

# OFFICIAL ITF RULES OF COMPETITION FOR ADAPTED TAEKWON-DO

**itf**  
**Inclusion**  
**Committee**

**itf**  
**Umpires**  
**Committee**



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## **SECTION I – GENERAL**

### **T 1. PURPOSE**

The purpose of these rules is to:

1. Elevate the quality of **ITF Adapted Taekwon-Do competition** by scoring every aspect.
2. Ensure that all participants with special abilities have a competitive framework where safety, respect and equity are assured.
3. To provide an equal opportunity for all participants to show the best of their abilities in friendly competition with one another.
4. Ensure equity for all athletes,
5. Restrict dangerous situations, behaviours, or actions,
6. Identify unacceptable behaviour,
7. Level and align the judgement criteria of Jury Members, Center Referees and Umpires for the Adapted Taekwon-Do competition.
8. Protect the authority of the Jury Members, Center Referees, and Umpires
9. Delineate the Rights and Duties of Jury Members, Center Referees and Umpires.

### **T 2. APPLICATION**

- a. These are to be applied at every official ITF Adapted Taekwon-Do competition and apply to both male and female competitors except where stated otherwise.
- b. Adapted Taekwon-Do competition has been designed for all competitors with special abilities of all ages and gender.
- c. They will be divided into three main reference groups, **physical**, **sensorial**, and **intellectual**.

#### **T 2.1. PHYSICAL.** (Also Refer to **Schedule 1, page 28**)

**Physical** or **motor** disability, it can be subdivided into **four (4)** main groups:

- a. **Monoplegia**: affects only one limb.
- b. **Hemiplegia**: affects only one side of the body.
- c. **Paraplegia**: paralysis of both lower limbs.
- d. **Hemiparesis**: impairment of one side of the body.

#### **T 2.2. SENSORIAL.** (Also Refer to **Schedule 2, page 31**)

**Sensorial disability**, it can be subdivided into **two (2)** main groups:

- a. **Deaf**

b. **Blind.**

**T 2.3. INTELLECTUAL.** (Also Refer to **Schedule 3**, page 34)

**Intellectual disability**, it can be subdivided into **four (4)** main groups:

- a. **Light**
- b. **Moderate**
- c. **Serious**
- d. **Deep**

**T 3. OFFICIALS**

The **Chairman** of the **Umpire** Committee in conjunction with the **Chairperson** of the **Inclusion** Committee integrate the **UIC** (Umpire and Inclusion Committees) are responsible to approve, assign and assemble all the Jury Members, Referees and Umpires for the ITF Adapted Taekwon-Do Championships.

The **UIC** consists of the Chairperson of the Umpire Committee, the Chairperson of the Inclusion Taekwon-Do Committee, and a minimum of two (2) members, and no more than four (4) members, as appointed by the ITF Board of Directors. The Umpire Committee for Adapted Taekwon-Do is responsible for the following matters:

- a. To strictly observe and enforce Jury Presidents, Referees, and Umpires dress requirements.
- b. To assign Jury Presidents, Referees, and Umpires to ring councils.
- c. To assign ring councils to specific rings in co-ordination with the needs of the Tournament Committee.
- d. To appoint the substitution and the rotation of Jury Presidents, Referees, and Umpires in effort to maintain fairness and neutrality.
- e. To supervise, advise and correct Jury Presidents, Referees, Umpires, and Computer Operator during their work process.
- f. To investigate protests, deliberate upon their validity and provide the final decision.
- g. To take any disciplinary action, such as though not limited to replacement, suspension or termination of Jury Presidents, Referees, Umpires, and Computer Operator.
- h. To develop and implement improvements to the Umpire manuals/documentation.

**Umpire Class & Requirements**

There are three qualifications of **official ITF Adapted Taekwon-Do Umpires**: Class A, Class B and Computer Operator

- a. The criteria to qualify as an **“A” Class Adapted Taekwon-Do Umpire** is:

- i. Minimum age of 21 years
  - ii. Certified ITF 4<sup>th</sup> degree holder or above
  - iii. To have an ITF “B” Class Umpire certificate
  - iv. To participate in an ITF Class A Umpire Course
  - v. To apply for and receive the official “A” Class Umpire certificate.
  - vi. To participate in an ITF Adapted Taekwon-Do **Class A** Umpire Course
- b. The criteria to qualify as a **“B” Class Adapted Taekwon-Do Umpire** is:
  - i. Minimum age of 19 years
  - ii. 2<sup>nd</sup> degree holder or above.
  - iii. To participate in an ITF Class B Umpire Course and succeed in obtaining the official “B” class Umpire Certificate.
  - iv. To apply for and receive the official ITF “B” Class Umpire certificate
  - vi. To participate in an ITF **Adapted Taekwon-Do Class B Umpire Course**
- c. The criteria to qualify as a computer operator:
  - i. Minimum age of 18 years
  - ii. 1<sup>st</sup> degree holder or above.
  - iii. To participate in an ITF IT Course and be qualified by the ITF IT Committee.
- 1. The criteria to qualify as an **Adapted Taekwon-Do IT Umpire**:
  - i. Minimum age of 18 years
  - ii. 1<sup>st</sup> degree holder or above.
  - iii. To participate in an **IT Umpire Course** and be qualified by the IT and Umpire Committee.

Calculation: (Year of the Event) – (Year of the Course) must equal 0, 1 or 2

Example: Year of event 2023 – Year of course 2021 = 2 → 2018-2016 = 2  
 ✓ This Umpire IS eligible for participation.

Year of event 2023 – Year of course 2020 = 3 → 2018-2015 = 3  
 ✗ This Umpire is NOT eligible for participation.

#### **T 4. DUTIES**

- a. **Jury President** One (1) Jury President will be always seated at the Jury table during competition and will be responsible for the overall management and administration of the Ring Council and its activities, including though not limited to:

- competitor performance evaluation and decisions, umpire evaluations, protests, and Ring Council/Umpire Committee interaction, as written in the Official ITF Adapted Taekwon-Do Rules of Competition.
- b. The Jury President must always be up to date with the Official ITF Adapted Taekwon-Do Rules of Competition.
2. The Jury President and the **UIC** are the only officials authorized to disqualify a competitor in accordance with article T38 and for T39 of these, according to procedure laid out in Article T39.
- ii. The Jury President is responsible to supervise all matches and the Umpires' behaviours, in their assigned ring, and as such, is permitted to give his opinion and advice at any time.
  - iii. The Jury President is the supervisor of the Jury Members and Computer Operator within their assigned ring council and is permitted to substitute them in case of absence or inefficiency.
  - iv. The Jury President must complete, indicate time of completion, and sign the competition reports. These reports must be delivered directly to the Tournament Committee at the end of each division and/or category.
3. In pattern competition:
- a. The Jury President will preside over and verify the electronic system for the punctuation of patterns.
  - b. In the event of an incorrect situation, the Jury President may call the Umpire(s) for clarification or direction.
  - c. Once the Referees have forwarded their results, the Jury President must stand up and indicate the winner.
  - d. The competitor and/or team having obtained the majority of umpire votes and with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and shall advance to the next round of competition.
  - e. In case of a draw, the Jury President must stand up and cross his/her arms in front of his/her chest. The competitors/teams will then compete again with a new optional pattern until the places are decided, the competitors/teams will then carry on until the places are decided.
- ii. **In Free Skills competition:**
- a. In the event of an incorrect situation, the Jury President may call for a "time stop"; and may call the Umpires for clarification or direction.
  - b. Once the Referees have forwarded their results, the Jury President must stand up and indicate the winner.

- c. The couple having obtained the majority of umpires votes and with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and shall advance to the next round of competition.
  - d. In case of a draw, the Jury President must stand up and cross his/her arms in front of his/her chest. The competitors/teams will then compete again until the places are decided.
- c. **Jury Member** At least one (1) Jury Member will be always seated at the Jury table and will be responsible to assist the Jury President with the overall management and administration of the Ring Council and its activities, including but not limited to: umpire rotation, Ring Council/Coach/ Competitor Interaction, coach dismissal and replacement, and competitor management.
- i. The Jury Members must always be up to date with the Official ITF Adapted Taekwon-Do Rules of Competition.
  - ii. The Jury Members assist the Jury President in the administration of the ring council and all matches to declare the winner(s).
- d. **Computer Operator** One (1) Computer Operator member will be always seated at the jury table to operate the electronic system and keep match records. The Computer Operator is responsible for:
- i. The operation of the electronic scoring system and data entry.
  - ii. Keeping the official time for each match.
  - iii. Recording warnings and fouls as indicated by the Jury President in accordance with the Official ITF Adapted Taekwon-Do Rules of competition.
- e. **Umpires – Patterns** One (1) Center Umpire, and Four (4) Umpires, will be seated a minimum of one (1) meter outside of the ring and facing the competitors during Patterns competition. They will grade the competitor's performances according to their judgement, assessing deductions to the competitor's score, based upon the Official ITF Rules of Competition.
- i. Umpires must always be up to date with the Official ITF Adapted Taekwon-Do Rules of Competition
  - ii. Head Umpires are permitted to issue commands, give instructions, and otherwise direct the competitors according to the procedures of these Rules.
  - iii. Umpires are permitted to take part in consultations when requested by the Jury President.
  - iv. Umpires are not permitted to talk to each other at any time during a competitor's performance.
  - v. Umpires must sit correctly (upright, with the back straight and with the soles of the feet on the floor), with a space of 150 cm on either side of his colleagues).

- vi. Umpires must carefully and comprehensively observe the competitors' performances and behaviors, taking these into consideration when assessing their score according to the required parameters.
- f. **Umpires – Free Skills competition:** One (1) Center Umpire, and Four (4) Umpires, will be seated a minimum of one (1) meter outside of the ring and facing the competitors during **Free Skills competition**. They will grade the competitor's performances according to their judgement, assessing deductions to the competitor's score, based upon the Official ITF Adapted Taekwon-Do Rules of Competition.
  - i. Umpires must always be up to date with the Official ITF Adapted Taekwon-Do Rules of Competition.
  - ii. Center Umpires are permitted to issue commands, give instructions, and otherwise direct the competitors according to the procedures of these Rules.
  - iii. Umpires are permitted to take part in consultations when requested by the Jury President.
  - iv. Umpires are not permitted to talk to each other at any time during a competitor's performance.
  - v. Umpires must sit correctly (upright, with the back straight and with the soles of the feet on the floor), with a space of 150 cm on either side of his colleagues).
  - vi. Umpires must carefully and comprehensively observe the competitors' performances and behaviors, taking these into consideration when assessing their score according to the required parameters.
- g. **Equipment Verifier and Assistants** At least two (2) Umpires will be assigned to each ring to function as an Equipment Verifier and Assistant, to check each competitor's identification card, safety equipment, and clothing prior to allowing them to enter the ring. They are also responsible for verifying coach's identification cards, clothing and associated permitted equipment prior to allowing them access to the ringside.
- h. **Anti-Doping Aides** Two (2) Umpires will be assigned to function as Anti-Doping aides to assist the Anti-Doping Committee. Refer to Schedule 4, page 35.
- i. **Present on time** All Umpires must be present at all meetings scheduled by the Umpire Committee. All Umpires must present themselves at the appointed meeting place, one hour prior to the start of their assigned event.
- j. **Behaviour** All Umpires must observe the following rules:

- i. They must behave with conscience and dignity.
  - ii. They must pay maximum attention during competition.
  - iii. They must be impartial when giving a decision.
  - iv. They must distance themselves from the competitors during the daily competition.
  - v. They must not consume alcoholic beverages prior to or during daily competition.
  - vi. Cellular/electronic devices for personal use during competition hours is prohibited.
- k. **Evaluation** Each Umpire is responsible for giving their own evaluation and/or decision in accordance with these rules.
- l. **Other Duties** All officials may be assigned other duties as required by either the Jury President, or the Umpire and Inclusion Taekwon-Do Committees Chairpersons.
- m. **Rank vs Position** Officials shall be assigned positions based upon experience, skill sets, available positions, needs of the event and ease of communication. Appropriate respect for rank shall be shown, however rank is not a prevalent factor in assigning duties. All officials must be open to performing in any position, regardless of rank held.

## **T 5. COMPETITORS**

The competition valid age is the age at which they enter the year.  
To calculate this age, use the following formula:

**Year of competition – Year of birth – 1 = Competitors during the competition valid age**

Example:      Year of event 2024 – Year of birth 2006-1 = 17 → 2024 – 2006 – 1 =  
                    17

This Competitor is only allowed to compete as a Junior.

                    Year of event 2024 – Year of birth 2005 – 1 = 18 → 2024 – 2006 – 1 =  
                    18

This Competitor is only allowed to compete as a Senior.

### ***Adapted Taekwon-Do competition Ages***

Age Divisions	Description
12-14 years old	Pre-Junior
15-17 years old	Junior
18-35 years old	Senior
36-45 years old	Advanced Senior
46 years and older	Veterans

All colored belt competitors must be 4<sup>th</sup>, 3<sup>rd</sup>, 2<sup>nd</sup>, or 1<sup>st</sup> gup.

