

SPARRING DIVISION WILL BE WIN BY ROUNDS WON

- * We will be using Electronic scoring systems boxes and KPnP PPS to score.
- * Sparring competition will be single elimination. for ALL Belts
- * All matches will be decided by the best 2 out of 3 rounds (each round will have a winner)
- * You will loose a round after receiving 5 Gam-jeom
- * No point ceiling.
- * 12 point Gap per rounds



Duration of Competition

Match Times

- * All Belts: three (3) 90-second rounds with a 30-second rest period between rounds.
- * Rest Time Between Semi-Final and Final Matches. Competitors shall be allowed at least a two-minute rest between semi-final and final matches.

Permitted techniques

- * Fist technique: A straight punching technique using the knuckle part of a tightly clenched fist
- * Foot technique: Delivering techniques using any part of the foot below the ankle.
- * No punching to the head is allowed.

Permitted areas

- * Trunk: Attack by the fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on the part of the spine.
- * Head: The area above the collar bone. Only foot techniques are permitted.
(If a legal implement hits a legal target area, but part of the striking implement also lands in an illegal area, it will be considered a legal strike.)

Points Awarded for Legal Attacks to Legal Scoring Areas:

- * 5yr and under (no head shots)
 - A valid punch on trunk, 1 point
 - A valid kick on trunk, 2 point
 - A valid turning kick on trunk, 4 point

- * 6yr to 11yr all belts (jr safety rule)
 - A valid punch on trunk, 1 point
 - A valid kick on trunk, 2 point
 - A valid turning kick on trunk, 4 point
 - A valid kick to head, 3 point
 - A valid turning kick to head, 3 point

- * 12yr and up color belts(safety rules)
 - A valid punch on trunk, 1 point
 - A valid kick on trunk, 2 point
 - A valid turning kick on trunk, 4 point
 - A valid kick to head, 3 point
 - A valid turning kick to head, 5 point

- * 12yr to 14yr black belts(safety rules)
 - A valid punch on trunk, 1 point
 - A valid kick on trunk, 2 point
 - A valid turning kick on trunk, 4 point
 - A valid kick to head, 3 point
 - A valid turning kick to head, 5 point

- * 15yr to 32yr black belts (normal contact)
 - A valid punch on trunk, 1 point
 - A valid kick on trunk, 2 point
 - A valid turning kick on trunk, 4 point
 - A valid kick to head, 3 point
 - A valid turning kick to head, 5 point

- * 33yr and up black belts(safety rules)
 - A valid punch on trunk, 1 point
 - A valid kick on trunk, 2 point
 - A valid turning kick on trunk, 4 point
 - A valid kick to head, 3 point
 - A valid turning kick to head, 5 point

OLYMPIC STYLE SPARRING (continue)

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.

Protective Equipment

Mandatory Equipment for Non-PSS Matches.

* Olympic style chest protector

* Headgear

1. White OR Blue when you are blue competitor, Red when you are red competitor,
2. Other than the headgear, no other item shall be worn on the head with the exception of religious headwear which shall be worn under the headgear and inside the uniform and shall not cause harm or obstruct the opposing competitor.

* Forearm protectors (must be worn underneath the dobok).

* Mouth-guard. May be any color except red. Athletes with dental braces must wear special mouth guards that cover braces on both upper and lower teeth

* Males are required to wear groin protection (hard cup). Female groin protection is optional. All groin protection must be worn inside the dobok

* WT style Foot Protectors with Shin Protectors OR Commercially manufactured shin and instep protectors. No Boots.

* Hand Gloves are optional, but if used must be white half finger TKD Hand Protectors (WT style Gloves).

PSS Electronic Protectors Division.

* Both competitors shall wear the same size chest protector with the following exception: When combining weight divisions resulting in extreme size differences in the competitors, a competitor may be allowed to wear the PSS Electronic Protector appropriate for their weight class, however they will be required to use the pressure settings of the division they are moved into.

* Headgear

1. The Blue competitor must wear blue headgear, The Red competitor must wear red headgear
2. Other than the headgear, no other item shall be worn on the head with the exception of religious headwear which shall be worn under the headgear and inside the uniform and shall not cause harm or obstruct the opposing competitor.

* Shin protectors (white only, no instep, and must be worn underneath the dobok).

* PSS Electronic Socks Tournament approved vendor sensing socks are KPnP or Icross.

