



KYORUGI COMPETITION RULES & INTERPRETATION

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USA Taekwondo Kyorugi Competition Rules & Interpretation

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Competition Rules

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Article 1. Purpose

The purpose of the Competition Rules is to provide standardized rules for all levels of championships organized, promoted or sanctioned by USA Taekwondo (USAT), and ensure that all matters related to USAT competitions are conducted in a fair and orderly manner.

These rules are also intended to standardize Taekwondo competition in the United States in accordance with the World Taekwondo Federation (WTF)—the international governing body for the sport of Taekwondo. A competition that does not follow the fundamental principles of these rules cannot be recognized as a USA Taekwondo competition.

Article 2. Application

These Competition Rules shall apply to all competitions to be promoted and/or organized by the USAT. If any USAT association wishes to modify any part of the Competition Rules for a particular competition, they must first receive the approval of the USAT.

Any organization wanting to make a change to some portion of the existing rules must submit the contents of the proposed changes to the USAT, along with the reasons for the change. Approval for any changes in these rules must be received from the USAT at least one month prior to the scheduled competition.

All competitions promoted, organized, or sanctioned by USAT shall abide by USAT Medical Code and USAT Anti-Doping Rules.

Explanation:

With prior approval from USAT, competition rules such as ring dimensions, weight categories, the number of referees, positions for the Inspector, Recorder and Commission Doctor, etc., and contest duration may be modified for a particular event or events. However, basic competition principles such as valid points, warnings, deductions, and the Contest Area must not be changed. Under no circumstances may head contact be allowed for age and belt groups where it is not permitted under Junior Competition Rules.

Article 3. Competition Area

1. The Competition Area

The Competition Area is comprised of a Contest Area and a Safety Area. It shall have a flat surface without any obstructing projections, and be covered with an elastic, non-slippery mat.

The Competition Area may also be installed on a platform 0.6m – 1m (2.0 ft – 3.28 ft) high, if necessary. For the safety of the contestants, the outer part of the Boundary Line (the Safety Boundary Area) shall be inclined at a gradient of less than 30 degrees.

One of the following shapes can be used for the Contest Area:

1.1 Square shape

The square Contest Area shall be 8m x 8m (26 ft x 26 ft). Surrounding the contest area, approximately equidistant on all sides, shall be the Safety Area. The size of the Competition Area (which includes both the Contest Area and the Safety Area) shall be no smaller than 10m x 10m (33 ft x 33 ft) and no larger than 12m x 12m (39 ft x 39 ft). If the Competition Area is on a platform, the Safety Area may be increased as needed to ensure the safety of contestants. The Competition Area and the Safety Area shall be of different, contrasting colors.

1.2 Octagonal shape

The Competition Area shall be square shaped and the size shall be no smaller than 10m x 10m (33 ft x 33 ft) and no larger than 12m x 12m (39 ft x 39 ft). At the center of the Competition Area shall be the octagonal Contest Area. The Contest Areas shall measure approximately 8m (26.25 ft) across, and each side of the octagon shall have a length of approximately 3.3m (10.8 ft). Between the outer line of the Competition area and the boundary line of the Contest area is the Safety Area. The Contest Area and the Safety Area shall be of different, contrasting colors.

2. Indication of Positions (*Refer to Contest Area diagrams on pages 4 and 5*)

2.1. The outer border of the Contest Area shall be called the Boundary Line and the outer border of the Competition Area shall be called the Outer Line.

2.2. The front outer line adjacent to the Recorder's Desk shall be called Outer Line #1, and Clockwise from Outer Line #1, the other lines shall be called Outer Lines #2, #3, and #4. The Boundary Line adjacent to the Outer Line #1 shall be called Boundary Line #1 and clockwise from Boundary Line #1, the other lines shall be called Boundary Lines #2, #3, and #4.

In the case of Octagonal Shape Contest Area, The Boundary Line adjacent to the Outer Line #1 shall be called Boundary Line #1 and clockwise from Boundary Line #1, the other lines shall be called Boundary Lines #2, #3, #4, #5, #6, #7, and #8.

2.3. Positions of the Referee and Contestants at the beginning of the match:

The position of the contestants shall be at the two opposing points, 1m from the center point of the Contest Area parallel to Outer Line #1. The Referee shall be positioned at a point 1.5m from the center of the Contest Area toward Outer Line #3.

2.4. Positions of the Judges (Octagonal System):

The position of the 1st Judge shall be located at a point a minimum of 2.0m outward from the corner of Boundary Line #2. The position of the 2nd Judge shall be located at a point a minimum of 2.0m outward from the center of Boundary Line #8. The position of the 3rd Judge shall be located at a point a minimum of 2.0m outward from the corner of Boundary Line #8.

In case only two Judges are used, the position of the 1st Judge shall be located at a point a minimum of 2.0m outward from the center of the Boundary Line #1 and the 2nd Judge shall be located at a point 0.5m outward from the center of the Boundary Line #5.

The positions of Judges may be altered to facilitate media, broadcasting and/or sports presentation, or to accommodate the venue.

2.5. Position of the Recorder and IVR (Instant Video Review):

The position of the Recorder and IVR shall be located at a point 2m back from Outer Line #1. The position of Recorder may be altered to accommodate the environment of the venue and requirements from media broadcasting and/or sports presentation.

2.6. Positions of the Coaches:

The position of the Coaches shall be marked at a point 1m or more from the center point of the Outer Line of each contestant's side. The position of the coaches may be altered to accommodate the environment of the venue and requirements from media broadcasting and/or sports presentation.

2.7. Position of the Inspection Desk:

The position of the Inspection Desk shall be near the entrance of the Contest Area for inspection of the contestants' protective equipment.

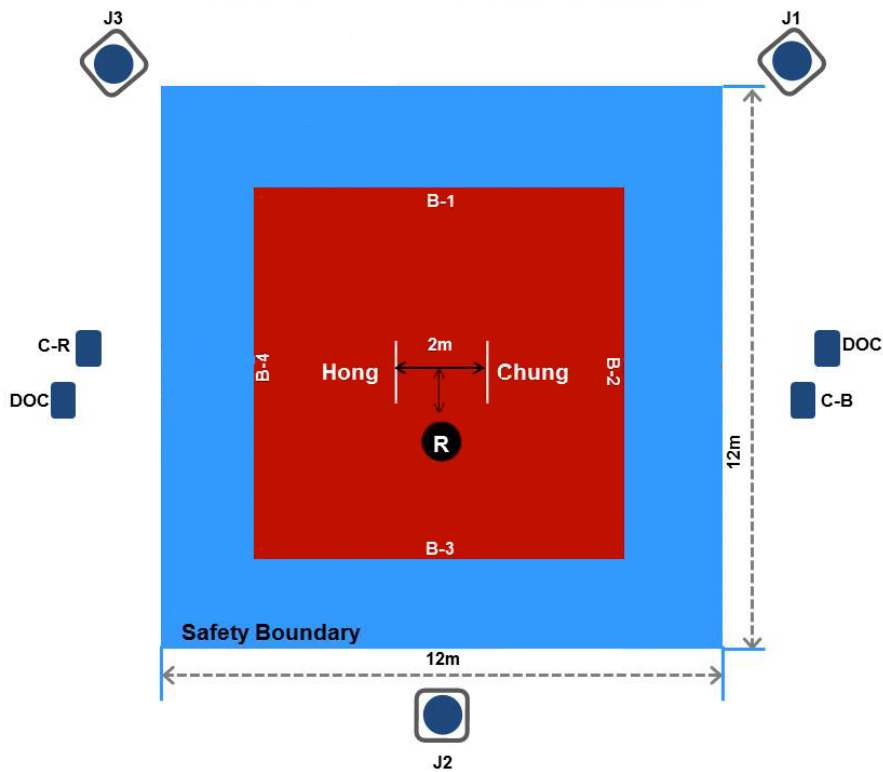
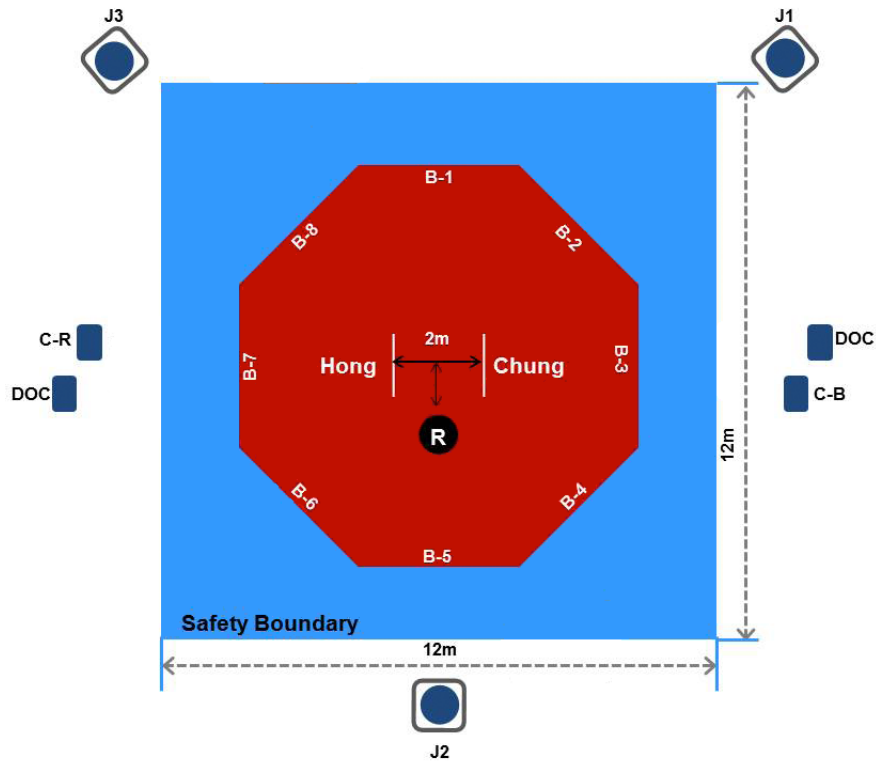
Explanation:

Elastic mat: The degree of elasticity and slipperiness of the mat must be approved by the USAT before the competition. USAT-sanctioned tournaments shall not be held on unmatted concrete or hardwood floors.

Color: The mat's surface must not be overly reflective, or in any way tiring to the contestants' or spectators' vision. The color scheme should also be appropriately matched to the competitors' equipment, uniform and the competition surface.

Inspection Desk: At the Inspection Desk, the inspector verifies that all the materials worn by the contestant are approved by the WTF/USAT and fit the contestant properly. If any protective equipment is found to be inappropriate or unsafe, the contestant will be asked to change it.

Diagram 1. Competition Area



B-1, -2, -3, -4, -5, -6, -7, -8

J1, 2, 3

R

C-R, C-B

Boundary Lines #1 to #4

Corner Judges #1 to #3

Center Referee

Coach (Red/Hong), (Blue/Chung)

Diagram 2. Octagonal Shape Contest Area

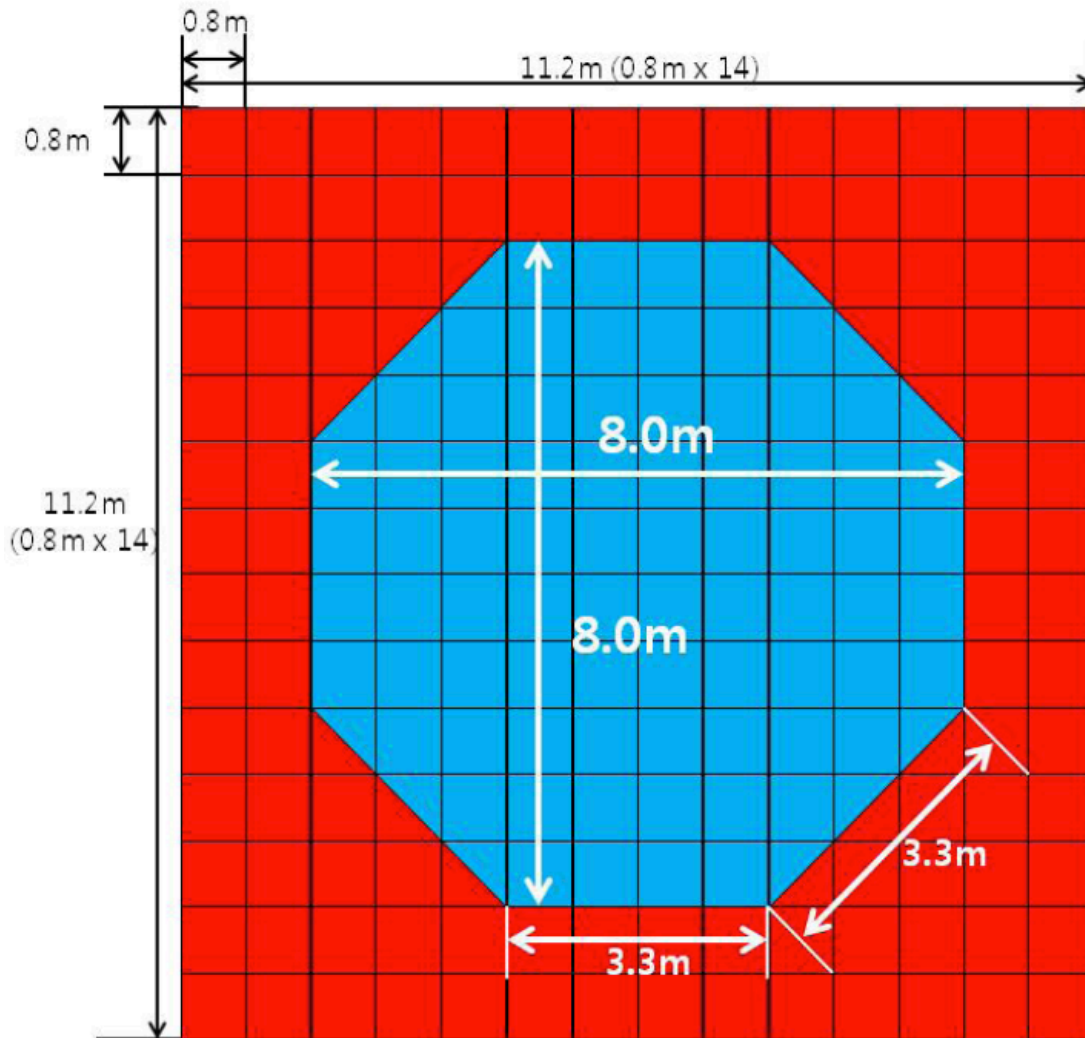
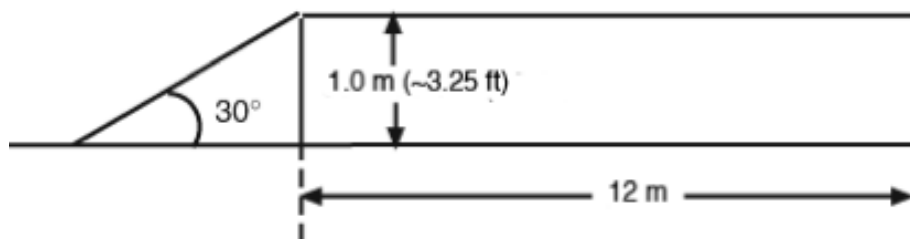


Diagram 3. Competition Platform



Article 4. Contestants

1. Qualification of USAT Contestants

1.1 Citizen or resident of the United States

Black belt athletes 12–32 competing in sparring or poomsae divisions MUST be U.S. citizens. Black belt athletes 12 and younger, Ultra (33+) and color belts (all ages) need only provide proof of residency. (See chart below.)

1.2. Currently registered USAT athlete member

1.3. All black belt contestants must submit a copy of their Dan/Poom Certificate, current USAT identification card, and birth certificate at the time of registration with the Tournament Organizing Committee.

1.4. To be eligible for Senior competition, contestants must be at least 17 years old in the year the pertinent tournament is held. Contestants must be between 15-17 years old for Junior Taekwondo Championships, and 12-14 years old for Cadet Championships. (Ages for Youth Olympic Games qualification might be different depending on the decision of the IOC.)

1.5. All contestants participating in a tournament are required to observe the Code of Conduct of the USAT and the rules of the tournament. Violators are subject to sanction.

Explanation:

Age limit: The age limit is based on the year, not on the date. For example, if the Junior Taekwondo Championships are held on June 11, 2013, those contestants born between January 1, 1996 and December 31, 1998 are eligible to participate.

Proof of citizenship or residency:

| PROOF OF CITIZENSHIP | PROOF OF RESIDENCY | AGE / BELT DIVISION | DOCUMENTATION REQUIRED |
|---|--|--|------------------------|
| <ul style="list-style-type: none"> • U.S. Passport • U.S. Passport Card • U.S. Birth Certificate | <ul style="list-style-type: none"> • U.S. Passport • U.S. Passport Card • U.S. Birth Certificate • Social Security Card • Green Card • U.S. School Report Card/Transcript • Valid U.S. Driver's License • Government issued ID • U.S. Military ID | 6-7, 8-9 & 10-11: Yellow, Green, Blue, Red, Black Belts | Proof of Residency |
| | | 12-14 & 15-17: Yellow, Green, Blue, Red Belts | Proof of Residency |
| | | 12-14 (Cadet) & 15-17 (Junior): Black Belts | Proof of Citizenship |
| | | 18 & Older: Yellow, Green, Blue, Red Belts | Proof of Residency |
| | | 17-32 (Senior): Black Belts | Proof of Citizenship |
| | | 33 & Older (Ultra): Black Belts | Proof of Residency |

2. Contestant Uniform and Competition Equipment

At USAT-sanctioned competitions, contestants' uniforms and all competition equipment, such as, but not limited to mats, PSS, IVR and protective equipment must be those approved by USAT.

2.1 Official Uniform (Dobok)

All contestants must wear a white Taekwondo V-neck USAT/WTF uniform (dobok) in good condition. Black belts must wear black-collared uniforms. Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms.

No tape will be allowed on any part of the uniform. (Exception: Taping of pants legs if required for optimal performance of certain PSS systems.)

2.2 Protective Equipment

Contestants shall wear an approved trunk protector, head protector, groin guard (mandatory for both male and female competitors), gloves (see below), forearm protector, shin-instep protectors, sensing socks (if using an electronic Protector and Scoring System) and a mouth guard before entering the Contest Area. The head protector must be firmly tucked under the left arm when entering the Contest Area, and shall be put on the head after bowing to the opponent before the start of the contest.

The groin, forearm, and shin-instep protectors must be worn inside the Taekwondo uniform. Wearing of any other items on the head other than head protector shall not be permitted, except for religious reasons. A previously approved religious item shall be worn beneath the head protector and inside the dobok and shall not cause harm or obstruct the opposing contestant.

3. Personal Requirements

All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely. Pony tails must be tucked inside the headgear.

3.1 Metallic Articles

Contestants are not allowed to wear any kind of metallic articles or hard objects, such as rings, eyeglasses (including prescribed safety or sport eyeglasses or eye goggles), necklaces, watches, bracelets, earrings, etc.

3.2 Personal Hygiene

All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly. Pony tails must be tucked inside the headgear.

Any violators of Section 1, 2, and 3 of this article will be required to correct the violation within one minute, or face disqualification.

3.3 Taping

Taping on the foot and hand shall be allowed for the protection of athletes. For an injury, the minimum amount of tape that will protect the area should be used. Taping of feet and hands will be strictly checked during the athlete inspection process; if there is a question, the inspector or referee should have the wrapping examined and approved by the Tournament Medical Staff. Under no circumstances will a hard splint or cast—no matter how small—be allowed.

There will be no taping beneath the sensor socks unless it is approved by the Commission Doctor because of injury.

4. Medical Control

- 4.1 At Taekwondo events promoted or sanctioned by the USAT, any use or administration of drugs or chemical substances described in the U.S. Olympic Committee anti-doping by-laws is prohibited. International Olympic Committee doping by-laws shall be applied to Taekwondo competition in the Olympic Games and other multi-sport Games.
- 4.2 The USAT may carry out any doping testing deemed necessary to ascertain if a contestant has committed a breach of this rule. Any winner who refuses to undergo this testing or who proves to have committed such a breach shall be removed from the final standings, and the record shall be transferred to the contestant next in line in the competition standings.
- 4.3 The organizing committee shall be responsible for making arrangements to carry out medical testing.

Explanation: USA Taekwondo Equipment Standards

Belt Colors: Only WTF/USAT belt colors will be allowed—black, poom (black and red), red, blue, green, yellow). Belts with stripes will be allowed.

Gloves: World Class Cadet Black Belts (12-14), Junior Black Belts (15-17) and Senior Black Belts are required to wear USAT/WTF-approved Taekwondo gloves. Gloves may be red, blue, or white; white is preferred. However, red and blue are allowed. If the competitor chooses to wear red or blue gloves, they must correspond with the color of the chest protector. Gloves must be open finger style, as shown below.

For all other divisions, gloves are optional and must comply with the above rule. Cloth gloves or hand covers are not allowed.



Properly fitting head protector: Unless electronic PSS head protectors are used, all participants must provide their own red, blue or white head protector with no markings other than corporate logos. Red and blue are preferred; white is only allowed for color belt divisions and 6-7 year old black belt divisions. The color of the head protector must correspond with the color of the chest protector. Cracks or defects in the headgear will not be allowed.

Mouth guard: All athletes are required to use a mouth guard. MOUTH GUARDS MUST BE EITHER WHITE OR TRANSPARENT. A mouth cover or different colored mouth guard (red is not allowed) may be used for competitors with braces if an orthodontist's note is provided prior to the beginning of competition. Use of a mouth guard may be exempted upon submission of a medical doctor's statement that its use might cause harm to the contestant.

Groin protection: All male athletes are required to wear a protective cup, which must be inside the pants during competition. Groin protection is also required for female athletes, and must be worn inside the uniform.

Properly fitting chest protector: Where an electronic Protection and Scoring System (PSS) is being used, all athletes will be provided a red and blue full-body WTF trunk protector. Both players must use the same size PSS.

