

adidas®

Traditional Taekwondo Circuit



COMPETITION RULES

- **TRADITIONAL FORMS (INDIVIDUAL AND TEAM)**
- **WEAPONS FORMS**
- **BOARD BREAKING**
- **OLYMPIC-STYLE SPARRING (RUMBLE FORMAT)**
- **POINT-STYLE SPARRING**

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ARTICLE 1.**INTRODUCTION**

The Adidas® Traditional Taekwondo Circuit (“ATTC”) is a traditional forms (individual and teams), weapons forms, board breaking, Olympic-Style Sparring, and Point-Style Sparring competition.

The traditional forms competition is intended to honor the various forms recognized by Kukkiwon, International Taekwondo Federation (ITF), and Tang Soo Do/Moo Duk Kwan/Soo Bak Do (TSD/MDK/SBD). In addition, the ATTC competition acknowledges that these forms have evolved over many years and are taught differently among taekwondo schools. Therefore, the competition does not recognize a single “correct” way to perform these forms and allows for variations without penalizing or favoring any competitor. This also applies to the Kukkiwon forms. The criteria for executing forms established by Kukkiwon for Sport Poomsae competition do not affect the judging of Kukkiwon forms for the ATTC competition. Competitors presenting Kukkiwon forms in the ATTC competition shall be judged only by the criteria established in these rules and will not be favored nor penalized by their adherence to or deviation from the Sport Poomsae established criteria.

Weapon forms will provide competition using traditional martial arts weapons and techniques.

Board breaking will feature multiple competitions showcasing speed, accuracy, and power techniques.

Olympic-Style Sparring (Rumble Format) is designed to be developmental. The goal is experience and improvement, not simply winning or advancing.

Point-Style Sparring provides an opportunity to spar in a competitive environment that requires controlled contact to promote safety.

ARTICLE 2.**COMPETITION AREA AND JUDGING**

1. The Competition Area
 - 1.1. The Contest Area shall measure at least 6m X 6m and have a flat surface without any obstructing projections.
 - 1.2. All mats must provide a safe and secure footing for the competitors.
2. Judging Format and Positions for Traditional Forms and Weapons Forms
 - 2.1. Three-Judge Format: Two Judges will sit at the front corners of the ring to the left and to the right of the head table. Judge No. 1 sits in the left corner (viewed from the head table), and Judge No.2 sits in the right corner. The Referee controls the match and will be positioned at the center of the back of the ring while the competitors are performing. The Referee will also act as the third judge for voting.
3. Judging Format and Positions for Point-Style Sparring
 - 3.1. Three-Judge Format: Two Judges will stand at the front corners of the ring to the left and to the right of the head table. Judge No. 1 stands in the left corner (viewed from the head table), and Judge No.2 stands in the right corner. The Referee controls the match and will also act as the third judge for voting.
4. Awards – Each division will determine winners up to the following four places: 1st place, 2nd place, 3rd place, and 3rd/4th place. This does not apply to Olympic-Style Sparring, which recognizes competitors differently.

ARTICLE 3.**COMPETITORS**

1. Uniform for Competitors
 - 1.1. During competition, all competitors must wear a clean and complete (top and bottom) traditional or professional martial arts uniform (Taekwondo, Karate, Kung Fu, etc.), including their appropriate color belt or sash.
 - 1.1.1. Patches, embroidery, logos, team names, country names, competitor names, and stripes are permitted on the uniform if they are not offensive.
 - 1.1.2. Shoes may not be worn.
 - 1.1.3. No tape is allowed on any part of the uniform.
 - 1.2. Personal Hygiene & Accessories - All competitors must maintain a high standard of personal hygiene.
2. Drugs. The administration or use of any drugs (except antibiotics or other medically prescribed therapeutics), alcohol, stimulants, or injections is prohibited
3. Any violators of any part of this Article will be required to correct the violation within one minute or shall be subject to disqualification.
4. Competitor Age Rules:
 - 4.1. A competitor may choose to compete at either of the following ages:
 - 4.1.1. Their actual age on the date of the tournament, or the first day of the tournament (if multiple days); or
 - 4.1.2. The age of the competitor on June 30th of the current competition year.
 - 4.2. Special Rule for Sparring Competitors 17 or 18 years old. 17 and 18-year-old competitors who will compete in Olympic or Point Style sparring must compete in these events at their actual age on the date of the tournament. This does not preclude them from competing in non-sparring events according to the age rules in 4.1 above.
 - 4.3. All competitors must be able to produce legal proof of age immediately upon the request of the Tournament Director. Failure to do so may result in disqualification from the event.
5. Rank Rule. A competitor must compete at the highest belt level they have earned in the martial arts. Once a competitor competes as a black belt, they must always compete as a black belt. A competitor can never compete in a lower belt division than the highest level of belt they have earned in the Martial Arts.

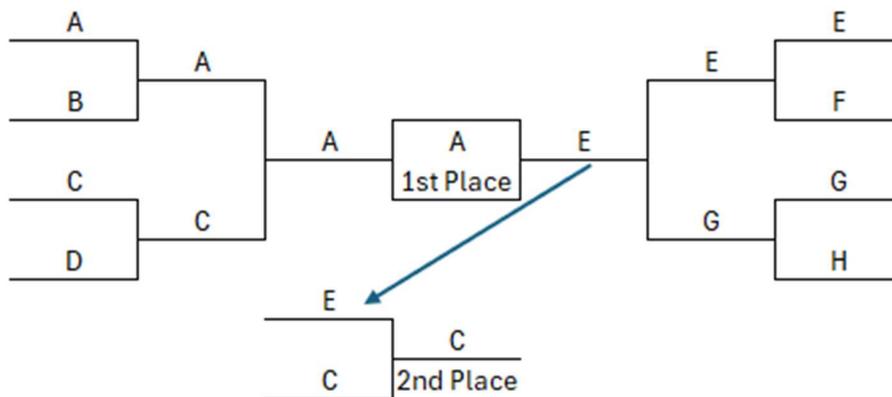
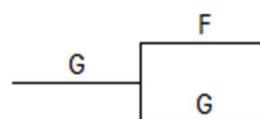
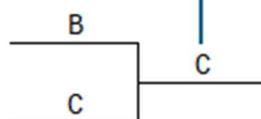
ARTICLE 4.**CLASSIFICATION OF COMPETITION**