All black belt pre-junior or junior competitors must be 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> degree.

All black belt senior, advanced senior or veteran competitors must be 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> degree.

All competitors must be registered in ITF online system with their current rank, must be healthy and registered with the National Association or Allied Association of the country represented and must provide proof of identification via a valid passport or legal national identification.

Competitors who are affiliated to their country's National Association or Allied Association will be permitted to register and compete at the World Cup, as a member of an associated club, school, or team.

*(Exceptions to this are determined by the BoD.)*

## **T 6. UMPIRES AND COMPETITORS DRESS REQUIREMENTS**

- a. The ITF Umpire's dress code consists of:
  - i. A blue suit jacket,
  - ii. White, long-sleeved shirt,
  - iii. Blue trousers,
  - iv. Blue tie,
  - v. White socks,
  - vi. White sport shoes

### **Note:**

The Umpire Committee may, at its discretion, change the above dress requirements, for certain events, due to weather, health, or other requirements.

### ***Adapted Taekwon-Do Dress Requirements***

- a. Dobok  
Competitors must wear the "officially approved" ITF Dobok.  
Refer to Appendix 2 – Approved Clothing

Both, Black Belt and Coloured Belt Doboks MAY have the country, club, or school name written on the back of the Dobok, above or below belt level. Letters must be all black in colour and measuring between 4 cm-8 cm in height. This is in addition to the required markings.

Refer to Appendix 2 Official ITF Rules of Competition – Approved Clothing

b. Belts:

i. All coloured belts.

Refer to Appendix 2 Official ITF Rules of Competition – Approved Clothing

ii. The Pre-Junior and Junior Black Belt.

Refer to Appendix 2 Official ITF Rules of Competition – Approved Clothing

iii. The Senior, Advanced Senior and Veterans Black Belt.

Refer to Appendix 2 Official ITF Rules of Competition – Approved Clothing

- b. Competitors are allowed, when not performing, to wear normal sportswear such as tracksuits, training shoes, etc. however it is at the discretion of the UIC
- c. For opening/closing ceremonies and medal awarding ceremonies, countries may wear the official ITF Dobok or the official school, club, or country training suit, but all team members must be dressed the same.
- d. For the medal awarding ceremony all competitors must wear either the full ITF Dobok and/or the full tracksuit. No mixing of Dobok and tracksuit permitted.

N.B.: Drinking of alcoholic beverages or smoking while wearing the Dobok is prohibited.

## **T 7. SAFETY EQUIPMENT AND PROTECTIVE WEAR**

a. Competitors **may optionally** wear:

- i. Red or Blue coloured hand and feet safety equipment, in accordance with the colour required for their position on the master draw list.
- ii. Red or Blue coloured head guard, in accordance with the colour required for their position on the master draw list.
- iii. In cause of use groin guards, they must be worn inside the Dobok.
- iv. Mouth guards (must be transparent, non-coloured)

b. Competitors **may also optionally** wear:

- i. Shin protectors must be worn inside the Dobok trousers.
- ii. Breast protectors (for females) must be worn inside the Dobok jacket.
- iii. Groin guards (for females) must be worn inside the Dobok trousers.
- iv. Approved soft frame, prescription sport glasses. Written approval must have been requested and granted from the ITF UIC prior to the event.

- c. All Safety Equipment (except mouth guards and groin protection) **MUST** be a Competition Approved model as produced by an official ITF supplier. All Competition Approved Equipment / Suppliers shall be indicated in the event's official invitation letter and on the ITF website.
- d. Safety Equipment may NOT contain any metal, bone, or hard plastic (except for groin guards and breast protectors). The use of zip, lacing, or stud fasteners is forbidden.
- e. Sound blocking helmet or headphones in situations where the athlete's diagnosis so recommends.
- f. No other protective or safety equipment may be worn, except in special circumstances with the approval of the **ITF UIC**. Written approval must have been requested and granted from the **ITF UIC** prior to the event. See Appendix 6 – Approved Equipment.

All competitors with long hair **MUST** tie their hair up in a secure fashion. Hair must be kept in place and/or covered using items of a soft material or elastic nature only.

- a. No hard material, metal, grips, or slides are allowed,
- b. No hair adornments, such as though not limited to, flags, streamers, lacing, embellishments or other such shall be worn on or in the hair while the competitor is in the competition playing area,
- c. For **Free Skills competition**: In case the competitor decides to use headguard, any hair fasteners and/or covering must fit fully within the confines of the safety headguard.
- g. Head / neck coverings may be worn by all competitors. Head / neck coverings **MUST**:
  - a. Be constructed of a solid white colour,
  - b. Be made of a soft and/or elastic material,
  - c. NOT contain any hard materials, metal, grips or slides,
  - d. Fit, and remain, fully within the confines of the safety headguard and the Dobok jacket while the competitor is in **Free Skills competition**.
- h. Undergarments, of a soft or elastic nature **ONLY**, may be worn beneath the competitor's Dobok (beneath the top and/or trousers).
  - a. Undergarments (Only those garments that are visible while competitor is competing) **MUST**:
    - i. Be of a solid white colour,
    - ii. Be made of a single layer of soft and/or elastic material,
  - b. Undergarments **MUST NOT**:
    - i. Provide additional protection from impact,

- ii. Contain any hard materials, metal, grips, or slides.
- iii. Extend past the distal portion of either the wrist or the ankle.
- i. No jewellery, body piercings, watches, fitness monitors, headphones/earbuds, communication devices, or other such adornments/items may be worn on the competition floor.
- j. Tape/soft bandaging/soft strapping may be used for medical or first aid reasons, provided:
  - a. That is not used in an excessive manner,
  - b. No hard plastic/metal fasteners, laces, studs, or mechanical fasteners are **to be** used,
  - c. No mechanical means of support are included in the bandaging/taping/strapping. (Including though not limited to bracing/stays/splints, mechanical joints/articulations/hinges...)
  - d. The Umpire Committee is satisfied that it's use does not give the competitor any undue advantage,
  - e. All Tape/soft bandaging/soft strapping **MUST** be either white or skin-colored if it is visible while competitor is competing. Any Tape/soft bandaging/soft used on areas not visible (i.e., knee) may be of any colour so long as the colour is not plainly visible through the material of the Dobok.
- k. All competitor safety equipment, protective wear, taping/bandaging/strapping, clothing and/or accessories/adornments may be subject to inspection and approval or rejection by the **ITF UIC**. Said inspection and determination of the committee involved in final and binding.

## **T 8. MEDICAL ATTENTION**

All ITF Adapted Taekwon-Do Championship and official events must have a minimum of two (2) qualified Medical Doctor, appropriate numbers of qualified medical personnel, and appropriate medical equipment/supplies in attendance always. Additional medical personnel and/or equipment may be required as per contract or host country legal requirement.

Official Tournament Medical Doctors' recommendations prohibiting a competitors' further participation following injury must be adhered to.

Only the official ITF Tournament Doctor will be permitted to provide primary medical care on the competition floor during the event.

## **T 9. INJURY LIABILITY AND INSURANCE – COMPETITORS**

- a. All competitors must have valid insurance coverage to compete. The ITF Board of Directors, ITF Umpire, ITF Adapted Committee, ITF Officials, and the hosting Organization will not be held responsible for any injury, loss, or eventuality incurred during the event.
- b. The cost of accident insurance, treatment, and third-party insurance of the competitors is the responsibility of the National Association. The host of the event has the responsibility to obtain appropriate accident insurance and third-party insurance for the tournament.

### **T 10. INSURANCE – FOR EVENT**

All hosts must ensure that the event booked has all the necessary public liability insurance, fire certificates and Government licences that are all required to host such events in their locality.

### **T 11. RING SIZE**

- a. All rings must be covered with an approved jigsaw type mat.
- b. For Pattern and Free Skills competition, the ring will consist of an 8 by 8 metres matted playing surface and must have an additional one (1) metre wide (minimum) safety perimeter of a contrasting colour of mat. All areas of the floor are “In Play”.
- c. In Adapted Taekwon-Do competition **is not recommended** the use of an elevated ring
- d. The official Jury table must be in front of, and at the same level of, the ring.

### **T 12. RESULT RECORDING**

All tournaments will have several forms of visual display of results for the benefit of participants and audience. In general, results should be shown as often as possible to enable the competitors to follow the course of the event whilst it is in progress.

### **T 13. DELEGATES**

#### *Adapted Taekwon-Do Delegates*

A delegate of the individual, school and/or team may be any person authorised by the National Association and/or Allied Association. A delegate registers the competitors, submits the documents, lodges complaints, and co-operates with the other officials at the competition.

### **T 14. COACHES AND THERAPEUTIC ACCOMPANIMENT**

- a. One (1) and only One (1) registered coach **MUST** be present at the ringside, seated in the designated coach's chair.
- b. One (1) registered **Therapeutic Accompaniment** **MAY** be present may be present next to the area in case the athlete's diagnosis indicates so.
- c. The minimum age for coaches is 18 years.
- d. Coaches must wear a training suit, gymnastic shoes and carry a towel.
- e. There are no clothing or footwear requirements for **Therapeutic Accompaniment**.
- f. Coaches are not allowed to wear bags, packs and/or be in possession of any other non-Taekwon-Do items in the competition area.
- g. Coaches must remain seated, at least one (1) metre outside of the playing area of the competition ring, in their designated position.
- h. Coaches must not interfere in the competition with action or words.
- i. Coaches are the only persons permitted to present an official protest.
- j. Failure to abide by the above mentioned may render the coach liable to be removed from his advisory position.
- k. The Umpires and Inclusion Committees shall decide the time and duration of removal.
- l. A removed coach must be replaced by another registered coach, within a two (2) minute time limit.
- m. If another coach is not present within the two (2) minute period, the competitor shall be disqualified.

## **T 15. AWARDS (Male and Female)**

### ***Adapted Taekwon-Do Awards***

#### **Medals:**

##### **Individual**

1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners are awarded with medals.

##### **Team**

1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners are awarded with medals.

4 Medals per team in Pattern team categories.

2 Medals per team in Free Skills team categories.

## **T 16. OFFICIAL TERMINOLOGY**

- |             |           |
|-------------|-----------|
| a. CHARYOT  | ATTENTION |
| b. KYONG YE | BOW       |
| c. JUNBI    | READY     |

d. SHIJAK	BEGIN
e. HAECHYO	SEPARATE
f. GAESOK	CONTINUE
g. GOMAN	END
h. JU UI HANNA	ONE WARNING
i. GAM JUM HANNA	ONE FOUL (deduct one point)
j. SIL KYUK	DISQUALIFICATION
k. HONG	RED
l. CHONG	BLUE
m. JUNG JI	TIME STOP
n. DONG CHONG	DRAW
o. IL HUE JONG	FIRST ROUND
p. I HUE JONG	SECOND ROUND
q. SAM HUE JONG	THIRD ROUND
r. SA HUE JONG	FOURTH ROUND (First Point)
s. SUNG	WINNER

## T 17. DIVISION OF COMPETITION

### *Adapted Taekwon-Do Divisions*

Competition is divided into **INDIVIDUAL** and **TEAM** match, with the following events.

a. Individual Events:

i. Pattern

Separate groups for Male and  
separate groups for Female

1. Pre-Junior

- a. 4<sup>th</sup> to 3<sup>rd</sup> gup
- b. 2<sup>nd</sup> to 1<sup>st</sup> gup
- c. 1<sup>st</sup> degree
- d. 2<sup>nd</sup> degree
- e. 3<sup>rd</sup> degree

2. Junior

- a. 4<sup>th</sup> to 3<sup>rd</sup> gup
- b. 2<sup>nd</sup> to 1<sup>st</sup> gup
- c. 1<sup>st</sup> degree
- d. 2<sup>nd</sup> degree
- e. 3<sup>rd</sup> degree

3. Senior

- a. 4<sup>th</sup> to 3<sup>rd</sup> gup
- b. 2<sup>nd</sup> to 1<sup>st</sup> gup

