

OFFICIAL RULES
Open European Championship ITFU



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R 1 PURPOSE

The purpose of these rules:

- a. Raise the quality of national and international tournaments.
- b. Provide an equal opportunity for all participants to demonstrate to the best of their abilities.
- c. Ensure equity for all athletes.
- d. Restrict dangerous situations, behaviours or actions.
- e. Standardize the criteria of all Umpires.
- f. Protect the authority of all Umpires.
- g. Standardize the Rights and Duties of all Umpires.

R 2 APPLICATION

These rules will apply to all National and International Championships.

R 3 COMPETITORS/AGES

Ages

- a. **Child Category:** from 5 years to 9 years inclusive.
- b. **Cadet category:** from 10 years to 13 years inclusive.
- c. **Junior Category A:** from 14 years to 15 years, completed on the day of weighing.
- d. **Junior Category B:** from 16 years to 17 years, fulfilled the day of the weigh-in.
- e. **Adult Category 18 to 35 years old.**
- f. **Veteran A, from 36 to 45 years old.**
- g. **Veteran B, from 46 to 55 years old.**
- h. **Veteran C, over 56 years old.**
- i. To know which category each competitor belongs to, on the day of the weigh-in, they must be of the mentioned age.
- j. All Competitors must be registered in their corresponding schools, associations or federations, with the corresponding sports accident insurance.
- k. All competitors must register online, through their School, Association or Federation.

Categories and Ages

- All competitors must accredit the Dan Certificate of the corresponding organization.
- The maximum category to compete is VI dan.

R 4 DIVISION OF COMPETITION

The competition is divided into INDIVIDUALS and TEAMS, with the following events.

INDIVIDUAL competition modalities:

Tul, Sparring. Power Breaking and Breaking of Special Techniques (only for adults black belts)

R 5.1 TUL INDIVIDUAL

Pyramidal system of elimination (page 15)

Modalities of competition, TEAM “Official ITFU members”.

Tul and Sparring (traditional fighting system, 5 members + 1 reserve (optional))

Modalities of competition, TEAM “Open all the schools”.(5 members in each team)

Tul and Sparring.

Tul: it will compete with only one Optional Tul.

Sparring: 1 round of 4 minutes, entering and leaving randomly.

Team Tul

In this category the teams may be formed in a MIXED way.

Black belt categories

Junior: 14 to 17 years
1st - 2nd and 3rd dan

Adult: 18 to 35 years

Veteran A: 36 to 45 years.

Veteran B: 46 to 55 years.

Veteran A: 56 onwards.

R 5.2 Sparring

Duration of rounds in playoff and final rounds:

KIDS

Up to 9 years, 1 round of 1 minute 30 seconds (In these categories contact with the hands to the face is prohibited)

From 10 to 13 years old, 1 round of 2 minutes.

JUNIOR (A 14-15 – B 16-17) ADULTS (18 - 35)

Junior and Adult playoff, 2 rounds of 1 minute 30 seconds, with 30 seconds rest.

FINALS, 2 rounds of 2 minutes with 1 minute rest.

“A-B-C” VETERANS (36 and up)

Playoff 1 round of 2 minutes.

Finals 2 rounds of 1 minute with 30 seconds rest.

Categories of kids color belts, and black belts, from 5-13 (we will take into consideration the weight and height)

Male	-8º Gup	-5º Gup	-1º Gup	Dan
Female	-8º Gup	-5º Gup	-1º Gup	Dan

TUL (if there are not many competitors in some divisions, there will be mixed categories)

Male	-5	6-7	8-9	10-11	12-13
Female	-5	6-7	8-9	10-11	12-13

Male Sparring: categories and weights.

from 5 to 9 years old WITHOUT PUNCHES TO THE FACE

- 5	-19	- 23	-27	+27						
-7	-19	-23	-27	-31	+31					
-9	-23	-27	-31	-35	-39	-44	-49	+49		
- 11	-27	-31	-35	-39	-44	- 49	-54	- 59	-64	+64
- 13	-39	-43	-47	-51	-56	- 61	-66	-71	-76	+76

Female Sparring: categories and weights.

- 5	-19	- 23	-27	+27						
-7	-19	- 23	-26	-29	+29					
-9	-21	-25	-29	-33	-37	-41	- 45	+ 45		
- 11	-25	-29	-33	-37	-41	45	- 49	-54	- 59	+59
- 13	-37	-41	- 45	- 49	-53	-57	-61	-66	-71	+71

JUNIOR: 14 - 17 years.

Individual Sparring (A 14 - 15) (B 16 - 17). Individual Tul 14 to 17

Male	-8º Gup	-5º Gup	-1º Gup	Dan				
Female	-8º Gup	-5º Gup	-1º Gup	Dan				
Male	- 45kg.	- 51 kg.	- 57 kg.	- 63 kg.	- 69 kg.	- 75 kg.	+ 75 kg.	
Female	- 40 kg.	- 46 kg.	- 52 kg.	- 58 kg.	- 64 kg.	- 70 kg.	+ 70 kg.	

ADULTS: 18 - 35 years

Individual Sparring, Individual Tul

Male	-8º Gup	-5º Gup	-1º Gup	Dan
Female	-8º Gup	-5º Gup	-1º Gup	Dan

Male	- 50kg	- 57kg	- 64kg	- 71kg	- 78kg	- 85kg	-92kg	+92kg
Female	- 45kg	- 51kg	- 57kg	- 63kg	- 69kg	- 75kg	- 81kg	+81kg

VETERANS: 36 - 45

Male	-8º Gup	-5º Gup	-1º Gup	Dan
Female	-8º Gup	-5º Gup	-1º Gup	Dan

Male	- 66 kg.	- 73 kg.	- 80 kg.	- 87 kg.	-94.kg.	+ 94 kg.
Female	- 56 kg.	- 63 kg.	- 70 kg.	- 77 kg.	-84 kg.	+ 84 kg.

VETERANS B: 46 - 55

Male	-8º Gup	-5º Gup	-1º Gup	Dan
Female	-8º Gup	-5º Gup	-1º Gup	Dan

Male	- 66 kg.	- 73 kg.	- 80 kg.	- 87 kg.	-94kg.	+ 94 kg.
Female	- 56 kg.	- 63 kg.	- 70 kg.	- 77 kg.	-84 kg.	+ 84 kg.

VETERANS C: +56

Male	-8º Gup	-5º Gup	-1º Gup	Dan
Female	-8º Gup	-5º Gup	-1º Gup	Dan

Male	- 66 kg.	- 73 kg.	- 80 kg.	- 87 kg.	-94kg.	+ 94 kg.
Female	- 56 kg.	- 63 kg.	- 70 kg.	- 77 kg.	-84 kg.	+ 84 kg.

