

Nature Coast Taekwondo Friendship Championship



OLYMPIC STYLE SPARRING 2024 Rules

In general

- a. We will be using Electronic scoring systems to score 3pt head, 2pt kick to body, 1pt Punch to body, 2pt Technical for Turning Kicks to body. No extra points for turning kick to head.
- b. Sparring competition will be single elimination. for ALL Belts
- c. All matches will be decided by the best 2 out of 3 rounds (each round will have a winner)
- d. Loose a round after receiving 5 Gam-jeom
- e. No point ceiling.
- f. 12 point Gap per rounds.
- g. Match time is each rounds at 1 minute per round 30sec rest
- h. At the end of match, the competitor won the most rounds is the winner.

Mandatory Sparring Equipment

All competitors must wear tournament committee approved sparring gear. All equipment must fit properly and be in good condition.

- * Head protection Foam dip (White/Black, or may use red when you are red and blue when you are blue)
- * WT style reversible (red + blue) Chest protector
- * Mouth protection – any color (Except Red)
- * Groin Protection - male (female optional) competitors on the inside of the dobok.
- * Cloth or vinyl forearm guards. (WT style gloves are allowed, not mandatory)
- * Will allowed but not recommended Foam dip Arm guard or Shim guard but no punch.



FOOT and SHIN

- * Cloth or vinyl shin/instep guard **OR**
- * Cloth or vinyl shin guard with Foot protection (white/black vinyl WT style, red and blue ok, must match chest protector when competing)
- * Will allow but not recommended, must be approve by tournament director first. Foam dip shin guard with boots (white/black allow, red and blue must match chest protector when competing, Competitor must have both color red and blue. Or one color white or black for the boot)

Optional for Female

Inside dobok rib, breast protectors (must still wear outside Hogu)

Awarding Point

* Two officials must push the proper scoring button with-in 1 sec for the score to be Recorded and display on the screen.

Points Awarded (Modified Olympic Style rules):

Hand technique that scores with trembling shock to a body area is worth 1 point.

Foot technique that scores to a legal body area is worth 2 point.

Foot technique that scores to a legal head area is worth 3 point in division with head shots

Foot technique for spinning technique to legal body area is 2 extra point

Legal Techniques (Duk-jeom)

One (1) point shall be awarded for each closed fist or kicking technique delivered accurately and with sufficient power to the entire colored area of the torso protector, in the absence of any violations. Sufficient power is defined as abrupt displacement due to the impact of the strike.

Two (2) points shall be awarded for legal strikes to the trunk protector by foot.

Three (3) points being awarded for legal kicks to the head. In division with head shots

Two Extra points awarded for a valid turning Kick to body

No Extra points awarded for valid turning Kick to Head.

No punching to the head is allowed.

When a score is awarded for legal techniques which result in staggering or a knockdown. (A knockdown consists of an 8-count required by the Referee due to the strike impact of a valid technique, where upon any part of the body other than the foot touches the ground.) A competitor must demonstrate the ability to continue the match safely, or the referee will continue the count to 10, there upon declaring the winner.

Scoring techniques shall not be delivered to unauthorized areas including directly to the spine. Foot sweeps and throws are not allowed.

****Safety Rules regarding contact to the Head****

Junior Safety rule for head is allowed for ages 11yr and under all belts. Light controlled head. Junior Safety rule for head is allowed All belt levels age 12-14yr, Color Belts 15 – 17, Color Belts 18 to 32, and All belts level for "Ultra" divisions age 33+.

Full Contact rules apply for 15 to 17 Black Belts and for 18 to 32 Black Belts only.

Point scoring system, with one (1) or two (2) points awarded for each legal Hogu scoring technique, (3) points awarded for head shots and a 2 extra point for a valid turning kick to the body, **No extra point for spinning techniques to the head** and Excessive contact to the head will stop the time in order for a penalty to be issued, rather than for an 8-count. No extra point for knock down,

NOTE: Inability or lack of desire to continue the match due to a legal technique is **not** grounds for the disqualification of an opponent.

The winner is determined by rounds won, best two out of three rounds

With an Electronic scoring system, a point must be confirmed by a majority of the corner judges within a one (1) second "scoring window" in order to be recorded onto the Scoreboard. Penalty points will be taken into account at the time they are recorded, and will appear on the scoreboard.

PROHIBITED ACTS

Gam-jeom +1 Point awarded to Opponent:

1. Falling down.
2. Evading by turning the back to the opponent.
3. Pretending injury.
4. Butting or attacking with the knee.
5. Attacking below the waist.
6. Hitting the opponent's face with hand or fist.
7. Avoiding the match.
8. Crossing the Boundary Line.
9. Uttering undesirable remarks or any misconduct on the part of contestant or coach.
10. Lifting the knee to avoid a valid attack or impede the progress of an attack.

Gam-jeom) +1 Point awarded to Opponent for each declaration:

1. Throwing down the opponent by grabbing the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand.
2. Intentionally attacking the fallen opponent after declaration of "Kal-yeo" (break).
3. Intentionally attacking the opponent's face with fist.
4. Interrupting the progress of the match on the part of a contestant or a coach.
5. Violent or extreme remarks or behavior on the part of a contestant or a coach.

DISQUALIFICATION

1. Competitor or coach intentionally disobeys the referee or the competition rules. Competitor has (1) minute to conform.
2. An intentional, illegal strike to an opponent which results in rendering him or her unable to continue the match.
3. Significant unsportsmanlike conduct on the part of the contestant or coach
4. **An excessive kick to a Junior's head which results in abrasion or bleeding.

In the case of a tie score per round the winner for that round shall be decided by judges, winner base on gamjeom, type of hits and how aggressive the player is, But If PSS is used the scoring software will calculate winner base on gamjeom, type of hits and how many hits.