1. Competitors are divided into divisions based on the following criteria:
 - 1.1. Age:
 - 5 years old
 - 6-7 years old
 - 8-9 years old
 - 10-11 years old
 - 12-13 years old
 - 14-15 years old
 - 16-17 years old
 - 18-29 years old
 - 30-39 years old
 - 40-49 years old
 - 50 & Over years old
 - 1.2. Gender
 - 1.3. Rank (color or black belt)
 - 1.3.1. Color Belts:

- 1.3.1.1. Novice – White, Yellow, and Orange belts (8th, 7th, and 6th Geup)
 - 1.3.1.2. Intermediate – Blue, Green, and Purple belts (5th, 4th, and 3rd Geup)
 - 1.3.1.3. Advanced – Brown and Red belts (2nd and 1st Geup)
- 1.3.2. Black Belts: All Dan ranks, including Poom belts for junior Black belts.
- 1.4. A Tournament Director has the discretion to combine divisions at their local tournament to allow competitors an opportunity to compete.
- 2. Recognized Competition for Traditional Forms, Weapons Forms, and Board Breaking:
 - 2.1. Male Individual
 - 2.2. Female Individual
 - 2.3. Teams (Traditional Forms only) - All teams consist of 3 competitors. A competitor may only compete in one Team.
 - 2.3.1. Black Belt Team – Adult (18+)
 - 2.3.2. Black Belt Team – Youth (5-17)
 - 2.3.3. Mixed Belt/Age Team – Can be any combination of ages and belt ranks
 - 2.3.4. Teams may consist of all males, all females, or a combination of males and females.
- 3. Events - Traditional Forms events:
 - 3.1. Traditional Forms – ITF: Competitors in this event may only select forms from the ITF column of the Recognized Traditional Forms list, subject to their Rank Limitations (see Article 6).
 - 3.2. Traditional Forms – KUKKIWON: Competitors in this event may only select forms from the KUKKIWON column of the Recognized Traditional Forms list, subject to their Rank Limitations (see Article 6).
 - 3.3. Traditional Forms – TSD/MDK/SBD: Competitors in this event may only select forms from the TSD/MDK/SBD column of the Recognized Traditional Forms list, subject to their Rank Limitations (see Article 6).
 - 3.4. Traditional Forms – Combined: Competitors in this event may select forms from any of the columns of the Recognized Traditional Forms list, subject to their Rank Limitations (see Article 6).
 - 3.5. Teams Traditional Forms (see Article 9).
- 4. Events – Traditional Board Breaking:
 - 4.1. Repetitive Timed Breaking:
 - 4.1.1. Spin Hook Kick
 - 4.1.2. Side Kick
 - 4.1.3. Hand Technique (Human Hold)
 - 4.1.4. Hand Breaking (Feeder System)
 - 4.2. Power Breaking:
 - 4.2.1. Knife Hand
 - 4.2.2. Fist/Punch
 - 4.2.3. Side Kick
 - 4.2.4. Spin Back Kick
- 5. Event – Olympic-Style Sparring (Rumble Format) will follow the rules as stated in Article 12.
- 6. Event – Point-Style Sparring will follow the rules as stated in Article 13.

ARTICLE 5.**METHODS OF COMPETITION**

1. Traditional Forms and Weapons Forms competitions will be held using one of the following bracketed systems:
 - 1.1. Single elimination tournament format:
 - 1.1.1. In the single elimination tournament, a competitor is eliminated from the competition after one loss.
 - 1.2. Double elimination tournament format:
 - 1.2.1. In the double elimination tournament, a competitor is eliminated from the competition after two losses.
 - 1.3. Single elimination plus repechage tournament format:
 - 1.3.1. The single-elimination plus repechage format is designed to identify the true first and second-place competitors.
 - 1.3.2. The top portion of the bracket is completed before beginning the bottom portion of the bracket.
 - 1.3.3. The top portion of the bracket will determine the first-place winner of the division.
 - 1.3.4. The bottom portion of the bracket is used to determine who will compete against the loser of the top bracket for second and third place.
 - 1.3.5. The bottom of the bracket is determined by selecting the competitors who lost to either of the two competitors who competed in the finals of the top bracket.
 - 1.3.6. Single elimination plus repechage illustration:

Top Bracket**Bottom Bracket****Places:**

1st	A
2nd	C
3rd	E
3rd	G

- In the illustration, competitor “C” advances to the match against “E” for second place because “C” lost to the first-place winner “A”. Since competitor “G” lost to the loser of the top bracket finals, competitor “G” does not advance and receives the other 3rd place position.
2. Traditional Board Breaking is a scored system, and all competitors in the division will attempt their breaks first, and the winners are determined by their respective scores.

3. Olympic-Style Sparring (Rumble Format) will follow the rules as stated in Article 12.
4. Point-Style Sparring will follow the rules as stated in Article 13.