When an electronic Protection and Scoring Systems (PSS) is not being used, all athletes must provide their own red and blue full-body WTF-approved trunk protector. The trunk protector must cover the entire valid scoring area, from the armpit to the hip bone. All trunk protectors must wrap around and cover the back of the athlete in the valid scoring area. All trunk protectors must be of a similar style as in the pictures below.



Shin and instep protection: Shin and instep protectors are REQUIRED, and they must be made of foam, cloth or vinyl. PSS sensor socks with built-in instep padding are also allowed. The instep protector may be red, blue, or white, but must correspond with the color of the chest protector; any color shin protector is allowed. Cloth or foam knee pads are permitted.

Forearm guard: Forearm guards are REQUIRED and it is mandatory that athletes wear only foam, cloth, or vinyl products. Any color forearm guard will be allowed. Cloth or foam elbow pads are permitted.

Please Note: USA Taekwondo reserves the right to disallow any uniform or equipment if it is found to be unsafe, offensive or degrading.

Article 5. Weight Divisions

- Weight divisions are divided into men's and women's divisions.
- Weight divisions for **Black Belts in International, U.S. Team Trials, and U.S. National competitions** (and, in principle, for any USAT-sanctioned competitions) are divided as follows:

| | Men's Division | Women's Division |
|----------------|---|---|
| Fin | Not exceeding 54 kg (Not exceeding 119.0 lbs) | Not exceeding 46 kg (Not exceeding 101.4 lbs) |
| Fly | Over 54 kg & not exceeding 58 kg (119.1 lbs – 127.9 lbs) | Over 46 kg & not exceeding 49 kg (101.5 lbs – 108.0 lbs) |
| Bantam | Over 58 kg & not exceeding 63 kg (128.0 lbs – 138.9 lbs) | Over 49 kg & not exceeding 53 kg (108.1 lbs – 116.9 lbs) |
| Feather | Over 63 kg & not exceeding 68 kg (139.0 lbs – 149.9 lbs) | Over 53 kg & not exceeding 57 kg (117.0 lbs – 125.7 lbs) |
| Light | Over 68 kg & not exceeding 74 kg (150.0 lbs – 163.1 lbs) | Over 57 kg & not exceeding 62 kg (125.8 lbs – 136.7 lbs) |
| Welter | Over 74 kg & not exceeding 80 kg (163.2 lbs – 176.4 lbs) | Over 62 kg & not exceeding 67 kg (136.8 lbs – 147.7 lbs) |
| Middle | Over 80 kg & not exceeding 87 kg (176.5 lbs – 191.8 lbs) | Over 67 kg & not exceeding 73 kg (147.8 lbs – 160.9 lbs) |
| Heavy | Over 87 kg (191.8 lbs and over) | Over 73 kg (161.0 lbs and over) |

Note: Official USAT weigh-in will be done in kilograms. Conversions to pounds in this chart are approximate, and for convenience only.

- Weight divisions for the **Olympic Games** are classified as follows:

| Men's Division | | Women's Division | |
|----------------|----------------------------------|------------------|----------------------------------|
| Under 58 | Not exceeding 58 kg | Under 49 | Not exceeding 49 kg |
| Under 68 | Over 58 kg & not exceeding 68 kg | Under 57 | Over 49 kg & not exceeding 57 kg |
| Under 80 | Over 68 kg & not exceeding 80 kg | Under 67 | Over 57 kg & not exceeding 67 kg |
| Over 80 | Over 80 kg | Over 67 | Over 67 kg |

4. Weight divisions for the **USAT and World Taekwondo Junior Championships** (age 15-17) are classified as follows:

| | Junior Men's Division | Junior Women's Division |
|---------------------|--------------------------------|--------------------------------|
| Fin | Not exceeding 45 kg | Not exceeding 42 kg |
| Fly | Over 45 kg not exceeding 48 kg | Over 42 kg not exceeding 44 kg |
| Bantam | Over 48 kg not exceeding 51 kg | Over 44 kg not exceeding 46 kg |
| Feather | Over 51 kg not exceeding 55 kg | Over 46 kg not exceeding 49 kg |
| Light | Over 55 kg not exceeding 59 kg | Over 49 kg not exceeding 52 kg |
| Welter | Over 59 kg not exceeding 63 kg | Over 52 kg not exceeding 55 kg |
| Light Middle | Over 63 kg not exceeding 68 kg | Over 55 kg not exceeding 59 kg |
| Middle | Over 68 kg not exceeding 73 kg | Over 59 kg not exceeding 63 kg |
| Light Heavy | Over 73 kg not exceeding 78 kg | Over 63 kg not exceeding 68 kg |
| Heavy | Over 78 kg | Over 68 kg |

5. Weight divisions of **USAT and World Cadet Taekwondo Championships** (age 12-14) are classified as follows:

| Men's Division | | Women's Division | |
|-----------------------|----------------------------------|-------------------------|----------------------------------|
| Under 33 | Not exceeding 33 kg | Under 29 | Not exceeding 29 kg |
| Under 37 | Over 33 kg & not exceeding 37 kg | Under 33 | Over 29 kg & not exceeding 33 kg |
| Under 41 | Over 37 kg & not exceeding 41 kg | Under 37 | Over 33 kg & not exceeding 37 kg |
| Under 45 | Over 41 kg & not exceeding 45 kg | Under 41 | Over 37 kg & not exceeding 41 kg |
| Under 49 | Over 45 kg & not exceeding 49 kg | Under 44 | Over 41 kg & not exceeding 44 kg |
| Under 53 | Over 49 kg & not exceeding 53 kg | Under 47 | Over 44 kg & not exceeding 47 kg |
| Under 57 | Over 53 kg & not exceeding 57 kg | Under 51 | Over 47 kg & not exceeding 51 kg |
| Under 61 | Over 57 kg & not exceeding 61 kg | Under 55 | Over 51 kg & not exceeding 55 kg |
| Under 65 | Over 61 kg & not exceeding 65 kg | Under 59 | Over 55 kg & not exceeding 59 kg |
| Over 65 | Over 65 kg | Over 59 | Over 59 kg |

6. Weight divisions for the **Youth Olympic Games** are classified as follows:

| Men's Division | | Women's Division | |
|-----------------------|----------------------------------|-------------------------|----------------------------------|
| Under 48 | Not exceeding 48 kg | Under 44 | Not exceeding 44 kg |
| Under 55 | Over 48 kg & not exceeding 55 kg | Under 49 | Over 44 kg & not exceeding 49 kg |
| Under 63 | Over 55 kg & not exceeding 63 kg | Under 55 | Over 49 kg & not exceeding 55 kg |
| Under 73 | Over 63 kg & not exceeding 73 kg | Under 63 | Over 55 kg & not exceeding 63 kg |
| Over 73 | Over 73 kg | Over 63 | Over 63 kg |

7. Belt Divisions are as follows:

- a) White
- b) Yellow
- c) Green
- d) Blue
- e) Red
- f) Black

Except as specified in the weight tables above, the sponsoring organization has the option of further dividing each belt division into weight classes as light, middle and heavy, depending on the number of competitors in each division. It is recommended that the belt divisions be separated into a minimum of two weight classes (light and heavy) whenever the number of entrants is sixteen (16) or more. The maximum number of weight classes will be at the discretion of the tournament director.

Explanation:

Not exceeding: The weight limit is defined by the criterion of one decimal place away from the stated limit. For example, “not exceeding 50 kg” goes up to 50.0 kg, with 50.1 kg being over the limit, resulting in disqualification.

Over: Over 50.00 kg mark occurs at the 50.1 kg reading; 50.0 kg and below is regarded as insufficient, resulting in disqualification.

Division by gender: The division of males and females into separate categories—males competing against males, and females competing against females—is a fundamental rule.

Article 6. Classification and Methods of Competition

1. Competitions are divided as follows:

1.1 Individual competition

Individual competition shall normally be between contestants in the same weight class. When necessary, adjoining weight classes may be combined to create a single classification. No contestant can participate in more than one weight category in one event.

1.2 Team Competition

1.2.1 Five contestants by weight classification with the following categories:

| Men's Division | Women's Division |
|--------------------------------|--------------------------------|
| Not exceeding 54 kg | Not exceeding 47 kg |
| Over 54 kg not exceeding 63 kg | Over 47 kg not exceeding 54 kg |
| Over 63 kg not exceeding 72 kg | Over 54 kg not exceeding 61 kg |
| Over 72 kg not exceeding 82 kg | Over 61 kg not exceeding 68 kg |
| Over 82 kg | Over 68 kg |

1.2.2 Eight contestants by weight classification

1.2.3 Four contestants by weight classification (Consolidating the eight weight classifications into four weight categories by combining two adjoining weight classes)

2. Systems of competition are divided as follows:

1. Single elimination tournament
2. Round robin
3. Double elimination tournament

3. USAT-Sanctioned Competitions

All competition shall be divided into male and female divisions. Non-Black Belt Competition may be subdivided by weight, belt rank, or age with further subdivisions of advanced, intermediate, and beginners.

Explanation:

Consolidated weight divisions: This consolidation method shall follow Olympic weight divisions.

Eight weight class format: According to competition in eight weight classes, the team winning five or more divisions is victorious. In the event of a tie score (four to four), each team shall designate a representative to fight a tie-break match. In this format, contestants who did not participate in the team competition may not be substituted.

Interpretation:

In the tournament system, competition is founded on an individual basis. However, the team standings can also be determined by the sum of the individual standings according to the overall scoring method.

Point System: Team Ranking shall be decided by the total points based on the following guidelines:

- Basic one (1) point per each contestant who entered the Contest Area after passing the official weigh-in
 - One (1) point per each win (win by a bye included)
 - Additional seven (7) points per gold medal
 - Additional three (3) points per silver medal
 - Additional one (1) point per bronze medal
- In case more than two teams are tied, the rank shall be decided by
 1. Number of gold, silver and bronze medals won by the team in order
 2. Number of participating contestants
 3. Higher points in heavier weight categories
2. In the team competition system, the outcome of each team competition is determined by the individual team results.
 3. In the above format, if one team achieves a majority of victories before all matches have been conducted, the remaining matches should, in principle, also be conducted. If the losing team wishes to forfeit the remaining matches, the result shall be recorded as loss due to disqualification, without consideration of the accumulated record.

Article 7. Duration of Contest

The duration of the contest shall be three rounds of two minutes each, with a one-minute rest period between rounds.

In case of a tie score after the completion of the 3rd round, a 4th round of one minute will be conducted as the Golden Point round, after a one-minute rest period following the 3rd round.

The USAT, at its discretion, may modify the number of rounds, round duration and rest periods for specific competitions; for example, 1 minute x 3 rounds, 1 minute 30 seconds x 3 rounds, or 2 minutes x 2 rounds.

Article 8. Drawing of Lots

1. The date and time of the drawing of lots shall be set forth in the outline of the championships. At the end of the designated registration date, the Organizing Committee shall publicly announce the list of registered contestants in each weight category. Participants are responsible for confirming their entries before the drawing of lots.
2. The drawing of lots may be conducted by random computerized drawing or by random manual drawing. The method and order of drawing shall be determined by the Organizing Committee.
3. A certain number of contestants may be seeded based on USAT Ranking. The number of contestants seeded shall be set forth in the outline of the championships.

Article 9. Weigh-In

1. A competitor's weight shall be measured on the day prior to the competition. The weigh-in hours may be extended or shortened if necessary.
2. A competitor's weight may be measured only twice. If a contestant does not qualify the first time, one more official weigh-in is granted within the time limit.

So as not to be disqualified during official weigh-in, scales identical to the official one shall be provided at the contestants' place of accommodation or at the arena for pre-weigh-in.

3. During the weigh-in, the contestant is required to show his/her current USAT identification card, and may be required to show proof of citizenship or residency.
4. Weigh in, for both males and females, shall be taken in the official V-neck uniform only. However, if a contestant wishes, weigh-in may be done in underpants for male and underpants and bra for female contestants. ***Under NO circumstances may a contestant weigh-in in the nude in the United States.***

5. Any irregular action by the competitor, coach or parent during the weigh-in may result in disqualification from tournament participation.

Explanation:

Prior to the competition: Contestants listed to compete on a scheduled day will be weighed in on the day before. The time for weigh-in will be decided by the Organizing Committee and communicated to the participants at the Head of Team meeting.

Separate weigh-in for males and females: Male and female contestants will have separate sites for weigh-ins. The gender of weigh-in officials shall be the same as that of the contestants.

Disqualification during official weigh-in: If a competitor is disqualified at the official weigh-in, the competitor will not receive a participation point. If a contestant attempts to cheat the process of weigh-in, the contestant shall be disqualified by decision of the event Referee Chairman in consultation with the weigh-in official.

Scales: The practice scale(s) must be of the same type and calibration as that of the official scale and this must be verified prior to the competition by the Organizing Committee.

Article 10. Procedure of the Contest

1. Call for Contestants

The name of the contestants shall be announced at the Athlete Calling Desk three times beginning thirty minutes prior to the scheduled start of the contest. If a contestant fails to report to the Desk following the third call, the contestant shall be disqualified, and this disqualification shall be announced.

2. Inspection of body, uniform and protective equipment

After being called, the contestants shall undergo inspection of body, uniform and protective equipment at the inspection desk by the inspectors assigned by the USAT Referee Chairman or USAT designee for that event. If the inspection desk is not used, the referee shall inspect the contestants at the court prior to start of the contest.

3. Entering the Competition Area

After inspection, the contestant and one certified coach shall proceed to the Coach's Area. One team doctor or physiotherapist, if any, may also accompany the player.

4. Procedure before the beginning and after the end of the contest

- 4.1 Before the start of the contest, the center referee will command "Chung, Hong." Both contestants will enter the Contest Area with their head protectors firmly tucked under their left arms. When any contestant is not present or is present without being fully attired, including all protective equipment, uniform, etc., at the Coach's Area by the time the referee calls "Chung, Hong," he/she shall be regarded as withdrawn from the contest and the referee shall declare the opponent as the winner.

- 4.2 If using an electronic Protector and Scoring System (PSS), the referee shall check that the PSS system and sensing socks worn by both athletes are working properly.
 - 4.3 The contestants shall face each other and make a standing bow at the referee's command of "Char-yeot" (attention) and "Kyeong-rye" (bow). A standing bow shall be made from the natural standing posture of "Cha-ryeot" by bending the waist at an angle of more than 30 degrees with the head inclined to an angle of more than 45 degrees. After the bow, the contestants shall put on their head protectors.
 - 4.4 The referee shall start the contest by commanding "Joon-bi" (ready), and "Shi-jak" (start).
 - 4.5 The contest in each round shall begin with the declaration of "Shi-jak" (start) by the referee.
 - 4.6 The contest in each round shall end with the declaration of "Keu-man" (stop) by the referee. Even if the referee has not declared "Keu-man," the contest shall be deemed to have ended when the match clock expired.
 - 4.7 The referee may pause a contest by declaring "Kal-yeo" (break) and resume the contest by the command of "Kye-sok" (continue). When the referee declares "Kal-yeo" the recorder should immediately stop the match time; however, match time does not stop during an 8-count. When the referee declares "Kye-sok," the recorder should immediately restart the match time.
 - 4.8 At the end of the last round, the referee shall call the contestants to their designated positions. The contestants shall remain standing while waiting for the referee's declaration of decision.

The referee shall declare the winner by raising his/her hand to the winner's side, saying "Chung Seung" (blue winner) or "Hong Seung" (red winner).
- NOTE: For international competitions, the referee shall not bring the competitors back to the center, but shall follow current WTF procedure, and simply declare the winner by raising his/her own hand to the winner's side.*
- 4.9 Retirement of the contestants.

5. Contest Procedure in Team Competition

- 5.1 Both teams shall stand facing each other in line in submitted team order towards the 1st Boundary Line from the Contestants' Marks.
- 5.2 Procedure before the beginning and after the end of the contest shall be conducted as in Item 4 of this Article.
- 5.3 Both teams shall leave the Contest Area and stand by at the designated area for each contestant's match.
- 5.4 Both teams shall line up in the Contest Area immediately after the end of the final match facing each other.
- 5.5 The referee shall declare the winning team by raising his/her own hand to the winning team's side.

Explanation:

When team officials register for the event, copies of relevant licenses of the team doctor or physiotherapist (in English) shall be attached. After verification, credentials shall be issued to them. Only team medical staff with proper credentials will be allowed to proceed to the Competition Area with the coach and player.

Guideline for Officiating

When using PSS, the referee shall check if the PSS system and sensing socks worn by both athletes are properly working by having the competitors each perform a single test kick.

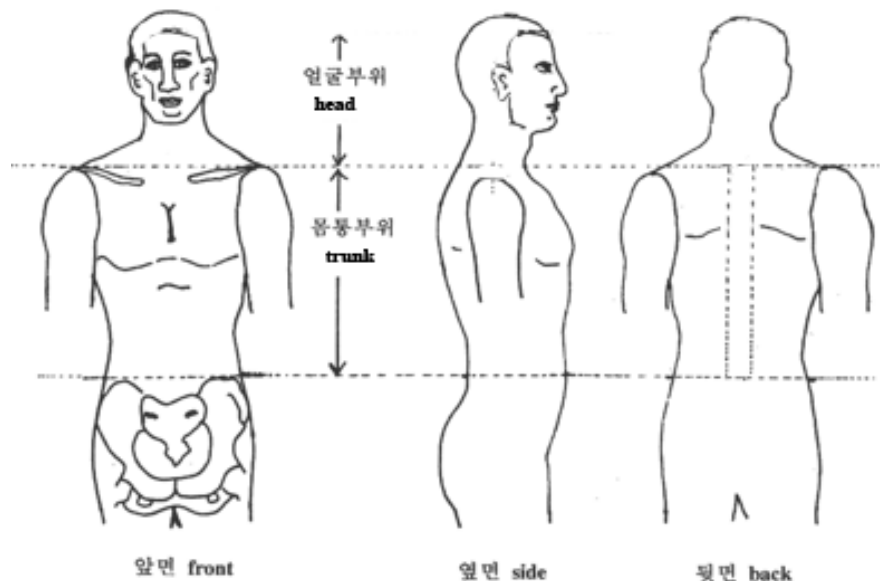
Article 11. Permitted Techniques and Areas

1. Permitted techniques

- 1.1 **Fist technique:** A straight punching technique using the knuckle part of a tightly clenched fist
- 1.2 **Foot technique:** Delivering techniques using any part of the foot below the ankle bone

2. Permitted areas

- 2.1 **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.
- 2.2 **Head:** The area above the collar bone. Only foot techniques are permitted.



Article 12. Valid Points

1. Scoring Areas:

- 1.1 **Trunk:** The blue or red colored area of the trunk protector
- 1.2 **Head:** The entire head above the bottom line of the head protector



2. Criteria for valid point(s):

- 2.1 Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the trunk with a proper level of impact.
- 2.2 Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the head.
- 2.3 If PSS is used, determination of the validity of the technique, level of impact, and/or valid contact to the scoring area shall be made by the electronic scoring system. These PSS determinations shall not be subject to Instant Video Replay.
- 2.4 Based on guidance from the WTF Technical Committee, the USAT Organizing Committee will determine the required level of impact and sensitivity of the PSS, using different scales in consideration of weight category, gender, and age groups. In certain circumstances as deemed necessary, the Organizing Committee may recalibrate the valid level of impact.

3. The valid points are as follows:

- 3.1 One (1) point for a valid punch to trunk protector
- 3.2 Two (2) points for a valid kick to the trunk protector
- 3.3 Three (3) points for a valid turning kick to the trunk protector
- 3.4 Three (3) points for a valid kick to the head
- 3.5 Four (4) points for a valid turning kick to the head
- 3.6 One(1) point awarded for every Gam-jeom given to the opposing contestant

4. Match score:

Match score shall be the sum of points of the three rounds.

5. Invalidation of point(s):

When a contestant records points while using prohibited act(s)

- 5.1 If the prohibited act was instrumental to the scoring of the point(s), the referee shall invalidate the point(s) and declare the penalty for the prohibited act.
- 5.2 However, if the prohibited act was not instrumental in earning the point, the referee may penalize the prohibited act, but not invalidate the point(s).

Article 13. Scoring and Publication

1. Scoring of valid point(s) shall be determined primarily using the electronic scoring system installed in Protector and Scoring Systems (PSS). Points awarded for punching techniques and additional points awarded for turning kicks shall be scored by judges using manual scoring devices. If PSS is not used, all scoring shall be determined by judges using manual scoring devices.
2. If PSS for the head is not used, scoring for all kicking techniques to the head shall be made by judges using the manual scoring devices.
3. The additional point given for a turning kick shall be invalidated if the turning kick was not scored as a valid point(s) by PSS.
4. Under a three (3) corner judge system, two or more judges shall be needed to confirm valid scoring.
5. Under a two (2) corner judge system, two judges shall be needed to confirm valid scoring.
6. If a referee perceives a contestant to be staggered or knocked down by a kick to the head, and so begins counting, but the attack was not scored by the head PSS, the referee shall continue the count. The referee may request IVR to make the decision for awarding or not awarding points after the count.

Guidelines for Officiating

Protector and Scoring System: Any PSS used at a USAT-sanctioned event must meet all USAT and WTF requirements for the enhancement of competition and insurance of fair match outcome.

Valid turning kicks: In the case of using electronic body protectors, two (2) points will be validated by the PSS if the transmitter acknowledges the strike, even if the judges do not give the point for a “valid turn.” Judges must press to award the additional point for a “valid turn.” Judges should press for all valid turning kicks without reference to accuracy or power, and without looking at the monitor to determine if the point scored. In the event that the transmitter does not acknowledge the two point body shot, no point shall be given, regardless of the judges’ scoring of a “valid turn.”

Use of trunk protectors not equipped with electronic sensors: All scoring must be done according to the judge’s own determination of accuracy and power, and there must be equipment available capable of immediately conveying the recorded point to the scoreboard.

Valid turning kick to the head: Where electronic headgear is not used, judges must first press to score the head kick, and then award the additional point for the valid turn. Mechanism for doing this may vary, depending on the electronic scoring system in use. If electronic headgear is in use, judges only press to award the valid turn.

