

Taekwondo

Rules & Regulations

- **General rules:**

- Points are awarded based on the effectiveness and speed of kicks and punches to designated scoring areas.
- Penalties are given for fouls or violations of safety rules.
- The winner is determined by the fighter with the most points at the end of the match, or by knockout if a clean strike incapacitates an opponent.

- **Duration of Fight- Pending**

- 1) 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 round, after a one-minute rest period following the 3rd round.
- 2) 2 The duration of each round may be adjusted to 1-minute x 3 rounds, 1 minute 30 seconds x 3 rounds, 2 minutes' x 2 rounds or 5-minute x 1 round (with 1 time out for 30 seconds to each contestant) upon the decision of the Technical Delegate for the pertinent championships

- **Scoring points**

- Punches:
 - 1 point for a valid punch to the trunk protector.
- Kicks:
 - 2 points for a valid kick to the trunk protector.
 - 4 points for a valid turning kick landing on the trunk protector.
 - 3 points for a valid kick to the head.
 - 5 points for a valid turning kick to the head.
- One point is awarded for every penalty (gam-jeom) given to the opponent.

- **Winning Decisions**

By Points:

Win by Final Score (PTF): The most common scenario, where the competitor with the most points at the end of the standard three rounds is declared the winner.

Deciding Close Matches:

- **Golden Point Round (GDP):** If the score remains tied after the regular rounds, a sudden-death "Golden Point Round" commences. The first competitor to score a point wins the match.
- **Win by Superiority (SUP):** If neither competitor scores in the Golden Point Round, the judges determine the winner based on who displayed superior technical skills and fighting spirit throughout the match.

Point Gap and Stoppage:

- **Point Gap (PTG):** A decisive win is awarded if one competitor establishes a 20-point lead at the end of the second round or any time during the final round.
- **Referee Stops Contest (RSC):** If a competitor is knocked down and unable to continue safely, the referee or medical commission can stop the match and award victory to the opponent.

Other Winning Scenarios:

- **Win by Withdrawal (WDR):** Withdrawal of the opponent due to injury or other reasons, or when the coach throws in a towel into the Field of Play.
- **Win by Disqualification (DSQ):** Failure to weigh in and not reporting to the Athlete Calling Desk following the third call can result in disqualification.
- **Win by Referee's Punitive Declaration (PUN):** If a competitor accumulates ten penalties (gam-jeom) throughout the match, they are disqualified, handing the win to their opponent.
- **Win by Disqualification for Unsportsmanlike Behavior (DQB):** The contestant can be disqualified for manipulating the scoring system, cheating during weigh-in or violating the Anti-Doping rules. A DQB can also be ruled if the contestant or his coach commits serious infringing behavior.

● **Penalties (Gam-jeom)**

A Penalty is given:

- When an athlete punches to the face or punches/ kicks below the waist.
- When an athlete attacks an opponent with the knee or the head.
- If the leg is used to block or kick the opponent's leg to prevent a kicking attack.
- If the leg is in the air for more than 3 seconds to impede the opponent's potential attacking movements.
- If a kick is adjudged to have been aiming for below the waist.
- When participants cross the boundary line with both feet, fall to the ground, avoid/delay the match, and push/grab opponents.
- If a participant attacks with the side or bottom of the foot while the knee is pointed out in the clinch position.

- For attacking a fallen opponent.
- For any misconduct or unsportsmanlike behavior of the contestant or their coach.

- **Weight & Age Classification**

Sub Junior (Age 11 & below)

BOYS	GIRLS
18 Kg.	16 Kg.
18-21 Kg.	16-18 Kg.
21 -23 Kg.	18-20 Kg.
23-25 Kg.	20-22 Kg.
25-27 Kg	22-24 Kg.
27-29 Kg	24-26 Kg.
29-32 Kg.	26-29 Kg.
32-35 Kg.	29-32 Kg
35-38 Kg.	32-35 Kg.
38-41 Kg	35-38 Kg.
41-44 Kg.	38-41 Kg.
44-50 Kg	41-47 Kg.

Cadet (Age 12 to 14)

BOYS	GIRLS
33 Kg	29 Kg.
33-37 Kg.	29-33 Kg.
37-41 Kg	33-37 Kg.
41-45 Kg.	37-41 Kg.
45-49 Kg	41-44 Kg.
49-53 Kg	44-47 Kg.
53-57 Kg.	47-51 Kg.
57-61 Kg.	51-55 Kg.
61-65 Kg.	55-59 Kg.
65+ Kg	59+ Kg.

Junior (Age 15 to 17)

BOYS	GIRLS
45 Kg.	42 Kg
45-48 Kg	42-44 Kg.
48-51 Kg	44-46 Kg.
51-55 Kg	46-49 Kg
55-59 Kg	49-52 Kg.
59-63 Kg	52-55 Kg
63-68 Kg.	55-59 Kg
68-73 Kg.	59-63 Kg.
73-78 Kg.	63-68 Kg
78+ Kg	68+ Kg

Senior (Age 17)

BOYS	GIRLS
54 Kg.	46 Kg.
54-58 Kg.	46-49 Kg.
58-63 Kg.	49-53 Kg.
63-68 Kg.	53-57 Kg.
68-74 Kg.	57-62 Kg
74-80 Kg.	62-67 Kg.
80-87 Kg.	67-73 Kg.
87+ K.G.	73+ K.G.