

**C.T.F.I.  
Rules of  
Competition  
Coloured  
Belt and  
Black Belt  
Regional,  
Provincial  
and National  
Competition**

**CANADIAN TAEKWON-DO FEDERATION INTERNATIONAL**

**Rules of Competition  
Coloured Belt and Black Belt**

**Provincial, Regional  
and National  
Level Competition**

**Version 9.0  
2026**





# Canadian TaeKwon-Do Federation International C.T.F.I.

Rules of Competition  
Coloured Belt and Black Belt  
Provincial, Regional and National Competition

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## References:

INTERNATIONAL TAEKWON-DO FEDERATION - Tournament & *Umpire Rules and Regulations (various manuals and competition forms)*  
web site: <https://itftkd.sport/rules/#rules-regulations> 2026.



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**ITF Rules of Competition will overrule any and all discrepancies between this document and the official ITF Rules of Competition for all Black Belt Competitors.**

## **SECTION I – GENERAL**

### **T 1. PURPOSE**

The purpose of these rules is to elevate the quality of Taekwon-Do by scoring and detailing all important facets of competition, to provide for the safety of participants and to provide an equal opportunity for all participants to show the ultimate of their abilities in friendly competition with one another.

### **T 2. APPLICATION**

These are to be applied at the Regional, Provincial, Western Canadian / Eastern Canadian and National Championship, with the exception of the National Championships for Pre Junior, Junior and Adult Black Belts which is governed by the ITF Rules of Competition. Other exceptions may be granted at the Provincial and regional levels

Except where stated otherwise, these rules apply to:

- all male and female-coloured belts of all ages;
- all Black Belts under the age of 12 years old and over 35 years old;

### **T 3. OFFICIALS**

The members of the ring council, will be selected according to the rules of certified Umpires. Officials may be Red Belt or higher, 16 years of age or older.

All Black Belt competitors 16 years of age and older are **required** to officiate, if so requested, as **a condition of their registration**. Any such Black Belt competitor who does not fulfill his/her duties will be disqualified from the event with no refund or compensation of any monies paid, unless prior written arrangement has been approved by the Tournament & Umpire Committees.

Black Belt Head Coaches will be used to officiate Black Belt patterns. Any Black Belt Head Coach who does not fulfill his/her duties will be disqualified from the event with no refund or compensation of any monies paid, unless prior written arrangement has been approved by the Tournament & Umpire Committees.

Black Belt coaches will be used to officiate coloured belt competition.

### **T 4. DUTIES**

- One (1) Jury President will be seated at the Jury table, and will be responsible for decisions as written in the Umpire rules.
  - Minimum Class "B" CTFI certification required.
- One (1) Centre Referee will be in the square to control the match.
  - Minimum Class "B" CTFI certification required.
- Five (5) Judges for individual patterns, team patterns and pre-arranged sparring will be seated in a line facing the competition. For Coloured Belt, the number of judges can vary between 3 to 5 depend on the availability of umpires.
  - Minimum Class "C" CTFI certification required.



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- d. Four (4) Judges for sparring will be seated at the four corners of the square. They will give points in accordance with their judgement.
- a. Minimum Class "C" CTFI certification required.
- e. One (1) Jury member will be seated at the Jury table to keep match records.
- f. One (1) Jury member will be seated at the Jury table to check time and indicate the beginning, end and continuation of each match.

**Note :** For regional, provincial and vice national competition, Jury President and Jury Members may be volunteers as trained and appointed by the hosting committee.

In the event the positions of Jury President and/or Jury Member is undertaken by a volunteer, said volunteer will be responsible only for the administration of the results recording, bye sheets, recording of fouls and warnings and time keeping. All technical responsibilities, duties and obligations of ensuring that the match is conducted safely, fairly and in accordance to these rules becomes the responsibility of the Centre Referee, who, at such point, will act with the full authority of a Jury President, including such authorities as to disqualify a competitor.

**Note <sup>2</sup>:** Though all attempts to use certified CTFI Officials should be undertaken, in those instances where insufficient numbers of qualified Officials are present, Black Belt members of the appropriate age will be required to fulfill their conditions of registration and assist with the duties of officiating.

### **T 5. COMPETITORS AND EVENTS:**

The following age ranges will be used to guide creation of competition categories. Age ranges will be kept within 24 months where possible

#### **Age divisions:**

##### **Coloured Belts**

- a. 5 - 6 years old
- b. 7 - 8 years old
- c. 9 - 10 years old
- d. 11 - 12 years old
- e. 13 - 14 years old
- f. 15 - 17 years old
- g. 18 - 35 years old
- h. 36 - 45 years old
- i. 46+ years old

##### **Black Belts**

- a. 11 years old (Cadet)
- b. 15 - 17 years old (Junior)
- c. 36 - 45 years old (Senior)
- d. 12 - 14 years old (Pre-junior)
- e. 18 - 35 years old (Adult)
- f. 46 years and older (Veteran)



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## **COLOURED BELT DIVISIONS:**

- a. Individual Pattern
- b. Team pattern ages 12+ and Blue belt or higher
- c. Individual Sparring
- d. Specialty Breaking ages 12+ and Blue belt or higher
- e. Pre-Arranged sparring ages 12+ and Blue belt or higher

## **Individual - Coloured Belt**

### **A/B Patterns and Sparring**

- f. White Belt - Yellow Stripe
- g. Yellow Belt – Green Stripe
- h. Green Belt – Blue Stripe
- i. Blue Belt – Red Stripe
- j. Red Belt – Black Stripe

*NOTE: Coloured Belt divisions with fewer than 3 competitors may be merged with other groups at the option of the Tournament Director.*

## **Individual - Black Belt**

### **A. Patterns**

- a. 1st Degree
- b. 2nd Degree
- c. 3rd Degree
- d. 4th to 6th Degree

## **B. SPARRING**

All Degrees

Competitors shall compete in the divisions laid down in the following rules. All competitors must be healthy and registered with their Provincial Organization.

In the event that these rules are deemed to be in conflict with the Official ITF Rules of Competition for Pre Junior, Junior and Senior Black Belts, then the current ITF Rules of Competition will be acknowledged and accepted as the final authority, and all such actions will be based upon those rules.

## **T 6. DRESS**

- a. Officials must wear either the official Umpire's Uniform as laid down in the I.T.F. Umpires rules, or an ITF approved Dobok and Belt. No track suits or school/club clothing are allowed and the umpire must wear closed athletic white shoes. Full time umpires should wear official umpire attire with white shoes and blue tie or additional attire approved by the Umpire Committee. Officials not wearing the appropriate attire, unless expressly permitted by the Umpire Committee, will be removed from service and/or disqualified from the tournament with no refund of any monies paid.
- b. Competitors, both Black Belt and Coloured Belt, while competing must wear the "official approved" ITF TKD dobok with badges officially approved by the provincial organization. The Black Belt must be of the official dimensions, must indicate the competitor's degree and without vendor logo. Competitors may wear a white T-shirt under the dobok jacket. Coloured belts will be permitted to have the vendor logo and progression stripes on their belts.



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- b. Competitors may have the addition of the name of their province on the back of the dobok jacket, above the belt line. Competitors are prohibited to wear doboks with ANY country name on the back during National Championships of a World Championship selection year.
- c. Competitors are allowed, when not performing, to wear normal sportswear such as track suits, dressing gowns, training shoes, etc. however it is at the discretion of the Umpire & Tournament Committee. For opening and closing ceremonies competitors may wear the official ITF dobok or training suit.
- d. Drinking of alcoholic beverages or smoking whilst wearing the dobok is prohibited.
- e. Sponsorship is allowed on the left sleeve measuring 5 x 8 cm.
- f. ITF doboks with the Country name will not be allowed to be worn at the national championships of a qualifying year.
- g. ITF Kids uniforms will be allowed to be worn for non TKD kids divisions

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

Competitors ***MUST*** wear:

- a. Hand and foot safety equipment of an approved type. See **Appendix I** for Coloured Belt/Black Belt cadet, Senior and Veteran approved equipment.
- b. Head Guard of an approved type.
- c. Groin guards (male only) - must be worn inside the dobok trousers.
- d. Mouth guards – must be transparent.
- b. Competitors MAY, optionally, wear the following:
  - a. Shin protectors.
  - b. Breast protectors (female only) must be worn **INSIDE** the dobok jacket.
  - c. Groin guards (Female only) must be worn **INSIDE** the dobok trousers.

