

# US JR TAEKWONDO CHAMPIONSHIP JUNIOR COMPETITION KYUROGI RULES



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WORLD TAEKWONDO FEDERATION. (2022). World Taekwondo Competition Rules & Interpretation.

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## ARTICLE I. PURPOSE

1. The purpose of the Competition Rules is to provide standardized rules for all levels of Championships promoted and/or recognized by the World Taekwondo Federation (hereafter WT), or/and the US Junior Taekwondo, Inc. (hereafter USJRTKD); the Competition Rules is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner.

### 1.1. Purpose of Junior Safety Rules

- Ensure that young persons participating in competitive Taekwondo sparring are protected, insofar as possible, from concussive head injuries.
- Allow developing Taekwondo athletes to compete with the reasonable assurance that they will not be subjected to forceful head contact.

### 1.2. Junior Safety Rules are divided into two classes, depending on belt level and age group:

- **No Head Contact:** Contact to the head is not permitted.
- **Light Head Contact:** Only light contact to the head is permitted.

## ARTICLE 2. No Head Contact

### 2. No Head Contact Divisions:

- AGES 7 & UNDER (ALL BELTS)
- AGES 8-11 (COLOR BELTS)

### 2. Head area definition

2.1. The “head” is defined as “the area of the body above the collar bone”, including the neck.

#### 2.2. No Head Contact Procedure

- Under “No Head Contact” Rules, any kick that touched the head area will result in a “Gam-jeom” penalty to the kicker.
- In the event of a hard kick to the head—anything more than a light touch—the referee will immediately declare, “Kye-shi” and call the tournament medical staff to inspect the injured contestant.
- If, in the opinion of tournament medical staff, a competitor cannot continue because of a kick to the head, the attacker will be disqualified.
- The decision whether a competitor is able to continue is made solely by the referee in consultation with the tournament medical staff.
- Any decision not to continue made by the player or coach, in spite of the tournament medical staff’s decision that it would be safe for the competitor to continue, will constitute withdrawal by the player, who shall lose the match by WDR.

#### 2.3. Guidelines for officiating:

- **Inability to continue:** Inability to continue because of fright, crying or loss of will following a kick to the head does not constitute grounds for disqualification of the attacker.
- **Careless attacks to the head:** If a technique is directed at the head and does not make contact, the referee may give a verbal warning. Multiple instances of the same action may result in “Gam-jeom” penalty, or even disqualification, if the player continues to ignore the referee’s directives.

2.4. **Verbal reminders:** Before and during the match, referees should remind players and coaches that No Head Contact rules are in effect.

## ARTICLE 3. Light Head Contact

### 3. Light Head Contact Divisions:

- AGES 8-17 (BLACK BELTS)
- AGES 12-17 (COLOR BELTS)

### 3. Head Area and Legal Scoring Area

3.1. The “head” is defined as “the area of the body above the collar bone”, including the neck. The legal scoring area is “the entire head above the bottom line of the head protector.”

#### 3.2. Light Head Contact Procedure

- Under “Light Head Contact” rules, competitors are allowed to kick to the head using light contact only.
- A competitor who executes a successful, light contact kick to the head shall be awarded three (3) points. Turning kicks to the head shall be awarded five (5) points.
- If a competitor executes a kick to the head that is deemed by the referee to be more than light contact, he/she will be given a “Gam-jeom” penalty.
- The referee will immediately call “Kal-yeo,” and then “Kye-shi,” and summon the tournament medical staff to inspect the contestant.
- The referee will invalidate any points that have been awarded for the technique, and then declare a “Gam-jeom” penalty.
- If, in the opinion of the tournament medical staff, the competitor cannot continue because of excessive contact to the head, the attacker will be disqualified.

3.3. The decision whether a competitor is able to continue is made solely by the referee in consultation with the tournament medical staff.