Valid turn not scored: In the situation where the referee sees a valid turn that is not scored by the corner judges, the referee may look to the corner judges to determine if the technical point should be added. With confirmation of at least two corner judges, the center referee will add the additional point.

— NOTES —

Article 14. Prohibited Acts and Penalties

1. Penalties shall be declared by the referee.
2. Prohibited acts described in Article 14 shall be penalized with “Gam-jeom” (deduction penalty).
3. A “Gam-jeom” penalty shall be counted as one (1) additional point for the opposing contestant.
4. Prohibited acts

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

1. Crossing the Boundary Line
2. Falling down
3. Avoiding or delaying the match
4. Grabbing or pushing the opponent
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
9. Butting or attacking with the knee
10. Attacking the fallen opponent
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) Unaccredited doctor/physicians or other team officials found to be seated in the doctor’s position
 - f) Any other severe misconduct or unsportsmanlike conduct on the part of a contestant or coach

4.2 When a coach or contestant commits excessive misconduct or refuses to follow the referee’s command, the referee may declare a sanction request by first declaring “Gam-jeom” penalty, and then raising a Yellow Card. In this case, the Extraordinary Sanctions Committee shall investigate the coach or contestant’s behavior and determine whether a sanction is appropriate in accordance with Article 24.

5. If a contestant intentionally and repeatedly refuses to comply with the Competition Rules or the referee's orders, the referee may end the match and declare the opposing contestant the winner.
6. If the referee at the Inspection desk or officials in the ring determine—in consultation with the PSS technician, if necessary—that a contestant or coach has attempted to manipulate the sensitivity of PSS sensor(s) and/or inappropriately alter the PSS so as to affect its performance, the contestant shall be disqualified.
7. When a contestant receives ten (10) “Gam-jeom” penalties, the referee shall declare the contestant loser by Referee's Punitive Declaration (PUN).
8. In Article 14.7, “Gam-jeom” shall be counted in the total score of the three rounds.
9. When misconduct is committed by a contestant or coach during the rest period, the referee can immediately declare the “Gam-jeom” and the “Gam-jeom” shall be recorded in the next round's results.

Interpretation:

Objectives in establishing the prohibited acts and penalties are as follows:

- To secure the contestants' safety
- To ensure fair competition
- To encourage appropriate techniques

Explanation & Application:

1. Crossing the Boundary Line

A “Gam-jeom” shall be declared when both feet of a contestant cross the Boundary Line. No “Gam-jeom” will be declared if a contestant crosses the Boundary Line as a result of a prohibited act by the opposing contestant.

2. Falling down

“Gam-jeom” shall be declared for falling down. However, if a contestant falls down due to the opponent's prohibited acts, “Gam-jeom” penalty shall not be given to the fallen contestant, while a penalty shall be given to the opponent. If both contestants fall as a result of incidental collision, no penalty shall be given.

Application:

A contestant who falls will be given a “Gam-jeom,” regardless of intention or repeated actions, except in the following cases:

1. The players collide, without exchanging techniques, and both fall down
2. The players clash shins and both fall down
3. The Referee gives an 8-count to the fallen player

3. Avoiding or delaying the match

1. This act involves stalling with no intention of attacking. A contestant who continuously displays a non-engaging style shall be given a “Gam-jeom.” If both contestants remain inactive after five (5) seconds, the center referee will signal the “Fight” command. A “Gam-jeom” 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 10 seconds after the command was given.
2. 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 for evading the opponent’s attack by bending below waist level or crouching.
3. Retreating from the technical engagement only to avoid the opponent’s attack and to run out the clock, “Gam-jeom” shall be given to the passive contestant.
4. “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 a “Gam-jeom.”
5. “Gam-jeom” shall also be given to the athlete who asks the referee to stop the contest in order to adjust the position/fit of protective equipment.

4. Grabbing 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 the leg with the forearm.

For pushing, the following acts shall be penalized:

1. Pushing the opponent out of the Boundary Line
2. Pushing the opponent in a way that prevents kicking motion or any normal execution of attacking movement

5. Lifting the knee

Lifting the leg to block, or 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.

Lifting the leg or cut kick motion shall not be penalized only when it is followed by execution of a kicking technique in combination motion.

6. Attacking below the waist:

This action applies to an attack on any part of the body 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.

7. Attacking the opponent after “Kal-yeo”:

1. Attacking after “Kal-yeo” requires that the attack result in actual contact to the opponent’s body.
2. If the attacking motion started before the “Kal-yeo,” the attack shall not be penalized.
3. In Instant Video Replay review, the timing of “Kal-yeo” shall be defined as the moment that the referee’s “Kal-yeo” hand signal was completed (with fully extended arm); the start of the attack shall be defined as the moment that the attacking foot is fully off the floor.
4. If an attack after “Kal-yeo” did not land on the opponent’s body but appeared deliberate and malicious the referee may penalize the behavior with a “Gam-jeom” (misconduct).

8. Hitting the opponent’s head with the hand:

This article includes hitting the opponent’s head 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.

9. Butting or attacking with the knee:

This article relates to an intentional butting with the head or attacking with the knee when in close proximity to the opponent. However, contact with the knee that happens in the following situations cannot be punished by this article:

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

10. 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 as such 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.

Article 15. Golden point and Decision of Superiority

1. In the event the winner cannot be decided after 3 rounds, a 4th “Golden Point” round will be conducted. The duration of this round shall be one minute.
2. If a contest advances to a Golden Point round, all scores awarded during the first three rounds shall be void.
3. The first contestant to score a point (or points), or whose opponent receives two “Gam-jeoms” in the Golden Point round shall be declared the winner. (In this case, the first “Gam-jeom” does not affect the score.)
4. In the event that neither contestant has scored a point after the Golden Point round, the winner shall be decided by superiority based the following criteria:
 - 4.1 The contestant who achieved a higher number of hits registered by the PSS during the Golden Point round
 - 4.2 If the number of hits registered by the PSS is tied, the contestant who won more rounds in the first three rounds
 - 4.3 If the number of rounds won is tied, the contestant who received fewer “Gam-jeom” penalties during all four rounds
 - 4.4 If the three above criteria are the same, the referee and judges shall determine superiority based on the content of the Golden Point round. If the superiority decision is tied among the referee and judges, the referee shall decide the winner.

Explanation:

Decision of superiority by judges shall be based on the initiative shown during the 4th round. Initiative is judged in the following order:

- a. Technical dominance of an opponent through aggressive match management
- b. The greater number of techniques executed
- c. The use of the more advanced techniques both in difficulty and complexity
- d. Display of a better competition manner

Guidelines for Officiating:

Procedure for Superiority shall be as follows:

1. Prior to the contest, all refereeing officials should make sure they have a Superiority Card and pen with them.
2. In case of a decision of superiority, the referee shall declare “Woo-se-girok” (Record Superiority).
3. Upon the referee’s declaration, the judges shall record the winner within 10 seconds, keeping

their heads down; they shall sign the Superiority Card and give it to the referee.

- The referee shall collect all Superiority Cards, record the final result, and present the cards to the TA. The referee then returns to the center of the ring and declares the winner.

In case of using four refereeing officials (1 referee and 3 corner judges), the referee shall break the tie when the decision is tied 2 to 2 among all refereeing officials.

- Upon declaration of the winner, the Technical Assistant shall secure all cards and save them for future reference.

| SUPERIORITY CARD | | | | | | | |
|--|----------------|----------|----------------|---------------------|----------------|--------------|----------|
| Please circle the particulars | | | | | | | |
| 1. Aggressive match management. | | | | | | | |
| 2. Greater number of techniques. | | | | | | | |
| 3. More advanced techniques (difficulty and complexity). | | | | | | | |
| 4. Better competition manner. | | | | | | | |
| Referee Name _____ | | | | State/Country _____ | | | |
| Referee | Judge 1 | Judge 2 | Judge 3 | | | | |
| HONG | | | | CHUNG | | | |
| Signature: _____ | | | | | | | |
| Referee Only | | | | | | | |
| Referee | Judge 1 | | Judge 2 | | Judge 3 | | |
| H | C | H | C | H | C | H | C |
| Referee's Final Decision: | | | | HONG | | CHUNG | |

Procedure for conducting the Golden Point round:

- If the score is tied when the final round is completed, the referee sends the contestants back to their respective coaches with the same hand gesture used at the end of a round.
- After the rest period, the referee begins the 4th round with “Joon-bi” and “Shi-jak.” The referee does not have the players bow to each other to begin the 4th round.

Explanation:

In the event that one athlete delivers a successful head kick right before the opponent’s body kick, but the later body kick was registered, the coach of the athlete who delivered the successful head kick may ask for video replay. If the Review Jury determines that the head kick was valid and made contact with the head earlier than the body kick, the referee shall invalidate the point(s) scored by the body kick, then award 3 or 4 points for the head kick, and declare the one who delivered the head kick to be the winner.

Article 16. Decisions

1. Win by Referee Stops Contest (RSC)
2. Win by Final Score (PTF)
3. Win by Point Gap (PTG)
4. Win by Golden Point (GDP)
5. Win by Superiority (SUP)
6. Win by Withdrawal (WDR)
7. Win by Disqualification (DSQ)
8. Win by Referee's Punitive Declaration (PUN)

Explanation:

Referee Stops Contest: The referee declares RSC in the following situations:

1. If a contestant has been knocked down by an opponent's legitimate technique and cannot resume the contest by the count of "Yeo-dul;" or if the referee determines the contestant is not able to resume the competition regardless of the progress of counting
2. If a contestant cannot continue the match after one minute of medical treatment
3. If a contestant disregards the referee's command to continue the match three times
4. If the referee recognizes the need to stop the match to protect a contestant's safety
5. When the Commission Doctor determines that the match should be stopped due to a contestant's injury

Win by point gap: When there is a 20-point difference between two athletes at the time of the completion of 2nd round and/or at any time during the 3rd round, the referee shall stop the contest and shall declare the winner by point gap. (In a contest having only two rounds, point gap occurs upon completion of the 1st round or any time during 2nd round.)

Win by Point Gap may be waived in semi-finals and finals in the Senior Division, according to the decision of the Organizing Committee.

Win by withdrawal: The winner is determined by withdrawal of the opponent:

1. When a contestant withdraws from the match due to injury or other reasons
2. When a contestant does not resume the match after the rest period or fails to respond to the call to begin the match
3. When the coach throws a towel into the ring to signify forfeiture of the match

Win by disqualification: This is the result determined by the contestant's failure in weigh-in or when a contestant loses contestant status before the competition begins. The follow-up actions should be different in accordance with the reason of disqualification:

1. In the event that athletes have not passed or did not show at weigh-in after draw: The result should be reflected on the draw sheet and the information should be provided to technical officials and all relevant persons. Referees will not be assigned for this match. The opponent of an athlete that did not pass or show up at weigh-in will not need to appear at the court to compete.
2. In the event that an athlete passed weigh-in but did not appear at the Coach's Area: The assigned referee and opponent shall be waiting in their position until the referee declares the opponent a winner of the match. Detailed procedure is stipulated in section 4.1 of Article 10.

Win by the referee's punitive declaration: The referee declares PUN in the following situations:

1. If a contestant has accumulated ten (10) "Gam-jeoms"
2. If it is determined that a contestant has manipulated the sensor(s) or scoring system of the PSS
3. If a contestant or coach refuses to follow the referee's commands or to comply with the Competition Rules, or commits other serious misconduct, including improper protest.

Article 17. Knock Down

A Knock Down shall be declared when a legitimate attack is delivered, and:

1. When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's scoring technique
2. When a contestant is staggered and shows no intention or ability to continue as a result of the opponent's scoring technique
3. When the referee judges that, in the interest of safety, the contest cannot continue as the result of a contestant being struck by a scoring technique

Explanation

Knock down: This is the situation in which a contestant is knocked to the floor or is staggered or unable to respond adequately to the requirements of the match due to a legal scoring technique. Even in the absence of these indications, the referee may interpret as a knock down, the situation where, as the result of contact, it would be dangerous to continue or when there is any question about the safety of a contestant.

Article 18. Procedure In the Event of a Knock Down

1. When a contestant is knocked down as the result of the opponent's legitimate attack, the referee shall take the following measures:
 - 1.1 The referee shall keep the attacker away from downed contestant by declaration of "Kal-yeo" (break).
 - 1.2 The referee shall first check the status of the downed contestant and count aloud from "Hannah" (one) up to "Yeol" (ten) at one-second intervals towards the downed contestant, making hand signals indicating the passage of time.
 - 1.3 In case the downed contestant stands up during the referee's count and expresses the will to continue the fight, the referee shall continue the count up to "Yeo-dul" (eight) for recovery of the contestant. The referee shall then determine if the contestant is recovered and, if so, continue the contest by declaration of "Kye-sok" (continue).
 - 1.4 When a contestant who has been knocked down cannot demonstrate the will to resume the contest by the count of "Yeo-dul" (eight), the referee shall announce the other contestant winner by RSC (Referee Stops Contest).
 - 1.5 The count shall be continued even after the end of the round or the expiration of the match time.
 - 1.6 In case both contestants are knocked down, the referee shall continue counting as long as one of the contestants has not sufficiently recovered.
 - 1.7 In case both contestants are knocked down and both contestants fail to recover by the count of "Yeol," the winner shall be decided by the match score before the occurrence of the knock down.
 - 1.8 When it is judged by the referee that a contestant is unable to continue, the referee may decide the winner either without counting or during the counting.

2. Procedure to be followed after the contest:

Any contestant who is unable to continue the match as a result of a serious injury, regardless of the part of the body, will not be allowed to compete for the next 30 days without an approved medical examination by a medical doctor designated by the USAT, who must certify that the contestant is recovered and able to compete.

Explanation:

Keep the attacker away: In this situation, the standing opponent shall return to his/her respective contestant's mark; however, if the downed contestant is on or near the opponent's contestant's mark, the opponent shall stand and wait at the boundary line in front of his/her coach's chair.

In case the downed contestant stands up during the referee's count and desires to continue the fight: The primary purpose of counting is to protect the contestant. Even if the contestant desires to continue the match before the count of eight is reached, the referee must count until "Yeo-dul" (eight) before resuming the match. Counting to "Yeo-dul" is compulsory and cannot be altered by the referee.

Counting from one to ten: Ha-nah, Duhl, Seht, Neht, Da-seot, Yeo-seot, Il-gop, Yeo-dul, A-hop, Yeol.

The referee shall then determine if the contestant has recovered and, if so, restart the contest by the declaration of "Kye-sok": The referee must ascertain the ability of the contestant to continue while he/she counts until eight. Final confirmation of the contestant's condition after the count of eight is only procedural and the referee must not needlessly pass time before resuming the contest.

If a player cannot continue: When a contestant who has been knocked down cannot express the will to resume by the count of "Yeo-dul," the referee shall announce the other contestant winner by RSC. after counting to "Yeol."

The contestant expresses the will to continue the match by gesturing several times in a fighting position with the clenched fists. If the contestant cannot display this gesture by the count of "Yeo-dul," the referee must declare the other contestant winner after first counting "A-hop" and "Yeol". Expressing the will to continue after the count of "Yeo-dul" cannot be considered valid. Even if the contestant expresses the will to resume by the count of "Yeo-dul," the referee can continue counting and may declare the contest over if he/she determines the contestant is incapable of resuming the match.

When it is judged by the referee that a contestant is unable to continue: When a contestant is downed by a powerful scoring blow and appears to be in serious condition, the referee can suspend the count and call for first aid, or do so in conjunction with the count.

Guidelines for Officiating:

1. The referee must be constantly prepared for the sudden occurrence of a knock down or situation where the contestant is staggered, which is usually characterized by a powerful blow accompanied by impact.
2. The referee must not spend additional time confirming the contestant's recovery after counting to "Yeo-dul" as a result of failing to observe that condition during the administration of the count.
3. When the contestant clearly recovers before the count of "Yeo-dul" and expresses the will to resume and the referee can clearly discern the contestant's condition yet resumption is hampered by the requirement of medical treatment, the referee must first resume the match with the declaration of "Shi-gan" and immediately after declare "Kye-shi" (injury time-out) and then follow the procedures of Article 19.

4. Match time continues during the count, unless the referee declares “Shi-gan” (suspend time.)

In case the referee begins counting, but no point has scored:

1. **Body technique (PSS and non-PSS):** Referee counts as usual; if contestant is able to continue by the count of eight, referee resumes match with declaration of “Kye-sok.”
2. **Head technique (non-PSS):** Referee counts as usual; judges should stand to bring situation to center referee’s attention. If the contestant is able to continue by the count of eight (“Yeo-dul”), the referee declares “Shi-gan” and looks to the judges to determine if points should be awarded. If the judges do not confirm the points, the referee will request Video Replay, using his/her own card.
3. **Head technique (PSS):** Referee counts as usual; judges should stand to bring situation to center referee’s attention. If the contestant is able to continue by the count of eight (“Yeo-dul”), the referee declares “Shi-gan” and requests Video Replay, using his/her own card.

Article 19. Procedures for Suspending the Match

When a contest is to be stopped due to the injury of one or both contestants, the referee shall take the measures prescribed below. However, in a situation which warrants suspending the contest for reasons other than an injury, the referee shall declare “Shi-gan” (time) and resume the contest by declaring “Kye-sok” (continue).

1. The referee shall suspend the contest by declaration of “Kal-yeo” and order the recorder to suspend the time by announcing “Kye-shi” (injury time-out).
2. The referee shall allow the contestant one minute to receive first aid by the commission doctor; the referee may allow the team doctor to provide first aid if the commission doctor is not available or if it is deemed necessary.
3. If an injured contestant cannot return to the match after one minute, the referee shall declare the other contestant the winner.
4. In case resumption of the contest is impossible after one minute, the contestant causing the injury by a prohibited act to be penalized by “Gam-jeom” shall be declared the loser.
5. In case both the contestants are knocked down and are unable to continue the contest after one minute, the winner shall be decided upon points scored before the injuries occurred.
6. If the referee determines a contestant’s pain is caused only by a bruise, the referee shall declare “Kal-yeo” and give a command to resume the match with the call, “Stand up.” If the contestant refuses to continue the match after the referee gives the command “Stand up” three times, the referee shall declare the match Referee Stops Contest.
7. If the referee determines a contestant has received an injury such as broken bone(s), dislocation, sprained ankle or bleeding, the referee shall allow the contestant to receive a first aid treatment for one minute after “Kye-shi.” The referee may allow the contestant to receive first aid

treatment even after giving the command, “Stand-up” if the contestant is determined to be injured in one of the categories above.

8. Stopping the match due to injury: If the referee determines a contestant has received an injury such as broken bone(s), dislocation, sprained ankle or bleeding, the referee shall consult with the tournament medical staff. If a contestant is re-injured in the same manner, the chairperson of the Medical Committee or the commission doctor assigned by the chairman may advise the referee to stop the match and declare the injured contestant the loser.

Explanation:

When the referee determines that the competition cannot be continued due to injury or any other emergency situation, he/she may take the following measures:

1. If the situation is critical such as a contestant losing consciousness or suffering from a severe injury and time is crucial, first aid must be immediately directed first and the match must be closed. In this case, the result of the match will be decided as follows:
 - a. The contestant causing the injury shall be declared the loser if the outcome was the result of a prohibited act to be penalized by “Gam-jeom.”
 - b. The incapacitated contestant shall be declared the loser if the outcome was the result of a legal action or accidental, unavoidable contact.
 - c. If the outcome was unrelated to the match contents, the winner shall be decided by the match score before suspension of the match. If the suspension occurs before the end of the first round, the match shall be invalidated.
2. If first aid treatment is need for an injury, the contestant can receive necessary treatment within one minute after the declaration of “Kye-shi”.
 - a. Order to resume the match: It is the decision of the center referee, after consultation with the Commission Doctor, whether or not it is possible for the contestant to resume the match. The referee can anytime order the contestant to resume the match within one minute. The referee can declare any contestant who does not follow the order to resume the match the loser of the contest.
 - b. While the contestant is receiving medical treatment or is in the process of recovering, 40 seconds after the declaration of “Kye-shi,” the referee begins to loudly announce the passage of time in five second intervals. When the contestant cannot return to the contestant’s mark by the end of the one minute period, the match results must be declared.
 - c. After the declaration of “Kye-shi,” the one minute time interval must be strictly observed, regardless of the Commission Doctor’s availability. However, when the doctor’s treatment is required but the doctor is absent or additional treatment is necessary, the one minute time limit can be suspended by the judgment of the referee.
 - d. If resumption of the match is impossible after one minute, the decision of the match will be determined according to sub-article 1 of this Explanation.

3. If both contestants become incapacitated and are unable to resume the match after one minute or urgent conditions arise, the match result is decided according to the following criteria:
 - a. If the outcome is the result of a prohibited act to be penalized by “Gam-jeom” by one contestant that person shall be the loser.
 - b. If the outcome was not related to any prohibited act to be penalized by “Gam-jeom”, the result of the match shall be determined by the match score at the time of suspension of the match. However, if the suspension occurs before the end of the first round, the match shall be invalidated and the Organizing Committee will determine an appropriate time to re-contest the match. The contestant who cannot resume the match shall be deemed to have withdrawn from the match.
 - c. If the outcome is the result of prohibited acts to be penalized by “Gam-jeom” by both contestants, then both contestants shall lose.

Guidelines for Officiating

Situations which warrant suspending the match beyond the above-prescribed procedures shall be treated as follows.

1. When uncontrollable circumstances require suspension of the match, the referee shall suspend the match and follow the directives of the Organizing Committee.
2. If the match is suspended after the completion of the second round, the outcome shall be determined according to the match score at the time of suspension.
3. If the match is suspended before the conclusion of the second round, a rematch shall, in principle, be conducted and shall be held in three rounds.