These all being of a CTFI approved type consisting of elasticized material with sponge or rubber type padding and containing no metal, bone or hard plastic or similar hard material whatsoever, nor involving the use of zip, lace or stud fasteners.

- d. Sports glasses MAY be worn upon approval from the Umpire Committee.

No other protective or safety equipment may be worn, except in special circumstances with the approval of the Umpire Committee via submitting an equipment exemption form.

- e. 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,
- f. All Tape/soft bandaging/soft strapping **MUST** be either white or skin-coloured 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.
- 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 sparring.



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

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

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, watches or other adornments may be worn
- j. Long hair must be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

### **T 8. MEDICAL ATTENTION**

Either One (1) Doctor or qualified First Aid personnel in possession of appropriate First Aid Equipment, in accordance with provincial requirement, shall be in attendance at all CTFI events. Recommendations given by Medical Staff, with regard to competitors' further participation following injury, must be adhered to. Any athlete or coach attempting to disregard the decision of Medical Care will immediately be disqualified with no refund of any monies paid, and will be recommended to the CTFI Disciplinary Committee for further action.

Qualified First Aid shall be deemed to be anyone certified to the Red Cross or St, John's Ambulance Advanced Level or higher, including though not limited to: Doctors, Physiotherapists, Paramedics, First Responders, Professional First Aid Personnel, and those holding provincially accredited First Aid designations above the mere basic level.

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

All competitors must be in possession of Personal Liability Insurance coverage for participating in the event as neither the host nor CTFI are not responsible for any eventuality and/or injury. It is the responsibility of instructors/coaches to provide proof of competitor liability insurance to the CTFI Tournament Director before their members are allowed to compete in any CTFI event.

### **T 10. INSURANCE – FOR EVENT**

All hosts must ensure that the event booked has all the necessary competitor, volunteer, director and public liability insurance, fire / health certificates and Government licenses that are required to host such events.

### **T 11. SQUARE**

For Coloured Belt competition, ring or square size will be a minimum of 7x7 meters floor space to a maximum of 8x8 meters. A 1m safety border around the playing area for Sparring competition

For Black Belt competition, all rings must be to the I.T.F. official standard of 8x8 meters for sparring. 10 x 10 for power and special technique, patterns and pre-arranged sparring.

A jig saw or similarly padded floor must be used at all times. In the event that said floor is unavailable, the tournament host may make written request (60 days in advance of event) to the C.T.F.I Tournament Director for Authorization to Vary Ring Size. Said authorization may be granted at the Directors discretion and will be provided in writing no later than 30 days prior to the event.

The official Jury table is in front of the square.



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## **T 12. RESULT RECORDING**

All tournaments will have some form of visual display indicating the warnings, fouls and round numbers, as well as the name of the designated pattern to be performed. These visual displays must be situated at each ring for the benefit of participants and audience.

## **T 13. DELEGATES**

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

## **T 14. COACHES**

For individual or team competition there will be only one (1) coach close to the square. During the tournament, coaches must wear a training suit, gymnastic shoes, medical exam gloves and carry a towel.

### MEDICAL EXAM GLOVES - COACHES

- a. All coaches MUST have medical exam gloves with them at all times while at the ringside. (Silicone, Nitrile, Neoprene, Latex, or other such medical gloves are permitted. These may be powder-free for those coaches/competitors with allergies).
- b. Coaches MUST supply their own gloves. Absolutely NO GLOVES will be supplied by the Tournament Host, Tournament Committee, or Medical team members.

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

- c. 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, Latex or other such medical gloves are permitted. These may be powder-free for those officials with allergies).
- d. Equipment Check Umpires MAY CHOOSE to wear medical exam gloves on both hands while executing their duties in the ring or while at ringside. (Silicone, Nitrile, Neoprene, Latex or other such medical gloves are permitted. These may be powder-free for those officials with allergies).
- e. The Tournament Host must supply appropriate gloves at each ring table for use by Officials.

Coaches will be seated at least one (1) meter away from the square. They must not interfere in the competition by action or words. **Only** officially accredited coaches are permitted to present an official protest.

Coaches are, at their option, allowed to attend at the square for Coloured Belt free sparring competition. For Black Belt, it is mandatory to have a coach present at the square during the sparring only. For the other events, a coach is optional. The coach must present their ID card to the jury table before the match.

Failure to abide by the above-mentioned rules may render the coach liable to be disqualified from his advisory position, and asked to leave either the ringside or tournament premises.

## **T 15. AWARDS (MALE AND FEMALE)**

### **INDIVIDUAL**

1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners are awarded with medals (except during category with Round Robin, there is only 1 third place)



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## **TEAM**

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

## **T 16. OFFICIAL TERMINOLOGY**

(A)	CHA RYOT	ATTENTION
(B)	KYONG YE	BOW
(C)	JUN BI	READY
(D)	SHIJAK	BEGIN
(E)	HAECHYO	SEPARATE
(F)	GAESOK	CONTINUE
(G)	GOMAN	END
(H)	JU UI	WARNING
(I)	GAM JUM	DEDUCTING POINTS
(J)	SIL KYUK	DISQUALIFICATION
(K)	HONG	RED
(L)	CHONG	BLUE
(M)	JUNG JI	TIME STOP
(N)	DONG CHON	DRAW
(O)	IL HUE JONG	FIRST ROUND
(P)	I HUE JONG	SECOND ROUND
(Q)	SAM HUE JONG	THIRD ROUND
(R)	SUNG	WINNER

## **T 17. DIVISION OF COMPETITION**

Competition is divided into INDIVIDUAL and TEAM match. Pattern and Sparring events will be decided by the pyramid tournament system. For the Black Belt individual sparring, 12 to 35 years old, the pyramid system will be used until the last four (4) semi-finalists who will then go into a round robin.

**N.B.:** Individual competitors may enter all items. Members of teams must be registered for individual competition.

### TEAM – Black Belt

Pre-Junior, Junior and Adult Team matches are divided into:

Male Team Patterns                      Female Team Patterns  
Male Team Free Sparring              Female Team Free Sparring  
Male/Female/Mixed Prearranged Sparring

### TEAM- Coloured Belt

Pre-Junior, Junior and Adult Team matches are divided into:

Male/Female Pre-Arranged Sparring Blue Belt-Black Stripe  
Male/Female Patterns: Blue Belt-Black Stripe



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

Any number of individual competitors may enter each event. Competitors **MUST** be registered in any individual event (Patterns, Sparring, Breaking, Special Technique) in order to compete in team events.

### TEAM

A minimum of 5 competitors + 1 reserve (optional) must compete in Team Pattern or Team Free Sparring competition.

A team of 2 competitors are required for Pre-Arranged Sparring. Changes of the team competitors are not allowed once they have been indicated for the various team events.

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

The order of match will be determined by the Tournament Committee and published several days prior to the competition.

## **T 20. WEIGHT CHECK**

Coloured Belt competitors are not required to have their weight checked.

All Black Belts must have their weight checked. Black Belts in the Pre-Junior (age 12-14), Junior (age 15-17) and Adult (age 18-35), in unmerged categories, must fall into the weight categories as specified by the ITF rules of competition. They must meet the weight category in which they registered to compete at the event taking place. Athletes not weighing within the weight range for their **registered** category will be disqualified from sparring competition with no refunds of any monies paid. Where categories for Pre-Junior, Junior or Adult Black Belts (age 12-35) have been merged, the competitor must fall within the weight boundaries of the merged category. These weight boundaries will be published when categories are finalized a week prior to the event.

Black Belts in Cadet (age 11), Senior (age 36+) or Veteran (age 46+) must weigh within +/- 3kg of their **registered** weight or they will be disqualified from sparring competition with no refunds of any monies paid

Weight checks for competitors will take place earlier than 24 hours and not later than one hour before the competition starts.