* Forearm protectors (white only and must be worn underneath the dobok)

* White half finger TKD Hand Protectors (WT style Gloves)

* Mouth-guard. May be any color except red. Athletes with dental braces must wear special mouth guards that cover braces on both upper and lower teeth

* Males are required to wear groin protection (hard cup). Female groin protection is optional. All groin protection must be worn inside the dobok.

Weight Class & Application Rule of Head Contact by foot

(Weight Class May Be Spilt or Combined)

Age	Belt Color		Weight Class	Applicable Rules	Score Application												
Little Dragon 4 - 5	White	Yellow	Light & Heavy	No Head Contact	<table><tr><th>Contact Area</th><th>Point</th></tr><tr><td>A valid punch on the trunk</td><td>1 point</td></tr><tr><td>A valid kick on the trunk</td><td>2 points</td></tr><tr><td>A valid turning kick to the trunk</td><td>4 points</td></tr></table>	Contact Area	Point	A valid punch on the trunk	1 point	A valid kick on the trunk	2 points	A valid turning kick to the trunk	4 points				
	Contact Area	Point															
	A valid punch on the trunk	1 point															
A valid kick on the trunk	2 points																
A valid turning kick to the trunk	4 points																
Green	Purple																
Blue	Red																
Dragon 6 - 7	White	Yellow	Light & Heavy	Junior Safety Rules Light Head Contact	<table><tr><th>Contact Area</th><th>Point</th></tr><tr><td>A valid punch on the trunk</td><td>1 point</td></tr><tr><td>A valid kick on the trunk</td><td>2 points</td></tr><tr><td>A valid turning kick to the trunk</td><td>4 points</td></tr><tr><td>A valid kick to the head</td><td>3 points</td></tr><tr><td>A valid turning kick to the head</td><td>3 points</td></tr></table>	Contact Area	Point	A valid punch on the trunk	1 point	A valid kick on the trunk	2 points	A valid turning kick to the trunk	4 points	A valid kick to the head	3 points	A valid turning kick to the head	3 points
	Contact Area	Point															
	A valid punch on the trunk	1 point															
A valid kick on the trunk	2 points																
A valid turning kick to the trunk	4 points																
A valid kick to the head	3 points																
A valid turning kick to the head	3 points																
Green	Blue																
Red	Black																
Ninja 8 - 9	White	Yellow	Light & Heavy	Junior Safety Rules Light Head Contact	<table><tr><th>Contact Area</th><th>Point</th></tr><tr><td>A valid punch on the trunk</td><td>1 point</td></tr><tr><td>A valid kick on the trunk</td><td>2 points</td></tr><tr><td>A valid turning kick to the trunk</td><td>4 points</td></tr><tr><td>A valid kick to the head</td><td>3 points</td></tr><tr><td>A valid turning kick to the head</td><td>3 points</td></tr></table>	Contact Area	Point	A valid punch on the trunk	1 point	A valid kick on the trunk	2 points	A valid turning kick to the trunk	4 points	A valid kick to the head	3 points	A valid turning kick to the head	3 points
	Contact Area	Point															
	A valid punch on the trunk	1 point															
	A valid kick on the trunk	2 points															
	A valid turning kick to the trunk	4 points															
A valid kick to the head	3 points																
A valid turning kick to the head	3 points																
Green																	
Blue																	
Red																	
Black																	
Youth 10 - 11	White	Yellow	Light & Heavy	Junior Safety Rules Light Head Contact	<table><tr><th>Contact Area</th><th>Point</th></tr><tr><td>A valid punch on the trunk</td><td>1 point</td></tr><tr><td>A valid kick on the trunk</td><td>2 points</td></tr><tr><td>A valid turning kick to the trunk</td><td>4 points</td></tr><tr><td>A valid kick to the head</td><td>3 points</td></tr><tr><td>A valid turning kick to the head</td><td>3 points</td></tr></table>	Contact Area	Point	A valid punch on the trunk	1 point	A valid kick on the trunk	2 points	A valid turning kick to the trunk	4 points	A valid kick to the head	3 points	A valid turning kick to the head	3 points
	Contact Area	Point															
	A valid punch on the trunk	1 point															
	A valid kick on the trunk	2 points															
	A valid turning kick to the trunk	4 points															
A valid kick to the head	3 points																
A valid turning kick to the head	3 points																
Green																	
Blue																	
Red																	
Black (E-Hogu)																	
