

# **SPARRING COMPETITION RULES**

Event: 5<sup>th</sup> R.A.I. Championships > Sun. November, 8<sup>th</sup> 2009

**Equipment(Mandatory):** (Miss any equipment and you can not compete)

- a. Standard V-Neck TaeKwonDo Uniform in good condition
- b. Chest Guard & Head Guard(white, red or blue helmets only)
- c. Shin & Arm Guards. [Must have a instep pad covering the top of foot.
- d. Groin Proctector(required for males) **WORN UNDER THE UNIFORM.**
- e. Mouth Guards – MUST BE TRANSPARENT

**\*\*We also remind you to observe proper personal hygiene(i.e. short clean nails; clean body & uniform)**

## **A. 11 Years & Under(All Belts): (NO HEAD CONTACT)**

1. This applies to all junior competitors, ages 11 & Under, ALL BELTS/plus blackbelts.
2. The rules concerning a kick to the face shall be as follows:
  - a. Any technique contacted to the head area which does not make any injury, will be given a warning by the referee (Kyong-go).
  - b. Any technique, which causes any injury to the head area will result in a one-point deduction by the referee (Gam-jeom).
  - c. If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.

**1 point will be awarded for a body area technique with proper contact.**

## **B.12-13yrs. All Belts /14yrs.-34yrs. Red & Under/35yrs & Up All Belts(light head contact)**

- a. **The competitor** is allowed to kick to the facial area; however, the kick must be light contact with absolute control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
- b. **The competitor** who executes a successful technique (light contact without causing any injury) shall be awarded one point.
- c. **The competitor** who executes a kick to the face which results in a minor injury shall receive a one-point (Gam-jeom) deduction. A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.
- d. **The competitor** who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.

**1 point will be awarded for a body area technique with proper contact**