### **T 20a. CLOTHING ALLOWANCE**

For Black Belt weight checks, the procedure specified in the ITF Rules of Competition will be followed. Competitors must wear standard dobok pants and a t-shirt with short sleeves for their weight check. No shoes or other attire will be allowed.

At the time of weigh-in, each competitor shall be given a Clothing Allowance of up to (not to exceed) 0.5 kg in order to compensate for clothing worn during weigh-in.

## **T 21. DRAW FOR ORDER OF COMPETING**

Byes and draws for Coloured Belt competitors, Black Belt competitors, age under 12 and over 36 and teams will be performed by random computer generation at least one week in advance and will be co-verified by the CTFI Tournament and Umpire Directors for validity. Best effort will be made where possible to eliminate members from the same club meeting in the first round of competition. Black Belt competitors age 12-35 will be placed in categories according to seeding points from the CTFI Ranking System.

Once the first draft of Draw has been made, a Master Registration List will be provided for coaches/instructors to **verify registered information** (e.g. Age, gender, rank, size). At this time, the **ONLY** modifications accepted will be for errors in data entry made by coaches, or errors in category assignment made by the Tournament Administrators.

After confirmation of the first draft of Draws has been made, **NO further changes will be allowed**. All athletes and coaches are responsible to ensure that all information indicated on the Official Registration Form is accurate and



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complete. The tournament Host cannot and will not be held accountable for incomplete Registration Forms or forms indicating incorrect information. All athletes will be required to adhere to the information they provide on their Registration Forms. The tournament Host and CTFI Tournament Director are not responsible for incomplete Registration Forms or forms indicating incorrect information

## **T 22. ANNOUNCEMENTS**

It will be announced in which square an event will take place and it is the responsibility of the competitors/teams to be close to the square so that they may compete without delay when called upon to do so. They will be called to the red or blue side of the square complete with any equipment (such as safety equipment) which they require. Should they not come forward immediately, they will be given one (1) minute to appear, at which time their name will be called for a second time. Should the individual/team still not come forward to the square within one (1) minute from the second call then they will be disqualified.

## **T 23. EQUIPMENT CHECK**

Competitor's dobok and/or equipment check will take place outside of the square to ensure that they are of an officially approved type and that they are not defective. Should any item(s) not be satisfactory then they must be changed. When the competitor/team is called, he/she/they have a maximum of three (3) minutes to change what is requested, following which he/she/they will be disqualified and the match points awarded to the opponent where appropriate.

## **T 24. COURTESY**

Competitors must at all times bow to the Jury, and also to each other at the beginning and end of each performance / match. Any competitors, coaches, officials or spectators conducting themselves in any manner deemed to be unsportsmanlike, disruptive or disrespectful will be disqualified and asked to leave the tournament site with no refund of any monies paid.

## **T 24. SPECIAL VARIANCES**

In the best interest of sportsmanship, fairness, competitor safety and professionalism, such rare circumstances outside of, or not addressed by, these rules.

In the event of a circumstance where the application of, or adherence to, these rules is prohibitive or not in the best interest of safety and fairness, a written Application for Variance to these rules may be presented to the Umpire & Tournament Committee. Written application or variance must cite the rule for which the request applies, the reasoning for such request, and any supporting material necessary to provide full disclosure of the circumstances, and the desired outcome of the request.

In these circumstances, the Umpire & Tournament Committee will convene to make the best decision in the interests of safety and fairness, without such regard as personal, school or instructor influence. At all times such decisions must be made in accordance with or with regard to the spirit of the ITF Rules of Competition and general principles of sportsmanship and fair play. When approved, written applications for variances are only valid for the current event or specified timeframe as prescribed in writing by the Tournament Committee. Acceptances of a written request for variance does not, nor shall it ever, constitute precedence or accepted common practice.



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## **SECTION II - PATTERN**

### **T 25. GROUPS**

Male and Female.

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

#### **COLOURED BELTS**

The pyramid system of elimination will be used.

Competitors will perform one (1) optional Pattern simultaneously which may be the pattern for their rank or for the rank immediately below their current rank.

The Judges will choose the best competitor to go forward to the next round and indicate the winner by show of flags (blue or red).

#### **BLACK BELTS**

Black Belts aged 12-45 will compete 1 to 1 and will perform **simultaneously** two (2) Designated Patterns appropriate to their degree. The first designated pattern will be one of the last three patterns regarding the level of degree. The second designated pattern is from pattern Chon-Ji to the level of degree.

Black Belts aged U12 and 46+ will compete 1 to 1 and will perform **simultaneously** one (1) Designated Pattern chosen randomly from one of the last three patterns regarding the level of degree.

Black Belts age 36+ may have categories merged with a different rank. Patterns performed will be for the lower rank of the two competitors in the ring when their competition begins. (e.g. if a 3<sup>rd</sup> dan is matched with a 4<sup>th</sup> dan, only 3<sup>rd</sup> dan patterns will be used, but if a different match in the same category sees 2 4<sup>th</sup> dan competitors, 4<sup>th</sup> dan patterns will be used).

If Black Belts age 46+ are merged with 36+, they will perform separately 2 Designated Patterns as above.

### **T 27. PERFORMANCE AND DECISIONS – INDIVIDUAL**

#### **COLOURED BELTS**

Each category (Belt and Stripe) shall compete with their appropriate rank, except where categories have been merged. The optional pattern selected by the competitor must be the pattern for their rank or the pattern for the rank immediately below their current rank. It is prohibited to perform a pattern of a rank higher than that possessed by the competitor.

The system for scoring of Coloured Belt patterns will be by the judges show of flags and no draw is possible. There are no restarts allowed.

#### **BLACK BELTS**

- 1<sup>st</sup> degree will compete with 1<sup>st</sup> degree with the designated Patterns being any one from CHON-JI to GE-BAEK.
- 2<sup>nd</sup> degree will compete with 2<sup>nd</sup> degree with the designated Patterns being any one from CHON-JI to JUCHE.
- 3<sup>rd</sup> degree will compete with 3<sup>rd</sup> degree with designated Patterns being any one from CHON-JI to CHOI-YONG.



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- 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> degree will compete with 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> degree with the designated Patterns being any one from CHON-JI to MOON-MOO.

The system of scoring for Black Belt individual patterns will be the system prescribed by the current ITF Competition Rules.

In individual matches the following decisions will apply:

- To be declared the winner, a competitor must have a minimum of 2 decisions in their favor, AND they must have more votes from the judges than their opponent.
- The following table details the situations for winners and draws between the competitors. Note that this table only illustrates Red as the winner. The reverse situation will apply to Blue.

Judge 1	Judge 2	Judge 3	Judge 4	Judge 5	Winner
Red	Red	Red	Red	Red	Red
Red	Red	Red	Blue	Blue	Red
Red	Red	Blue	Draw	Draw	Red
Red	Red	Draw	Draw	Draw	Red
Red	Red	Blue	Blue	Draw	Draw
Red	Blue	Draw	Draw	Draw	Draw
Red	Draw	Draw	Draw	Draw	Draw

- If the decision of the judges results in a draw, then another designated Pattern (randomly selected from the remaining patterns allowable for the division) must be performed until the winner is decided.

### **PATTERN FOULS**

As of 2024, ITF has instituted Pattern Fouls for the following infractions in Black Belt Team Patterns. These will now be followed by CTFI:

- Incorrect technical performance of Charyot Sogi (Crossing of arms in preparation; Stamping while coming to attention, etc.)
- Not walking directly from edge of the ring to the pattern starting position
- Performing any stamping actions during entry into the ring
- Pausing during entry or exit from the ring to perform any technique or action
- Unsportsmanlike behaviour (Distracting behaviour at ringside whilst the other competitor performs)

### **T 28. ELIMINATION – PRE JUNIOR, JUNIOR AND ADULT – TEAM**

The pyramid system of elimination will be used.

