

ITF HQ, Vienna, Austria

ITF TOURNAMENT RULES

ver. 2026, 15 Sections, 112 Articles



ITF HQ, Vienna, Austria

INTERNATIONAL TAEKWON-DO FEDERATION

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Section 1 General Provisions

Article 1.1 Definition of the Taekwon-Do Competition

1.1.1 A Taekwon-Do competition of the International Taekwon-Do Federation (ITF) forms part of the overall process of training, education, and evaluation. It serves to compare the Taekwon-Do techniques of competitors based on the fundamental teachings of General Choi Hong Hi, the Founder of Taekwon-Do.

Article 1.2 Definition of the Taekwon-Do Tournament

1.2.1 An ITF Taekwon-Do Tournament serves as a platform in which ITF Taekwon-Do practitioners demonstrate their Taekwon-Do skills. These skills shall be judged in accordance with the principles established by General Choi Hong Hi and shall enable participants to learn from one another.

Article 1.3 Purpose of the Taekwon-Do Tournament

1.3.1 The purpose of the Taekwon-Do Tournament is to standardize and develop the original Taekwon-Do techniques of the ITF and to promote good fellowship among Taekwon-Do practitioners through the exchange of experience.

Article 1.4 Purpose of the Tournament Rules

1.4.1 The purpose of these Tournament Rules is to ensure fair and impartial adjudication, to promote and maintain a high standard of competition, and to facilitate the orderly and efficient conduct of tournaments by providing all competitors and teams, at all levels of competition, with equal conditions and a consistent and appropriate competitive environment in which to fully demonstrate their technical proficiency and abilities.

Article 1.5 Application of the Tournament Rules

1.5.1 These Tournament Rules shall apply to all international and national Taekwon-Do competitions.

1.5.2 Any tournament intending to deviate from these Rules, even in part, may do so only with the prior written approval of ITF Headquarters (HQ) and the ITF Tournament Committee (TC).

1.5.3 These Tournament Rules constitute the controlling and current version of the ITF Tournament Rules. In the event of any inconsistency between these Rules and any prior edition, circular, guideline, or historical tournament practice, these Rules shall prevail, unless a deviation has been expressly approved in writing by ITF Headquarters (HQ) and the ITF Tournament Committee (TC) in accordance with Article 1.5.2.

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Article 1.6 Apolitical Principles

1.6.1 In accordance with the apolitical and non-ideological principles of the International Taekwon-Do Federation, only official national flags and banners identifying a country, a National Governing Body (NGB), an Affiliated Governing Body (AGB), or an affiliated club shall be permitted at ITF events.

1.6.2 Permitted flags or banners shall not contain, display, incorporate, or be combined with any political, ideological, religious, or non-Taekwon-Do-related messaging, symbolism, imagery, or insignia of any kind.

Article 1.7 Commercial Messaging

1.7.1 For the purposes of these Rules, commercial messaging means any name, logo, trademark, symbol, slogan, image, design, wording, or other visual element intended to promote, advertise, or create a commercial association with a business, brand, product, or service, whether directly or indirectly.

1.7.2 Commercial messaging shall be permitted exclusively for official sponsors pre-approved by the Local Organising Committee, provided that such messaging does not conflict with the ITF's sponsorship agreements or the ITF's commitments to third parties.

1.7.3 In the event of any conflict, ITF sponsorship rights shall prevail, and any conflicting commercial messaging, if inadvertently displayed, shall be removed immediately upon request of ITF Headquarters.

Article 1.8 Amendments and Modifications

1.8.1 Any proposed revision or amendment to these Rules must be submitted in writing to ITF Headquarters (HQ), accompanied by a report on its trial implementation.

1.8.2 The ITF Tournament Committee (TC), the Umpire Committee (UC), and the Pro-League Committee (PLC) shall review all draft proposals.

1.8.3 Following review, the ITF TC, UC, and PLC shall submit an official evaluation of the proposal to ITF Headquarters (HQ), which shall be presented to the ITF Executive Board (EB) for consideration.

1.8.4 The ITF Executive Board (EB) shall approve or reject any proposal to revise or amend the ITF Tournament Rules.

1.8.5 Once approved by the ITF Executive Board (EB), the revised or amended Tournament Rules shall enter into force upon implementation and shall remain effective until further revision or amendment.

1.8.6 As a general principle, the Tournament Rules shall not be revised more frequently than once every four (4) years.

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1.8.7 Proposals for revision or amendment arising from exceptional circumstances—including requirements imposed by international sports bodies or public health authorities (such as WADA), epidemic diseases, or other unforeseen social circumstances—may be approved and adopted by the ITF Executive Board (EB) with immediate effect.

Article 1.9 Functions and Hierarchy of Tournament Committees

1.9.1 The organisation, supervision, and conduct of ITF tournaments shall be governed by a vertical governance structure ensuring uniform application of ITF rules and policies.

1.9.2 Authority shall flow from ITF Headquarters, through the ITF Tournament Committee, to the relevant Continental Federation Tournament Committees and Local Organising Committees.

1.9.3 ITF Headquarters and the ITF Tournament Committee shall act as the supreme technical and supervisory authorities for all ITF-sanctioned tournaments worldwide.

Article 1.10 Tournament Governance and Hosting

1.10.1 No international tournament may be held without the prior approval of ITF Headquarters (HQ) and the ITF Tournament Committee (TC).

1.10.2 Continental Federations (CFs), National Governing Bodies (NGBs), or independent hosts shall submit the Information Package for international tournaments to ITF Headquarters (HQ) and the ITF Tournament Committee (TC) for prior written approval.

1.10.3 Where expressly instructed by ITF Headquarters (HQ), the ITF Tournament Committee (TC) or the relevant Continental Federation Tournament Committee (CF TC) may conduct audits to verify compliance with the ITF Tournament Rules.

1.10.4 In cases involving severe penalties, such as withdrawal of ITF membership or an indefinite period of ineligibility for tournaments, arising during the organisation and management of tournaments, ITF Headquarters (HQ), with the approval of the ITF Executive Board (EB), shall present the matter to the ITF Statute & Ethics Committee. Actions shall be taken based on the Committee's decision.

1.10.5 Temporary safeguarding measures may be adopted by the relevant Tournament Committees in consultation with the relevant Umpire Committees, subject to approval by ITF Headquarters (HQ).

1.10.6 The organisation of the events, including preparations, arrangements, and provisions, shall be the responsibility of the Local Organising Committee (LOC).

Article 1.11 ITF Annual Calendar of Events

1.11.1 The ITF Annual Calendar of Events is the official list of Taekwon-Do tournaments endorsed by the relevant National Governing Bodies (NGBs) and Continental Federations (CFs) and approved exclusively by the International Taekwon-Do Federation (ITF).

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1.11.2 Only tournaments included in the ITF Annual Calendar of Events shall be recognised as ITF-sanctioned tournaments.

1.11.3 Only ITF-sanctioned tournaments included in the ITF Annual Calendar of Events shall be permitted to:

- (a) attract ITF members as participants;
- (b) use the ITF, Continental Federation (CF), and National Governing Body (NGB) names, logos, badges, and other official means of identification;
- (c) be promoted through ITF, CF, and NGB official communication channels, including official websites and social media platforms.

1.11.4 All ITF-sanctioned tournaments shall be organised and conducted exclusively through the ITF Database (ITF DB) and its integrated ITF event management system, unless expressly authorised otherwise in writing by ITF Headquarters (HQ).

Article 1.12 Official ITF Rating System

1.12.1 The International Taekwon-Do Federation (ITF) maintains an Official ITF Rating System for the purpose of recording, evaluating, and comparing competitive results achieved at ITF-sanctioned events.

1.12.2 Only results obtained at ITF-sanctioned events included in the ITF Annual Calendar of Events and conducted through the ITF Database (ITF DB) shall be eligible for inclusion in the Official ITF Rating System.

1.12.3 The Official ITF Rating System shall be administered, calculated, and published exclusively by ITF Headquarters (HQ) through the ITF Database (ITF DB).

1.12.4 The detailed methodology, criteria, coefficients, update frequency, and technical parameters of the Official ITF Rating System shall be defined in separate ITF regulations approved by ITF Headquarters (HQ).

1.12.5 Where applicable, ITF ratings may be used for seeding, selection, or eligibility purposes in accordance with additional regulations issued by ITF Headquarters (HQ).

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Section 2 Taekwon-Do Tournaments

Article 2.1 Classification of Taekwon-Do Tournaments

2.1.1 Global Tournaments

2.1.1.1 ITF World Championships

The ITF World Championships are tournaments without geographical limitation in which competitors selected through their respective National Governing Bodies (NGBs), affiliated with the ITF, participate while representing their countries as national teams.

2.1.1.2 ITF World Cup

The ITF World Cup is a tournament or a series of tournaments without geographical limitation, open to all eligible participants who may compete either through their National Governing Bodies (NGBs), Affiliated Governing Bodies (AGBs), clubs, or individually.

2.1.1.3 Open International Tournaments

Open international tournaments are Taekwon-Do competitions organised by private promoters, clubs, or National Governing Bodies (NGBs) or Affiliated Governing Bodies (AGBs), which are open to eligible participants from more than one country. Such tournaments shall require joint sanctioning by the relevant NGB(s) or AGB(s) and by the International Taekwon-Do Federation (ITF).

2.1.2 Continental Tournaments

2.1.2.1 ITF Continental Championships

The ITF Continental Championships are tournaments in which competitors selected through their respective National Governing Bodies (NGBs), as designated by the ITF for a specific continental region, participate while representing their countries as national teams within that continent. Such tournaments shall require sanctioning by the Congress of the relevant Continental Federation (CF), based on the prior approval by ITF Headquarters (HQ) of the proposed host or, where applicable, the designated runner-up host.

2.1.2.2 ITF Continental Cup

The ITF Continental Cup is a tournament or a series of tournaments open to eligible participants from the same continent, who may compete either through their National Governing Bodies (NGBs), Affiliated Governing Bodies (AGBs), clubs, or individually. Such tournaments shall require joint sanctioning by the relevant Continental Federation (CF) and by the International Taekwon-Do Federation (ITF).

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2.1.3 National Tournaments

2.1.3.1 National Taekwon-Do Championships

National Taekwon-Do Championships are tournaments open to eligible ITF Taekwon-Do practitioners within the same country, in which competitors participate while representing their clubs. Such tournaments shall be organised exclusively by National Governing Bodies (NGBs) and shall not require any additional overarching approval, provided that they are conducted in full compliance with the ITF Tournament Rules.

2.1.3.2 National Cups

National Cups are tournaments or series of tournaments open to eligible ITF Taekwon-Do practitioners within the same country, in which competitors participate while representing their clubs. Such tournaments shall be organised exclusively by National Governing Bodies (NGBs) and shall not require any additional overarching approval, provided that they are conducted in full compliance with the ITF Tournament Rules.

2.1.3.3 Open National Tournaments

Open national tournaments are Taekwon-Do competitions organised by individual promoters, clubs, Affiliated Governing Bodies (AGBs), or National Governing Bodies (NGBs), and open to eligible participants within a single country. Such tournaments shall require sanctioning solely by the relevant National Governing Body (NGB) or, where applicable, the Affiliated Governing Body (AGB), provided that they are conducted in full compliance with the ITF Tournament Rules.

Article 2.2 Eligibility for Tournament Participation

2.2.1 General Eligibility

2.2.1.1 Only active members of the International Taekwon-Do Federation (ITF), duly registered in the ITF Database and having paid the applicable annual ITF membership fee, shall be eligible to participate in any ITF-sanctioned competition.

2.2.1.2 Holders of ITF ranks of 6th Degree Black Belt (6th Dan) and above shall not be eligible to participate in any competitions.

2.2.1.3 Holders of ITF 5th Degree Black Belt (5th Dan) shall be eligible to participate only in Individual and Team Patterns competitions.

2.2.1.4 Competitors permanently residing in a foreign country shall compete for the National Team of the country of permanent residence, unless otherwise agreed in writing between the National Governing Body (NGB) of the country of residence and the National Governing Body (NGB) of the country of origin, in accordance with ITF regulations.

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2.2.2 Eligibility by Event Type

2.2.2.1 Participation in the ITF World Championships shall be restricted to Dan holders only, starting from the Cadet division (ages 12–13) and above.

2.2.2.2 Participation in the ITF Continental Championships shall be open to competitors holding ranks from 4th Gup to 1st Dan in the Children (ages 10–11) and Cadet (ages 12–13) divisions and to Dan holders only, from the Junior division (ages 14–15) and above.

2.2.2.3 Participation in World Cups, Continental Cups, National Cups, Open Tournaments, and any other ITF-sanctioned events may be permitted for all age categories, including colour-belt and black belt divisions, as provided for in these Rules, subject to the conditions and restrictions set out in the official Information Package (Infopack) issued by the Local Organising Committee (LOC) and approved by ITF Headquarters (ITF HQ) and the ITF Tournament Committee (ITF TC). Such conditions and restrictions may arise from mandatory legal or regulatory requirements of the hosting jurisdiction, venue or infrastructure limitations, safety or safeguarding considerations, or other objectively justified organisational circumstances.

2.2.3 Relationship to Event Quotas and Team Composition

2.2.3.1 Eligibility under this Article establishes the right of a competitor or team to be considered for participation only and does not confer any entitlement to entry beyond the numerical limits, category structures, or team compositions prescribed for the relevant event.

2.2.3.2 The number of competitors, teams, and team compositions permitted at the ITF World Championships and ITF Continental Championships shall be governed exclusively by Article 2.3 and other applicable provisions of these Tournament Rules.

Article 2.3 Championship Entry Limits and Team Composition

2.3.1 Scope

2.3.1.1 The numerical limits and team compositions set out in this Article shall apply exclusively to the ITF World Championships and ITF Continental Championships.

2.3.2 Individual Events

2.3.2.1 In Patterns competitions, up to two (2) male and two (2) female competitors per country may participate in each respective competition, by grade (ITF Continental Championships) or degree.

2.3.2.2 In Sparring competitions, up to two (2) male and two (2) female competitors per country may participate in each respective competition, by weight category.

2.3.2.3 In Special Techniques competitions, up to two (2) male and two (2) female competitors per country may participate.

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2.3.2.4 In Power-Breaking competitions, up to two (2) male and two (2) female competitors per country may participate. In the Senior Tournament (ages 35–44), up to three (3) competitors per gender per country may participate.

2.3.3 Team Events

2.3.3.1 Each country shall be entitled to enter one (1) male team and one (1) female team in each team competition.

2.3.3.2 Teams shall consist solely of competitors who fall within the applicable age division.

2.3.3.3 Any five (5) competitors out of a maximum of nine (9) registered for a team event may participate in any team competition, except for the Self-Defense Routine.

2.3.3.4 In Junior (ages 14–15), Youth (ages 16–17), and Adult (ages 18–34) Tournaments, teams may register up to nine (9) competitors for the team discipline. For each team event, five (5) main competitors and one (1) reserve shall be selected from these nine (9). The composition may differ between team events; however, all selections shall be made exclusively from the originally registered nine (9) competitors.

2.3.3.5 In Senior (ages 35–44) and Veteran Tournament (ages 45 and above) Tournaments, both male and female teams shall consist of three (3) main competitors and one (1) reserve.

2.3.3.6 In Junior (ages 14–15), Youth (ages 16–17), and Adult (ages 18–34) Tournaments, male teams for the Self-Defense Routine shall consist of one (1) Hero, three (3) opponents, and one (1) reserve, and female teams shall consist of one (1) Heroine, two (2) opponents, and one (1) reserve.