- c. 1<sup>st</sup> degree
    - d. 2<sup>nd</sup> degree
    - e. 3<sup>rd</sup> degree
  - 4. Advanced Senior
    - a. 4<sup>th</sup> to 3<sup>rd</sup> gup
    - b. 2<sup>nd</sup> to 1<sup>st</sup> gup
    - c. 1<sup>st</sup> degree
    - d. 2<sup>nd</sup> degree
    - e. 3<sup>rd</sup> degree
  - 5. Veterans
    - a. 4<sup>th</sup> to 3<sup>rd</sup> gup
    - b. 2<sup>nd</sup> to 1<sup>st</sup> gup
    - c. 1<sup>st</sup> degree
    - d. 2<sup>nd</sup> degree
    - e. 3<sup>rd</sup> degree
- b. Team Events:
  - i. Pattern
    - Separate groups for Male and separate groups for Female
    - 1. Pre-Junior
      - a. 4<sup>th</sup> to 1<sup>st</sup> gup
      - b. 1<sup>st</sup> to 3<sup>rd</sup> degree
    - 2. Junior
      - a. 4<sup>th</sup> to 1<sup>st</sup> gup
      - b. 1<sup>st</sup> to 3<sup>rd</sup> degree
    - 3. Senior
      - a. 4<sup>th</sup> to 1<sup>st</sup> gup
      - b. 1<sup>st</sup> to 3<sup>rd</sup> degree
    - 4. Advanced Senior
      - a. 4<sup>th</sup> to 1<sup>st</sup> gup
      - b. 1<sup>st</sup> to 3<sup>rd</sup> degree
    - 5. Veterans
      - a. 4<sup>th</sup> to 1<sup>st</sup> gup
      - b. 1<sup>st</sup> to 3<sup>rd</sup> degree
  - ii. Free Skills
    - The couples may be Male, Female or Mixed
    - 1. Pre-Junior
      - a. 4<sup>th</sup> to 1<sup>st</sup> gup
      - b. 1<sup>st</sup> to 3<sup>rd</sup> degree
    - 2. Junior
      - a. 4<sup>th</sup> to 1<sup>st</sup> gup
      - b. 1<sup>st</sup> to 3<sup>rd</sup> degree

3. Senior
  - a. 4<sup>th</sup> to 1<sup>st</sup> gup
  - b. 1<sup>st</sup> to 3<sup>rd</sup> degree
4. Advanced Senior
  - a. 4<sup>th</sup> to 1<sup>st</sup> gup
  - b. 1<sup>st</sup> to 3<sup>rd</sup> degree
5. Veterans
  - a. 4<sup>th</sup> to 1<sup>st</sup> gup
  - b. 1<sup>st</sup> to 3<sup>rd</sup> degree

## **T 18. COMPETITORS NUMBERS – INDIVIDUAL AND TEAM**

### ***Adapted Taekwon-Do Competitors Numbers***

#### **INDIVIDUAL**

- a. Any number of individual competitors may enter each event.
- b. These competitors may be individuals or team members.
- c. Competitors must compete in their designated age category for all divisions and are not permitted to compete in either a higher or lower age category at any time. For example, if a competitor is registered as a junior, they cannot compete as a member of the senior team.
- d. Competitors must compete only in their designated rank division and are not permitted to compete in either a higher or lower rank division.
- e. Competitors may compete for only one (1) Country or club/school as registered. Competitors are not permitted to compete for more than one (1) Country or club/school, or for different clubs/schools in different divisions.

#### **TEAM (Male and Female)**

##### **4. Team Patterns:**

Three (3) + 1 reserve (optional) competitors must compete in **Pattern** competition.

##### **5. Free Skills**

Two (2) competitors must compete in **Free Skills** competition.

- c. At the beginning of each team match, the coach **MUST** present the appropriate Competitor ID Cards (one for each competitor that is to compete in team division).
- d. Once the Competitor ID Cards have been presented for a division then **NO** changes to the members of that team are permitted during that division.
- e. Teams may not change the members of the team from one match to the next. Entire division of competition must be completed with the same members.
- f. Competitors may compete for only one (1) National Association, Allied Association, Club or School per event.

### **T 19. ORDER OF MATCH**

The order of competition is subject to time requirements, and the overall schedule of the tournament.

### **T 20. DRAW FOR ORDER OF COMPETING**

- a. Competitor placement on the event/division draw sheet, and all byes will be decided by random computer draw.
- b. The competition draw will be held at least 48 hours prior to the event and the draws will be available on the ITF website.

### **T 21. REGISTRATION**

All competitors must attend the official registration at the weigh in location.

### **T 22. ANNOUNCEMENTS**

According to the tournament schedule, announcements will be made as to which square an event will take place. It is the responsibility of the competitor/team, and coach to be close to the square so they may compete without delay when called. They will be called to the red or blue side of the square and must have completed the pre-stage process appropriate for the category.

Should the individual/team not present themselves in the square when they are called forward to perform, the Jury President will give a time of one (1) minute from that point, to come forward. Failure to appear within the timescale will result in disqualification.

### **T23 – REPLACEMENT OF EQUIPMENT OR CLOTHING**

Any equipment or clothing that is required to be replaced (e.g., defective, or contaminated equipment/Dobok) during the performance will have a time penalty of three (3) minutes for this replacement to be carried out. Failure to replace the defective equipment or clothing will result in the competitor being disqualified and the match points being awarded to the opponent where appropriate.

### **T 24. COURTESY**

Competitors must always bow to the Jury and to each other at the beginning and end of each performance/match.

### **T 25. GROUPS**

Patterns competitors will be organized into groups according to gender, age, degree, medical condition, according to the categories as listed in these rules.

Patterns and Special Skills competitors will be organized into groups according to gender, age, and rank, in accordance with the categories as listed below. Individual Pattern and Special Skills categories with less than two (2) competitors/teams will be merged with another category. This new category will use the patterns appropriate to the lowest rank.

### **T 26. ELIMINATIONS AND DECISIONS – INDIVIDUAL**

### *Adapted Taekwon-Do Patterns Competition*

- a. The pyramid system of elimination will be used.
  - i. Coloured Belt competitors will compete 1 to 1 and will perform one (1) **Optional Pattern**.  
(Appropriate to their rank: see Article 27).
  - ii. Black Belt Competitors will compete 1 to 1 and will perform one (1) **Optional Pattern**. (Appropriate to their degree: see Article 27).
  - iii. The Umpires will choose the best competitor to go forward to the next Round
- b. The Umpires shall give a score between 0 and 10 points, after having deducted points for errors, for each pattern performance based upon technical content, power, balance, breathing and sine wave.
- c. The competitor having obtained the majority of umpire votes and with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and shall advance to the next round of competition.
- d. In the case of a draw, an additional optional pattern will be chosen for the competitor from the appropriate patterns (**may be the same optional pattern**) and must be performed until the winner is decided.

## SECTION II – PATTERNS

### T 27. PERFORMANCE– INDIVIDUAL

#### *Adapted Taekwon-Do Patterns Competition*

##### a. **Coloured Belts**

- ® 4<sup>th</sup> Gup will compete with the Optional Pattern being any one from CHON-JI to JOONG-GUN.
- ii. 3<sup>rd</sup> Gup will compete with the Optional Pattern being any one from CHON-JI to TOI-GYE.
- 6. 2<sup>nd</sup> Gup will compete with the Optional Pattern being any one from CHON-JI to HWA-RANG.
- 7. 1<sup>st</sup> Gup will compete with the Optional Pattern being any one from CHON-JI to CHOONG-MOO.

##### b. **Black Belts**

- i. 1<sup>st</sup> degree will compete with 1<sup>st</sup> degree with the **Optional** Pattern being any one from CHON-JI to GE-BAEK.
- ii. 2<sup>nd</sup> degree will compete with 2<sup>nd</sup> degree with the **Optional** Pattern being any one from CHON-JI to JUCHE.
- 8. 3<sup>rd</sup> degree will compete with 3<sup>rd</sup> degree with the **Optional** Pattern being any one from CHON-JI to CHOI-YONG.

#### **In individual matches the following decisions will apply:**

The competitor obtaining the majority of Umpire votes, with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and advance to the next round of competition.

#### **In the event of a tie**

- a. Competitors will perform an additional **Optional** Pattern as selected by the competitor, until the winner is decided.
- b. The additional **Optional** pattern shall be a pattern appropriate for their rank, (see Article T 27.a. and T 27.b), **may be the same optional pattern**.
- c. In the event of a tie between coloured belts of differing ranks, the **Optional** pattern will be chosen from patterns Chon-Ji, up to and including the highest pattern appropriate for the competitor holding the lowest rank in that match. (See T 27.a. and T 27.b.).
- d. In the event of a continued tie, the same process will continue until all patterns appropriate to that rank, in accordance with T 27.a.-T 27.b –T27.c, have been performed until the winner is decided.

## **T 28. ELIMINATIONS AND DECISIONS—PRE JUNIOR, JUNIOR, SENIOR— VETERAN-TEAMS**

- a. The pyramid system of elimination will be used.
- b. Both teams will perform one (1) Optional Pattern in the following order: Red Team: One optional Pattern (Chon-Ji to Choong Moo). Blue Team: An optional Pattern (Chon-Ji to Choong Moo).
- b. The umpires will choose a winner to advance to the next round.
- c. In case of a draw, another Optional Pattern must be performed until a winner has been declared.

## **T 29. PERFORMANCE – TEAM**

- a. Team members may perform movements individually, or together, as they choose, but it must be seen to be teamwork.
- b. Teams must prepare their entrance and exit to the ring by lining up at the border of the ring, facing the Umpires. The marching in and out the ring is **NOT** part of the choreography, and no points will be given for this.

## **T 30. OFFICIALS FOR PATTERN DIVISION**

One (1) Jury President, one (1) Jury Member, one (1) Computer Operator, five (5) Referees, and two (2) Equipment Verifiers.

### **SECTION III – FREE SKILLS COMPETITION**

#### **T 31. DIVISIONS**

Free Skills competitors will be organised, in accordance with the categories as listed in T.5 and T.17 and Schedules 1 to 4, (p. 34), according to their medical conditions.

#### **T 32. PROCEDURE**

- a. Each Team shall consist of two (2) participants that follow a prepared scenario, which enables them to skillfully exhibit a wide variety of techniques without fear of injury **nor physical contact** at any moment of the performance.
- b. Each Team shall perform one at a time and the Umpires shall assign points from 10-0 according to the performance, taking into consideration the following criteria:
  - i. Technical Content.
  - ii. Teamwork, Choreography and Difficulty.
  - iii. Power.
- c. One of the competitors will have special abilities for Adapted Taekwon-Do competition, the other will not. He/she may be the training partner, coach, instructor, etc.
- d. The team may be composed by two (2) men, two (2) women or mixed.
- e. Both competitors shall enter the ring and bow.
- f. Both competitors must assume an L-Stance guarding block.
- g. At the command “Shi-Jak” by one of the competitors, the bout time will start.
- h. The bout ends with a final action and when one of the competitors shouts “**Goman**”, at the same time he/she assumes an L-stance guarding block.
- i. In case of a draw, each team will perform again, receiving new scores, until a winner has been declared.
- j. Competitors may enter and exit the ring from the place of their choice (from the **back** ring as in Patterns or from the **sides**, as in Prearranged).

Teams in **Free Skill competition** shall compete according to the following rules and regulations:

- a. Free Skill competition shall consist of movements as shown in the ITF Encyclopaedia, Manuals, etc., and as taught during the International Instructor Courses.
- b. Protective equipment **may be** worn as written in art.T.7.
- c. Attacking techniques must be blocked and/or avoided and must be performed with realism. **No unblocked/avoided contact is permitted. In this point there are not exceptions.**
- d. Bout duration shall consist of one (1) round: minimum forty (40) seconds, maximum sixty (60) seconds.
- e. Teams that perform less than the required minimum of forty (40) seconds shall **receive a points discount.**

- f. Teams that exceed the sixty (60) seconds duration of bout shall **receive a points discount (between -0.2 y -2 points)**.
- g. Each Team of Competitors may include elements or accessories to the development of the routine to be performed and may also guide the performance through **music**.
- h. Teams may perform a choreographic routine in which creativity and mixed skills are the most important.
- i. They may use all the existing technical resources, it is free execution and expression, such as, but not limited to Adapted Patterns. Front to Front Techniques, Pre-arranged Sparring, techniques of coordinated breaking or self-defence choreographic routines.
- j. The team having obtained the majority of umpire votes and with a minimum of two (2) Umpire votes in his favour, shall be declared the winner and shall advance to the next round of competition.
- k. Teams may be Color Belts (4<sup>th</sup> Gup to 1<sup>st</sup> Kup); Black Belts from 1<sup>st</sup> to 3<sup>rd</sup> degree, and can be Male, Female, or mixed couples.

### **T 33. OFFICIALS FOR FREE SKILLS COMPETITION**

One (1) Jury President, one (1) Jury Member, one (1) Computer Operator, five (5) Referees, and two (2) Equipment Verifiers.