Article 20. Technical Officials

1. Qualifications for all refereeing officials:
 - 1.1 Holders of Referee Certification registered by the USAT and/or the WTF
 - 1.2 Must obtain and renew Safe Sport background check as required
2. Duties
 - 2.1 Referee
 1. The referee shall have control over the match.
 2. The referee shall declare “Shi-jak,” “Keu-man,” “Kal-yeo,” “Kye-sok” and “Kye-shi,” winner and loser, deduction of points, penalties and retiring. All the referee’s declarations shall be made without hesitation during the course of the contest.
If the Inspection Desk is not in use, the referee will inspect the Chung contestant’s safety equipment, dobok, metallic articles, etc., and then Hong’s.

3. The referee shall have the right to make decisions independently in accordance with the prescribed rules.
4. In principle, the center referee shall not award points. When the officiating team is composed of 1 referee and 3 corner judges, if one of the corner judges raises his/her hand because a point was not scored, the center referee will declare, “Kal-yeo” and check to see if the score is confirmed by one or both of the other judges. If two judges concur, the referee must accept the judgment and correct the score. However, in a setting using only two corner judges, the result of the scoring can be revised if two persons among two judges and the referee agree to do so.
5. In case of a tie or scoreless match, the decision of superiority shall be made by all refereeing officials after the end of the four rounds in accordance with Article 15.

2.2 Judges

1. The judges shall score valid points immediately.
 2. The judges shall state their opinions forthrightly when requested by the referee.

2.3 Technical Assistant (TA)

1. The TA shall continually monitor the scoreboard during the contest to make sure that the scoring, penalties and timing are correctly publicized, and immediately notify the referee of any problematic issue in this regard.
2. The TA shall notify the referee of starting or stopping the contest, in close communication with the system operator and recorder.
3. The TA manually records all scores, penalties and IVR results on the TA paper or Match Sheet.

2.4 Review Jury (RJ)

1. Qualification: The Review Jury shall be an experienced, highly qualified USAT Referee appointed by the USAT Referee Chairman.
2. One Review Jury shall be allocated per court. The Review Jury may also serve as the Technical Assistant of that court.
3. The Review Jury shall be responsible for reviewing instant replays, and informing the referee of the decision within 30 seconds.

2.5 Recorder

The recorder shall time the contest, periods of time-out, and suspensions, and also shall record and publicize the awarded points, and/or penalties.

3. Composition of refereeing officials per court:

- 3.1 In the use of non-electronic trunk protector, the officials' squad is composed of one (1) referee and three (3) judges.

- 3.2 The officials' squad is normally composed of one (1) referee and three (3) judges; if PSS is in use and there is provision for electronic scoring of head techniques, the officials' squad may be composed of one (1) referee and two (2) judges.
4. Assignment of refereeing officials:
- 4.1 The assignment of the referees and judges shall be made after the contest schedule is fixed.
- 4.2 Referees and judges from the same state (or country, for international competitions) as that of either contestant shall not be assigned to such a contest. However, an exception can be made for the judges when the number of refereeing officials is insufficient.
- 4.3 All USAT-sanctioned tournaments shall be officiated by certified USAT referees who are currently active with the USAT. To be current with the USAT, the referee must:
1. Be a registered member of the USAT for the current calendar year.
 2. Have attended and participated in at least one Referee Seminar conducted by the USAT within the past 12 months. International Referees must have attended at least one WTF-sanctioned IR certification seminar or refresher course within the past two years, or at least one Referee Seminar conducted by the USAT within the past year.
5. Responsibilities for decisions
- Decisions made by the referees and judges shall be conclusive and the referee and judges shall be responsible to the Competition Supervisory Board for the content of those decisions.
6. Uniform of referees and judges
- 6.1 The referees and judges shall wear the uniform designated by USAT.
- 6.2 The refereeing officials shall not carry or take any materials to the contest area which might interfere with the contest. Refereeing officials should not use mobile phones in the competition area.

Guidelines for Officiating:

Replacement of officials: The Chair of the Competition Supervisory Board may request the USAT Referee Chairman for that event or USAT designee to replace the refereeing officials in the event that refereeing officials have been mis-assigned, or when it is judged that any of the assigned refereeing officials have unfairly conducted the contest or made unjustifiable mistakes repeatedly.

Judges' conference: In case that each judge awards different score respectively to the legal attack on the head—for example, one judge gives one point, another gives three and the other gives no point—and no point is recognized as valid, or in the case that the recorder makes a mistake in timing, scoring or penalties, any of the judges may indicate the mistake and ask for confirmation among the judges, and the referee may stop the contest and gather the judges to ask for statements. After discussion, the referee must publicize the resolution. In the case that a coach also requests a video review for the same occurrence, the referee shall first confer with

the judges before taking the request from coach. If it has been decided to correct the decision, the coach shall remain seated without using his/her appeal quota. If the coach still stands and requests a video review, the referee shall take the coach's request.

Article 21. Instant Video Replay

For National Championships, Team Trials and for certain other USAT competitions (where possible and/or feasible) Video Replay will be used. In this case, each court shall have one (1) Review Jury, a highly experienced USAT Referee appointed by the Referee Chairman. The Review Jury may also serve as the Recorder/Technical Assistant of that court. It is the responsibility of the Review Jury to review an instant replay and to inform the center referee of the decision.

Procedure of Instant Video Replay is as follows:

1. In case there is an objection to a judgment of the refereeing officials during the contest, the coach of a team can make a request to the center referee for an immediate review of the video replay. The coach may only request video review for the following:
 - a) Penalties against the opponent for instances of falling down, crossing the Boundary Line, attacking the opponent after "Kal-yeo" or attacking the fallen opponent
 - b) Technical point
 - c) Any penalty against the coach's own contestant
 - d) Any mechanical malfunction or error in time management
2. When a coach appeals, the center referee will approach the coach and ask the reason for the appeal. No appeal shall be admissible on points scored by foot or fist attacks on the trunk, or foot attack on trunk PSS and head PSS. Where head PSS is not used, the coach may request instant video replay for a head kick.

The scope of instant video replay request is limited to only one action which has occurred within five (5) seconds from the moment of the coach's request. Once the coach raises the card to request instant video replay, it will be considered that the coach has used his/her allocated appeal, unless the result of a Judges' meeting satisfies the coach.

3. The referee shall approach the Review Jury, bow, and request the Review Jury to review the instant video replay. After review of the instant video replay—which, in principle, should be completed within 30 seconds—the Review Jury shall inform the center referee of the final decision: "Accepted" (right thumb up) or "Rejected" (hands crossed). The Review Jury may consult with the Referee Chairman for a second opinion.
4. Each coach shall receive one (1) Video Replay card per contest. If the appeal is successful and the contested issue is corrected, the coach shall retain the appeal quota for that contest. In a single match, a coach may appeal as many times as he/she wishes, as long as each appeal is upheld by the Review Jury. If an appeal is denied, the coach loses the right to any further appeal in that match.

5. The decision of the Review Jury is final; no further appeals will be accepted during or after the contest. (Exceptions: Errors in determining the match results, mistakes in calculating the match score or misidentifying a contestant. In such instances, an official protest could be submitted according to the “Protest Procedure After the Match,” below.)
6. In the case that there is a clear erroneous decision from the refereeing officials on identification of the contestant or errors in the scoring system, any of the refereeing officials can request for review and correct the decision at any time during the contest. Once the refereeing officials leave the Contest Area, it will not be possible for anyone to request for review or to change the decision.
7. In the case of a successful appeal, the Competition Supervisory Board may investigate the contest at the end of the competition day and take disciplinary action against the concerned refereeing officials, if necessary.
8. In the last 10 seconds of the third round, or any time during the Golden Point round, any of the judges can ask for a review and correction of scoring when a coach does not have an appeal quota.
9. Accurate records shall be kept, detailing each request for video replay and its disposition.

Application:

What can be appealed:

1. 3 or 4 points head kick, or no 3 or 4 points (if head PSS is not in use)
2. Additional point for a turning kick, or point incorrectly awarded for a turning kick
3. Penalties against the opponent only for instances of falling down, crossing the boundary line, attacking after “Kal-yeo” or attacking the fallen opponent
4. Any penalty against the coach’s own player
5. Points gained through an illegal action—but only if referee has given the penalty, but failed to wave off the points
6. Point(s) or penalty clearly awarded to wrong player (i.e., Chung falls, but referee gives falling penalty to Hong; Hong kicks, but score goes up for Chung, etc.)
7. System technical problems (in this case, referee uses his/her own card)

What cannot be appealed:

1. Kicks scored, or not scored, to the body
2. Kicks scored, or not scored, to the face or head if head PSS is in use
3. Punches scored or not scored
4. Reversal of a previous Video Replay decision
5. Invalidation of points gained through illegal action, such as grabbing or pushing—unless referee has awarded a penalty, but failed to remove the point(s)
6. Two or more actions (with certain exceptions, see below)

Situations where two actions may come into play:

1. Invalidation of points scored as a result of falling (i.e., spin kick where hand touches ground before kick scores)
2. Invalidation of points scored after either player has crossed the Boundary Line
3. Two head kicks (head touches) in same exchange

Guidelines for Officiating:

1. No clear view of the action:

If the action is not clear or conclusive due to camera angle or video resolution, or if the view is partially blocked, the outcome of the Review Juror will be based on the field of play decision; the challenge card will not be returned.

2. Video review failure:

If the video does not record a challenged action due to technical issues or operator error, the request shall be denied but the challenge card will be returned to the coach and the quota will remain unchanged.

3. Review criteria:

1. Review Jury must take into consideration any illegal action associated with a technique when deciding to accept or reject an IVR challenge. If there is holding, for example, which is instrumental in a scoring kick to the head, the Review Jury must reject the request, but cannot instruct the referee to give a “Gam-jeom” to the offender.
2. There must be clear and conclusive video evidence to support overturning the field of play decision by the referee and/or judges; “looks like,” “maybe” or “probably” are not sufficient.

— NOTES —

Article 22. Other Competition Matters

1. Official Decision

Official field of play decisions made during and at the end of the contest are final and not negotiable.

2. Competition Proceedings

2.1 All officials, contestants and coaches participating in a tournament are required:

1. To satisfy all USAT eligibility requirements
2. To observe the Code of Conduct of the USAT and the rules of the tournament; violators may face sanction by the USAT

2.2 All contestants are required to be currently registered with USAT during the year of the competition.

2.3 All black belt competitors must submit a copy of their Dan certificate at the time of registration with the Organizing Committee. The appropriate Dan must be indicated on the contestant's I.D. badge.

2.4 When summoned, competitors are required to confirm their colors first, and then to make necessary preparations for the match. This includes putting on the protective equipment and having his/her coach available.

2.5 During a contest, any contestant who wishes to leave the ring must request permission from the referee.

2.6 Contestants are required to use the designated route for entry into and exit from the Contest Area.

2.7 In case of team contests:

1. Each team shall submit the pre-determined list of contestants in the order of competition.
2. Team competition winners shall be decided on the basis of the total number of points accumulated in individual competition; see Article 6 for details.

3. Coach

3.1 One Coach may accompany the contestant to the competition ring when the contestant's name is called to compete. The coach must meet all USAT Coaching program requirements to be eligible to coach.

3.2 The coach must observe the USAT Code of Conduct, the rules and regulations of the Organizing Committee, and the rules of the tournament. Violators of these rules and/or regulations may have their coaching privileges suspended by USAT, and may face additional sanction, per Article 24.

3.3 During the competition, coaches are required to remain seated and NOT allowed to move

about the ring during competition. The coach may not enter the ring during a competition. If his/her contestant is injured during a contest, then the coach must wait for the referee to declare “Kal-yeo” and give permission before leaving the coach’s chair. The coach should wait for the tournament doctor to arrive before touching his/her contestant.

4. Competition Floor

4.1 Throughout any USAT-sanctioned championships, only the following personnel may enter the competition floor:

1. Referees, Judges, Recorders and Technical Assistants, Review Jurors
2. Members of the Tournament Staff
3. Members of the Competition Supervisory Board
4. Members of the medical team
5. Security officers when necessary
6. Athletes and qualified coaches when the athlete’s name is called to compete
7. Other essential personnel with the approval of the USAT Events Director

5. The Referee and Coach During a Contest

5.1 Before the Start of a Contest

1. The referee will collect the coach and the contestant badges from both the Chung (blue) and Hong (red) sides and bring them to the Recorder’s table for retention until completion of the contest.
2. Coaches without a valid coach’s badge will be escorted from the Contest Area.

5.2 During a Contest

1. If the coach leaves the coach’s chair for any reason (including standing up), the referee may suspend the match and immediately declare a “Gam-jeom” penalty on the coach’s contestant.
2. If the coach tries to talk or talk back to referee or judges during a contest, the referee may suspend the match, and immediately declare a “Gam-jeom” penalty on the coach’s contestant.
3. If the coach makes any comment about the referee during a match, the referee may suspend the match and immediately declare a “Gam-jeom” penalty on the coach’s contestant.
4. If the coach is guilty of a serious violation of any kind (violent or extreme behavior), the referee should suspend the match and immediately declare a “Gam-jeom” penalty on the coach’s contestant. In very serious cases, the coach may also be issued a Yellow Card, resulting in possible sanction, per Article 24.

5.3 After the Contest

1. The referee must keep all unauthorized persons away from the Recorder’s Table during or after the contest. This includes all Grandmasters, Masters, officials, coaches, etc.

2. After the contest winner is declared, referees, judges or assistants should avoid interaction with coaches. It is the responsibility of the referee to help keep the coach and all other people away from all officials in his/her ring. If the coach has a problem with the contest decision, the referee or a member of the Event Staff will escort the coach immediately to the Competition Supervisory Board table.

Article 23. Protest and Arbitration

1. Composition of the Competition Supervisory Board

1.1 Qualifications of the members:

Qualified Competition Supervisory Board members shall be persons with sufficient Taekwondo experience recommended by the USAT Executive Director or his/her designee.

1.2 Composition:

1. One Chairman and no more than six members.
2. If there are officials from the same state or the same training affiliation, as either contestant involved on the Competition Supervisory Board, those members must be excluded from the Board. In all cases, the number of Board members must be an odd number. If the Chair is one who is ineligible, a temporary chair must be elected by the remaining members.

- 1.3 The chair and members of the Competition Supervisory Board will be appointed by the USAT Executive Director or his/her designee.

2. Responsibility

- 2.1 The Competition Supervisory Board shall adjudicate protests and correct misjudgments if necessary. In their concurrent capacity as the Extraordinary Sanctions Committee (see Article 24), the Competition Supervisory Board may also take disciplinary action against the officials committing the infraction. Documented records and results shall be sent to the USAT Executive Director.
- 2.2 The Chair of the Competition Supervisory Board may recommend that the USAT Referee Chairman for that event or USAT designee replace referees or judges.

3. Protest Procedure After the Match

In a tournament where instant video replay system is not available, the following protest procedure will be applied:

- 3.1 In case there is an objection to a referee judgment, within 10 minutes after the pertinent contest, the certified coach representing the athlete may submit an application for re-evaluation of decision (protest application) together with the prescribed, non-refundable fee

of one hundred dollars (\$100.00) to the Event Director. (Please see Appendix I.)

- 3.2 Deliberation of re-evaluation shall be carried out excluding those members of the same state or training affiliation as that of either contestant concerned, and resolution shall be made by majority vote.
- 3.3 The members of the Competition Supervisory Board may summon the refereeing officials for confirmation of events. Video tapes will not be admitted as evidence.
- 3.4 The resolution made by the Competition Supervisory Board will be final and no further means of appeal will be applied.
- 3.5 Deliberation procedures are as follows:
 1. A coach or head of team from the protesting side shall be permitted to make a brief verbal presentation to the Board of Arbitration in support of their position. The coach or head of team from the respondent side shall be allowed to present a brief rebuttal.
 2. After reviewing the protest application, the content of the protest must be arranged according to the criterion of "Acceptable" or "Unacceptable."
 3. If necessary, the Board can hear opinions from the referee or judges.
 4. If necessary, the Board can review the material evidence of the decision, such as the written records (TA Paper, score sheets, tally sheets), or electronic records of the match. No videotapes can be used.
 5. After deliberation, the Board holds a secret ballot to determine a majority decision.
 6. The Chair will make a report documenting the outcome of the deliberation and shall make this outcome publicly known.
 7. Subsequent process following the decision:
 - a. Errors in determining the match results, mistakes in calculating the match score or misidentifying a contestant shall result in the decision being reversed.
 - b. Errors in application of the rules:

When it is determined by the Board that the referee made a clear error in applying the Competition Rules, the outcome of the error shall be corrected and the referee may be admonished or face sanction.
 - c. Errors in factual judgment:

When the Board decides that there was a clear error in judging the facts such as the impact of striking, severity of action or conduct, intention, timing of an act in relation to a declaration or area, the decision shall not be changed and the official(s) seen to have made the error shall be reprimanded.
 - d. The Chair of the Competition Supervisory Board may recommend that the USAT Referee Chairman for that event replace referees or judges in the event that refereeing officials have been wrongly assigned, or when it is judged that any of the assigned refereeing officials have unfairly conducted the contest or made unjustifiable mistakes.

Article 24. Sanction Procedure

1. Procedure of Sanction

- 1.1 The composition of the Extraordinary Sanctions Committee shall be the same as that of the Competition Supervisory Board.
- 1.2 The USAT Executive Director (or his/her designee) may request that an Extraordinary Sanctions Committee be convened for deliberation when inappropriate behaviors are committed by a coach, a contestant, official, and/or any Organizing Committee member.
- 1.3 The deliberation procedure of sanction shall correspond to that of Competition Supervisory Board, and shall be consistent with due process protections guaranteed by the Ted Stevens Olympic and Amateur Sports Act and USAT bylaws.
- 1.4 The Extraordinary Sanctions Committee shall deliberate the matter, and determine what, if any, disciplinary actions to impose. The result of deliberation shall be immediately announced to the public and reported in writing, together with relevant facts and rationale to USAT Executive Director.
- 1.5 The Extraordinary Sanctions Committee may summon person(s) concerned for confirmation of events.
- 1.6 Examples of sanctionable behaviors on the part of a contestant:
 1. Refusing to obey the referee's command to abide by the procedures of the match, including but not limited to refusing to bow to his/her opponent at the beginning of the match or not participating in the declaration of the winner at the end of the match
 2. Throwing his/her belongings (head protector, gloves, etc.) as an expression of dissatisfaction with decision
 3. Not leaving the competition area after the end of a match
 4. Not returning to a match after a referee's repeated command
 5. Not complying with the competition official's ruling or command
 6. Manipulation of scoring equipment, sensors or/and any part of a PSS
 7. Any serious unsportsmanlike behavior during a match or aggressive misconduct toward competition officials
- 1.7 Examples of sanctionable behaviors on the part of a coach, official, or member of a Local Organizing Committee:
 1. Complaining about or arguing against an official's decision during or after a round
 2. Arguing with the referee or other official(s)
 3. Violent behavior or remark toward officials, opponents or the opposing side, or spectators during a match
 4. Provoking spectators or spreading false rumor
 5. Violent behavior; e.g., throwing or kicking personal belongings or competition materials

6. Instructing athlete(s) to participate in misconduct, such as remaining in the competition area after a match
7. Not following instructions of competition officials to leave the field of play or venue
8. Any other serious misconduct toward competition officials
9. Any attempt to bribe competition officials

2. Disciplinary actions:

Disciplinary Actions issued by the Extraordinary Sanctions Committee may vary according to the degree of the violation. The following sanctions may be given:

- 2.1 Disqualification of the athlete
 - 5.2 Warning and order to issue official apology
 - 5.3 Removal of accreditation
 - 5.4 Ban from the competition venue:
 1. Ban for the day
 2. Ban for the duration of the Championships
 - 5.5 Cancellation of Result:
 1. Cancellation of the match result and all related merits
 2. Cancellation of USAT ranking points
 - 5.6 Suspension of athlete, coach, or/and team officials from all USAT activities:
 1. 6 month suspension
 2. 1 year suspension
 3. 2 year suspension
 4. 3 year suspension
 5. 4 year suspension
 - 5.7 Ban of the Local Organizing Committee from participating in USAT Promoted or Sanctioned Championships:
 1. Specified championships
 2. All championships for a specified period of time (up to four (4)years)
 - 5.8 Monetary fine of between \$100-to-\$5,000 US dollars per violation.
6. The Extraordinary Sanctions Committee may recommend to USAT that additional disciplinary actions be taken against the person(s) involved, including but not limited to longer-term suspension, lifetime ban, and/or additional monetary fines.
 7. Appeal of any disciplinary action(s) taken by Extraordinary Sanctions Committee may be made in accordance with Section 15 of the USAT Bylaws governing dispute resolution and disciplinary actions.

Article 25. Other Matters Not Specified in the Competition Rules

Matters not specified in the Competition Rules shall be dealt with as follows:

1. Matters related to the competition shall be decided through consensus by the refereeing officials of the pertinent contest, under the direction of the Technical Assistant and if necessary, the Referee Chairman for the event.
2. Matters which are not related to a specific contest shall be decided by the USAT Executive Director or his/her proxy.
3. Matters and situations not covered by these competition rules will be resolved by precedents, interpretation, and the rules set forth by the USAT and the WTF:
 - 3.1 If the situation is covered by the USAT or WTF rules, the Chairman of the Competition Supervisory Board will make final rulings.
 - 3.2 If the situation is not covered by the USAT or WTF rules, the Executive Director of the USAT (or his/her appointed delegate) will make the final ruling after a joint meeting of the Competition Supervisory Board members and other involved committee members.

— NOTES —

Article 26. Para-Taekwondo

This article outlines the modifications to the Competition Rules used for Para-Taekwondo. For matters not covered by Article 25, USAT Competition Rules will apply.

1. Qualifications of contestants

- 1.1 Holder of Taekwondo Gup recognized by USAT local Organizing Committee or recognized Dan/Poom certificate
- 1.2 Contestant must be at least 16 years old in the year the pertinent tournament is held
- 1.3 Contestant must have gone through classification procedures as outlined in the USAT Para-Taekwondo Classification Rules and Regulations and been assigned Sport Class and Sport Class Status

2. Contestant Uniform and Equipment

Contestant shall wear USAT-approved uniform and equipment as far as allowed by limb deficiency. In the case of amputation, the uniform sleeve/s must be cut no more than five (5) centimeters below the limb.