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Section 3 Taekwon-Do Competitions

Article 3.1 Age Divisions

3.1.1 The ITF permits tournaments to be conducted in the following age divisions:

- (a) Pre-Children Tournament (ages 8 to 9);
- (b) Children Tournament (ages 10 to 11);
- (c) Cadet Tournament (ages 12 to 13);
- (d) Junior Tournament (ages 14 to 15);
- (e) Youth Tournament (ages 16 to 17);
- (f) Adult Tournament (ages 18 to 34);
- (g) Senior Tournament (ages 35 to 44);
- (h) Veteran Tournament (ages 45 and above)

3.1.2 The age determination date for all Taekwon-Do competitions shall be the first competition day, irrespective of the competition programme of events.

Article 3.2 Pre-Children Tournament (ages 8 to 9)

3.2.1 The Pre-Children Tournament shall include boys' and girls' individual Patterns and Sparring events only.

3.2.2 Individual Patterns competitions shall be conducted according to the following rank groups:

- (a) 6th Gup to 5th Gup;
- (b) 4th Gup to 3rd Gup;
- (c) 2nd Gup to 1st Gup;

3.2.3 Individual Sparring competitions shall be conducted in eight (8) weight categories:

Boys: -20 kg, -24 kg, -28 kg, -32 kg, -36 kg, -40 kg, -45 kg, +45 kg.

Girls: -18 kg, -22 kg, -26 kg, -30 kg, -34 kg, -38 kg, -42 kg, +42 kg.

3.2.4 Participants in Individual Sparring competitions shall be divided by rank as follows:

- (a) 6th Gup to 4th Gup;
- (b) 3rd Gup to 1st Gup.

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Article 3.3 Children Tournament (ages 10 to 11)

3.3.1 The Children Tournament shall include boys' and girls' individual and team Patterns and Sparring events.

3.3.2 Individual Patterns competitions shall be conducted according to the following rank groups:

- (a) 6th Gup to 5th Gup;
- (b) 4th Gup to 3rd Gup;
- (c) 2nd Gup to 1st Gup;
- (d) 1st Dan.

3.3.3 Individual Sparring competitions shall be conducted in eight (8) weight categories:

Boys: -25 kg, -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, +55 kg.

Girls: -23 kg, -27 kg, -31 kg, -35 kg, -39 kg, -43 kg, -47 kg, +47 kg.

3.3.4 Participants in Individual Sparring competitions shall be divided by rank as follows:

- (a) 6th Gup to 4th Gup;
- (b) 3rd Gup to 1st Dan.

Article 3.4 Cadet Tournament (ages 12 to 13)

3.4.1 The Cadet Tournament shall include boys' and girls' individual and team Patterns and Sparring events.

3.4.2 Individual Patterns competitions shall be conducted according to the following rank groups:

- (a) 6th Gup to 5th Gup;
- (b) 4th Gup to 3rd Gup;
- (c) 2nd Gup to 1st Gup;
- (d) 1st Dan.

3.4.3 Individual Sparring competitions shall be conducted in eight (8) weight categories:

Boys: -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, +60 kg.

Girls: -25 kg, -29 kg, -33 kg, -37 kg, -41 kg, -45 kg, -49 kg, +49 kg.

3.4.4 Participants in Individual Sparring competitions shall be divided by rank as follows:

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- (a) 6th Gup to 4th Gup;
- (b) 3rd Gup to 1st Dan.

Article 3.5 Junior Tournament (ages 14 to 15)

3.5.1 The Junior Tournament shall include all male and female Individual and Team Events, except for Power-Breaking.

3.5.2 Individual Patterns competitions shall be conducted according to the following rank groups:

- (a) 4th Gup to 3rd Gup;
- (b) 2nd Gup to 1st Gup;
- (c) 1st Dan;
- (d) 2nd Dan.

3.5.3 Individual Sparring competitions shall be conducted in eight (8) weight categories:

Male: -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, +70 kg.

Female: -35 kg, -39 kg, -43 kg, -47 kg, -51 kg, -55 kg, -59 kg, +59 kg.

3.5.4 Participants in Individual Sparring competitions shall be divided by rank as follows:

- (a) 6th Gup to 1st Gup;
- (b) 1st Dan to 2nd Dan.

3.5.5 Special Techniques shall include the following five (5) categories:

- (a) Flying high kick (Twimyo Nopi Chagi);
- (b) Flying turning kick (Twimyo Dollyo Chagi);
- (c) Flying reverse turning kick (Twimyo Bandae Dollyo Chagi);
- (d) Mid-air 360° kick (Twimyo 360° Dolmyo Chagi);
- (e) Overhead kick (Twimyo Nomo Chagi).

3.5.6 Team Events shall include:

- (a) Patterns;
- (b) Sparring;
- (c) Special Techniques;

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(d) Self-Defense Routine.

Article 3.6 Youth Tournament (ages 16 to 17)

3.6.1 The Youth Tournament shall include all male and female Individual and Team Events.

3.6.2 Individual Patterns competitions shall be conducted according to the following rank groups:

(a) 4th Gup to 3rd Gup;

(b) 2nd Gup to 1st Gup;

(c) 1st Dan;

(d) 2nd Dan;

(e) 3rd Dan.

3.6.3 Individual Sparring competitions shall be conducted in eight (8) weight categories:

Male: -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, +75 kg.

Female: -40 kg, -44 kg, -48 kg, -52 kg, -56 kg, -60 kg, -64 kg, +64 kg.

3.6.4 Participants in Individual Sparring competitions shall be divided by rank as follows:

(a) 6th Gup to 1st Gup;

(b) 1st Dan to 3rd Dan.

3.6.5 Special Techniques shall be conducted in accordance with the applicable rules for this age division.

3.6.6 Team Events shall include:

(a) Patterns;

(b) Sparring;

(c) Special Techniques;

(d) Self-Defense Routine.

Article 3.7 Adult Tournament (ages 18 to 34)

3.7.1 The Adult Tournament shall include all male and female Individual and Team Events.

3.7.2 Individual Patterns competitions shall be conducted according to the following rank groups:

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- (a) 4th Gup to 3rd Gup;
- (b) 2nd Gup to 1st Gup;
- (c) 1st Dan;
- (d) 2nd Dan;
- (e) 3rd Dan;
- (f) 4th Dan;
- (g) 5th Dan.

3.7.3 Individual Sparring competitions shall be conducted in eight (8) weight categories:

Male: -54 kg, -60 kg, -66 kg, -72 kg, -78 kg, -84 kg, -90 kg, +90 kg.

Female: -50 kg, -54 kg, -58 kg, -62 kg, -66 kg, -70 kg, -74 kg, +74 kg.

3.7.4 Participants in Individual Sparring competitions shall be divided by rank as follows:

- (a) 6th Gup to 1st Gup;
- (b) 1st Dan to 4th Dan.

3.7.5 Team Events shall include:

- (a) Patterns;
- (b) Sparring;
- (c) Power-Breaking;
- (d) Special Techniques;
- (e) Self-Defense Routine.

Article 3.8 Senior Tournament (ages 35 to 44)

3.8.1 The Senior Tournament shall include all male and female Individual and Team Events.

3.8.2 Individual Patterns competitions shall be conducted according to the following rank groups:

- (a) 4th Gup to 3rd Gup;
- (b) 2nd Gup to 1st Gup;
- (c) 1st Dan;

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- (d) 2nd Dan;
- (e) 3rd Dan;
- (f) 4th Dan;
- (g) 5th Dan.

3.8.3 Individual Sparring competitions shall be conducted in eight (8) weight categories:

Male: -54 kg, -60 kg, -66 kg, -72 kg, -78 kg, -84 kg, -90 kg, +90 kg.

Female: -50 kg, -54 kg, -58 kg, -62 kg, -66 kg, -70 kg, -74 kg, +74 kg.

3.8.4 Participants in Individual Sparring competitions shall be divided by rank as follows:

- (a) 6th Gup to 1st Gup;
- (b) 1st Dan to 4th Dan.

3.8.5 Team Events shall include:

- (a) Patterns;
- (b) Sparring;
- (c) Power-Breaking.

Article 3.9 Veteran Tournament (ages 45 and above)

3.9.1 The Veteran Tournament shall include male and female Individual and Team Events.

3.9.2 Individual Patterns competitions shall be conducted according to the following rank groups:

- (a) 1st Dan;
- (b) 2nd Dan;
- (c) 3rd Dan;
- (d) 4th Dan;
- (e) 5th Dan.

3.9.3 Individual Sparring competitions shall be conducted in five (5) weight categories:

Male: -54 kg, -66 kg, -78 kg, -90 kg, +90 kg.

Female: -50 kg, -58 kg, -66 kg, -74 kg, +74 kg.

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3.9.4 Team Events shall include:

- (a) Patterns;
- (b) Sparring.

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Section 4 Application, Registration, Weigh-in and Draw

Article 4.1 Application

4.1.1 Entry forms for competitors shall be submitted via the ITF Database (ITF DB) integrated official online platform by the Data Protection Coordinator of the relevant National Governing Body (NGB) or Affiliated Governing Body (AGB), or by a club or individual where applicable, no later than the deadline specified in the Information Package.

4.1.2 If any NGB, AGB, club, or individual fails to submit entry forms via the online platform by the prescribed deadline, or seeks to alter or amend any part of the online entry after that deadline, the Local Organising Committee (LOC), with the consent of the Tournament Committee (TC), may permit such late submissions or changes.

4.1.3 Where a penalty is specified in the Information Package, any late submissions or changes shall be subject to that penalty.

Article 4.2 Registration

4.2.1 During registration, the Local Organising Committee (LOC) shall verify entry lists and confirm that payments for accommodation, participation fees, and any other applicable charges specified in the Information Package have been duly settled.

4.2.2 The Local Organising Committee (LOC) shall distribute ID cards at registration to all team members whose payments have been duly settled.

Article 4.3 Competitors' Check

4.3.1 All competitors, irrespective of the events in which they are entered, shall undergo the Competitors' Check.

4.3.2 Only participants who have successfully completed registration and hold a valid ID card issued by the Local Organising Committee (LOC) shall be permitted to undergo the Competitors' Check.

4.3.3 The Tournament Committee (TC) shall conclude the Competitors' Check no later than twelve (12) hours before the commencement of the competitions.

4.3.4 The Competitors' Check shall include verification of ITF ranks, confirmation of registered events, weigh-in for Sparring competitors, and verification of all documentation required under these Rules and the Information Package.

4.3.5 The Competitors' Check, including the weigh-in, shall be conducted in separate rooms or areas based on gender.

4.3.6 The Tournament Committee (TC) shall appoint designated officials to conduct and supervise the Competitors' Check.

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4.3.7 The weigh-in shall be conducted using calibrated scales approved by the Tournament Committee (TC).

4.3.8 A member of a delegation or team may be present during the Competitors' Check but shall not interfere with any procedures.

4.3.9 A competitor failing the initial weigh-in may attempt a second weigh-in within one (1) hour.

4.3.10 Failure to meet the required weight at the second check shall result in disqualification from Individual Sparring only, unless otherwise permitted by the Information Package.

4.3.11 Disqualification resulting solely from weight requirements shall not affect eligibility in other events.

4.3.12 The Tournament Committee (TC) shall mark participants who have successfully passed the Competitors' Check as approved in the ITF Database integrated tournament system.

4.3.13 Only approved participants shall be included in draws and permitted to compete.

4.3.14 Failure of the Competitors' Check for administrative reasons shall result in immediate disqualification from all events.

4.3.15 ID cards of participants who fail the Competitors' Check shall be retained by the Tournament Committee.

4.3.16 No reimbursement of any fees, costs, or expenses shall be due to any competitor who fails the Competitors' Check.

Article 4.4 Draws

4.4.1 The Tournament Committee (TC) shall conduct, supervise, and validate all draws.

4.4.2 All draws shall be conducted electronically and published via official ITF communication platforms.

4.4.3 Seeding shall be mandatory for ITF Championships (World, Continental, National), where provided for under these Rules, and shall be based solely on the results of the previous corresponding tournament.

4.4.4 In Single-Elimination Brackets, medalists shall be placed in accordance with these Rules to avoid early elimination.

4.4.5 In Qualification Group Stages, medalists shall, where possible, be allocated to separate groups.

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4.4.6 Where a Starting Order Draw is applied, performance order shall be generated randomly without seeding to determine the sequence of individual performances only and shall not constitute a personal encounter between competitors.

4.4.7 Seeding shall apply only where competitors remain in the same age, weight, and rank categories.

4.4.8 Competitors or teams from the same country shall, where possible, be separated at the draw stage.

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Section 5 Representatives and Coaches

Article 5.1 Representatives

5.1.1 A representative shall be a person duly authorised by the relevant National Governing Body (NGB) or club.

5.1.2 The representative shall have a thorough understanding of the ITF Tournament Rules, ITF Umpire Rules, ITF Anti-Doping Rules, and the Programme of the Tournament, and shall strictly comply with them.

5.1.3 The representative shall unconditionally accept and implement the legitimate instructions and decisions of the Tournament Committee (TC), Umpire Committee (UC), and Local Organising Committee (LOC).

5.1.4 The representative shall sign all required paper documentation relating to their delegation.

5.1.5 The representative shall ensure that all coaches and competitors within their delegation behave courteously and in accordance with ITF Rules. Where misconduct or abnormal behaviour by the delegation is established, the representative shall bear full responsibility and accept any corresponding disciplinary measures.

5.1.6 Where issues arise concerning the delegation, the representative may submit such matters to the LOC, TC, or UC for resolution in accordance with the applicable procedures.

5.1.7 Where a representative or official identifies clear facts or grounds indicating a potential violation of the ITF Anti-Doping Rules by a competitor, such matter shall be reported to the Chairman or authorised representative of the ITF Anti-Doping Committee, who shall proceed in accordance with the applicable anti-doping disciplinary procedures.

Article 5.2 Coaches

5.2.1 A coach shall be an individual appointed by the relevant National Governing Body (NGB) or club and shall possess all required accreditation and documentation.

5.2.2 Coaches shall have a thorough understanding of the ITF Tournament Rules and ITF Umpire Rules and shall strictly comply with them.

5.2.3 Coaches shall be proficient in the technical terminology of Taekwon-Do in both Korean and English, the official languages of the ITF.

5.2.4 Coaches shall comply unconditionally with the commands and decisions of umpires, provided such commands or decisions do not contradict the ITF Tournament Rules or ITF Umpire Rules.

5.2.5 Coaches may submit protests, request video replay where permitted, or declare defaults on behalf of their competitors, in accordance with the applicable procedures.

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5.2.5.1 A coach intending to declare a default prior to the commencement of a competition shall submit such decision in writing to the Jury President.

5.2.5.2 A coach intending to declare a default during a competition shall indicate such decision to the Jury Table by performing the posture of an X-knife-hand rising block.

5.2.6 Coaches shall ensure that they and their competitors uphold the tenets of Taekwon-Do and demonstrate proper conduct both inside and outside the competition area. Coaches shall be responsible for violations of ITF Rules, including the ITF Tournament Rules and Anti-Doping Rules, as well as for misconduct by their competitors.

5.2.7 Coaches shall wear appropriate sports attire and gym shoes during competitions.

5.2.7.1 The sports attire shall display the emblem of the team.

5.2.7.2 T-shirts may be worn where circumstances permit; however, short pants shall not be permitted.

5.2.7.3 Coaches may carry a towel and a bottle of water for their competitors.

5.2.8 Coaches shall refrain from any behaviour that may disrupt the competition or interfere with umpires.

5.2.8.1 During competitions, a coach may instruct competitors only by quiet verbal cues or hand gestures.

5.2.8.2 During competitions, coaches shall remain seated and shall not enter the competition area without the permission of the Centre Referee.

5.2.8.3 Coaches shall be prohibited from shouting or chewing gum during competitions.

5.2.8.4 Coaches shall be prohibited from carrying or using wireless communication devices within the competition area.

5.2.8.5 Coaches shall be strictly prohibited from coaching while under the influence of alcohol or other intoxicating substances.

5.2.8.6 Where a coach is unable to continue coaching due to unavoidable circumstances, a deputy coach shall be appointed within one (1) minute. The deputy coach shall comply with all applicable dress and conduct requirements.

