

Fist Techniques:

The term “Fist technique” means a powerful fist strike to opponent’s permitted trunk area, using the front part of the firmly clenched fist while stretching the striking arm.

Foot techniques:

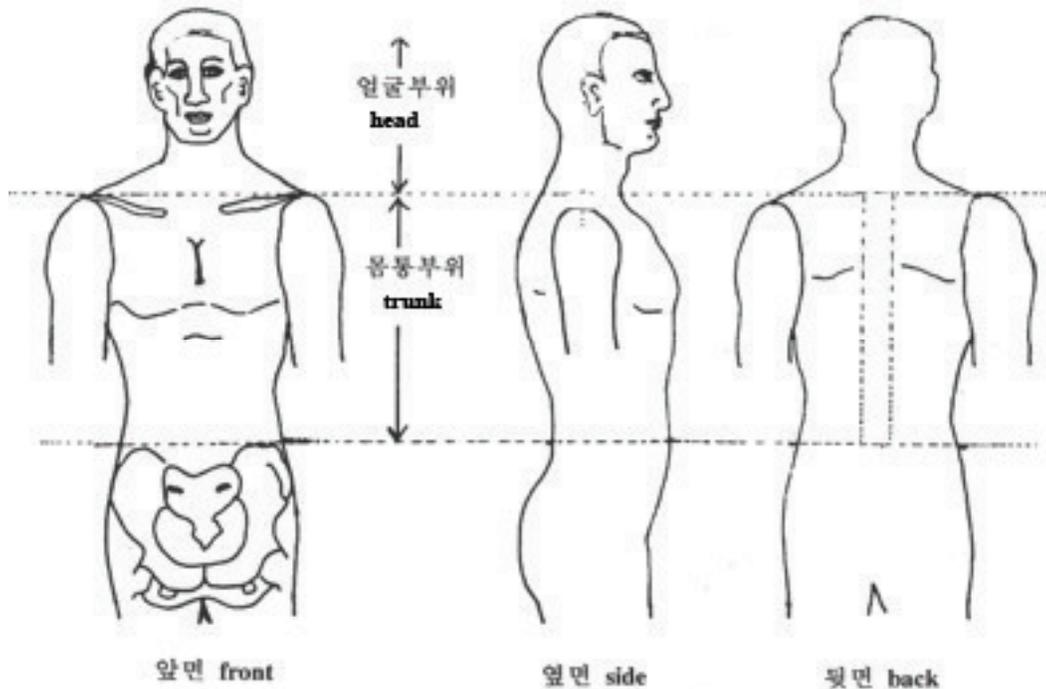
Any striking techniques using any part of the foot below the ankle bone are legal. Attacks using any part of the leg above the ankle bone, i.e., the shin, knee, etc., are not permitted. In case of using Protector and ScoringSystem (PSS), the position of sensors on the sensing socks shall be determined by the current WTF standard.

Trunk:

As depicted in the following illustration, the area covered by the trunk protector between the armpit and the pelvis is the legal attacking area. Thus, trunk protector should be worn according to the rule on the size of trunk protector for each weight category and the physique of each contestant. Competitors in the same weight division shall, in principle, wear the same size trunk protector unless approved by the Referee Chairman of the event for any exceptional case.

Face:

As depicted in the following illustration, this is area above the collar bone.



Article 11. Valid Points

1. Legal Scoring Areas
 - 1) Body: The blue or red covered area of the trunk protector.
 - 2) Head: The area above the collar bone (i.e., the whole part of the head, including the neck, both ears and the back of the head.)
2. Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the body, and accurately to the legal scoring areas of the head.
3. The valid points are divided as follows:
 - 1) One (1) point for a valid attack on trunk protector
 - 2) Two (2) points for a valid turning kick to the trunk protector.
 - 3) Three (3) points for a valid kick to the head.
 - 4) Four (4) points for a valid turning kick to the head.
4. Match score shall be the sum of points of the three rounds.
5. Invalidation of points: When a contestant scores through the use of a prohibited act, the point(s) scored shall be annulled.

(Explanation)

Accurately:

This means the proper aspect of a legal attacking technique, fully contacting the opponent within the designated limits of a legal target area.