### **T 29. PERFORMANCE AND DECISIONS – TEAM**

Both teams shall perform both one (1) optional and one (1) designated randomly selected pattern in the following order:

#### **BLACK BELT**

- Team 1 – Optional pattern.
- Team 2 – Optional pattern.
- Team 1 – Designated pattern.
- Team 2 – Designated pattern.



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The optional Pattern being any from CHON-JI to CHOONG-MOO.

The designated Pattern being any from KWANG-GAE, PO-EUN, GE-BAEK

## COLOURED BELT

- i. Team 1 – Optional pattern.
- ii. Team 2 – Optional pattern.

The optional Pattern being any from CHON-JI to CHOONG-MOO (Teams cannot perform any pattern higher than that is allowed for their lowest ranked competitor.

Competitors may line up in any format they choose and team members may perform movements individually, or together, as they choose, but it must be seen to be teamwork. For example: one team member may not perform moves of the Pattern on his own without the other team members following in unison.

The system of scoring for Team patterns will be the system prescribed by the current ITF Competition Rules.

When there is no electronic scoring system, the score cards will be given to the center referee. The center referee will give the score cards to the Jury President and the final result will be announced.

In team matches the following decisions will apply

- i. To be declared the winner, a team must have a minimum of 2 decisions in their favor, AND they must have more votes from the judges than their opposing team. The same system as individual patterns. Refer to the table present in the previous page.
- ii. If the decision of the judges results in a draw, then another designated Pattern (randomly selected from the remaining patterns allowable for the division) must be performed until the winner is decided.

## **TEAM PATTERN FOULS**

As of 2024, ITF has instituted Pattern Fouls for the following infractions in Black Belt Team Patterns. These will now be followed by CTFI:

- Incorrect technical performance of Charyot Sogi (Crossing of arms in preparation; Stamping while coming to attention, etc.)
- Not walking directly from edge of the ring to the pattern starting position
- Performing any stamping actions during entry into the ring
- Pausing during entry or exit from the ring to perform any technique or action
- Unsportsmanlike behaviour (Distracting behaviour at ringside whilst the other competitor performs)

## **T 30. OFFICIALS FOR ALL PATTERN DIVISIONS**

One (1) Jury President, two (2) Jury Members and five (5) Referees.



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## SECTION III - SPARRING

### T 31. INDIVIDUAL SPARRING DIVISIONS –COLOURED BELT AND BLACKBELT SENIOR AND VETERAN:

Following are recommended Weight Categories. *NOTE: Depending on the number and distribution of the competitors, the Tournament Director responsible for creating the categories and draws may modify the weight categories listed below.*

Male	Female	Male	Female
<p><b><u>5-6 years old</u></b> up to 21 kg over 21</p>	<p>up to 21 kg over 21kg</p>	<p><b><u>15-17 years old</u></b> up to 50 kg over 50 to 55 kg over 55 to 60 kg over 60 to 65 kg over 65 to 70 kg over 70 to 75 kg over 65 kg</p>	<p>up to 45 kg over 45 to 49 kg over 49 to 53 kg over 53 to 57 kg over 57 to 61 kg over 61 to 65 kg</p>
<p><b><u>7-8 years old</u></b> up to 25 kg over 25 kg</p>	<p>up to 25 kg over 25 kg over 75 kg</p>	<p><b><u>18-35 years old</u></b> up to 57 kg over 57 to 63 kg over 63 to 69 kg over 69 to 75 kg over 75 to 81 kg over 70 to 75 kg over 75 kg</p>	<p>up to 50 kg over 50 to 55 kg over 55 to 60 kg over 60 to 65 kg over 65 to 70 kg <b><u>12-14 years old</u></b></p>
<p><b><u>9-10 years old</u></b> up to 32 kg over 32 kg</p>	<p>up to 32 kg over 32 kg</p>	<p><b><u>36-45 years old</u></b> up to 68 kg over 68 to 78 kg over 78 kg</p>	<p>up to 55 kg over 55 kg</p>
<p><b><u>11-12 years old</u></b> up to 40 kg over 40 kg</p> <p>up to 40 kg over 40 to 45 kg over 45 to 50 kg over 50 to 55 kg over 55 to 60 kg over 60 to 65 kg over 65 kg</p>	<p>up to 40 kg over 40 kg over 81 to 87 kg over 87 kg up to 40 kg over 40 to 44 kg over 44 to 48 kg over 48 to 52 kg over 52 to 56 kg over 56 to 60 kg over 60 kg up to 75 kg over 75 kg</p>	<p><b><u>46 years and older</u></b> up to 55 kg over 55 kg</p>	

Black Belt Pre Junior, Junior and Adult Weight categories will follow the categories determined by the current ITF Rules of Competition.

### GENERAL NOTES

i. **ALL athletes of ALL weight divisions competing in Individual Sparring** must present themselves and mount the scale for official weight verification.

ii. In order for an athlete to compete, their verified weight **MUST** fall within the prescribed minimum and maximum weights. (+500 grams) for the division in which they officially registered



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The maximum weight is: For the division in which they are officially registered or was merged plus 500 g clothing factor.

The minimum weight is: For the division in which they are officially registered or was merged minus 4 kg allowed underweight plus 500 g clothing factor.

e.g. If the weight division is over 50 kg to 55 kg, the minimum weight is 46.55 kg ( $50-4+0.5=46.5$ , so 46.55 is over 46.5) and the maximum weight is 55.5 kg ( $55+0.5=55.5$ ).

iii. Weight Verification is only for confirming the competitor's registered weight.

a) It is an athlete's responsibility to ensure that their weight meets the minimum / maximum criteria prescribed for their registered division.

b) NO CHANGES OF DIVISIONS WILL BE ALLOWED!

i. Athletes are not permitted to move into another weight category from that which they originally registered or was merged for.

iv. All athletes competing in Individual Sparring are permitted one (1) Official Weight Verification.

vi. If an athlete does not meet the minimum / maximum weight (+500 grams) for their registered or merged division, they will be permitted one (1) additional opportunity to verify their weight.

a) Competitors not making their weight during their first weight verification shall have one (1) hour of time to return and present themselves for the 2nd and final weight verification.

b) Second verifications may be done earlier upon discretion and consent of the ITF Tournament Committee, and in compliance with Procedure 5.a

vii. If, upon second verification of weight, an athlete fails to meet the minimum / maximum weight (+500 grams) as prescribed for their registered or merged division, they will be disqualified from the event, with no refund of any monies paid.

Individual Sparring categories must consist of at least three (3) competitors. In all Coloured Belt and Black Belt categories, in the case of only one or two (1 or 2) competitors in either a weight or belt rank category, the categories will be merged by the Tournament & Umpire Committee. If the athlete chooses not to compete in the offered division, he/she has the option to withdraw from the competition.

### **T 32. DURATION OF BOUTS & DECISIONS**

**Individual elimination and final bouts will be as follows:**

- a. Coloured Belts: Elimination and Finals bouts will be (1) round of two minutes (2 min)
- b. Black Belts Pre Junior, Junior and Adult age categories: Elimination and Finals bouts will be two (2) rounds of two minutes (2 min) each with a one-minute break between rounds.
- c. Black Belts Cadet, Senior and Veteran Age 36+: Elimination and Finals will be two (2) rounds of one and one-half minutes (1.5 min) each with a one-minute break between rounds.
- d. For all categories, in the case of a draw, a further one (1) minute round will take place with no break. If this results in a further draw then the first scored point assigned by at least two (2) Referees will decide who the winner.
- e. Competitors competing in round robin (appendix 4) competition will receive a 3-minute break between matches.
- f. Competitors competing in single knockout competition and are competing in back-to-back matches will receive a 1-minute break in between matches
- g. When there is no electronic scoring system, the score cards will be given to the center referee. The center referee will give the score cards to the Jury President and the final result will be announced.

In individual matches the following decisions will apply:



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- i. To be declared the winner, a competitor must have a minimum of 2 decisions in their favor, AND they must have more votes from the judges than their opponent.
- ii. The following table details the situations for winners and draws between the competitors. Note that this table only illustrates Red as the winner. The reverse situation will apply to Blue.