## **SECTION IV – DISPUTE PROCEDURE**

### **T 34. PROTEST**

- a. Protests can **ONLY** be presented by an official coach, and **ONLY** when there is an apparent violation of the official rules.
- b. Coach must request a Protest Form from the Jury President immediately after the completion of the match.
- c. Jury President will provide the coach with the official Protest Form, after having received the official Protest Fee.
- d. Ring activities will **NOT** be stopped unless the issue at hand immediately affects the next match or makes it difficult to continue with the draw. Only then will the ring activities be stopped, and only until such time as the protest is resolved.
- e. Each protest must be written on the official Protest Form, in the **ENGLISH** language.
- f. Each completed Protest Form must be presented to the Jury President of the match in question, no later than five (5) minutes after having received the form.
- g. The protest must be precise and circumstantial.
- h. Jury President will then deliver the completed Protest Form and Protest Fee to the Umpire and Inclusion Committees.
- i. The Umpire and Inclusion Committees will then examine the circumstances of the protest and will decide either.
  - i. To validate the match.
  - ii. To repeat the match.
  - iii. To assign the victory of the match to the opponent. (Sparring, Patterns, Pre-Arranged)
  - iv. To assign or remove points, warnings, fouls, time as necessary.
  - v. To disqualify both competitors.

The Protest Fee will only be returned to the protesting coach if the ITF Umpire and Inclusion Committees upholds and validates the protest. Should the coach lose the protest, the Protest Fee will be forfeit.

### **T 35. PROTEST – DECISIONS**

- a. To give a decision, the Umpire and Inclusion Committees may call on any individual they desire to give evidence concerning the protest.
- b. On reaching a decision the Umpire and Inclusion Committees will notify all parties concerned of this decision.
- c. The Umpire and Inclusion Committees will base their decision on the rules laid down in this document and their decision cannot conflict with the rules of this document.

### **T 36. DISQUALIFICATION**

Team Managers/Representatives or Individuals who persist in arguing against decisions made by the Umpire and Inclusion Committees may, at their discretion, have the whole team, school or club or the individual, disqualified from all further events at the championship.

The Umpire and Inclusion Committees will consider the matter later with a view to further action being taken. The Umpire and Inclusion Committees decision shall be final.

### **T 37. TEAM/COMPETITOR WITHDRAWAL**

In case of teams or individuals withdrawing from the championship as a protest then the following will result.

- a. Automatic disqualification from that event which means no placing for that event, and therefore no medals.
- b. Automatic disqualification from all further events at the championship
- c. Further disqualification from further events as decided by the ITF Disciplinary Committee and the ITF Board of Directors.

### **T 38. ITF ANTI – DOPING CONTROL**

Doping control will be in accordance with ITF Anti Doping Rules, WADA Anti Doping Policy and Special Olympic Anti Doping Policy. Refer to Appendix 4

### **T 39. ITF CONCUSSION POLICY**

All concussions will be assessed, treated and outcomes defined by the concussion policy.

### **T 40. UNEXPECTED EVENTS**

All cases not stated herein will be dealt with and discussed by the Umpire and Inclusion Committees who, to the best of their ability, will reach a fair and equitable decision. The Umpire and Adapted Committees decision shall be final.

### **T 41. COPIES OF RULES**

The official, most current copy of the Official ITF Adapted Rules of Competition, as held by the Umpire and Inclusion Committees, must be present at all tournaments and be accessible to all coaches and officials.

### **T 42. IMPLEMENTATION**

April 17<sup>th</sup>, 2024. Lublin, Poland

## SCHEDULE 1

### REFERENCE Group 1: Physical or Motor Disability & General Provisions

#### 1. PURPOSE

The purpose of this Schedule 1 –Reference Group 1- is to:

- a. Standardize the judgement criteria to define the Physical or Motor Disability.
- b. Define the General Provisions:

#### 2. APPLICATION

These rules are to be applied at every official ITF Adapted sanctioned championship for Kup or degree holders with Physical or Motor Disability who **also have been diagnosed** with one or more of the disabilities mentioned in these regulations.

#### 3. LEVELS OR GROUPS

**Physical or motor disability** can be subdivided into **four (4)** main groups:

- d. **Monoplegia**: affects only one limb.
- e. **Hemiplegia**: affects only one side of the body.
- f. **Paraplegia**: paralysis of both lower limbs.
- g. **Hemiparesis**: impairment of one side of the body.

#### 4. DETERMINATION OF THE LEVEL OR DEGREE OF DISABILITY

In all cases, competitors must pass a review commission with their medical certificate for the competition where they indicate their status as a person with a disability and what degree of disability they have. The final definition of the level or degree of disability, and also the admission of the competitor will be given by the Chairperson of the Inclusion Committee. This decision shall be considered final and irrevocable.

#### 5. GENERAL PROVISIONS

5 1. **PARTICIPATION OF ATHLETES WITH DOWN SYNDROME** (applies to all competitions):

- a. **Atlanto Axial Subluxation**: It is a misalignment of the cervical vertebrae C1 (atlas) and C2 (axis) in the neck. This condition exposes people with Down syndrome to the possibility of injury if they engage in activities that radically hyperextend or flex the neck or upper spine.
- b. **Restrictions on participation in these activities** for people with Down syndrome who suffer from this pathology:

- c. That parents, guardians and other responsible parties are not notified of the nature and extent of the condition of **ATLANTOAXIAL SUBLUXATION**.
- d. The obligation to present a medical certificate proving that this athlete (with Down syndrome) does not have this condition of **ATLANTOAXIAL SUBLUXATION**.

## 5 2. GENERAL PROVISIONS FOR THE USE OF WHEELCHAIRS:

(Motor disability and cerebral palsy).

- a. Wheelchairs must have at least two large and one small wheel.
- b. No part of the chair should protrude beyond the front wheel axle and its width should not exceed the inside of the axles of the two rear wheels.
- c. Mechanical gears or levers that can be used to propel the chair are not permitted.
- d. Only manually driven mechanical devices are allowed.
- e. No part of the chair may protrude beyond the vertical plane of the rear edge of the rear tires.
- f. It is the competitor's responsibility to check in advance that the wheelchair complies with these rules. No competition will be delayed because the competitor must adjust his wheelchair.

## 5 3. GENERAL INFORMATION OF THE STUDENT – MODEL DATASHEET

All competitors must complete the Form of the next page (it is only an illustrative reference; and may be modified for each particular tournament). This Form must include the personal information of the competitor and must be properly **signed by a responsible adult and the medical doctor**.

**STUDENT DATASHEET MODEL #1**

**Personal data**

Name and surname: .....  
 Date of Birth: ..... Document number: .....  
 Address: ..... Neighborhood: .....  
 Height: ..... Weight: .....  
 In case of emergency contact: .....  
 Phone: .....  
 Health insurance data: .....

**Family data**

Mother (full name and surname according to birth certificate): .....  
 ..... Document number: .....  
 Phone: .....  
 Father (full name and surname according to birth certificate): .....  
 ..... Document number: .....  
 Phone: .....

**Additional data**

Name of the school or institution to which he / she attends: .....  
 Name and surname of the Director, or Teacher: .....  
 Phone: .....

**Medical Data**

Doctor first and last name: .....  
 Phone: .....  
 Name and address where attention is performed: .....  
 Description of the disability: .....  
 Prescribed medication (drug name, not the commercial name): .....  
 .....  
 Schedules or frequency in which it is supplied: .....

## SCHEDULE 2

### REFERENCE GROUP 2: SENSORIAL DISABILITY

#### 1. PURPOSE

The purpose of this Schedule 2 –Reference Group 2- is to:

- Standardize the judgement criteria to define the Sensorial Disability.
- Define the General Provisions

#### 2. APPLICATION

These rules are to be applied at every official ITF Adapted sanctioned championship for Kup or degree holders with Sensorial Disability.

#### 3. LEVEL OR GROUPS

**Sensorial disability** can be subdivided into **two (2)** main groups:

- Hearing disability**
- Visual disability.**

##### 3.1. HEARING DISABILITY

There are different types of hearing:

- |   |                      |
|---|----------------------|
| a) <b>normal</b> hearing: perceives sounds between            | 15 and 20 decibels.  |
| b) <b>borderline</b> hearing: perceives sounds between        | 16 and 25 decibels.  |
| c) <b>superficial or mild</b> hearing perceives sound between | 26-40 decibels.      |
| d) <b>moderate</b> hearing loss perceives sounds between      | 41-55 decibels.      |
| e) <b>acute moderate</b> loss: from                           | 56-70 decibels and + |
| f) <b>severe loss</b> perceives sounds from                   | 71-90 decibels and + |
| g) <b>profound hearing loss</b> perceives sounds at           | 90 decibels and +    |

**Other classifications of deafness:**

- bilateral or unilateral:** depending on whether it affects one or both ears.
- symmetrical or asymmetrical:** depending on the degree and configuration of hearing is the same or different in both ears.
- fluctuating or stable:** hearing loss may vary over time.

##### 3.2. VISUAL DISABILITY

There are three types:

S11-SB11-SM11  
S12-SB12-SM12  
S13-SB13-SM13

**S11-SB11-SM11:** Since the non-perception of light in neither of the two eyes up to light perception but the inability to recognize the shape of a hand at any distance.

**S12-SB12-SM12:** From the ability to recognize the shape of a hand to a visual acuity of 2/60 and/or a visual field less than 5 degrees.

**S13-SB13-SM13:** From a visual capacity above 2/60 to a visual acuity of 6/60 and/or a field of vision of more than 5 degrees and less than 20 degrees

### **SCHEDULE 3**

#### **REFERENCE GROUP 3: INTELLECTUAL DISABILITY**

##### **1. PURPOSE**

The purpose of this Schedule 3 –Reference Group 3- is to:

- a. Standardize the judgement criteria to define the Intellectual Disability.
- b. Define the General Provisions

##### **2. APPLICATION**

These rules are to be applied at every official ITF Adapted sanctioned championship for Kup or degree holders.

##### **3. LEVELS OR GROUPS**

Intellectual disability can be subdivided into **four (4)** main groups:

- |             |                |
|-------------|----------------|
| a. Light    | IQ 52-69       |
| b. Moderate | IQ 36-51       |
| c. Serious  | IQ 20-35       |
| d. Deep     | IQ 19 or Below |

## **SCHEDULE 4**

**ANTIDOPING** – Refer to Special Olympics Anti-Doping Policy

### **1. BACKGROUND**

For more than 50 years, Special Olympics has been committed to the highest ideals of sport, providing year-round sports training and athletic competition for individuals with intellectual disabilities. Training and competition opportunities are provided free of charge to eligible athletes through the generosity of charitable supporters, volunteers, and limited paid staff.

United in its commitment to inclusion, respect and dignity, ITF ADAPTED TAEKWON-DO is not exclusively focused on elite competition opportunities, but provides competition at all levels of ability, consistent with a deep respect for fair play.

### **2. ADAPTED TAEKWON-DO ANTI-DOPING POLICY**

- a. ITF Adapted Taekwon-Do stands strongly against cheating and does not permit the use of performance enhancing drugs by its athletes.
- b. ITF believes athletes with intellectual disabilities who are required to take legal, physician-prescribed medication necessary to carry out the functions of daily living, or to treat acute or chronic health conditions, should not be subject to anti-doping control requirements that apply to non- ITF Adapted Taekwon-Do athletes.
- c. ITF acknowledges the importance and beneficial role anti-doping standards play in the world of competitive sports and will protect its athletes' fundamental right to participate in sport free from the use of performance enhancing drugs thereby promoting health, fairness and equality in sporting competitions.
- d. ITF Adapted Taekwon-Do takes the following actions to ensure that its athletes participate in high quality competitions free of doping:
- e. Provide information to ITF Adapted Taekwon-Do coaches about the serious health ramifications of performance enhancing drug use.
- f. Members of all ITF Adapted Taekwon-Do official Delegates (Athletes, Unified Partners, Heads of Delegation, Assistant Heads of Delegation, Coaches, Medical Staff and Additional Staff) shall sign a code of conduct ensuring they will not drink alcohol, smoke, or take illegal or performance enhancing drugs during competitions, in accordance with the ITF Competition Rules.
- g. If an ITF Adapted Taekwon-Do member violates any part of the Code of Conduct, the ITF may impose disciplinary actions.
- h. These may include, but not be limited to verbal or written warnings, suspension, or expulsion of the competition.
- i. Written documentation of incident will be kept on file in the ITF Headquarter Office.

### **3. DIVISIONS**

- In the spirit of giving people of all abilities equal opportunities to succeed, ITF Adapted Taekwon-Do uses a process called competitive divisioning which matches athletes of similar ability and skill level into divisions.
- This eliminates the incentive for the use of performance enhancing drugs, as an athlete who performs better would be placed into a higher ability division, therefore negating any advantage.
- Furthermore, divisioning policies recommend a variance of no more than 15% between the highest and lowest scores within a division.
- The Maximum Effort Rule of ITF Adapted Taekwon-Do establishes that athletes and teams must not significantly improve from their pre-competition score to their final score. In the event of a significant improvement, it may result in a jury review and/or disqualification.

#### 4. **MEDICATION**

People with intellectual disabilities are at higher risk of chronic conditions requiring therapeutic medication, including asthma, diabetes, cardiovascular disease, and neurologic and psychologic conditions.