TEAMS (Only Black belts)

Duration and method

TUL

Modalities of competition by, TEAM “Only official ITFU Members by countries” (NOT SCHOOLS) – One Team per country

One Optional Tul and One Mandatory Tul (5 members + 1 reserve, which may be used if there is an injury. ***The reserve will not be together with the team, which will present the credentials to the Jury President***) The same TUL cannot be repeated.

After the draw, the first team that will make the Optional Tul will come in; Once finished, the other team will come in to make the Optional Tul. Following the same order, they will go in to make the obligatory Tul. Once both teams are finished, they will form properly aligned to wait for the final decision.

SPARRING

Modalities of competition, TEAM “Only official ITFU Members by countries” (NOT SCHOOLS) – One Team per country

(5 members + 1 reserve, which may be used in case of injury. ***The reserve will not be together with the team, which will present the credentials to the Jury President.***)

After the corresponding draw, they will compete individually following the strategy that each coach chooses, not being necessary the correspondence of weights. There will be 1 round of 2 minutes for each Sparring. For each match won, 2 points will be assigned to the corresponding team, and 1 point for each match tied. Following this order, the first team that reaches 6 points will be the winner. If there is a Tie in the score, there will be an extra 2-minute Match. If the tie persists, an extension of 1 minute will be made. And if there is finally a new tie, it will be defined by the GOLDEN POINT.

TEAM TUL “OPEN”

Modalities of competition, TEAMS “Open all schools”. (5 members in each team)

Tul: Only one Optional Tul will be made.

After the corresponding lottery, a school will come in first, and then the next one. Once both teams are finished, they will form properly aligned to wait for the final decision.

TEAM SPARRING “OPEN”

Modalities of competition by, TEAMS “Open all schools”. (5 members in each team)

There will be ***only 1 round of 4 minutes***, during which the competitors will be able to enter and leave following the coach's instructions, without stopping the fight.

Categories:

- a. Junior 14 to 17 years
- b. Adults, 18 to 35

R 5.3 INDIVIDUAL Power breakings, only Black Belts.

Adults 18 to 35 years

Male and Female Categories.

METHOD

A qualifying technique chosen by the competitor will be performed. In case of not completely breaking the boards, he/she will be out of the competition. In case of completely breaking the boards, he/she can continue with the rest of the breaks.

Points: 3 points will be awarded for each broken board, and 2 points for each bent board.

R 5.4 INDIVIDUAL Breacking Special Techniques, only Black Belts.

Male and Female Categories.

- Adults 18 to 35 years

R 6 RING SIZE

Options:

8 x 8 meters + 1 extra meter of security perimeter.

9 x 9 meters + 1 meter security perimeter.

These measures may vary according to the sports hall.

- Elevated center ring:** if this possibility exists, the security perimeter will be 2 meters and the height from 50 cm to 1 meter.
- Lightning:** if there are lighting towers, they must not be less than five 5 meters above the raised Center ring.
- The official Jury table must be located in front of and at the same level as the ring.

R7 DRESS

Dress requirement for competitors;

When they are not competing: wear normal sports clothing such as tracksuits, training shoes, etc.

Opening/closing ceremonies: Invited countries or schools may wear the official Dobok or the official sports outfit of the country or school they represent.

Award: Complete official Dobok and/or the complete sports outfit. It is not allowed to mix the Dobok and the sports outfit.

R 8 SAFETY EQUIPMENT AND USE OF PROTECTIONS

a. Competitors MUST MANDATORY/Optional/Recommended use:

- Hand and foot protections preferably **Red** or **Blue**, according to the color required for their position in the key.
- **Groin Protector:** must be worn inside the Dobok. **Optional** for Kids and Cadets categories; **Mandatory** for Junior categories onwards.
- **Head protector, Red or Blue**, according to the color required for its position in the key. **Mandatory** up to 13 years, **Recommended** from 14 onwards.

- Mouthguard, **Optional** up to 13 years, **Mandatory** from 14 onwards.
- Shin guard **Optional** up to 13 years / **Mandatory** for Junior, Adults and Veterans)
- Female chest protector **Recommended**.
- b. Competitors may optionally use:
 - Sports approved, flexible glasses. Written approval must be requested from the Tournament Committee at least 30 days before the event.
- c. All protections must be approved, and may NOT contain any hard material (except for female groin protectors or chest protectors). The use of zippers, laces or buttons is prohibited.
- d. NO bandages of any kind are allowed. Written approval must be sought from the Tournament Committee at least 30 days prior to the event.
- e. NO jewelry, piercings, watches, heart monitors, or other similar items may be worn.
- f. Long hair must be tied up using a material that is soft or elastic in nature only, NO hard materials are allowed. For Sparring divisions, any hair covering must fit completely inside the hard hat.

NOTE: All optional equipment listed above may be subject to approval by the Tournament Committee.

R 8.1 Replacement of Equipment or clothing

Any equipment or clothing that must be replaced (for example, defective protections or Dobok in poor condition) during the performance, will have a maximum time limit of three 3 minutes to carry out this replacement. If defective equipment or clothing is not replaced, the competitor will be disqualified.

R 9 SPARRING

R 9.1 Scoring Area

- a. Head
 - 1. In the front, the sides, but not in the rear.
- b. Body Trunk
 - 1. From the shoulder to the navel up.
 - 2. From a line drawn from the back of the armpit, vertically to the waist on each side, excluding the back.

R 9.2 Points awarded

- a. One (1) point will be awarded for any legal Hand Attack directed at the mid or upper section.
- b. Two (2) points will be awarded for any legal kick attack directed to the midsection.
- c. Three (3) points will be awarded for any legal foot attack directed to the upper section.

Note: When the hit is jumping (both feet in the air) 1 point will be added to the scores mentioned above.

R 9.3 Scoring system.

The technique will be valid when:

- a. Is performed in a CORRECT way.
- b. Is **DYNAMIC** (i.e., it is executed with force, purpose, speed, and precision).
- c. Is **CONTROLLED** on target. **Hands: Only Ap joomuk Ap Jirugi and Dung Joomuk Yop Taeregi are valid.**

R 9.4 Direct point discounts (-1)

One point will be deducted for the following violations:

- a. **Excess contact.**
- b. **Attack a downed opponent.**
- c. **Leg sweep.** Intentionally.
- d. **Hold/Grab/Hold.** Retention of any part of the body in order to obtain an advantage.
- e. **Intentional attack on an illegal target.** Perform a technique with or without contact, directed at any prohibited target.
- f. **Unsportsmanlike conduct.** It includes any action taken by the competitor that shows disrespect, failure to follow instructions or other unacceptable behavior towards the referee, other competitors, public or officials, *including*: not following or refusing to follow the referee's directions, intentionally leaving the area, inappropriate behavior or language, etc.).