Judge 1	Judge 2	Judge 3	Judge 4	Winner
Red	Red	Red	Red	Red
Red	Red	Red	Blue	Red
Red	Red	Blue	Draw	Red
Red	Red	Draw	Draw	Red
Red	Red	Blue	Blue	Draw
Red	Blue	Draw	Draw	Draw
Red	Draw	Draw	Draw	Draw

- iii. See Item T40 below for the action if the judges' decisions result in a draw.

### **TEAM**

- a. Black Belts Pre Junior, Junior, Adult, Senior and Veteran categories are allowed.
- b. Each team bout will be one (1) round of two (2) minutes.
- a. In team matches all of the judges' decisions from the five (5) bouts shall be counted. However, when all five (5) bouts are finished if the result is a draw, then each coach will select one (1) competitor to spar an extra bout of two (2) minutes. The team whose competitor wins this bout will be the winner.
- c. If at this time it results in a further draw then the first scored point assigned by at least two (2) Referees at the same split of a second will decide who the winner is.

N.B.: All five (5) bouts must take place and be completed. If one of the competitors withdraws in the event of an injury or to gain an advantage the opponent will be declared the winner. They will then be awarded 15 points to their total team score.

### **T 33. TARGET AREA**

- a. Head at the front and sides but not at the back. (With the exceptions of color belt contact rules)
- b. Trunk of the body from shoulder to navel vertically and from a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back). Legal Targets do not include the neck and/or throat.

### **T 34. POINT AWARDS**

- a. One (1) point will be awarded for:  
Any hand attack directed to appropriate target
- b. Two (2) points will be awarded for:  
Any foot attack directed to mid-section.
- c. Three (3) points will be awarded for:  
Any foot attack directed to the high section.



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## **T 35. SCORING PROCEDURE**

In competition a technique is valid when:

- it is executed correctly.
- it is dynamic, that is to say it is delivered with strength, purpose, rapidity and precision.
- it is controlled on the target

## **T 36. FOULS/MINUS POINTS**

One point will be deducted for the following offenses:

- Heavy Contact.
- Attacking a fallen opponent.
- Leg sweeping.
- Holding/grabbing.
- Intentional attack to an illegal target.

Unsportsmanlike Conduct\*

\* To include any action taken by a competitor that shows disrespect, lack of following directions or other unacceptable behaviors towards umpires, officials, or other competitors, including though not limited to: Failure or refusal to follow referee's directions, intentionally leaving ring/manipulation of time, inappropriate behavior/language....)

## **T 37. WARNINGS**

Warnings will be assigned for the following offenses:

- Pretending to have scored a point by raising the arm, or making consistent and inappropriate noises
- Stepping completely out of the ring (both feet).
- Falling down, whether intentional or not (this means any part of the body, other than the feet, touching the ground).
- Faking a blow, pretending to be injured to gain an advantage.
- Intentionally avoiding sparring.
- Adjusting equipment during the bout without the consent of the Centre Referee.
- Unintentional attack to an illegal target.
- Pushing with the hands, shoulders or body.

N.B.: The sum of three (3) warnings automatically means deducting one (1) point.

If an athlete is pushed out of the ring with intent (without undergoing a technique) then he will not receive a warning. The athlete who pushed shall receive a warning.

## **T37B. CTFI COLOURED BELT CONTACT MATRIX**

Age Group	Belt Rank	Contact Rules	Infractions
17 and Under	White Belt to Red Belt /Black Stripe	No touch to face. Can touch helmet (front and sides).	- Touch to face = <b>Foul</b> (Intentional Contact to an Illegal Target) - Heavy contact & head displacement = <b>Disqualification (decision by Center Ref/Jury)</b>
18 and Over (Adults)	White to Green Belt/Blue stripe	No touch to face. Can touch helmet (front and sides).	- Touch to face = <b>Foul</b> (Intentional Contact to an Illegal Target) - Heavy contact & head displacement = <b>Disqualification (decision by Center Ref/Jury)</b>



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Age Group	Belt Rank	Contact Rules	Infractions
18 and Over (Adults)	Blue Belt to Red/Black Stripe	Can touch face.	- Heavy contact = <b>Foul</b> - Excessive contact = <b>Disqualification</b>
All Ages	Black Belt	Can touch face.	- Heavy contact = <b>Foul</b> - Excessive contact = <b>Disqualification</b>

**Note:** If there are divisions where there is a combination of ranks (Green and Blue) then we should stay on the side of safety and the blue competitor should fall under the no touch to the face rule.

### **T 38. DISQUALIFICATION**

- a. Misconduct against officials or ignoring instructions.
- b. Uncontrolled or excessive contact.
- c. Committing three (3) fouls.
- d. Any competitor being under influence of alcoholic beverages or drugs.
- e. Loss of temper.
- f. Insulting an opponent, coach or official.
- g. Biting or scratching.
- h. Attacking with the knee, elbow, or forehead or any other illegal attacking tool.
- i. Being negatively responsible for causing a loss of consciousness (See article T. 39).

N.B.: A competitor who insults an opponent, coach or official will be disqualified from the rest of the competition and may be referred to the CTFI Disciplinary Committee.

### **T 39. INJURY**

a. When a competitor is injured, the Centre Referee must stop the match and call the Doctor. There will be a total of three (3) Minutes of time allowed per MATCH, for the doctor to diagnose, treat the wound and decide about the match and competitor continuation.

Note: The three-minute injury time will begin at the moment the doctor is in front of the injured competitor, and will end when the doctor departs. This amount of time will be recorded, and if the doctor is called again to the same match, the injury clock will resume counting down from the last point. Any competitor requiring more than three (3) minutes total accumulated time of medical attention during a match will not be allowed to continue and will forfeit the match.

b. In the appearance of a concussion, the doctor MUST make a concussion examination to determine whether the competitor can continue the competition. A concussion examination MUST be requested by the doctor or any umpire of the ring council, but NOT by the competitor or coach. A concussion examination must last at least 2 full minutes. Regardless of the remaining Injury Time, in the case of a concussion examination, the Injury Time is at least 2 minutes.

c. When a competitor cannot compete anymore because of the Doctor's decision the Jury President must call a member from the Umpire Committee to supervise the "Due Process" and according to the decision of the Ring Council (Jury President, Centre Referee and Corner referees)

- i. he/she is the winner if his/her opponent is responsible.
- ii. he/she is the loser if his/her opponent is not responsible.
- iii. An injured competitor that is unfit to fight cannot continue for the time/day(s) set according to the Doctor's decision.
- iv. A competitor that refuses to accept the Doctor's and/or the Ring Council decision will be disqualified and taken out of the competition. If two competitors injure themselves at the same time and both are unfit to fight according to the Doctor's decision, the winner is the contender that has more scored points at that moment. If the competitors are even, the Ring Council will decide about the bout.



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N.B.: A competitor who is negatively responsible for causing a loss of consciousness or causing a concussion in sparring competition may be disqualified. The unconscious or concussed competitor shall not be able to compete again during the whole event, and as such will forfeit any remaining matches or events.

### **T 40. BOUT PROCEDURE**

#### **INDIVIDUAL**

Competitors will commence the bout on the start positions each with a red or blue pair of hand and feet equipment or a blue/red flag tied to the back of their belt to differentiate between them. At the command of the Centre Referee the competitors bow in turn to the Jury table, then to the Centre Referee and then to each other.

The Centre Referee will then start the Sparring with the command “SHI-JAK” and the competitors continue to spar until the Referee issues the command “HAECHYO”. At this point the competitors cease to spar and remain where they are until restarted. On completion of time, the time keeper will raise his hand to inform the Centre Referee, but the bout only ends on the final comment “GOMAN” by the Centre Referee. (No bean-bag will be thrown) The reverse for bowing will ensure and the result will be declared. For the result, the corner judges will stand up to give a decision with the flag and the Jury President can see the score and give the final result.

If a competitor leaves the square, they must re-start one (1) meter inside the square.

In a draw situation, the competitors bow to each other and immediately begin the first overtime match which will last for 1 minute. There will be no rest break. Warnings and/or minus points from the initial bout(s) are not carried forward.

