

STATE GAMES OF TENNESSEE  
TAEKWONDO CHAMPIONSHIPS COMPETITION RULES  
JUNE 8<sup>TH</sup>, 2019

**Poomsae (Forms):**

- All traditional taekwondo color belt poomsaes allowed for all color belt competitors
- Black belt competitors can perform any traditional taekwondo recognized black belt poomsae.
- All form divisions will be double elimination in a bracketed head to head competition. Competitor with majority votes win.
- Ages 9 and under will combine both male and female.

**Kyorugi (Olympic Continuous Sparring):**

**Mandatory Equipment:**

- Head gear (White or 1 Blue & 1 Red), Mouth guard (White or Clear), Trunk protector, Shin and instep protection, Forearm protection, Athletic cup for males worn on the inside of the uniform (Optional for females), Hand protection is optional. Please note the head gear **must** match the color of the trunk protector or be white.  
No glasses or safety or sport goggles allowed.  
No foam safety gloves or boots  
No martial arts shoes  
Taekwondo uniform must be clean and in good condition.

**Modified WTF competition rules (Single elimination):**

- 7 and under: No Head Contact
- Color belts 8-11yrs: No Head Contact
- Black belts 8-13yrs: Junior Safety Rules (Light head contact)
- Color belts 12yrs+ Junior Safety Rules (Light head contact)
- Black belts 14yrs+: Full Head Contact
- Ages 7 and under will combine males and females

**Scoring (All rings will utilize electronic scoring):**

- 1 pt for a powerful punch to the legal scoring area of the trunk protector
- 2 pts for a powerful kick to the legal scoring area of the trunk protector
- 3 pts for an accurate & powerful turning kick to the legal scoring area of the trunk protector
- 3 pts for an accurate kick to the head
- 4 pts for an accurate turning kick to the head. Please note junior safety rules competitors will be awarded 3 pts for a turning kick to the head.
- 1 pt for every Gam-jeom penalty given to the opposing contestant  
A 20 point gap will be enforced at the **end of round 2** for all 14-36 Black Belts  
A 20 point gap will be enforced at the **end of round 1** for all other competitors

**Round Duration:**

- 7 and under: 2 Rounds 1 Minute 30 second break
- All belts 8-13yrs: 2 Rounds 1 Minute 30 second break
- Color Belts 14yrs+: 2 Rounds 1 Minute 30 second break
- Black belts 14-36yrs: 3 Rounds 90 second 30 second break
- Black belts 37yrs+: 2 Rounds 1 Minute 30 second break

**Age Divisions:**

- 7 and under, 8-9yrs, 10-11yrs, 12-13yrs, 14-17yrs, 18-24yrs, 25-36yrs, 37-49yrs, 50yrs+

**Rank:**

- Beginner - 10<sup>th</sup> Geup – 8<sup>th</sup> Geup
- Intermediate – 7<sup>th</sup> Geup – 5<sup>th</sup> Geup
- Intermediate II – 4<sup>th</sup> Geup – 3<sup>rd</sup> Geup
- Advanced – 2<sup>nd</sup> Geup – 1<sup>st</sup> Geup
- Black Belt (1<sup>st</sup> to 3<sup>rd</sup> Dan)
- Master Black Belt (4<sup>th</sup> to 9<sup>th</sup> Dan) - **Poomsae competition only for Masters please.**

**Weight:**

- Light/Middle/ Heavy

**Awards:**

- Poomsae (Forms) 1 Gold (1<sup>st</sup>), 1 Silver (2<sup>nd</sup>) & 1 Bronze (3<sup>rd</sup>); Kyorugi (Sparring) 1 Gold (1<sup>st</sup>), 1 Silver (2<sup>nd</sup>) & 2 Bronze (3<sup>rd</sup>)

**Tournament Committee reserves the right to divide/combine divisions based on age, gender, weight, and if necessary forms could become co-ed based on participation numbers. Divisions and rules may be modified if necessary. Safety is most important. WCTKD has full and final authority on eligibility to participate and to change or interpret these rules at any time in its sole discretion. All decisions are final.**

STATE GAMES OF TENNESSEE  
TAEKWONDO CHAMPIONSHIPS REFEREE DETAILS  
JUNE 8<sup>TH</sup>, 2019

**Permitted Areas:**

- **Trunk:** Attack by 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.

**Scoring Areas:**

- **Trunk:** Attack by fist and foot techniques on the colored area of the trunk protector are permitted. However, such attacks shall not be made on the part of the spine.
- **Head:** The entire head above the bottom line of the head protector.

Note – Permitted areas are different than scoring areas as the permitted area is legal to contact, however only the scoring areas can yield a point.

**Prohibited Acts:**

- A “Gam-jeom” penalty shall be counted as one (1) additional point for the opposing contestant.

The following acts shall be classified as prohibited acts, and “Gam-jeom” shall be declared:

1. Crossing the Boundary Line (Two feet out of bounds.)
2. Falling down (Unless it is as a result of a prohibited act or knock down)
3. Avoiding or delaying the match (Stalling or no intention of attacking)
4. Grabbing or pushing the opponent (Includes hooking the leg with forearm.)  
*\*Note – Pushing is only penalized if it occurs during an opponent's attack or when pushing the opponent out of bounds.*
5. Lifting the leg to block or/and kicking the opponent's leg to impede the opponent's kicking attack, or lifting a leg or kicking in the air for more than 3 seconds to impede the opponent's potential attacking movements, or aiming a kick below the waist
6. Kicking below the waist
7. Attacking the opponent after "Kal-yeo"
8. Hitting the opponent's head with the hand (includes wrist, arm and elbow.)
9. Butting or attacking with the knee
10. Attacking the fallen opponent (includes motioning as if to attack.)
11. Following misconducts of contestant or coach:
  - a) Not complying with the referee's command or decision
  - b) Inappropriate protesting of officials' decisions
  - c) Inappropriate attempts to disturb or influence the outcome of the match
  - d) Provoking or insulting the opposing contestant or coach
  - e) Any other severe misconduct or unsportsmanlike conduct on the part of a contestant or coach

**Coaching In Match Appeals:**

Each coach shall receive one (1) appeal card per contest.

The scope of the appeal request is limited to only one action which has occurred within five (5) seconds from the moment of the coach's request.

If the appeal is successful and the contested issue is corrected, the coach shall retain the appeal quota for that contest.

**What can be appealed:**

1. Kicks not scored, to the head
2. Bonus point not awarded after a turning kick
3. Invalidation of points gained through illegal action when the points were not waved off for removal

**What cannot be appealed:**

1. Kicks scored, or not scored, to the body
2. Kicks scored to the head
3. Punches scored or not scored
4. Reversal of a previous appeal decision
5. Penalty given, or not given to own player or opponent unless it is for the opponent falling
6. Invalidation of points gained through illegal action, such as grabbing or pushing
7. Two or more actions