

General Rules and Regulations for Point Sparring

- I. Protective Equipment
 1. Mandatory. All competitors must wear:
 - a. Mouth-guard.
 - b. Full hand protectors.
 - c. Full foot protectors.
 - d. Full headgear.
 - e. Other than the headgear, no other item will be worn on the head.
 - f. Male competitors must also wear groin cup and supporter on the inside of the dobok.
 - g. Safety equipment may not be taped for any reason.
 2. Optional. Competitors may wear:
 - a. Cloth or foam shin, shin/instep protectors.
 - b. Cloth or foam forearm guards.
 - c. Foam dipped/vinyl breast (women) and foam dipped/vinyl rib protectors, at their discretion.
 - d. All optional equipment must be worn under the dobok.
- II. Personal Requirements
 - A. Personal Requirements & Compliance. Competitors shall keep their nails short and are forbidden to wear any metallic article that may injure or endanger opponent. Any competitor whose hair, in the opinion of the Referee/Judges, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely.
 - B. Metallic Articles. The phrase "metallic articles" includes all hard objects, which may cause injury. It is not sufficient to cover a hard or metallic article such as a ring with tape or other covering. Eyeglasses are not allowed in sparring competition. Soft contact lenses are recommended.
 - C. Personal Hygiene. The personal hygiene of all competitors shall be of the highest standard. Any competitor wearing an excessively unkempt or dirty uniform will be required to change it immediately (refer to Article III. Compliance for time allowance and subsequence penalty invoked). If the competitor cannot or will not comply, the Referee shall declare the opponent the winner.
 - D. Medical Tape. A maximum of two layers of tape are allowed except in the case of an injury. For an injury, the minimum amount of tape that will protect the area should be used. If there is a question, the Referee should have the wrapping examined and approved by the tournament physician. Under no circumstances will a hard splint or cast be allowed, no matter how small.
 - E. Drugs. The administration or use of drugs (except antibiotics or other medically prescribed therapeutics), alcohol, stimulants, or injections in any part of the body, either before or during a match, to or by any contestant is absolutely prohibited. Any contestant violating these rules will be disqualified.
 - F. Eyeglasses. Only "sport"eyeglasses will be allowed in point sparring competition. Soft contacts are highly recommended.

III. Compliance

- A. If a competitor, upon being called to the center of the ring to compete, is found in violation of Articles I and/or II (Protective Equipment and Personal Requirements) that competitor will receive one minute to come into compliance. If within that one minute the competitor returns to the center to compete, he/she will receive a kyong-go (half point deduction) and the match will begin. If he/she does not return to the center ready to compete at the end of one minute an additional one minute count down will begin. If that competitor returns to the center with the second one minute period then the competitor will receive a gam-jeom (full point deduction) and the match will begin. If the competitor does not return within the total two minute grace period then that competitor may be disqualified.

IV. Officials (Referees, Judges and Technical Advisors)

A. The Referee shall:

1. Make every effort to insure the safety of the competitors.
2. Control the competition.
3. Physically inspect the competitors before the match.
4. Give pre-competition instructions when necessary, declare the end of the match, and give warnings and commands such as "kal-yeo" (break) and "kae-sok" (continue).
5. Call the deduction of points, disqualifications and cast a vote for points as he/she sees fit.
6. Stop the timekeeper's clock when necessary.
7. State his/her opinion about decisions, deduction of points, warnings, and the winner when requested by the Technical Advisor and/or arbitration committee.
8. The Referee may stop the match due to a mismatch. This can be done with or without consultation of the Judges.
9. Verify the recorded scores are correct prior to awarding of the match.

B. The Judges shall:

1. Be positioned around the ring and assist the Referee as needed.
2. Cast a vote for point through the use of the flag as each occurs.
3. Offer an opinion on disqualification and minus points when asked by the Referee.
4. Indicate by use of hand signal when face contact is made upon request of Referee.

