

WPFG ABRIDGED RULES - TAEKWONDO - Page 1

GUIDING BODIES

World Police and Fire Games Federation (WPFGEF)
8304 Clairemont Mesa Blvd., # 107, San Diego, CA 92111 USA
Tele. (619) 571-9919 FAX: (619) 571-1641 E-Mail: 4info@cpaf.org

World Taekwondo Federation (WTF)
President Dr. Un Yong KIM
635 Yeoksamdong, Gangnamgu
Seoul 135-980, Korea
Tele: +82.2.566.2505; Fax +82.2.533.4728; Web-Site: www.wtf.org

EVENTS

Eligibility to compete: The minimum belt required will be “Black”.

The categories will be the following:

Open	18-29 years
Senior	30-39 years
Master	40-49 years
Grand Master	50 + years

The weight classes are the following:

Men:

Under 58 Kg
58-67 Kg
68-79 Kg
Over 80 Kg

Women:

Under 49 Kg
49-56 Kg
57-66 Kg
Over 67 Kg

MEDICAL

COMPETITORS' MEDICAL REQUIREMENTS: Prior to or during Host Registration all competitors must submit a Medical Release, signed by a licensed physician based on a physical exam conducted within six months of competition. This release may take the form of a doctor's note stating the entrant's fitness to compete in a contact sport.

EQUIPMENT

Competition Area:

The Competition Area shall measure 12m x 12m and have a flat surface without any obstructing projections.

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UNIFORM (DOBOK)

The contestants shall wear a Taekwondo uniform and protectors recognized by the WTF.

The contestant shall provide and wear a WTF approved mouth piece, trunk protector, head protector, groin guard, forearm and shin guards before entering the contest area. The groin guard, forearm and shin guards shall be worn inside the Taekwondo uniform.

WEIGH-IN PROCEDURES

Weighing-in of the competitors shall not take place more than 24 hours prior to competition for the specific weight category.

The weigh-ins shall be conducted in a private room.

An accurate scale shall be used (“certified”).

During weigh-in, the male contestant shall wear underpants and the female contestant shall wear underpants and brassiere. However, weigh-in may be conducted in the nude if the contestant wishes to do so.

Weigh-in shall be made once, however, one more weigh-in is granted within the time limit for official weigh-in to the contestant who did not qualify the first time.

So as not to be disqualified during official weigh-in, a scale the same as the official one, shall be provided at the arena for pre-weigh-in.

BRACKETING

Round Robin system

SCHEDULING

One to three days of competition depending on amount of participants.

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GENERAL RULES for Taekwondo

ELIGIBILITY

1. All competitors shall hold a Taekwondo Dan certificate issued by the Kukkiwon/WTF.
2. All competitors will be medically examined before weigh-in.

DURATION OF CONTEST

The duration of the contest shall be 3 rounds of 3 minutes each for men; and 3 rounds of 2 minutes each for women. One (1) minute of rest between rounds.

START OF CONTEST

1. Call for Contestants

The name of the contestants shall be announced 2 times beginning 2 minutes prior to the scheduled start of the contest. The contestant who fails to appear in the contest area within one minute after the scheduled start of the competition shall be regarded withdrawn.

2. Physical and Costume Inspection

After being called, the contestants shall undergo physical and costume inspection at the designated inspection desk by the inspector designated by the WTF, and the contestant shall not show any signs of aversion, and also shall not bear any materials which could cause harm to the other contestant.

3. Entering the Competition Area

After inspection, the contestant shall enter into the waiting position with one coach.

4. Start and End of the Contest

The contest in each round shall begin with the declaration of "Shijak" (start) by the referee and shall end with the declaration of "Keuman" (stop) by the referee.

5. Procedure Before the Beginning and After the End of the Contest

i. The contestants shall face each other and make a standing bow at the referee's command of "Charyeot" (attention) and "Kyeongrye" (bow). A standing bow shall be made from the natural standing posture of "Charyeot" by inclining forward at the waist to an angle of more than 30' degrees with the head inclined to an angle more than 45' degrees and the fists clenched at the sides of the legs.

ii. The referee shall start the contest by commanding "Joon-bi" (ready) and "Shi-jak" (start).

iii. After the end of the last round, the contestants shall stand at their respective positions facing each other and exchange a standing bow at the referee's command of "Charyeot", "Kyeongrye", and then wait for the referee's declaration of the decision in a standing posture.