Cadet (12 - 14)	White	Yellow	Light, Middle & Heavy	Junior Safety Rules Light Head Contact	<table><tr><th>Contact Area</th><th>Point</th></tr><tr><td>A valid punch on the trunk</td><td>1 point</td></tr><tr><td>A valid kick on the trunk</td><td>2 points</td></tr><tr><td>A valid turning kick to the trunk</td><td>4 points</td></tr><tr><td>A valid kick to the head</td><td>3 points</td></tr><tr><td>A valid turning kick to the head</td><td>5 points</td></tr></table>	Contact Area	Point	A valid punch on the trunk	1 point	A valid kick on the trunk	2 points	A valid turning kick to the trunk	4 points	A valid kick to the head	3 points	A valid turning kick to the head	5 points
	Contact Area	Point															
	A valid punch on the trunk	1 point															
	A valid kick on the trunk	2 points															
	A valid turning kick to the trunk	4 points															
A valid kick to the head	3 points																
A valid turning kick to the head	5 points																
Green																	
Blue																	
Red																	
Black (E-Hogu)																	
		Fly, Feather, Welter, Mid and Hvy															
Junior (15 - 17)	White	Yellow	Light, Middle & Heavy	Junior Safety Rules Light Head Contact	<table><tr><th>Contact Area</th><th>Point</th></tr><tr><td>A valid punch on the trunk</td><td>1 point</td></tr><tr><td>A valid kick on the trunk</td><td>2 points</td></tr><tr><td>A valid turning kick to the trunk</td><td>4 points</td></tr><tr><td>A valid kick to the head</td><td>3 points</td></tr><tr><td>A valid turning kick to the head</td><td>5 points</td></tr></table>	Contact Area	Point	A valid punch on the trunk	1 point	A valid kick on the trunk	2 points	A valid turning kick to the trunk	4 points	A valid kick to the head	3 points	A valid turning kick to the head	5 points
	Contact Area	Point															
	A valid punch on the trunk	1 point															
	A valid kick on the trunk	2 points															
	A valid turning kick to the trunk	4 points															
A valid kick to the head	3 points																
A valid turning kick to the head	5 points																
Green																	
Blue																	
Red																	
Black (E-Hogu)																	
		Fly, Feather, Welter, Mid and Hvy	Adult Rules														
Adult (Senior) (18yr & 32yr)	White	Yellow	Light, Middle & Heavy	Safety Rules Light Head Contact	<table><tr><th>Contact Area</th><th>Point</th></tr><tr><td>A valid punch on the trunk</td><td>1 point</td></tr><tr><td>A valid kick on the trunk</td><td>2 points</td></tr><tr><td>A valid turning kick to the trunk</td><td>4 points</td></tr><tr><td>A valid kick to the head</td><td>3 points</td></tr><tr><td>A valid turning kick to the head</td><td>5 points</td></tr></table>	Contact Area	Point	A valid punch on the trunk	1 point	A valid kick on the trunk	2 points	A valid turning kick to the trunk	4 points	A valid kick to the head	3 points	A valid turning kick to the head	5 points
	Contact Area	Point															
	A valid punch on the trunk	1 point															
	A valid kick on the trunk	2 points															
	A valid turning kick to the trunk	4 points															
A valid kick to the head	3 points																
A valid turning kick to the head	5 points																
Green																	
Blue																	
Red																	
Black (E-Hogu)																	
		Fly, Feather, Welter and Heavy	Adult Rules														
Adult (Ultra) (33yr & Older)	White	Yellow	Light, Middle & Heavy	Safety Rules Light Head Contact	<table><tr><th>Contact Area</th><th>Point</th></tr><tr><td>A valid punch on the trunk</td><td>1 point</td></tr><tr><td>A valid kick on the trunk</td><td>2 points</td></tr><tr><td>A valid turning kick to the trunk</td><td>4 points</td></tr><tr><td>A valid kick to the head</td><td>3 points</td></tr><tr><td>A valid turning kick to the head</td><td>5 points</td></tr></table>	Contact Area	Point	A valid punch on the trunk	1 point	A valid kick on the trunk	2 points	A valid turning kick to the trunk	4 points	A valid kick to the head	3 points	A valid turning kick to the head	5 points
	Contact Area	Point															
	A valid punch on the trunk	1 point															
	A valid kick on the trunk	2 points															
	A valid turning kick to the trunk	4 points															
A valid kick to the head	3 points																
A valid turning kick to the head	5 points																
Green																	
Blue																	
Red																	
Black (E-Hogu)																	