If a further draw occurs, the competitors immediately begin the second overtime “First Point Scored” bout. There will be no time limit on the second overtime bout. A minimum of 2 judges must recognize a point for a competitor to win.

#### **TEAM**

TEAM Bout procedure will be as individual. A coin will be tossed between the two (2) coaches. The winning coach of the toss decides which team sends its first competitor into the ring. The teams must then alternate until all 5 competitors have sparred.

### **T 41. TIMING**

On the first “Shi-Jak” (Start) command from the Centre Referee the timekeeper starts the clock until full time, unless the Centre Referee calls for a “time out” by saying “Jung-Ji”. At this time the timekeeper stops the clock until the next “Gae-sok” (Continue) command is given.

### **T 42. OFFICIALS FOR SPARRING COMPETITION**

One (1) Jury President, two (2) Jury Members, one (1) Centre Referee and four (4) Corner Referees.



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## SECTION IV – POWER BREAKING

### T 43. DIVISIONS

Black Belts only, age 15+, Male and Female may compete in Power Breaking.

### T 44. PROCEDURE

The rules for the Power Test will be the current rules specified by the ITF Black Belt competition rules. The Tournament Director may specify either the World Championships Rules (5 breaks for males, 5 for females) or the World Cup Rules (one hand and one foot technique of choice).

The following points outline the minimum boards to be used in the Power Breaking Competition, the minimum heights to be used in Special Technique Breaking and the procedures that need to be followed by competitors in each of these divisions. For Power Breaking, the number of boards refers to the minimum numbers of official boards to be used to commence each technique. All boards are to be inserted into the approved machine in the same sequential order, in the same relative positioning, and in the same board holder machine for each break.

**\*\*\* Board minimum counts for CTFI Regionals/Nationals may be less than the ITF World Cup/World Championships requirements. The rules in effect for the specific event, including board counts, will be published in advance of the tournament to ensure that competitors are aware**

WORLD CHAMPIONSHIP POWER BREAKING BOARD COUNTS			
KOREAN	ENGLISH	BOARDS Junior	BOARDS Adult
<b><u>MALE – Junior and Adult</u></b>			
Ap-Joomuk Jirugi	Forefist Front Punch	2	3
Sonkal Taerigi	Knifehand Strike	2	3
Yopcha Jirugi	Side Piercing Kick	3	4
Dollyo Chagi	Turning Kick	2	3
Bandae Dollyo Chagi	Reverse Turning Kick	2	3
<b><u>FEMALE – Junior and Adult</u></b>			
Ap Palkup Taerigi	Front Elbow Strike	1	2
Sonkal Taerigi	Knifehand Strike	1	2
Yopcha Jirugi	Side Piercing Kick	2	3
Dollyo Chagi	Turning Kick	1	2
Bandae Dollyo Chagi	Reverse Turning Kick	1	2



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WORLD CUP POWER BREAKING BOARD COUNTS				
KOREAN	ENGLISH	BOARDS Adult	BOARDS Senior	BOARDS Veteran
<b><i>MALE –18 years and above only</i></b>				
<b><i>One (1) hand technique and one (1) foot technique chosen from:</i></b>				
Ap-Joomuk Jirugi	Forefist Front Punch	3	2	2
Sonkal Taerigi	Knifehand Strike			
Yopcha Jirugi	Side Piercing Kick	4	3	3
Dollyo Chagi	Turning Kick			
Bandae Dollyo Chagi	Reverse Turning Kick			
<b><i>FEMALE –18 years and above only</i></b>				
<b><i>One (1) hand technique and one (1) foot technique chosen from:</i></b>				
Ap Palkup Taerigi	Front Elbow Strike	2	2	1
Sonkal Taerigi	Knifehand Strike			
Yopcha Jirugi	Side Piercing Kick	3	2	2
Dollyo Chagi	Turning Kick			
Bandae Dollyo Chagi	Reverse Turning Kick			

## **GENERAL NOTES**

- An appropriate mechanical holding device must be used throughout the Power Test Competition.
- Competitors are not permitted to add weight to the machine at any time.
- The Center Referee will determine if the machine is properly positioned and stabilized correctly; from this point on, **NO** adjustment to the location or stability of the machine is permitted.
- In order to ensure equality for each competitor, official plastic Re-Breakable Boards shall be used.

## **TIE BREAK PROCESS**

Step 1: Identify the Tiebreaker Scenario

- Determine which competitors require a tiebreaker and for which position.

Step 2: Select and Perform the Tiebreaker Technique

- The Jury President (JP) will summon the affected coaches and randomly select a technique for the tiebreaker.
- If none of the tiebreaker finalists successfully perform the technique in the first round, the number of boards will remain unchanged.
- If at least one finalist successfully breaks in the first round, an additional board will be added.

Step 3: Additional Tiebreaker Rounds

- If multiple tiebreaker rounds are required, the JP will randomly select a new technique from the pool of techniques
- If the same technique is selected as the previous round, the number of boards or height may be increased. (Same as previous process if one or more competitors are successful then the number of boards is raised by 1, if no one was successful then the number remains the same)
- The tiebreaker will continue until a winner is declared.

The number of boards **cannot be reduced** below the originally designated amount



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## **T 45. OFFICIALS FOR POWER BREAKING**

One (1) Jury President, one (1) Jury Member and three (3) Referees.

## **SECTION V – SPECIAL TECHNIQUE BREAKING**

### **T 46. DIVISIONS**

Blue belts & up ages 12+, Male and Female may compete in Special Technique breaking.

### **T 47. PROCEDURE**

The rules for Special Technique will be the current rules specified by the ITF Black Belt competition rules. The Tournament Director may specify either the World Championships Rules (5 breaks for males, 5 for females) or the World Cup Rules (Flying high front kick and flying high side kick).

For Special Technique Breaking, the minimum height refers to the height of the board, as measured from the surface of the floor to the lowest edge of the board.

**\*\*\* Board minimum heights for CTFI Regionals/Nationals may be less than the ITF World Cup/World Championships requirements. The rules in effect for the specific event, including board heights, will be published in advance of the tournament to ensure that competitors are aware**

WORLD CHAMPIONSHIP SPECIAL TECHNIQUE BOARD HEIGHTS				
KOREAN	ENGLISH	HEIGHTS Pre-Junior	HEIGHTS Junior	HEIGHTS Adult
<b>MALE – Junior and Adult</b>				
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	230 cm	250 cm	260 cm
Twimyo Dollyo Chagi	Flying Turning Kick	210 cm	230 cm	240 cm
Twimyo Bandae Dollyo Chagi	Flying 180 Reverse Turning Kick	190 cm	210 cm	220 cm
Twio Dolmyo Yop Cha Jirugi	360 Mid Air Kick	190 cm	210 cm	220 cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	120 cm	130 cm	140 cm
<b>FEMALE – Junior and Adult</b>				
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	200 cm	220 cm	230 cm
Twimyo Dollyo Chagi	Flying Turning Kick	180 cm	200 cm	210 cm
Twimyo Bandae Dollyo Chagi	Flying 180 Reverse Turning Kick	170 cm	180 cm	190 cm
Twio Dolmyo Yop Cha Jirugi	360 Mid Air Kick	170 cm	180 cm	190 cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	100 cm	110 cm	120 cm



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WORLD CUP SPECIAL TECHNIQUE BOARD HEIGHTS			
KOREAN	ENGLISH	HEIGHTS MALE	HEIGHTS FEMALE
<b>Pre-Junior</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	230 cm	200 cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	120 cm	100 cm
<b>Junior</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	250 cm	220 cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	130 cm	110 cm
<b>Adult</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	260 cm	230 cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	140 cm	120 cm
<b>Senior</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	250 cm	210 cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	120 cm	90 cm
<b>Veterans</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	240 cm	200 cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	110 cm	80 cm

## General Notes

- An appropriate mechanical holding device must be used throughout the Special Technique Test.
- The machine should be capable of indicating both a fully broken board and a half-broken board. The machine must be situated the same for each competitor.
- Competitors are not permitted to add weight to the machine at any time.
- Competitors are not permitted to touch the board or the machine at any time.
- The official will determine if the machine is properly positioned and stabilized correctly; from this point on, NO adjustment to the location or stability of the machine is permitted.
- The Tournament Committee will set the height for each technique.

