

# The Alliance Tae Kwon Do Sparring Official Rules

## OVERVIEW:

Continuous sparring, also called Olympic style sparring is just like it sounds - continuous. The referee does not stop the match to declare points.

## FORMAT:

In continuous sparring there are two continuous rounds with 30 seconds rest in between each round. Color belts have one minute rounds and black belts have two minute rounds.

## COMPETITION RULES:

- I. Authorized Attacking Implements
  - A. Fore Fist: No open hand techniques, back fist, palm strike, knife hand, etc... will be allowed.
  - B. Foot: Any part of the foot below the ankle.
- II. Authorized Areas for Scoring
  - A. Head Area: Controlled light foot contact to head gear only. (No Direct Face Contact is Allowed).
  - B. Body Area: Includes the area covered by the chest guard below the collar bones down to the belt and to the front of an imaginary line drawn from the armpit to the belt.
- III. Valid Scores: One point will be awarded for any legal hand or foot technique executed with proper balance, power, and technique. To be scored a point, a punch or kick to the body must produce a significant impact. To be scored a point, a kick to the head must be light and controlled contact only that does not cause an injury or rocking of the head.
  - A. Foot Attack
    1. To the authorized head area (no direct face contact)
    2. To authorized body area
    3. Anywhere to the body above the belt, excluding the back, where the opponent is knocked down due to the force of the technique (arms, shoulders, etc..)
  - B. Hand Attack
    1. To the authorized body area
    2. To any where on the body above the belt, excluding the back, where the opponent is knocked down due to the force of the technique (arm. shoulders. etc.)

- IV. Invalidation of a Point Scored
  - A. Any point described in section III will not be counted if the contestant commits a foul immediately before or after the point. Examples would be pushing to create room for a kick or punch, intentionally falling to avoid a counter attack after scoring, etc...
  - B. The referee must call the infraction (pushing, intentionally falling, etc...)
- V. Deduction of Points: The referee shall warn the contestant and impose a deduction of one half point or one full point when any of the following violations are committed. To declare a deduction, the referee shall suspend the contest temporarily in order to give the deduction. A contestant who receives any combination of the following half point or full point deductions totaling (3) points shall be declared the loser.
  - A. Half Point Deductions
    - 1. Grabbing or trapping the opponent
    - 2. Holding the opponent
    - 3. Pushing the opponent (includes pushing with your body)
    - 4. Intentionally turning the back
    - 5. Intentionally stepping out of bounds
    - 6. Unauthorized attacking implement (head, knee, shin, elbow, etc...)
    - 7. Attacking an unauthorized area (face, groin, back, back of head, etc...)
    - 8. Faking an injury
    - 9. Intentionally falling to avoid an attack
    - 10. Minor unsportsmanlike conduct by the contestant, his coach, or any spectator associated with the contestant.
    - 11. Gesturing to celebrate a score
    - 12. Any minor hand contact to the head
    - 13. Faking a hand attack to the head
  - B. Full Point Deductions
    - 1. Intentionally attacking a fallen opponent
    - 2. Intentionally attacking after the referee yells "break" or "stop"
    - 3. Throwing or sweeping
    - 4. Significant unsportsmanlike conduct by the contestant, his coach, or any spectator associated with the contestant.
    - 5. Attack that results in a minor injury to the face (cut, scratch, bruising, swelling, etc...)
    - 6. Any (hand or foot) excessive or hard contact to the head that causes the head to "rock".
- VI. Beginning The Contest
  - A. The referee shall call the contestants to the center of the ring with the commands "Blue", and pointing to the referees right, and "Red", pointing to the referees left.
  - B. The contestants will turn toward each other and bow at the referees command of "Face each other, bow"
  - C. The referee will physically inspect "Blue" and then "Red". (If this was done in staging, the referee will ask the athletes if they still have all of their equipment on.)

- D. The referee will start the contest with the command "Fighting Stance", then "Begin". The posture for the referee to take, is as follows:
1. From an open stance, the referee will step back with the right leg into a left forward stance.
  2. The right hand comes forward with a downward knife-hand strike that stops at mid-chest level.
  3. The left arm will extend fully upward with the fingers indicating which round is beginning. The referee should look to see if the timekeeper is ready and the corner judges are ready.
  4. At the command "Begin", the referee shall withdraw the right knife-hand, while stepping back with the left foot.
- E. To interrupt a round (for an injury, to call a point deduction, end of round, etc...), the referee shall command "Break".
1. For an injury, the referee shall stop time and implement a one minute injury time-out.
  2. For a one point or half-point deduction, the referee shall interrupt the contest, bring "Blue" and "Red" back to their original spots and declare the penalty. To declare a penalty against "Blue" the referee will point at the contestant and say "Blue" and then declare the penalty such as "pushing". At the same time, the referee will extend his right arm to his side parallel to the floor for one half point deductions. The referee will extend his arm straight up for full point deductions.
  3. At the end of a round, the referee shall:
    - a. Direct the contestants to the sides of the ring where coaches are allowed.
    - b. Collect the judges score cards (unless electronic scoring is used) and announce the score.
- F. To resume a round, the referee shall command "Continue"
- G. To Start a new round, the referee shall repeat "A" & "D"

## VII. Ending the Contest

- A. To end a contest, the referee shall command "Stop" or "End".
- B. The referee will bring the contestants back to their original starting positions, with full gear, and have them bow to each other. The contestants will stay there until the decision is announced.
- C. The referee collects the judges score cards. (If electronic scoring is used, the referee announces the winner by raising his hand in front of and above the winner)
- D. If scorecards are used, the referee will tally up the judges score cards. Two of the three corner judges must agree for a point to be awarded. For example: Judge one scores 2 points for blue in round one, judge two scores 3 points for blue in round one, and judge three scores 4 points for blue in round one. The referee would score 3 points for blue in round one, because two out of the three judges believed that blue scored at least 3 points.