R 9.5 Warnings

Warnings will be assigned for the following infractions:

- a. **Pretend a point has been scored by gesturing with he/she arm or hand.**
- b. **Get completely out of the ring.** Two feet must be completely out of the ring, or one foot out and the other off the ground.
Note: This rule does not apply when the competitor has been forcibly pushed (by hands or body) out of the ring.
- c. **Fall, whether intentional or not.** When any part of the body other than the feet touches the ground for any period of time.
- d. **Faking an Injury** Faking an injury to gain an advantage or to run down the clock.
- e. **Intentionally avoiding Sparring.** Run away, evade the opponent, or use the Center referee as a shield.
- e. **Attack WITHOUT intention, to an unauthorized target.**
- g. **Adjusting the protections during the Match, without the authorization of the Center Referee.** Attempting to manipulate or delay time.
- h. **Push.**
- i. **Hold/Grab/Hold.** Retention of any part of the body WITHOUT obtaining an advantage.

Note: The sum of three (3) Warnings automatically implies the deduction of one (1) point. This action is carried out by the Jury President or Member of the Jury through the electronic scoring system, if any.

R9.6 Disqualifications

Disqualifications may be applied for the following infractions:

1. **Misconduct against officers or ignoring instructions.** Any ignorance of instructions or disrespect towards Ring Council officials.
2. **Contact uncontrolled or excessive.** Contact out of control, with the clear purpose of harming the competitor.
3. **Receive three (3) direct minus points (-1) given directly by the center referee.** Upon receiving the third (3) point, the competitor will be automatically disqualified.
Note: The last minus point should be consulted with the Jury President, who will make it viable.
4. **Being under the influence of alcohol or drugs.** Suspected of being under the influence of any substance that could impair physical or mental abilities, including medication.
5. **Loss of control. (Repeated unsports manlike conduct).** Not controlling behavior, words and/or emotions.
6. **Insult an opponent, coach and/or official.** Any disrespect directed at any official, coach, competitor or person associated with the event.
NOTE: A competitor who insults or assaults an opponent, coach or official will be disqualified from the rest of the competition and all modalities.
Once the tournament is over, a report will be sent to the ITFU to evaluate the type of suspension that will be applied to the competitor, Coach, or both.
7. **Bite, scratch**
8. **Attack with the knee, elbow or forehead.** Using a prohibited attack tool with the clear intent of causing damage.
9. **Being responsible for causing a loss of consciousness or concussion,** momentary, short or long duration.
See Rule R 10. A competitor found guilty of causing a loss of consciousness or causing a concussion in a Sparring match may be disqualified. The unconscious or concussed competitor will be ineligible to compete again for the entire event, and as such will forfeit any remaining matches or events.

Disqualification Procedure

1. The Jury President stands up, signals the disqualified competitor with one hand and raise the other arm with a closed fist.
2. Issues the decision of "SIL KYUK".
3. The Center Referee performs the protocol and then raises the hand of the opposite competitor, indicating the winner.

R 10 INJURIES

The Center Referee stops the fight in front of an injured competitor and calls the doctor. **Important:** From the moment the doctor is in front of the injured person, he/she has 3 minutes to diagnose, treat injuries and decide on the continuity of the competitor in the fight and in the Tournament.

At the end of the three (3) minutes, the doctor must make a final statement of the competitor's fitness and permission to return to competition.

- a. A competitor who is responsible for **causing a loss of consciousness or concussion or facial breackage** in the competition of Sparring, may be disqualified.
- b. The injured person cannot compete for the time determined by the doctor.
- c. If two competitors injure each other at the same time and both are unable to fight according to the doctor's decision:
 1. The winner is whoever has the most points scored.
 2. If the competitors were tied, the ring council must decide. If it were a final match, 2 first places could be awarded.

Application of rule R 10

Procedure to determine guilt

- a. Every time a possible disqualification occurs in the context of R 10, Ring Council must consult with a member of the Umpires Committee to verify that due process is followed before making a decision.
- b. Fault for the disqualification must come as a direct result of a potentially prohibited action taken with intent and/or lack of control, and, as a consequence of such action, resulting in the competitor's inability to continue the match. In this case, the Jury President may apply a disqualification.
- c. To determine guilt, the foreperson of the Jury must take the following steps:
 - 1 Ring Council should call a member of the UMPIRES Committee to supervise and advise on this procedure.
 - 2 The member of the Umpires Committee will first consult with the Jury President and then with the Center Referee to better determine the situation and the result.
 - 3 If a decision cannot be determined at this point, the Umpire Committee member may choose to call the Umpires (individually) to determine their opinion.
 - 4 The member of the Umpires Committee, taking into consideration all the information obtained, will make a final decision.

Unconsciousness and/or Concussion or facial breackage

- A competitor found guilty of causing a loss of consciousness or concussion or a facial breackage in a Sparring match may be disqualified. The injured competitor will not be able to compete again during the entire event, therefore they will lose the remaining matches or events. If he/she does not accept the decision of the doctor and the Ring Council, he/she will be disqualified and removed from the competition.

R 11 SPARRING PROCEDURE

Start, stop and finish. Protocol.

- a. Competitors will start the fight in the starting positions, they will Bow to the Jury President and then each other.
- b. The Center Referee will start the fight with the command "SHI-JAK" and the competitors will continue fighting until the referee gives the command "HAECHYO".
- c. At this time the competitors will stop sparring and they will remain where they are, until sparring resumes.
- d. An audible time signal will stop scoring and the referee will end the match. The reverse order of Bow will be performed, and the result will be declared.
The corner Umpires will score all points electronically, and the following decisions will apply:
- e. The competitor who obtains the majority of the Umpires' votes, with a minimum of two (2) votes in their favour, will be declared the winner and will proceed to the next match of the competition.
- F. **Tie:** an extension of one (1) minute will be given. All scores return to 0 (points, Warnings and minus points (-1)).
- g. **2nd Draw: GOLDEN POINT.** The first point scored will decide who is the winner.

Note: Warnings and Minus Points must be computed, and if there are no points, the tie is decided as follows:

- a. If a competitor accumulates 3 (three) Warnings, the other competitor is the winner with the result 0 to -1.
- b. If one competitor receives direct Minus Point, the other competitor is the winner with the result 0 to -1.

Procedure of Umpires and Center Referee in the 2nd Draw

Umpires:

- They must stand up.
- **ONLY** when the Center Referee requests it, he must record electronically (or with flags), if he/she observed that one of the competitors scored a point.

Center Referee:

- He/she must continue to mark all Penalties.
- When he/she observes that one of the competitors could have scored a point, he/she must stop the fight and extending his arm up, asking if there is a winner (SUNG).
- At that time the Umpires must issue a ruling.
- If the Jury President observes that at least two Umpires give a competitor the winner, the round ends and the Bow protocol begins.
- If the Umpires did not observe a point, the round continues.

R 12 TEAM SPARRING PROCEDURE

The protocol for starting, stopping, and ending, is the same as for Individual Sparring. The coach of each team must give the Jury President the identifications of the team members.