ARTICLE 6. RECOGNIZED TRADITIONAL FORMS

Rank	ITF	KUKKIWON	TSD/MDK/SBD
<u>Color Belts</u>	Chon - Ji Dan - Gun Do-San Won - Hyo Yul-Gok Joong Gun Toi Gye Hwa Rang Choong Moo Kwang Gae	Pal-Gwe 1 – 8 Taeguk 1 – 8	Ki-Cho (KiBon) 1 - 5 Pinan/Pyung-An 1 - 5 Song Moo 1 – 2 Bassai Dai Bassai So
<u>1st Dan Black Belt and Above</u>	Po Eun Ge Baek Eui Am Choong Jang Ko Dang Juche Sam Il Yoo-Sin Choi Yong Yon Gae Ul Ji Moon Moo So-San Se-Jong Tong Il	Koryo Kumgang Taebaek Pyongwon Sip Jin Jitae Cheonkwon Hansu Ilyeo	Naihanchi Cho Dan Naihanchi Ee Dan Naihanchi Sam Dan Jin Do Lo-Hai/Ro-Hai Kong Sang Koon Dai Kong Sang Koon So Sip Soo Wang Shu Ji-On Sei Shan O Sip Sa Bo Hwa Sun

Rank Limitations:

- Color belts may only select forms from the Color Belts row above.
- Black belts may select forms from the Color Belts or Black Belt rows above.

ARTICLE 7. JUDGING THE COMPETITION - TRADITIONAL FORMS

1. The two competitors for each match will present their form at the same time. Neither competitor may begin their form a second time unless both competitors were unable to complete their form the first time.
2. Upon completion of their forms, the two Judges and the Referee will vote for the winner of the match. The winner is the competitor who receives at least two votes.
3. Judging Criteria:
 - 3.1. ATTC Traditional Forms competition recognizes that the forms in the Recognized Traditional Forms list have evolved over many years from their original version, and not all schools teach these forms the same way. As a result, the ATTC Traditional Forms competition does not determine a “correct” way in which these forms must be presented. This competition is based on competitors effectively demonstrating the essence of classic martial arts movements and traditional techniques. The judging criteria, in order of importance, are:

- 3.1.1. Technique: Proper and consistent stances, targets, hand placements, strikes, and kicks;
- 3.1.2. Power: Techniques executed powerfully and with purpose;
- 3.1.3. Focus: Attention and concentration throughout the form; and
- 3.1.4. Presentation: How attractively the form was presented, including the rhythm and pace of the form, balance, as well as the grace demonstrated by the competitor.
- 3.2. Techniques not permitted: The following movements are not permitted and will cause the competitor to lose the match:
 - 3.2.1. Spin more than 360 degrees;
 - 3.2.2. An inversion where the body is overturned more than parallel to the floor;
 - 3.2.3. More than two kicks with the same leg without putting the foot down in between;
 - 3.2.4. Flips (either front or back);
 - 3.2.5. Cartwheels;
 - 3.2.6. Splits (front or side leg); or
 - 3.2.7. Any other gymnastic movements or demonstrations of extreme agility or flexibility that the Judges believe are inappropriate. Forward rolls are an acceptable Traditional Forms technique.

ARTICLE 8. COMPETITION PROCEDURES – TRADITIONAL FORMS

1. Before starting the competition: The Referee will meet with the competitors at the back of the ring, bow in the division, and confirm each competitor is presenting a form that is approved for their rank and the event.
2. Calling the Competitors: The Referee stands in the middle of the ring, facing the head table, and calls the competitors to their mark. The Referee will first call the Blue Competitor by saying “Chung (Blue)”, while pointing at their designated mark. The Blue Competitor will advance to their mark and introduce themselves and their form to the Judges. The Referee will then call the Red Competitor by saying “Hong (Red)”, while pointing at their designated mark. The Red Competitor will advance to their mark and introduce themselves and their form to the Judges. The Referee directs the competitors to face each other and make a standing bow by declaring “Char-yeot (Attention)” and then “Kyeong-rye (Bow)” and using the appropriate hand signals. The Referee then directs the competitors to take their position on the floor.
3. Starting the Match: While exiting to the back of the ring, the Referee announces “Joon-bi (Ready)”, and when the Referee is at their position, announces “Shi-Jak (Begin)”.
4. Ending the Match: After the competitors have completed their forms, they must return to the “Joon-bi (Ready)” position to indicate that they have completed their form. The Referee then walks back to the center of the ring, faces the head table, and calls the competitors to their mark by saying “Chung (Blue)” and “Hong (Red)”, while pointing at their designated marks. The Referee directs the competitors to face each other and make a standing bow by declaring “Char-yeot (Attention)” and then “Kyeong-rye (Bow)” and using the appropriate hand signals. Keeping their palms down and fingers touching, the Referee announces “Judges, Call” at which point the Judges indicate their vote by raising the flag with the color of the competitor for whom they are voting. At the same time, the Referee votes for a competitor by horizontally extending the arm nearest to the competitor they are voting for (right for Blue or left for Red).
5. Awarding the Winner: Still standing between the two competitors and facing the head table, the Referee will drop both hands to their side, raise the right arm with the closed fist to the sternum, continuing to raise the right arm in a knife hand up at a 45-degree angle with the palm facing upward and declare “Chung Sung (Blue Winner)” if Blue is the winner. If Red is the winner, follow the same procedure with the left hand and declare “Hong Sung (Red Winner)”. The Referee then dismisses the competitors from the ring.
6. Steps 2-5 above are repeated for each of the subsequent matches until the division is completed.

7. Alternative: In the event the ring size is too small for both competitors to perform at the same time, the Tournament Director may choose to have each competitor perform on their own, and the procedure will be as follows. After the two competitors bow, the Red Competitor will exit the ring, and the Blue Competitor will present their form. When they are finished, the Blue Competitor will exit the ring, and the Red Competitor will reenter the ring and present their form. Once both competitors have presented their form, the Blue Competitor will reenter the ring, and the Referee will follow the same procedure for bowing, calling for votes, and declaring the winner.