3. Weight Divisions

Para-Taekwondo weight divisions are divided into male and female divisions, as follows;

| Men's Division | | Women's Division | |
|----------------|----------------------------------|------------------|----------------------------------|
| Under 61 | Not exceeding 61 kg | Under 49 | Not exceeding 49 kg |
| Under 75 | Over 61 kg & not exceeding 75 kg | Under 58 | Over 49 kg & not exceeding 58 kg |
| Under 75 | Over 75 kg | Under 58 | Over 58 kg |

4. Duration of contest

The duration of the contest shall be three rounds of two minutes each, with a one-minute rest period between rounds. In case of a tie score after the completion of the 3rd round, a 4th round of two minutes will be conducted as the Golden Point Round, after a one-minute rest period following the 3rd round.

The duration of each round may be adjusted to 1 minute x 3 rounds, 1 minute 30 seconds x 3 rounds or 2 minutes x 2 rounds upon the decision of the Organizing Committee for the pertinent championships. The Organizing Committee should take classification into consideration when deciding duration of contest; different durations of contest can be used for different classes.

5. Permitted techniques and areas

5.1 Permitted techniques:

Fist technique: A straight punching technique using the knuckle part of a tightly clenched fist. If the athlete is unable to make a fist with either one or both hands, the athlete will not be able to score points by punching.

Foot technique: Delivering techniques using any part of the foot below the ankle bone

5.2 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: No attacks to the head are permitted

5.3 Scoring area

Body: The blue or red colored area of the body protector

6. Valid Points

6.1 Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the trunk with a proper level of impact.

6.2 Valid points shall be awarded as follows:

One (1) point for a valid kicking technique on trunk protector

Three (3) points for a valid turning kick to the trunk protector

7. Prohibited acts and penalties

In the case of an attack to the head, "Gam-jeom" shall be declared.

8. Decision of Superiority

If there is still a tied score after completion a fourth (4) Golden Point round, the referee and judges shall take into consideration the level of disability in the determination of superiority.

9. Sport class changes after first appearance

9.1 Change to higher sport class

If, after their first event appearance, an athlete's activity limitation appears less than that defined in their initial sport class, then they may be moved to a higher sport class. This is an unfair advantage and the athlete's results in the initial sport class shall not be recognized. This includes change to sport class Not Eligible (NE).

9.2 Change to lower sport class

If an athlete's sport class changes to a lower sport class after the first appearance event, then the athlete's activity limitation appears more severe than that of his/her competitors. In this situation, the athlete's competitors had an advantage in the event. As the athlete has been disadvantaged, results and medals earned will be still be recognized and awarded.

10. USAT Para-Taekwondo Championships will be organized based on the most recent Standing Procedure for Taekwondo Competition in the Paralympic Games

Article 27. Deaf Taekwondo

This article outlines the modifications to the Competition Rules used for Deaf-Taekwondo. For matters not covered by Article 26, USAT Competition Rules will apply.

1. Qualification of athlete

Contestant must have gone through classification procedures as outlined in USAT Para-Taekwondo and Deaf Taekwondo Classification Code and been assigned Sport Class and Sport Class Status.

2. Weight Categories

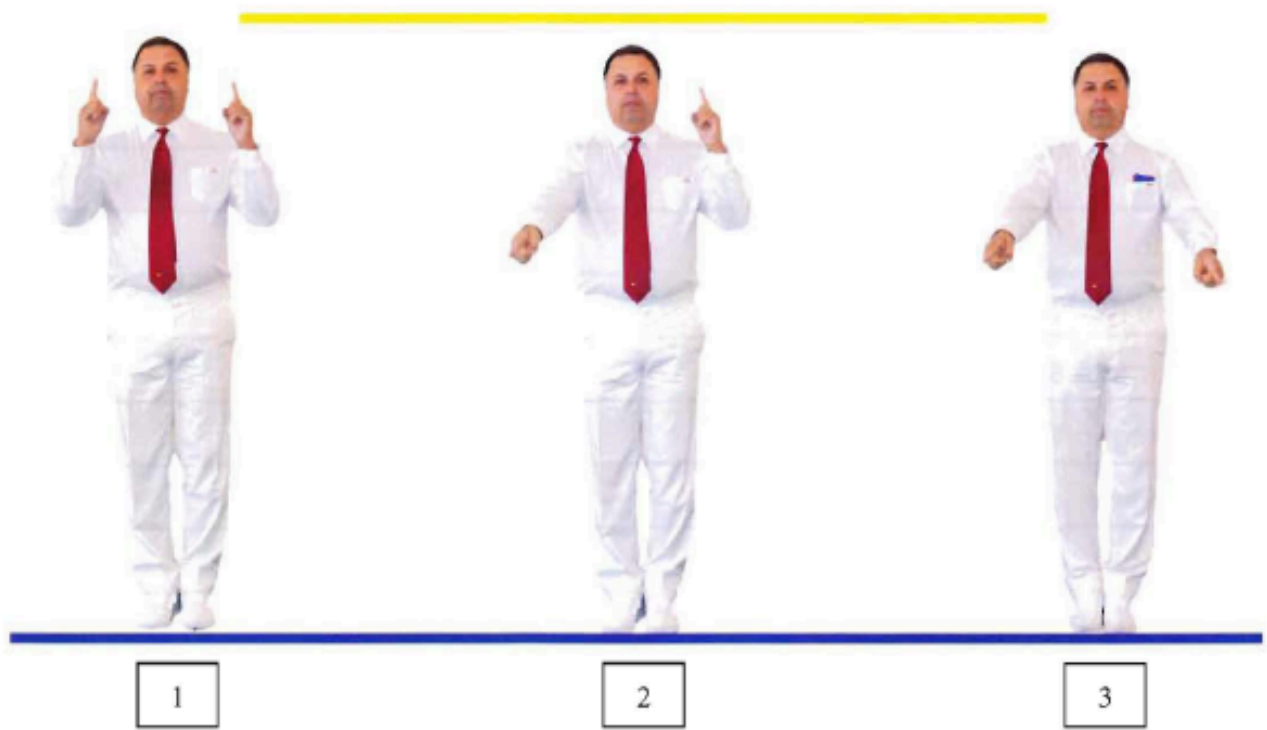
Olympic weight categories apply to competitions in Deaf Taekwondo.

3. USAT Deaf Taekwondo Championships will be organized based on the most recent Standing Procedure of USAT Deaf Taekwondo Championships.

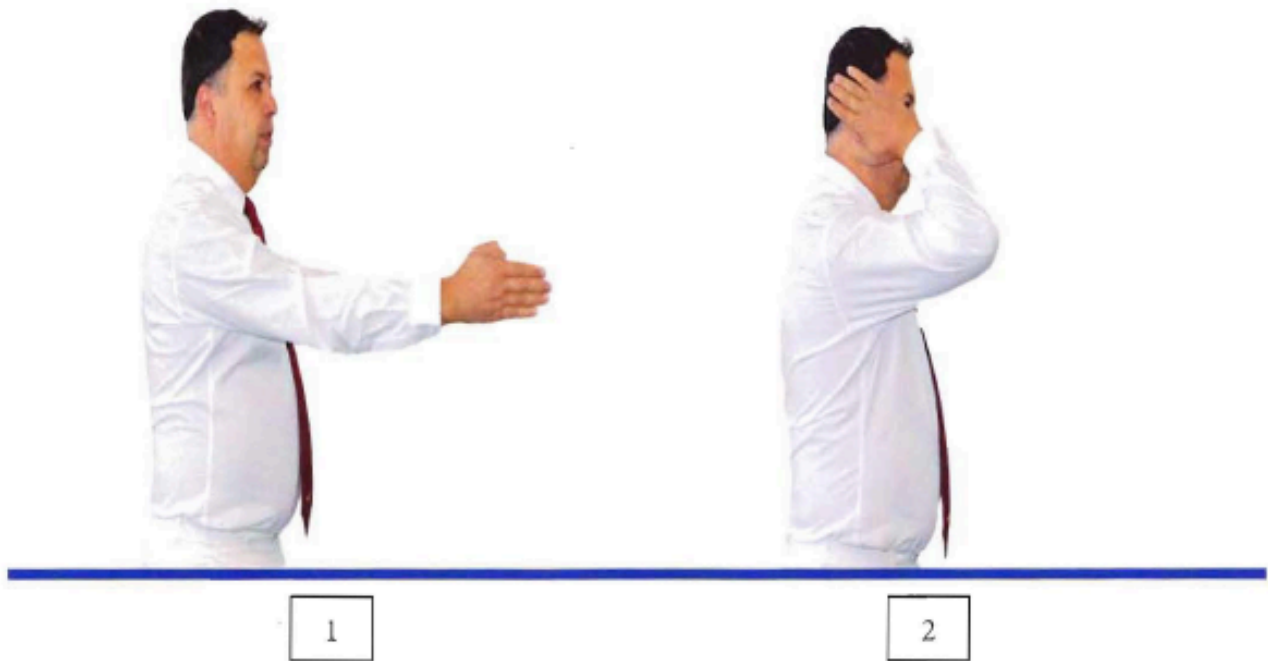
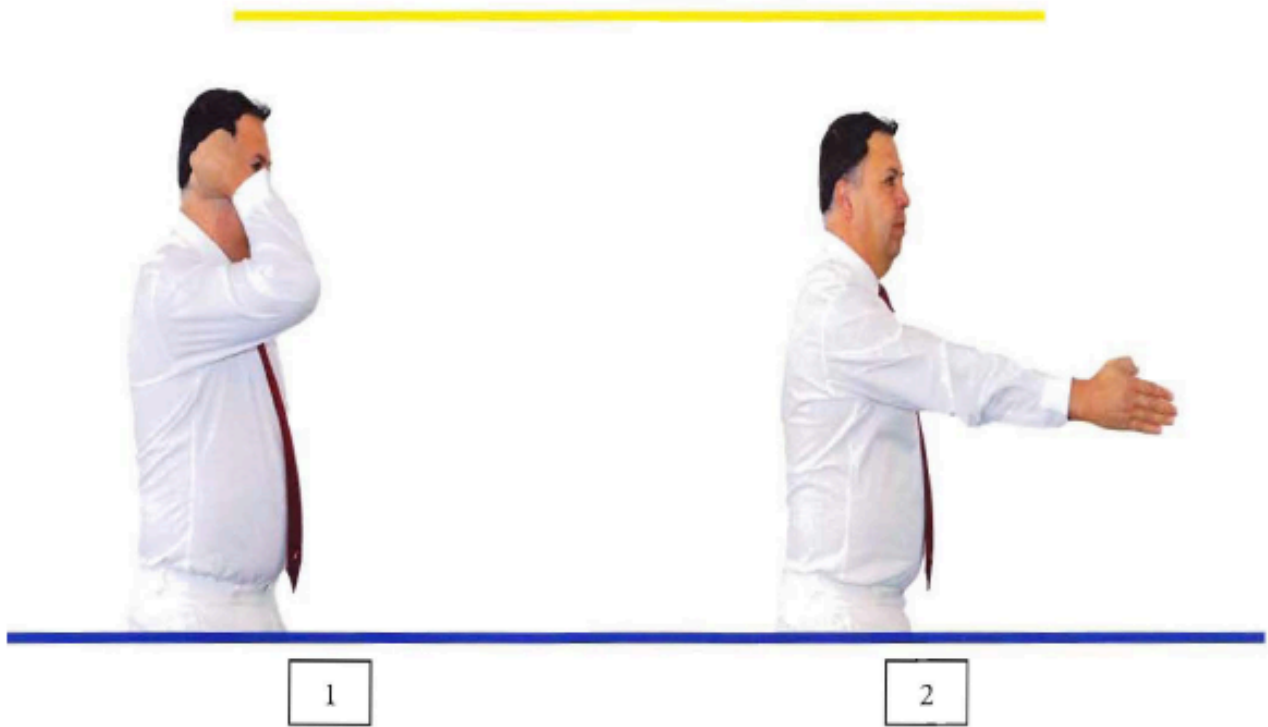
— NOTES —

Referee Hand Signals

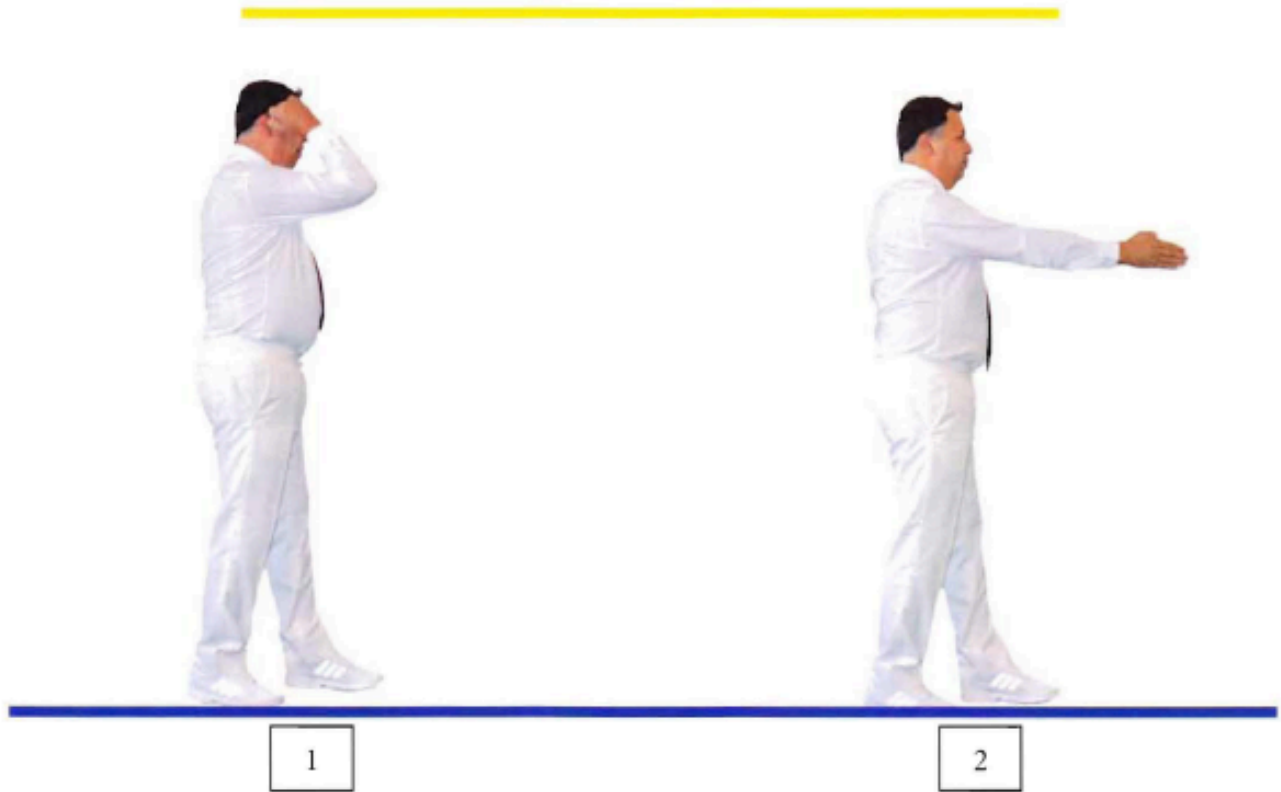
1. Beginning



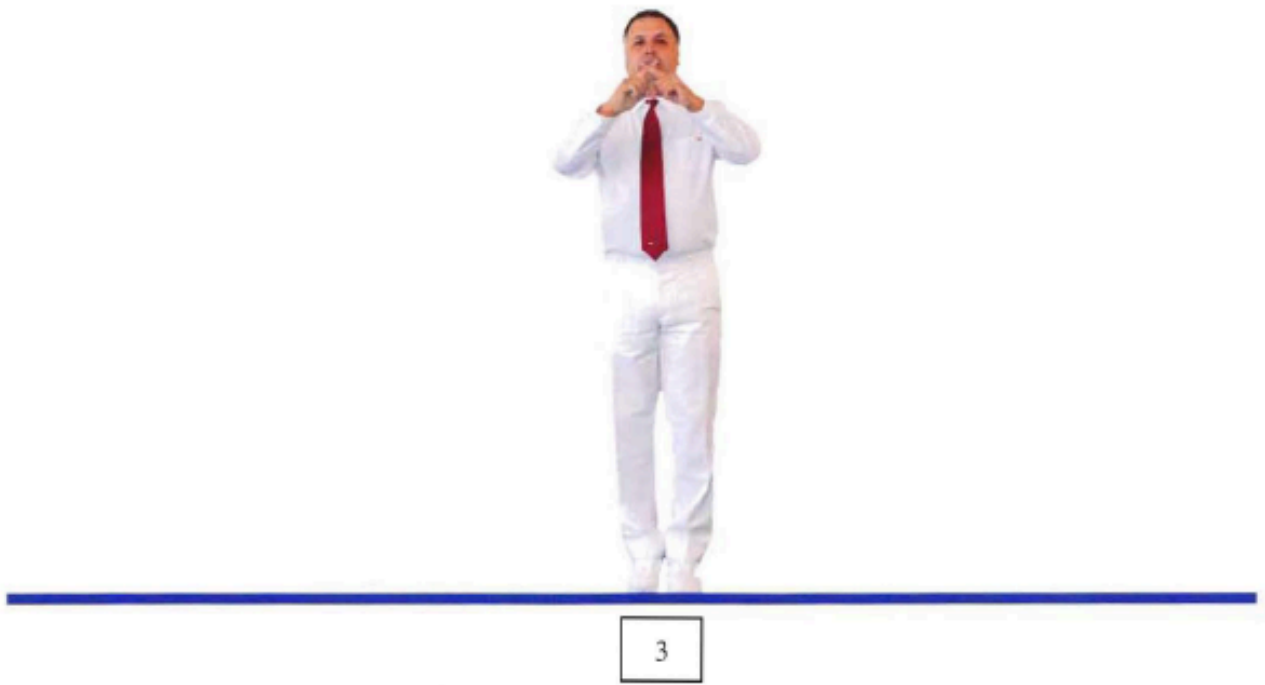
2. Declare “Kal-yeo” – “Kye-sok”



3. "Kye-shi"



4. "Shi-gan"