C. The Computer Operator Shall Perform the Following Functions:

1. Shall follow instructions from the Referee to record penalties and keep time electronically.
2. Shall be responsible for keeping the official time by starting and stopping the clock on the Referee's orders, and for announcing the expiration of the official time period.
3. Note: Even if the Referee has not declared Keu-man (stop), the match shall be regarded as having ended when prescribed time is over. Penalties and point(s) can be awarded after time as long as the penalty and point(s) occurred during regulation time.
4. Shall keep a record of the results of each contest (win, loss)

V. Official Signals and Language

A. Officials shall use authorized gestures and terminology, as indicated below during the competition.

1. Referee

a) Before the Match

- (1) Calling the Competitors: The Referee stands at his mark in the ring, with both arms bent at a 45 degree angle and the index fingers extended. He then calls the competitors to their marks by saying "Chung" (blue) and pointing the right index finger down to a 45 degree angle and slightly forward towards the athlete's mark in the ring, and then repeating the same procedure with the left hand for 'Hong" (red).
- (2) Bow in the Competitors: The Referee shall rise both arms (triceps parallel to the floor and at eye level), hands open (palms facing inward) and forearms bent vertically at the elbows and say "Char-yeot" (attention), to indicate that the competitors should face one another and come to attention. Next the Referee shall extend the palms downward and parallel to the floor at chest level while saying "Kyeong-rye" (bow) to indicate that the competitors should bow to one another.
- (3) Examine the Competitors: The Referee shall then physically examine the two competitors (blue first) to insure that all the requirements above have been followed.

b) To Start the Match:

- (1) The Referee shall then assume a front stance, left foot forward, and execute a chest level right knife hand downward strike between the opponents while commanding, "Joon-bi" (ready).
- (2) Next, the Referee shall extend both arms out to the side at a 45 degree angle as he/she pulls the left foot back to a "cat stance", simultaneously bringing the arms in parallel, to the floor, shoulder width apart, palms facing inward and command "Shi-jak" (begin).

c) To Temporarily Halt the Match:

- (1) The Referee shall say "Kal-yeo" (break) while extending the right hand in a sharp, shoulder-level knife hand downward strike between the opponents while standing in a left foot forward walking stance.

d) To Temporarily Halt the Match for a Point Call:

- (1) The Referee shall say "Kal-yeo" (break), both competitors will return to their starting position, and standing between them with both arms parallel to the floor, palms down and fingertips touching, command "Judges Call".

- (2) Upon his command for "Judges Call" the Referee shall indicate his/her vote for point by extending the appropriate arm, with the palm up, in the direction of the contestant who he/she thinks scored a valid point.
- (3) Judges must indicate by use of flags whether a point(s) was scored and by which player.
- (4) Upon verification that a point(s) was scored, the Referee will use the arm nearest the competitor scoring the point(s), bend the elbow and extend the index finger towards the scorekeeper. Announce the player's color, either "Chung" (blue) or "Hong" (red). He/she will use that same arm that is nearest the competitor who scored the point(s), cross it across his own chest to the shoulder opposite the player scoring the point(s) and then sharply extend the arm with the number of points scored by extending that many fingers over the scoring competitors head. At the same time announce the number of points to be awarded. i.e. Il-jeom (one point) or Ee-Jeom (two points).
- (5) The scorekeeper will repeat EXACTLY what the Referee just announced and record the points on the score sheet.

e) To Award the Joo-eui (Warning):

- (1) The Referee shall break the competitors with the "Kal-yeo" (break) command at the spot where the violation took place. (To declare a Shi-gan is optional)
- (2) He/she will face the perpetrator of the offense and acknowledge them "Chung" (Blue) or "Hong" (Red) while pointing to the perpetrator's forehead with the right forefinger, extending the interior of the arm to 135 degrees.
- (3) Finally, the Referee will turn the right palm forward to the contestant's face and wave it once from right to left to right and declare a "Joo-eui" (warning),

f) To Award a Kyong-go (Half-Point Deduction):

- (1) The Referee shall break the competitors with the "Kal-yeo" (break) command at the spot where the violation took place and then turn to the timekeeper to declare "Shi-gan" (non-injury timeout).