5.2.8.7 Coaches and competitors shall not administer or consume any stimulants or doping substances unless such substances are expressly approved by the World Anti-Doping Agency (WADA) or the ITF Anti-Doping Committee.

5.2.9 Coaches may be subject to disciplinary measures, including warnings, solemn warnings (yellow cards), or disqualification (red cards), in the following cases:

5.2.9.1 Warnings may be issued:

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5.2.9.1.1 For failure to wear clothing or footwear in accordance with these Rules. The coach shall be given one (1) minute to correct the violation.

5.2.9.1.2 For standing up from the seat or entering the competition area without permission.

5.2.9.1.3 For shouting or whistling.

5.2.9.2 Solemn warnings (yellow cards) may be issued:

5.2.9.2.1 Upon receiving two (2) warnings.

5.2.9.2.2 For making phone calls while seated in the coaches' area.

5.2.9.2.3 For chewing gum while coaching.

5.2.9.2.4 Where a competitor fails to stand during the playing of national anthems at award ceremonies.

5.2.9.2.5 Where a competitor wears a Dobok without a belt within the tournament venue.

5.2.9.2.6 For changing clothes in public areas instead of designated changing areas.

5.2.9.2.7 Where a competitor is found smoking or consuming alcohol within the tournament venue.

All warnings issued to a coach shall be documented and recorded by the Tournament Committee (TC) and the Umpire Committee (UC).

5.2.9.3 Disqualifications (red cards) may be issued:

5.2.9.3.1 Upon receiving two (2) solemn warnings (yellow cards) during the same competition.

5.2.9.3.2 For entering the competition area under the influence of alcohol or drugs.

5.2.9.3.3 Where a competitor mocks or insults another competitor or team.

5.2.9.3.4 Where a competitor creates an unpleasant atmosphere in spectator areas through the use of instruments such as horns or bugles.

5.2.9.3.5 Where competitors cause disturbances or disrupt the competitions of other competitors or teams through excessive noise or collective actions.

5.2.9.3.6 For disobeying the commands or decisions of the Tournament Committee (TC) or Umpire Committee (UC), or for challenging official competition results in an impolite or improper manner.

5.2.9.3.7 A disqualified coach shall vacate the coaching area immediately.

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Section 6 Dress Code and Equipment

Article 6.1 Dress Code for Umpires

6.1.1 Dress Code for Umpires

6.1.1.1 Umpires shall wear a navy blue jacket and trousers.

6.1.1.2 Umpires shall wear a long-sleeved white shirt.

6.1.1.3 Umpires shall wear a navy blue necktie.

6.1.1.4 Umpires shall wear white athletic shoes.

6.1.1.5 Umpires shall wear white socks.

Article 6.2 Dress Code for Competitors

6.2.1 Competitors shall compete in official ITF-approved Doboks.

6.2.2 A competitor shall affix either a national flag, the official coat of arms, or an official national badge of the country represented, measuring no more than four (4) centimetres by eight (8) centimetres, on the right-hand chest of the Dobok jacket at the same height as the ITF logo. For the purposes of these Rules:

(a) “Official coat of arms” means the heraldic emblem formally adopted by a sovereign state by law or constitutional instrument.

(b) “Official national badge” means an emblem formally authorised by the relevant competent national sports authority or the National Olympic Committee (NOC) for the purpose of representing the country in official sporting competitions.

(c) Any insignia that does not meet the criteria set out in paragraphs (a) or (b) shall be prohibited.

6.2.3 Logos of the competitor’s National Governing Body (NGB) or sponsors may be displayed on the left-hand sleeve of the Dobok jacket, centrally positioned between the shoulder and the elbow.

6.2.4 Holders of 4th and 5th Dan ranks shall not wear Instructor Doboks featuring black stripes on the sleeves of the jacket or trousers during the Tournament.

6.2.5 Competitors shall wear their belt as stipulated below:

(a) A black belt worn by a competitor shall be five (5) centimetres in width and five (5) millimetres in thickness.

(b) The Taekwon-Do degree marking shall be positioned on the left-hand edge of the belt, with the base of the marking located five (5) centimetres from the end of the belt.

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(c) When tied, both ends of the belt shall not extend beyond the midpoint of the wearer's thighs.

(d) When the belt of a competitor is untied three times during the competition, he or she shall be disqualified.

6.2.6 Competitors may wear head coverings during competitions only where such attire is strictly required by a recognised religious doctrine:

(a) Any such head covering shall be plain, non-rigid, securely fitted, free of symbols, inscriptions, or embellishments, shall not cover the face, and shall not provide any competitive, technical, or safety advantage.

(b) For the purposes of these Rules, garments that fully or partially cover the face or materially restrict vision, breathing, communication, or identification—including burkas, niqabs, or functionally equivalent attire—shall be prohibited.

(c) The acceptability of any head covering shall be subject to prior approval during the Competitors' Check, and the decision of the Tournament Committee shall be final.

6.2.7 Competitors may wear tracksuits and training shoes instead of Doboks when they are not competing.

6.2.8 During opening, closing, and award ceremonies:

(a) Competitors shall wear their official ITF Doboks or official team uniforms;

(b) Competitors shall not wear slippers and shall not be barefoot.

6.2.9 Members of the Local Organising Committee (LOC) shall wear formal attire or uniforms in accordance with the dress code established by the LOC.

Article 6.3 General Equipment Requirements

6.3.1 Safety and protective equipment containing hard or sharp-edged materials, including metal, bone, or rigid plastic, is prohibited.

6.3.2 Safety and protective equipment shall not include zippers, decorative laces, or stud fasteners.

6.3.3 Competitors shall not wear watches, jewellery, or other adornments.

6.3.4 Female competitors shall not use hair grips or slides; elastic hair bands are permitted.

6.3.5 Competitors shall ensure that their faces and bodies are clean and free from oil or blood. Fingernails and toenails shall be trimmed.

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6.3.6 Competitors participating in Sparring competitions shall not bandage their hands or wear inner gloves of any type.

6.3.7 Competitors participating in Sparring competitions shall not wear protective masks or face coverings of any kind, whether or not such equipment would provide a competitive advantage or disadvantage. No exceptions shall be permitted on medical or other grounds.

6.3.8 Where an injured competitor requires bandaging or a sling during Sparring competitions, permission shall be obtained from the official Tournament Doctor appointed by the LOC or from the ITF Medical Committee. Any materials used shall not provide a competitive advantage or disadvantage.

6.3.9 Where a competitor's equipment becomes bloodstained during a Sparring competition, such equipment shall be replaced with clean equipment before the next round or subsequent competition.

6.3.10 Where a competitor's Dobok becomes bloodstained during a Sparring competition, the competitor shall change into a clean Dobok before the next round or subsequent performance.

Article 6.4 Protective Equipment for Sparring Competitions

6.4.1 All competitors shall wear ITF-approved protective equipment during Sparring competitions in order to ensure the safety of competitors.

6.4.2 Sparring gloves shall be closed-type gloves and shall be in good condition.

6.4.3 In Sparring competitions for Pre-Children, Children, and Cadet Tournaments (ages 8 to 13), competitors shall use sparring gloves weighing either eight (8) ounces or ten (10) ounces (1 ounce = 28.35 g).

6.4.4 In Sparring competitions for all other Tournaments (ages 14 and above), competitors shall use sparring gloves weighing ten (10) ounces only.

6.4.5 Gloves shall be secured with Velcro fastenings. Laced gloves are prohibited.

6.4.6 Competitors shall wear a mouthguard and headgear during Sparring competitions. Headgear shall cover the entire head except the face.

6.4.7 Female competitors shall wear a breast protector beneath the Dobok jacket.

6.4.8 Male competitors shall wear a groin guard beneath the Dobok trousers. Additional chest, rib, abdominal, or forearm protectors may be worn beneath the Dobok where deemed necessary.

6.4.9 All competitors shall wear shin guards.

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6.4.10 During Sparring competitions, competitors shall wear hand and foot protectors in red or blue, corresponding to their designated corner.

Article 6.5 Competition Area (Ring) and Matting

6.5.1 Standard Competition Area

- (a) Unless otherwise permitted under this Article, the standard competition area shall consist of a square competition area measuring nine (9) metres by nine (9) metres (“Competition Area”).
- (b) The Competition Area shall be surrounded on all four sides by a safety border measuring one (1) metre in width (“Safety Border”).
- (c) The total matted area shall therefore measure eleven (11) metres by eleven (11) metres.

6.5.2 Permitted Reduced Competition Areas

- (a) For Sparring competitions in the Pre-Children Tournament (ages 8 to 9), the Local Organising Committee (LOC) may use a reduced Competition Area measuring six (6) metres by six (6) metres, surrounded by a one (1) metre Safety Border (total matted area per Competition Area: eight (8) metres by eight (8) metres).
- (b) For Sparring competitions in the Children Tournament (ages 10 to 11) and Cadet Tournament (ages 12 to 13), the LOC may use a reduced Competition Area measuring seven (7) metres by seven (7) metres, surrounded by a one (1) metre Safety Border (total matted area per Competition Area: nine (9) metres by nine (9) metres).
- (c) For International Open Tournaments and National Open Tournaments, where the venue infrastructure, arena dimensions, or other objectively justified logistical limitations do not permit the standard Competition Areas, the LOC may use reduced Competition Areas measuring seven (7) metres by seven (7) metres, each surrounded by a one (1) metre Safety Border (total matted area per Competition Area: nine (9) metres by nine (9) metres).
- (d) Any use of reduced Competition Areas under this Article shall be stated clearly in the official Information Package (Infopack).

6.5.3 Mat and Safety Border Colour Requirements

- (a) The colour of the Competition Area shall be in clear visual contrast with the colour of the Safety Border.
- (b) Any colour combination may be used, provided that only two (2) colours are used within the same Competition Area set-up: one (1) colour for the Competition Area and one (1) colour for the Safety Border.

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(c) The same two-colour scheme shall be applied consistently for each Competition Area used at the tournament, unless otherwise approved by the Tournament Committee (TC) due to objectively justified venue or supply constraints.

6.5.4 Technical Requirements

(a) The boundaries of the Competition Area shall be clearly identifiable by the visual transition between the Competition Area and the Safety Border.

(b) The matting shall be properly joined and secured to avoid gaps, lifting edges, or uneven surfaces, and must not present a tripping or injury hazard.

6.5.5 ITF-Approved Matting

(a) Only ITF-approved mats may be used for all Competition Areas and Safety Borders.

(b) ITF approval shall be evidenced by the manufacturer's ITF approval mark or other written confirmation recognised by ITF Headquarters (HQ) or the ITF Tournament Committee (TC).

(c) The use of non-approved matting is prohibited.

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Section 7 Order of Events, Summons, Equipment Check, Courtesy, and Official Terminology

Article 7.1 Order of Competitions

7.1.1 The order of events for all Tournaments shall be determined and arranged by the Tournament Committee (TC).

Article 7.2 Summons

7.2.1 Summons shall be made only where competitors or teams fail to appear in the designated ring at the scheduled time.

7.2.2 In individual events, a summons shall be made by calling the competitor's name, country, and ring number.

7.2.3 In team events, a summons shall be made by calling the name of the country or the team name, together with the ring number assigned to the event.

7.2.4 If a competitor or team fails to appear within thirty (30) seconds after the initial summons, two (2) further summonses shall be made at intervals of thirty (30) seconds.

7.2.5 If the competitor or team still fails to appear after the final (third) summons, the summoned competitor or team shall be disqualified.

Article 7.3 Equipment Check

7.3.1 The reserve Centre Referee shall check the attire and equipment of competitors in the designated equipment check areas.

7.3.2 A competitor who has passed the equipment check shall remain in the equipment check area until called to compete.

7.3.3 Where equipment is found to be defective or sub-standard, it shall be replaced within two (2) minutes.

7.3.4 If the equipment is not replaced within the prescribed time, the competitor or team shall be disqualified from the relevant event.

Article 7.4 Courtesy

7.4.1 At the beginning and at the end of each competition, competitors and coaches shall bow to the Jury Table, the Centre Referee, and to each other, shouting "Tae-Kwon".

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Article 7.5 Official Terminology

7.5.1 For the purposes of officiating and competition management, the following official Taekwon-Do terminology shall be used:

Korean Term	Pronunciation	English Meaning
CHA RYOT	/ tsa - rjæt /	ATTENTION
KYONG RYE	/ gjəŋ - ne /	BOW
JA YU MAT SO GI	/ za - jʊ - mat - sə - gi /	FREE SPARRING
JUN BI	/ zʊn - bi /	READY
SI JAK	/ sɪ - zak /	BEGIN
HE CHOT	/ he - tsjæt /	SEPARATE
GE SOK	/ ge - sɒk /	CONTINUE
GU MAN	/ gʊ - man /	END
JU UI	/ zʊ - i /	WARNING
GAM JOM	/ gam - zəm /	DEDUCTING POINTS
TOE JANG	/ twe - jaŋ /	EXIT / EXPULSION
SIL KYOK	/ sɪl - gjæk /	DISQUALIFICATION
HONG	/ hɒŋ /	RED
CHONG	/ tsəŋ /	BLUE
IL HOE JON	/ ɪl - hwe - zən /	1st ROUND
I HOE JON	/ ɪ - hwe - zən /	2nd ROUND
SAM HOE JON	/ sam - hwe - zən /	3rd ROUND
SA HOE JON	/ sa - hwe - zən /	4th ROUND
OH HOE JON	/ ɒ - hwe - zən /	5th ROUND
CHU GA JON	/ tsʊ - ga - zən /	EXTRA ROUND / BOUT
YON JANG JON	/ jən - zaŋ - zən /	EXTENSION BOUT
DUK JOM JON	/ dʊk - zəm - zən /	GOLDEN POINT BOUT
SUNG	/ sʊŋ /	WIN / WINNER
HO SIN KYONG GI	/ hɒ - sɪn - gjəŋ - gi /	SELF-DEFENSE ROUTINE
TUK GI	/ tʊk - gi /	SPECIAL TECHNIQUE
WI RYOK	/ wɪ - rjæk /	POWER-BREAKING TEST
GAE IN JON	/ gæ - ɪn - zən /	INDIVIDUAL EVENT
DAN CHE JON	/ dan - tse - zən /	TEAM EVENT
PI GIM	/ bɪ - gɪm /	DRAW

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Korean Term	Pronunciation	English Meaning
A PU RO	/ a - pʊ - rɒ /	FORWARD
DWI RO	/ dwɪ - rɒ /	BACKWARD
DO RAT	/ dɒ - rat /	TURN
GAT	/ gat /	MARCH
JU SIM	/ zʊ - sɪm /	CENTRE REFEREE
PU SIM	/ bʊ - sɪm /	CORNER REFEREE
SIM PAN WON(DUL)	/ sim-pan-won(dul) /	UMPIRE(S)
KYO DAE	/ kjɒ-dæ /	CHANGE

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Section 8 Patterns

Article 8.1 Competition System

8.1.1 The starting order draw determines the sequence of performance only and does not constitute a personal encounter between competitors.

8.1.2 Patterns competitions shall consist of two (2) stages: a qualification stage and a final stage.

8.1.3 Patterns shall be selected electronically at the Jury Table.

8.1.4 In the draw for the subsequent stage, the Pattern(s) performed in the previous stage shall be excluded from selection.

8.1.5 As a general rule, three (3) to six (6) competitors or teams shall advance from the qualification stage to the final stage.

Article 8.2 Mode of Competition

8.2.1 The relevant Tournament Committee (TC) shall determine whether competitors or teams need to be split by the rings taking into account the number of competitors or teams and the prevailing conditions.

8.2.2 Within each stage, performances shall be conducted in the following mandatory order: all competitors or teams shall first perform the first designated Pattern of that stage, one after another. Only after all competitors or teams have completed the first designated Pattern shall they proceed, where applicable, to perform the second designated Pattern of the same stage, again one after another.

8.2.3 In Individual events, competitors shall enter the ring within twenty (20) seconds after the completion of the preceding performance.