Powerfully:

- a. Trunk protector not equipped with electronic sensor: Sufficient power is demonstrated as the opponent's body is abruptly displaced by the impact of the strike.
- b. In the use of electronic Protector and Scoring System: Force of impact is measured by the PSS, with the level of force by which points are scored varying by weight division and gender.

(Guideline for Officiating)

When any part of the foot touches the opponent's head, it will be regarded as a valid point.

Article 13. Prohibited Acts

1. Penalties shall be declared by the referee for any prohibited acts.
2. Penalties are divided into “Kyong-go” (warning penalty) and “Gam-jeom” (deduction penalty).
3. Two “Kyong-go” penalties shall be counted as an additional one (1) point for the opposing contestant. However, the final odd-numbered “Kyong-go” shall not be counted in the grand total.
4. A “Gam-jeom” shall be counted as an additional point for the opposing contestant.
5. **Prohibited acts**
 - 1) The following acts shall be classified as prohibited acts, and “**Kyong-go**” shall be declared.
 - a. Crossing the Boundary Line
 - b. Avoiding or delaying the match
 - c. Falling down
 - d. Grabbing, holding or pushing the opponent
 - e. Attacking below the waist
 - f. Butting or attacking with knee
 - g. Hitting any part of the opponent’s head with the hand
 - h. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach
 - i. Lifting the knee to avoid a valid attack or impede the progress of an attack
 - 2) The following acts shall be classified as prohibited acts, and “**Gam-jeom**” shall be declared.
 - a. Attacking the opponent after “Kal-yeo”
 - b. Attacking the fallen opponent
 - c. Throwing the opponent by grabbing or hooking the attacking foot in the air or by pushing the opponent with the hand
 - d. Intentionally attacking any part of the opponent’s head with the hand
 - e. Intentionally attacking below the waist
 - f. A coach or contestant interrupting the progress of the match
 - g. Violent or extreme remarks or behavior on the part of a contestant or a coach
 - h. Intentionally avoiding the match
 - i. Manipulating, or attempting to manipulate, the electronic scoring system

6. When a contestant intentionally refuses to comply with the Competition Rules or the referee's order, the referee may declare the contestant loser by referee's punitive declaration after one (1) minute.
7. When the contestant receives eight (8) "Kyong-go" or four (4) "Gam-jeom" penalties, or in the event of any combination of "Kyong-go" and "Gam-jeom" that add up to four penalty points, the referee shall declare the contestant loser by penalties.
8. "Kyong-go" and "Gam-jeom" shall be counted in the total score of the three rounds.
9. When the referee suspends a contest for declaration of "Kyong-go" or "Gam-jeom," the contest time shall not be counted from the moment of the referee's declaration of "Shi-gan" (or "Kye-shi") until "Kye-sok" is declared for resumption of the contest.

Objectives in establishing the prohibited acts and penalties:

- To protect the contestants
- To ensure fair contest management
- To encourage appropriate or ideal techniques

Explanation:

Two "Kyong-go" shall be counted as an addition of one (1) point for the opposing contestant. However, the final odd-numbered "Kyong-go" shall have no value in the total score. Every two (2) "Kyong-go" shall be counted as an additional point for the opposing contestant, regardless of whether the committed violations are the same or different acts, and regardless of the round in which they occur.

Prohibited acts resulting in "Kyong-go" penalty:

a. Crossing the Boundary Line

A "Kyong-go" shall be declared when both feet of a contestant cross the Boundary Line. No "Kyong-go" will be declared if a contestant crosses the Boundary Line as a result of a prohibited act by the opposing contestant.

b. Avoiding or delaying the match

This act involves stalling with no intention of attacking. A contestant who continuously displays a non-engaging style shall be given a penalty. However, the referee shall distinguish intentional avoidance from tactical defense, and the penalty shall not be given for tactical defense.

If both contestants remain inactive after five (5) seconds, the center referee will signal the "Fight" command. A "Kyong-go" will be declared: On both contestants if there is no activity from them 10 seconds after the command was given; or, on the contestant who moved backwards from the original position within 10 seconds after the command was given.

Turning the back to avoid the opponent's attack should be punished, as it expresses the lack of a spirit of fair play and may cause serious injury. The same penalty should also be given to evading the opponent's attack by bending below waist level or crouching.

