

# **Tang Soo Do Rules and Regulations**

## **Mandatory Equipment**

- A. Olympic style chest protector.
- B. Headgear (other than the headgear no other item shall be worn on the head)
- C. Shin and instep protectors(soccer type are prohibited)
- D. Forearm protectors.
- E. Mouth guards
- F. Males are required to wear groin protection. To be worn under the dobok.

Competitors have 2 minutes to comply with these rules or face disqualifications.

## **Duration of Contest**

The duration of the contest shall be 2 rounds of 2 minutes with one minute of rest between rounds in adult division. For junior division 2 rounds of 90 seconds with 30 seconds of rest will be applied. The 18-34 yr old Black Belt division will be 2 3 minute rounds with a 1 minute rest in between.

## **Permitted Techniques and Areas**

### 1. Permitted Techniques

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

### 2. Permitted Areas

- A. Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on the part of the back not covered by the trunk protector.
- B. Face: This area is the face excluding the back of the head, and attack by foot techniques only is permitted.

## **Valid Points**

### 1. Legal Scoring Areas

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

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

3. The valid points are divided as follows:

- 1) One (1) point for attack on trunk protector
- 2) Two (2) points for attack on face
- 3) One (1) additional point shall be awarded in the event that the contestant is knocked down and the referee counts.

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

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

- A. Intentionally falling, immediately after delivery of the legitimate technique.
- B. Committing an illegal act after delivery of the legitimate technique.
- C. Use of any of the prohibited actions.

## **Scoring and Publication**

1. Valid points shall be immediately recorded and publicized

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

3. In the use of electronic trunk protectors

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

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

## **Prohibited Acts**

1. Penalties on any prohibited acts shall be declared by the referee.
2. Penalties are divided into "Kyong-go" [warning penalty] and "Gam-jeom" [deduction penalty].
3. Two "Kyong-gos" shall be counted as deduction of one [1] point. However, the odd "Kyong-go" shall not be counted in the grand total.
4. A "Gam-jeom" shall be counted as minus one [-1] point.
5. Prohibited acts: "Kyong-go" penalty
  - 1) The following acts shall be classified as prohibited acts, and 'Kyong-go' shall be declared.
    - a. . Crossing the Boundary Line
    - b. . Evading by turning the back to the opponent
    - c. . Falling down
    - d. . Avoiding the match
    - e. . Grabbing, holding or pushing the opponent
    - f. . Attacking below the waist
    - g. . Pretending injury
    - h. . Butting or attacking with knee
    - i. . Hitting the opponent's face with the hand
    - j. . Uttering undesirable remarks or any misconduct on the part of a contestant or a coach
  - 2) The following acts shall be classified as prohibited acts, and 'Gam-jeom' shall be declared.
    - a. Attacking the opponent after 'Kal-yeo'
    - b. Attacking the fallen opponent
    - c. Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand
    - d. Intentionally attacking the opponent's face with the hand
    - e. Interrupting the progress of the match on the part of a contestant or a coach
    - f. Violent or extreme remarks or behavior on the part of a contestant or a coach
6. When a contestant intentionally refuses to comply with the Competition Rules or the referee's order, the referee may declare the contestant loser by penalty after one (1) minute.
7. When a contestant receives minus four [-4] points, the referee shall declare him/her loser by penalties.
8. "Kyong-go" and " Gam-jeom" shall be counted in the total score of the three rounds.

## **Decision of Superiority**

1. In the case of the tie score by deduction of points, the winner shall be the contestant awarded any point or more points through the two rounds.
2. In the case of a tie score other than case 1. above [where both contestants received the same number of points and/or deductions] the winner shall be decided by all refereeing officials based on superiority throughout all two rounds. In case that the judges' decision becomes 2:1, the referee shall decided the winner.
3. Decision of superiority shall be based on the initiative shown during the contest.

### 16. Decisions

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

## **Knock Down**

1. When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's delivered technique.
2. When a contestant is staggered showing no intention or ability to pursue the match.
3. When the referee judges that the contest cannot continue as the result of any power technique having been delivered.

## **Procedure in the Event of a Knock Down**

1. When a contestant is knocked down as the result of the opponent's legitimate attack, the referee shall take the following measures:

- A. The referee shall keep the attacker away from downed contestant by declaration of "Kal-yeo" [break].
- B. The referee shall count aloud from "Hanah" [one] up to "Yeol" [ten] at one-second interval towards the downed contestant, making hand signals indicating the passage of time.
- C. In case the downed contestant stands up during the referee's count and desires to continue the fight, the referee shall continue the count up to "Yeodul" [eight] for recovery of the downed contestant. The referee shall then determine if the contestant is recovered and, if so, continue the contest by declaration of "Kye-sok" [continue].
- D. When a contestant who has been knocked down cannot demonstrate the will to resume the contest by the count of "Yeodul", the referee shall announce the other contestant winner by K.O.
- E. The count shall be continued even after the end of the round or the expiration of the match time.
- F. In case both of the contestants are knocked down, the referee shall continue counting as long as one of the contestants has not sufficiently recovered.
- G. When both of the contestants fail to recover by the count of "Yeol", the winner shall be decided upon the match score before the occurrence of knock down.
- H. When it is judged by the referee that a contestant is unable to continue, the referee may decide the winner either without counting or during the counting.

2. Procedures to be followed after the contest:

- A. Any contestant suffering a knock-out as the result of a blow to the head will not be allowed to compete for the next 30 days.
- B. Before entering a new contest after 30 days, the contestant must be examined by a medical doctor designated by the National Taekwondo Association, who must certify that the contestant is recovered and able to compete.

## **Other matters not specified in the Rules**

In the case that any matters not specified in the Rules occur, they shall be dealt with as follows:

1. Matters related to the competition shall be decided through consensus by the refereeing officials of the pertinent contest.
2. Matters that are not related to a specific contest, shall be decided by the Executive Council or its proxy.