

Modified Olympic Sparring Rules

Mandatory Equipment

All competitors must wear:

- ~ Olympic style chest protector. It must fit: Cover the scoring area from the armpit to the hip bone. (Matching Hogu size between the two competitors is not a requirement)
- ~ Headgear, clean white for either competitor
- ~ As optional, the blue competitor may wear blue headgear and the red competitor may wear red headgear.
- ~ Other than the headgear, no other item shall be worn on the head. No beads in hair. (exception for religious headwear)
- ~ Commercially manufactured Shin & instep protectors must be worn underneath the dobok).
- ~ Forearm protectors (must be worn underneath the dobok).
- ~ Mouth-guard. Any color.
- ~ Males are required to wear groin protection (hard cup on the inside of their dobok). Female groin protection is optional, but recommended (must be worn inside dobok).
- ~ Only Sport Impact Eyeglasses are allowed in Olympic Style Sparring. Soft contact lenses are recommended.

Personal Requirements

Personal Requirements & Compliance. Competitors must keep their nails short and are forbidden to wear any metallic article that may injure or endanger an opponent. Any competitor whose hair is longer than shoulder length and in the judgment of the Referee, is so long as to risk causing injury to other competitors shall be required to tie it back or fit it underneath the head gear.

Duration of Competition

Colored Belt Rounds. All colored belt matches shall consist of two 60-second rounds with a 30-second rest between rounds.

Black Belt Rounds. All Black belt matches shall consist of three, one-minute rounds with a 30-second rest between rounds.

Rest Time Between Semi-Final & Final Match. Competitors shall be allowed at least two-minutes rest between semi-final and final matches.

Tie: Sudden death rule applied (first full point change in score: At least one point scored or one full deduction point).

Authorized Implements for Scoring

Fist technique: Delivering techniques by using the front parts of the forefinger and middle finger of the tightly clenched fist. Punches (forefist with either hand) that strike the scoring area with sufficient force that staggers the opponent should be scored. No open hand, knife hand, ridge hand, or palm heel strikes are allowed.

Foot: Refers to any part of the foot below the ankle bone.

Shi-gan

Shigan is an official time out used for the management of the match.

Kye-shi

Kye-shi is a 60 second injury timeout. The Referee will announce 5-second intervals beginning at 40. If competitor appears to be ready it is not necessary to use the full 60 seconds. A 60 second timeout is also used prior to disqualifying competitor for not obeying command. At the end of the 60 seconds competitor has not complied by showing a willingness to continue, then they may be disqualified. Only one injury timeout, per injury, per match will be allowed. Only one kye-shi will be awarded for the purpose of using an asthma inhaler during a match.

Points (Valid Scores)

Points shall be awarded when permitted techniques are delivered accurately and powerfully to legal scoring areas. **All competitors regardless of age will use light controlled contact to the head.**

- > One point for an attack on the scoring area of the trunk
- > Two points for an attack (foot) to the head scoring area
- > One additional point shall be awarded in the event that the Referee deems that a 'knock down' due to a scoring technique has occurred and the Referee counts to eight while checking for the ability of the competitor to continue (There shall be no eight count for kicks to the 'head area' for competitors 12 and under.) After counting to eight (and the competitor shows a willingness to continue), the Referee will stop time (shi-gan). The Referee will then verify that a point(s) was registered on the monitor for the attack that caused the 'eight count'. He/she will then instruct the recorder to add one additional point. If the Referee continues the count to nine and then ten, because the competitor did not show a willingness to continue, then the match will be ended and the competitor that was 'counted out' will be declared the loser.

Eight Count

- ~ If the Referee begins an eight count, the athlete must display a willingness to continue within the eight second count. If not then the count will continue to ten and a winner will be declared. Il Joem (bonus point) should be awarded when a scoring technique results in an eight count. If the technique does not score, after consulting with the corner judges, then the bonus point cannot be awarded.
- ~ In the event of a standing eight count, the competitor must show a willingness to continue by being in ready position looking at the Referee before the count of eight. Otherwise the Referee will continue the count to ten and that competitor will be declared the loser.

Knock Down

A Knock down occurs when: When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's scoring technique and / or:

- ~ A contestant is staggered, showing no intention or ability to pursue the match.
- ~ The Referee's judgment determines whether the contestant can continue as the result of any scoring technique being delivered.
- ~ If the Referee deems that the criteria were met to qualify as a 'knockdown', then an eight count will begin. It is at the Referee's discretion as to determination if a technical knockdown occurred. If it is deemed to be a technical knockdown then the count must begin. If the count stops at eight because the competitor has shown a willingness to continue then, if the point(s) was scored by the corner judges, a bonus point will be awarded. That technique should be scored if it strikes the scoring area with sufficient force. But the Referee may determine that the criteria needed for a knockdown was not met. Therefore play would continue without an eight count. If the referee deems an eight count is warranted he/she will begin the count. The bonus point will be awarded only if the Referee counts and the technique scored. It is at the Referee's discretion as to whether or not to begin the eight count. The 'eight count' is a safety measure used as a way to ascertain the competitor's ability to continue in a safe manner.

