



## Rules of World Taekwondo Style Sparring

### Competition Area

Taekwondo Sparring may take place in either a square or octagonal area with approved padded mats on the floor. The competition area will consist of a contest area surrounded by a safety area. The contest area should be approximately 8m x 8m. The competitors should start the match at two opposing points, 1m front the center point of the contest area.

### Uniform and Equipment

Competitors must wear approved white uniforms and appropriate belts. Color belts should wear a white-collared uniform and black belts should wear a black-collared uniform. Competitors must wear an approved chest guard, helmet, mouth guard, groin cup, gloves, forearm guards, shin guards and instep guards. Depending on the tournament, competitors may wear electronic chest guards, instep guards and helmets. The groin cup, forearm guards and shin guards should be worn underneath the uniform. Jewelry, with the exception of religious items, is prohibited.

### Divisions

Competitors are divided by weight, gender, age and belt rank. Specific weight divisions may vary based on the tournament. Weight classes may be combined depending on the number of competitors.

### Duration of Matches

Contests should consist of three rounds of two minutes each, with a one minute rest period between each round. In the case of a tie, a fourth round of one minute will be conducted.

### Scoring Techniques

Competitors are allowed to punch to the chest guard and kick to both the chest guard and head. Certain junior divisions may only be allowed to contact the chest guard. Points will be awarded by the ringside judges and/or the electronic scoring system. The following are valid points:

- 1 point for a valid punch to the chest guard
- 2 points for a valid kick to the chest guard
- 3 points for a valid kick to the head
- 4 points for a valid spinning kick to the chest guard
- 5 points for a valid spinning kick to the head
- 1 point awarded for every "Gamjeom" (deduction) given to the opposing competitor



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### Prohibited Actions

Prohibited actions will result in a “Gamjeom” (deduction) and 1 point will be awarded to the opposing competitor. Repeated or flagrant prohibited actions may result in a disqualification. The following actions are prohibited:

- Crossing the boundary line of the contest area
- Falling down
- Avoiding or delaying the match
- Grabbing or pushing the opponent
- Lifting the leg to block an opponents kick
- Lifting the leg without following up with a kick or punch
- Kicking below the waist
- Attacking the opponent after "Kalyeo" (break) or "Kumon" (stop)
- Attacking with the knee
- Attacking the fallen opponent
- Unsportsmanlike conduct

### Knock Downs

A knock down is declared by the referee when any part of a competitors body, other than the sole of the feet, touches the floor due to an attack from their opponent. A knock down may also be declared if a competitor is staggered and does not show the ability to continue. In the event of a knock down, the referee will pause the match and conduct a count of 10. If the competitor cannot demonstrate the ability or will to resume by the count of 8, the referee will stop the contest and declare their opponent to be the winner.

*This guide is based on the USATKD Kyorugi (sparring) Competition Rules (effective 1/1/20)  
Check back on these rules often as they are periodically updated:  
<https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>*