

September 2017 Friendship Tournament

SPARRING (KYUROGI)

Each competitor is permitted only one coach in the ring area
Adult and Black Belt matches will be 2 rounds of 2 minutes each with 1 minute rest time between rounds.

Color belts under 18 yrs will be 2 rounds of 1 minute each with 30 seconds rest time between rounds.

***Number of rounds & times may be subject to change.
Announcement will be made at the tournament.**

HEAD CONTACT

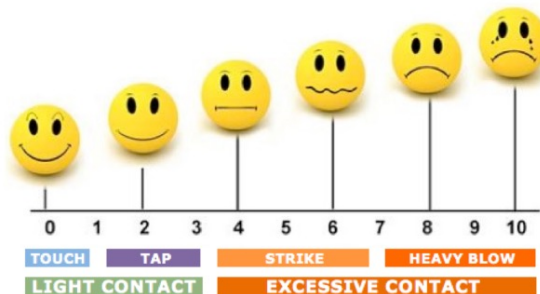
- No head contact for children under age 12
- Light head contact all color belts 12-17 yrs old
- Light head contact for all black belts 12-15 yrs old
- FULL head contact color belts 18 and older
- FULL head contact black belts 16 and older



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“Light Contact” — A Touch to a Tap



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EQUIPMENT

All competitors must wear

- Chest protector
- Head gear
- Shin pads
- Forearm pads
- Mouth piece
- Cup (males)

*to be worn inside of dobok please

Finger nails and toe nails clipped

Long hair tied back

Glasses or any eyewear deemed unsafe must be removed

No jewelry. -ear stud, chains, nose or eyebrow rings, etc

No metallic or hard objects in hair

PERMITTED TECHNIQUES

- **Fist Techniques:** A straight punching technique using the knuckle part of a tightly clenched fist
- **Foot Techniques:** Delivering techniques using any part of the foot below the ankle bone
- The front part of the tightly clenched fist –no backfists, hammer fists, knife hands, ridge hands or anything other than a straight or reverse punch.
- Any type of foot technique is allowed.

PERMITTED AREAS

- **Trunk:** Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. Attack to the spine, however, is not permitted.
- **Head:** This is the area above the collarbone. Only foot techniques are permitted.

SCORING AREAS

- **Trunk:** The blue or red colored area of the trunk protector
- **Head:** The entire head above the bottom line of the head protector

VALID POINTS

- **1 pt.** punch to the body (head not permitted)
- **2 pts.** kick to the trunk protector
- **3 pts.** for attack to the head (kicks only)

***Head techniques:** if it touches it scores

**** Extra 1pt for turning kicks will not be added to the score at this time**

- **1 pt.** awarded to the other opponent for a **Gam-jeom**

CRITERIA FOR SCORING A PUNCH

- Delivering a punch using the tightly clenched, correctly made fist
- Punch should be executed with extended arm
- Power and accuracy. The body is staggered as a result of the impact

PENALTIES:

- **Gam-jeom** (1pt. Deduction) 1pt added to opponent's score.

****There are no more Kyongo's**

PENALTIES

- Crossing the Boundary Line
- Avoiding or delaying the match
- Grabbing
- Pushing opponent out of bound
- Pushing opponent while kicking
- Kicking below waist
- Attacking after "Kal-yeo"
- Hitting opponent's head with the hand
- Butting or attacking with the knee
- Attacking fallen opponent
- Lifting the knee to block and/or impede opponent's kicking attack, or lifting a leg for more than 3 seconds without execution of any attacking technique, to impede opponent's attacking movements
- Misconduct of contestant or coach

WAYS TO WIN

- **Win by final score** -Winning player scores more pts. than opponent
- **Win by Point Gap** -When there is a 20 pt. difference at the completion of the 1st round
- **Win by Withdrawl**
 - Player withdraws from the match due to injury or other reason
 - Player does not resume the match after the rest period or fails to respond to the call to begin the match
 - Coach throws in the towel
- **Win by referee's penalties** - When player accumulates a total of **10 Geomjangs**

- **Win by Golden Point**
- **Win by Superiority**

GOLDEN POINT ROUND

- After the 2 rounds if the winner cannot be decided, a 3rd round will be conducted in 1 minute round
- The first contestant to score a point(s) or whose opponent receives 2 Gam-jeoms shall be declared the winner

SUPERIORITY

If no one scores in Golden Point Round, winner is decided by Superiority:

- Technical dominance
- Greater number of techniques
- More advance techniques
- (This only based on overtime round only)

Modified USAT/WTF Rules