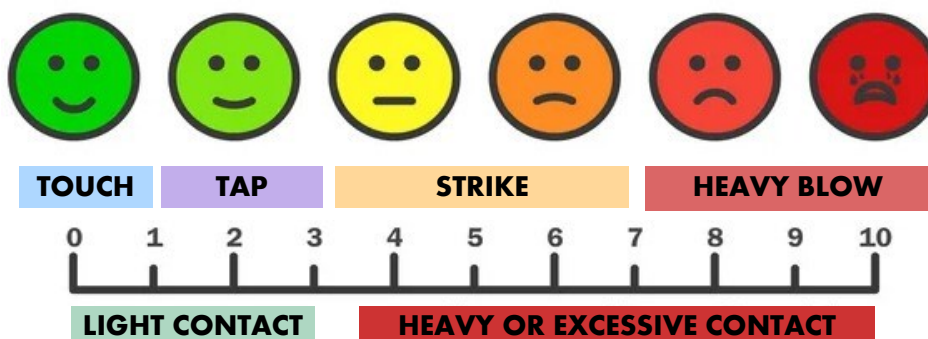
3.4. Any decision not to continue made by the player or coach, in spite of the tournament medical staff’s decision that it would be safe for the competitor to continue, will constitute withdrawal by the player, who shall lose the match by WDR.

### 3.6. Guidelines for officiating:

- Inability to continue: Inability to continue because of fright, crying or loss of will following a kick to the head does not constitute grounds for disqualification of the attacker.
- Careless or excessively forceful attacks to the head: If the referee sees that a player is directing excessively forceful techniques to the head area, even if the foot does not make contact, the referee may give a verbal warning. Multiple instances of the same offense may result in “Gam-jeom” penalty, or even disqualification, if the player continues to ignore the referee’s directives to observe light contact rules.
- Verbal reminders: Before and during the match, referees are encouraged to remind players and coaches that Light Head Contact rules are in effect.

### 3.7. What is considered “light contact”?

- “Light contact” is defined as anything from a touch to a tap— “0.1” to “3” on a scale of 1 to 10 (see chart below).



3.8. The degree of allowable contact does NOT increase according to the age, sex, size or rank of the competitors.

3.9. The level of contact is determined solely by the observed force of the kick, not by the reaction, or non-reaction, of the recipient. Indications of excessive contact include:

- Abrupt snapping or displacement of the head as a result of the blow.
- Abrupt rotation of the head as a result of the blow.
- An audible “thump” or sound of the foot contacting the headgear or face.

### 3.10. Bleeding or Injuries

- Injury can result with even minimal force when contact is made to the head area; for example, a light tap may be sufficient to cause a bloody nose, or grazing contact with a toenail might cause a minor cut. Conversely, a very serious blow to the head may show no visible injury, despite the possibility of a fracture, dislocation or concussion. Therefore, blood, injury—or apparent absence of injury—may not be valid criteria for determining whether a kick is light or excessive contact.

### **3.11. After Contest**

- A contestant who, in the opinion of the tournament medical staff, is unable to continue the match as a result of hard contact to the head, will not be allowed to continue in the bracket, and will not be able to compete further on that day in any kyorugi event.
- Before returning to play, the contestant must be examined by a medical doctor designated by USJRTKD as a concussion specialist, who must certify that he/she is fully recovered and able to return to competition.

### **3.13. Guidelines for officiating:**

- 8-Count: Under Junior Competition Rules, the referee SHALL NOT give an 8-count for any kick, even a legal one, to the head area. If a kick to the head is powerful enough to warrant an 8-count, it is excessive, and the appropriate penalty procedure shall be applied.
- Note that the referee can and should begin an 8-count for any legal kick to the trunk area that results in a knock-down condition. This situation does not necessarily call for medical evaluation.
- Turning Kicks: Successful turning kicks to the body shall be awarded four (4) points in all divisions. Turning kicks to the head in Junior Safety Rules divisions shall be awarded five (5) points.

- 3.14. Responsibility for Correct Application:** During a match, it is the center referee's responsibility to correctly apply Light Head Contact rules. If the T.A. / Ring Captain sees that a referee is allowing excessive head contact, he/she must take immediate action to correct the referee's actions and instruct the center referee to enforce the appropriate penalty. At the discretion of the Referee Chair, a referee who refuses to accept correction in this regard will not be allowed to referee Light Head Contact matches and may be subject to disciplinary action or sanction.
- During the course of a tournament, the T.A. / Ring Captain will be responsible for the correct application of Light Head Contact rules by all of the center referees under his/her supervision.

