

TAEKWONDO

TECHNICAL RULES AND
REGULATIONS





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GENERAL

The purpose of the “ISF Taekwondo Technical Rules and Regulations” is to provide standardised rules and regulations for all Taekwondo competitions. This document is set up in accordance with the ISF Statutes, the ISF Sport Policy and the ISF General Competition Regulations.

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner. The specific objectives of this document are to:

1. Define and specify the **general conditions** under which participants can take part in the ISF Taekwondo events;
2. Determine the **delegation composition**;
3. Determine the **sport program**;
4. Determine the **technical rules**;
5. Set the **draw** procedure;
6. Set **protests and appeals** procedure.

Please note that the technical rules and regulations are applicable to all ISF events. In case of variation of rules and regulations in relation to the type of event, the variation will be specified in the text.

1. GENERAL CONDITIONS

The competition will be run according to the ISF rules and regulations and World Taekwondo (WT) technical rules under the direction of the ISF Technical Commission of Taekwondo. Any decisions over matters not mentioned in the present document will be taken by the ISF Technical Commission.

- The ISF Taekwondo events are open to individuals and teams. Specific sports formats shall be described in the event bulletins.
- The competition is organized in: boys category and girls category.
- The composition of each delegation, the number of individuals, and the final sport events that each ISF Taekwondo event is accepting will be defined for each event accordingly.
- The competition is held over three-five (3-5) days for any event type.

AGE CATEGORY

- For the **U15 category**, students aged 13, 14 and 15 on 31 December of the year of the competition concerned can participate.
- For the **U18 category**, students aged 16, 17, and 18 on 31 December of the year of the competition concerned can participate.



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2. DELEGATION COMPOSITION

Each delegation will consist of:

- Head of delegation
- Deputy Head of delegation (where is applicable)
- Additional adults
- Athletes
- Team officials
 - Coaches
 - Other team officials
- Field of play officials

HEAD OF DELEGATION (HOD)

- HOD shall be the sole intermediary between the delegation and the Local Organising Committee, the ISF Technical Commission and the ISF Delegate.
- They may not combine their role of HoD with that of a coach or any other official role.
- Each delegation is entitled to enter one (1) HoD.

DEPUTY HEAD OF DELEGATION (Deputy HoD)

- The role of Deputy HoD is to assist the Head of Delegation.
- The presence of the Deputy HoD is not mandatory.
- Number of Deputy HoD depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ADDITIONAL ADULTS

- The function of additional adults can be: interpreter, security personnel, ministry representative, media, etc.
- The presence of additional adults is not mandatory.
- The function of each additional adult must be specified during the registration process.
- Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.
- Number of additional adults depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ATHLETES

- Athletes must be students attending schools that provide general education.
- Athletes must be enrolled as full-time students at a school in the country which they represent.

TEAM OFFICIALS

Coaches

- The presence of a coach is mandatory.
- Teams or individuals cannot participate in the competition without the presence of a coach.
- The maximum number of coaches is determined by the number of athletes.
- Each delegation shall enter a minimum of one (1) coach per team. In any case, 1 coach for Kyorugi, and 1 coach for Poomsae.



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Other Team officials

- The function of other team officials can be: doctor, trainer, physiotherapist, statistician, team manager etc.
- The presence of the other team officials is not mandatory.
- The function of the other team officials must be specified during the registration process.
- Any person not specified during registration or exceeding the limit will not be considered part of the team.
- Each delegation shall enter up to one (1) other team official each per team.

FIELD OF PLAY OFFICIALS

- Each team shall enter one (1) field of play official (referees).
- The Field of play officials (referees) cannot combine their position with other positions, such as head of delegation, team officials or additional adults.
- Field of play officials (referees) shall be in possession of a valid license. Level of qualification shall be eventually described in the event bulletins.
- Field of play officials (referees) shall be in possession of Highly qualified National Referee recommended by School Entity and approved by TC (Applicable Only for World School Sport Games U15, World Combat Games).
- If athletes are participating in only Kyorugi, referees should hold a license for Kyorugi. If athletes are participating in both Kyorugi & Poomsae, referees must have a license for both Kyorugi & Poomsae.
- International referees must have taken the latest international referee refresher course taken recently or before two years from the date of the event.
- The qualification will be reviewed and approved by the ISF Taekwondo technical commission. Delegations must provide certificates for the field of play officials (referees) during the registration process.
- Failure to provide the required number of field of play officials (referees) will lead to a fine of 900€ (per referee) payable to the organizer prior to the competition.

