

# SPARRING

Participants will be matched up as close as possible according to age, gender, rank and weight. In the event that there are not good partners for any participants, the organizing committee will do their best to create an “exhibition match” for the contestant. This match is optional for both participants.

- Each participant will be responsible for their own safety equipment (headgear, shin and instep pads, forearm pads, groin cup (male only) and mouthpiece. sparring gloves are required for athletes 12 and older.
- Scoring with electronic chest protectors will be used ages 12 and older. Participants will be responsible for providing their own Daedo Scoring Socks (some socks *may* be available for purchase at the event, but it is recommended to secure your socks prior to the event.)
- Matches will be 2 rounds of 90 seconds each with a 30 second rest in between.
- Head contact is allowed following the USA Taekwondo head contact rules:

## **NO HEAD CONTACT**

Ages 7 and under (All Belts)

Ages 11 and under (Color Belts)

## **JUNIOR SAFETY RULES – Light Head Contact**

Ages 8 – 11 (Black Belts)

Ages 12 – 14 (All Belts)

Ages 15 – 17 (Color Belts)

## **FULL HEAD CONTACT**

Ages 15 – 17 (Black Belts)

Ages 17 and up (All Belts)

- Points will be awarded as follows:
  - 1 Point for kick to body
  - 3 Points for turning kick to body
  - 3 Points for kick to head
  - 4 Points for turning kick to head
- 1 Point will be awarded for every two Kyung-gos or every one Gam-jeom given to the opponent.
- The athlete with the most points at the end of the match will be the winner.
- The following are prohibited: intentional contact above the collar bone or below the belt, pushing, holding, grabbing, butting (with head or knee), tripping, intentional falling, intentionally going out of bounds, turning your back to avoid fighting, and unsportsmanlike

conduct. (Each 2 warnings will cause one point to be added to the opponent's total score. 10 warnings will cause disqualification).

- In the event of a tie a sudden death overtime round will take place. First point scored will win the match. Point will be determined either by the PSS, or the Center Referee for divisions not using PSS.