ARTICLE 9. TEAMS TRADITIONAL FORMS COMPETITION

1. Teams Traditional Forms follow the same rules and procedures with the following modifications:
 - 1.1. Judging Criteria: The judging criteria are the same as the individual competition (Article 7, Section 3), with the addition of judging how the Team presents their form as a unit. Team members are not required to present the form in sync with each other, and Team members may “mirror” each other’s movements.
 - 1.2. Approved Forms:
 - 1.2.1. Teams may choose forms from any of the columns in the Recognized Traditional Forms list.
 - 1.2.2. Black belt teams may perform any form in the Recognized Traditional Forms list.
 - 1.2.3. Mixed Teams may perform any form up to and including the rank of the most senior member of the Team.
 - 1.3. Procedures of the Contest:
 - 1.3.1. Same as for individual competition; however, the competition will be conducted using two rings side-by-side, with Judges 1 and 2 seated at the front and between the two rings.
 - 1.3.2. Alternative: At the Tournament Director’s discretion, one ring may be used, and the procedure will be as follows. The two Teams will not present their forms in the ring simultaneously. After the two Teams bow, the Red Team will exit the ring, and the Blue Team will present their form. When they are finished, the Blue Team will exit the ring, and the Red Team will reenter the ring and present their form. Once both Teams have presented their form, the Blue Team will reenter the ring, and the Referee will follow the same procedure for bowing, calling for votes, and declaring the winner.

ARTICLE 10. TRADITIONAL WEAPONS FORMS COMPETITION

1. Traditional Weapons Forms follow the same rules and procedures with the following modifications:
 - 1.1. Judging Criteria: The judging criteria are the same as the Traditional Forms competition (Article 7, Section 3), with the following changes:
 - 1.1.1. Weapon must be a traditional martial arts weapon, but cannot have a live blade. The Chief Referee may disqualify any weapon they believe is unsafe for competition (for example, a Rope Dart).
 - 1.1.2. The weapon must always remain in contact with the body during the form (no releases).
 - 1.1.3. 90-second time limit.
 - 1.1.4. Competitors are not permitted to switch weapons during the form.
 - 1.1.5. If one competitor drops their weapon (or drops their weapon more times than their opponent), that competitor will lose the match.
 - 1.2. Procedures of the Contest:
 - 1.2.1. Same as for individual Traditional Forms competition; however, the competition will be conducted using two rings side-by-side, with Judges 1 and 2 seated at the front and between the two rings.

- 1.2.2. Alternative: At the Tournament Director's discretion, one ring may be used, and the procedure will be as follows. The two competitors will not present their forms in the ring simultaneously. After the two competitors bow, the Red Competitor will exit the ring, and the Blue Competitor will present their form. When they are finished, the Blue Competitor will exit the ring, and the Red Competitor will reenter the ring and present their form. Once both competitors have presented their form, the Blue Competitor will reenter the ring, and the Referee will follow the same procedure for bowing, calling for votes, and declaring the winner.

ARTICLE 11. TRADITIONAL BOARD BREAKING COMPETITION

1. Boards:
 - 1.1. All boards must be purchased at the venue. No outside boards will be permitted.
 - 1.2. Board sizes for competition:
 - 1.2.1. 13 and under – 8 or 9 mm
 - 1.2.2. 14 and older – 11mm
2. Competitors must provide their own individuals to serve as board holders, people to hand boards to the board holders, and someone to push boards through the Feeder System for Speed Hand Breaking.
3. In the event of a tie for first, second, or third place, the Tournament Director may choose:
 - 3.1. To have the competitors purchase additional boards and have the tied competitors break again to determine the place winner; or
 - 3.2. Award both competitors the same place.
4. Styles of competition:
 - 4.1. Repetitive Timed Breaking:
 - 4.1.1. Single-board break per strike, total of 10 boards.
 - 4.1.2. Except for Hand Breaking with Feeder System:
 - 4.1.2.1. These are timed events with the winner determined by the fastest time to break all 10 boards. The second fastest time will win second place, and so on.
 - 4.1.2.2. A 0.5-second penalty is added for every board the board holder breaks before the competitor's strike as determined by the Referee (with input from the Judge(s) if requested).
 - 4.1.2.3. A competitor may have up to two board holders and two people handing boards (total of four people).
 - 4.1.3. Events:
 - 4.1.3.1. Spin Hook Kick – Only spinning hook kick is allowed.
 - 4.1.3.2. Side Kick – Only side kick is allowed.
 - 4.1.3.3. Hand Technique (Human Hold) – Competitor may use Hammer, Palm, Fist/Punch, or Knifehand technique.
 - 4.1.3.4. Hand Breaking (Feeder System):
 - 4.1.3.4.1. Allowed hand techniques: Hammer, Knife, Palm, or Fist/Punch.
 - 4.1.3.4.2. Boards are fed through a feeder system provided by the Tournament Director. An unbroken board that has passed through the feeder system must remain unbroken to determine the score.
 - 4.1.3.4.3. Winners are determined first by the number of boards broken. When the number of broken boards is tied, the fastest time wins.
 - 4.1.3.4.4. If multiple boards are broken with one strike as determined by the Referee (with input from the Judge(s) if requested), the entire break will be disqualified.
 - 4.2. Power Breaking:
 - 4.2.1. Single break attempt.
 - 4.2.2. 90-second setup time.
 - 4.2.3. One breaking station per competitor.