“Pretending injury” means exaggerating injury or indicating pain in a body part not subjected to a blow for the purpose of demonstrating the opponent’s actions as a violation, and also exaggerating pain for the purpose of elapsing the match time. In this case, the referee shall give the indication to continue the match to the contestant two times in five-second intervals, and then shall give a “Kyong-go” penalty unless the contestant follows his/her instructions.

“Kyong-go” shall also be given to the athlete who asks the referee to stop the contest for any reason (for instance, in order to adjust the position of protective equipment) or ask his/her coach to request video replay.

c. Falling down

“Kyong-go” shall be immediately declared in the case of intentional falling down. In the case that a contestant falls down due to the opponent’s prohibited acts, “Kyong-go” penalty shall not be given to the fallen contestant, while a penalty shall be given to the opponent. In the event a contestant falls as a result of incidental contact with the opponent, “Kyong-go” shall be given to the fallen contestant only for repeated falling. As for unintentional falling down during an exchange of techniques, no penalty shall be given.

d. Grabbing, holding or pushing the opponent

This includes grabbing any part of the opponent’s body, uniform or protective equipment with the hands. It also includes the act of grabbing the foot or leg, or hooking either one on top of the forearm. Holding includes pressing the opponent’s shoulder with the hand or arm, or hooking the opponent’s body with the arm to hinder the opponent’s motion. If during the competition the arm passes beyond the opponent’s shoulder or armpit for the above-mentioned purpose, a penalty may be declared.

Pushing acts include pushing to displace the opponent’s balance for the purpose of gaining an advantage in attacking, pushing to hinder the opponent’s attack or hinder the normal execution of technique and pushing with the palm, elbow, shoulder, trunk or head, etc.

e. Attacking below the waist

This action applies to an attack on any part below the waist. When an attack below the waist is caused by the recipient in the course of an exchange of techniques, no penalty will be given. This article also applies to strong kicking or stamping actions to any part of the thigh, knee or shin for the purpose of interfering with the opponent’s technique.

f. Butting or attacking with the knee

This article relates to intentional butting or attacking with the knee when in close proximity to the opponent. However, contact with the knee that happens in the following situations should not be punished:

- a. When the opponent rushes in abruptly at the moment a kick is being executed.
- b. Inadvertent contact, or as the result of a discrepancy in distance in attacking.

g. Hitting the opponent's face with the hand

This article includes hitting the opponent's face with the hand (fist), wrist, arm, or elbow. However, unavoidable actions due to the opponent's carelessness—such as excessively lowering the head or carelessly turning the body—cannot be punished by this article.

h. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach

In this instance, the undesirable behavior includes physical actions or attitudes which cannot be accepted from a contestant or a coach as amateur athletes or Taekwondo practitioners. Details of these actions are as follows:

- Any actions interfering with the progress of the contest
- Any action or behavior severely criticizing the referee's decision or any match officiating by using unsanctioned methods
- Physical or verbal behavior insulting the opposing contestant or the coach
- Loud or excessive coaching
- Any unnecessary or undesirable act with regard to the contest, or any behavior regarding the contest itself which is not within normally accepted limits
- The coach shall be given "Kyong-go" when he/she leaves the 1m x 1m marked Coach's Zone or is not seated in coach's seat.

** This article must be understood in relation to "Prohibited acts resulting in "Gam-jeom" penalty, Sub-Article "f" (below) regarding the degree of illegality and intention of the action. In severe cases, Sub-Article "f" is applied; in less severe cases, this sub-article is used. However, if the less severe cases are repeatedly seen, Sub-Article "f" may be used to penalize them. Distinguishing the above cases is the sole authority of the referee.

When misconduct is committed by a contestant or a coach during the rest period, the referee can immediately declare the penalty and that penalty shall be recorded on the next round's results.

i. Lifting the knee

Lifting the knee to avoid a valid attack or impede the progress of an attack is a prohibited act.

Prohibited acts resulting in "Gam-jeom" penalty:

a. Attacking the opponent after "Kal-yeo"

This action is extremely dangerous due to the high probability of injury to the opponent. The danger arises from the following:

- After "Kal-yeo," the opponent might, in that moment, be in an immediate defenseless state.
- The impact of any technique which strikes a contestant after "Kal-yeo" will be greater.