8.2.4 In team events, teams shall enter the ring within thirty (30) seconds after the completion of the preceding performance.

Article 8.3 Draw Ranges for Pattern Competitions

8.3.1 In ITF World Championships, and in the Dan divisions of Continental and National Championships, every competitor or team shall perform two (2) designated Patterns in the qualification stage and two (2) designated Patterns in the final stage.

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8.3.2 For Dan competitions, the designated draw ranges shall be determined in accordance with the table below:

Dan rank	First Performance (draw range)	Second Performance (draw range)
1st Dan	KWANG-GAE to GE-BAEK	CHON-JI to GE-BAEK (excluding the Pattern performed in the first performance)
2nd Dan	EUI-AM to JUCHE	JOONG-GUN to JUCHE (excluding the Pattern performed in the first performance)
3rd Dan	SAM-IL to CHOI-YONG	JOONG-GUN to CHOI-YONG (excluding the Pattern performed in the first performance)
4th Dan	YON-GAE to MOON-MOO	JOONG-GUN to MOON-MOO (excluding the Pattern performed in the first performance)
5th Dan	SO-SAN to SE-JONG	JOONG-GUN to SE-JONG (excluding the Pattern performed in the first performance)

8.3.3 In World Cups, Continental Cups, and National Cups, competitors or teams, irrespective of rank, shall perform one (1) designated Pattern in the qualification stage and two (2) designated Patterns in the final stage.

8.3.4 In any Gup division Patterns competition, the official Information Package (Infopack) shall specify:

- (a) the number of designated Pattern(s) to be performed in the qualification stage and in the final stage; and
- (b) the applicable draw ranges by age division and rank.

Unless expressly specified otherwise in the Infopack, the default competition format for Gup divisions shall be as set out in Article 8.3.3.

8.3.5 In International Open Tournaments and National Open Tournaments, the relevant Tournament Committee (TC) may decide, after consultation, whether competitors or teams shall perform one (1) or two (2) designated Pattern(s) in the qualification stage. This decision shall be stated clearly in the official Information Package (Infopack).

Article 8.4 Scoring System and Criteria for Individual Patterns

8.4.1 A live scoring valuation system shall be used for Individual Patterns competitions.

8.4.2 Scoring contents shall include the following elements:

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8.4.2.1 Techniques:

- (a) Diagram;
- (b) Stance and posture;
- (c) Positioning of hands and feet;
- (d) Line of sight and execution of movements;
- (e) Time intervals between movements;
- (f) Balance during performance.

8.4.2.2 Power:

- (a) Reaction force (couple forces);
- (b) Concentration;
- (c) Mass;
- (d) Breath control;
- (e) Speed.

8.4.3 Scoring criteria (total: 100 points) shall be as follows:

8.4.3.1 Techniques: 80 points. Each movement shall be scored live during the performance of the Pattern.

8.4.3.2 Power: 20 points. Scoring shall be capped after completion of the Pattern.

Article 8.5 Scoring System and Criteria for Team Patterns

8.5.1 Scoring shall commence with the command “Si-Jak” issued by a team member.

8.5.2 Scoring contents shall include the following elements:

8.5.2.1 Techniques:

- (a) Diagram;
- (b) Stance and posture;
- (c) Positioning of hands and feet;
- (d) Line of sight and execution of movements;
- (e) Time intervals between movements;

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- (f) Balance during performance.

8.5.2.2 Power:

- (a) Reaction force (couple forces);
- (b) Concentration;
- (c) Mass;
- (d) Breath control;
- (e) Speed.

8.5.2.3 Teamwork and choreography:

- (a) Identical collective performance of each movement;
- (b) Harmonious formation and changes of formation;
- (c) Sequence of performance and artistic presentation.

8.5.3 Scoring criteria (total: 100 points) shall be as follows:

8.5.3.1 Techniques: 50 points. Each movement shall be scored live during the performance of the Pattern.

8.5.3.2 Power: 20 points. Scoring shall be capped after completion of the Pattern.

8.5.3.3 Teamwork and choreography: 30 points. Scoring shall be capped after completion of the Pattern.

Article 8.6 Disqualification and Point Deductions

8.6.1 Disqualification and point deductions shall apply to both Individual and Team Patterns competitions. In Team Events, any disqualification or point deduction incurred by an individual competitor shall result in the corresponding disqualification or point deduction for the team.

8.6.2 A score of zero (0) points shall be awarded in both Individual and Team Events in the following cases:

- (a) Skipping or adding one (1) or more movements;
- (b) Performing a Pattern mixed with movements from another Pattern;
- (c) Performing a Pattern other than the one designated by draw;
- (d) Performing incorrect movements of stance, blocking, or attacking;

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- (e) Altering tracks or stances to return to the diagram line;
- (f) Moving the incorrect foot at the end of the performance;
- (g) Overstepping the line of the Corner Referees' seats at any point during the performance;
- (h) Failing to commence the performance within three (3) seconds after the start command;
- (i) Pausing the performance for a duration equivalent to three (3) consecutive movements;
- (j) In Team Events, failing to commence the performance within twenty (20) seconds after entering the ring;
- (k) Any part of the body, excluding the soles of the feet, touching the ground, except where required by the technical content of the Pattern;
- (l) Exceeding the prescribed time limits for the performance of the Pattern.

8.6.2.1 The time limit for a Pattern shall encompass the entire performance, commencing with the first movement and concluding with the verbal announcement of the name of the relevant Pattern. The prescribed time limits for Patterns shall be as set out in the table below:

Pattern	Time limit
CHON-JI	30 sec.
DAN-GUN	34 sec.
DO-SAN	41 sec.
WON-HYO	47 sec.
YUL-GOK	52 sec.
JOONG-GUN	55 sec.
TOI-GE	66 sec.
HWA-RANG	49 sec.
CHOONG-MOO	52 sec.
KWANG-GAE	74 sec.
PO-EUN	44 sec.
GE-BAEK	63 sec.
EUI-AM	74 sec.
CHOONG-JANG	87 sec.

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Pattern	Time limit
JUCHE	100 sec.
SAM-IL	62 sec.
YU-SIN	104 sec.
CHOI-YONG	75 sec.
YON-GAE	87 sec.
UL-JI	66 sec.
MOON-MOO	101 sec.
SO-SAN	110 sec.
SE-JONG	51 sec.
CHANG-HON	94 sec.

8.6.3 One (1) point shall be deducted in both Individual and Team Events in the following cases:

- (a) Incorrect execution of specific technical movements such as slow motion, fast motion, continuous motion, or connecting motion;
- (b) Pausing for a duration equivalent to one (1) movement;
- (c) Incorrect height in attacking or blocking techniques;
- (d) Incorrect time intervals between movements;
- (e) Incorrect line of sight during attacking or blocking techniques;
- (f) Momentary hesitation before the next movement;
- (g) Loss of balance;
- (h) Unnecessary stamping or lifting of heels;
- (i) Shouting during the performance (Individual Patterns only);
- (j) Returning to the ready posture before the Centre Referee gives the command “Gu-Man” (Individual Patterns only).

8.6.4 Point deductions for Power in both Individual and Team Events shall range from one (1) to four (4) points, depending on the degree of incorrect execution.

8.6.5 In Team Events, point deductions for Teamwork and Choreography shall range from two (2) to ten (10) points, depending on severity.

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Article 8.7 Scoring Mode and Determination of the Winner

8.7.1 Upon completion of all performances, all five (5) Referees shall submit their scores to the Jury Table.

8.7.2 The highest and the lowest scores shall be excluded, and the remaining three (3) scores shall be summed to determine the final score.

8.7.3 The competitor or team achieving the higher final score shall be declared the winner.

8.7.4 Where two (2) or more competitors or teams obtain identical final scores, an Extra Performance shall be conducted using one (1) designated Pattern selected by draw. Additional Extra Performances shall be conducted, as necessary, until a winner is determined.

8.7.5 Upon completion of all competitions, the top three (3) rankings shall be announced. Only one (1) competitor or team shall be awarded third place.

Article 8.8 Ring Council

8.8.1 The Ring Council for Patterns competitions shall consist of twelve (12) officials:

- (a) One (1) Jury President;
- (b) One (1) Jury Member;
- (c) One (1) Centre Referee;
- (d) Four (4) Referees;
- (e) One (1) IT Assistant;
- (f) Two (2) Reserve Centre Referees;
- (g) Two (2) Reserve Referees.

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Section 9 Sparring

Article 9.1 Competition System

9.1.1 Depending on the number of participating competitors and the prevailing conditions, the relevant Tournament Committee (TC) shall select one of the following competition formats:

- (a) Round Robin System;
- (b) Elimination System;
- (c) Group Qualification Stage and Elimination Bracket.

9.1.2 In Team Events, only the Elimination System shall be applied.

9.1.3 Round Robin System

9.1.3.1 The Round Robin System shall be applied when there are five (5) or fewer competitors in the same weight category, or where the objective is to provide more competition opportunities for each competitor or to establish a transparent ranking.

9.1.3.2 The number of wins shall be calculated for each competitor. Competitors shall be ranked in descending order based on the number of wins.

9.1.3.3 Where two (2) or more competitors have an identical number of wins, ranking shall be determined in the following order:

- (a) Points earned from wins;
- (b) Total of referees' votes;
- (c) Total number of yellow cards;
- (d) Total number of warnings;
- (e) Total points scored;
- (f) Result of the head-to-head encounter.

9.1.3.4 Only one (1) competitor shall be selected for each final ranking position.

9.1.4 Combined System (Group System followed by Elimination System)

9.1.4.1 The Combined System shall be applied when there are six (6) to sixty-four (64) competitors in the same weight category.

9.1.4.2 Preliminary Stage (Group Stage)

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9.1.4.2.1 Competitors shall be divided into two (2) to sixteen (16) groups, each consisting of three (3) or four (4) competitors.

9.1.4.2.2 Competitors shall be ranked within each group from highest to lowest based on results.

9.1.4.2.3 Where two (2) or more competitors in a group have an identical number of wins, ranking shall be determined in the following order:

- (a) Number of wins;
- (b) Total of referees' votes;
- (c) Total number of yellow cards;
- (d) Total number of warnings;
- (e) Total points scored;
- (f) Result of the head-to-head encounter.

9.1.4.2.4 The electronic system shall determine the number of competitors advancing to the Elimination Stage.

9.1.4.3 Elimination Bracket (Play-offs)

9.1.4.3.1 The Elimination Bracket shall be conducted in accordance with the Single-Elimination System.

9.1.5 Single-Elimination System

9.1.5.1 The Single-Elimination System shall be applied when there are sixty-five (65) or more competitors in the same weight category.

9.1.5.2 In the event of a tie, competitors shall proceed to one (1) Extra Round, followed if necessary, by a Golden Point Round until a winner is determined.

9.1.5.3 Only winners shall advance to the next stage of competition.

Article 9.2 Allowed Attacking Tools

9.2.1 Hand techniques: Apjumok (forefist) and Dungjumok (backfist).

9.2.2 Foot techniques: All parts of the foot.

Article 9.3 Allowed Target Areas

9.3.1 The permitted target areas shall be limited to specified areas of the high and middle sections of the body trunk.

9.3.2 High Section

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9.3.2.1 The high section is the area above the line connecting the points where the sides of the neck meet the shoulders.

9.3.2.2 Permitted target areas include the head (excluding the back of the head) and the neck (excluding the nape).

9.3.3 Middle Section

9.3.3.1 The middle section is the body trunk, excluding the back, from the top edge of the Dobok belt to the line connecting the sides of the neck and shoulders.

9.3.3.2 Permitted target areas include the frontal and side areas of the trunk between the vertical lines drawn from the rear edges of the armpits down to the waist.

9.3.4 When any part of the forearm, from the elbow to the fingertips, is in contact with the body, it shall be regarded as part of the body.

Article 9.4 Criteria for Valid Scores

9.4.1 All attacks shall be controlled at the point of contact.

9.4.2 An attack delivered directly, or through contact with the opponent's hand(s) or forearm(s), shall score points.

9.4.3 An attack delivered when the opponent's hand or forearm is in contact with the body shall score points.

9.4.4 Attacks delivered to the upper arm(s) shall not score points under any circumstances.

9.4.5 Where two valid hand attacks are delivered, each shall score points.

9.4.6 Where two or more flying hand attacks, or hand-and-foot combination attacks, are valid, each attack shall score points.

9.4.7 Where an attack is successfully executed with clear and correct technique and is followed by a foul, the attack shall score points and the foul shall be penalised separately.

9.4.7.1 Where a competitor delivers a successful attack and falls due to the opponent's action, the attack shall score points and the opponent shall receive a warning.

9.4.7.2 Where a competitor delivers a successful attack and falls due to their own fault, the attack shall be invalid and the competitor shall receive a warning.

9.4.8 Attacks delivered with foul movements shall be invalid.

9.4.9 Blind hand attacks executed without visual contact with the opponent shall be invalid.

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9.4.10 Points awarded prior to a warning shall be adjusted by the Jury President after consultation with the Centre Referee.

Article 9.5 Scoring Criteria

9.5.1 Valid technical movements shall score between one (1) and five (5) points, depending on difficulty and height.

9.5.2 One (1) point shall be awarded for:

- (a) Hand attack to the middle or high section;
- (b) Foot attack to the middle section;
- (c) Perfect blocking causing the opponent to lose balance or fall;
- (d) Flying hand attack to the middle section.

9.5.3 Two (2) points shall be awarded for:

- (a) Foot attack to the high section;
- (b) 180-degree turning foot attack to the middle section while standing;
- (c) Flying hand attack to the high section;
- (d) Flying foot attack to the middle section.

9.5.4 Three (3) points shall be awarded for:

- (a) Flying foot attack to the high section;
- (b) Mid-air 180-degree turning foot attack to the middle section;
- (c) Mid-air turning (over 180 degrees) hand attack to the middle or high section;
- (d) 180-degree turning foot attack to the high section while standing.

9.5.5 Four (4) points shall be awarded for:

- (a) Mid-air 180-degree turning foot attack to the high section;
- (b) Mid-air 360-degree turning foot attack to the middle section.

9.5.6 Five (5) points shall be awarded for a mid-air turning (over 360 degrees) foot attack to the high section.

9.5.7 Confirmation of Three (3), Four (4), or Five (5) Point Scores

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9.5.7.1 Where the Centre Referee determines that an attack merits three (3), four (4), or five (5) points, the competition shall be paused with the command “He-Chot” for confirmation.

9.5.7.2 The Centre Referee shall indicate the scoring competitor and raise the corresponding number of fingers to signal the points awarded.

9.5.7.3 All Corner Referees shall confirm the score.

9.5.7.4 Where a technique that would otherwise be awarded three (3), four (4), or five (5) points is executed with the supporting leg touching the ground at the moment of impact, the technique shall remain valid; however, one (1) point shall be deducted from the score awarded.

9.5.7.5 Where a Video Protest results in a change of decision, the Corner Referees shall amend the corresponding scores accordingly.

Article 9.6 Fouls

9.6.1 Warnings

9.6.1.1 Warnings shall be issued for the following infractions:

- (a) Attacking prohibited target areas;
- (b) Stepping completely out of the ring with both feet;
- (c) Any part of the body, other than the feet, touching the ground;
- (d) Holding or lifting the opponent;
- (e) Pushing with the hands or body;
- (f) Faking an injury;
- (g) Delivering three (3) or more continuous punches (excluding mid-air punches);
- (h) Raising the arm to falsely claim a score;
- (i) Intentionally turning the back or head to evade sparring;
- (j) Intentionally avoiding engagement;
- (k) Speaking unnecessarily during the competition;
- (l) Failing to comply with the Centre Referee’s instructions;
- (m) Deliberately failing to wear or secure required protective equipment;
- (n) Released hand or foot protectors or loosened belts.

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9.6.1.2 One (1) point shall be deducted for every three (3) warnings. Accumulated warnings shall not result in disqualification.