- ITF Adapted Taekwon-Do recognizes that withholding medication for these conditions could cause life-threatening impairments to health. Many of the commonly prescribed medications that ITF Adapted Taekwon-Do athletes are required to take may result in a positive drug test which could disqualify an athlete or result in loss of a medal won in competition. Such outcomes would negate the hard work, training, achievement, and overall beneficial impact sports training provides to individuals with intellectual disabilities.
- Additionally, placing the responsibility on ITF Adapted Taekwon-Do athletes to apply for Therapeutic Use Exceptions, under circumstances where therapeutic medication or methods are widely prescribed to control or minimize disabilities or for acute or to treat chronic health conditions, would place an onerous burden on the athletes, their families, guardians and caregivers; impose significant financial burdens on ITF Adapted Taekwon-Do Accredited Programs, which provide training and sporting competitions to ITF Adapted Taekwon-Do athletes free of charge; and, would likely create significant barriers to participation for ITF Adapted Taekwon-Do athletes, for whom sports training provides significant opportunity for societal and community integration, health maintenance and esteem building.
- Thus, erecting barriers to participation based on drug testing or the need to apply for Therapeutic Use Exceptions for ITF Adapted Taekwon-Do athletes, would defeat the ITF mission which seeks to create positive and meaningful sporting experiences for people with intellectual disabilities; to integrate individuals with intellectual disability into society at large; and, to educate communities about the mission of ITF Adapted Taekwon-Do and the capabilities of people with intellectual disabilities.

## Appendix 1 – Scoring Procedure

### **SP 1. Purpose**

The purpose of this Appendix 1 – Scoring Procedure is to:

- a. Standardize the judgement criteria of Jury Members, Referees and Umpires for Adapted competition.
- b. Protect the authority of the Jury Members, Referees, and Umpires.
- c. Outline the Rights and Duties of Jury Members, Referees and Umpires.

### **SP 2. Application**

These rules are to be applied at every official ITF sanctioned Adapted Taekwon-Do championship for Kups and degree holders.

### **SP 3. Individual Pattern**

- a. Competitors will compete according to procedures defined in T25, 26, 27, 28 and 29.
- b. Both competitors will perform, one (1) optional pattern appropriate to their degree. (See article T27. A. and b. of the Official ITF Adapted Rules of Competition).
- c. In the event of a tie:
  - i. Competitors will perform another additional Optional Pattern as selected by the competitor, until the winner is decided.
  - ii. The additional Optional pattern shall be a pattern appropriate for their rank, (see Article T 27.a. and T 27.b) and may be the same pattern performed before.
  - iii. In the event of a tie between coloured belts of differing ranks, the **Optional** pattern will be chosen from patterns Chon-Ji, up to and including the highest pattern appropriate, which has not yet been performed, for the competitor holding the lowest rank in that match. (See T 27.a. and T 27.b.).
  - iv. In the event of a continued tie, the same process will continue until all patterns appropriate to that rank, in accordance with T 27.a.-T 27.b – T27.c, have been performed.

### **SP 4. Scoring Procedure**

- a. Umpires shall score all point(s) electronically as indicated in the Official ITF Adapted Rules of Competition, and the following decisions will apply:  
Umpires will deduct up to 10 points in total (in .2 increments only) for each

technical error noted or will give a total score of 0 if a major penalty event is noted.

- g. The UIC sanctioned Electronic System will calculate the total score for each competitor According to the deductions issued by each umpire.
- h. The competitor obtaining the majority of umpire votes, with a minimum of two (2) Umpire votes in his favor, shall be declared the winner and advance to the next round of competition.
- i. In the case of a draw, another designated pattern must be performed (with the previous designated patterns removed from the draw) until the winner is decided.

## INDIVIDUAL PATTERN PENALTIES

You have 10 points in total – Please deduct for each penalty committed

DEDUCT 0.2 POINTS, PER OCCURRENCE, FOR EACH MISTAKE PERFORMED. FOR EXAMPLE, THOUGH NOT LIMITED TO.....	
Scoring	Not calling, or calling the incorrect pattern name
	Shouting or “Kihap” at any time during, or at the end of the pattern
	Performing a technique at the incorrect height, or incorrect alignment
	Losing balance
	Hesitating and/or stopping for <b>more than a split of a second</b>
	Not returning to the starting spot (within a distance of one shoulder radius)
	Lack of, and/or incorrect application of power
	Returning to the starting spot with the wrong foot
	Stepping completely out of the ring (See Glossary)
	Inaccurate or Incorrect Stepping (foot placement after kicking, spot turning, pivoting, foot to foot placement, shifting, sliding....)
	Inaccurate or Incorrect Breathing
	Inaccurate or Incorrect Preparation or Execution of technique (i.e. crossing, pre-action, flying, jumping...)
	Inaccurate or Incorrect Sine-Wave in an individual movement and/or incorrect or inaccurate Rhythm in stepping or transitioning between movements
	Inaccurate or Incorrect Stance
	Inaccurate or Incorrect Motion (i.e. continuous, connecting, slow, fast, natural, normal)
Maximum of 10 points total for deduction	Attacking or defending with a wrong technique
	Incorrect suspension (holding) or termination (retraction) of a kick, according to the technical definition for that technique.

GIVE 0 POINTS (for entire pattern) FOR:	
Terminal Penalties	Stopping the pattern completely or pausing for more than 2 seconds
	Failing to perform the designated pattern requested or performing a pattern out with the grade of the competitor
	Starting the pattern toward the wrong direction (side/front/rear)
	Starting a pattern with a different ready position than that specified by the technical directions of the pattern.
	Adding or omitting any movement or changing any sequence of movements that are not prescribed by the technical direction of the pattern. (eg performing two or more rising blocks in sequence rather than punches in Dan-Gun; mixing patterns)
	Failing to complete the prescribed sequence and direction of steps that complete the pattern diagram.

### **SP 5. Team Pattern**

- a. The pyramid system of elimination will be used.
- b. Both teams will perform one (1) Optional Pattern in the following order:
  - Red Team: One optional Pattern (Chon-Ji to Choong Moo).
  - Blue Team: An optional Pattern (Chon-Ji to Choong Moo).
- c. The umpires will choose a winner to advance to the next round.
- d. In case of a draw, another Optional Pattern must be performed until a winner has been declared. May be the same optional Pattern performed before.

### **SP 6. Scoring Procedure**

Umpires shall score all point(s) electronically, as indicated in the Official ITF Adapted Rules of Competition, and the following decisions will apply:

**Level 1:** Umpires will deduct up to SIX (6) points in total (in 0.2 increments only) for each technical error noted or will give a total score of 0 if a major penalty event is noted.

**Level 2:** Umpires will deduct up to FOUR (4) additional points (in 0.5 increments only) for errors in Teamwork, Choreography, and Difficulty.

**Total Score:** The UIC sanctioned Electronic System will calculate the total score for each competitor according to the deductions issued by each umpire.

## TEAM PATTERN PENALTIES

*You have 10 points in total – Please deduct for each penalty committed.*

DEDUCT 0.2 POINTS, PER OCCURRENCE, FOR EACH MISTAKE PERFORMED. FOR EXAMPLE, THOUGH NOT LIMITED TO	
Scoring Level 1	Not calling, or calling the incorrect pattern name
	Shouting or “Kihap” at any time during, or at the end of the pattern
	Performing a technique at the incorrect height or incorrect alignment
	Losing balance
	Hesitating and/or stopping for <b>more than a split of a second</b>
	Not returning to the starting spot (within a distance of one shoulder radius)
	Returning to the starting spot with the wrong foot
	Lack of and/or incorrect application of power
	Stepping completely out of the ring ( <i>See Glossary</i> )
	Inaccurate or Incorrect Stepping ( <i>foot placement after kicking, spot turning, pivoting, foot to foot placement, shifting, sliding....</i> )
	Inaccurate or Incorrect Breathing
	Inaccurate or Incorrect Preparation or Execution of technique ( <i>i.e. crossing, pre-action, flying, jumping...</i> )
	Inaccurate or Incorrect Sine-Wave in an individual movement and/or incorrect or inaccurate Rhythm in stepping or transitioning between movements
	Inaccurate or Incorrect Stance
	Inaccurate or Incorrect motion ( <i>i.e. continuous, connecting, slow, fast, natural, normal</i> )
Maximum of 6 points total for deduction	Attacking or defending with a wrong technique
	Not withdrawing a snap kick immediately after execution ( <i>Front/Side front/Turning/Middle or High Twisting Kick</i> )
	Failure of at least one competitor to continue the prescribed rhythm of the pattern at all times, (The pattern is considered in motion when 1 or 5 members continue the sequence)

GIVE 0 POINTS (for entire pattern) FOR:	
Terminal Penalties	When any team member or members stop the pattern completely or pause for more than 2 seconds
	Failing to perform the designated pattern requested or performing a pattern outwith the grade of the competitor(s) within the team.
	Starting the pattern toward the wrong direction ( <i>side/front/rear</i> )
	Starting a pattern with a different ready position than that specified by the technical directions of the pattern.
	Adding or omitting any movement or changing any sequence of movements that are not prescribed by the technical direction of the pattern. ( <i>e.g. performing two or more rising blocks in sequence rather than punches in Dan-Gun; mixing patterns</i> )
	Failing to complete the prescribed sequence and direction of steps that complete the pattern diagram.
(Note: In Team Pattern the same single infraction (e.g., more than one team members have performed an inaccurate stance, or more than one team members perform the same movement at the incorrect height or alignment) can only be assigned a <b>single 1 x 0.2pts</b> deduction for that particular infraction and not cumulative multiple 0.2pts deductions.	
DEDUCT A MAXIMUM OF 4 POINTS AT END OF PERFORMANCE (In 0.5 increments) FOR:	
Scoring Level 2	Teamwork, Choreography, and Difficulty

### **SP 7. Free Skills Competition**

Umpires shall score all point(s) electronically, as indicated in the Official ITF Adapted Rules of Competition.

The team obtaining the majority of umpire votes shall be declared the winner and advance to the next round of competition according to the following criteria:

- a. The team obtaining the majority of umpire votes, with a minimum of two (2) Umpire votes in his favor, shall be declared the winner and advance to the next round of competition.
- b. In the case of a draw, both teams will perform an additional time, until the winner is decided.
- c. Each team shall perform one at a time, and the Umpires shall give a score between 0 and 10 points, after having deducted points for errors, for each performance taking into consideration the following criteria:
- d. Scoring Procedure

Umpires shall score all point(s) electronically, as indicated in the Official ITF Adapted Rules of Competition, and the following decisions will apply:

**Level 1:** Umpires will deduct up to SIX (6) points in total (in 0.2 increments only) for each technical error noted or will give a total score of 0 if a major penalty event is noted.

**Level 2:** Umpires will deduct up to FOUR (4) additional points (in 0.5 increments only) for errors in Teamwork, Choreography, and Difficulty.

**Total Score:** The UIC sanctioned Electronic System will calculate the total score for each competitor according to the deductions issued by each umpire.

- After deducting points for errors, the Umpires shall give a score between 0 and 10 points for the performance, based upon choreography, teamwork, difficulty, power, and sine wave.
- The team obtaining the majority of umpire votes, with a minimum of two (2) Umpire votes in his favor, shall be declared the winner and advance to the next round of competition.
- In the case of a draw, both teams will perform again, until such time as the winner is decided.

*You have 10 points in total – Please deduct for each penalty committed*

## **PROCEDURE**

- a. Each Team shall consist of two (2) participants that follow a prepared scenario, which enables them to skillfully exhibit a wide variety of techniques without fear of injury nor physical contact at any moment of the performance.
- b. Each Team shall perform one at a time and the Umpires shall assign points from 10-0 according to the performance, taking into consideration the following criteria:
  - Technical Content.
  - Teamwork, Choreography and Difficulty.
- c. One of the competitors will have special abilities for Adapted Taekwon-Do competition, the other will not. He/she may be the training partner, coach, instructor, etc.
- d. The team may be composed by two (2) men, two (2) women or mixed.
- e. Both competitors shall enter the ring and bow.
- f. Both competitors must assume an L-Stance guarding block.
- g. At the command “Shi-Jak” by one of the competitors, the bout time will start.
- h. The bout ends with a final action and when one of the competitors shouts “Goman”, at the same time he/she assumes an L-stance guarding block.
- i. In case of a draw, each team will perform again, receiving new scores, until a winner has been declared.
- j. Competitors may enter the ring from the place of their choice (from the back of the ring as in Patterns, or from the sides, as in Prearranged).

Teams in Free Skill competition shall compete according to the following rules and regulations:

- a. Free Skill competition shall consist of movements as shown in the ITF Encyclopedia, Manuals, etc., and as taught during the International Instructor Courses.
- b. Protective equipment may be worn as written in art.T.7.
- c. Attacking techniques must be blocked and/or avoided and must be performed with realism. No unblocked/avoided contact is permitted. In this point there are not exceptions.
- d. Bout duration shall consist of one (1) round: minimum forty (40) seconds, maximum sixty (60) seconds.
- e. Teams that perform less than the required minimum of forty (40) seconds shall receive a points discount.
- f. Teams that exceed the sixty (60) seconds duration of bout shall receive a points discount.
- g. Each Team of Competitors may include elements or accessories to the development of the routine to be performed and may also guide the performance through music.