3. SPORT PROGRAM

EVENTS

Boys

- Kyorugi
- Poomsae -Individual Recognised Poomsae
- Poomsae – Recognized Team Poomsae (3 boys)-only for U15 category

Girls

- Kyorugi
- Poomsae - Individual Recognised Poomsae
- Poomsae – Recognized Team Poomsae (3 girls)-only for U15 category

Mixed

- Poomsae - Mixed Gender Pair Recognized Poomsae (1 boy + 1 girl)

Applicable for U18 Category

Weight Categories:

- Boys Kyorugi: 48kg, 55kg, 63kg, 73kg, +73kg



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- Girls Kyorugi: 44kg, 49kg, 55kg, 63kg, +63kg

Applicable for U15 Category

Weight Categories:

- Boys -33 Kg, -37 Kg, -41 Kg, -45 Kg, -49 Kg, -53 Kg, -57 Kg, -61 Kg, -65 Kg, +65 Kg
- Girls - -29 Kg, -33 Kg, -37 Kg, -41 Kg, -44 Kg, -47 Kg, -51 Kg, -55 Kg, -59 Kg, +59 Kg

4. TECHNICAL RULES

METHOD OF COMPETITION

Number of Courts/Arena

Four (4) Courts- Three Octagonal Court (3) for Kyorugi & One Square Court (1) for Poomsae

Kyorugi

- Color belt or any poom/dan holder can participate
- WT competition rules currently in force shall be applied
- Single Elimination Tournament
- WT recognized protector scoring system (PSS) shall be used
- WT Instant Video Replay (IVR) system shall be used for video review
- Five (5) Technical Official (T.A, V.J, Central Referee, 2/3 corner judge) shall be officiated per contest

Poomsae

- Color belt or any poom/dan holder can participate
- WT poomsae competition rules currently in force shall be applied
- Cut-Off System
- WT recognized poomsae scoring system should be used
- 7/9 Technical Official shall be officiated per contest - 4/6 judge system (1 Referee, 1 Competition Coordinator, 1 Recorder)

Contest time

Kyorugi

- 2 minute x 3 rounds with 1 minute break for each rounds.

Poomsae

- Recognized:2 poomsae are asked for each contestant, upto 90 second for each poomsae with minimum 30 second break
- Recognized Team Poomsae: upto 90 seconds with minimum 30 second break
- Mixed recognized Poomsae: upto 90 seconds with minimum 30 second break

Classification of Result

Kyorugi

- 1st Place: Gold Medal
- 2nd Place: Silver Medal
- 3rd Place: Bronze Medal
- 3rd Place: Bronze Medal

Poomsae

- 1st Place: Gold Medal
- 2nd Place: Silver Medal
- 3rd Place: Bronze Medal
- Team 1st, Team 2nd & Team 3rd

Referee- Both Kyorugi & Poomsae



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International Referee must have taken recently or before two years from the date of the event or Highly qualified National Referee recommended by School Entity and approved by TC (Applicable Only for World School Sport Games U15, World Combat Games).

SYSTEM OF PLAY

1. The date of the drawing of lots shall be set forth in the outline of the championships. At least one representative from each team must attend the drawing of lots and participating teams are responsible for confirming their entries before the drawing of lots. In case of no representative can be at the drawing of lots, the team must designate a proxy and inform Technical delegate or Organizing Committee before the drawing of lots.
2. The drawing of lots may be conducted by random computerized drawing or by random manual drawing of lots. The method and order of drawing shall be determined by the Technical Delegate.

5. DRAW

- The ISF is responsible for establishing, criteria's and fixing timing of the draw.
- The ISF Technical Commission is responsible of the draw.

6. PROTESTS AND APPEALS

Appeals involving results or any matter not concerning discipline will be heard by the Jury Appeal. The appeal must be lodged within 30 minutes of the incident and be submitted in English. The payment of amount 50€ must accompany the appeal and is to be paid to LOC in cash. This payment will be refunded only if the appeal is upheld or at the discretion of the Jury Appeal. In the case of an unsuccessful appeal, the payment will be retained by the ISF.



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