- (2) Next, the Referee will face the perpetrator of the offense and place his/her right fist, forefinger extended behind his/her right ear and then point to the perpetrator's forehead, extending the interior of the arm to 135 degrees and acknowledge them as either "Chung" (blue) or "Hong" (red). Next he/she will place his/her right fist, forefinger extended to his/her left shoulder and then point at the forehead of the pertinent contestant, and arm fully extended and declares "Kyong-go" (Half-Point Deduction).
 - (3) Insure that the scorer shouts back "Chung" (blue) or "Hong" (red), "Kyong-go" (Half Point Deduction).
- g) Award a Gam-Jeom (Full Point Deduction)
- (1) The Referee shall break the competitors with the "Kal-yeo) Command at the spot where the violation took place, and then turn to the timekeeper and declare "Shi-gan" (Non-injury time-out).
 - (2) Next, the Referee will face the perpetrator of the offense, place his/her right fist, forefinger extended behind his/her right ear and then point to the perpetrator's forehead, extending the interior of the arm 135 degrees and acknowledge them either "Chung" (blue) or "Hong" (red).
 - (3) Still facing the perpetrator, the Referee will assume "Char-yeot" (attention) stance, drop the hands down to his/her sides, close the fist and then vertically raise his/her right fist, forefinger extended, and declare "Gam-jeom" (Full-Point Deduction).
 - (4) Insure that the scorer shouts back "Chung" (blue) or "Hong" (red), "Gam-jeom" (Full Point Deduction).
- h) To Continue the Match:
- (1) The Referee shall say "Kye-sok" (continue) while striking sharply downward from the ear with a right knife hand and returning upward again.
- i) To Reverse a Violation Call:
- (1) The Referee shall repeat the wrong signal, then wave the right palm twice horizontally from tight to left as wide as the shoulders while facing the scorekeeper. He will then declare the proper infraction.
- j) To End the Match:
- (1) The Referee shall say "Keu-man" (stop) and command the competitors return to the starting position. The Referee shall then approach the table and be informed of the winner. The Referee will bow out the

competitors following the same procedure used above to bow in the competitors. (Athletes should not remove headgear until they are bowed out).

k) To Award the Winner:

- (1) Next, the Referee will instruct the athletes to remove their headgear. Still standing between the two competitors and facing the score table, he/she will drop both hands to his/her side, raise the right arm with the closed fist to the sternum, continuing to raise the right arm in a knife hand up at a 45-degree angle with the palm facing upward and declare "Chung Sung" if Blue is the winner. If Red is the winner, follow the same procedure with the left hand and declare "Hong Sung".

2. Judges.

a) To Temporarily Halt the Match for a Point Call:

- (1) The Judge shall say "Ki-hap" (yell) loudly while extending his/her flag to a position parallel to the floor at chest level. This signifies the intent to score a point if called to do so. Any Judge who sees a point should ki-hap and extends his/her flag to a position parallel to the floor at chest level regardless of the number of other officials who do so.

b) To Make a Call:

- (1) The judge that has presented their flag, signifying the intent to score a point(s), will upon the referee's command "Judges Call", flip the flag perpendicular to the floor. The color of the flag corresponding to the player that the judge feels scored the point(s) will be pointed upward.
- (2) To award one point the judge will flip the appropriate color flag perpendicular to the floor upon the Referee's command "Judges Call".
- (3) To award two points the judge will flip the appropriate color flag perpendicular to the floor while raising a hand high above the shoulder and extending two fingers upon the Referee's command "Judges Call".

c) To confer with the Referee: The Judge shall Ki-hap loudly and stands up.

VI. Awarding Points

A. A Majority of the officials must concur for a point to be awarded.

B. Examples of majority calls with five officials:

1. In the case of 3 Officials calling for point: If two Officials call for two points and one Official calls for one point, two points shall be awarded.
2. In the case of 4 Officials calling for point: If two Officials call for two points and two Officials call for one point, one point shall be awarded.

C. Examples of majority calls with three officials:

1. In the case of 2 Officials calling for one point: If one Official calls for two points and one Official calls for one point, one point shall be awarded.