- h. Teams may perform a choreographic routine in which creativity and mixed skills are the most important.
- i. They may use all the existing technical resources, it is free execution and expression, such as, but not limited to Adapted Patterns. Front to Front Techniques, Pre-arranged Sparring, techniques of coordinated breaking or self-defense choreographic routines.
- j. The team having obtained the majority of umpire votes and with a minimum of two (2) Umpire votes in his favor, shall be declared the winner and shall advance to the next round of competition.
- k. Teams may be Color Belts (4<sup>th</sup> Gup to 1<sup>st</sup> Kup); Black Belts from 1<sup>st</sup> to 3<sup>rd</sup> degree, and can be Male, Female, or mixed couples.

## **Appendix 2 – Approved Clothing**

### **1. Approved Doboks and belts**

In accordance with Article T6 the following items have officially been approved by the ITF UIC for use in ITF Adapted Taekwon-Do Competitions.

**NO OTHER** Doboks are currently approved, or permitted, for use in ITF Adapted Taekwon-Do Competitions.

### **2. Doboks**


Competitors, while competing must wear the “official approved” TKD Dobok with badges officially approved by the ITF. The black belt must be of the official dimensions and must indicate the competitor’s degree. Male and Female competitors may wear a white T-shirt under the Dobok jacket.

**All ITF Approved Doboks must conform to the following criteria:**

- a. **Manufacturer Labels:** Approved Manufacturer/Suppliers will be permitted to place their logo, measuring no greater than 8cm wide by 5cm high, on the Dobok in the following locations:
  - i. On the Right ® sleeve. Positioned on the outside of the arm, between the elbow and shoulder.
  - ii. On the Right ® pant. Positioned on the front of the thigh, between the knee and the waist.
- b. **Sponsorship:** Competitors are permitted to display personal sponsor’s logos, according to the following criteria:
  - i. Total area of sponsorship must measure no greater than 8cm wide by 5cm high
  - ii. Located on the left (L) sleeve. Positioned on the outside of the arm, between the elbow and shoulder.
  - iii. Any sponsor logo or image must be in good taste and must be approved by the ITF Umpire Committee.
- c. **National Emblem/Flag or National Association / School Crest:**
  - i. For the World Championships: competitors are permitted to display either their national flag or national logo on their Dobok on the front right ® chest of their Dobok, directly opposite the ITF Logo.

- ii. For the World Cup Only: Competitors are permitted to display their national flag, national association or school/club crest on the front right ® chest of their Dobok, directly opposite the ITF Logo.
- iii. If displayed, Flags, Logos, and crests **must** be located on the front right ® chest of their Dobok, directly opposite the ITF Logo.
- iv. If displayed, Flags, Logos, and crests **must** be no larger than the ITF Logo.

## OFFICIALLY APPROVED ITF DOBOK MARKINGS



The diagram illustrates the official ITF Dobok markings on a white Taekwon-Do uniform (jacket and pants) with a black belt. Colored arrows point from specific text boxes to the corresponding locations on the uniform: a gold arrow points to the traditional ITF crest on the left chest; a blue arrow points to the new ITF crest below it; a green arrow points to the Canadian flag on the right chest; a red arrow points to the ITF sponsor logo on the right sleeve; a purple arrow points to the ITF approved label on the inside flap of the jacket; a light blue arrow points to the country name 'CANADA' on the back of the jacket; a dark blue arrow points to the ITF text on the right leg of the pants; and an orange arrow points to the new ITF text on the left leg of the pants.

- Traditional ITF Crest located on left (L) chest of jacket.
- Total Dimensions: 7cm high \* 7cm wide
- NEW ITF Crest located on left (L) chest of jacket, below traditional ITF Crest.
- Total Dimensions: 9cm wide \* 3.5cm high
- ITF Sponsor's logo ONLY at the right (R) sleeve of the jacket, above elbow level.
- ITF Sponsor's logo ONLY at the right (R) part of the dobok pants. Positioned on the front of the thigh, between the knee and the waist.
- Both areas shall measure no greater than 8cm long \* 5cm high
- NO other logos allowed
- Personal Sponsorship is permitted only on the Left (L) sleeve of the jacket, above elbow level, measuring a maximum of 8cm long \* 5cm high
- Logo must be approved by ITF Tournament and Umpire Committees.
- No Sponsor logos or publicity is allowed on any other part of the dobok pants and, or jacket
- National Flag or Emblem MAY be worn on the right (R) chest, opposite the ITF Crest
- Crest may be no larger than the ITF Crest
- ITF Approved label must be printed on the inside flap of the jacket
- Country Name MUST be printed on the back (only World Championship, in World Cup MAY be printed the Country Name, the Club Name or nothing on the back)
- Must be located above or below the belt level
- Letters must be all black
- Height of letters: 4cm – 8cm
- New ITF text located horizontally on both legs of the pants at knee level
- Letters must be all black
- Total Dimensions: 7cm wide \* 5cm high

### 3. Belts

**All ITF Approved Black Belts must conform to the following criteria:**

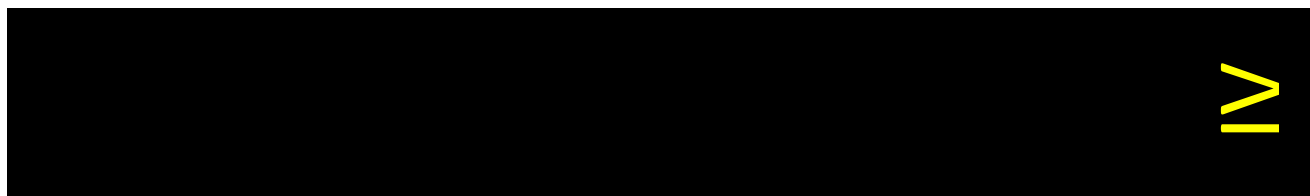
- a. **Pre- Junior and Junior Black Belt:** Junior Competitors under the age of 18 years must wear a Junior Black Belt.
  - i. The Pre-Junior and Junior Black Belt:
    - a. Of sufficient length to wrap only one time around the waist
    - b. Width is a maximum of five (5) cm.
    - c. Belt has a one (1) cm wide, white stripe running lengthwise through the center of the belt.
    - d. White stripe is on one side (face) of the belt only.
    - e. Belts must indicate the competitor's degree in gold-coloured Roman Numerals, positioned transversally across one end of the belt
    - f. The belt may optionally:
      - i. Indicate the competitors name on one end of the belt.
      - ii. Indicate the name "International Taekwon-Do Federation" or "Taekwon-Do" in Korean
      - iii. Indicate the name of the wearer's National or Allied National Association
      - iv. The colour of any writing must be gold (yellow).
- b. **Adult Black Belt:** Competitors aged 18 and over wear an Adult Black Belt
  - i. The Adult Black Belt
    - a. Of sufficient length to wrap only one time around the waist
    - b. Width is a maximum of five (5) cm.
    - c. Colour is completely black.
    - d. Belts must indicate the competitor's degree in gold-coloured Roman Numerals, positioned transversally across one end of the belt
    - e. The belt may optionally:
      - i. Indicate the competitors name on one end of the belt.
      - ii. Indicate the name "International Taekwon-Do Federation" or "Taekwon-Do" in Korean
      - iii. Indicate the name of the wearer's National or Allied Association
      - iv. The colour of any writing must be gold (yellow).

**Note:**

The following images are examples and are not limited to type face, calligraphy, and ITF-initials.

However ITF crests or logos are not permitted on the belt.

## Official Adult Black Belt – “MINIMUM REQUIREMENTS”

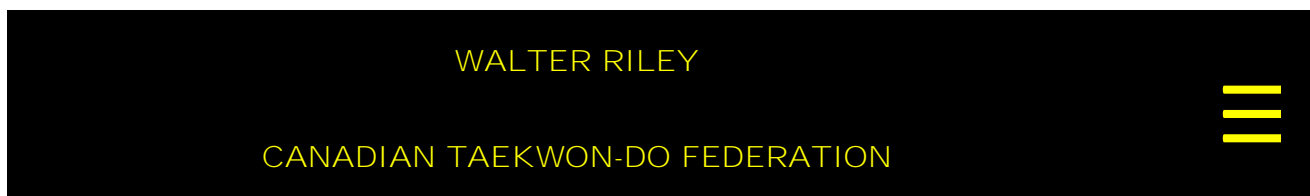


## Official Pre-Junior and Junior Black Belt: “MINIMUM REQUIREMENTS”



This belt is to be worn by all black belt members under the in the competition valid age of 18.

## Official Adult Black Belt with “OPTIONAL INFORMATION” for EXAMPLE



1. Name
2. Name of National or Allied Association
- 3.

## Official Pre-Junior and Junior Black Belt with “OPTIONAL INFORMATION” for EXAMPLE

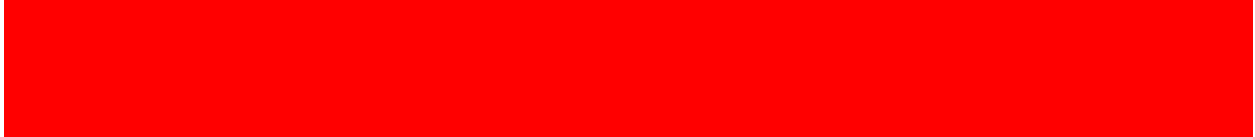


9. Name
10. International Taekwon-Do Federation in Korean Calligraph

**All ITF Coloured Belts must confirm to the following criteria** (only World Cup):

- a. All coloured belts for Juniors and Adults must be of one colour.
- b. A belt for an odd numbered gup must have a cross stripe in the appropriate color about 5cm from the left end of the belt.

*Example 2<sup>nd</sup> gup*



*Example 1<sup>st</sup> gup*



#### 4. Coaches Dress Requirements

In accordance with *Article T14 of the Official ITF Rules of Competition*, criteria for Coach's Dress has been approved by the ITF UIC for wear in ITF Adapted Competitions.

Coaches, while on the competition floor, must wear the "official approved" Coach's Dress with markings officially approved by the ITF. The Country Name must be written in the back of the shirt.

##### T 14. COACHES (excerpt)

**"...Coaches must wear a training suit (i.e. pants, t-shirt or polo shirt and/or athletic jacket), gymnastic shoes and carry a towel. Coaches are not allowed to wear bag packs and/or other non-Taekwon-Do items in the competition area..."**

- Coaches **MUST** wear a training suit (i.e. T-Shirt, Polo Shirt, pants, and/or jacket)

- Coaches **MUST** wear gymnastic shoes

- Coaches **MUST** carry a towel

- Coaches **MAY** bring a water bottle

- Country Name **MUST** be printed on the back (only World Championship, in World Cup **MAY** be printed the Country Name, the Club Name or nothing on the back),  
Recommended height of letters: 4cm – 8cm

- Coaches are **NOT** allowed to wear bag packs and/or other non-Taekwon-Do items in the competition area



## 5. Umpires Dress Requirements

In accordance with *Article T6 of the Official ITF Adapted Taekwon-Do of Competition*, the criteria for Umpire's Dress has been approved by the UIC for wear in ITF Adapted Taekwon-Do Competitions. The Umpire's dress code consists of:

- i. Blue blazer/jacket,
- ii. White, long sleeved, shirt
- iii. Blue trousers,
- iv. Blue tie
- v. White socks,
- vi. White gymnastic shoes
- vii. A pen.

The Umpire Committee may, at its discretion, change the above dress requirements, for certain international events, due to weather, health or other requirements.



• Blue blazer/jacket

• White, long sleeved, shirt

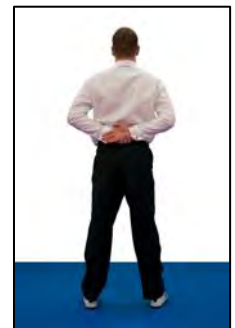
• Blue trousers

• Blue tie

• White Socks

• White gymnastic shoes

• A pen



## **APPENDIX 3 – SAFETY EQUIPMENT AND PROTECTIVE WEAR**

Refer to Article T6 of the Official ITF Adapted Taekwon-Do Rules of Competition for a list of officially approved equipment required for competition use.

**ALL EQUIPMENT MUST** be an officially approved model, of an ITF Board of Directors approved manufacturer. **NO OTHER** brands or models of safety equipment are currently approved, or permitted, for use in ITF Adapted Taekwon-Do sanctioned events.

a. Competitors **may optionally wear**:

- i. Red or Blue coloured hand and feet safety equipment, in accordance with the color required for their position on the master draw list.
- ii. Red or Blue coloured head guard, in accordance with the color required for their position on the master draw list.
- iii. In case of use groin guards, they must be worn inside the Dobok.