Note: *The competitors of a team may not be replaced.*

In case of injury, verified by a doctor, only the reserve may be part of the team.

The injured competitor will be excluded for the rest of the event.

Lottery: The Center Referee shall toss a coin in the presence of the coaches. The coach who loses the toss, must send his/her first competitor, or leave that choice to the opponent. The teams must alternate this order until they finish.

The corner Umpires will score all points electronically, and the following decisions will apply:

- a. For each match won, 2 points will be assigned to the corresponding team, and 1 point for each match tied. Following this order, the first team that reaches 6 points will be the winner. If there is a Tie in the score, there will be an extra 2-minute match. If the tie persists, an extension of 1 minute will be made. And if there is finally a new tie, it will be defined by the GOLDEN POINT.

R 13 CHRONOMETER UMPIRE

At the first command of "Shi-Jak" (Start) from the Center referee, the Chrono responsible starts the system stopwatch until the end of time (audible signal). The system timer will run continuously unless the Center Referee calls "Time" by saying "Jung-Ji". At this time, the Chrono responsible, stops the timer system until the "Gaesok" (Continue) command is given.

R 14 INDIVIDUAL TUL

The pyramid system will be used.

R 14.1 Gup Categories

The color belt competitors will compete 1 on 1 same time, and make one (1) Optional Tul from Chon Ji to their category. They will never be able to make a Tul superior to the category it has. For example: a Yellow Belt (8th Gup) cannot perform Do San.

R 14.2 Categories of Black belt, Junior, and Adult.

They will compete 1 against 1, and will make two (2) Tul. One Optional (which will be one of those that correspond to their degree) and One mandatory drawn electronically by the Jury President, between Chon-Ji and those corresponding to their graduation. The same Tul cannot be repeated.

- **Location of competitors:** Competitors must start and finish at the same point.

R 14.3 Scoring procedure Tul Individual/Team

- a. The Umpires will use an electronic scoring system or flags.
- b. The competitor/team that obtains at least 2 Umpires in their favor, will be declared the winner and will advance to the next round of competition.
In the case of a tie, another Tul must be made.

PENALTIES

R 14.4 When “0” points must be awarded in the Tul competition:

1. Stop the Tul completely or pause for more than 3 seconds.
2. Do not perform the Mandatory Tul requested, or make a Tul outside the competitor's grade/degree.
3. Start the Tul facing the wrong direction (side/front/back).
4. Start the Tul with a preparatory position (JUNBI) different from that specified by the Tul technical directions.
5. Add, omit or change any movement or the Tul.

R 14.5 LIGHT Penalties:

1. Performing a technique at an incorrect height, or incorrect alignment.
2. Lose balance.
3. Hold for 2 seconds.
4. Do not return to the starting point.
5. Returning to the starting point on the wrong foot.
6. Lack power.
7. Inaccurate or incorrect breathing.
8. Wrong position.
9. Incorrect motion (ie; continuous, connected, slow, fast, normal).

R 15 TEAM TUL “Official ITFU members only”

The simple elimination pyramid system will be used.

One Optional Tul and One Mandatory Tul (5 members + **1 reserve, which may be used if there is an injury. The reserve will not be together with the team, which will present the credentials to the Jury President**) The same TUL cannot be repeated

After the draw, the first team that will make the Optional Tul will come in; Once finished, the other team will come in to make the Optional Tul. Following the same order, they will go in to make the obligatory Tul. Once both teams are finished, they will form properly aligned to wait for the final decision.

- a. In the case of a tie, another Tul required until a winner is declared.
- b. Team members can perform the movements individually or together, as they decide, but it must be seen that it is a team effort.
- c. The entrance and exit of the ring will be part of the choreography, and will influence in the score.

R 15.1 Serious Penalties

When “0” points should be awarded in the Tul competition:

1. When any member or members of the team stop the Tul completely or pause for more than 3 seconds.
Note: *The exception is when the competitors freeze the movements in stages, at least one must continue with the correct rhythm of the Tul.*
2. Not perform the Mandatory Tul requested.
3. Start the Tul facing the wrong direction (side/front/back).
4. Start the Tul with a (JUNBI) different from the one specified.
5. Add or omit any movement, or change any sequence of movements that is not within the movements of the Tul.

R 15.2 LIGHT Penalties:

1. Lack of teamwork.
2. Choreography or low intensity difficulty.
3. Performing a technique at an incorrect height, or incorrect alignment.
4. Lose balance.
5. Hold for 2 seconds.
6. Do not return to the starting point.
7. Returning to the starting point on the wrong foot.
8. Lack power.
9. Inaccurate or incorrect breathing.
10. Wrong position.
11. Incorrect motion (ie: continuous, connected, slow, fast, natural, normal).
12. Inaccurate or incorrect preparation or execution of the technique (ie crossing, previous action, flight, jump...)
13. Sine Wave movement, incorrect rhythm.
14. Incorrect position
15. Not recovering a retraction kick (busigi) immediately after its execution.
16. Lack of teamwork.
17. Choreography or low intensity difficulty.

R 17 INDIVIDUAL POWER BREAKINGS:

R 17.1 Techniques allowed MALE and FEMALE Category.

A technique will be used to qualify.

Male: Ap joomuk, Sonkal, Dollyo Chagi, Yop Chagi, Bandae Dollyo Chagi

Female: Ap Palkup, Sonkal, Dollyo Chagi, Yop Chagi, Bandae Yop Chagi

R 17.2 Procedure:

1. **ADJUSTMENT:** Verbally indicate higher or lower to the solar plexus line. DO NOT TOUCH THE BOARDS OR MACHINES (not a disqualifying infraction)
 2. **MEASUREMENT:** Perform one (1) position on Guard, Perform one (1) measurement. He/she can touch the wood only once. Return to Guard position
 3. **EXECUTION:** Break the boards.
 4. **Back to the guard position.**
- He/she have 30 seconds once the whole process has started.**

- b. **Umpires may award “0” (zero) points to an attempt for:**
- Exceed the established time.
 - Fall (when any part of the body, except the feet, touches the ground).
 - Wrong attack tool.
 - Not respecting the protocol.
- c. The Umpires must examine each table before each attempt.
- d. Each split board will count as three (3) points and each folded board will count as two (2) points.
- e. The four highest scores will establish the 1st, 2nd and two (2) 3rd place winners.

Note: In the case of a tie, the Jury President will draw lots for hand or foot techniques to be the tiebreaker.

Important:

1. An appropriate mechanical holding device must be used throughout the power break competition.
2. Competitors are not allowed to add weight to the machine at any time.
3. The Center Referee will determine if the machine is well positioned and correctly stabilized; From this point on, any adjustments to the location or stability of the machine are NOT allowed.
4. In order to ensure equality for each competitor, official reusable plastic boards will be used.

