

Rules for Taekwondo Competition

(3- Judges per ring)

Forms:(traditional and weapons)

First three competitors go then score each one from 4-9. After that each competitor is scored after completion of their form. In the event of a tie Competitors will line up and the judges will point to the best form. (This process continues until you have a winner)

Sparring: (point sparring)

Rings will consist of 3 judges, a score keeper and a timekeeper as well runners for awards. The competitors will hand in their registration/name tag and the the scorekeeper will set up the brackets.

Points are scored as follows: (Kick or punch to the body scores 1-point) (Jump kick to the body scores 2-points) (Kick to the head scores 2-points) (Jump kick to the head scores 3 points) Contact is light to medium depending on age and rank.

Warnings are called as follows: Kick below the belt is a warning the second time or any after the first warning a point will be awarded to their opponent. Any contact to the back unless accidental (judgment call) will be automatic double warning and point awarded to the other competitor. Running out of the ring will result in a warning and everytime after a point will be awarded to the other competitor. Excessive contact or drawing blood will end up in an automatic disqualification from the competition.

The time for each match is 2 minutes or 5 points whichever comes first. In case of a tie at the end of the time period there will be a sudden victory match with the first person to score wins the match.