- 4.2.4. The Tournament Director will provide:
 - 4.2.4.1. Spacers – required for all power breaks.
 - 4.2.4.2. Stanchions, cinder blocks, or other apparatus to support the boards for downward striking breaks.
- 4.2.5. The competitor may provide their own board-holding apparatus for the horizontal striking breaks. The Chief Referee may disallow any apparatus they believe is unsafe.
- 4.2.6. Winners are determined first by the number of boards broken, as determined by the Referee. If the number of boards broken is the same, the winner will be determined by the highest percentage of boards broken (# boards broken/# boards attempted).
- 4.2.7. Boards may be taped together.
- 4.2.8. To ensure fairness, before starting the competition, the Referee will talk to each competitor (individually and away from the other competitors) and ask for the number of boards they will attempt to break. The competitor cannot change the number and must attempt to break all the boards once the number has been given.
- 4.2.9. Events:
 - 4.2.9.1. Knife Hand (Downward Strike)
 - 4.2.9.2. Fist/Punch (Downward Strike)
 - 4.2.9.3. Side Kick (Step or Skip-in, Horizontal Strike)
 - 4.2.9.4. Spin Back Kick (Must spin, Horizontal Strike)

ARTICLE 12. OLYMPIC-STYLE SPARRING (RUMBLE FORMAT)

1. Competition - Olympic-Style Sparring (Rumble Format) events are designed to elevate Olympic-style sparring by giving athletes what they need most: quality matches, strong opponents, and meaningful experience on the mat. This rumble format exists to go beyond the limitations of traditional local tournaments. Instead of one or two quick matches and elimination brackets, athletes receive multiple opportunities to compete, adjust, learn, and grow. Coaches are encouraged to work together to create productive matchups that help competitors gain confidence, sharpen tactics, and develop real competitive awareness. It is a positive, high-level training and competition environment designed to help athletes advance in their sparring journey. Athlete safety, control, and long-term development are always the highest priorities.
2. Olympic Match Rules –
 - 2.1. Matches will follow the current World Taekwondo sparring rules, except where modified in this Article.
 - 2.2. Junior safety rules will be strictly enforced, where appropriate.
 - 2.3. Light contact to the head is required for all ages and divisions. Excessive contact to the head will be a penalty and may also be penalized more severely depending on the Referee’s discretion.
 - 2.4. All required protective equipment must be worn and properly fitted.
 - 2.5. There are no coach challenges.
 - 2.6. Sideline behavior must remain respectful and consistent with the developmental nature of the rumble.
 - 2.7. These events are learning environments. Athletes, coaches, and spectators are expected to demonstrate respect, discipline, and professionalism at all times. Unsportsmanlike behavior may result in warnings, match removal, or dismissal from the event.
 - 2.8. Referees have full authority to stop, modify, or end a match at any time if safety becomes a concern. Any athlete who demonstrates unsafe behavior may be removed from the rumble without refund.

- 2.9. Event officials and referees have full authority over match flow, athlete placement, safety decisions, and rulings. All decisions are final and made in the best interest of the athletes and the event.
3. Match Format:
 - 3.1. Athletes will be grouped by age, weight, belt level, and competitive experience as closely as possible. Event staff may adjust groupings to ensure safe, competitive, and beneficial matchups.
 - 3.2. The event staff, with cooperation from the Coaches, will create the matches. Coaches are encouraged to communicate their athletes' experience level and development goals with event staff. Final placement decisions rest with the event staff and will always prioritize safety and quality of experience.
 - 3.3. These events are built on cooperation between coaches. A positive and professional coaching environment is required. Coaches are encouraged to communicate with one another and officials to create productive, meaningful matchups. Coaching between rounds is welcomed and should focus on learning, strategy, and athlete growth. Sideline behavior must remain respectful and consistent with the rumble's developmental nature.
 - 3.4. Rumble matches consist of multiple controlled Olympic-Style bouts rather than a single elimination format. Athletes will rotate through several matches during their session, allowing for more mat time and exposure to a variety of opponents.
 - 3.5. At the completion of three matches, each competitor will receive recognition of their effort and commitment to development (for example, a medal, a shirt, a certificate, etc.). Athletes who wish to continue may participate in additional matches beyond three. Additional match requests should be made to the event staff, who will try to accommodate them, provided there is adequate time, and it remains safe and appropriate.
 - 3.6. Rounds, match length, and total matches may be adjusted based on age, division size, and athlete readiness.

ARTICLE 13. POINT-STYLE SPARRING

1. Protective Equipment
 - 1.1. Mandatory. All competitors must wear:
 - 1.1.1. A mouthguard of any color. Athletes with dental braces must wear special mouthguards for braces. If braces are on both upper and lower teeth, mouthguards must cover both.
 - 1.1.2. Hand Pads, any color. A soft, padded surface must cover the fingers, wrist, and any striking surface of the hand.
 - 1.1.3. Foot Pads, any color. The foot pad must cover the instep, sides, toes, ankle, and back of the heel of the foot. The bottom of the foot does not have to be padded.
 - 1.1.4. Full headgear, any color. The headgear may be made of foam dipped in vinyl or artificial leather or any NASKA-approved headgear.
 - 1.1.5. Clear plastic face shield for 17 and under – no metal face shields allowed.
 - 1.1.6. Competitors in Male Divisions must also wear a groin cup and supporter on the inside of the uniform.
 - 1.1.7. Safety equipment may not be taped for any reason.
 - 1.2. Optional. Competitors may wear:
 - 1.2.1. Cloth or foam shin protectors.
 - 1.2.2. Cloth or foam forearm and/or elbow protectors.
 - 1.2.3. Chest Guard. Highly recommended for competitors 17 and under. The chest guard must sufficiently cover the abdomen and upper chest such that the sternum is completely protected. Approved body shirts with padding that protects the sternum and abdomen areas may be worn underneath the uniform.
 - 1.2.4. All optional equipment must be worn under the uniform, with the exception of the chest guard.