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- iv. The referee shall declare the winner by raising his/her own hand to the winner's side.
- v. The contestants retire from the Competition Area.

SCORING

For a point to be scored, the strike must be successfully delivered with sufficient power to abruptly displace the opponent's body or head.

Permitted Techniques

- 1) Fist techniques: Delivering techniques by using the front parts of the forefinger and middle finger of the tightly clenched fist.
- 2) Foot techniques: Delivering techniques by using the parts of the foot below the ankle bone.

Permitted Areas

- 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 back not covered by the trunk protector.
- 2) Face: This area is the face excluding the back of the head, and attack by foot techniques only is permitted.

One point is successfully scored by:

- i. a punch successfully delivered with the first two knuckles on the mid part of the body (on the chest protector);
- ii. a kick successfully delivered on the front half of the head or on the body (on the chest protector); or,
- iii. a kick anywhere on the chest protector provided that the opponent falls down as a result of the power of the kick when, as the result of a powerful kick or punch. The opponent is staggered, dazed or falls, and is momentarily unable to continue, the referee will start a count and a point will be awarded.

If the staggered, dazed or fallen opponent recovers by the referee's count of eight, the match may continue. If the referee's count goes past eight, the staggered, dazed or fallen competitor will lose by knock out.

Striking below the belt (the legs and groin area) and vertical line including spinal cord are prohibited.

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Tied Score and Superiority:

In the event of a tied score at the end of the match, the Head of Court will instruct the Referee to make a superiority decision. The Referee will take the following into account in making a superiority decision:

If the determination of the tied score involves a tie through the deduction of penalty points, the competitor who scored more points will be declared the winner. Then technical dominance of one competitor over the other greater number of techniques the more advanced techniques best competition manner

Penalties - Warnings and Deductions

The Referee will award Warnings (1/2 point deductions) and Deductions (full point deductions) for violations of the rules.

Prohibited acts: "Kyong-go" penalty

- 1) Interference with the progress of the match
 - a. Crossing the Boundary Line
 - b. Falling down
 - c. Evading by turning the back to the opponent

- 2) Undesirable acts
 - a. Grabbing the opponent
 - b. Holding the opponent
 - c. Touching the opponent with the hand or the trunk
 - d. Pretending injury
 - e. Butting or attacking with knee
 - f. Attacking the groin
 - g. Stamping or kicking any part of the leg or foot
 - h. Hitting the opponent's face with hands or fist
 - i. Interrupting the progress of the match on the part of the contestant or the coach
 - j. Avoiding the match

3) Prohibited acts: "Gam-jeom" penalty

Interference with the progress of the match

- a. Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand
- b. Intentionally attacking the fallen opponent after declaration of 'Kal-yeo'.
- c. Intentionally attacking the opponent's face with fist

Undesirable acts

- a) Temporary suspension of the match due to violent remarks or behaviors on the part of the contestant or the coach

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Valid Points

1. Legal Scoring Areas

- i. Mid-section of the trunk: the abdomen and both sides of the flank.
- ii. Face: the permitted parts of the face.

2. Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the body. However, when a contestant is knocked down as a result of the opponent's attack on a part of the trunk protector which is not part of a legal scoring area, such a technique shall be regarded as a point.

3. Each scoring techniques shall earn 1 point anywhere on the body and 2 points in the face. For a knock-down, 1 more point.

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

5. Invalidation of points: When the following are committed, the delivered technique will not be scored.

- i. Intentionally falling, immediately after delivery of the legitimate technique.
- ii. Committing an illegal act after delivery of the legitimate technique.
- iii .Use of any of the prohibited actions.

Scoring and Publication

1. Valid points shall be immediately recorded and publicized.

2. In the use of body protectors not equipped with electronics, valid points shall be immediately marked by each judge by using the electronic scoring instrument or judge's scoring sheet.

3. In the use of electronic trunk protectors

- i. Valid points scored on the mid-section of the trunk shall be recorded automatically by the transmitter in the electronic trunk protector.
- ii. Valid points scored to the face shall be marked by each judge by using the electronic scoring instrument or judge's scoring sheet.

4. In case of scoring by using the electronic scoring instrument or judge's scoring sheet, valid points shall be the ones recognized by two or more judges.