R 18 BREAK SPECIAL INDIVIDUAL TECHNIQUES

A technique will be used to qualify.

R 18.1 Permitted techniques MALE and FEMALE Category

Male:

Nopi Chagi: 2.40 meters

Twimyo Dollyo Chagi: 2.20 mts.

Twimyo Bandoe Dollyo Chagi (180°): 2.20 mts.

Twoy Dolmyo Yop Chagi (360°): 2.20 mts.

Nomo Yop Chagi: 2.20 meters

Female:

Nopi Chagi: 2.30 meters

Twimyo Dollyo Chagi: 2.10 mts.

Nomo Yop Chagi: 2.10 meters

R 18.2 Procedure:

- a. After the referee signals, time has started, each individual competitor or team has a total of three 30 seconds to break.
 1. **MEASUREMENT:** Guard position. (indicates that it is ready)
Take one (1) measurement.
Note: For special Break Techniques, a move is defined as taking a minimum of one (1) or more deliberate steps toward the target.
 2. Perform one (1) position on Guard (immediately before the break)
 3. **EXECUTION:** Perform Break
 4. Perform one (1) stance on Guard after the break.
- b. **UMPIRES may award “0” (zero) points to an attempt for:**
 - Exceed the established time.
 - Fall (when any part of the body, except the feet, touches the ground).
 - Wrong attack tool.
 - Not respecting the protocol.
- c. Umpires must regularly examine each machine and/or board.
- d. Each fully offset board will count as three (3) points and each half offset board will count as two (2) points.
- e. The four highest scores will establish the 1st, 2nd and two (2) 3rd place winners.
- f. In the event of a tie, the Jury President will select an item from the list for the tiebreaker and decide the height of the jump. Tied competitors will continue until places are decided.

Notes:

1. A suitable mechanical holding device must be used during all special techniques testing.
2. The machine must be able to indicate both a fully moved (90° turn) as a partially moved (45° turn) board. The machine must be situated in the same way for each competitor.

3. Competitors may not add weight to the machine at any time. (unless requested)
4. Competitors may not touch the board or the machine at any time. (unless requested)
5. The officer will determine if the machine is properly positioned and properly stabilized; from this point on, any adjustments to the location or stability of the machine are NOT allowed.

Umpires Procedure

- a. The Umpires validate (with a blue flag) or annul (with a red flag) each break. The break is valid if two Umpires gave it valid.
- b. The referee signals with red flag in case the break is invalid.
- c. Points are counted.

R 19 COACH

- a. For any individual or team competition, only one (1) Registered Coach must be present in the ring, sitting in the designated Coach's chair.
- c. He/She must remain seated throughout the competition, at least one (1) meter outside the ring.
- d. He/She can give directions to the student in a normal tone voice (in Sparring only) without interfering with the competition. It's forbidden to shout instructions.
- e. At no time can they invade the competition area, unless authorized by the Center Referee.
- f. He/She is the only one authorized to file an official protest.
- g. Failure to do so may cause the coach is expelled from his/her position. The Tournament Committee and UMPIRES will decide the time and duration of the expulsion.
- h. A removed Coach must be replaced by another registered Coach, within (1) minute time limit.
- i. If another coach is not present within the (1) minute period, the competitor will be disqualified.

R 19.1 Coach clothing

The coaches, while in the competition area, must wear sports clothing and shoes, long pants and a towel, preferably not white. The use of Dobok, jeans, shorts, or flip flops is not allowed.

R 20 PROTEST / DISPUTE PROCEDURE

- a. Protests can ONLY be filed by the Registered Coach who directed the competitor, and ONLY where there is an apparent violation of the official rules.
- b. Coach must request a Protest Form from the Jury President immediately after the completion of the match.

Note: Immediately after the match, he/she must go to the Jury President and with COURTESY, request an Official Form to make the Protest.

- c. The Jury President will provide the Coach the official Protest Form, after having received the corresponding fee 100€.
- d. The area where the protest is being held may NOT continue until the protest is resolved.
- e. Each protest must be written on the form corresponding, in ENGLISH/SPANISH language and will be presented to the Jury President. He/She will have a maximum of 5 minutes to deliver it.
- f. The Jury President will deliver the completed Protest Form and the Protest Fee to the Umpires Committee.

UMPIRES Committee:

The UMPIRES Committee will examine the circumstances of the protest and make a decision.

- 1. Validate the match.
- 2. Repeat the match.
- 3. Assign victory to the the opponent.
- 4. Assign or remove points, Warnings, minus Points or time as necessary.

g. The protest fee will only be returned, if the Umpires Committee accepts and validates the protest. If the Coach loses it, the fee paid will be forfeited.

Decisions

- 1. To make a decision, the UMPIRES Committee may call any Umpire to provide evidence about the protest.
- 2. Once the decision has been made, the UMPIRES Committee will notify all parties involved.
- h. The UMPIRES Committee will base its decision on the rules established in this document and its decision may not conflict with the aforementioned rules.

R20.1 Disqualification

Team managers/representatives or individuals who persist in arguing against decisions made by the Tournament Committee may, at their discretion, have the entire team or school disqualified from all post-championship events.

The Tournament Committee will consider the matter at a later date with a view to taking further action.

R 20.2 Withdrawal of Competitors:

In the case that teams or individual competitors withdraw from the championship as a method of protest, the following will occur.

- a. Automatic disqualification from that event, meaning there is no placement for that event and therefore no medals.
- b. Automatic disqualification from all other championship events.
- c. New disqualification from other events as decided gone by the Disciplinary Committee.

R 21 REGISTRATION / WEIGHING

The verification of the weight of the competitors will be carried out within 24-48 hours prior to the start of the competition.

Weighing will be MANDATORY for the Junior categories onwards.

IMPORTANT:

- Competitors who fail to give their weight in the 1st weigh-in will have one (1) hour to appear for the 2nd and final weigh-in.
- If he/she fail, will be **DISQUALIFIED FROM THE COMPETITION**. There will be no economic refund of the registration.

R 21.1 Weighing Procedure

GENERAL NOTES

- In order for an athlete to compete, he/she **MUST** be within the weights in the category they have officially entered.
- It is the responsibility of the athlete and their coach to ensure that their weight meets the stated weight criteria.
- One (1) Coach and, if necessary, one translator per country **MUST** be present during School/Country weight verification procedures.

R 21.2 Required clothing

Competitors **MUST** wear the official track suit of their School/Country.

Important:

- All competitors from a School/Country must appear **TOGETHER** with one (1) duly registered **COACH**.

R 22 MEDICAL CARE

All National and International events must have a minimum of one (1) doctor, and one ambulance. Additional medical personnel and/or equipment may be required depending on the contract or legal requirements of the host country.

The recommendations of the Official Tournament Doctors that prohibit a competitor from continuing to participate after an injury must be accepted.

Only the Official Tournament Doctor(s) may provide primary medical care in the competition area during the event.