- E. If scorecards are used, the referee will step back to the center of the ring where the contestants are and announce the winner by raising his hand in front of and above the winner.
- F. The referee commands the contestants to shake hands and to shake the hand of their opponent's coach.

#### VIII. Knock Downs

- A. A knock down is defined as any of the following situations and will result in the referee briefly stopping the contest to issue an (8) count.
  - 1. When any part of the contestant's body touches the floor other than the soles of the feet due to a legal attack.
  - 2. A contestant is staggering or is unable to adequately respond after a legal attack.
  - 3. A contestant does not display the desire to immediately continue due to a legal attack.

#### B. Knock Down Procedures

- 1. The referee must first determine if immediate medical attention is needed. If there are any questions about the safety of the contestant, the referee will command the timekeeper to stop the clock and will call for the tournament medical attendant.
- 2. The referee will make the appropriate hand signal (bringing right knife-hand to the chest with arm parallel to the floor and then fully extending it to the side of the body) while counting aloud to indicate the passage of time.
- 3. All contestants that are knocked down will receive a mandatory (8) count during which the referee will determine if the contestant is ready, able and willing to continue.
- 4. If the downed contestant does not show the ability or willingness to continue, the referee will continue the count up to (10), at which time the other contestant will be declared the winner.
- 5. The count will continue even if the round or match has ended.
- 6. In the event of a double knock down:
  - a. The count will continue as long as one or both contestants have not fully recovered.
  - b. If both contestants are counted out, the winner will be determined by the judges score cards or the electronic scoreboard.

#### IX. Contest stopped due to injury: When the referee determines that a contest cannot be continued due to an injury, the referee shall:

- A. Consult with the tournament medical attendant to ensure the safety of the contestant and implement a one minute injury time-out. Note: Once the medical attendant has been consulted, the medical attendant must determine that the athlete is able to continue before the contest can be resumed.

- B. If the technique causing the injury was legal, and the injured contestant is unable to continue after a one minute injury time-out, the injured contestant loses the contest.
- C. If the technique causing the injury was illegal, and the injured contestant is unable to continue after a one minute injury time-out, the injured contestant wins the contest.
- D. If the technique causing the injury was not observed or the injury was unrelated to the contest (prior injury), and the injured contestant is unable to continue after a one minute injury time-out, the injured contestant loses the contest.
- E. If both contestants are injured and unable to continue after a one minute injury time-out, the referee must determine if the techniques causing the injuries were legal.
  - 1. If the techniques were legal, the winner will be determined by the judges score cards or by the electronic scoreboard.
  - 2. If one technique was illegal, the other contestant will be the winner.
  - 3. If both techniques were illegal, both contestants lose.

X. Decision

- A. Points: After any deductions, in the event of a tie, the contestant scoring the most valid points wins.
- B. Personal Requirements: Personal requirements not corrected within one minute. (See section XI - E)
- C. Withdrawal: Contestant decides not to continue due to injury, loss of will, forfeiture by coach, etc...
- D. Injury: Refer to Section IX
- E. Blood: If an athlete causes his opponent to bleed, the athlete who caused the blood is determined the loser.
- F. Knockout: When a (10) count has been made.
- G. Deduction of Points: Any combination totaling (3) points.
- H. Superiority: In case both contestants score the same number of points and have the same deductions, the winner shall be determined by:
  - 1. Initiative: dominance by aggression, etc...
  - 2. Greater number of techniques executed
  - 3. More advanced techniques (head kicks, spin kicks, etc..)
  - 4. Best competitive attitude (good sportsmanship)

## I. Referee Ends Contest

1. The referee may end the contest due to safety considerations.
2. The referee may disqualify a contestant due to extreme unsportsmanlike behavior by the contestant, his coach or any spectator associated with the athlete.
3. The referee may end the contest for any reason he feels necessary to maintain the integrity of the tournament.

## XI. Contestants

A. Qualifications: All contestants must follow all Alliance competition rules and must behave at all times in a manner consistent with the principles of the martial arts.

### B. Mandatory Protective Equipment

1. Head Gear
2. Mouth Guard
3. Chest Guard (Red/Blue)
4. Forearm Guards
5. Groin Protective Cup (optional for females)
6. Shin and Instep Guards

C. Uniform: The contestant must wear a clean martial arts uniform that is in good condition.

D. Drug/Alcohol Use: The use of alcohol or illegal drugs before or during a contest is absolutely prohibited.

E. Personal Requirements (one minute will be given in order to comply with the following rules).

1. Finger and toe nails must be short and smooth.
2. Hair must be safely secured so as not to be a distraction to the contest.
3. No jewelry, medical tags, etc...
4. No eyeglasses, sports goggles, contact lenses, etc...
5. No hard supports, casts, braces, splints, etc... (only soft elastic type supports will be allowed).
6. Tape: Only (2) layers of soft white medical tape will be allowed (any more tape will require the tournament medical attendant's prior approval).