- Mouth guards (must be transparent, non-coloured)
- **Sound blocking helmet or headphones in situations where the athlete's diagnosis so recommends.**

b. Competitors **may also optionally wear**:

- i. Shin protectors must be worn inside the Dobok trousers.
- ii. Breast protectors (for females) must be worn inside the Dobok jacket.
- iii. Groin guards (for females) must be worn inside the Dobok trousers.
- iv. Approved soft frame, prescription sport glasses. Written approval must have been requested and granted from the ITF UIC prior to the event.

c. All Safety Equipment (except mouth guards and groin protection) **MUST BE** a Competition Approved model as produced by an official ITF supplier. All Competition Approved Equipment / Suppliers shall be indicated in the event's official invitation letter and on the ITF website.

d. Safety Equipment may NOT contain any metal, bone, or hard plastic (except for groin guards and breast protectors). The use of zip, lacing, or stud fasteners is forbidden.

e. No other protective or safety equipment may be worn, except in special circumstances with the approval of the ITF UIC. Written approval must have been requested and granted from the ITF UIC prior to the event. See Appendix 6 – Approved Equipment.

All competitors with long hair **MUST** tie their hair up in a secure fashion. Hair must be kept in place and/or covered using items of a soft material or elastic nature only.

- a. No hard material, metal, grips, or slides are allowed,
- b. No hair adornments, such as though not limited to, flags, streamers, lacing, embellishments or other such shall be worn on or in the hair while the competitor is in the competition playing area,
- c. For Free Skills competition: In case the competitor decides to use headguard, any hair fasteners and/or covering must fit fully within the confines of the safety headguard.

f. Head / neck coverings may be worn by all competitors. Head / neck coverings **MUST**:

- a. Be constructed of a solid white color,
- b. Be made of a soft and/or elastic material,
- c. NOT contain any hard materials, metal, grips, or slides,
- d. Fit, and remain, fully within the confines of the safety headguard and the Dobok jacket while the competitor is in Free Skills competition.

g. Undergarments, of a soft or elastic nature **ONLY**, may be worn beneath the competitor's Dobok (beneath the top and/or trousers).

a. Undergarments (Only those garments that are visible while competitor is competing) **MUST**:

- i. Be of a solid white color,
- ii. Be made of a single layer of soft and/or elastic material,
- b. Undergarments **MUST NOT**:
  - i. Provide additional protection from impact,
  - ii. Contain any hard materials, metal, grips, or slides.
  - iii. Extend past the distal portion of either the wrist or the ankle.

h. No jewelry, body piercings, watches, fitness monitors, headphones/earbuds, communication devices, or other such adornments/items may be worn on the competition floor.

i. Tape/soft bandaging/soft strapping may be used for medical or first aid reasons, provided:

- a. That is not used in an excessive manner,
- b. No hard plastic/metal fasteners, laces, studs, or mechanical fasteners are to be used,
- c. No mechanical means of support are included in the bandaging/taping/strapping. (Including though not limited to bracing/stays/splints, mechanical joints/articulations/hinges...)
- d. The Umpire Committee is satisfied that it's use does not give the competitor any undue advantage,
- e. All Tape/soft bandaging/soft strapping **MUST** be either white or skin-colored if it is

visible while competitor is competing. Any Tape/soft bandaging/soft used on areas not visible (i.e., knee) may be of any color so long as the color is not plainly visible through the material of the Dobok.

j. All competitor safety equipment, protective wear, taping/bandaging/strapping, clothing and/or accessories/adornments may be subject to inspection and approval or rejection by the ITF UIC. Said inspection and determination of the committee involved in final and binding.

## **APPENDIX 4 – HEALTH AND SAFETY**

The following policies and procedures **MUST** be adhered to during the ITF Adapted Taekwon-Do events. These procedures have been adopted to provide the best possible care and protection of all our members, coaches, competitors and officials; and as such, these procedures apply equally to all members, without exception.

### **a. MEDICAL EXAM GLOVES - COACHES**

i. All coaches **MUST** be always in possession of medical exam gloves while at the ringside. Coaches **MUST** wear gloves on both hands any time they are dealing with potential bodily fluids.

(Silicone, Nitrile, Neoprene, Latex1, or other such medical gloves are permitted. These may be powder-free for those coaches/competitors with allergies).

ii. Coaches **MUST** supply their own gloves. Absolutely **NO GLOVES** will be supplied by the Tournament Host, Tournament Committee, or Medical team members.

### **b. MEDICAL EXAM GLOVES – UMPIRES (REFEREES & EQUIPMENT CHECK)**

i. Referees **MAY CHOOSE** to wear medical exam gloves on both hands while executing their duties in the ring or while at ringside.

(Silicone, Nitrile, Neoprene, Latex1 or other such medical gloves are permitted. These may be powder-free for those officials with allergies).

ii. **Equipment Check Umpires MUST** wear medical exam gloves on both hands while executing their duties in the ring or while at ringside.

(Silicone, Nitrile, Neoprene, Latex1 or other such medical gloves are permitted. These may be powder-free for those officials with allergies).

iii. The Tournament Host must supply appropriate gloves at each ring table for use by Officials. These gloves **MUST NOT** be given to or provided for coaches at any time.

### **c. MEDICAL CARE AT RINGSIDE**

i. Only the ITF Approved Tournament Doctor(s) and/or their appointed medical staff are permitted at ringside and/or to attend to athletes while in competition or in the competition area.

ii. The ITF Approved Tournament Doctor(s) and/or their appointed medical staff will have final say regarding medical care, and/or any decisions pertaining to the continued participation of an athlete, while on the competition floor.

a) Any competitor or coach failing or refusing to abide by the ITF Approved Doctor's decisions regarding continuation will be immediately disqualified from the competition and removed from the competition area.

iii. Competitor/Team Doctors are permitted to care for competitors outside of the competition area only.

**d. BODILY FLUIDS**

i. Anti-bacterial spray and disposable paper towels must be present at each ring for use in cleaning blood/bodily fluid. (Anti-bacterial wipes are not recommended as they may mistakenly be used on athletes.)

ii. Coaches are responsible for cleaning/disinfecting any of their competitors' blood/bodily fluid from the competition area, contaminated equipment, or any other item.

iii. The Centre Referee will direct coaches as to the need and appropriate time to enter the ring and clean/disinfect contaminated surfaces.

iv. Coaches must immediately comply with the Center Referee's directions regarding health and safety issues. Arguing, delaying, or refusing to comply with these directions will result in the coach being immediately removed from their coaching position and the permanent revocation of their coaching credential.

v. Umpires, Tournament Committee, Umpire Committee Umpires and Inclusion Committee and IT Committee members are prohibited from cleaning bodily fluids at any time during the competition.

**e. CONTAMINATED CLOTHING / EQUIPMENT**

i. Competitors with excessive blood/bodily fluids on their dress will be required to remove and replace the soiled items at the umpire's discretion. If directed to replace an item, competitor must complete the change within the allotted three (3) minute timeframe.

ii. Competitors with excessive blood/bodily fluids on their skin or safety equipment will be required to clean and disinfect the items at the umpire's discretion. If directed to replace an item, the competitor must complete the change within the allotted three (3) minute timeframe.

iii. Contaminated clothing and/or equipment must not be placed on the floor, coach's chair, competition area, or any other competition related area/surface.

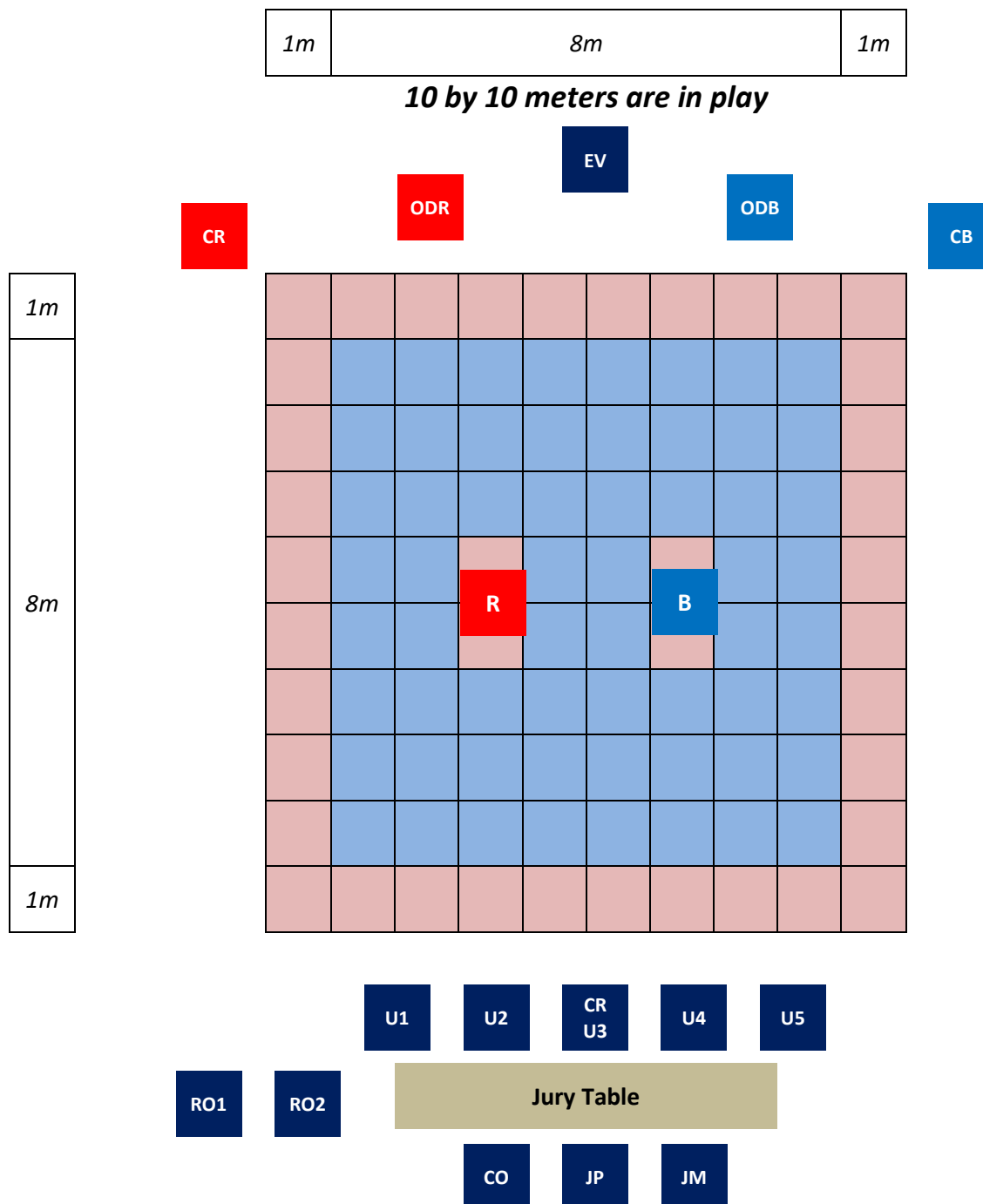
iv. Contaminated items must be placed in a suitable plastic bag and sealed so as to minimize the potential of cross-contamination or transmission to other surfaces.

v. Coaches MUST remove all contaminated items from the tournament site as soon as reasonably possible, and either decontaminate or dispose of these items appropriately.

**Note:** 1 Latex Gloves: Extreme care and caution must be used by coaches choosing to wear Latex medical gloves as latex allergies are very common and can be very severe. Coaches must carefully consider their own personal health as well as that of each of their athletes and other persons with whom they may come into contact. In consideration of the potential for allergic reaction, **Latex gloves are NOT RECOMMENDED.**

## APPENDIX 5 - RING SIZE

### Patterns - Team Patterns - Free Skills Competition



## **APPENDIX 6 -GLOSSARY OF TERMS**

### **Adding a Movement**

In Patterns, when a competitor/team performs more than the total number of movements than that required by the technical directions of the pattern, they have added a move. This will result in a total score of zero (0).

### **Appr. Safety Equipment**

Approved model of personal protective equipment (gloves, feet, headgear) from an official manufacturer, as approved by the I.T.F. UI Committee in accordance with their bylaws. Equipment must be in good condition, with no damage compromising the coverage or effectiveness of the protective features. No hard fasteners, plastic, laces, studs, zippers or metal are permitted. No repairs using tape or glue are permitted. (Refer to Official I.T.F. releases for the official specifications pertaining to approved safety equipment.)

### **Athletic Taping**

Applying pressure-sensitive sport/therapeutic tape directly to the skin or over a soft pre-wrap to maintain a stable position of bones and muscles to physically hold muscles or bones in a certain position. Used to reduce pain and aids in recovery by restricting the motion of an injured joint for a temporary period of time.

Taping compresses soft tissues to reduce swelling, supports anatomical structures involved in the injury, secures dressing or bandages over wounds, protects the injured joint from re-injury, and or protects the injured part while the injured part is in the healing process.