R 23 INSURANCE AND LIABILITY FOR INJURIES – COMPETITORS

- a. All competitors must have valid insurance coverage in order to compete. The host organization will not be responsible for any injury, loss or eventuality, incurred during the event. For this reason, a demarcation of responsibilities will be signed together with the registration and registration of the competitors.

R 24 EVENT INSURANCE

All organizers must ensure that the event has all the necessary liability insurance, fire certificates, and government licenses that are required to host such events.

R 25 DELEGATES

A representative of each school or team may be in charge of registering the competitors, presenting the documents, and cooperating with the organization when required.

R 26 UNEXPECTED EVENTS

Each and every one of the cases that are not mentioned in this document will be treated and discussed by the Tournament Committees, in order to reach a fair and equitable decision. The decision of the UMPIRES Committee will be final.

R 27 ORGANIZING COMMITTEE

The Tournament Committee will consist of 3 or 5 members. These being designated by the European Tournament Director and the competition Director.

R 29 COPIES OF THE RULES

A copy of these official regulations must be present at all tournaments and be accessible to all officials involved in the smooth running of the event.

UMPIRES

A 1 UMPIRES COMMITTEE

The UMPIRES Committee will be made up of the Director of the Tournament and a minimum of two (2) and no more than five (5) members, and will be responsible for the following matters:

- a. Approve, assign and configure the Ring Councils made up of the Jury President, Jury Members, and Umpires.
- b. Observe and strictly enforce the dress requirements of the UMPIRES.
- c. Investigate protests, deliberate on their validity, and provide a final decision.
- d. Take disciplinary actions, such as, replace, suspend or correct the activities of the Jury Presidents, Umpires and Assistants.
- e. Develop and implement improvements to the Umpire Rules and Regulations and/or supporting manuals/documentation.

A 2 Classes and Requirements of the UMPIRES

There are two qualifications for **Official UMPIRES Class A and Class B**

The criteria to qualify as a **Class "A"** Umpire are:

- a. Minimum age of 25 years old
- b. Possess an Official Certificate of 4th Dan ITFU or higher
- c. Participate in a National Referee Course every 2 years dictated by the UMPIRES Committee.
- d. Apply and receive the corresponding diploma.
- e. **Possess a Class B Umpire certificate issued by the ITFU Europe.**

- f. Complete the evaluation satisfactorily.

The criteria to qualify as a Class "B" Referee are:

- a. Minimum age of 21 years
- b. Be 2nd Dan or higher.
- c. Participate in at least one course every 2 years.
- d. Apply and receive the corresponding diploma.
- e. Complete the evaluation satisfactorily.

A 3 CLOTHING

They must be dressed in a Blue Suit, White Shirt, ITFU Official Blue Tie, WHITE Stockings and White Shoes.

A 4 CONDUCT

Presence on time: All Umpires must be present at all meetings scheduled by the Umpire Committee. All Umpires must appear at the place indicated for the meeting one hour before the start of the event that was assigned to them.

Behavior:

All Umpires must observe the following rules:

- a. They must behave with conscience and dignity.
- b. They should pay maximum attention during the competition.
- c. They must be impartial when making a decision.
- d. They must distance themselves from competitors, coach and public during the daily competition.
- e. They must not consume alcoholic beverages before or during the daily competition.
- f. The use of mobile phones or electronic devices for personal use during competition hours is prohibited.
- g. Evaluation: Each Umpire is responsible for giving his/her own evaluation and/or decision in accordance with these rules.
- h. Any Official may be assigned/changed position or task, either at the request of the Jury President or the Umpires Comitee.

Rank vs. Position

Officials will be assigned to positions based on their experience, skill set, available positions, needs of the event, and ease of communication. Appropriate respect for rank will be demonstrated, however rank is not a prevailing factor in assigning duties. All Officers must be willing to officiate in any position, regardless of rank.

A 5 RING COUNCIL

- a. The Ring Council for individual SPARRING, TEAM Sparring, individual TUL and TEAM TUL competitions consists of:
 - 1 Jury President,

- 1 or 2 Jury Members,
 - from 3 to 5 Umpires.
 - 1 or 2 Verifiers of clothing.
 - 1 Computer person, if necessary.
- b. In the competition of **POWER BREAK AND SPECIAL BREAKING TECHNIQUES** the Ring Council consists of:
- 1 Jury President,
 - 1 or 2 Jury Members,
 - 3 to 5 Umpires.
 - 1 Computer person, if necessary.
- All Ring Council Members must be up to date with the Tournament Rules at all times.
 - Any member can take part in a consultation when required by the Jury President.
 - Center Referees can and must give commands, instructions and direct the competitors in accordance with the procedures of these rules.

A 6 DUTIES

A 6.1 Duties of the Jury President

- a. One (1) Jury President will be seated at the jury table at all times during the competition and will be responsible for the general management and administration of Ring Council and its activities, including, but not limited to: evaluation and decisions of the performance of competitors, referee evaluations, protests, and interaction between the Ring Council and the Referee Committee, as written in the official Referee Rules and Regulations.
- The Jury President and the Umpires Committee, are the only officials authorized to disqualify a competitor, in accordance with the procedure established in the article on injuries.
 - He/she is responsible for supervising all matches and the behavior of the Umpires in his/her assigned ring, and as such is allowed to give his/her opinion and advice at any time.
 - He/she is the supervisor of the Jury Members of his/her assigned Ring Council and is allowed to substitute them in case of absence or inefficiency.
 - He/She must complete, time completion, and sign competition reports. These reports must be delivered directly to the Tournament Committee at the end of each division and/or category.

In individual/Team Tul:

- a. The Jury President will preside and verify will carry out the electronic draw for the Mandatory Tul.
- b. In the case of an incorrect situation, he/she can call the Umpires for clarification or instructions, without interrupt the execution of the Tul.
- c. Once the Umpires have submitted their results, he/she must stand up and indicate the winner.

- d. The competitor and/or team that has obtained the majority of the votes of the Umpires and with a minimum of two (2) votes in their favor, will be declared the winner.
- e. In the case of a tie, he/she must stand up and cross the arms in front of the chest.; then he/she must verify the electronic drawing of one (1) Mandatory Tul to break the tie. The competitors/teams will continue until the positions are defined.

In Sparring:

- a. In the case of an incorrect situation, he/she may call a “time stop” and may call the Center Referee and/or Corner Umpires for clarification or directions.
- b. He/she must communicate the Minus points and Warnings to the Computer Operator during the match, verifying that they are assigned to the correct competitor.
- c. Finished the match, he/she must stand up and indicate the winner.
- d. The competitor who has obtained the majority of the votes of the Umpires and with a minimum of two (2) votes in his favor, will be declared the winner.

In Team Sparring:

- a. The Team who have obtained 6 points will be declared the winner.
- b. In case of a tie situation, he/she must stand up and cross the arms in front of the chest. Competitors/teams shall continue until places are decided.