VII. Age, Belt and Weight Divisions

A. Competition shall be divided by Age, Belt Weight (lbs.) and Height, and Gender whenever possible. In the interest of good competition and safety/fairness, tournament officials may combine or divide divisions. These divisions are intended as a guideline.

1. Age divisions:

6 & 7
8 & 9
10 & 11
12 & 13
14 & 15
16 & 17
18 – 30
31 – 40
41 – 50
51 & up

2. Belt divisions:

Novice
Intermediate
Advanced
Black Belt

3. Competitors will be divided by age, belt rank and gender. Those divisions will then be divided into three separate divisions based on the height relative to the others competing in that age, gender and belt division if necessary. Height is a more important factor than weight when competing in controlled contact point Style Sparring.

VIII. Duration of Competition

- A. Colored Belt Rounds. All colored belt matches shall consist of two 90-second rounds with a 30-second rest between rounds.
- B. Black Belt Rounds. All Black belt matches shall consist of two, two-minute rounds with a 30 second rest between rounds.
- C. Advanced & Black Belt Combined. When Advanced (Red/Brown) belts are combined with Black belts, all matches shall consist of two, two-minute rounds with a 30-second rest between rounds.
- D. Rest Time between Semi-Final & Final Match. Competitors shall be allowed at least a two-minute rest between semi-final and final matches.

- IX. Authorized Implements for Scoring Points
 - A. Hand. Closed fist (Fore fist and Back fist) and reverse knife hand (a.k.a. ridge hand). All other hand techniques will be considered unauthorized and the proper penalty will be assessed.
 - B. Foot. Any part of the foot below the ankle.

- X. Authorized Areas for Scoring Points
 - A. Head Area. Only that area of the head protected by the headgear shall be considered a legal target area including that area of the forehead covered by the gear. The face area shall NOT be a target area!
 - B. Body Area. Includes the area of the body from the collarbone to the belt in the front and to the “posterior axillary line” on both sides (i.e. to the imaginary line drawn down the side from the back crease of the armpit).

- XI. Illegal Target Areas
 - A. Illegal target areas shall include, but are not limited to:
 - 1. The face area
 - 2. The neck and throat
 - 3. The back, including the kidney area
 - 4. The groin
 - 5. The joints
 - 6. The legs

- XII. Points (Valid Scores)
 - A. One point shall be awarded for any valid hand technique executed to the legal body area.
 - B. One point shall be awarded for any valid hand technique executed to the legal head area. For hand techniques to be awarded a point, the contact must be light and controlled.
 - C. Two points shall be awarded for a valid foot technique executed to the legal body area. Contact to the legal scoring area of the body must be light to moderate.
 - D. Two points shall be awarded for a valid foot technique executed to the legal head area. The foot techniques to be awarded a two points, the contact must be light and controlled.

- XIII. Referee Stops Contest (RSC)
 - A. The Referee may stop any match under the following circumstances:
 - 1. When the Referee or tournament physician determines that a contestant should not continue.
 - 2. When the contestant’s coach “throws in the towel” to stop the fight.
 - 3. When a contestant protests a Referee’s call and does not continue the contest at the Referee’s command within one minute.
 - 4. When the Referee declares a mismatch.

XIV. Procedures for Suspending A Match

A. The following procedures are used to stop the match for non-injury time such as equipment adjustment, removal of foreign objects from competition floor, etc. or for an injury such as accidental falling or an injury from a prohibited act.

