

Olympic Style Sparring Rules: (updated)

(All coaches **MUST** attend the coaches meeting)

1.) Match Durations:

- A.** Black Belt Divisions; 14-17 yr old & 18-32 yr old divisions: 2, 2 minute rounds with a 30 second rest period in between the rounds. Finals will be 3, 2 minute rounds with 30 second rest periods in between rounds.
- B.** All other divisions: 2, 1 ½ minute rounds with a 30 second rest period in between rounds.

2.) Required Equipment:

A. All competitors must provide their own equipment. It must fit and be in good condition as deemed by the center referee. (Lajust hogus will be provided for any rings that may be using Lajust.) All competitors must bring their own chest protectors regardless.

B. Protective gear includes:

- a. Head gear
- b. Mouth piece
- c. Groin cup (mandatory for males)
- d. Chest protector
- e. Arm guards
- f. Shin and instep guards
- g. Taekwondo gloves (recommended)
- h. 14-17 & 18-32 yr old black belt divisions should be ready to use **Lajust** socks

3.) Scoring Points: (Padded area- Head gear & Chest protector only)

- A.** 1 point for punch to the trunk. (Must be a clean and solid punch)
- B.** 1 point for kicks to the trunk.
- C.** 3 points for kicks to the head (entire head and face allowed for 18-32 black belt division)
- D.** 1 extra point added for any spinning or turning kicks
- E.** Win by point gap (12 point gap will be enforced). No point ceiling exists.

4.) Valid Scoring Techniques:

- A. **Fist:**** Punch executed with front part of forefinger and middle finger of tightly clenched fist.
- B. **Foot:**** Any part of the foot below the ankle.

5.) Valid Striking Areas:

- A. **Trunk:**** Kicks and punches to area covered by the chest guard (Hogu):
 - a.** Horizontal from the pectorals to the waist (not the throat areas).
 - b.** Vertical to shoulder blades (not the spine).
- B. **Head:**** Kicks to areas covered by the head gear (18-32 year old Black Belt divisions may kick entire face)

6.) In Case of a Tie:

- A.** One-minute sudden death.

- B. If still tied after sudden death, first round winner will be determined as a winner.
- C. If score is still tied, winners will be determined by superiority of the techniques based on score sheets.

7.) Rules for Head & Body Contact for Each Division:

- A. 6 Years and Under: Light Contact to the Body, **No** Head Kicks Allowed.
- B. All Other Divisions **Controlled** Light Contact to the body and head.
- C. Black Belt 18-32 division will follow USAT rules

8.) Scoring Procedures:

- A. Scoring will be kept by referees using the Ring Master, Lajust, and/ or Standard scoring systems. (Will vary per division)

9.) Prohibited Acts and Penalties:

- a. Penalties on any prohibited acts shall be declared by the referee. **
- b. Penalties are divided into "Kyong-go"(warning penalty)" and "Gam-jeom (deduction penalty).
- c. Two "Kyon-go"s shall be counted as deduction of one (1) point. However, the odd "Kyong- go" shall not be counted in the grand total. (Lajust divisions will count 2 "Kyon-go"s as an extra point awarded to the contestant who is **not** given the warnings.)
- d. A "Gam-jeom" shall be counted as minus one (-1) point. (Lajust divisions will count a "Gam-Jeom" as an extra point for the contestant that was **not** penalized)
- e. **Warnings:** The following acts shall be classified as prohibited acts, and "Kyon-go" shall be declared

1. Crossing the Boundary Line.
2. Evading by turning the back to the opponent and/ or avoiding the match/ running from the opponent
3. Falling down.
4. Avoiding the match.
5. Grabbing, holding or pushing the opponent.
6. Attacking below the waist.
7. Pretending Injury.
8. Butting or attacking with knee.
9. Hitting the opponent's face with the hand.
10. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach.
11. Stalling the progress of the match (a warning shall be given to the contestant who is least active, or both in some cases)

- e. **Penalty:** The following acts shall be classified as prohibited acts, and "Gam-jeom" shall be declared (-1 Point):

1. Attacking the opponent after "Kal-yeo" or "Break".
2. Attacking a fallen opponent.

3. 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.
4. Intentionally attacking the opponent's face with the hand or head.
5. Interrupting the progress of the match on the part of a contestant or a coach.
6. Excessive contact. (except in 18-32 yr. old black belt division.)

f. Disqualification:

1. Excessive contact (Except Black Belt 18-32 Division) that results in opponent being unable to continue the match (see rules for Contact above.)
2. Serious inappropriate behavior or actions on the part of a competitor, coach, or supporter.
3. 4 full penalty points being accumulated.

g. Forfeiture:

1. Unwillingness to continue match. (When the referee has determined the ability to do so)

10.) Coaches: ALL COACHES **MUST ATTEND** THE **MANDATORY** COACHES MEETING on Saturday Morning (5/28/2011) **9:00AM-10:00AM!** (Coaches Credentials will be issued upon completion of the coaches meeting.)

A. Contestants may only have **one** coach with **proper credentials** at ringside.

B. Coach is **required** to attend the coach's meeting and attain a coach's pass through registration. **All coaches must check in and attend** the coach/referee orientation to be held from **9:00-10:00am** on Saturday, May 28th at the center ring **in order to coach and pick up their coaching credentials.**

11.) Protest:

A. Arbitration and Protest: Competitors who feel they received an unfair score may file an Official Protest by filling out a protest form (form to be filled out by one Coach with payment of \$50.00 Protest Fee). The protestor will present the case to Arbitration Board through the ring coordinator. Any decision rendered by the Arbitration board will be final. If the board finds in favor of the protestor, then the decision will be rectified and the Protest Fee will be returned.

Protests must be made before the end of their particular division.