9.6.2 Point Deductions (Yellow Cards)

9.6.2.1 Point deductions shall be issued for:

- (a) Mocking or insulting the opponent;
- (b) Biting or deliberately attacking the groin;
- (c) Attacking a fallen or unready opponent when the competition is paused;
- (d) Delivering a heavy blow to an approaching opponent without technical action;
- (e) Attacking with the head, elbows, or knees;
- (f) Intentionally removing the mouthguard or manipulating gloves for advantage;
- (g) Deliberately sweeping or tripping the opponent;
- (h) Deliberately avoiding engagement during the final fifteen (15) seconds of a round.

9.6.3 Expulsion (Red Cards)

9.6.3.1 Expulsion shall be issued for:

- (a) Rendering the opponent unable to continue due to a heavy blow;
- (b) Attacking prohibited areas resulting in serious injury;
- (c) Receiving three (3) yellow cards in the same competition.

9.6.3.2 An expelled competitor shall be barred from continuing in the current event but may participate in other events.

9.6.4 Disqualification (Red Cards)

9.6.4.1 Disqualification may be imposed for:

- (a) Competing under the influence of alcohol or stimulants;
- (b) Behaving toward officials in an extremely disrespectful manner.

9.6.4.2 A disqualified competitor shall be excluded from the entire tournament or subject to further disciplinary measures depending on severity.

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Article 9.7 Injuries

9.7.1 Where a competitor is injured, the Centre Referee shall immediately stop the competition and summon medical assistance.

9.7.2 The total time permitted for diagnosis and treatment of an injured competitor shall not exceed four (4) minutes per bout.

9.7.2.1 The Tournament Doctor shall determine whether the competitor is fit to continue within the remaining time.

9.7.2.2 Where insufficient time remains for a decision, the competitor shall be deemed unable to continue.

9.7.2.3 The decision of the Tournament Doctor shall be final. Failure to accept this decision shall result in disqualification.

9.7.3 Where an injury occurs, the Jury President, in consultation with the Tournament Doctor and, where present, the ITF Medical Committee representative, and after reviewing the official video replay, shall determine the outcome as follows::

- (a) If the opponent is injured as a result of a counterattack, the counterattacker shall be declared the winner;
- (b) If the injury results from a legal technique executed with insufficient force, the attacker shall be declared the winner, subject to applicable point deductions;
- (c) If the injury results from an excessively forceful attack, the injured competitor shall be declared the winner;
- (d) If the injury is self-inflicted, the opponent shall be declared the winner;
- (e) Where both competitors are injured and unable to continue, the winner shall be determined by the score at the time of stoppage; if scores are equal, the decision shall be based on the fewer warnings or yellow cards received.

9.7.4 In the event of any disagreement, the opinion of the Tournament Doctor or the ITF Medical Committee representative where present shall prevail.

9.7.5 The Tournament Doctor and the ITF Medical Committee representative where present shall determine whether an injured competitor is medically fit to continue in subsequent matches or competitions.

Article 9.8 Individual Sparring

9.8.1 Duration of Bouts

9.8.1.1 Pre-Children Tournament (ages 8 to 9): bouts shall consist of two (2) rounds of one (1) minute.

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9.8.1.2 There shall be a thirty (30) second rest period between rounds.

9.8.1.3 Children Tournaments (ages 10 to 11): bouts shall consist of two (2) rounds of one and a half (1.5) minutes.

9.8.1.4 There shall be a forty-five (45) second rest period between rounds.

9.8.1.5 Cadet Tournaments (ages 12 to 13): bouts shall consist of two (2) rounds of one and a half (1.5) minutes.

9.8.1.6 There shall be a forty-five (45) second rest period between rounds.

9.8.1.7 Junior Tournaments (ages 14 to 15): bouts shall consist of two (2) rounds of two (2.0) minutes.

9.8.1.8 There shall be a sixty (60) second rest period between rounds.

9.8.1.9 Youth Tournaments (ages 16 to 17): bouts shall consist of two (2) rounds of two (2.0) minutes.

9.8.1.10 There shall be a sixty (60) second rest period between rounds.

9.8.1.11 Adult Tournaments (ages 18 to 34): bouts shall consist of two (2) rounds of two (2.0) minutes.

9.8.1.12 There shall be a sixty (60) second rest period between rounds.

9.8.1.13 Senior Tournaments (ages 35 to 44): bouts shall consist of two (2) rounds of two (2.0) minutes.

9.8.1.14 There shall be a sixty (60) second rest period between rounds.

9.8.1.15 Veteran Tournaments (ages 45 and above): bouts shall consist of two (2) rounds of one and a half (1.5) minutes.

9.8.1.16 There shall be a sixty (60) second rest period between rounds.

9.8.2 Determination of the Winner

9.8.2.1 The Jury President shall determine the winner based on the decisions of the Corner Referees.

9.8.2.2 Where three (3) or more Corner Referees favour one competitor, that competitor shall be declared the winner.

9.8.2.3 Where two (2) Corner Referees favour one competitor, one (1) favours the opponent, and one (1) declares a tie, the competitor favoured by two (2) Referees shall be declared the winner.

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9.8.2.4 Where two (2) Corner Referees favour one competitor and the remaining Referees declare a tie, that competitor shall be declared the winner.

9.8.2.5 Where three (3) or more Corner Referees declare a tie, the bout shall be considered tied.

9.8.2.6 Where two (2) Referees favour each competitor, the bout shall be considered tied.

9.8.2.7 In the event of a tie, a one (1) minute Extension Round shall be conducted.

9.8.2.8 Where the Extension Round results in a tie, a Golden Point Bout shall be conducted.

9.8.2.8.1 Upon any potentially scoring action, the Centre Referee shall stop the bout to confirm the score.

9.8.2.8.2 Where two (2) or more Corner Referees confirm the score, the scoring competitor shall be declared the winner.

9.8.2.9 All scores, warnings, and yellow cards accumulated during regular rounds shall carry over into Extension and Golden Point rounds.

9.8.2.10 Technical Win

9.8.2.10.1 Where a competitor successfully executes three (3) techniques scoring five (5) points before the opponent does so, the competitor shall be declared the winner by Technical Win.

9.8.2.10.2 Where a score difference of fifteen (15) points or more is confirmed by three (3) or more Corner Referees, the competitor with the higher score shall be declared the winner by Technical Win.

Article 9.9 Team Sparring

9.9.1 Team Composition

9.9.1.1 Teams shall be formed regardless of degree (except holders of 5th Dan and above) and weight of the competitors.

9.9.2 Order of Entering Competitors

9.9.2.1 The Centre Referee shall determine which team enters its competitor first by tossing a coin.

9.9.2.2 The team that loses the toss shall enter its competitor first.

9.9.2.3 Thereafter, teams shall alternately enter their competitors first.

9.9.2.4 The interval between the entry of competitors shall be twenty (20) seconds.

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9.9.3 Duration and Rounds

9.9.3.1 In Children and Cadet Tournaments (ages 10 to 13), each bout shall consist of one (1) round of one and a half (1.5) minutes.

9.9.3.2 In all other Tournaments (ages 14 and above), each bout shall consist of one (1) round of two (2) minutes.

9.9.4 Determination of the Winner

9.9.4.1 Determination of the winner of each bout shall follow the same rules as Individual Sparring, except in the case of a tie.

9.9.4.2 Winning a bout shall earn the team two (2) points; a tied bout shall earn one (1) point.

9.9.4.3 A team that accumulates six (6) points first shall be declared the winner, and no further bouts shall be conducted.

9.9.4.4 Where a tie remains after all five (5) competitors have competed, each team's coach shall select one (1) competitor for an Extra Bout. The team of the winning competitor shall be declared the winner.

9.9.4.5 Where the Extra Bout results in a tie, an Extension Bout and, if necessary, a Golden Point Bout shall be conducted in accordance with the rules for Individual Sparring.

9.9.4.6 Where a team is short of one (1) or more competitors due to injury, two (2) points per missing competitor shall be automatically awarded to the opposing team at the outset.

Article 9.10 Ring Council

9.10.1 The Ring Council for Sparring competitions shall consist of twelve (12) officials:

- (a) One (1) Jury President;
- (b) One (1) Jury Member;
- (c) One (1) Centre Referee (required to carry Yellow and Red Cards);
- (d) Four (4) Corner Referees;
- (e) One (1) IT Assistant;
- (f) Two (2) Reserve Centre Referees;
- (g) Two (2) Reserve Corner Referees.

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Section 10 Special Techniques

Article 10.1 Minimum Height and Length Requirements

10.1.1 Junior Tournament (ages 14 to 15)

Technique	Male	Female
Twimyo Nopi Chagi (Flying High Kick)	2.6 m	2.1 m
Twimyo Dollyo Chagi (Flying Turning Kick)	2.3 m	2.0 m
Twimyo Bandae Dollyo Chagi (Flying Reverse Turning Kick)	2.2 m	1.9 m
Twimyo 360° Dolmyo Chagi (Mid-air 360° Kick)	2.2 m	1.9 m
Twimyo Nomo Chagi (Overhead Kick)	2.2 m × 0.7 m	1.5 m × 0.7 m

10.1.2 Youth Tournament (ages 16 to 17)

Technique	Male	Female
Twimyo Nopi Chagi	2.7 m	2.2 m
Twimyo Dollyo Chagi	2.4 m	2.1 m
Twimyo Bandae Dollyo Chagi	2.3 m	2.0 m
Twimyo 360° Dolmyo Chagi	2.3 m	2.0 m
Twimyo Nomo Chagi	2.5 m × 0.7 m	1.5 m × 0.7 m

10.1.3 Adult Tournament (ages 18–34)

Technique	Male	Female
Twimyo Nopi Chagi	2.8 m	2.3 m
Twimyo Dollyo Chagi	2.5 m	2.2 m
Twimyo Bandae Dollyo Chagi	2.4 m	2.1 m
Twimyo 360° Dolmyo Chagi	2.4 m	2.1 m
Twimyo Nomo Chagi	2.5 m × 0.7 m	1.5 m × 0.7 m

Article 10.2 Qualification Conditions

10.2.1 Qualification for continuation in Special Techniques competitions shall be subject to the following conditions:

- (a) Only competitors in Individual Special Technique Events, and one (1) competitor selected from team members in Team Special Technique Events, who achieve a full score of ten (10) points in qualification shall advance to subsequent rounds;
- (b) One (1) technique out of the five (5) Special Techniques shall be selected for qualification;

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- (c) The qualifying technique shall be selected by the competitor;
- (d) The score obtained during qualification shall be carried forward to the main competition;
- (e) The qualifying technique shall not be performed again in the main competition.

10.2.2 In Twimyo Dollyo Chagi (Flying Turning Kick) and Twimyo Nopi Chagi (Flying High Kick), the competitor shall take a run-up, jump up with the kicking foot while simultaneously pulling the knee of the other leg up to the chest, and kick the target with the jumping foot while lowering the other leg.

Article 10.3 Permitted Foot Parts

10.3.1 The permitted foot parts for each technique shall be as follows:

- (a) Twimyo Nopi Chagi: Apkumchi (ball of the foot), Balkut (toes);
- (b) Twimyo Dollyo Chagi: Apkumchi (ball of the foot), Balkut (toes), Baldung (instep);
- (c) Twimyo Bandae Dollyo Chagi: Dwichook (back heel), Apkumchi (ball of the foot), Dwikumchi (back sole), Balbadak (sole); Balkal (foot sword) is excluded;
- (d) Twiyo 360° Dolmyo Chagi: Balkal (foot sword), Balbadak (sole);
- (e) Twiyo Nomo Chagi: Balkal (foot sword), Balbadak (sole).

Article 10.4 Apparatus and Targets

10.4.1 General Requirements

10.4.1.1 All apparatus and targets used in Special Techniques competitions shall be approved by the ITF Tournament Committee (TC).

10.4.2 Flying Kick Apparatus

- (a) Target height and direction shall be adjustable, manually or automatically;
- (b) The distance between the target and the apparatus stand shall be no less than two (2) metres.

10.4.3 Overhead Kick Apparatus (Twiyo Nomo Chagi)

- (a) The hurdle shall be made of opaque material, including paper or vinyl tape;
- (b) The hurdle height shall be fixed at 0.7 metres.

10.4.4 Targets

- (a) Targets shall be made of ITF-approved hard material and covered with rubber;

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- (b) Each board shall measure 30 cm × 30 cm × 2 cm;
- (c) Each board shall weigh approximately 200 g;
- (d) Boards shall be reusable.

Article 10.5 Scoring Mode and Criteria

10.5.1 Scoring Mode

10.5.1.1 Three (3) Referees shall judge each performance using Red and Blue flags.

10.5.1.2 A performance shall be deemed valid where:

- (a) All three (3) Referees raise Blue flags; or
- (b) Two (2) Referees raise Blue flags and one (1) raises a Red flag.

10.5.2 Scoring Criteria

- (a) Ten (10) points shall be awarded when the board rotates 90° or more after impact;
- (b) Two (2) points shall be awarded when the board rotates less than 90°;
- (c) One (1) point shall be awarded when the target is touched.

For Overhead Kick (Twiyō Nomo Chagi):

- (a) Ten (10) points for a fully broken board;
- (b) Two (2) points for a bent board;
- (c) One (1) point for a touched board;
- (d) Zero (0) points if the hurdle is knocked down.

Additional deductions:

- (a) Half of the potential score shall be awarded if the competitor touches the ground with hands during landing;
- (b) Zero (0) points shall be awarded if any part of the body other than hands or feet touches the ground;
- (c) Zero (0) points shall be awarded if the competitor fails to assume a ready posture before or after performance.
- (d) Zero (0) points shall be awarded if the kick does not follow the proper trajectory and angle without altering the technical form, while maintaining the requisite body position throughout its entire execution to successfully reach the target.

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Article 10.6 Individual Special Technique Events

10.6.1 Each competitor shall perform five (5) techniques.

10.6.2 The entire performance shall be completed within thirty (30) seconds.

10.6.3 The performance sequence shall be:

bow → ready posture → (prejudging → ready posture →) technique → ready posture → bow

10.6.4 Prejudging without touching the target is permitted.

10.6.5 Rankings shall be determined by the total accumulated score.

10.6.6 Tie-breaking shall be conducted as follows:

- (a) One technique shall be drawn by the Jury President;
- (b) Competitors requesting higher heights or lengths shall perform first;
- (c) Additional tie-break performances shall continue until rankings are determined.

Article 10.7 Team Special Technique Events

10.7.1 Each team member shall perform a different technique.

10.7.2 The performance format shall follow the same rules as Individual Events.

10.7.3 Team rankings shall be based on the cumulative score of all team members.

10.7.4 Tie-breaking procedures shall follow those of Individual Events.

Article 10.8 Ring Council

10.8.1 The Ring Council for Special Techniques competitions shall consist of eight (8) officials:

- (a) One (1) Jury President;
- (b) One (1) Jury Member;
- (c) One (1) Centre Referee;
- (d) Two (2) Referees;
- (e) One (1) IT Assistant;
- (f) One (1) Reserve Centre Referee;
- (g) One (1) Reserve Referee.

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Section 11 Power-Breaking

Article 11.1 Minimum Number of Boards for Each Technique

11.1.1 Adult Tournaments (ages 18–34)

Breaking Technique	Number of Boards (Male)	Number of Boards (Female)
Ap Joomuk (Forefist)	3	—
Sonkal (Knife-hand)	3	2
Balkal (Footsword)	4	3
Ap Kumchi (Ball of the foot)	3	2
Dwitchhook (Back heel)	3	—

11.1.2 Senior Tournament (ages 35–44)

Breaking Technique	Number of Boards (Male)	Number of Boards (Female)
Sonkal (Knife-hand)	3	2
Ap Kumchi (Ball of the foot)	3	2
Balkal (Footsword)	3	2

Article 11.2 Conditions

11.2.1 Competitors in Individual Events and selected members from Team Events shall successfully break the boards in the qualifying competition in order to qualify for the remaining techniques.