To award the bonus point (IL Joem)

If the bonus point should be awarded, the Referee will announce shigan after counting, turn to face the head table, and announces 'Chung or Hong'. The Referee will then point to the head table and announces 'IL Joem' (one point). A kick to the arm that results in a competitor falling is not a knockdown. No count should be made. Only scoring techniques that 'caused' the knockdown should result in count. Not someone losing balance after having been scored on.

Seven Point Gap or Point Ceiling

There is no point gap or point ceiling.

Coaching

Only one coach per competitor; anyone can be a coach.

Coaches may not protest body shots but can protest head shots by raising their hand and saying "Ref head shot".

Coaches must remain seated during competition.

Coaches can receive kyong-go's and gam-jeom's if they disrupt the match with undesirable remarks or actions.

Penalties or Prohibited Acts

All warnings (joo-eui) and penalties (kyong-go and gam-jeom) are issued at the point of infraction.

Joo-eui (Verbal Warning)

~ A joo-eui is a warning that does not result in a deduction of points. It is up to the referee's judgment as to whether to give a joo-eui for the first infraction of the rules or to give a kyong-go. Once a joo-eui is given for a particular infraction, that same infraction during the same round must result in a kyong-go.

~ There is only one Joo-eui per infraction per round per competitor.

~ Joo-eui penalties do not affect points and are not recorded on scoreboard.

~ Joo-eui Can only be given for kyong-go infractions.

Kyong-go (minus ½ point penalty) is given for the following infractions:

~ **Blocking with knee.** This is when a competitor brings their leg up effectively blocking a valid kick with the front of the leg from the ankle to the knee is a kyong-go.

~ **Evading by turning the back to the opponent.** This is when the competitor is turning the back to avoid an opponent's attack or bends over from the waist or crouches. It's OK for the competitor to move away and turn when positioning to counter attack. Anything more than two steps is a kyong-go.

~ **Intentionally falling down.** For unintentional, (ie. slipping or tripping), no penalty will be assessed. If the referee deems the fall to be intentional, a joo-eui can be given the first time and then a kyong-go the second time. Of course the Referee can go straight to a kyong-go.

~ **Avoiding the match.** A competitor moving more than two steps away without intent to compete. Typically done to run out the clock when a competitor is ahead.

~ **Pushing, grabbing or holding the opponent.** If arms or hands are used to off balance or control, then a foul has been committed. If no advantage is gained by placing hands on competitors then no penalty should be issued. No harm/no foul. Pushing (fists or hands) the opposing athlete backwards off balance creates an illegal advantage therefore a joo-eui or kyong-go should be awarded. (open hands on the hogue does not necessarily indicate a penalty) Pushing with the trunk or shoulders against the opponent with the desire to maneuver or off balance is a penalty. When body to body, placing a leg behind the opponent's leg to keep the opponent from being mobile is a penalty.

~ **Attacking below the waist.** If this occurs during a technical exchange, and is unintentional, no penalty. Doubles and triples are OK. First light kick to the buttocks, then second kick towards scoring area is OK. But watch the 'disguise', where first kick of double is really an attack below the waist. The power of the first kick will decide if there is a penalty. If the multiple techniques hit the scoring areas with sufficient force the multiple points should be scored.

~ **Pretending Injury.** Acting as if hit to an authorized area with the hope of drawing a penalty to their opponent or to rest.

~ **Butting or attacking with knee or shoulder.** Bouncing with the shoulder into chin of opponent when standing trunk to trunk or kneeling the thigh.

~ **Hitting the opponent's face with the hand.** Includes elbow, wrist, fist, etc. Does not include hitting the opponent's 'head area' due to carelessness of the opponent. (ie. opponent bends down or leans in with the head)

~ **Crossing the boundary line (out of bounds-OOB).** Rings will not be National or International size so this rule will be flexible. Kyong-go will be given if an opponent continually runs out of the ring. The referee will make the determination of this action. First a verbal warning (joo-eui) will be given, then at the discretion of the referee a ½ point penalty (Kyong-go) will be assessed.

~ **Uttering undesirable remarks or misconduct .** By competitor or coach.