5. Declare “Kal-yeo” – “Keu-man”



1



2



3

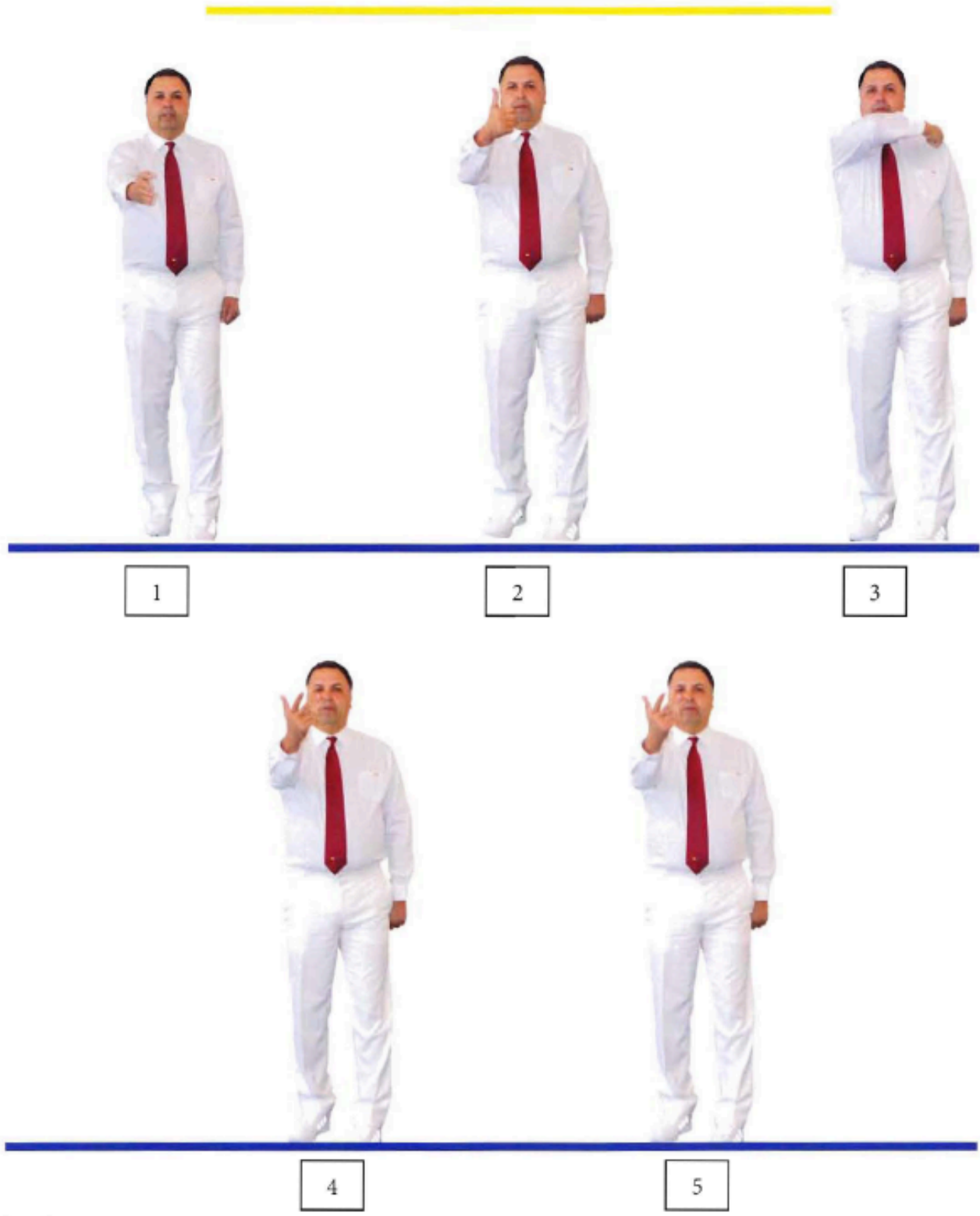


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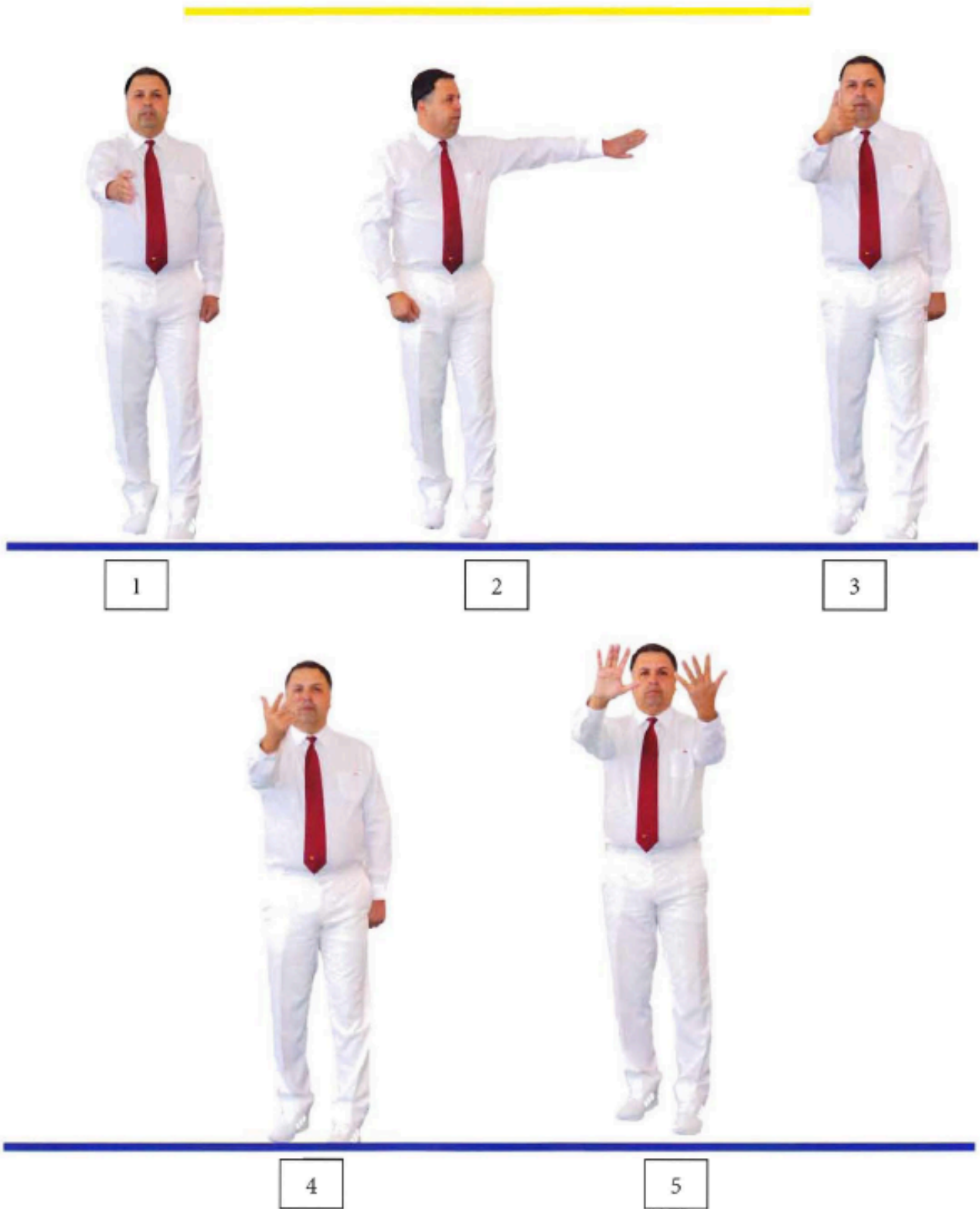


5

6. Counting to 8



7. Counting to 10



8. Counting



1



2



3



4

9. Passivity (Avoiding the Match)



1



2

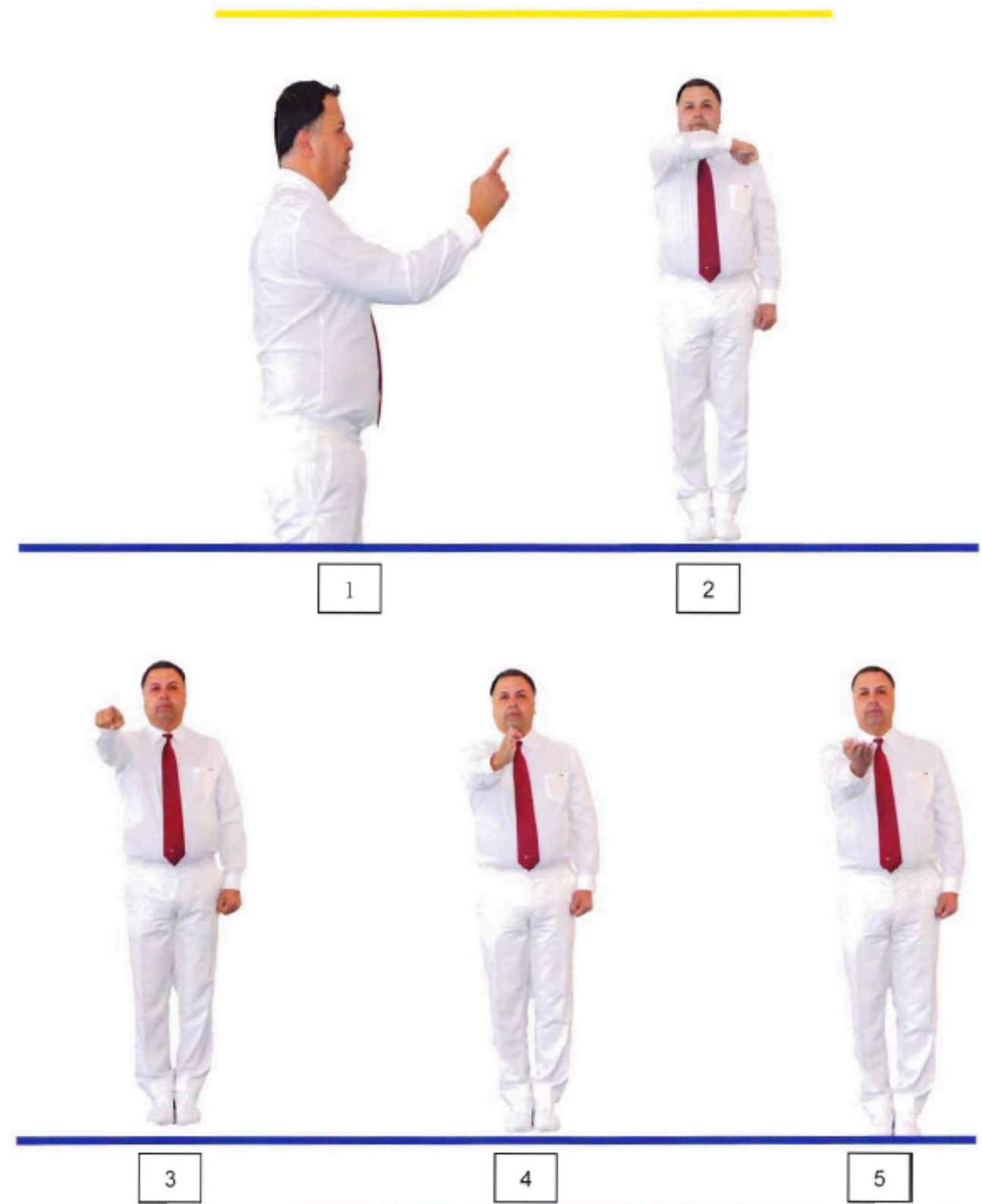


3

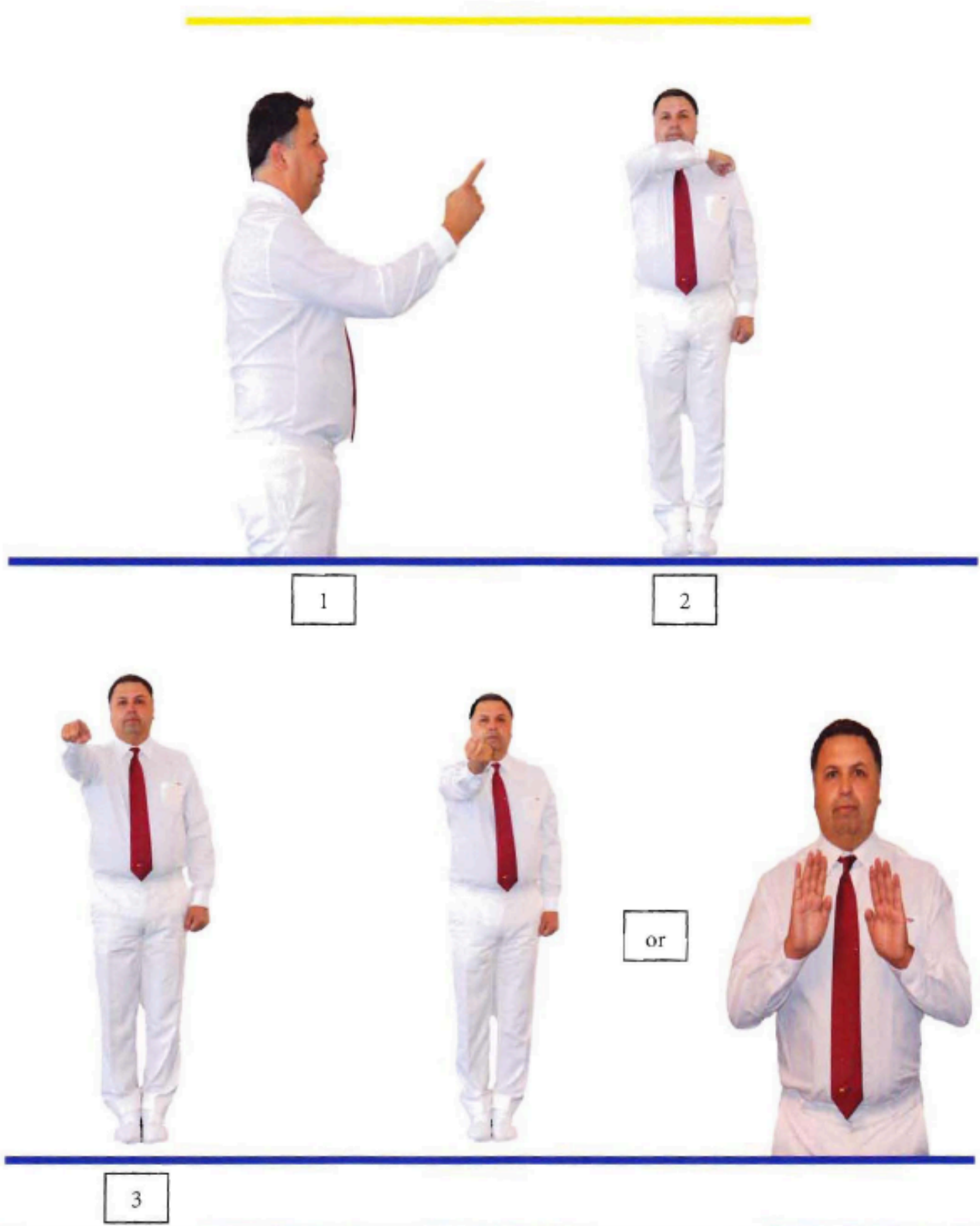


4

10. Crossing the Boundary Line



11. Grabbing – Pushing



12. Attacking with the Knee



1



2

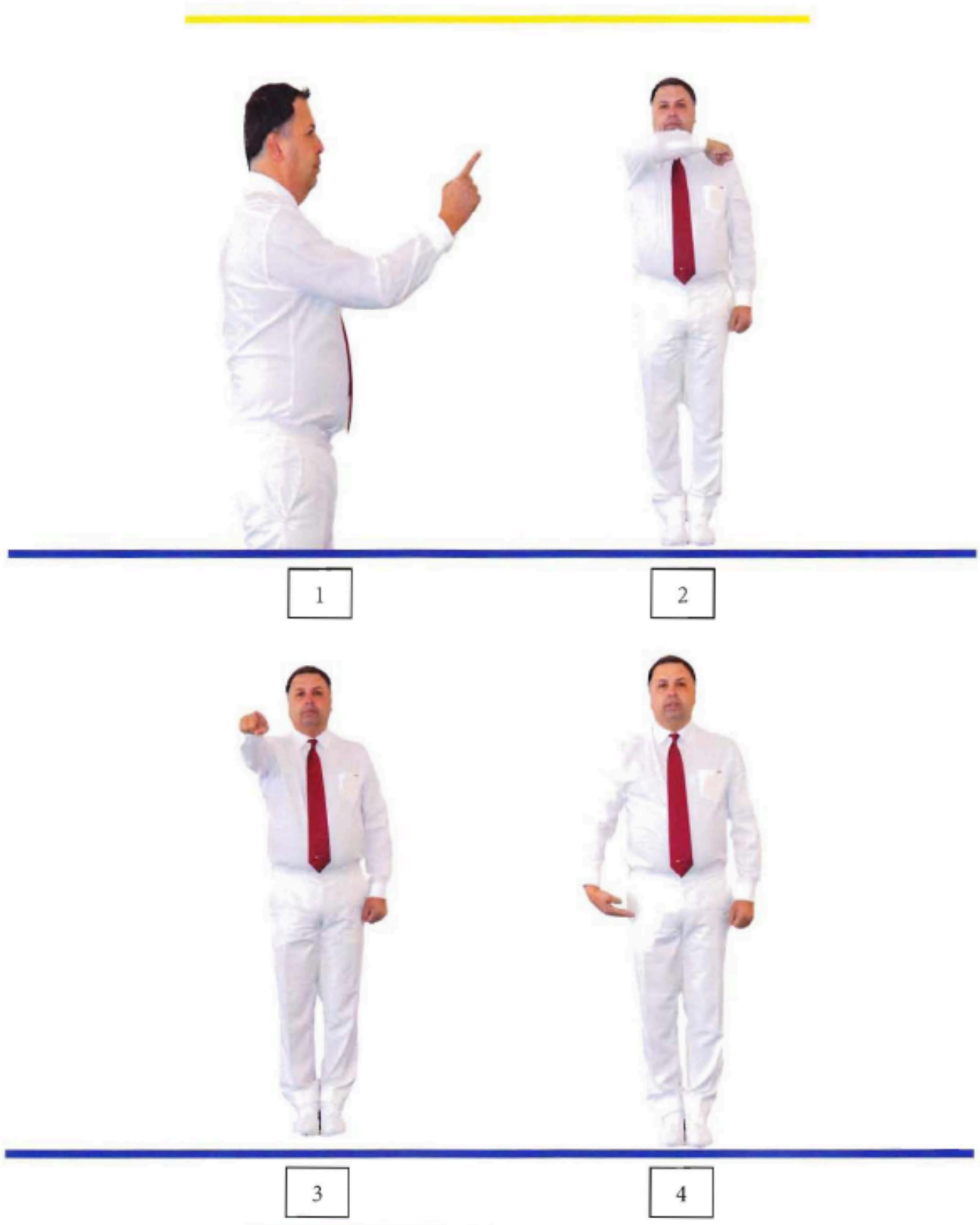


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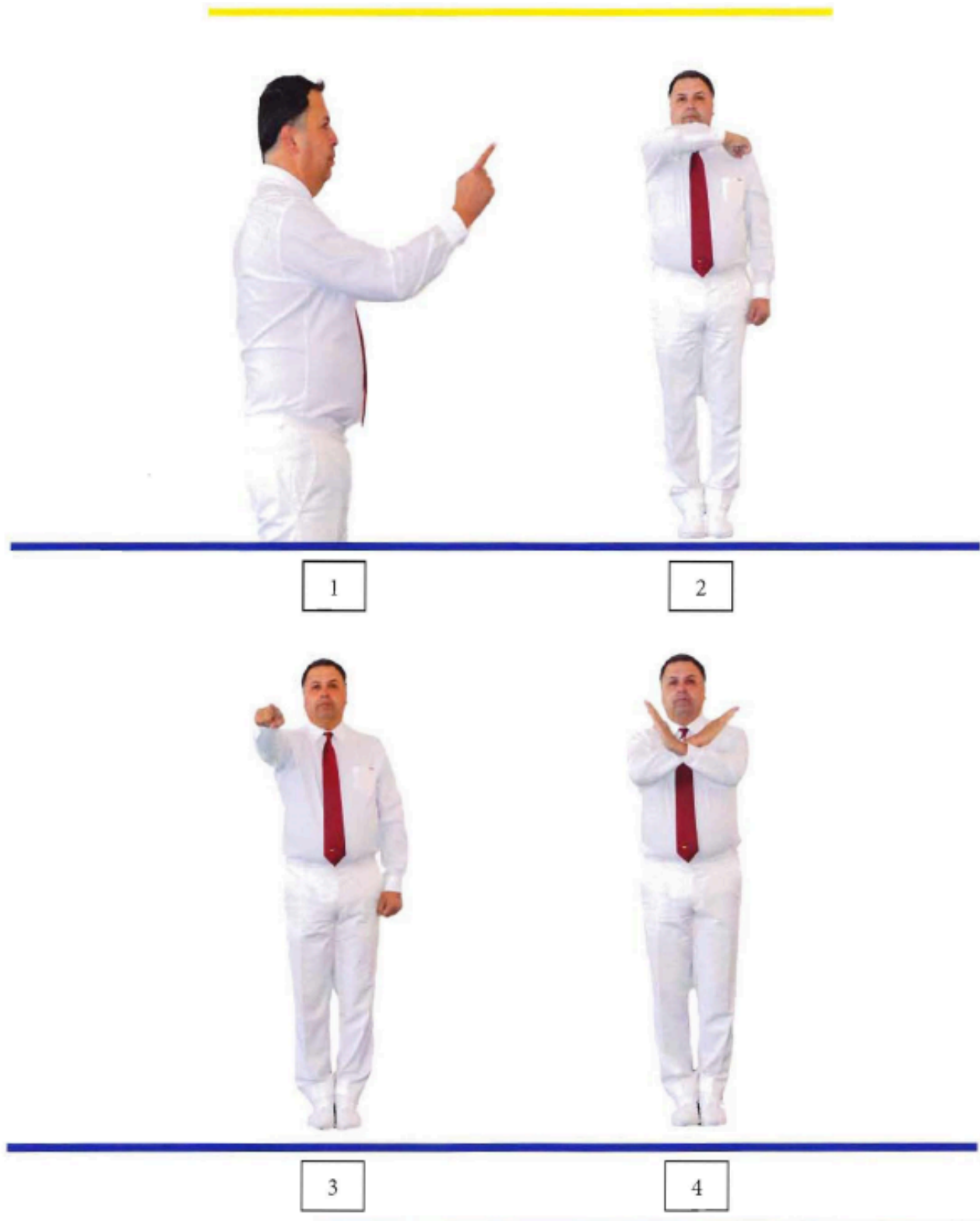


4

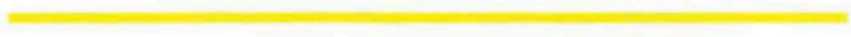
13. Attacking Below the Waist



14. **Attacking After “Kal-yeo,” Attacking the Fallen Opponent, Blocking with the Knee, Lifting the Leg for More Than 3 Seconds, Butting (All Same Hand Signal)**