11.2.2 One (1) technique shall be selected for qualification from among the five (5) techniques for male competitors or three (3) techniques for female competitors.

11.2.3 The technique used for qualification shall be selected by the competitor.

11.2.4 Competitors may increase the number of boards in the qualification attempt.

11.2.5 The score achieved in the qualification shall be carried forward to the main competition, and the competitor shall not perform the same technique again in the main competition.

11.2.6 The horizontal centreline of the target shall not be lower than the level of the competitor's umbilicus.

11.2.7 Competitors may perform the breaking movement from a stationary position or by sliding or moving forward one (1) or two (2) steps.

11.2.8 Twimyo Chagi (flying kick) techniques are prohibited in Power-Breaking competitions.

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11.2.9 Breaking techniques using Sonkal (Knife-hand) are permitted in both inward and outward directions.

Article 11.3 Apparatus and Targets

11.3.1 All targets (plastic boards) and apparatus used in Power-Breaking competitions shall be ITF-approved.

11.3.2 Apparatus

11.3.2.1 The height of the targets shall be adjustable, either manually or automatically.

11.3.2.2 The apparatus shall be injury-proof.

11.3.3 Targets (Plastic Boards)

11.3.3.1 Each board shall measure 282 mm × 282 mm × 20 mm.

11.3.3.2 The weight of each board shall be approximately one thousand seven hundred and fifty (1,750) grams.

11.3.3.3 Boards shall be reusable.

Article 11.4 Scoring Mode and Criteria

11.4.1 Scoring Mode

11.4.1.1 Three (3) Corner Referees shall judge performances using Red and Blue flags.

11.4.1.2 After each performance, Referees shall raise Blue flags to indicate a valid performance or Red flags to indicate an invalid performance.

11.4.1.3 A performance shall be deemed valid for scoring where all three (3) Referees raise Blue flags, or where two (2) Referees raise Blue flags and one (1) Referee raises a Red flag.

11.4.2 Scoring Criteria

11.4.2.1 Ten (10) points shall be awarded for each fully broken board.

11.4.2.2 Two (2) points shall be awarded for each bent board.

11.4.2.3 No points shall be awarded for board(s) that slip out of the apparatus.

11.4.2.4 Where a competitor fails to maintain correct posture, balance, or uses an incorrect breaking tool, the performance shall be deemed invalid and no points shall be awarded, even if the board(s) are fully broken.

11.4.2.5 Where the competitor fails to assume a ready posture before or after the performance, no points shall be awarded.

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Article 11.5 Individual Event

11.5.1 Mode of Competition

11.5.1.1 Number of Techniques per Age Division:

- (a) In the Adult Tournament (ages 18 to 34), male competitors shall be required to perform five (5) techniques, while female competitors shall be required to perform three (3) techniques.
- (b) In the Senior Tournament (ages 35 to 44), both male and female competitors shall be required to perform three (3) techniques.

11.5.1.2 Competitors shall be permitted to adjust the height of the boards prior to the commencement of the prejudging phase. The time required for adjusting the height of the boards shall not be counted as part of the performance time.

Before performing, each competitor shall be entitled to conduct prejudging attempts without touching the target. Competitors who do not wish to conduct prejudging shall inform the Ring Council of their decision and shall execute the technique without prejudging.

11.5.1.3 Prior to the performance, competitors shall adopt either the L-Stance Forearm Guarding Block or the Sitting Ready Stance as the ready posture and shall vocalise the shout “Ya”.

11.5.1.4 Competitors shall complete the entire performance within thirty (30) seconds, as indicated by the Referee’s flag signal.

The performance shall follow the designated sequence:

bow → ready posture → (prejudging → ready posture →) breaking → ready posture → bow

11.5.2 Deciding the Winner

11.5.2.1 Upon completion of all required techniques, the scores obtained by each competitor shall be summed.

11.5.2.2 Final rankings shall be determined based on the highest total score.

11.5.2.3 Only one (1) competitor shall be awarded each ranking position.

11.5.2.4 Where two (2) or more competitors are tied for any ranking position, the Jury President shall select one (1) technique by random draw for an additional performance.

11.5.2.5 In such tie-breaking performances, competitors shall apply for a number of boards exceeding the minimum required number.

11.5.2.6 Competitors applying for a higher number of boards shall have priority to perform first.

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11.5.2.7 Where the ranking position is determined, no further performances shall be conducted.

11.5.2.8 Where the ranking remains undecided, additional tie-breaking performances using other techniques shall be conducted in accordance with the same procedure until the ranking is determined.

Article 11.6 Team Event

11.6.1 Mode of Competition

11.6.1.1 Each competitor from a team shall be permitted to perform only one (1) breaking technique.

11.6.1.2 The competition format for Team Events shall follow the same rules and procedures as those applicable to Individual Events.

11.6.1.3 Each competitor shall complete their performance within thirty (30) seconds.

11.6.1.4 The scoring mode and scoring criteria applicable to Individual Events shall apply equally to Team Events.

11.6.2 Deciding the Winner

11.6.2.1 Upon completion of all techniques performed by team members, the scores obtained by each competitor within the team shall be summed.

11.6.2.2 Team rankings shall be determined based on the highest total score achieved by the team.

11.6.2.3 Only one (1) team shall be awarded each ranking position.

11.6.2.4 Where two (2) or more teams achieve the same total score for any ranking position, additional rounds shall be conducted in the same manner as the tie-breaking procedures applicable to Individual Events.

Article 11.7 Ring Council

11.7.1 The Ring Council for Power-Breaking competitions shall consist of eight (8) officials:

- (a) One (1) Jury President;
- (b) One (1) Jury Member;
- (c) One (1) Centre Referee;
- (d) Two (2) Referees;
- (e) One (1) IT Assistant;

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- (f) One (1) Reserve Centre Referee;
- (g) One (1) Reserve Referee.

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Section 12 Self-Defense Routine

Self-Defense Routine competitions shall assess the practical application of Taekwon-Do techniques against simulated attacks, demonstrating realism, control, coordination, and technical accuracy in accordance with ITF principles.

Article 12.1 Mode of Competition

12.1.1 All teams shall perform one (1) Self-Defense Routine, after which the rankings shall be determined based on the highest score achieved.

12.1.2 There shall be three (3) teams selected for the top rankings, with only one (1) team awarded third place.

Article 12.2 Conditions

12.2.1 The Hero or Heroine shall be an ITF black-belt holder.

12.2.2 All participants in the routine, including the Hero or Heroine, shall belong to the same age division.

12.2.3 The Hero or Heroine shall wear an official ITF Dobok.

12.2.4 Participants other than the Hero or Heroine may wear costumes appropriate to their roles in the routine, provided that such costumes do not invoke international or social criticism.

12.2.5 The use of materials such as fire, water, glass, or noisy music during the performance is strictly prohibited.

Where any defect identified during equipment inspection is not rectified within two (2) minutes, the team shall be disqualified.

12.2.6 Teams shall be responsible for cleaning the performance area immediately after completion of their routine.

Article 12.3 Duration

12.3.1 The duration of a Self-Defense Routine shall not exceed sixty (60) seconds.

Article 12.4 Performance Procedures

12.4.1 Initiation of Performance

Each team shall commence its performance within ten (10) seconds after bowing to the Ring Council. This time shall include any introductory actions forming part of the routine.

12.4.2 Start of Timing

The official timing of the performance shall begin when the Hero or Heroine assumes the L-stance Forearm Guarding Block, vocalises “Ya”, and the starting gong is sounded.

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12.4.3 Conclusion of Performance

The timing shall stop when the Hero or Heroine returns to a ready posture upon completion of the routine and vocalises “Ya”. The concluding gong shall then be sounded.

12.4.4 Exit from the Ring

At the command of the Hero or Heroine, all team members shall line up, bow to the Ring Council, and exit the competition area.

Article 12.5 Compulsory Techniques

12.5.1 All teams shall incorporate the following compulsory techniques into their routine:

- (a) A minimum of one (1) releasing technique from a hold;
- (b) A minimum of one (1) throwing technique;
- (c) A minimum of one (1) landing technique;
- (d) A minimum of one (1) breaking and grasping technique;
- (e) A minimum of one (1) defence technique against a weapon (knife, toy gun, or staff);
- (f) A minimum of one (1) hand or foot technique executed while lying on the floor;
- (g) A minimum of one (1) double blocking technique against a flying double attack;
- (h) A minimum of one (1) flying double or triple foot technique;
- (i) A minimum of one (1) flying two-direction kick;
- (j) A minimum of two (2) dodging techniques.

12.5.2 Each team shall submit the sequence of its compulsory techniques in writing to the Ring Council prior to the commencement of the competition.

Article 12.6 Estimating Contents and Scoring Criteria

12.6.1 Estimating Contents

Scoring shall be based on the following elements:

- (a) Technical contents (correct performance and power);
- (b) Teamwork (harmonious detail, correct timing, and speed);

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(c) Artistic beauty (choreography and practicability).

12.6.2 Scoring Criteria

The maximum total score shall be fifty (50) points, allocated as follows:

(a) Compulsory techniques: 20 points;

(b) Technical contents: 10 points;

(c) Teamwork: 10 points;

(d) Artistic beauty: 10 points.

Article 12.7 Scoring Mode

12.7.1 The Score-Valuating System shall be applied in Self-Defense Routine competitions.

12.7.2 Where a team fails to commence its performance within twelve (12) seconds, including the introduction, after bowing to the Jury Table, the team shall be awarded zero (0) points.

12.7.3 A deduction of two (2) points shall be applied for each compulsory technique that is not performed.

12.7.4 Where a team fails to perform between one (1) and four (4) compulsory techniques in the sequence submitted by the team, four (4) points shall be deducted. Where the number of sequential failures exceeds four (4), the team shall be awarded zero (0) points.

12.7.5 Where the performance exceeds the prescribed time limit, the team shall be awarded zero (0) points.

12.7.6 For each failure to meet the required standards of technical contents, teamwork, or artistic beauty, one (1) point shall be deducted.

12.7.7 Referees shall record scores for each scoring element and submit them to the Jury Table.

Article 12.8 Deciding the Winner

12.8.1 After each performance, the Jury President shall compile the scores submitted by the five (5) Referees.

12.8.2 The highest and lowest scores shall be excluded, and the remaining three (3) scores shall be summed.

12.8.3 Rankings shall be determined based on the final scores of the teams.

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12.8.4 Only one (1) team shall be awarded each of the three (3) top rankings.

12.8.5 Where two (2) or more teams are tied for any ranking position, an Extra Bout shall be conducted to determine the winner.

Additional Extra Bouts shall continue until the ranking is decided.

Article 12.9 Ring Council

12.9.1 The Ring Council for Self-Defense Routine competitions shall consist of twelve (12) officials:

- (a) One (1) Jury President;
- (b) One (1) Jury Member;
- (c) One (1) Centre Referee;
- (d) Four (4) Referees;
- (e) One (1) IT Assistant;
- (f) Two (2) Reserve Centre Referees;
- (g) Two (2) Reserve Referees.

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Section 13 Protests and Decisions

Article 13.1 Tournament Adjudication Committee (TAC)

13.1.1 The Tournament Adjudication Committee (TAC) is established as the supreme adjudicatory body to oversee and resolve disputes arising during an ITF Tournament.

13.1.2 The TAC shall be composed of:

- (a) the Chairperson of the relevant Tournament Committee (TC), who shall act as Chairperson of the TAC;
- (b) the Chairperson of the Umpire Committee (UC); and
- (c) the Chairperson of the Technical and Education Committee (TEC).

13.1.3 In the absence of the Chairperson of the TAC, the Chairperson of the TEC shall act as deputy. Where both Chairpersons are absent, ITF Headquarters (HQ) shall appoint a deputy.

13.1.4 The TAC shall examine and resolve all protest cases that cannot be settled by the Umpire Committee (UC).

13.1.5 The TAC shall oversee tournament adjudication, umpiring integrity, and the handling of protests, ensuring that all stages of the Tournament comply strictly with the ITF Tournament Rules.

13.1.6 The decision of the TAC shall be final and binding.

Article 13.2 Video Protests

13.2.1 Video Protest Adjudication Committee (VPAC)

13.2.1.1 Upon a valid video protest request, the UC shall convene a Video Protest Adjudication Committee (VPAC).

13.2.1.2 The VPAC shall consist of:

- (a) one (1) member of the UC;
- (b) the Jury President or Jury Member from the ring in which the protest arose; and
- (c) one (1) member of the Tournament Committee (TC).

13.2.1.3 The authority to render a final decision within the VPAC shall rest with the UC member.

13.2.1.4 The VPAC shall examine and decide all video protests arising during competitions.

13.2.2 Application Range of Video Protests

Video protests may be submitted by coaches only in the following cases:

- (a) Patterns and Self-Defense Routine

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- (i) where zero (0) points are awarded to the protesting competitor or team;
- (ii) where zero (0) points are not awarded to an opponent where such score is deemed appropriate.

(b) Sparring

- (i) failure to recognise valid flying techniques worth three (3) points or more;
- (ii) erroneous awarding of three (3) or more points for invalid flying techniques;
- (iii) failure to display warnings or point deductions on the scoreboard;
- (iv) failure to deduct points where techniques have been declared invalid;
- (v) failure to issue warnings or award scores during a Golden Point Bout.

(c) Special Techniques and Power-Breaking

Where techniques performed by competitors or teams have not received the scores they merit.

13.2.3 Procedures and Decisions of Video Protests

13.2.3.1 Coaches may submit video protests in Patterns, Sparring, Special Techniques, Power-Breaking, and Self-Defense Routine competitions.

13.2.3.2 A video protest shall be signalled by the coach standing up and raising the official video protest card.

13.2.3.3 The timing of the protest signal shall be as follows:

- (a) in Patterns and Self-Defense Routine: immediately before the scores are announced;
- (b) in Sparring: at any time, provided the protest concerns only one (1) movement executed within the five (5) seconds preceding the signal;
- (c) in Special Techniques and Power-Breaking: within five (5) seconds following the Referees' judgment.

13.2.3.4 Upon receiving a protest, the Jury President shall hear the coach's concern and submit the matter to the UC.

13.2.3.5 The UC shall convene the VPAC and review the relevant official video footage.

13.2.3.6 The VPAC shall resolve the protest within five (5) minutes of identifying the disputed action and shall immediately communicate the decision to all relevant parties in the ring.

13.2.3.7 Where a video protest is upheld:

- (a) the decision rendered by the VPAC shall be accepted, even if it differs from the original intent of the protest;
- (b) the coach shall retain the right to submit further video protests during the same competition.

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13.2.3.8 Where a video protest is rejected:

- (a) the coach's video protest card shall be retained by the Jury;
- (b) the coach shall not be entitled to submit any further video protests for the remainder of that competition.

13.2.3.9 Any coach who refuses to accept the decision of the VPAC shall be immediately disqualified.

Article 13.3 Official (Written) Protests

13.3.1 Application Range

13.3.1.1 Official (written) protests may be submitted only in the following cases:

- (a) disqualification of a competitor;
- (b) warnings or point deductions (yellow cards) that may affect the final result of the competition.

13.3.1.2 Written protests shall not be permitted:

- (a) for matters already decided through a video protest;
- (b) against umpires' scores.

13.3.2 Procedures for Official (Written) Protests

13.3.2.1 After the Jury President announces the winner, a coach wishing to submit an official written protest shall raise their hand immediately.

13.3.2.2 The coach shall submit the completed Protest Form within five (5) minutes of receiving it from the Jury Table and shall identify the exact five (5)-second time segment in which the protested action occurred.

13.3.2.3 Upon submission of the Protest Form, the coach shall pay a protest fee of one hundred euros (€100).

13.3.2.4 The Jury President shall collect statements from the Ring Council and Referees and submit them to the UC together with the Protest Form.

