

2023 American Open Tae Kwon Do Championship Rules of Competition

Kyoroogi (Sparring) Rules

☐ Safety Equipment

All sparring contestants shall wear an approved trunk protector, head protector, groin guard, forearm protector, shin-instep protector, and a white or clear mouth protector. (Gloves are mandatory for the World Class Division; all other divisions are optional)

Jewelry is to be removed and fingernails/toenails are to be neatly trimmed.

☐ Legal Scoring Area

Body: The blue or red colored area of the body protector

Head: The area above the neck (i.e. whole part of the head including both ears and the back of the head)-neck is legal but not scoring area

☐ The valid points are divided as follows:

- 1 point for a valid punch to the trunk protector
- 2 points for a valid non-turning kick to the trunk protector
- 4 points for a valid turning kick to the trunk protector
- 3 points for a valid non-turning kick to the head
- 5 points for a valid turning kick to the head*
- 12 point gap rule for all rounds, as per usual Best of 3 System

* Unlike Adult Rules, turning kicks to the head will not be awarded an extra point in divisions competing under Junior Safety Rules.

Best of 3 System shall be used. That is, the winner of 2 out of 3 rounds is the winner of the match.

☐ Deduction (Gam-Jeom): A Gam-Jeom shall be counted as one [1] point for the opposing contestant.

The following cases are serious misconducts by contestants or coaches

1. Crossing the Boundary Line.
2. Falling down.
3. Avoiding or delaying the match

4. Grabbing, holding or pushing the opponent. 5. Lifting the leg... (a) to block; (b) to kick the opponent's leg to impede the opponent's kicking attack; (c) to aim a kick below the waist; (d) above waist for kicking in the air for four (4) times or more; (e) or kicking in the air for more than three (3) seconds to impede opponent's potential attacking movements
6. Kicking below the waist. 7. Attacking the opponent after "Kal-yeo". 8. Hitting the opponent's head with the hand
9. Butting or attacking with the knee. 10. Attacking the fallen opponent. 11. Attacking trunk protector with the side or bottom of the foot in clinch position 12. Attacking back of head protector in clinch position 13. Misconduct of contestant or coach

Disqualification

- Total of 5 Points Deductions (each round)
- Competitor or coach intentionally disobeys the referee or the competition rules, displays unsportsmanlike conduct, or does not show up in time for the match
- Heavy contact to the head with the hand or foot that results in an injury or injuring any opponent and rendering him or her unable to continue. (Junior Safety Rules)
- Foul language (profanity) by coach/player/ parent; bad conduct/behavior; verbal abuse

Weight Divisions: Please see Sparring division page attached

Tournament Head Contact Rules (include Junior Safety Rules):

Age & Belt	Head		Body		Count	
	Con tact	Bon us	Con tact	Bon us	Bod y	He ad
Age 7 & Under (All Belts) and 11 & under (Color Belt Divisions)	NO	NO	YES	YES	YES	NO
Age 8 - 11 (Black Belts)	JSR	NO	YES	YES	YES	NO

Age 12 and Over (Color Belts), 33 and Over (Black Belts)	JSR	NO	YES	YES	YES	NO
Age 12 - 32 (Color Belts)	JSR	NO	YES	YES	YES	NO
Age 12 - 32 (Black Belts)- World class	WT	WT	WT	YES	YES	YES

- Tournament Director reserves the right to modify the duration of rounds, and rest period.

Daedo PSS System- World class Sparring division will use the Daedo PSS system. Please bring your own E-foot gear (GEN 2)

Poomsae (Forms) Rules

☐ Uniform and Hygiene: The following uniform and hygiene requirements must be met or be subject to penalty and possible disqualification:

- All poomsae contestants shall wear an approved Taekwondo uniform
 - World class poomsae divisions shall wear an approved WT Competition Taekwondo uniform appropriate to their division
- Athletes shall wear the belt color appropriate to their division
 - World class cadet athletes may wear the poom belt
- Athletes shall have clean uniforms and neatly trimmed nails; no jewelry are allowed
- Medical tape must be approved by tournament medical staff; soft braces (e.g. neoprene) worn under the uniform are allowed.

☐ Scoring: Open and Traditional (Grassroots) poomsae shall follow the single elimination method of competition. World Class poomsae shall use the sport poomsae rules following the cutoff method of competition.