1. To suspend a match for any reason other than injury the Referee shall:
 - a) Declare "Kal-yeo" to stop the competitor action.
 - b) Order the timekeeper to suspend the time by declaring "Shi-gan" (non-injury timeout) using the proper hand signal.
2. To suspend a match for injury the Referee shall:
 - a) Declare "Kal-yeo" to stop the competitor action.
 - b) Order the timekeeper to suspend the time by declaring "Kye-shi" (injury timeout) using the proper hand signal. (Kye-shi time shall not exceed one minute.)
 - c) Allow the injured competitor to receive first aid (within one minute).
 - d) Contestants will receive one injury 'time out' per match per injury. Once initial injury "time out" has expired, contestant may not receive another injury "time out" for the same injury.
 - e) If the injured competitor cannot continue the match after one minute the Referee shall:
 - (1) Declare the injured competitor the loser if the injury was not the result of an attack.
 - (2) Declare the injured competitor the loser if the injury was the result of an act that would not have resulted in a penalty for the attacking competitor.
 - (3) Declare the injured competitor the loser if the injury was a result of a prohibited act that would have been assessed a Kyong-go (half-point) penalty.
 - (4) Declare the injured competitor the winner if the injury was the result of a prohibited act that would have been assessed a Gam-jeom penalty.
 - (5) Declare a winner based on the score before the injury if both contestants are injured and cannot continue.
 - (6) May consult with the Judges to make a decision.

XV. In the event of a Tie Score

- A. If at the end of regulation time the score is tied, the competitors shall continue the match until the first full point net change in score to determine the winner.
- B. This may occur through actual scoring or deductions.
- C. At the conclusion of regulation time, any odd kyong-go infractions will be dropped before sudden death.

XVI. Decision

- A. Determination of winner shall be made as follows:
 1. Win by Referee stops contest (RSC).
 2. Win by Score.
 3. Win by seven point gap.
 4. Win by Withdrawal.

5. Win by Disqualification.
 6. Win by Referee's punitive declaration.
- B. Seven Point Gap Rule
1. For ages 14 & up, the match ends immediately upon a seven point gap in score.
 2. For ages 13 & under, the seven point gap is not considered until the end of the 1st round. If a seven point gap or greater exists at the end of the 1st round then the match is over. Otherwise the 2nd round will begin and continue until a seven point gap is obtained or end of match time.
- XVII. Prohibited Acts
- A. The Referee shall declare penalties on any prohibited acts.
 - B. In the case of multiple penalties being committed simultaneously, the heavier penalty shall be declared.
 - C. Penalties are divided into Kyong-go (1/2 point) and Gam-jeom (full point) deductions.
 - D. Two Kyong-gos shall be counted as a deduction of one point.
 1. However, the last odd kyong-go shall not be counted in the grand total.
 - E. A Gam-jeom shall be counted as a minus one point. All Gam-jeoms are counted in the grand total.
 - F. Joo-eui (Verbal Warning)
 1. Only one Joo-eui per infraction, per round, per competitor.
 2. A Joo-eui does not affect points, but a "Kyong-go" must be given in the event the athlete repeats the same act during the same round. Therefore, if an official gives a Joo-eui for falling down, he must give a Kyong-go if the athlete falls again and it is not the result of a knockdown or the result of being pushed down by the other athlete.
 3. Joo-euis are only given for incidents related to Kyong-gos and never for Gam-jeoms.
 - G. Kyong-go Penalties (Half Point Deductions)
 1. Evading by turning the back to opponent.
 2. Intentionally falling down.
 3. Avoiding the match.
 4. Grabbing, holding or pushing the opponent.
 5. Pretending injury.
 6. Crossing the boundary line with both feet.
 7. Uttering undesirable remarks or misconduct.
 - H. Gam-jeom Penalties (Full Point Deductions)
 1. Attacking the opponent after "Kal-yeo" (break)
 2. Throwing down the opponent by grappling the opponent's attacking foot in the air with the arm or by pushing the opponent with the hand.
 3. Making contact with an unauthorized implement.
 4. Making non-incident contact to an unauthorized area.
 5. Excessive contact (may also result in a disqualification).
 6. Interrupting the progress of the match on the part of the contestant or coach.
 7. Attacking the fallen opponent.
 8. Uncontrolled Attack.
 9. Violent or extreme remarks or behavior on the part of the contestant or coach.
- XVIII. Any combination of half point or full point deductions, which brings the total of "minus" points to four (4), shall cause that competitor to be declared the loser.

- XIX. Automatic Disqualification
 - A. Injuring the opponent's face or neck.
 - 1. Drawing blood does NOT automatically infer that the attack was excessive or malicious, or that the face or neck was, indeed, injured.
 - B. Injuring the opponent by a malicious or excessive attack.