Products include, though are not limited to:

- soft cotton under-wrap
- medical / surgical tape
- Kinesio Tape/ Spider Tech / KT Tape / Ortho Tape / Rock Tape / Elastic Bandages / Tensor Bandages / Ace Bandages / Crepe Bandages

**NOTE:** Boxing wraps and other stiff wraps designed to provide excessive mechanical support are specifically **PROHIBITED**

\*See also: Soft Bandaging/Strapping, Mechanical Support

### **Belt**

The symbol of rank, worn as part of the official uniform of I.T.F. Taekwon-Do practitioners. The belt must be worn wrapped once (1 time) about the waist and knotted in the front. The belt must be a true indication of the wearer's earned rank, by way of colour and/or stripe, and (for black belt competitors) by Roman numeral pertaining to their earned degree. (Refer to Appendix 2 – Approved Clothing)

### **Centre Referee**

The Official assigned to a specific Ring Council and tasked with the fair and professional operation of the competitions held in a specific ring. As such they are in command of the behaviour and actions of the competitors during a match, as well as the administration of penalties for infractions of the rules. Referees are responsible to, and take directions from, the Jury President of their assigned Ring Council.

### **Certified Official**

Any Jury President, Jury Member, Center Referee, or Corner Umpire who has successfully taken the official I.T.F. Adapted Umpire Training Course and has been accredited by the I.T.F. Umpire and Inclusion Committee to grade the performance of any given event within the competition. Certified Officials must possess qualification of Class “A” or “B” ITF Adapted Umpire.

### **Chong**

The “Blue” competitor.  
The competitor whose name is listed in the second (lower) position on a match key, who takes their position on the left (L) side of the ring (to the left of the center when looking towards the front of Jury Table) when ready to compete.

## **Coach**

The official representative of an athlete with a minimum age of 18 years who has registered and received coach's accreditation by the Tournament and IT Committee. Only one registered coach, or a registered competitor acting as a coach, may be on the competition floor, represent an athlete, and/or present a protest.

Coaches must wear the appropriate Coach's Dress, wear protective medical gloves on their hands while at ringside, and carry a towel. Coaches must not bring any other items/equipment to the ringside.

## **Competition Floor**

The area within the competition venue upon which the Rings, Head Table and Jury Tables are located. Only Officials, Competitors, Coaches and Qualified Medical Personnel are permitted to be on the competition floor. The competition floor should have a substantial barrier between it and the spectators/supporters.

## **Competitor**

A registered member of an I.T.F. affiliated organization. Competitors must be in good standing, having earned and been issued an Official I.T.F. Certificate of Grade, as verified by means of an ITF Black Belt Identification Card and Degree Certificate Number.

## **Concussion**

A serious cerebral or traumatic brain injury (TBI) resulting from the sudden jarring of the brain or spinal cord, usually caused by a blow or fall, that may result in a bad headache, altered levels of alertness, or unconsciousness. A concussion temporarily interferes with the way your brain works, and can affect memory, judgment, reflexes, speech, balance, coordination, and sleep patterns.

## **Corner Umpire**

The Officials who grade the performance of the competitors while engaged in a match. Corner Officials are responsible to, and take directions from, the

Referee, who in turn is responsible to, and takes direction from, the Jury President of their assigned Ring Council.

**Delegate**

A person assigned administrative or special authority on behalf of a member school or organization, who is empowered to make decisions and take actions on behalf of the school's/organization's members.

**Disqualification**

The disbaring of a competitor from continuing a match due to prohibited or unsportsmanlike actions, words, or behaviour. A competitor who has been disqualified from a match cannot win that match; however, they are still permitted to compete in any other match for which they are eligible. Depending on the type and severity of infraction, a competitor may be disqualified for a match, an event, or an entire competition. Disqualified competitors are still permitted to receive any award(s) they may have earned up to and including the time of disqualification.

**Dobok**

The official uniform of I.T.F. Taekwon-Do practitioners, consisting of both a jersey and pants, complete with the appropriate I.T.F. crest and all appropriate logo marks, as produced by one of the Official I.T.F. Suppliers. (Refer to Appendix 2 – Approved Clothing)

**Doctor**

A person licensed to practice medicine, as a physician or surgeon, appointed to be in charge of all first aid, emergency medical care, and medical decisions at a tournament.

**Doctor - Tournament**

The official Tournament Doctor(s), as appointed by the ITF Tournament Committee, is/are the final authority in any medical decision pertaining to the tournament and, as such, their decision is final and binding.

## Down Syndrome

Applies to all competitions: It can be divided into four (4) categories:

1. **Atlanto Axial Subluxation:** It is a misalignment of the cervical vertebrae C1 (atlas) and C2 (axis) in the neck. This condition exposes people with Down syndrome to the possibility of injury if they engage in activities that radically hyperextend or flex the neck or upper spine.
2. **Restrictions on participation** in these activities for people with Down syndrome who suffer from this pathology:
3. **That parents, guardians and other responsible** parties are not notified of the nature and extent of the condition of ATLANTOAXIAL SUBLUXATION.
4. **The obligation** to present a medical certificate proving that this athlete (with Down syndrome) does not have this condition of ATLANTOAXIAL SUBLUXATION.

## First Aid

A person accredited to provide emergency care for injuries of a non-life-threatening nature and appointed to provide care for all minor treatment of wounds or injuries at a tournament. In the event there is no official Tournament Doctor in authority, First Aid reserves the final authority in any medical decision pertaining to the tournament and, as such, their decision is final and binding.

Approved First Aid is any person certified at a minimum of an Advanced Level of First Aid or higher, including though not limited to: Doctors, Physiotherapists, Paramedics, First Responders, and Professional First Aid Personnel.

## Forgetting a Movement

In Patterns, when a competitor/team performs fewer than the total number of movements required by the technical directions of the pattern, they have forgotten a move. This will result in a total score of zero (0).

### **Head / Neck Covering**

Head and / or neck coverings may be worn by all competitors. Head / neck coverings must be constructed of a solid white colour, be made of a soft and/or elastic material, and must not contain any hard materials, metal, grips or slides.

For Free Skills divisions, all head covering must fit fully within the safety headguard, and neck coverings must fit and remain within the confines of the Dobok jacket.

### **Hong**

The “Red” competitor.

The competitor whose name is listed in the first (upper) position on a match key, who takes their position on the right (R) side of the position on the right (R) side of the ring (to the right of the center when looking towards the front of Jury Table) when ready to compete.

### **Injury Time**

The three (3) minute maximum accumulated time period during a match in which the official timer is stopped, allowing the tournament medical personnel (doctor, or appropriate first aid attendant) to diagnose and treat an injury sustained during the course of the match.

The three-minute Injury Time will begin the moment the doctor is in front of the injured competitor and will end when the doctor departs. This time will be recorded, and if the doctor is called again during the same match, the injury clock will resume counting down from the last time point recorded.

At the end of the three (3) minute Injury Time, the medical personnel must make a final declaration as to the competitor’s ability to continue with the competition. Any competitor requiring more than three (3) total minutes of medical attention during a match will not be allowed to continue and will forfeit the match.

Regardless of the remaining Injury Time, in the case of a concussion examination, the Injury Time is at least 2 minutes.

**Interfere (Interference)** Any actions, articulations, words, sounds, or behaviours, which cause a disruption or distraction, or otherwise influence or manipulate a competition, a competitor's performance, the duties of an Official, or the potential outcome of a match.

**Jury Member** One of two officials assisting the Jury President in the administration of a Ring Council. The Jury Member is responsible for aiding in the management of the Competition Draw; recording data; ensuring that the correct competitors are present when called; and performing any other necessary business of the Ring Council. Jury Members are responsible to, and take directions from, the Jury President of their assigned Ring Council.

**Jury President** The Head Official in charge of and responsible for the overall administration of the rules of competition and the fair and professional operation of one (1) Ring Council at a tournament. The Jury President is the designated representative of the Tournament Committee for all matters pertaining to that individual ring and its operation and is responsible for the supervision of all other Officials assigned to that Ring Council.

**Loss of Consciousness** An altered mental state characterized by the inability of a person to respond to verbal and physical stimuli, often resulting from impact or trauma to the head or spine.

**Lowest Rank** For colour belts: The lowest rank is the 10th Gup and the highest rank is the 1st Gup.  
For black belts: The lowest rank is the 1st Dan and the highest rank is the 9th Dan.

## Medical Decision

The final decision or declaration by the tournament's Qualified Medical Personnel regarding the treatment of injuries and/or the subsequent ability of a competitor to continue the competition, either immediately or in the near future.

The decision of the tournament's Qualified Medical Personnel is final and irrefutable; as such it must be respected and adhered to by all persons\* (i.e. competitor, coach, officials, family). Any person insisting on contravening the Medical Decision will be immediately disqualified from the tournament and subject to future Administrative Action.

\*NOTE: The ITF Umpires and Inclusion Committee reserves the right to overrule a Medical Decision and prevent an athlete from returning to competition if, in their opinion, there is a continued risk to the competitor, the opponent, competition ethics, or other such concern. However, the ITF UI cannot overrule a Medical Decision and allow a competitor to continue against medical advice.

## Mixing Movements

In patterns, mixing movements occurs when a competitor performs two or more sequential movements from a pattern other than the pattern designated.

## Official Protest

A formal complaint presented to the Tournament Committee by an accredited coach as to an action or decision in contravention of the rules of competition, ethics, protocols and procedures, or concepts of equitable and fair play. An official protest may only be presented by an accredited coach and must be presented within five (5) minutes of the end of the match, in writing (In English) on the official protest form and must be accompanied by the appropriate tax.

Protests are presented to the Umpires and Inclusion Committee who will then meet, investigate, and make a decision as to the validity of the protest. The U&I Committee decision is final and binding.

### Outside of the ring

The moment that a competitor comes into contact with any area of the floor, outside of the boundaries of the playing surface, and has no portion of either foot in contact with the playing area of the ring. (I.e. two feet completely out of the ring and in contact with the ground; or one foot out of the ring, contacting the ground, while the other foot is off the ground.)

**Physical or motor disability** can be subdivided into four (4) main groups:

**Monoplegia:** affects only one limb.

**Hemiplegia:** affects only one side of the body.

**Paraplegia:** paralysis of both lower limbs.

**Hemiparesis:** impairment of one side of the body.

### Playing Surface

The floor, or horizontal portion of the official competition area, which is considered “in play,” and upon which a competitor is eligible to receive a score for their performance. The playing surface of the ring must be covered in non-slip safety matting.

### Ring

One of the official competition areas within a tournament, within which the competitions are conducted. A ring consists of the competition playing area, safety matting, Jury Table and chairs, Umpire Chairs, Coaches’ Chairs, and all associated equipment and supplies.

### Ring Council

The eight (8) -may be more- officials assigned to a given ring in order to administer, manage, conduct and score the performance of the competitors. A ring council is

comprised of one (1) Jury President, one (1) Jury Member, one (1) Computer Operator, one (1) Center Referee and four (4) Corner Umpires.

### **Soft Bandaging/Strapping**

The use of a soft, flexible bandage of cotton, elastic or other similar material to;

- temporarily cover a wound, laceration or similar injury,
- provide temporary control/relief of swelling,
- provide temporary soft support of tears or sprains,
- Without providing excessive means of mechanical support.

**\*See also: Athletic Taping, Soft Bandaging/Strapping**

### **Square**

The actual competition playing area, surfaced with appropriate foam safety mats of one (1) solid colour, surrounded by a perimeter of one (1) meter of mats of an opposing colour.

### **Start**

In Patterns: A pattern starts at the command of “Sijak” and is scoreable from the moment the command is issued. If, at the moment the command of “Sijak” is issued, the competitor is in the wrong ready position for the pattern to be performed, then the competitor will receive a score of zero for that pattern.

### **Tax**

A monetary fee assessed to a coach in order to initiate or present an Official Protest. This fee is charged in order to discourage frivolous Protests. If the Protest is accepted as valid and is supported by the decision of the Umpires and Inclusion Committee, then the tax will be refunded. If the protest is found to be invalid or without merit and is ruled against by the decision of the UI Committee, then the tax will be forfeited.

## **UIC Committee**

Umpires and Inclusion Committee. The committee of members that oversees and administers the actual operation of the tournament for Adapted Taekwon-Do. The UIC is responsible for the scheduling of rings and competitions, management and supervision of officials, investigation and decision of protests, and all other business of the tournament. The UIC Committee is the highest level of authority at a tournament, with jurisdiction over all matters, and, as such, their decisions are final and binding.

## **Undergarments**

Undergarments of a soft or elastic nature only, may be worn beneath the competitor's Dobok (beneath the top and/or trousers).

Undergarments must be of a solid white colour, be made of a single layer of soft and/or elastic material, and must not provide additional protection from impact, nor contain any hard materials, metal, grips or slides. Undergarments must not extend past the distal portion of either the wrist or the ankle.