## TIE BREAK PROCESS

### Step 1: Identify the Tiebreaker Scenario

- Determine which competitors require a tiebreaker and for which position.

### Step 2: Select and Perform the Tiebreaker Technique

- The Jury President (JP) will randomly select the breaking technique for the tiebreaker.
- If none of the finalists successfully perform the technique in the first round, the number of boards or height will remain unchanged.
- If at least one finalist successfully breaks in the first round, an additional 5 cm will be added.

### Step 3: Additional Tiebreaker Rounds

- If multiple tiebreaker rounds are required, the JP will randomly select a new technique from the pool of techniques
- If the same technique is selected as the previous round, the height may be increased. (Same as previous process if one or more competitors are successful then the height will be raised by 5cms, if no one was successful then the number remains the same
- The tiebreaker will continue until a winner is declared.

Heights **cannot be lowered** below the originally designated height.



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## **T 48. OFFICIALS FOR SPECIAL TECHNIQUES**

One (1) Jury President, one (1) Jury Member and three (3) Referees.

## **SECTION VI – PRE-ARRANGED SPARRING**

### **T 49. DIVISIONS.**

Blue belts & up ages 12+, The team can be made of 2 Male, 2 Female or one of each in Pre Junior, Junior and Adult Black Belt age groups.

Note: All teams must consist of athletes in the appropriate age division. Specifically, no team may contain both an adult and a junior athlete.

### **T 50. PROCEDURE**

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.

The rules and procedures for competition will be the ITF Rules of Competition current at the time of the competition.

### **PRE-ARRANGED SPARRING FOULS**

As of 2024, ITF has instituted Pre-Arranged Sparring Fouls for the following infractions in Black Belt Team Patterns. These will now be followed by CTFI:

- Incorrect technical performance of Charyot Sogi (Crossing of arms in preparation; Stamping while coming to attention, etc.)
- Not walking directly from edge of the ring to the pattern starting position
- Performing any stamping actions during entry into the ring
- Pausing during entry or exit from the ring to perform any technique or action
- Unsportsmanlike behavior (Distracting behavior at ringside whilst the other competitor performs)

### **T 51. OFFICIALS FOR PRE-ARRANGED FREE SPARRING**

One (1) Jury President, two (2) Jury Members and five (5) Referees.



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## **SECTION VII – ADAPTED CATEGORIES**

### **T 52. ADAPTED PATTERNS**

Competitors will perform one (1) optional Pattern simultaneously which may be the pattern for their rank or for the rank immediately below their current rank.

#### **PROCEDURE**

1. Competitors enter the ring together and bow as normal. The coach may enter the ring and stay near them for assistance.
2. Competitors will perform the pattern of their choice.
3. Competitors may perform patterns simultaneously, unless the coach requests to perform individually. No deductions
4. Competitors may have their coach visible and actively helping them by oral instruction or gesture, but the coach may not simply perform the pattern in time with the competitor.
5. A missed or extra movement due to disability is ignored. For example, putting a hand down to roll a wheelchair is not a deduction.

### **T 53. OFFICIALS FOR ADAPTED PATTERNS**

One (1) Jury President, two (2) Jury Members and three (3) to five (5) Referees.

### **T 54. MIXED ABILITIES**

#### **PROCEDURE**

1. Competitors will perform one at a time similar to prearranged patterns.
2. Competitors may use props such as boards for breaking, or kicking pads and punch mitts. Competitors will perform with their coach or assistant as a partner.
3. Only the competitor receives a medal (Nothing for the partner)
4. Minimum of 45 seconds to a maximum 75 seconds. Timer starts at "Si jak". and ends at "Go man".
5. Competitors will perform any techniques and abilities to showcase their skills.

After BOTH performances, Judges will decide the winner based on the below criteria

- a. TIME
- b. TECHNICAL ABILITIES
- c. POWER
- d. CREATIVITY
- e. TEAMWORK



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### **SECTION VIII – TKD KIDS**

#### **PROCEDURE**

Competitors compete 2 at a time performing simultaneously. They will be asked to demonstrate each of the following fundamental movements. Judges will give commands by count.

1. Stepping forward performing 3 walking stance middle punches
2. Stepping backwards performing 3 walking stance low blocks
3. Stepping forward performing 3 walking stance front snap kicks
4. Stepping backwards performing 3 walking stance rising block

Note: The techniques may be demonstrated by a ring council member if the competitor is having difficulty.

#### **T 55. OFFICIALS FOR TKD KIDS**

One (1) Jury President, one (1) Jury Member and three (3) to five (5) Referees.

#### **T 56 . BELT TAG “ SPARRING”**

Competitors will each wear a belt with **two flags** attached. The objective is to capture a flag from the opponent.

- Each captured flag earns **one point**.
- Play will be stopped after a flag is captured to allow for its replacement before restarting.

All competitors **MUST** wear helmet protection.

Round length: 90 seconds

Warnings will be issued for the following infractions:

- Running away from the opponent
- Falling
- Leaving the ring
- Grabbing or holding any part of the uniform or body other than the flag of the opponent
- Kicking, punching or contacting any part of the body with the intent to cause harm
- Three warnings will result in a loss of a point

The competitor with the most points at the end of the round will be declared the winner.

#### **T 57. OFFICIALS FOR BELT TAG**

One (1) Jury President, two (2) Jury Members and three (3) to five (5) Referees.



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## **SECTION IX – DISPUTE PROCEDURE**

### **T 58. PROTEST**

- a. Only a Coach can present a protest when a decision seems to violate the rules.
- b. Each protest must be written in the English language on the official protest form and presented to the Umpire Committee within five (5) minutes from the end of the match. The protest must be precise and circumstantial and must be accompanied by a tax that will be fixed by the Tournament Committee at the beginning of each tournament, in order to limit such protests to cases where decisions are really questionable.

Only in cases where the Umpire Committee positively accepts the protest the tax will be returned to the coach.

- c. The Umpire Committee will then examine the circumstances of the protest and will decide:
  - i. to validate the match;
  - ii. to repeat the match;
  - iii. to assign the victory of the match to the loser;
  - iv. to disqualify both competitors.
- d. In case of a protest, the winner cannot compete again before the decision of the Umpire Committee has been made.

### **T 60. DECISIONS**

- i. In order to give a decision, the Umpire Committee may call on anyone else they desire to give evidence concerning the protest.
- ii. On reaching a decision the Umpire Committee will notify all parties concerned of this decision.
- iii. The Umpire Committee will at all times base their decision on the rules laid down in this document
- iv. Video recording, audio recording and photographic recording may be used as evidence.

Once the decision has been made, the Umpire Committee will take the following actions

- No change in decision
- Reverse the decision
- Restart the match
- Restart the division
- Disqualify both competitors
- Assign victory to the other competitor
- Remove or assign points, Foul or time of necessary

Once the decision has been made, the Umpire Committee's decision is Final

### **T 57. DISQUALIFICATION**

The Umpire Committee, at their discretion, may remove from all further events at the championship any Team Managers/Representatives or Individuals who persist in arguing against decisions made by the Umpire and/or Tournament Committee.

The Tournament & Umpire Committee will consider the matter at a later date with a view to further action being taken.

### **T 58. 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.



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- b. automatic disqualification from all further events at the championship. Any and all medals from previously completed events in the competition will be revoked.
- c. further disqualification from future competitions as decided by the C.T.F.I. Disciplinary Committee and the Directing Board of the C.T.F.I.

### **T 59. ITF ANTI – DOPING CONTROL**

Doping control will be in accordance with ITF Anti-Doping Rules and WADA Anti-Doping Policy.

### **T 60. UNEXPECTED EVENTS**

The Tournament Committee shall make a decision in the case of a problem that may appear that is not mentioned in the Tournament rules.