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Prohibited Acts

1. Penalties on any prohibited acts shall be declare by the referee.
2. In the case of multiple penalties being committed simultaneously, the heavier penalty shall be declared.
3. Penalties are divided into "Kyong-go" (warning penalty) and "Gam-jeom" (deduction penalty).
4. Two "Kyong-gos" shall be counted as deduction of one (1) point. However, the odd "Kyong-go" shall not be counted in the grand total.
5. A "Kam-jeom" shall be counted as minus-one (-1) point.
6. When a contestant refuses to comply with the Competition Rules or the referee's order intentionally, the referee may declare the contestant loser by penalty.
7. When the contestant receives minus three (-3) points, the referee shall declare him/her loser by penalties.
8. "Kyong-go" and " Gam-jeom" shall be counted in the total score of the three rounds.

Decision of Superiority

1. In the case of a tie score by deduction of points, the winner shall be the contestant awarded any point or more points through the three rounds.
2. In the case of a tie score other than # 1. above, (where both contestants received the same number of points and/or deductions) the winner shall be decided by the referee based on superiority throughout all three rounds.
3. Decision of superiority shall be based on the initiative shown during the contest.

Decisions

1. Win by K.O.
2. Win by Referee Stop Contest (RSC)
3. Win by score or superiority
4. Win by withdrawal
5. Win by disqualification
6. Win by referee's punitive declaration

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Knock Down

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 delivered technique.
2. When a contestant is staggered showing no intention or ability to pursue the match.
3. When the referee judges that the contest cannot continue as the result of any power technique having been delivered.

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:
 - i. The referee shall keep the attacker away from downed contestant by declaration of "Kal-Yeo" (break).
 - ii. The referee shall count aloud from "Hanah" (one) up to "Yeol" (ten) at one second interval towards the downed contestant, making hand signals indicating the passage of time.
 - iii. In case the downed contestant stands up during the referee's count and desires to continue the fight, the referee shall continue the count up to "Yeo-Dul" (eight) for recovery of the downed contestant. The referee shall then determine if the contestant is recovered and, if so, continue the contest by declaration of "Kye-Sok" (continue).
 - iv. When a contestant who has been knocked down cannot demonstrate the will to resume the contest by the count of " Yeo-Dul", the referee shall announce the other contestant winner by K.O.
 - v. The count shall be continued even after the end of the round or the expiration of the match time.
 - vi. In case both of the contestants are knocked down, the referee shall continue counting as long as one of the contestants has not sufficiently recovered.
 - vii. When both of the contestants fail to recover by the count of "Yeol", the winner shall be decided upon the match score before the occurrence of knock down.
 - viii. 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.

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2. Procedures to be followed after the contest

Any contestant suffering a knock-out as the result of a blow to the head, will not be allowed to compete during the remainder of the current WPFG.

Procedures for Suspending the Match

When a contestant is to be stopped due to the injury of one or both of contestants, the referee shall take the following measures:

1. The referee shall suspend the contest by declaration of "Kalyeo" and order the Recorder to suspend the time keeping by announcing "Kyeshi" (suspend).
2. The referee shall allow the contestant to receive First Aid within one minute.
3. The contestant who does not demonstrate the will to continue the contest after one minute, even in the case of a slight injury, shall be declared loser by the referee.
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 loser.
5. In case both of 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. When it is judged that a contestant's health is at risk due to losing consciousness or falling in an apparently dangerous condition, the referee shall suspend the contest immediately and order First Aid to be administered. The referee shall declare as loser, the contestant causing the injury if it is deemed to have resulted from a prohibited attack to be penalized by "Gam-jeom", or in the case the attack was not deemed to be penalized by Gam-jeom, shall decide the winner on the basis of the score of the match before suspension of the time.

REFEREES

Decisions made by the referees and judges shall be conclusive and they shall be responsible to the Board of Arbitration for those decisions.

Arbitration

3. Procedure of Protest

- i. In case there is an objection to a judgment, a delegate must submit an application for re-evaluation of decision to the Sport Coordinator.
- ii. Deliberation of re-evaluation shall be carried out excluding those members with the same nationality as that of either contestant concerned, and resolution on deliberation shall be made by majority.
- iii. The members of the Board of Arbitration may summon the refereeing officials for confirmation of events.
- iv. The resolution made by the Board will be final and no further means of appeal will be applied.

SITUATIONS NOT COVERED BY THE RULES

Where any situation arises which is not covered by these rules, it shall be dealt with and a decision given by the referee after consultation with the Refereeing Commission.