In Power breaking and special techniques breaking:

- a. The Jury President must communicate the points awarded to the computer operator and verify that have been entered correctly.
- b. In the case of a wrong situation, he/she can call a “time stop”; and may call the Center Referee and/or Corner Umpires for clarification or directions.
- c. In the event of a tie situation, one (1) item will be chosen by lot to break the tie.
- d. The Individual competitors who have obtained the highest scores will be declared 1st, 2nd and 2 third places.

A 6.2 Duties of Jury Members

JURY MEMBERS.

At least one (1) Jury Member will be seated at the Jury table at all times and will be responsible for assisting the Jury President with the general management and administration of Ring Council and its activities, including but not limited to: Umpires rotation, Ring Council/Coach/Competitors interaction, coach removal and replacement, and competition management.

Jury Members must be up-to-date with the Tournament Rules and other documents at all times.

The Jury Members assist the Jury President in the administration of the Ring Council and all matches to determine the winner.

- a. **Computer operator:** One (1) Computer Operator will be seated at the Jury table at all times, to operate the electronic system and keep records of the match.

Is responsible for:

1. The operation of the Electronic Scoring System.
2. Keep the official time for each match.
3. Register the Warnings and minus points, as indicated by the Jury President, in accordance with the Rules of the tournament.

The requirements to be a Computer Operator are:

- b. Minimum age of 18 years
- c. Have knowledge of the computer software to use and participate in training courses.

A 6.3 Duties of the Center Referee

The Center Referee must work in coordination and communication with the Jury President at all times.

In Tul and Sparring

Tul

- a. One (1) Center Referee will be seated at least one (1) meter outside the ring and facing the competitors to control the match during the Tul competition, working in conjunction with the other Umpires, will rate the performance of the competitors according to their judgment, evaluating deductions from the score, based on the Tournament rules and regulations.

In Sparring:

- a. One (1) Center Referee will be inside the ring to control the match during the Sparring competition.
 1. Center Referees are allowed to give commands, instructions and direct competitors in accordance with the procedures of these Rules.
 2. If necessary, he/she should check the Dobok again, and protections.
 3. In coordination with the Jury President, he/she must to start and finish the round.
 4. He/She is responsible for directing all matches, giving all directives and commands, making all announcements and using correct hand signals, managing the competition in the ring to which is assigned.
 5. He/she is the only officers authorized to apply Warnings and Minus points to the competitors in the assigned Area.
 6. **Before deducting the third DIRECT minus point, he/she must agree on his/her decision with the Jury President.**

In Power Breaking and Special Breaking:

- a. One (1) Center Referee will be inside the ring to control the match, assign points for valid breaks (in conjunction with the Umpires), verify the correct procedure and evaluate any infractions or deductions of points that are necessary.
 - 1. He/She is responsible for checking the boards and/or heights, and the correct execution of the technique for each attempt, as indicated in these rules.
 - 2. He/She must clearly display the correct number of points assigned for each technique.

A 6.4 Duties of Corner Referees

In Sparring:

- a. Four (4) Umpires will be seated, at least one (1) meter outside and in each corner of the ring during the Sparring competition. They will assign points according to their judgment, based on tournament rules and regulations.
 - 1. They are not allowed to talk at any time during the playoffs.
 - 2. They must sit correctly (upright, with a straight back and with the soles of the feet resting on the floor) without touching the competition area.
 - 3. They will electronically assign the points, as indicated in the rules.

In Power Breaking and Special Breaking:

- a. From 3 to 5 Umpires will officiate in the Power Break and Special Break Techniques competition, they will be in charge of validating the techniques when they are executed correctly using the blue flags. Red flags will indicate that the technique executed was incorrect.
 - 1. The Umpires are responsible for verifying the boards and/or heights, and the correct execution of the technique for each attempt, as indicated in the tournament regulations.

In Tul:

- a. Four (4) Umpires and the Center Referee will be seated in front of the Jury President's table. They will grade the performance according to their judgement, applying deductions to the scores of the competitors, based on the rules and regulations of the Tournament.
 - 1. Umpires must carefully and exhaustively observe the performance and behavior of the competitors, taking these into consideration when evaluating their scores.

A 6.5 Duties of the Equipment Verifier and clothing control (if necessary)

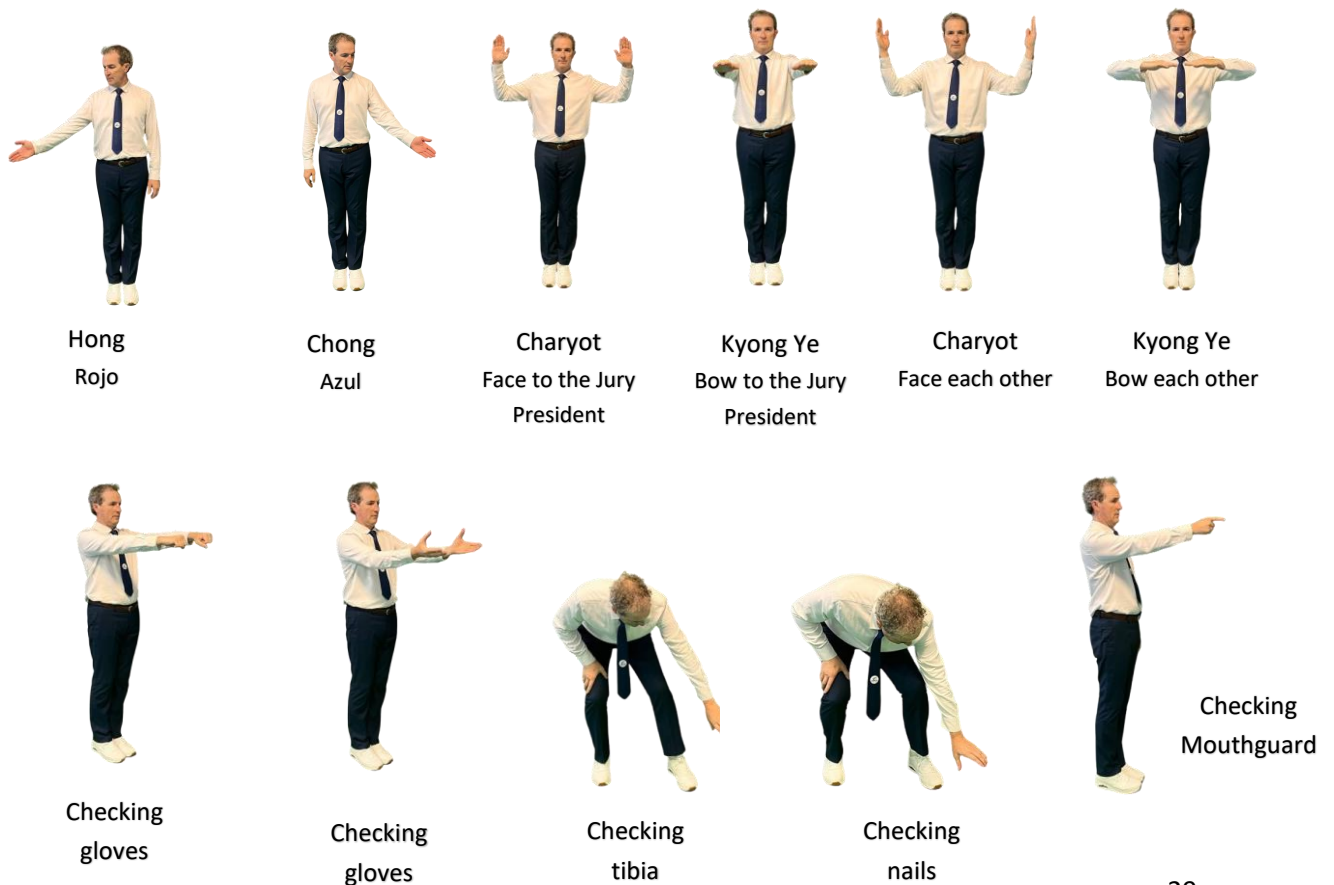
At least one (1) Verifier will be assigned to each ring with the function of controlling the Equipment and verifying the identification card of each competitor and coach, prior to allowing them to enter the competition area.

