

Continuous Point Sparring

(all point sparring is based on AAU taekwondo rules)

General Rules and Regulations for Continuous Point-Style Sparring

Protective Equipment:

Mandatory. All competitors must wear:

1. A mouthguard. May be any color except red. Athletes with dental braces must wear special mouthguards for braces that cover both upper and lower teeth.
2. Full hand protectors, any color. The hand protectors may be made of foam dipped in vinyl or artificial leather.
3. Full foot protectors, any color. The foot protectors may be made of foam dipped in vinyl or artificial leather.
4. Full headgear including a padded top, any color. The headgear may be made of foam - dipped in vinyl; foam layered-plate construction covered in cloth or made of elastomeric-polyurethane.

Headgear that includes padding under and around the chin WILL NOT BE ALLOWED.

5. Clear plastic face shield.
6. Competitors in Male Divisions must also wear a groin cup and supporter on the inside of the dobok.

Safety equipment may not be taped for any reason.

Optional. Competitors may wear:

1. Cloth or foam shin, shin/instep protectors
2. Cloth or foam forearm guards
3. Foam dipped/vinyl or any soft material rib protectors, at their discretion All optional equipment must be worn under the dobok with the exception of the clear plastic face shield and breast/rib protectors

Clean, fitting colored uniforms are allowed at all events at the tournament director's discretion.

Eyeglasses. Only "sport" eyeglasses will be allowed in point sparring competition. Soft contacts are highly recommended.

Duration of Competition for Continuous Point Sparring:

All matches will be a maximum of three (3) rounds 1 minute, running clock, with a 15 second break between rounds. The first to win two (2) rounds, wins the match.

Permitted Implements for Scoring Points

- 1) Hand. Closed fist (forefist and backfist) and reverse knifehand (a.k.a. ridgehand). All other hand techniques will be considered unauthorized, and the proper penalty will be assessed
- 2) Foot. Any part of the foot below the ankle

Permitted Areas for Scoring Points

- 1) Head Area. All areas of the head, including the face shield, shall be considered a legal target area.
- 2) Body Area. Includes the area of the body from the collarbone to the navel in the front
- 3) 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 and will be scored.

Illegal target areas shall include:

- 1) The neck and throat
- 2) The back, including the kidney area
- 3) The groin
- 4) The joints
- 5) The legs

Points (Valid Scores)

- 1) One point shall be awarded for any valid hand technique executed to the legal body or head area.
- 2) One point shall be awarded for any valid foot technique to the legal body area.
- 3) Two points shall be awarded for any valid foot technique executed to the legal head area.
- 4) Three points shall be awarded for any valid spinning or turning foot technique executed to the legal head area.
- 5) In order to score, the legal scoring technique must be executed with good balance and form and the legal scoring implement must touch the legal target area with light contact. A majority of the Judges must concur that a valid point was indeed scored.

Penalties are divided into kyong-go (half-point) and gam-jeom (full-point) penalties.

- 1) Two kyong-gos shall be counted as a one-point penalty, which will be recorded by adding one point to the opponent's score. The last odd kyong-go shall not be counted in the grand total.
- 2) A gam-jeom shall be counted as a one-point penalty, which will be recorded by adding one point to the opponent's score. All gam-jeoms are counted in the grand total.
- 3) Kyong-go Penalties (Half-Point Penalties)

Prohibited Acts

- 1) The Referee shall declare penalties for any prohibited acts.
- 2) Penalties are divided into kyong-go (half-point) and gam-jeom (full-point) penalties.
- 3) Two kyong-gos shall be counted as a one-point penalty. The last odd kyong-go shall not be counted in the grand total.
- 4) A gam-jeom shall be counted as a one-point penalty. All gam-jeoms are counted in the grand total.

Kyong-go Penalties (Half-Point Penalties)

- 1) Evading by turning the back to the opponent
- 2) Falling down
- 3) Avoiding the match
- 4) Making contact with an unauthorized implement
- 5) Grabbing, holding, or pushing the opponent
- 6) Pretending injury
- 7) Crossing the boundary line with one foot touching the mat
- 8) Uttering undesirable remarks or misconduct

Gam-jeom Penalties (Full-Point Penalties)

- 1) Attacking the opponent after kal-yeo
- 2) Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand
- 3) Making non-incidental contact to an illegal target area
- 4) Excessive contact (may also result in disqualification)
- 5) Interrupting the progress of the match on the part of the competitor or coach
- 6) Attacking the fallen opponent
- 7) Uncontrolled attack
- 8) Violent or extreme remarks or behavior on the part of the competitor or coach

When a competitor refuses to comply with the competition rules or the Referee's order intentionally, the Referee may declare the competitor the loser.

Any combination of half-point or full-point penalties, which brings the total of full penalty points to five (5), shall cause that competitor to be declared the loser.

Automatic Disqualification

- 1) Injuring the opponent by a malicious or excessive attack*
- 2) Injuring and/or rendering an opponent unable to continue by using an unauthorized attacking implement or by an attack to an unauthorized area
- 3) Significant unsportsmanlike conduct on the part of the competitor or coach