2. Personal Requirements
 - 2.1. Personal Requirements & Compliance. Competitors shall keep their nails short and are forbidden to wear any article made from a hard material like metal or hard plastic that may injure or endanger an opponent. Hair shall be tucked inside the headgear.
 - 2.2. Personal Hygiene. The personal hygiene of all competitors should be of the highest standard.
 - 2.3. Medical Tape. A maximum of three (3) layers of tape is allowed, except in the case of an injury.
 - 2.4. Eyeglasses. Only sports eyeglasses will be allowed in the point sparring competition. Soft contacts are highly recommended.
3. Divisions in General
 - 3.1. Competition shall be divided by Age, Belt, Height, and Gender. Matches are selected by random draw. Allowances may be given to competitors from the same school who may be matched in the first round.
 - 3.1.1. Divisions divided by height will be designated short and tall. A minimum of two must be in each division or they will be combined.
 - 3.1.2. Height divisions may include a Grand Champion round.
4. Duration of Competition
 - 4.1.1. All matches will be two minutes running time or a 10-point gap, whichever occurs first.
 - 4.1.2. The match will be determined by who has the most points at the end of the match.
 - 4.1.3. If a match is tied at the end of two minutes, a sudden victory (first person to score a point) overtime period will determine the winner. There is no rest period, the match is still in progress with no time on the clock, and the coach cannot stand up until the match is completed and the winner is declared.
 - 4.1.4. At the 1 minute 45 second mark of a sparring match, the timekeeper will shout out "FIFTEEN SECONDS".
 - 4.1.5. All divisional Grand Championship matches are 1 two-minute round and win by 1.
 - 4.1.6. Overall Grand Championship matches are 2 two-minute rounds and win by 1.
5. Permitted Implements for Scoring Points
 - 5.1. Hand techniques include closed fist (front and back) and ridgehand (reverse knifehand).
 - 5.2. Foot techniques include any part of the foot below the ankle.
6. Permitted Areas for Scoring Points
 - 6.1. Head area protected by the headgear.
 - 6.2. Body area includes collarbone to navel and the front of the body, including the ribs, chest and abdomen.
 - 6.3. Illegal/Non-Target areas include:
 - 6.3.1. Face, neck, and throat
 - 6.3.2. Back and kidneys
 - 6.3.3. Groin
 - 6.3.4. Joints
 - 6.3.5. Legs
 - 6.3.6. Hips and buttocks
 - 6.3.7. Arms and shoulders
 - 6.3.8. Feet
 - 6.3.9. Incidental contact with illegal/non-target areas does not negate scoring.
7. Scoring
 - 7.1. Points.
 - 7.1.1. All legal hand techniques that score shall be awarded one (1) point.
 - 7.1.2. All legal kicking techniques that score will be awarded two (2) points.
 - 7.1.3. All jump/spinning kicks to the head with control will be awarded three (3) points.
 - 7.1.4. A penalty point is awarded for each infraction and unsportsmanlike conduct, and are awarded to the other competitor.
 - 7.1.5. To score, the legal scoring technique must be executed with an amount of controlled force that would have incapacitated the opponent, at least momentarily, if the technique had not been controlled.

- 7.1.6. Light Touch Contact must be used for all techniques to the head area. Light Touch Contact means there is no penetration or visible movement of the competitor because of the contact.
- 7.1.7. Moderate Touch Contact may be used to all legal target areas except the headgear, face shield, and face. Moderate Touch Contact is defined as slight penetration or slight target movement.
- 7.1.8. A majority of Judges must agree on the number of points that are scored with a legal technique.
- 7.2. Penalties.
 - 7.2.1. Out-of-bounds - one foot outside the designated competition area and touches the floor. If the competitor was forced or kicked out of bounds, there will be no penalty.
 - 7.2.2. Delay of the match by a competitor. If a competitor is called to the match and does not comply, a one-minute timer is started and a 1 penalty point is awarded to the other competitor. An additional minute may be added for an additional penalty.
 - 7.2.3. Grabbing or holding a competitor if for more than one second. Competitor may grab the uniform top of his/her opponent to score with a proper technique immediately after the grab (within one second). The uniform must be immediately released. The uniform pants may be grabbed for one second to an upright opponent to score.
 - 7.2.4. Sweeps or Controlled Takedowns are not permitted.
 - 7.2.5. Falling down to avoid competition.
 - 7.2.6. Avoiding the match by running around the ring to avoid competition; stalling and or not attempting to engage the other competitor.
 - 7.2.7. Coach stands up or leaves the coach's chair during the match.
 - 7.2.8. Excessive contact, as deemed by the Center Referee.
 - 7.2.9. Attacking illegal or non-target areas (non-incident contact). As an example, if a competitor attacks the body but their opponent blocks the attack with their arm, this is not a penalty for attacking an illegal or non-target area (arm) because the attack was to the body, and the arm was contacted as a result of the opponent's block.
 - 7.2.10. Using illegal techniques.
 - 7.2.11. Blind, negligent, or reckless attacks or uncontrolled techniques.
 - 7.2.12. Unsportsmanlike behavior by the competitor or his/her coaches.
 - 7.2.13. Late strikes after the call to Stop. This might be issued to both competitors if both continue to fight after Stop is called.
 - 7.2.14. A total of 4 penalties will result in disqualification.
- 8. Progression of the Match
 - 8.1. Starting the Match.
 - 8.1.1. The Referee will first call the Blue Competitor by saying "Chung (Blue)", while pointing at their designated mark. The Referee will then call the Red Competitor by saying "Hong (Red)", while pointing at their designated mark.
 - 8.1.2. Referee will bow the competitors in by having them face each other and stating "Char-yeot (Attention)" and then "Kyeong-rye (Bow)".
 - 8.1.3. If inspection did not take place on the sideline before the division begins, the Referee will examine each competitor, beginning with the Blue competitor and then Red, to ensure all safety equipment is in place and effective. If equipment is missing or not in acceptable condition, the competitor will have one minute to comply. Penalties and additional minutes may apply. Refer to the Penalty Section.
 - 8.1.4. Begin the match by placing the right arm between the two competitors in a left front stance and announce "Joon-bi (Ready)". Then, raising the hand, state "Shi-Jak (Start)".
 - 8.2. Temporary Stops During the Match.
 - 8.2.1. The Referee will step toward the two competitors with a left foot front stance and bring their right hand down between the competitors and say "Kal-yeo (Stop)".
 - 8.2.2. Stopping to Score a Point.
 - 8.2.2.1. Judges who see a competitor score should shout while extending their flags out from their body held horizontally. Upon the Referee's call for "Kal-yeo (Stop)," both competitors will return to their starting position.