**APPLICATION OF JUNIOR SAFETY RULES  
FOR USJRTKD CHAMPIONSHIP 2022**

<b>AGE</b>	<b>BELT COLOR</b>	<b>APPLICABLE RULES</b>
<b>6 - 7</b>	<b>YELLOW</b>	<b>No Head Contact</b>
	<b>GREEN</b>	
	<b>BLUE</b>	
	<b>RED</b>	
	<b>BLACK</b>	
<b>8 - 9</b>	<b>YELLOW</b>	<b>No Head Contact</b>
	<b>GREEN</b>	
	<b>BLUE</b>	<b>Light Head Contact</b>
	<b>RED</b>	
	<b>BLACK</b>	
<b>10 - 11</b>	<b>YELLOW</b>	<b>No Head Contact</b> (Electronic Sparring Gen. 2)
	<b>GREEN</b>	
	<b>BLUE</b>	
	<b>RED</b>	<b>Light Head Contact</b>
	<b>BLACK</b>	
<b>12 - 14</b>	<b>YELLOW</b>	<b>Light Head Contact</b> (Electronic Sparring Gen. 2)
	<b>GREEN</b>	
	<b>BLUE</b>	
	<b>RED</b>	
	<b>BLACK</b>	
<b>15 - 17</b>	<b>YELLOW</b>	<b>Light Head Contact</b> (Electronic Sparring Gen. 2)
	<b>GREEN</b>	
	<b>BLUE</b>	
	<b>RED</b>	
	<b>BLACK</b>	

**No Head Contact** – See Article 2

**Light Head Contact** – See Article 3

## ARTICLE 4. Valid Points

### 4. Valid Points

#### 4.1. Scoring Areas

- Trunk: The blue or red colored area of the trunk protector.
- Head: The entire head above the bottom line of the head protector.

#### 4.2. Criteria for valid point(s):

- Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the trunk with a proper level of impact.
- Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the head.
- The determination of the validity of the technique, level of impact, and/or valid contact to the scoring area shall be made by the electronic scoring system except fist techniques.
- The WT Technical Committee shall determine the required level of impact and sensitivity of the PSS, using different scales in consideration of weight category, gender, and age groups. In certain circumstances as deemed necessary the Technical Delegate may recalibrate the valid level of impact.

#### 4.3. The valid points are as follows.

- One (1) point for a valid punch to the trunk protector.
- Two (2) points for a valid kick to the trunk protector.
- Four (4) point for a valid turning kick to the trunk protector.
- Three (3) point for a valid kick to the head.
- Five (5) point for a valid turning kick to the head.
- One (1) point awarded for every one "Gam-jeom" given to opponent contestant.

#### 4.4. Match score shall be the sum of points of the three rounds.

- In the best of three (3) system, match score shall be the sum of the number of round won.

#### 4.5. 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).



## ARTICLE 5. Duration of Contest

### 5. Duration of Contest is classified as follows.

5.1. The duration of the contest shall be three rounds of two minutes each, with a one-minute rest period between rounds. In case of a tie score after the completion of the 3rd round, a 4th round of one minute will be conducted as the Golden round, after a one-minute rest period following the 3rd round.

5.2. In the best of three (3) system, the duration of the contest shall be three rounds of two minutes each with a one-minute rest period between rounds. However, a 4th round of one minute will not be conducted as the Golden round. In case of a tie score for corresponding round, the round winner shall be decided by Article 6.

5.3. The duration of each round may be adjusted to 1 minute x 3 rounds, 1 minute 30 seconds x 3 rounds, 2 minutes x 2 rounds, or 5 minutes x 1 round ( with 1 time out for 30 seconds to each contestant) upon the decision of the Technical Delegate for the USJRTKD championship.

#### 5.4. USJRTKD Round Duration: Best of Three Rounds

- 3 Rounds Maximum
  - If one player wins the first 2 rounds, the match is over.
- Round Duration—2 minutes
- Rest Period—1 minute
- 5 Gam-jeoms in a round—Opponent wins the round
- 12-point gap at any time in any round—Leader wins the round
- No Golden Points Round

#### Tie Breakers—Every round MUST have a winner

1. Total points from turning kicks
  - Under Junior Safety Rules, a turning kick is not considered a turning kick for this purpose.
2. Higher value techniques (see below)
3. Registered Hits (aka Missed Hits)
4. Superiority

## ARTICLE 6. Decision of Superiority

### 6. Decision of Superiority

6.1. In the best of three (3) system, in case of tie score for corresponding round, the round winner shall be decided by superiority based on the following criteria:

- Most points scored by turning or spinning kick.
  - ~ Under Junior Safety Rules, a turning kick is not considered a turning kick for this purpose.
- If the technical score is the same, the contestant who has more scored in the order of a higher valued techniques as follows (See Chart below).
- If the high value points are the same, the contestant who received higher number of hits registered by the PSS. (See Chart below).
- If the three above criteria are the same, the referee and judges shall determine superiority. In case of two (2) corner judges, winner shall be decided by referee and two (2) judges. In case of three (3) corner judges, winner shall be decided by three (3) judges except referee.