Gam-jeom (minus 1 full point penalty) is given for the following infractions:

- ~ **Attacking the opponent after 'kal-yeo'**
- ~ **Intentionally attacking the opponent's 'head area' with the fist.** Punches starting above the collar bone that strike above the collar bone should be considered intentional and should be awarded a gam-jeom. The degree of impact or severity of attack doesn't matter. An upper cut that strikes the facial area should be penalized with a gam-jeom.
- ~ **Throwing down the opponent by grappling** the opponent's attacking leg in the air with the arm or by pushing the opponent while opponent's leg is held..
- ~ **Interrupting the progress of the match** on the part of the contestant or coach. A coach leaving the designated area during the match will result in a penalty. Making protests against the referee's decision during the match that serve to interrupt the progress of the match will result in a gam-jeom penalty. If a competitor or coach threatens the Officials or infringes on their authority it will result in a gam-jeom penalty.
- ~ **Attacking the fallen opponent.** Point(s) can be scored when the athlete is FALLING. Pretending to attack a fallen opponent (intimidation) is a gam-jeom.
- ~ **Violent or extreme remarks or behavior** on the part of the contestant or coach. This can apply during breaks.

Determination of the winner shall be made as follows by:

- ~ Win by K.O.
- ~ Win by Referee stops contest (RSC).
- ~ Win by Score or Superiority.
- ~ Win by Withdrawal.
- ~ Win by Disqualification.
- ~ Win by Referee's punitive declaration.

Sudden Death Round

All points and deduction points are included in the overall score. If deduction points caused scored points to be removed, those points remain removed. They are not added back in to break the tie. If after the regulation rounds are completed and there is a tie then the 'sudden death round' will be used in all divisions of sparring competition. In the event of a tie, the referee will return to the center announce 'Chung, Hong' to bring the competitors back to their marks. The referee will then extend both arms towards the Coaches' chair to signify that the competitors should return to their coach's chair. The fight will continue after the normal rest period. The fight will end when either competitor has scored the first point or any combinations of penalties that add up to one full point deduction (two kyong-gos or one gam-jeom). If that sudden death round ends without a point being scored or one full point deduction, then competitors will be brought back to the center. Officials will use the Rules of Superiority to decide the winner.

Rules of Superiority

- ~ If the score is still tied after the 'Sudden Death Round' then the referee will announce 'Woo-se-girok' take two steps back. The Corner Judges look down immediately and mark their superiority card. Corner Judges take cards to Referee. Referee collects face down. The Referee then fills out their superiority card. The Referee turns up the three Corner Judges cards and records their decision onto his/her own card. If the outcome is 2 to 2, the Referee decides the winner.
- ~ Superiority is based on the competitor who showed initiative in only the 'Sudden Death Round' through the following:
 1. Technical dominance through aggressive match management.
 2. The greater number of techniques executed
 3. More advanced techniques in difficulty and complexity
 4. Better competition manner

Additional Matters

- ~ If a coach seeks an explanation at the end of the match, the Referee may give a polite but quick response.

~ Olympic Style Sparring has four full deduction points before disqualification. But, the referee can declare a contestant the loser if he/she refuses to comply with the competition rules or the Referee's order intentionally.

~ When a contestant scores a point or points through the use of an infraction, the points shall be annulled. i.e., pushing to off balance and then scoring with a kick. The Referee can let point(s) stand and assess the appropriate penalty if the penalty did not create the opportunity to score (in the case of kicking and then falling down intentionally)

~ 'Button error' occurs when a Judge inadvertently presses the wrong button while attempting to score a two point kick to the head. In this case any Official, TA or Coach noticing the error may raise their hand to request a quick conference. If a conference occurs, the resolution must be publicized.

~ In sparring competition, legal scoring techniques executed or infractions committed prior to the expiration of 'match time', may be scored or assessed after the expiration of time. However, legal scoring techniques executed or infractions committed after the expiration of 'match time' will not be scored or assessed.

~ At the end of the match, the referee brings the competitors to the center, bows them out and announces winner. Competitors continue to face together. After the competitors have been directed to bow together then they will be asked to remove their headgear before the winner is announced.

~ If an athlete goes down due to an infraction, the Referee will announce kal-yeo, separate the competitors and announce kye-shi (injury), determine the extent of injury, call medic if necessary. (Can extend to shi-gan if appropriate).

~ If a gam-jeom is issued due to an infraction and that infraction results in the competitor not being able to continue within one minute (the Referee, in consultation with the medic, will make the decision on ability to continue) then the injured competitor wins. If kyong-go is given and the injured competitor cannot continue then the injured competitor loses.

Division/order of completion:

Novice (White, Yellow, Orange)

Intermediate (Green, Blue, Purple)

Advanced (Brown, Red and Red/Black)

Black Belt