- 8.2.2.2. Each Judge that saw a score will flip their flag for the color of the competitor who scored and will hold up the appropriate number of fingers reflecting the technique they saw score.
- 8.2.2.3. The Referee, immediately following their “Kal-yeo (Stop)” call will indicate their vote for point by extending the appropriate arm and using the appropriate number of fingers toward the competitor who they think scored.
- 8.2.2.4. The Referee will verify a majority of points have scored for a competitor and will point at that competitor with the arm that is next to that competitor (right for Blue and left for Red) and indicate the number of points to be added.
- 8.2.2.5. The Referee will immediately restart the match by declaring “Kye-Sok (Continue)”.
- 8.3. Stopping to Assess a Penalty.
 - 8.3.1. Upon observing an infraction, the Referee will stop the match by stepping toward the competitors and bringing their right arm down between them with a left front stance and issuing the command “Kal-yeo (Stop)”. The Referee will immediately call for “Shi-gan (Time Out)” by holding their hands in a “T” fashion.
 - 8.3.2. At the site of the infraction, the Referee will point at the competitor who committed the infraction using their right arm and pointing to the competitor’s forehead and issuing the statement “Chung (Blue) Gam-jeom (1 point penalty)” (or “Hong (Red)”).
 - 8.3.3. Upon penalty point being awarded to the other competitor, the Referee will restart the match by calling “Kye-Sok (Continue)” and lifting their arm from between the competitors.
 - 8.3.4. If the Judges held out their flags to score a point for a competitor and that competitor is assessed a penalty, the judges should drop their flag unless they were going to vote for the other competitor.
- 8.4. Reverse a Penalty Call.
 - 8.4.1. The Referee will point to the competitor and declare “Chung (Blue)” or “Hong (Red)” and indicate that penalty is waived off by stating “Remove Penalty” and moving their hand in front of their face with a right, left, right move.
- 8.5. Injury Time-Out.
 - 8.5.1. The Referee calls “Kal-yeo (Stop)” to break the action and will immediately call for a “Shi-gan (Time Out)” by holding arms in “T” fashion. The Referee will immediately call for “Medic”.
 - 8.5.2. The Referee will begin medical time out upon the Medic’s arrival at the ring but pointing with the right-hand index finger toward the scorekeeper to begin the 1-minute medical timeout by saying “Kye-Shi (Injury Time Out)”.
 - 8.5.3. The Referee will begin giving 5 seconds updates as to the time expired at 40 seconds. At 55 seconds, the Referee will ask if the competitor can continue. If affirmative, the Referee will go to Time-Out to allow time for the Medic to clear the floor. If the Medic indicates they need additional time to administer first aid such as stopping a nosebleed, an additional one-minute medical time may be allowed.
- 8.6. Ending the Match.
 - 8.6.1. Upon time expiring for the match or a point-gap end to the match, the Referee will call “Kal-yeo (Stop)” and bring the competitors back to their original starting positions.
 - 8.6.2. The Referee will call the competitors to face each other, “Char-yeot (Attention)” and then “Kyeong-rye (Bow)”. The Referee will then indicate the winner of the match by extending the right or left arm up and over the head of the winner and declare “Chung Sung (Blue Winner)” or “Hong Sung (Red Winner)”.
- 9. Referee Stops Contest
 - 9.1. Medical determination. If, in the opinion of the medical personnel, a competitor cannot continue because of an injury caused by an illegal penalized attack, executed by the opponent, the offending competitor shall be automatically disqualified. The injured competitor cannot continue to compete in any other events during that tournament.
 - 9.2. Protest with refusal to continue.
 - 9.3. Mismatch declared.
- 10. Suspending a Match

- 10.1. Non-injury suspension.
 - 10.1.1. A Time-out is called to issue penalties for infractions.
 - 10.1.2. Time-out may be requested by competitor to adjust gear that has been altered during an exchange.
- 10.2. Injury suspension and decisioning.
 - 10.2.1. Center Referee calls an Injury Time-out, which is for one (1) minute. The medic should be in the ring before starting the Injury Time-out clock. An additional one (1) minute time period may be allowed for the medic to provide additional treatment for a competitor who has been deemed fit to continue.
 - 10.2.2. Medic determines if the competitor can continue within that one (1) minute, and their decision is final.
 - 10.2.3. If it is determined the injured competitor cannot continue, due to a penalty, as determined by center referee and judges, the following applies:
 - 10.2.3.1. The uninjured competitor, who was penalized, is disqualified.
 - 10.2.4. If a competitor cannot continue because of an injury, where there is no penalty call, the uninjured competitor will be declared the winner.
 - 10.2.5. On the third request for an injury timeout, the competitor will NOT be allowed to continue. The Referee and Judges will follow normal protocol to see if the injury was the result of an illegal technique.
11. Winner Determination
 - 11.1. Win by final score at the end of the match.
 - 11.2. Win by ten (10) point gap during the match.
 - 11.3. Win by withdrawal by competitor before or during the match.
 - 11.4. Win by disqualification.
 - 11.4.1. Combination of 4 penalties shall cause the competitor to be declared the loser.
 - 11.4.2. Injuring the opponent by a malicious or excessive attack.
 - 11.4.3. Significant unsportsmanlike conduct on the part of the competitor or coach.