These types of aggressive actions toward a contestant are not in accordance with the spirit of Taekwondo competition. In this regard, penalties should be given for intentionally attacking the opponent after "Kal-yeo," regardless of the degree of impact. A "Gam-

jeom” penalty should also be given if a contestant pretends to attack the opponent after “Kal-yeo.”

b. Attacking the fallen opponent

This action is extremely dangerous due to the high probability of injury to the opponent. The danger arises from the following:

- The fallen opponent is in an immediate defenseless state.
- The impact of any technique which strikes a fallen contestant will be greater due to the contestant’s position.

These types of aggressive actions toward a fallen opponent are not in accordance with the spirit of Taekwondo and so are not appropriate to Taekwondo competition. In this regard, penalties should be given for intentionally attacking the fallen opponent regardless of the degree of impact. A “Gam-jeom” penalty should also be given in case a contestant pretends to attack a fallen opponent.

c. Throwing down the opponent by grappling the opponent’s attacking foot in the air with the arm or pushing the opponent with the hand.

Action to interfere with the opponent’s attack by grappling the opponent’s foot in the air or pushing with the hand.

d. Intentionally attacking the opponent’s face with the hand

“Gam-jeom” penalty shall be given at the referee’s discretion for any of the following:

- When the starting point of the fist attack was over the shoulder
- When the fist attack was made upward
- When the attack was made in a close distance for the purpose of causing an injury, not as a part of technical exchanges

e. Intentionally attacking below the waist

This applies to contact which is clearly intentional, not inadvertent or careless.

f. Interrupting the progress of the match on the part of the contestant or a coach

This includes:

- When a coach leaves the designated coach’s zone during the match creating a disturbance, or intentionally leaves the Contest Area
- When a coach moves around the Contest Area with a purpose of interfering with the progress of the match or making a protest against the referee’s decision
- When a coach or a contestant threatens the refereeing officials or infringes on the refereeing officials’ authority
- When a coach or a contestant protests in an illegal way and interrupts the progress of the match
- When these actions are committed by a contestant or a coach during the rest period, the referee can immediately declare the penalty and that penalty shall be recorded on the next round’s results.

g. Violent or extreme remarks or behavior on the part of a contestant or a coach
(Refer to Sub-Article “h” of “Kyong-go” Penalties.)

h. Intentionally avoiding the match

If a competitor intentionally turns the back and steps away from the opponent to avoid the opponent’s attack, the referee shall give “Gam-jeom.”

i. Manipulating, or attempting to manipulate, the electronic scoring system

Before each round of competition, the referee shall check whether any attempts were made to manipulate the scoring system and/or increase sensitivity of the sensing socks, or any other method. In the event that the referee finds intentional manipulation, the referee may give “Gam-jeom” to the pertinent contestant and shall reserve the right to declare the violating athlete as the loser by penalty based on the degree of seriousness of the violation.

The referee may declare the competitor the loser by penalties:

The referee can declare a contestant loser without the accumulation of eight (8) “Kyong-go” or four (4) “Gam-jeom” when the contestant or coach ignores or violates the basic principles of conduct in Taekwondo competition, the fundamental principles of the Competition Rules, or refuses to comply with the referee’s directives. In particular, if the contestant shows the intention to injure or commit a flagrant violation in spite of the referee’s cautionary directives, the contestant must immediately be declared loser by referee’s punitive declaration.

When a contestant receives eight (8) “Kyong-go” or four (4) “Gam-jeom” penalties:

When a contestant receives eight (8) “Kyong-go” or four (4) “Gam-jeom” penalties, in any combination that adds up to four (4) penalty points, he/she is automatically declared the loser. In this instance, the referee must declare the opposing contestant the winner.

Article 14. Sudden Death and Decision of Superiority

1. In the event the winner cannot be decided after 3 rounds, a 4th round will be conducted.
2. The first contestant to score a point in the extra round shall be declared the winner.

Fourth (4th) round Sudden Death system:

- a. One 4th round will be conducted, of the same duration as the rest of the contest.
- b. The 4th round begins as a “new contest,” with no points or penalties from the previous rounds carried forward.
- c. The 4th round will be immediately stopped when one of the contestants gets the first valid point. The contestant who gets the first valid point shall be declared the winner.
- d. The referee will declare “Kyong-go” and “Gam-jeom” penalties. The 4th round will be immediately stopped when one of the contestants gets the 2nd “Kyong-go” or the