#### HIGHER VALUE TECHNIQUES, APPLIED IN THIS ORDER (2ND TIE BREAKER)

- Points from 5– point Technique
- Points from 4– point Technique
- Points from 3– point Technique
- Points from 2– point Technique
- Points from 1– point Technique

~Gam-jeoms are not a factor in tie breakers.

## ARTICLE 7. Prohibited Acts

### 7. Prohibited Acts

#### 7.1. Avoiding / Passivity

- The 5 second rule (5+5) has been changed to (3+3).
- Turning the back and moving away results to a Gam-jeom. Only turnin the back to avoid the attack is allowed.
- Moving 3 consecutive steps backwards or sideways, without technical engagement, results In a Gam-jeon. Technical engagement after the 3 step is irrelevant.

#### 7.2. Clinching

- Center Referee gives “fight” signal immediately.
- Players have 3 seconds to fight out of the clinch.
- If after 3 seconds players remain clinched:
  - ~Gam-jeom for avoiding to most passive player.
  - ~ Center Referee may give Gam-jeom to both players if they are both passive.
  - ~ At least one Gam-jeom must be given .
- If a player’s hand(s) remain behind other player, Gam-jeom for grabbing is given.
  - ~ No Gam-jeom to either player for passivity.
- Aiming a kick to the back of the head while clinching results in a Gam-jeom for grabbing.
  - ~ Invalidate any points scored.
  - ~ No head contact required for Gam-jeom.
  - ~ Aiming towards or kicking the side of the head is allowed.

#### 7.3. Kicking– Only 2 times are allowed

- Foot must touch the ground after 2 kicking motions
  - ~ Whether any points is scores is irrelevant.
- 3 or more kicking motions result and subsequent kicks are invalidated.

#### 7.4. Pushing

- Pushing is intended as a quick mpact to create distance.
  - ~ There is no requirement to kick or attack after the push.
- Sustained or prolonged pushing results in a Gam-jeom.
- Pushing an opponent in the act of attacking (kick or punch), or out of the boundary lines, results in a Gam-jeom (NO Change).

### **7.5. Falling Down after Turning Kick**

- No Gam-jeom for falling if a turning kick scores and the kicker falls. This encourages superior and exciting techniques.
- If the turning kick does not score, and the kicker falls down, a Gam-jeom for falling is given.
- Under the Junior Safety Rules, a turning head kick is not considered a turning kick for this purpose only.

## ARTICLE 8. Other Changes

### 8. Other Changes

#### 8.1. 8 or 10 count for perceived strong impact to the head

- If the referee perceives a strong impact kick to the head, the referee must count.
- Other criteria for counting remain the same
  - ~ Staggering
  - ~ Kick to the Eyes
  - ~ Bleeding
  - ~ Knocked Down
- If using head PSS, no points scored, and referee counted—referee must request IVR.
  - ~ Corner judges may remind center referee to count.
  - ~ Coach may challenge and ask for IVR if referee does not count. The challenge card will be returned to the Coach regardless of the outcome of the challenge (because it was the center referee's duty to request IVR.)

#### 8.2. Back kick technical points—clarification

- The head and shoulders of the kicker must turn in order to receive the technical points. Otherwise it is a 2-point technique.

## ARTICLE 9. Sparring Gear Safety Regulations

### 9. Sparring Gear

9.1. All competitors attending USJRTKD must provide their own WT certified gear including:

- Head Gear
- Chest Gear
- Arm/Glove Pads
- Shin/Sock Pads (Optional Gen 2 Electronic Socks for Ages 10+)
- Groin Cup
- Clear Mouth Piece (Mandatory)

9.2. Prohibited Gear

- Face shields/Protectors
- Goggles/Glasses
- Hard Covered Gear
- Not WT Certified Gear