13.3.2.5 Both the protesting coach and the protested coach may make brief oral statements to the UC.

13.3.3 Decisions on Official (Written) Protests

(a) Examination and Decision by the UC

13.3.3.1 The UC may summon any official capable of providing relevant evidence.

13.3.3.2 The UC shall examine the protest using official Tournament Committee video recordings.

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13.3.3.3 The UC shall mark the Protest Form as “Valid” or “Invalid” and immediately inform all parties of its decision.

13.3.3.4 The protest fee shall be refunded only if the protest is upheld.

13.3.3.5 Where a coach or representative disagrees with the UC decision, a final review by the TAC may be requested upon payment of an additional protest fee of five hundred euros (€500).

13.3.3.6 All protest fees shall be deposited into an account designated by ITF Headquarters and shall be used exclusively for the development of Taekwon-Do.

(b) Final Examination and Decision by the TAC

13.3.4.1 Competition results shall not be declared final until the TAC has rendered its decision on any pending protest.

13.3.4.2 The TAC shall examine protests using all appropriate means and evidence.

13.3.4.3 The decision of the TAC shall be final and not subject to appeal.

13.3.4.4 The protest fee paid for TAC review shall be non-refundable, regardless of the outcome.

13.3.4.5 Where a protest is upheld, the TAC may impose disciplinary measures, including sanctions or disqualification of Referees found to have acted incorrectly or with bias.

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Section 14 Power Taekwon-Do Sparring

Article 14.1 General Principles

14.1.1 Power Taekwon-Do (PWR TKD) Sparring is a high-level form of training, competition, and evaluation designed to allow competitors to apply Taekwon-Do techniques and competition methodologies in realistic, full-contact conditions.

14.1.2 Power Taekwon-Do Sparring aims to promote the development and extension of original Taekwon-Do and to enhance the international image of the International Taekwon-Do Federation (ITF) as a worldwide martial arts organisation.

14.1.3 Power Taekwon-Do Sparring competitions are official full-contact sparring events for both individual competitors and teams and shall comply with all ITF-approved rules and regulations.

14.1.4 The ITF Pro-League Committee (PLC) shall be authorised to organise Power Taekwon-Do World Championships, Power Taekwon-Do Continental (Regional) Championships, National Power Taekwon-Do Championships, and International Power Taekwon-Do Open Tournaments, subject to prior approval by ITF Headquarters (HQ).

14.1.5 Local Organising Committees (LOCs) hosting ITF events such as ITF World Championships, Continental Championships, or National Championships may organise Power Taekwon-Do Sparring competitions as separate events within those tournaments, subject to agreement with the ITF PLC.

14.1.6 Local Organising Committees wishing to host Power Taekwon-Do Sparring competitions as standalone tournaments, events, or demonstrations shall do so only with the agreement of the ITF PLC.

14.1.7 Participation in Power Taekwon-Do Sparring competitions shall be at the responsibility of the competitors themselves or, where applicable, their legal guardians.

14.1.8 The ITF PLC shall be authorised and obliged to draft and propose amendments to the Power Taekwon-Do Sparring Rules.

14.1.9 The ITF PLC shall have responsibility for settling all matters relating to Power Taekwon-Do Sparring competitions, including the determination of selection criteria for competitors and umpires.

14.1.10 The ITF PLC shall be authorised to seek sponsors for Power Taekwon-Do Sparring competitions and to negotiate related contracts, all of which shall be subject to prior approval by ITF Headquarters (HQ).

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14.1.11 All commercial rights relating to Power Taekwon-Do Sparring competitions, including broadcasting, advertising, and other commercial activities, shall be owned by the ITF. Any contracts relating to such rights shall require prior approval or signature by ITF Headquarters (HQ).

Article 14.2 Application of the Rules

14.2.1 These Rules shall apply to all Power Taekwon-Do Sparring events organised by, or recognised by, the ITF, including events conducted under the auspices of Continental, Regional, or National organisations.

Article 14.3 Mode of Competition

14.3.1 In official Power Taekwon-Do Sparring events, the Round Robin System shall be used only where there are three (3) or fewer competitors in a category.

14.3.2 In all other official Power Taekwon-Do Sparring events, the Single-Elimination System shall be applied.

14.3.3 In Open Power Taekwon-Do Sparring tournaments, alternative competition systems, including double, triple, or quadruple elimination formats, may be used, subject to prior approval by the ITF PLC.

Article 14.4 Eligibility

14.4.1 Participation in Power Taekwon-Do Sparring shall be limited to male and female competitors aged between sixteen (16) and thirty-four (34) years.

14.4.2 Competitors shall hold valid ITF black belt certifications from 1st Dan to 4th Dan and shall be duly registered in the ITF Database.

Article 14.5 Contact Level

14.5.1 Power Taekwon-Do Sparring emphasises full-strength strikes.

14.5.2 Competitors shall execute all hand and foot techniques with significant power, ensuring solid contact with the permitted target areas.

Article 14.6 Dress Code

14.6.1 Referees

14.6.1.1 Centre Referees and Corner Referees shall wear black trousers and an ITF PLC-approved polo shirt displaying the ITF and ITF Power Taekwon-Do logos.

14.6.1.2 Referees shall wear white sports shoes with soft soles.

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14.6.2 Jury Members

14.6.2.1 Jury members shall wear official umpire attire consisting of a navy-blue jacket, white shirt, navy-blue trousers, navy-blue necktie, white track shoes, and white socks.

14.6.3 Competitors

14.6.3.1 Competitors shall wear official ITF Power Taekwon-Do Sparring Doboks.

14.6.3.2 The ITF membership identification number and the competitor's name, as registered in the ITF Database, shall be printed on the central part of the Dobok shirt below the belt.

14.6.4 Black Belt Specifications

14.6.4.1 The black belt worn by competitors shall be five (5) centimetres in width and five (5) millimetres in thickness.

14.6.4.2 The Taekwon-Do degree marking shall be positioned on the left-hand edge of the belt, with the base of the marking located five (5) centimetres from the end of the belt.

14.6.5 Coaches

14.6.5.1 Coaches shall wear a tracksuit and gym shoes displaying the team's identification.

14.6.5.2 T-shirts may be worn where appropriate; however, shorts shall not be permitted.

14.6.5.3 Coaches may carry only a towel and a bottle of water for the competitor.

Article 14.7 Safety and Protective Equipment

14.7.1 All safety and protective equipment shall be ITF-approved and marked accordingly.

14.7.2 Gloves shall be closed-type gloves, weighing ten (10) ounces (1 oz = 28.35 g), secured with Velcro fastenings. The use of laces shall be prohibited.

14.7.3 Hand wraps shall be mandatory and shall:

- (a) measure two hundred and fifty (250) centimetres in length and five (5) centimetres in width;
- (b) be made of cotton without sharp edges;
- (c) be secured at the wrist with self-adhesive cotton tape not exceeding fifteen (15) centimetres in length and two (2) centimetres in width.

14.7.4 Mouthguards shall be mandatory and shall:

- (a) be made of soft, pliable rubber-plastic material;
- (b) cover the upper teeth only or both upper and lower teeth;

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- (c) allow free breathing and fit the competitor's mouth;
- (d) not protrude from the mouth.

14.7.5 Headgear shall be mandatory and shall cover the entire head except the face.

14.7.6 Female competitors shall wear a breast protector beneath the Dobok shirt.

14.7.7 Male competitors shall wear a groin guard beneath the Dobok trousers. Additional chest, rib, abdominal, or forearm protectors may be worn where necessary.

14.7.8 Shin guards shall be mandatory and shall cover the shinbone from just below the knee to the top of the foot.

14.7.9 Hand and foot protectors shall correspond to the competitor's corner colour (Red or Blue).

14.7.10 Competitors shall present themselves clean, with no oil or blood present. Fingernails and toenails shall be trimmed.

14.7.11 Jewellery and piercings shall be prohibited.

14.7.12 Any bandaging or strapping required due to injury shall be approved by the official Tournament Doctor and shall not provide any competitive advantage.

Article 14.8 Knockout (KO)

14.8.1 Where a competitor is knocked down, the Centre Referee shall direct the opponent to retire to their corner and shall immediately commence a count over the knocked-down competitor. The Centre Referee shall audibly announce each second of the count and indicate the passage of time with a downward arm movement.

14.8.2 Whenever a competitor is knocked down, the Centre Referee shall initiate a mandatory ten (10) second count. Where the competitor appears capable of continuing, the competition may resume. The count shall be conducted at one-second intervals, assisted by the official ring display timer.

14.8.3 Where a competitor is knocked down twice within the same round, the Centre Referee shall stop the competition and declare the opponent the winner by Technical Knockout (TKO).

14.8.4 Where a competitor rises before the count of ten (10) and subsequently falls again without having been struck, the Centre Referee shall resume the count from the point at which it was interrupted.

14.8.5 Where a competitor remains down when the count reaches ten (10), the Centre Referee shall signal a knockout by waving both arms and shall declare the opponent the winner.

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14.8.6 The expiration of the bout time shall not interrupt or terminate the count. A competitor must rise before the count of ten (10) in order to avoid being declared knocked out.

14.8.7 Where both competitors are knocked down simultaneously, the Centre Referee shall continue the count for as long as at least one competitor remains down.

14.8.7.1 Where both competitors remain down until the count of ten (10), the bout shall be declared a Technical Draw.

14.8.7.2 Where one competitor rises before the count of ten (10) while the other remains down, the competitor who rises first shall be declared the winner by Knockout (KO).

14.8.7.3 Where both competitors rise before the count of ten (10), the competition shall continue.

14.8.8 Where a knockdown is counted, five (5) points shall be awarded to the competitor who delivered the striking technique.

14.8.9 A Technical Victory shall be declared where one competitor achieves a ten (10) point lead over the opponent.

Article 14.9 Allowed Techniques, Target Areas, and Number of strikes

14.9.1 Allowed hand techniques shall include:

- (a) Ap-jumok (forefist);
- (b) Dung-jumok (backfist);
- (c) Yop-jumok (side fist).

14.9.2 Allowed foot techniques shall include all parts of the foot, excluding the shins and knees.

14.9.3 Permitted target areas shall include:

- (a) the front and sides of the face, excluding the neck and nape;
- (b) the frontal trunk of the body from the armpit line to the waist;
- (c) the arm, where in contact with the body.

All other areas shall be prohibited.

14.9.4 Number of strikes

ITF Tournament Rules (2026)

14.9.4.1 The number of consecutive hand and foot techniques a competitor may execute shall be unlimited.

Article 14.10 Scoring Criteria

14.10.1 One (1) point shall be awarded for:

- (a) Hand attack to the middle or high section;
- (b) Foot attack to the middle section;
- (c) Perfect blocking (where the opponent is thrown off balance by correct blocking movement);
- (d) Flying hand attack to the middle section.

14.10.2 Two (2) points shall be awarded for:

- (a) Foot attack to the high section;
- (b) Spinning (180° and over) foot technique to the middle section (standing);
- (c) Flying hand attack to the high section;
- (d) Flying foot attack to the middle section.

14.10.3 Three (3) points shall be awarded for:

- (a) Spinning (180° and over) foot technique to the high section (standing);
- (b) Flying spinning (180° and over) foot technique to the high section, where the foot touches the ground at the moment of impact;
- (c) Flying foot technique to the high section;
- (d) Flying spinning (180° and over) foot technique to the middle section;
- (e) Flying spinning (180° and over) hand attack to the high section.

14.10.4 Four (4) points shall be awarded for:

- (a) Flying spinning (180° and over) foot technique to the high section;
- (b) Flying spinning (180° and over) foot technique to the middle (high) section.

14.10.5 Five (5) points shall be awarded for a flying spinning (360° and over) foot technique to the high section.

14.10.6 Dual Points and Deduction Points

ITF Tournament Rules (2026)

14.10.6.1 Where a technique scores five (5) points and results in a knockdown, points shall be awarded for both the technique and the knockdown.

14.10.6.2 Where a competitor performs a technique worth three (3), four (4), or five (5) points and the supporting leg touches the ground upon impact, a deduction of one (1) point shall be applied to the technique.

Article 14.11 Point Awarding and Judging

14.11.1 Scores shall be awarded only where there is solid contact (full contact) with the permitted target areas delivered with strength.

14.11.2 Corner Referees shall score techniques from one (1) to five (5) points.

14.11.3 The Centre Referee shall award only three (3), four (4) and five (5) points. When awarding three (3), four (4) or five (5) points, the Centre Referee shall raise an arm banded in red or blue and show three (3), four (4), or five (5) fingers corresponding to the points awarded, without pausing the competition.

14.11.4 The Jury President shall add points where they were not awarded by the Corner Referees, or where the points awarded by the Corner Referees were lower.

14.11.5 Coaches shall have the right to request a video review of three (3), four (4), and five (5)-point scoring decisions. The request shall be made within five (5) seconds after the Centre Referee indicates the awarded points by showing three (3), four (4), or five (5) fingers. Where the Centre Referee does not indicate the awarded points, the request shall be made within five (5) seconds after the completion of the disputed action.

Article 14.12 Fouls and Point Deductions

14.12.1 All warnings, yellow cards, and any deductions resulting from warnings or yellow cards shall be displayed in real time on the scoreboard.

14.12.2 Warnings shall be issued for the following offences:

- (a) Being passive or deliberately avoiding engagement (touching the floor with the hands (a fall) shall not result in a warning unless the Centre Referee deems it an intentional tactic to avoid combat);
- (b) Holding or clasping;
- (c) Pushing with hands;
- (d) Unnecessary speaking during competition;
- (e) Ignoring the instructions of the Centre Referee.

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14.12.3 Three (3) warnings shall result in a one (1) point deduction. Accumulated warnings shall not lead to disqualification.

14.12.4 Solemn Warnings (Yellow Cards) shall be given and shall result in a two (2) point deduction for the following violations:

- (a) Purposeful attacks on an opponent in a prohibited area;
- (b) Attacking an opponent on the ground;
- (c) Attacking an opponent outside the competition area;
- (d) Attacking an opponent after the competition has been paused;
- (e) Attacking with the head, elbow, or knee;
- (f) Insulting an opponent in any manner;
- (g) Intentional stumbling or tripping;
- (h) Voluntarily exiting the ring with both feet (exits caused by pushing or kicking by an opponent are not considered voluntary);
- (i) Intentionally avoiding sparring;
- (j) Turning the back intentionally to avoid combat.

14.12.5 One (1) solemn warning (yellow card) shall lead to a two (2) point deduction. Three (3) yellow cards received by a competitor within one competition shall result in a Technical Win for the opponent.

14.12.6 Red Card

14.12.6.1 A red card and immediate disqualification shall be issued for:

- (a) Misconduct against Referees and other officials;
- (b) Ignoring the Centre Referee's instructions;
- (c) Any competitor suspected of being under the influence of alcohol or any other stimulants;
- (d) Receiving three (3) yellow cards in the same competition.

14.12.6.2 The Centre Referee shall raise a red card to indicate a competitor's disqualification.

Article 14.13 Individual Competitions

14.13.1 Weight Categories for Age Divisions

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14.13.1.1 Ages 16 to 17: eight (8) categories

Male: -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, +75 kg.

Female: -40 kg, -44 kg, -48 kg, -52 kg, -56 kg, -60 kg, -64 kg, +64 kg.

14.13.1.2 Ages 18 to 34: eight (8) categories

Male: -54 kg, -60 kg, -66 kg, -72 kg, -78 kg, -84 kg, -90 kg, +90 kg.

Female: -50 kg, -54 kg, -58 kg, -62 kg, -66 kg, -70 kg, -74 kg, +74 kg.

14.13.2 Duration

14.13.2.1 Subject to the Infopack issued by the Pro-League Committee (PLC) for a specific event, a bout may consist of:

- (a) Two (2) rounds of two (2) minutes;
- (b) Two (2) rounds of three (3) minutes; or
- (c) Three (3) rounds of two (2) minutes of actual sparring time.