A 8 OFFICIAL TERMINOLOGY

a.	CHARYOT	ATTENTION
b.	KYONG YE	BOW
c.	JUNBI	READY
d.	SHIJAK	BEGIN
e.	HAECHYO	STOP
f.	GAESOK	CONTINUE
g.	GOMAN	FINAL
h.	JU UI HANNA	WARNING
i.	GAM JUM HANNA	MINUS POINT
j.	SIL KYUK	DISQUALIFICATION
k.	HONG	RED
l.	CHONG	BLUE
m.	JUNG JI	STOP TIMER
n.	DONG CHONG	TIE
o.	IL HUE JONG	FIRST ROUND
p.	I HUE JONG	SECON ROUND
q.	SAM HUE JONG	THIRD ROUND
r.	SA HUE JONG	FOURTH ROUND
s.	SUNG	WINNER

8 SIGNS FROM THE CENTER REFEREE

A 8.1 Protocols.





Checking
Groinguard



Looking back
(dobok and hair)



Il Hue Jong
1st round



I Hue Jong
2nd round



Sam Hue Jong
3rd round

A 8.2

Recommendations

For Competitors

1. Not speak.
2. Present Sparring.
3. Hear.
4. Timer stop.
5. Lower the intensity of the contact.



1



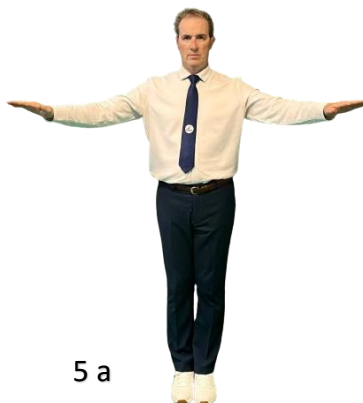
2



3



4



5 a



5 b

Coaches

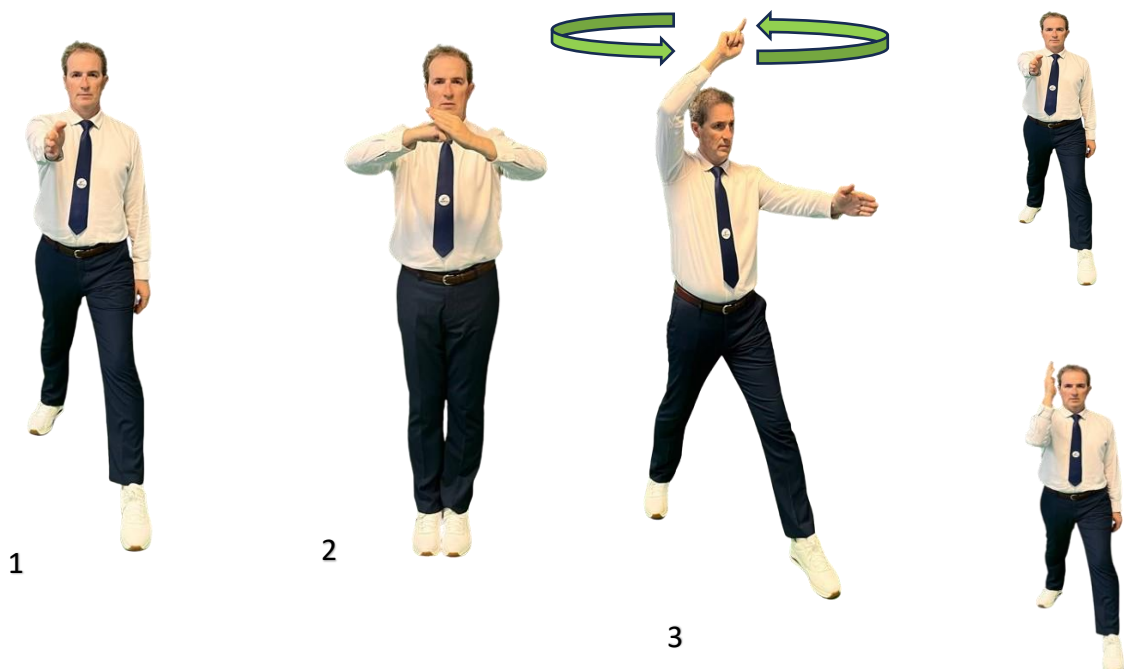
1. Silence, don't shout
2. Remain seated



8.3 Minus point. -1

Procedure

1. The Center Referee stops the Bout, interposing his hand between the two competitors while saying "HAECHYO".
2. Stands with feet together and makes the correct signal to indicate that a FOUL has been committed.
3. Step back with one leg in a walking position, raising the arm vertically and extending one finger in a circle, pointing with the other hand at the competitor who committed the foul and says GAM JUM HANNA.
4. He extends his arm interposing his open hand between the competitors and raising his hand gives the command to continue "GAESOK".



8.4 WARNINGS - Applying a warning

Only the Center Referee can apply Warnings.

1. The Center Referee stops the match, extending his arm, placing his hand between the competitors and at the same time announcing "**HAECHYO**".
2. Step back with one leg in a walking position, raising the arm vertically and extending one finger, pointing with the other hand at the offending competitor and saying "JU UI HANNA".
3. He extends his arm interposing his open hand between the competitors and raising his hand gives the command to continue "**GAESOK**".



Haechyo



JU Ui Hanna



accommodating the
competitor

Date: 2024 January 7th
Sahyun Carlos Martin VIII Dan
European Tournament Director