



## **ITC OPEN TAEKWON-DO CHAMPIONSHIPS RULES**

### **PATTERNS.**

Each competitor will perform their choice pattern from the list appertaining to their grade (see attached document).  
The competitor will receive their scores from the judges and the scores will be recorded onto the recorders master sheet.  
Each competitor will have one attempt only.  
Should a competitor fail to complete their pattern a zero score will be recorded.  
In the event of a tie the relevant competitors will be called to perform their choice pattern again.  
Patterns will be marked on the performer's accuracy and power of technique, presentation, attitude.  
There will be trophies and or medals awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.

### **SPARRING WEAR.**

Compulsory to enter you must have and wear, Head guard (no face visors) Gloves (enclosed fingertips and semi contact only, no boxing weighted gloves) Shin guards, Groin guards (Female Optional)  
Feet (semi contact and Velcro strapped) Forearm (optional) Female Chest protector (optional) Gum Shield  
Doboks and your current rank belt  
No jewellery may be worn during competing (wedding rings must be covered with a plaster / suitable material secured with tape).

### **SPARRING POINT STOP.**

All rounds will be 1 ½ for juniors and 2 minutes for adult's / veterans, unless deemed otherwise by the tournament Chief Umpire.  
Strict semi contact rules will apply.  
Scoring will be 3 points for all kicks to the head, 2 points for all kicks to the body and 1 point for all hand techniques.  
Target area is whole of head (Top of Head Not Legitimate technique) and front and side of body only. The back of the body and below the belt are NOT legitimate targets.  
Minus points will be the same as continuous except for the loss of balance rule.  
Refs and umpires: One main, one Mirror, one line, One Table Official recorder.

### **SPARRING CONTINUOUS (clicker system).**

Same scoring as for point stop.  
Minus points can be awarded at the Umpires discretion for the following: - low kicking, excessive contact, blind techniques, other illegal techniques, travelling (leaving the sparring area after initial verbal warning, every time after continuous), loss of balance (where another part of the body than the feet touch the floor), unsportsmanlike conduct, arguing with officials, sweeping, continually stepping out of the are to avoid fighting.  
Refs and umpires: One main, four corner umpires, 1 table recorder.

### **POINT DEDUCTION & DISQUALIFICATION PROCEEDURE**

If any incident is deemed serious enough a yellow card will be issued. Two yellow cards mean automatic disqualification. A red card can be used at any time and will mean instant disqualification and will be issued at the discretion of the centre referee, loss of temper / or control or any other reason that deems one to be an unsafe participant by the Centre ref and his umpires, this will result in immediate disqualification. (same as in football).  
Any coach or instructor causing a disturbance or show of bad behaviour etc., may cause themselves to be barred from the event.

### **DESTRUCTION.**

Each competitor will attempt 5 different disciplines choosing a maximum of 3 boards for each one.  
The techniques used will be:  
MALE: Side kick, Back kick, reverse turning kick, inward knife hand and reverse knife hand strike.  
LADIES: side kick, turning kick, back kick, inward knife hand strike and elbow strike.

In the event of a draw the competitors will be weighed and the lighter person wins.