ARTICLE 14. REFEREEING OFFICIALS

1. Qualifications and Levels:
 - 1.1. Judges shall be ATTC-qualified Judges.
 - 1.2. Referees shall be ATTC-qualified Referees.
 - 1.3. Officials are classified according to the following levels:
 - **Level 1 — Foundation Official (ATTC Core)**
Role: Learning + supporting official
Typical assignment: Assistant roles, shadowing, low-risk divisions, computer operator
Can serve as*: Judge (limited) / Assistant Ref (with oversight)
 - **Level 2 — Associate Official (ATTC Select)**
Role: Certified to run standard matches cleanly
Typical assignment: Most color belt divisions, routine rings
Can serve as*: Judge or Referee for designated events
 - **Level 3 — Match Official (ATTC Pro)**
Role: Advanced ring control + pressure management
Typical assignment: Larger rings, finals for non-black belt, mixed divisions
Can serve as*: Lead Referee for most rings; a mentor to Select officials
 - **Level 4 — Center Referee (ATTC Elite)**
Role: Championship-level officiating + safety authority
Typical assignment: Black belt, grand champ, high-intensity sparring oversight
Can serve as*: Center referee for top divisions; handles escalations; a mentor to Select and Pro officials
 - **Level 5 — Circuit Official (ATTC Elite Assignment)**

Role: Circuit authority + consistency enforcer

Typical assignment: Chief Ref support, protests/admin review support, ring lead oversight; mentor Select and Pro officials

Can serve as*: Head-of-floor style authority (under Tournament Director/Chief Referee)

*The tournament Chief Referee can assign responsibilities as necessary.

1.4. Crossover Classifications – Provisions will be made for classifying Officials who are certified in other organizations.

2. Duties:

2.1. Traditional Forms (Individual and Team) and Weapons Forms:

2.1.1. Referee

2.1.1.1. Ensure all competitors are presenting an approved form based on their rank and the event.

2.1.1.2. Control the entry/exit of the competitors onto and off the ring.

2.1.1.3. Inspect weapons.

2.1.1.4. Call votes from the Judges and announce the winner based on those votes.

2.1.1.5. Announce the match winners.

2.1.1.6. Indicate their vote for the winner by raising the appropriate arm.

2.1.2. Judges

2.1.2.1. Indicate their vote for the winner upon the Referee's command.

2.1.2.2. State their opinion forthrightly when requested to do so by the Referee.

2.2. Traditional Board Breaking:

2.2.1. Referee

2.2.1.1. Control the entry/exit of the competitors onto and off the ring.

2.2.1.2. Inspect boards and board-holding apparatus.

2.2.1.3. Verify the number of boards being attempted and determine the number of boards broken.

2.2.1.4. Verify times.

2.2.1.5. Issue any penalties for improper actions.

2.2.1.6. Announce the winners.

2.2.2. Judges

2.2.2.1. Act as timekeepers.

2.2.2.2. State their opinion forthrightly when requested to do so by the Referee.

2.2.3. Olympic and Point-Style Sparring:

2.2.3.1. Referee

2.2.3.1.1. Make every effort to ensure the safety of the competitors.

2.2.3.1.2. Control the competition.

2.2.3.1.3. Physically inspect the competitors before the match.

2.2.3.1.4. Call penalties.

2.2.3.1.5. Stop the clock when necessary.

2.2.3.1.6. The Referee may stop the match due to a mismatch. This may be done without consulting the Judges.

2.2.3.1.7. Verify the recorded scores are correct prior to awarding the match.

2.2.3.2. Judges

2.2.3.2.1. Score points as each occurs.

2.2.3.2.2. State their opinion forthrightly when requested to do so by the Referee.

3. Uniform of the Refereeing Officials - Refereeing officials shall wear uniforms designated by the Tournament Director.

4. Refereeing officials shall not carry or take any materials to the ring that might interfere with the contest.

ARTICLE 15. PROTESTS

1. Traditional Forms, Team Forms, and Weapons Forms - A procedure for protest is provided in case there is a clear erroneous decision from the refereeing officials in the identification of the winning competitors, or other administrative errors resulting in the wrong competitor being named as the winner. This also includes the ability to protest a competitor for presenting an unapproved form for their rank or event. Note that only procedural and administrative errors are subject to protest. Disagreements about the Judges' decisions are not protestable.
2. Board Breaking – Protests are not permitted.
3. Olympic-Style (Rumble Format) - Since these events are learning environments and there is no division winner or additional benefit for winning a match, protests are not permitted.
4. Point-Style Sparring:
 - 4.1. Only the Coach that is in the chair for the whole match may file a protest as the competitor's representative.
 - 4.2. Matters that may be protested:
 - 4.2.1. An improper matching of competitors according to the scorekeeper's bracket sheet. These must be made before the match begins, or they will be void.
 - 4.2.2. A fact-based concern that the final score posted by the scorekeeper is incorrect. Facts must be provided to support the party's position – it cannot be an opinion.
 - 4.2.3. The rules were not applied appropriately.
 - 4.3. The Protest must be made before another match has begun.
 - 4.4. The Chief Referee will make a final decision.
 - 4.5. Video evidence will not be allowed as part of the protest.
5. The coach must indicate their intention to file a protest immediately after the match and before the next match begins. Written protest by the appointed Coach must be submitted with a \$100 cash fee. Once the written protest and fee have been received, the Tournament Director or Chief Referee will review the information and, if necessary, consult with the Referee and Judges. Any error in determining the match results will be corrected.

ARTICLE 16. OTHER MATTERS NOT SPECIFIED IN THE RULES

Matters not specified in the Rules shall be decided through the consensus of the Chief Referee and the Tournament Director.