15. Hitting the Opponent's Head with the Hand



1



2



3



4

16. Misconduct



1



2



3



4

17. Declaration of Winner



1



2



3



4

18. Awarding Points



19. Invalidation



1



2



3

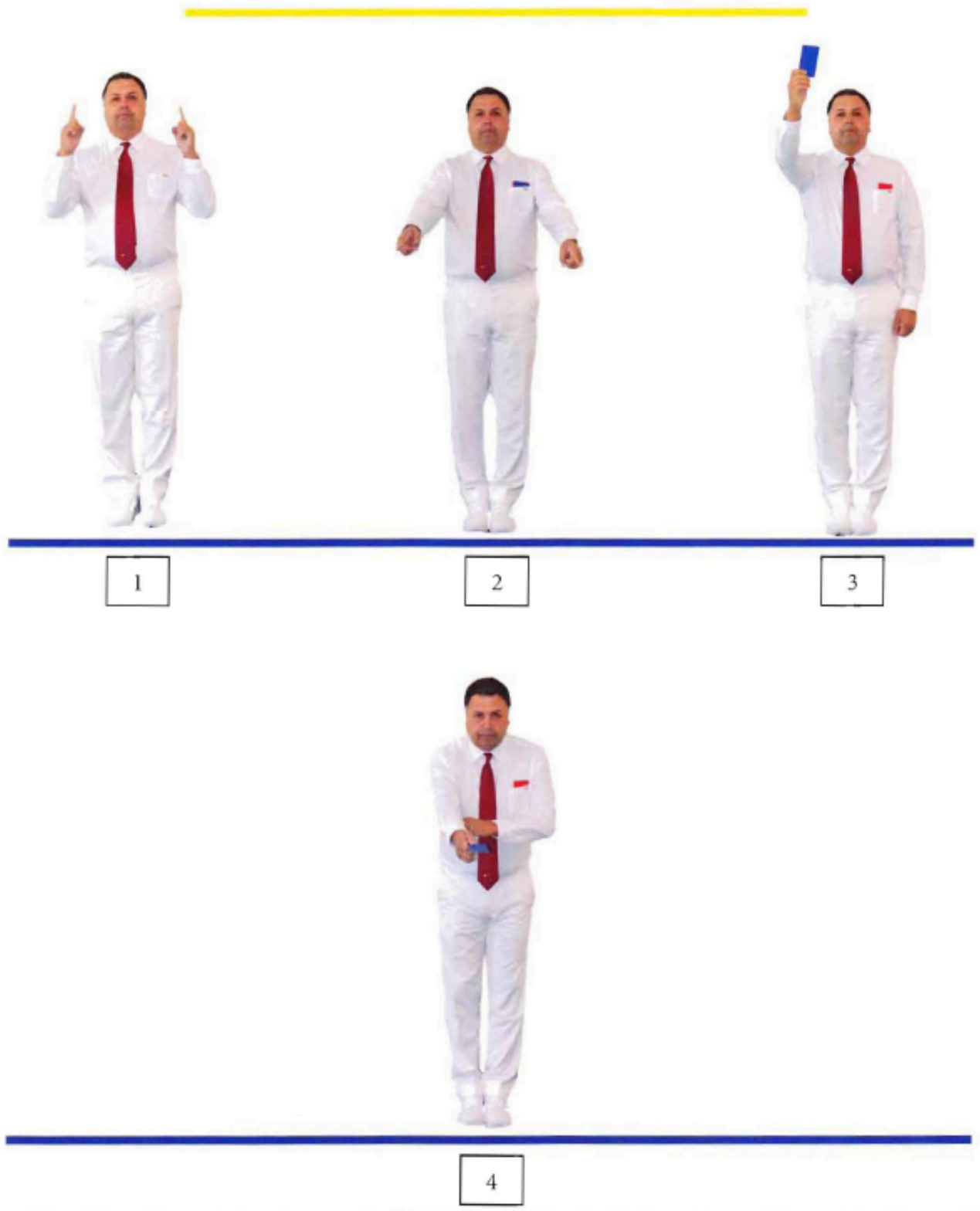


4

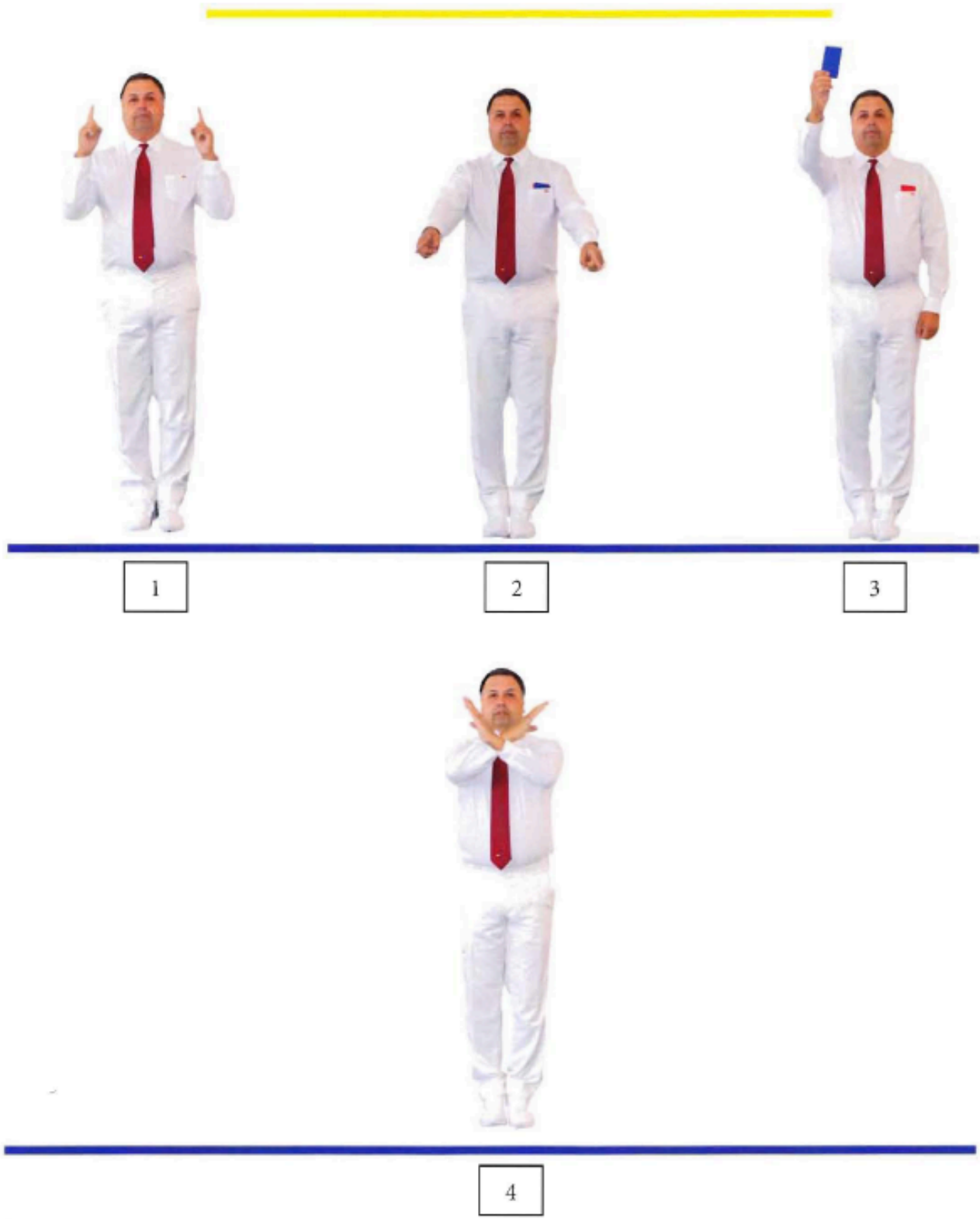


5

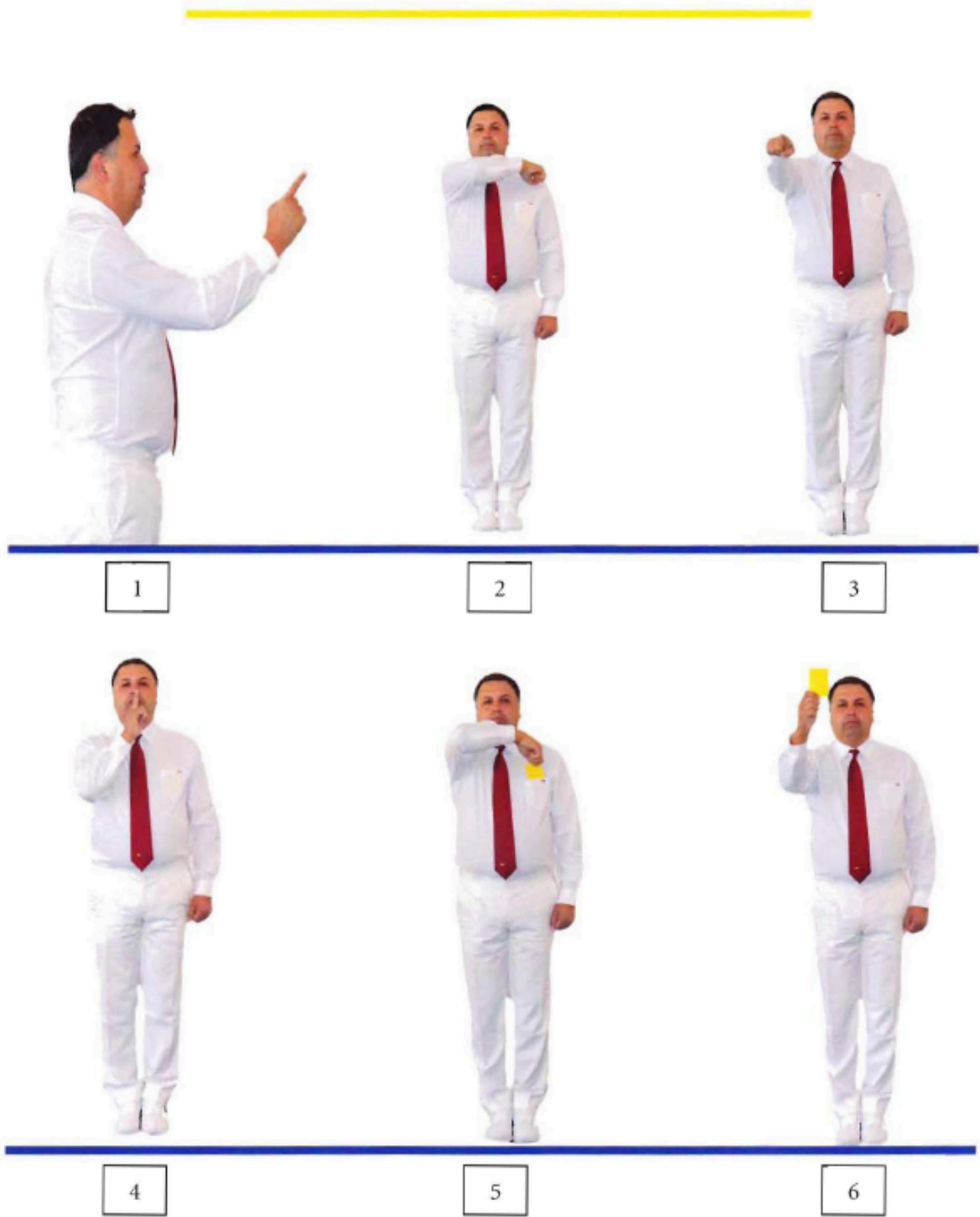
20. IVR Accepted



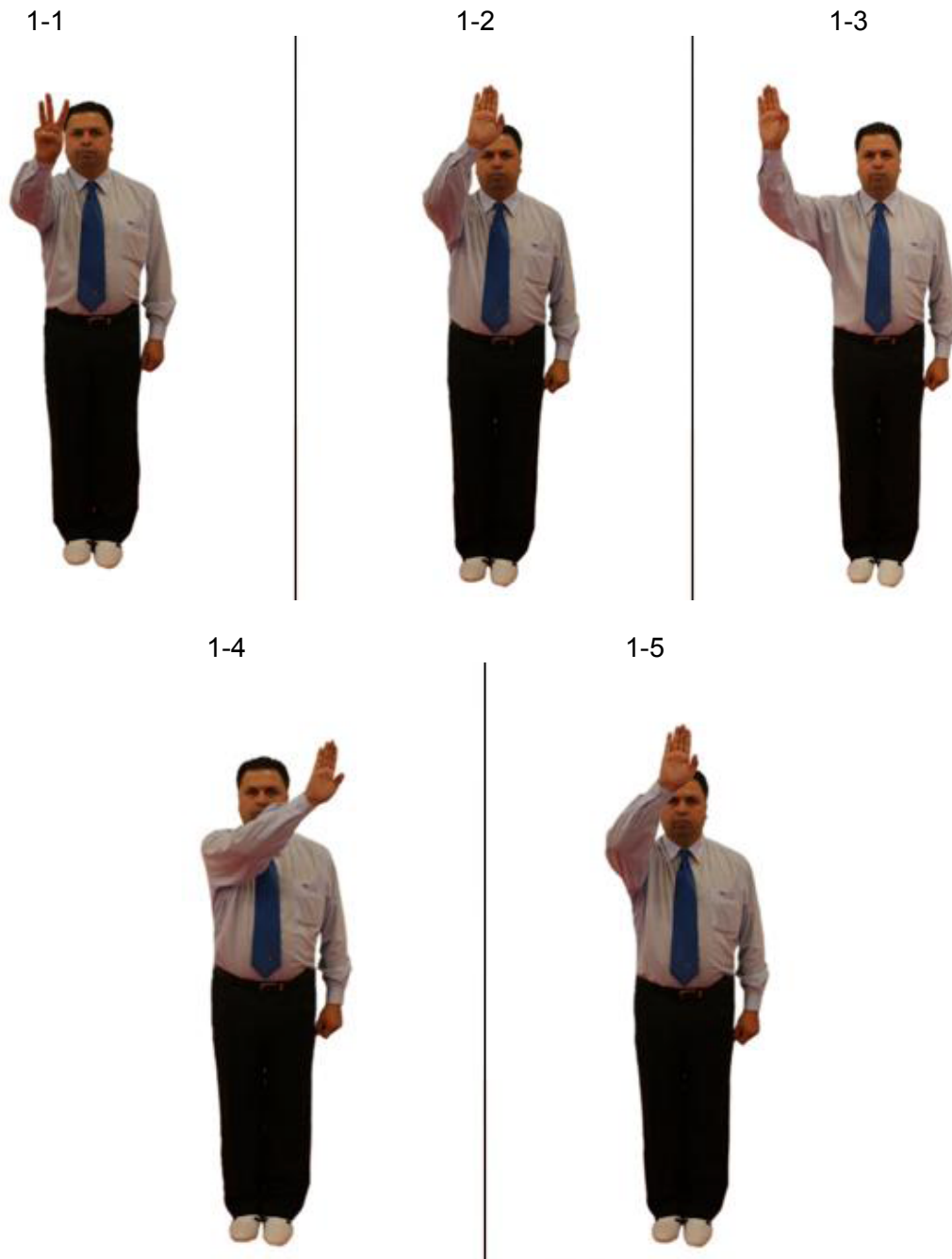
21. IVR Rejected



22. Yellow Card

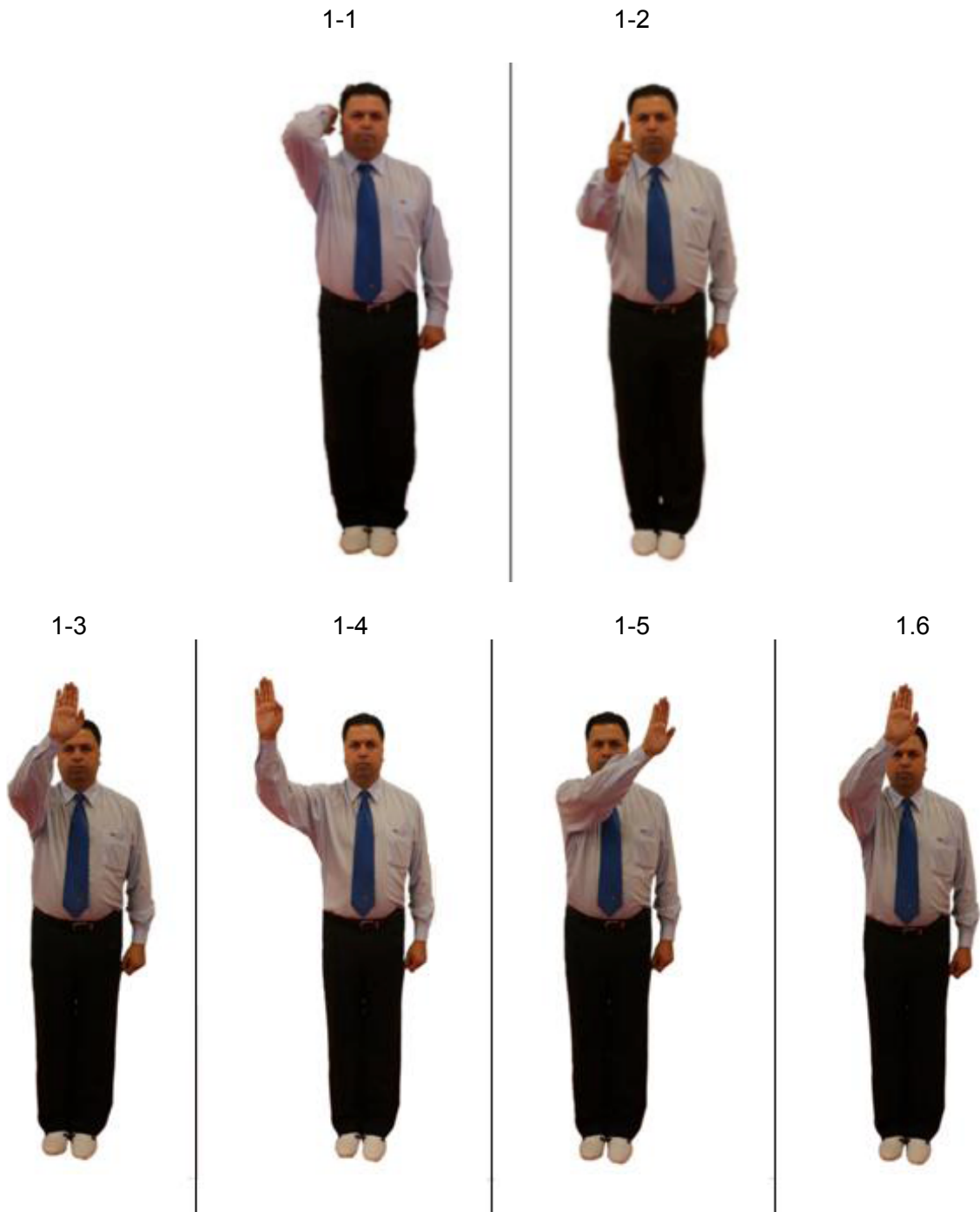


23. Invalidation of Points After Instant Video Review



In case of a point or points being invalidated after the video review, looking at recorder's desk, first point to the appropriate competitor while saying "Chung" or "Hong," then give the verbal command—"Il-jeom," "Eui-jeom," "Sam-jeom," or "Sa-jeom."

24. Invalidation of “Gam-jeom” After Instant Video Review



In case of a “Gam-jeom” being invalidated after the video review, looking at recorder’s desk, first point to the appropriate competitor while saying “Chung” or “Hong,” then give the verbal command—“Gam-jeom,” followed by the same procedure as 23 (Invalidation of points scored).



KYORUGI JUNIOR COMPETITION RULES

Article 1. Purpose

The USAT Kyorugi Junior Competition Rules (“Junior Safety Rules”) are a subset of the USAT Kyorugi Competition Rules. These rules are primarily for the safety of our younger sparring competitors. They regulate all matters pertaining to USA Taekwondo competition that are not governed by adult full-contact sparring rules, and are intended to standardize safety guidelines for all non-adult Taekwondo competition in the United States.

1. Purpose of Junior Safety Rules

- 1.1 Ensure that young persons participating in competitive Taekwondo sparring are protected, insofar as possible, from concussive head injuries
- 1.2 Allow developing Taekwondo athletes to compete with the reasonable assurance that they will not be subjected to forceful head contact

3. Junior Safety Rules are divided into two classes, depending on belt level and age group:

- 1.1 **No head contact:** Contact to the head is not permitted
- 1.2 **Light head contact:** Only light contact to the head is permitted

Article 2. No Head Contact

1. No Head Contact divisions:

- **Ages 7 & Under (All Belts)**
- **Ages 8–11 (Color Belts)**

2. Head area definition

- 2.1 In accordance with USAT Kyorugi Competition Rules, the “head” is defined as “the area of the body above the collar bone,” including the neck.

3. No Head Contact procedure

- 3.1 Under “No Head Contact” rules, any kick that touches the head area will result in a “Gam-jeom” penalty to the kicker.
- 3.2 In the event of a hard kick to the head—anything more than a light touch—the referee will immediately declare, “Kye-shi” and call the tournament medical staff to inspect the injured contestant.
- 3.3 If, in the opinion of tournament medical staff, a competitor cannot continue because of a kick to the head, the attacker will be disqualified.
- 3.4 The decision whether a competitor is able to continue is made solely by the referee in consultation with the tournament medical staff.

- 3.5 Any decision not to continue made by the player or coach, in spite of the tournament medical staff's decision that it would be safe for the competitor to continue, will constitute withdrawal by the player, who shall lose the match by WDR.

Guidelines for officiating:

Inability to continue: Inability to continue because of fright, crying or loss of will following a kick to the head does not constitute grounds for disqualification of the attacker.

Careless attacks to the head: If a technique is directed at the head and does not make contact, the referee may give a verbal warning. Multiple instances of the same action may result in "Gam-jeom" penalty, or even disqualification, if the player continues to ignore the referee's directives.

Verbal reminders: Before and during the match, referees should remind players and coaches that No Head Contact rules are in effect.

Article 3. Light Head Contact

1. Light Head Contact divisions:

- **Ages 8–11 Black Belts**
- **Ages 12–14 (Cadet) Grass Roots Black Belts and Color Belts**
- **Ages 15–17 (Junior) Color Belts**

2. Head area and legal scoring area

- 2.1 In accordance with USAT Kyorugi Competition Rules, the "head" is defined as "the area of the body above the collar bone," including the neck.
- 2.2 In accordance with USAT Kyorugi Competition Rules, the legal scoring area is "the entire head above the bottom line of the head protector."

3. Light Head Contact procedure

- 3.1 Under "Light Head Contact" rules, competitors are allowed to kick to the head using light contact only.
- 3.2 A competitor who executes a successful, light contact kick to the head shall be awarded three (3) points. Under Junior Safety Rules, there is no extra point for a turning kick to the head.
- 3.3 If a competitor executes a kick to the head that is deemed by the referee to be more than light contact, he/she will be given a "Gam-jeom" penalty.
- 3.3.1 The referee will immediately call "Kal-yeo," and then "Kye-shi," and summon the tournament medical staff to inspect the contestant.
- 3.3.2 The referee will invalidate any points that have been awarded for the technique, and then declare a "Gam-jeom" penalty.

- 3.4.3 If, in the opinion of the tournament medical staff, the competitor cannot continue because of excessive contact to the head, the attacker will be disqualified.
- 3.4 The decision whether a competitor is able to continue is made solely by the referee in consultation with the tournament medical staff.
- 3.5 Any decision not to continue made by the player or coach, in spite of the tournament medical staff's decision that it would be safe for the competitor to continue, will constitute withdrawal by the player, who shall lose the match by WDR.