14.13.2.2 A one (1) minute break shall be always provided between rounds.

Article 14.14 Scoring

14.14.1 Scoring shall be conducted using an ITF-approved electronic system.

14.14.2 Points shall be counted where at least two (2) Corner Referees award points for a technique within two (2) seconds.

14.14.3 Where Corner Referees award different points for the same technique, the system shall calculate the average and round off to provide a cumulative score for each competitor.

14.14.4 Points shall be automatically accumulated under the respective competitor's name and displayed in real time on the scoreboard.

Article 14.15 Determining the Winner

14.15.1 The competitor with the highest accumulated score shall be declared the winner.

14.15.2 In the event of a tie, a two (2) minute Extension Round shall be held.

14.15.3 Where the tie persists, additional two (2) minute rounds shall be conducted until a winner is identified.

14.15.4 All scores, warnings, and point deductions (including yellow cards) shall carry over from the initial rounds to the Extension Rounds.

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Article 14.16 Injury Management and Resolutions

14.16.1 Injury Management

14.16.1.1 Where a competitor is injured, the Centre Referee shall immediately stop the competition and summon the Tournament Doctor.

14.16.1.2 The Tournament Doctor's assessment and decision on whether the competitor can continue shall be final.

14.16.2 Determining the Winner in Cases of Injury

14.16.2.1 Where the injury is caused by the opponent's fault, the injured competitor shall be declared the winner. The injured competitor shall not continue in subsequent rounds of the tournament.

14.16.2.2 Where the injury is deemed to be the fault of the injured competitor, the opponent shall be declared the winner.

14.16.2.3 Where both competitors sustain injuries simultaneously and neither can continue, the competitor with the higher score at the time the competition was stopped shall be declared the winner.

14.16.2.4 Where both competitors are injured simultaneously and neither can continue with tied scores:

- (a) The Jury President shall determine the winner based on penalties accrued up to that point;
- (b) Where penalties are also equal, the winner shall be determined by a vote among the Corner Referees and the Centre Referee.

14.16.2.5 Injured competitors shall not continue in the tournament.

14.16.2.6 The competition shall remain halted until a decision is reached regarding the injured competitor(s).

14.16.2.7 Any competitor who refuses to accept the Tournament Doctor's decision shall be disqualified.

Article 14.17 Weigh-in

14.17.1 All competitors shall undergo an official weigh-in prior to the Tournament to confirm that competitors are within the weight limits of their respective categories.

Article 14.18 Team Competitions

14.18.1 A team shall be formed regardless of degree (except 5th Dan and above) and weight of the competitors.

ITF Tournament Rules (2026)

14.18.2 The Centre Referee shall decide by a coin toss which team presents the first competitor. The team that wins the toss shall choose which team presents its competitor first.

14.18.3 Each bout within a team competition shall last two (2) minutes.

14.18.4 Thereafter, each team shall present its competitors alternately.

14.18.5 The interval for alternation shall be twenty (20) seconds.

14.18.6 All five (5) main competitors shall compete, regardless of the number of wins and defeats of individual competitors.

14.18.7 Scoring in Team Competitions shall follow the same rules as Individual Competitions.

14.18.8 Points shall be automatically accumulated under the respective competitor's name and displayed in real time on the scoreboard.

14.18.9 The team with the highest total accumulated points by the five (5) main competitors shall be declared the winner.

Article 14.19 Ring Council

14.19.1 Ring Council composition and responsibilities shall be as follows:

- (a) One (1) Jury President, who shall oversee compliance with these Rules and the fair conduct of competitions;
- (b) Two (2) Jury Members, who shall assist the Jury President in decision-making and the smooth running of the tournament;
- (c) One (1) Centre Referee assigned to each competition, with two (2) additional reserve referees;
- (d) Four (4) Corner Referees positioned around the ring, with two (2) additional reserves;
- (e) One (1) IT Assistant, responsible for managing the scoring system and ensuring its proper functioning throughout the event.

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Article 14.20 Awards for Power Taekwon-Do Sparring

14.20.1 Medals

14.20.1.1 In all Power Taekwon-Do Sparring competitions conducted under these Tournament Rules, medals shall be awarded to the top three (3) ranking competitors or teams, as applicable, as follows:

- (a) Gold medal – 1st place;
- (b) Silver medal – 2nd place; and
- (c) Bronze medal – 3rd place.

14.20.1.2 Only one (1) Gold, one (1) Silver, and one (1) Bronze medal shall be awarded per competition category, unless the approved competition format expressly provides otherwise.

14.20.2 Champion of the Tournament Award Belt

14.20.2.1 In addition to the medals awarded under Article 14.20.1, the winner of each Power Taekwon-Do Sparring tournament category shall be awarded an official **Power Taekwon-Do Champion of the Tournament Belt**.

14.20.2.2 The Champion of the Tournament Belt shall be awarded exclusively to the Gold medalist (winner) of the relevant Power Taekwon-Do Sparring category.

14.20.2.3 The Champion of the Tournament Belt is a symbolic and honorary distinction recognising overall victory in the relevant Power Taekwon-Do Sparring category and shall not affect ranking, seeding, or eligibility in any other ITF competitions.

14.20.2.4 The design, branding, and technical specifications of the Champion of the Tournament Belt shall be approved by ITF Headquarters (HQ) and, where applicable, by the ITF Pro-League Committee (PLC).

14.20.3 Applicability

14.20.3.1 This Article shall apply to all Power Taekwon-Do Sparring competitions organised or sanctioned under these Tournament Rules, including World Championships, Continental Championships, National Championships, and Open Power Taekwon-Do Sparring tournaments, unless expressly modified in the approved Information Package (Infopack).

Article 14.21 Power Taekwon-Do Champion Belt Protocol

14.21.1 Status and Purpose of the Champion Belt

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14.21.1.1 The Power Taekwon-Do Champion of the Tournament Belt (“Champion Belt”) is an official ITF distinction awarded exclusively to the winner (Gold medalist) of a Power Taekwon-Do Sparring competition category.

14.21.1.2 The Champion Belt represents symbolic recognition of competitive supremacy in the relevant category and tournament. It does not constitute a title, rank, or degree, and does not confer any sporting, administrative, or governance rights beyond the award itself.

14.21.2 Awarding Ceremony

14.21.2.1 The Champion Belt shall be presented during the official award ceremony for the relevant Power Taekwon-Do Sparring category.

14.21.2.2 The presentation of the Champion Belt shall be conducted by an official representative of the ITF, the ITF Pro-League Committee (PLC), or another person expressly authorised by ITF Headquarters (HQ).

14.21.2.3 The presentation of the Champion Belt shall take place after the awarding of medals, unless otherwise specified in the approved Information Package (Infopack).

14.21.3 Ownership and Custody

14.21.3.1 The Champion Belt awarded at a Power Taekwon-Do Sparring tournament shall become the personal property of the winning competitor.

14.21.3.2 Where the Champion Belt is awarded in a Team Power Taekwon-Do Sparring competition, the Champion Belt shall be awarded to the team captain or another team member designated by the team, and shall remain the collective property of the team.

14.21.4 Design, Branding, and Specifications

14.21.4.1 The design, branding, materials, inscriptions, and technical specifications of the Champion Belt shall be approved exclusively by ITF Headquarters (HQ), in consultation with the ITF Pro-League Committee (PLC).

14.21.4.2 The Champion Belt may include:

- (a) the ITF name and logo;
- (b) the official designation of the tournament;
- (c) the competition category;
- (d) the year of the tournament; and
- (e) the name of the winning competitor or team.

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14.21.4.3 No unauthorised logos, trademarks, political symbols, or commercial messaging may be displayed on the Champion Belt unless expressly approved in writing by ITF Headquarters (HQ).

14.21.5 Replicas and Additional Belts

14.21.5.1 The production of replica Champion Belts or additional commemorative belts shall be permitted only with the prior written approval of ITF Headquarters (HQ).

14.21.5.2 Where replicas are permitted, the official Champion Belt awarded under Article 14.21.3 shall remain the primary and authoritative award.

14.21.6 Use of the Champion Belt in Promotion and Media

14.21.6.1 The holder of a Champion Belt may display and use the Champion Belt for personal promotional purposes, provided that such use:

- (a) respects the dignity and reputation of the ITF;
- (b) complies with the ITF's apolitical principles; and
- (c) does not conflict with ITF sponsorship or commercial rights.

14.21.6.2 Any commercial use of the Champion Belt, including its use in advertising, endorsements, or merchandise, shall require prior written approval from ITF Headquarters (HQ).

14.21.7 Loss, Damage, or Replacement

14.21.7.1 ITF Headquarters (HQ) shall not be responsible for the loss, theft, or damage of a Champion Belt after it has been awarded.

14.21.7.2 Any replacement of a Champion Belt due to loss or damage shall be subject to the discretion of ITF Headquarters (HQ) and may require the payment of a replacement fee.

ITF Tournament Rules (2026)

Section 15 Awards

Article 15.1 General Principles

15.1.1 The Local Organising Committee (LOC) shall provide all medals, trophies, and other awards required under these Tournament Rules and the approved Information Package.

15.1.2 Unless otherwise stated in the applicable discipline rules or the approved Information Package, medals shall be awarded for the top three (3) ranking positions in each competition category:

- (a) 1st place – Gold;
- (b) 2nd place – Silver; and
- (c) 3rd place – Bronze.

15.1.3 Awards shall be presented only to competitors and teams that have been formally ranked in accordance with the applicable competition rules. Only one (1) competitor or team shall be awarded each ranking position, unless the applicable discipline rules expressly provide otherwise.

15.1.4 Team Composition for Awarding Purposes

15.1.4.1 In Team Events, medals shall be awarded to the competitors forming the officially nominated team line-up for the relevant Team Event (main competitors and, where applicable, the reserve), as defined in these Tournament Rules and/or the approved Information Package.

15.1.4.2 Where these Tournament Rules permit a team to register up to nine (9) competitors for a Team Event, medals shall be awarded to the five (5) main competitors and one (1) reserve (5+1) officially nominated for that Team Event.

15.1.4.3 Where these Tournament Rules provide that a team consists of three (3) main competitors and one (1) reserve (3+1), medals shall be awarded to those three (3) main competitors and one (1) reserve officially nominated for that Team Event.

15.1.4.4 For the avoidance of doubt, Articles 15.1.4.2 and 15.1.4.3 apply equally to Team Events conducted in the Children and Cadet Tournaments where such Team Events are provided for under these Tournament Rules and the approved Information Package.

15.1.5 Any additional awards (e.g., certificates, plaques, or commemorative prizes) may be provided, subject to their inclusion in the Information Package and provided they do not conflict with ITF branding rules, commercial messaging restrictions, or the authority of the Tournament Committee (TC).

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15.1.6 For Power Taekwon-Do Sparring competitions, awards and champion distinctions shall be governed exclusively by Articles 14.20 and 14.21 of these Tournament Rules.

Article 15.2 Awards at the ITF World Championships

15.2.1 The LOC shall provide medals in accordance with Article 15.1 for all Individual and Team Events conducted at the ITF World Championships.

15.2.2 The awards programme for the ITF World Championships shall include awards for the Cadet Tournament (ages 12 to 13) in addition to the other age-division tournaments conducted at the event.

15.2.3 For each age-division tournament conducted at the ITF World Championships, the LOC shall provide:

(a) one (1) trophy for the Overall Individual Champion (male) and one (1) trophy for the Overall Individual Champion (female); and

(b) where Team Events are conducted, one (1) trophy for the Overall Team Champion (male) and one (1) trophy for the Overall Team Champion (female).

15.2.4 The method of determining Overall Individual Champion and Overall Team Champion shall be as set out in Article 15.4.

15.2.5 At the ITF World Championships, trophies shall be awarded for Champion of Countries in accordance with Article 15.5.

Article 15.3 Awards at the ITF Continental Championships

15.3.1 The LOC shall provide medals in accordance with Article 15.1 for all Individual and Team Events conducted at the ITF Continental Championships.

15.3.2 The awards programme for the ITF Continental Championships shall include awards for the Children Tournament (ages 10 to 11) in addition to the other age-division tournaments conducted at the event.

15.3.3 For each age-division tournament conducted at the ITF Continental Championships, the LOC shall provide:

(a) one (1) trophy for the Overall Individual Champion (male) and one (1) trophy for the Overall Individual Champion (female); and

(b) where Team Events are conducted, one (1) trophy for the Overall Team Champion (male) and one (1) trophy for the Overall Team Champion (female).

15.3.4 The method of determining Overall Individual Champion and Overall Team Champion shall be as set out in Article 15.4.

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15.3.5 At the ITF Continental Championships, trophies shall be awarded for Champion of Countries in accordance with Article 15.5.

Article 15.4 Determination of Overall Champions and Special Prize Awards

15.4.1 Overall Individual Champion

(a) The Overall Individual Champion trophy shall be awarded to the competitor who achieves the highest number of Gold medals in Individual Events within the relevant age-division tournament.

(b) Where two (2) or more competitors are tied by Gold medals, the tie shall be resolved by counting (in order) Silver medals, then Bronze medals.

(c) If the tie remains unresolved, the medals obtained in the following disciplines shall be compared in order until the tie is resolved: Patterns, Sparring, Self-Defense Routine, Special Techniques, Power-Breaking.

15.4.2 Overall Team Champion

(a) The Overall Team Champion trophy shall be awarded to the team that achieves the highest number of Gold medals in Team Events within the relevant age-division tournament.

(b) For the purpose of this Article, each Team Event medal (Gold/Silver/Bronze) counts as one (1) medal for the team/country, regardless of the number of team members receiving medals.

(c) Where two (2) or more teams are tied by Gold medals, the tie shall be resolved by counting (in order) Silver medals, then Bronze medals.

(d) If the tie remains unresolved, the medals obtained in the following Team Events shall be compared in order until the tie is resolved: Team Patterns, Team Sparring, Self-Defense Routine, Team Special Techniques, Team Power-Breaking (if conducted).

15.4.3 Special Prize Awards (optional unless stated in the Information Package)

(a) Where provided for in the Information Package, the TC may authorise additional special prizes, including:

(i) Best Technical Prize Award (male/female);

(ii) Best Team Champion Prize Award (male/female); and/or

(iii) Most Honorable Prize Award (male/female).

(b) A competition with fewer than three (3) competitors or fewer than three (3) teams shall not be counted for the purpose of calculating special prize awards based on medal counts.

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15.4.4 Most Honorable Prize Award

Where awarded, the Most Honorable Prize Award shall be presented to the oldest male competitor and the oldest female competitor competing in the Veteran Tournament.

Article 15.5 Champion of Countries

15.5.1 At the ITF World Championships and ITF Continental Championships, trophies shall be awarded for Champion of Countries as follows:

- (a) 1st place – one (1) trophy;
- (b) 2nd place – one (1) trophy; and
- (c) 3rd place – one (1) trophy.

15.5.2 The Champion of Countries ranking shall be determined by the number of Gold medals obtained by each country across all Individual and Team Events at the relevant Championship.

15.5.3 For the purpose of this Article, each Team Event medal (Gold/Silver/Bronze) counts as one (1) medal for the country, regardless of the number of team members receiving medals.

15.5.4 Where two (2) or more countries are tied by Gold medals, the tie shall be resolved by counting (in order) Silver medals, then Bronze medals.

15.5.5 If the tie remains unresolved, the medals obtained in the following disciplines shall be compared in order until the tie is resolved: Patterns, Sparring, Self-Defense Routine, Special Techniques, Power-Breaking.

Article 15.6 Awards at All Other Tournaments

15.6.1 For all ITF-sanctioned tournaments other than the ITF World Championships and ITF Continental Championships, the awards programme (including categories of awards, number and type of trophies, and any special prizes) shall be as specified in the Information Package issued by the LOC.

15.6.2 The awards programme under Article 15.6.1 shall be subject to any advance approval requirements applicable to the tournament under these Tournament Rules and the authority of the relevant Tournament Committee (TC).