is granted within the time limit to any contestant who did not qualify the first time. Random weigh-in shall be made only once per contestant, and there will not be 2nd weigh-in.

#### ***Valid Points.***

- 1) One (1) point for a valid punch to the trunk protector.
  - 2) Two (2) points for a valid kick to the trunk protector.
  - 3) Four (4) points for a valid turning kick to the trunk protector.
  - 4) Three (3) points for a valid kick to the head.
  - 5) Five (5) points for a valid turning kick to the head.
  - 6) One (1) point awarded for every one "Gam-jeom" given to the opponent contestant.
- In the best of three (3) system, match score shall be the sum of the number of rounds won of the three rounds.
- Invalidation of point(s): When a contestant records points following prohibited act(s). If prohibited act is followed by point(s), the referee shall declare the penalty for the prohibited act and invalidate the point(s).



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### ***Prohibited acts and Penalties***

- 1) Penalties shall be declared by the referee.
- 2) Prohibited acts which described in article 14 shall be penalized with “Gam-jeom” by referee.
- 3) A “Gam-jeom” shall be counted as one (1) point for the opposing contestant.
- 4) Prohibited acts:
  - 4.1) The following acts shall be classified as prohibited acts, and “Gam-jeom” shall be declared.
    - 4.1.1) Crossing the Boundary Line.
    - 4.1.2) Falling down.
    - 4.1.3) Avoiding or delaying the match.
    - 4.1.4) Grabbing or pushing the opponent.
    - 4.1.5) The following are considered prohibited acts:
      - a) Lifting the leg to block.
      - b) Kicking the opponent’s leg to impede the opponent’s kicking attack.
      - c) Kick was aiming to below the waist.
      - d) Lifting the leg above waist for kicking in the air for four (4) times or more).
      - e) Lifting a leg or kicking in the air for more than three (3) seconds to impede opponent’s potential attacking movements.
      - 4.1.6) Kicking below the waist.
      - 4.1.7) Attacking the opponent after "Kal-yeo".
      - 4.1.8) Hitting the opponent’s head with the hand.
        - 4.1.9) Butting or attacking with the knee.
        - 4.1.10) Attacking the fallen opponent.
        - 4.1.11) Attacking trunk PSS with the side or bottom of the foot in clinch position.
        - 4.1.12) Attacking back of head PSS in clinch position.
        - 4.1.13) Following Misconducts of contestant or coach.
          - a) Not complying with the referee’s command or decision.
          - b) Inappropriate protesting behavior to officials’ decisions.
          - c) Inappropriate attempts to disturb or influence the outcome of the match.
          - d) Provoking or insulting the opposing contestant or coach.
          - e) Unaccredited doctor/physicians or other team officials found to be seated in the doctor’s position.
          - f) Any other severe misconduct or unsportsmanlike conduct from a contestant or coach.
          - g) When a contestant commits a prohibited act followed by an Attack After “Kal-yeo” (as per article 14.4.1.7) or any other unsportsmanlike behavior (as per article 14.4.1.13) the Referee may give a 2nd “Gam-jeom” for ‘Attack after “Kal-yeo”’ or ‘Misconduct’.
      - 4.2) When a coach or contestant commits excessive misconduct and does not follow the referee’s command the referee may declare a sanction request by raising a yellow card. In this case the Competition Supervisory Board shall investigate the contestant ‘s and/or coach’s behavior and determine whether a sanction is appropriate.
    - 5) If a contestant intentionally and repeatedly refuses to comply with the Competition Rules or the referee’s orders, the referee may end the match raising yellow card and declare the opposing contestant the winner.
    - 6) If the referee at the inspection desk or officials in the Field of Play determines, in consultation with the PSS technician,if necessary, that a contestant or coach has attempted to manipulate the sensitivity of PSS sensor(s) and/or inappropriately alter the PSS so as to affect its performance, the contestant shall be disqualified.





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7) When a contestant receives ten (10) “Gam-jeom”, the referee shall declare the contestant loser by referee’s punitive declaration (PUN).

7.1) In the best of three (3) system, when a contestant receives five (5) “Gam-jeom” in a round, the opponent will be declared the winner of that round.

8) In Article 14.7, “Gam-jeom” shall be counted in the total score of the three rounds.

### **Poomsae rules:**

**Cut off system preliminary:** When the number of contestants reaches 20-39; competition shall start from preliminary round with two (2) groups competed in two (2) courts. When 40 or more contestants are participating; competition shall start from preliminary round divided into three (3) groups competed in 3 different courts. If three courts installation is not available, contestants shall be divided into two (2) groups competed in 2 different courts. Contestants shall perform the two designated Compulsory Poomsae. Top 50% contestants from each group shall advance to semi-final. In the event that the number of the competing athletes in each group is odd, the next highest contestant right below top 50% shall also advance to semi-final. In preliminary round, each group might be judged by different group of judges.

**Cut off system semi-final:** When 9 to 19 contestants are participating; competition shall start from semi-final round, Contestants shall perform the two assigned compulsory Poomsae, and 8 of them shall be advanced to final based on their points.

**Cut off system final:** When 8 or fewer contestants are participating; competition shall start from final round. Contestants shall perform the two assigned compulsory Poomsae, and the top four contestants / pair/ team shall be awarded prizes based on their points. 3rd and 4th places are awarded with bronze medals.

Designated Compulsory Poomsae: Taegeuk 4, 5,6,7, 8 Jang, Koryo, Keumgang, Taeback.



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### Scoring criteria for Recognized Poomsae:

채점항목 Scoring Criteria	세부 기준 항목 Details of Scoring Criteria	점수 Point
정확성 (4.0) Accuracy (4.0)	기본동작 정확성 Accuracy in basic movement	4.0
	폼새 별 동작의 정확성 Accuracy in individual movement of the Poomsae	
	균형 Balance	
연출성 (6.0) Presentation (6.0)	속도와 힘 Speed and power	2.0
	강유-안급-리듬 Rhythm & tempo	2.0
	기의 표현 Expression of energy	2.0

### Scoring criteria for Free Style Poomsae:

채점항목 Scoring Criteria	세부 기준 항목 Details of Scoring Criteria	점수 Point	
기술력 (6.0) Technical Skills (6.0)	발차기 난이도 (5.0) Level of difficulty of foot techniques (5.0)	뛰어 옆차기 Jumping side Kick	5.0
		뛰어 찬 발차기 수 Multiple kicks in a jump	
		회전 수 Gradient of spins in a spin kick	
		겨루기방식 연속 발차기 Kyorugi style consecutive kicks	
		아크로바틱 발차기 기술 Acrobatic kicking technique	
	기본 동작 및 실용성 Basic movements & Practicability	1.0	
연출성 (4.0) Presentation (4.0)	창의성 Creativeness	4.0	
	조화 Harmony		
	기의 표현 Expression of energy		
	음악 및 안무 Music & choreography		
최대 점수 Maximum Points		10.0	



## **5. DRAW**

- Kyorugi: Random computerized drawing.
- Poomsae: Cutt off system. The election of the poomsae will be computerized drawn.

## **6. PROTESTS AND APPEALS**

- Kyorugi: According art. 21 of Kyorugi World Taekwondo rules.
- Poomsae: According art. 26 of Poomsae World Taekwondo rules.

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