### **T 61. C.T.F.I. TOURNAMENT AND UMPIRE COMMITTEE**

The C.T.F.I. Tournament Committee is the highest authority at CTFI Tournaments. The Tournament Committee consists of:

- a. C.T.F.I. Tournament Committee
- b. C.T.F.I. Umpire Committee

### **T 62. COPIES OF RULES**

A copy of both the C.T.F.I and I.T.F. Tournament Rules must be present and be accessible to all competitors and officials at all events governed by these rules.



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## APPENDIX I

### Approved Equipment

Black Belt: Cadet, Senior, Veteran  
Coloured Belts; All

Foam-dipped/polyurethane equipment is approved for Black Belt (Cadet, Senior, Veteran) and Coloured Belt competition (any solid colour).

However, equipment **must be replaced** if:

- It is torn or ripped
- It has been taped
- It no longer fits properly (e.g., toes are exposed from the boots)
- Gloves fully cover the hand (see below)

Example:

**MACHO**

**WARRIOR AND DYNA LINE**



Headgear with facemasks is only permitted with approval from the Umpire Committee. An equipment exemption form must be submitted to the Umpire Committee at least one week before the event





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## CENTURY



## DRAKO



## NOT APPROVED





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## APPENDIX II

### Additional temporary rules for genders, only valid for CTFI National and Regional Championships

Note: The following rules will be in effect until the International Taekwon-Do Federation confirms official permanent rules for international competition which will then replace these.

#### GENDER

##### 1. Gender Identity

Any binary gender, transgender or gender diverse person is eligible to compete in official CTFI Taekwon-Do competitions.

1.1. In the context of the following rules, the term “Female” refers to an individual living as and identifying as female on a full-time basis.

1.2. In the context of the following rules, the term “Male” refers to an individual living as and identifying as male on a full-time basis.

##### 2. Gender Nomination

A competitor is required to nominate their gender identity (as either male or female) at the time of registration for competition, and must be able to demonstrate a commitment that their nominated gender identity is consistent across other aspects of everyday life.

##### 3. Gender Transition

In the context of the following rules, the term “Transition (Ing)” refers to the process of changing one's gender presentation or sex characteristics to accord with one's internal sense of gender identity. Specifically, relating to the physiological and/or hormonal stage of transition.

##### 4. Gender Eligibility

When determining eligibility to compete in male or female competition categories:

4.1. Those who transition from male to female prior to the onset of puberty, or those who have not yet entered puberty will be eligible to compete in any female category without restriction.

4.2. Those who transition from female to male after the onset of puberty are eligible to compete in any male category without restriction.

4.3. Those who transition from male to female after the onset of puberty are eligible to compete only in following female categories:

4.3.1 Patterns, individual and/or team;

4.3.2 Pre-Arranged Sparring.

4.4. Those who transition from male to female after the onset of puberty are not eligible to compete in any of the following female categories:

4.4.1. Free Sparring, individual and/or team

4.4.2. Special Technique Breaking

4.4.3. Power Breaking



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4.5. If not eligible for female competition under the above rules, a competitor shall be eligible to compete in male competition.

#### **5. Confidentiality and Protection**

The rights and confidentiality of ALL competitors, coaches, umpires and officials shall be protected, respected, and upheld at all ITF events. Every individual has the right to choose whether to be open about their gender identity. Disclosing an individual's gender identity/transition/status without permission is a form of bullying, harassment, and a criminal offence. Such actions shall not be condoned nor allowed at any CTFI event.



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## APPENDIX III

### Approved Clothing

#### APPROVED DOBOKS AND BELTS

The following items have officially been approved by the CTFI Tournament, Umpire and IT Committees (TUIC) for CTFI Competitions.

*NO OTHER doboks are currently approved, or permitted, for use in CTFI competition*

#### 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. Female competitors may wear a white T-shirt under the dobok jacket.

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

**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:

- On the Right (R) sleeve. Positioned on the outside of the arm, between the elbow and shoulder.
- On the Right (R) pant. Positioned on the front of the thigh, between the knee and the waist.

#### Country Name

Doboks with "CANADA" on the back are permitted at all CTFI competitions, except during the National Championships in a qualifying year for the World Championships

#### BELTS

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

**Pre- Junior and Junior Black Belt:** Junior Competitors under the age of 18 years must wear a Junior Black Belt.

The Pre-Junior and Junior Black Belt:

- Of sufficient length to wrap only one time around the waist
- Width is a maximum of five (5) cm.
- Belt has a one (1) cm wide, white stripe running lengthwise through the center of the belt.
- White stripe is on one side (face) of the belt only.
- Belts must indicate the competitor’s degree in gold-coloured Roman Numerals, positioned transversely across one end of the belt
- Must NOT display the manufacturer’s logo

The belt may optionally:

- Indicate the competitors name on one end of the belt.
- Indicate the name “International TaeKwon-Do Federation” or “TaeKwon-Do” in Korean
- Indicate the name of the wearer’s National or Allied National Association
- The colour of any writing must be gold (yellow).



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**Adult Black Belt:** Competitors aged 18 and over wear an Adult Black Belt

The Adult Black Belt

- Of sufficient length to wrap only one time around the waist
- Width is a maximum of five (5) cm
- Colour is completely black.
- Belts must indicate the competitor's degree in gold coloured Roman Numerals, positioned transversally across one end of the belt
- Must NOT display the manufacturer's logo

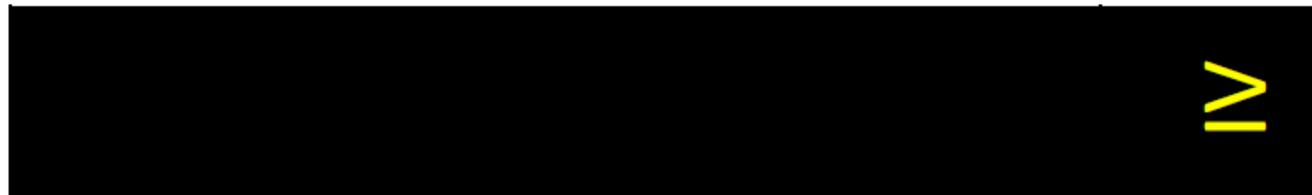
The belt may optionally: Indicate the competitors name on one end of the belt.

- Indicate the name "International Taekwon-Do Federation" or "Taekwon-Do" in Korean
- Indicate the name of the wearer's National or Allied Association
- The colour of any writing must be gold (yellow).



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**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

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



1. Name
2. International Taekwon-Do Federation in Korean Calligraph



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### Coloured Belt

#### All ITF Coloured Belts must confirm to the following criteria

- All coloured belts for Juniors and Adults must be of one colour.
- 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 or a stripe in the middle of the belt with the correct color of the gup
- Manufacturer Logo will be allowed to on one side of the belt (COLOR BELT ONLY)

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



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





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## APPENDIX IV Round Robin Sparring Rules

### Step 1: Preliminary Rounds

1. Each participant competes in against all other competitors in their group.
2. Match Duration: Each round follows the standard match duration set by the tournament. (2 x 2-minute rounds). There are no overtime rounds in the event of a draw.

### Step 2: Determine Initial Results

Point Allocation: assign the appropriate points to each competitor after each match.

#### Points:

**Win:** 3 Points

**Tie:** 1 Point

**Loss:** 0 Points

After all matches have completed, determine results based on the following criteria:

1. Most Wins: The participant with the most match wins is the group winner.
2. Tie Resolution: If two or more participants are tied, assess the following in order:
  - a. Total Match Wins
  - b. Most Flags: (total flags awarded across all matches)
  - c. Total Points Received: (each judge records points per competitor; a tracker sheet will be provided to the jury table)

### Step 3: Final Tiebreaker

If the tie persists after checking wins, flags and points:

1. A single deciding round (2 minutes) will be held.
2. First Point Wins: The competitor who scores the first point wins the match and resolves the tie.

#### Notes:

- Once the **Round Robin bracket** is finalized, a runner must deliver the updated draw sheet to the Tournament Committee.
- If a competitor is disqualified from a match, they may continue participating in the round-robin pool **unless disqualified for unsportsmanlike conduct**.
- Competitors with back-to-back matches will receive a **3-minute rest period** between matches.