Guidelines for officiating:

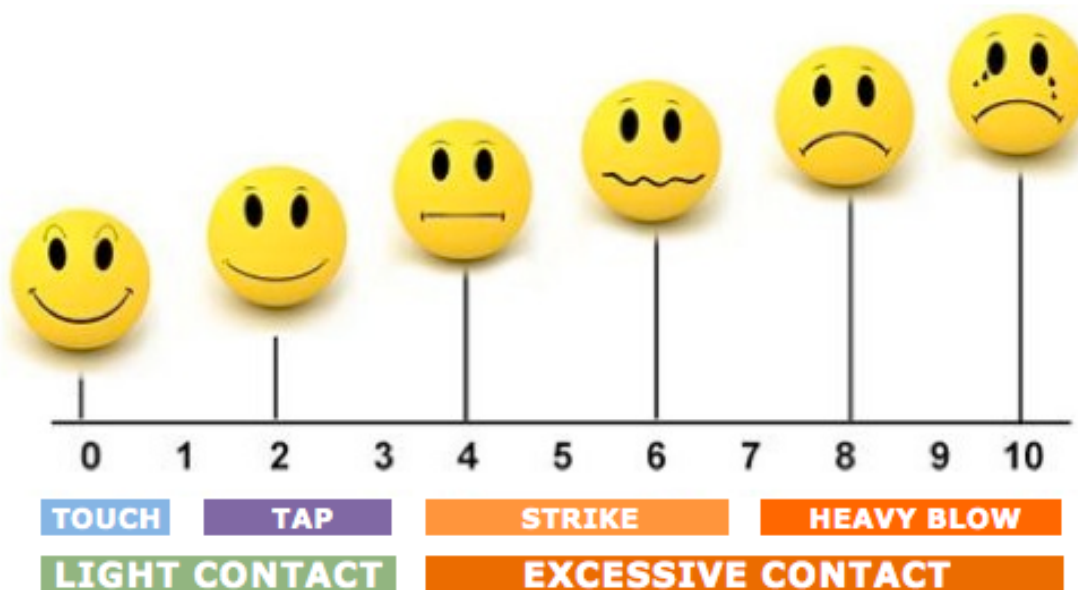
Inability to continue: Inability to continue because of fright, crying or loss of will following a kick to the head does not constitute grounds for disqualification of the attacker.

Careless or excessively forceful attacks to the head: If the referee sees that a player is directing excessively forceful techniques to the head area, even if the foot does not make contact, the referee may give a verbal warning. Multiple instances of the same offense may result in "Gam-jeom" penalty, or even disqualification, if the player continues to ignore the referee's directives to observe light contact rules.

Verbal reminders: Before and during the match, referees are encouraged to remind players and coaches that Light Head Contact rules are in effect.

4. What is meant by "light contact"?

- 4.1 "Light contact" is defined as anything from a touch to a tap—"0.1" to "3" on a scale of 1 to 10 (see chart below).



4.2 The degree of allowable contact does NOT increase according to the age, gender, size or rank of the competitors.

4.3 The level of contact is determined solely by the observed force of the kick, not by the reaction, or non-reaction, of the recipient. Indications of excessive contact include:

- Abrupt snapping or displacement of the head as a result of the blow
- Abrupt rotation of the head as a result of the blow
- An audible “thump” or sound of the foot contacting the headgear or face

5. Bleeding or injury

Injury can result with even minimal force when contact is made to the head area; for example, a light tap may be sufficient to cause a bloody nose, or grazing contact with a toenail might cause a minor cut. Conversely, a very serious blow to the head may show no visible injury, despite the possibility of a fracture, dislocation or concussion. Therefore, blood, injury—or apparent absence of injury—may not be valid criteria for determining whether a kick is light or excessive contact.

6. After the contest

6.1 A contestant who, in the opinion of the tournament medical staff, is unable to continue the match as a result of hard contact to the head, will not be allowed to continue in the bracket, and will not be able to compete further on that day in any kyorugi event.

6.1.2 In addition to the above, and in accordance with USAT Kyorugi Competition safety protocols, after the match the contestant must undergo a full concussion assessment by qualified tournament medical staff. Unless fully cleared, he/she will not be allowed to compete in sparring for the next 30 days. Before returning to play, the contestant must be examined by a medical doctor designated by the USAT as a concussion specialist, who must certify that he/she is fully recovered and able to return to competition.

NOTE: Most states have enacted Youth Sports Concussion Safety Laws. These laws govern youth athlete return-to-play protocols following a possible concussion. You can learn about the specific laws for your state at: <http://www.momsteam.com/health-safety/every-state-has-youth-sports-concussion-safety-law>.

Guidelines for officiating:

8-Count: Under Junior Competition Rules, the referee SHALL NOT give an 8-count for any kick, even a legal one, to the head area. If a kick to the head is powerful enough to warrant an 8-count, it is excessive, and the appropriate penalty procedure shall be applied.

Note that the referee can and should begin an 8-count for any legal kick to the trunk area that results in a knock-down condition. This situation does not necessarily call for medical evaluation.

Turning Kicks: Successful turning kicks to the body shall be awarded three (3) points in all divisions.

Turning kicks to the head in Junior Safety Rules divisions shall be awarded three (3) points.

Responsibility for Correct Application: During a match, it is the center referee's responsibility to correctly apply Light Head Contact rules. If the T.A. / Ring Captain sees that a referee is allowing excessive head contact, he/she must take immediate action to correct the referee's actions and instruct the center referee to enforce the appropriate penalty. At the discretion of the Referee Chair, a referee who refuses to accept correction in this regard will not be allowed to referee Light Head Contact matches and may be subject to disciplinary action or sanction.

During the course of a tournament, the T.A. / Ring Captain will be responsible for the correct application of Light Head Contact rules by all of the center referees under his/her supervision.

Article 4. Cadet Black Belt Competition

4. Ages 12–14 Cadet Black Belt Divisions

- **Grass Roots Division**
- **World Class Division**

- 4.1 There will be two Black Belt Cadet divisions: Grass Roots and World Class.
 1. The Grass Roots Cadet Black Belt division will use Junior Safety Rules.
 2. The World Class Cadet Black Belt division will use Adult Rules.
 3. All USAT National Championships and State Championships will have both Grass Roots and World Class Cadet Black Belt Divisions.
- 4.2 All USAT Cadet Team Trial events will use Adult Rules.
- 4.3 Only USAT State Championships Cadet World Class Black Belt divisions, USAT National Championships Cadet World Class Black Belt divisions and USAT Cadet Team Trial events may use Adult Rules for 12-14 year old athletes.
- 4.4 Athletes who are eligible to compete at the USAT National Championships (those qualifying by competing at a USAT State Championships) must compete in the division (Grass roots or World Class) in which they qualified at the State Championships.
- 4.5 Athletes cannot compete in both Grass Roots and World Class Cadet Black Belt divisions. Once an athlete competes in one of these divisions at the State Championship level, they cannot compete in the other during that calendar year.

NOTE: An athlete who has qualified in the World Class Cadet Black Belt division at the state championship level but wishes to compete in the Grass Roots division at USAT National Championships may petition the USAT Director of Events for permission to do so.

Article 5. Divisions Governed by Adult Sparring Rules

5. Adult Rules divisions:

- **Ages 15–17 (Junior) Black Belts**
- **Ages 17–Up All Belts**

5.1 In USAT State Championships, USAT National Championships and other USAT-sanctioned events with sparring competition, the Senior Black Belt adult rules shall apply for these divisions.

— NOTES —

Application of Junior Safety Rules for USAT Competitions

| Age | Belt Color | Applicable Rules |
|-----------------------------|---------------------|---------------------------|
| Dragon 6 – 7 | Yellow | No Head Contact |
| | Green | |
| | Blue | |
| | Red | |
| | Black | |
| Tiger 8 – 9 | Yellow | No Head Contact |
| | Green | Light Head Contact |
| | Blue | |
| | Red | |
| | Black | |
| Youth 10 – 11 | Yellow | No Head Contact |
| | Green | Light Head Contact |
| | Blue | |
| | Red | |
| | Black | |
| Cadet (12 – 14) | Yellow | Light Head Contact |
| | Green | |
| | Blue | |
| | Red | |
| | Black (Grass Roots) | Adult Rules |
| Black (World Class) | | |
| Junior (15 – 17) | Yellow | Light Head Contact |
| | Green | |
| | Blue | |
| | Red | |
| | Black | Adult Rules |
| Senior | Yellow | Adult Rules |
| | Green | |
| | Blue | |
| | Red | |
| | Black | |

No Head Contact – See Article 2 on Page 75.

Light Head Contact – See Article 3 on Page 76.

Adult Rules – Adult Competition Rules apply.

Article 6. Junior Kyorugi (Sparring) Weight Divisions

Junior Kyorugi weight divisions are categorized by gender, age, weight and Taekwondo rank according to following charts.

- 1st, 2nd and two 3rd place winners will receive awards. At the discretion of the Tournament Organizing Committee, competitors may be divided into three rank divisions as follows: Black, blue and red, and yellow and green.
- If the number of competitors for each division is less than 8, the Organizing Committee has the option of combining two or three age groups into a single group and assigning the divisions as advanced, intermediate, and beginner to each combined group.

Junior Division 15 -17 Year Old Black Belts

| Junior Male Division | Weight Category | Junior Female Division |
|---|---------------------|---|
| Not exceeding 45 kg (Not exceeding 99.2 lbs) | Fin | Not exceeding 42 kg (Not exceeding 92.6 lbs) |
| Over 45 kg not exceeding 48 kg (99.3 lbs – 105.8 lbs) | Fly | Over 42 kg not exceeding 44 kg (92.7 lbs – 97.0 lbs) |
| Over 48 kg not exceeding 51 kg (105.9 lbs – 112.4 lbs) | Bantam | Over 44 kg not exceeding 46 kg (97.1 lbs – 101.4 lbs) |
| Over 51 kg not exceeding 55 kg (112.5 lbs – 121.3 lbs) | Feather | Over 46 kg not exceeding 49 kg (101.5 lbs – 108.0 lbs) |
| Over 55 kg not exceeding 59 kg (121.4 lbs – 130.0 lbs) | Light | Over 49 kg not exceeding 52 kg (108.1 lbs – 114.6 lbs) |
| Over 59 kg not exceeding 63 kg (130.1 lbs – 138.9 lb) | Welter | Over 52 kg not exceeding 55 kg (114.7 lbs – 121.3 lbs) |
| Over 63 kg not exceeding 68 kg (139.0 lbs – 149.9 lbs) | Light Middle | Over 55 kg not exceeding 59 kg (121.4 lbs – 130.0 lbs) |
| Over 68 kg not exceeding 73 kg (150.0 lbs – 160.9 lbs) | Middle | Over 59 kg not exceeding 63 kg (130.1 lbs – 138.9 lbs) |
| Over 73 kg not exceeding 78 kg (161.0 lbs – 172.0 lbs) | Light Heavy | Over 63 kg not exceeding 68 kg (139.0 lbs – 149.9 lbs) |
| Over 78 kg (172.1 lbs and over) | Heavy | Over 68 kg (150.0 lbs and over) |

Note: Official weigh-in will be done in kilograms. Conversions to pounds in this chart are approximate, and for convenience only.

Ages 12 -14 Cadet Black Belts

| Cadet Male Division | | Cadet Female Division | |
|---------------------|---|-----------------------|---|
| Under 33 kg | Not exceeding 33 kg (Not exceeding 72.8 lbs) | Under 29 kg | Not exceeding 29 kg (Not exceeding 63.9 lbs) |
| Under 37 kg | Over 33 kg & not exceeding 37 kg (72.9 – 81.6 lbs) | Under 33 kg | Over 29 kg & not exceeding 33 kg (64.0 – 72.8 lbs) |
| Under 41 kg | Over 37 kg & not exceeding 41 kg (81.7 – 90.4 lbs) | Under 37 kg | Over 33 kg & not exceeding 37 kg (72.9 – 81.6 lbs) |
| Under 45 kg | Over 41 kg & not exceeding 45 kg (90.5 – 99.2 lbs) | Under 41 kg | Over 37 kg & not exceeding 41 kg (81.7 – 90.4 lbs) |
| Under 49 kg | Over 45 kg & not exceeding 49 kg (99.3 – 108.0 lbs) | Under 44 kg | Over 41 kg & not exceeding 44 kg (90.5 – 97.0 lbs) |
| Under 53 kg | Over 49 kg & not exceeding 53 kg (108.1 – 116.8 lbs) | Under 47 kg | Over 44 kg & not exceeding 47 kg (97.1 – 103.6 lbs) |
| Under 57 kg | Over 53 kg & not exceeding 57 kg (116.9 – 125.7 lbs) | Under 51 kg | Over 47 kg & not exceeding 51 kg (103.7 – 112.4 lbs) |
| Under 61 kg | Over 57 kg & not exceeding 61 kg (125.8 – 134.4 lbs) | Under 55 kg | Over 51 kg & not exceeding 55 kg (112.5 – 121.3 lbs) |
| Under 65 kg | Over 61 kg & not exceeding 65 kg (134.5 – 143.3 lbs) | Under 59 kg | Over 55 kg & not exceeding 59 kg (121.4 – 130.1 lbs) |
| Over 65 kg | Over 65 kg (143.4 lbs and over) | Over 59 kg | Over 59 kg (130.2 lbs and over) |

Note: Official weigh-in will be done in kilograms. Conversions to pounds in this chart are approximate, and for convenience only.

Ages 6–11 (All Belts), Ages 12–14 Cadet Color Belts, Ages 15–17 Junior Color Belts

| Age Class | Belt Color | Male Weight Categories (kg/lbs) | Female Weight Categories (kg/lbs) |
|-------------------------|--|--|--|
| 6–7 Dragon | Yellow | Under 19 kg (Under 42 lbs) | Under 19 kg (Under 42 lbs) |
| | Green | 19.1–23 kg (42.1–51 lbs) | 19.1–23 kg (42.1–51 lbs) |
| | Blue | 23.1–27 kg (51.1–59 lbs) | 23.1–27 kg (51.1–59 lbs) |
| | Red | Over 27.1 kg (Over 59.1 lbs) | Over 27.1 kg (Over 59.1 lbs) |
| | Black | | |
| 8–9 Tiger | Yellow | Under 21 kg (Under 46 lbs) | Under 21 kg (Under 46 lbs) |
| | Green | 21.1–25 kg (46.1–55 lbs) | 21.1–25 kg (46.1–55 lbs) |
| | Blue | 25.1–30 kg (55.1–66 lbs) | 25.1–30 kg (55.1–66 lbs) |
| | Red | Over 30.1 kg (Over 66.1 lbs) | Over 30.1 kg (Over 66.1 lbs) |
| | Black | | |
| 10–11 Youth | Yellow | Under 30 kg (Under 66 lbs) | Under 30 kg (Under 66 lbs) |
| | Green | 30.1–35 kg (66.1–77 lbs) | 30.1–35 kg (66.1–77 lbs) |
| | Blue | 35.1–40 kg (77.1–88 lbs) | 35.1–40 kg (77.1–88 lbs) |
| | Red | Over 40 kg (Over 88.1 lbs) | Over 40 kg (Over 88.1 lbs) |
| | Black | | |
| 12–14 Cadet | Yellow Green Blue Red | Under 33 kg (Under 72.8 lbs) | Under 29 kg (Under 63.9 lbs) |
| | | 33.1–37 kg (72.9–81.6 lbs) | 29.1–33 kg (64.0–72.8 lbs) |
| | | 37.1–41 kg (81.7–90.4 lbs) | 33.1–37 kg (72.9–81.6 lbs) |
| | | 41.1–45 kg (90.5–99.2 lbs) | 37.1–41 kg (81.7–90.4 lbs) |
| | | 45.1–49 kg (99.3–108.0 lbs) | 41.1–44 kg (90.5–97.0 lbs) |
| | | 49.1–53 kg (108.1–116.8 lbs) | 44.1–47 kg (97.1–103.6 lbs) |
| | | 53.1–57 kg (116.9–125.7 lbs) | 47.1–51 kg (103.7–112.4 lbs) |
| | | 57.1–61 kg (125.8–134.4 lbs) | 51.1–55 kg (112.5–121.3 lbs) |
| | | 61.1–65 kg (134.5–143.3 lbs) | 55.1–59 kg (121.4–130.1 lbs) |
| | | Over 65 kg (Over 143.4 lbs) | Over 59 kg (Over 130.2 lbs) |
| 15–17 Junior | Yellow Green Blue Red | Under 45 kg (Under 99.2 lbs) | Under 42 kg (Under 92.6 lbs) |
| | | 45.1–48 kg (99.3–105.8 lbs) | 42.1–44 kg (92.7–97.0 lbs) |
| | | 48.1–51 kg (105.9–112.4 lbs) | 44.1–46 kg (97.1–101.4 lbs) |
| | | 51.1–55 kg (112.5–121.3 lbs) | 46.1–49 kg (101.5–108.0 lbs) |
| | | 55.1–59 kg (121.4–130.0 lbs) | 49.1–52 kg (108.1–114.6 lbs) |
| | | 59.1–63 kg (130.1–138.9 lbs) | 52.1–55 kg (114.7–121.3 lbs) |
| | | 63.1–68 kg (139.0–149.9 lbs) | 55.1–59 kg (121.4–130.0 lbs) |
| | | 68.1–73 kg (150.0–160.9 lbs) | 59.1–63 kg (130.1–138.9 lbs) |
| | | 73.1–78 kg (161.0–172.0 lbs) | 63.1–68 kg (139.0–149.9 lbs) |
| | | Over 78 kg (Over 172.1 lbs) | Over 68 kg (Over 150.0 lbs) |

Note: Official weigh-in will be done in kilograms. Conversions to pounds in this chart are approximate, and for convenience only.

Official Letter of Protest

Event Name: _____ Date: _____

Weight Division: _____ Gender: _____ Ring#: _____

Protester: RED BLUE MATCH #: _____

Competitor Name: _____

I, _____, (LEVEL ONE COACH or ASSOCIATE COACH WITH PROTEST RIGHTS) do hereby officially submit this protest in accordance with the Code of Operations of the _____ (event name) and Article XXIII of the Competition Rules of USA Taekwondo.

Details of Protest:

Rule Number: _____ Rule Title: _____

Specific Protest: _____

Decision Delivered by the Competition Supervisory Board:

Name:

Signature:

Title:

NOTE: Protest must be done by a Level One Coach or an Associate Coach with Protest Rights within ten minutes after the match is complete. The protest may not be filed by an Athlete. The coach must meet all parts of Article 24, Section 3 and be: (1) a 3rd Dan or higher or a current coach member and (2) a current USAT member. A non-refundable \$100 protest filing fee, in cash, must be submitted along with this protest form. The decision of the Competition Supervisory Board is final, and there is no further recourse. You must sign this form with this understanding.

Coach Name (Print): _____

Coach Signature: _____

| |
|-----------------------------|
| Chung V.R. Quota |
| |



TECHNICAL ASSISTANT'S PAPER

| |
|----------------------------|
| Hong V.R. Quota |
| |

| | | | |
|--------------|------------|------|--------------|
| Court Number | Day Number | Date | Match Number |
|--------------|------------|------|--------------|

| CHUNG | | | | HONG | | |
|-----------------|----------|-----------|---------------|-----------------|----------|----------|
| Competitor Name | | | | Competitor Name | | |
| State | | | | State | | |
| Gam-Jeom | Kyong-Go | Deuk-Jeom | Round | Deuk-Jeom | Kyong-Go | Gam-Jeom |
| | | | 1 | | | |
| | | | 2 | | | |
| | | | 3 | | | |
| | | | 4 Overtime | | | |
| | | | TOTAL | | | |

| | | | | | | | |
|----------------------------|-------------------|-----------------|--------------------|-------------------|------------------|------------------------|---------------------------------|
| Referee Stop Contest (RSC) | Final Score (PTF) | Point Gap (PTG) | Golden Point (GDP) | Superiority (SUP) | Withdrawal (WDR) | Disqualification (DSQ) | Ref. Punitive Declaration (PUN) |
|----------------------------|-------------------|-----------------|--------------------|-------------------|------------------|------------------------|---------------------------------|

| | | | |
|---------|---------|---------|----------------|
| Judge 3 | Judge 2 | Judge 1 | Center Referee |
| State | State | State | State |

| Decision of Superiority | | | | | | | |
|-------------------------|------|---------|------|---------|------|----------------|------|
| Judge 3 | | Judge 2 | | Judge 1 | | Center Referee | |
| CHUNG | HONG | CHUNG | HONG | CHUNG | HONG | CHUNG | HONG |
| | | | | | | | |

| Reason | Chung Video Replay | | | Quota |
|----------|--------------------|-------|-------|-------|
| 1 Point | A / R | A / R | A / R | Y |
| 3 Points | A / R | A / R | A / R | |
| Kyong-go | A / R | A / R | A / R | N |
| Gam-jeom | A / R | A / R | A / R | |

| Superiority Result | |
|--------------------|------|
| CHUNG | HONG |
| | |

| Reason | Hong Video Replay | | | Quota |
|----------|-------------------|-------|-------|-------|
| 1 Point | A / R | A / R | A / R | Y |
| 3 Points | A / R | A / R | A / R | |
| Kyong-go | A / R | A / R | A / R | N |
| Gam-jeom | A / R | A / R | A / R | |

Technical Assistant

Name: _____

Signature: _____

Review Jury

Name: _____

Signature: _____

Taekwondo Officiating Terminology

Starting and Ending

| | | | |
|----|------------|-----------|---------------------|
| 1. | Char-yeot | tcha riet | Attention |
| 2. | Kyeong-rye | kieng ney | Bow |
| 3. | Joon-bi | djoon bee | Ready |
| 4. | Keu-man | ku mahn | Stop (end of round) |

Directing, Enforcing and Awarding

| | | | |
|----|-------------|-------------|----------------------------------|
| 1. | Kal-yeo | kal yo | Break |
| 2. | Chung | chung | Blue |
| 3. | Hong | hawng | Red |
| 4. | Gam-jeom | gahm jum | Penalty of one point |
| 5. | Kye-sok | kae sok | Continue |
| 6. | Shi-gan | shee gan | Suspension of match (non-injury) |
| 7. | Kye-shi | kae shee | Injury timeout (1 minute) |
| 8. | Chung Seung | chung soong | Chung winner |
| 9. | Hong Seung | hawng soong | Hong winner |

Counting

| | | | |
|-----|----------|---------|-------|
| 1. | Ha-nah | hah nah | One |
| 2. | Duhl | dool | Two |
| 3. | Seht | set | Three |
| 4. | Neht | net | Four |
| 5. | Da-seot | da soot | Five |
| 6. | Yeo-seot | yu soot | Six |
| 7. | Il-gop | il gob | Seven |
| 8. | Yeo-dul | yu duhl | Eight |
| 9. | A-hop | ah hob | Nine |
| 10. | Yeol | yool | Ten |