

TAE KWON-DO WORLD CHAMPIONSHIPS 2025

19th & 20th July



COMPETITORS PACK
Braehead Arena

Glasgow, G51 4BN

CORRECT AS AT 10/02/2025



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All enquiries should be sent to the TAGB by email to TAGB National Secretary

Email: don.atkins@outlook.com

14th OPEN TAE KWON DO WORLD CHAMPIONSHIPS 2025

Braehead Arena
Braehead Shopping Centre
Kings Inch Road
Renfrew, Glasgow
G51 4BN

19th & 20th July 2025



Dear Instructor

Please find information regarding the 14th Open World Tae Kwon do Championships.

Competition pack and associated registration forms can be found by clicking on the MORE INFO button on the World Championships poster on the TAGB website <https://tagb.biz>

THE OFFICIAL OPENING CEREMONY WILL TAKE PLACE ON
SATURDAY 19th JULY 2025 AT 9.00AM

EVENTS

PATTERNS

SPARRING

DESTRUCTION

TEAM PATTERNS and TAG TEAM SPARRING - *(Entry to be made on the day of the tournament)*

INTERNATIONAL TEAM EVENT

ENTRIES

TAGB entries can ONLY be made through School Instructors via the TAGB official programme
(No individual entries)

Overseas entry information can be found by clicking on the MORE INFO button on the World Championships poster on the TAGB website <https://tagb.biz>

ENTRY FEES

The entry fees for the Championships will be:

Adults £40 for one event. Cadets, and Juniors £20 per event

TAG Teams £30 per team. Team Patterns £30 per team.

If only one team enters any TAG Team or Team Pattern division then no refund will be given, the only Team entering will receive the gold medal.

ENTRY FORMS

TAGB Entries must be made through the TAGB Official Program. Entry forms will be available to Instructors, as from 24th March 2025.

Overseas entry information can be found by clicking on the MORE INFO button on the World Championships poster on the TAGB website <https://tagb.biz>

POSTAL ENTRIES WILL NOT BE ACCEPTED

CLOSING DATE

All TAGB and Overseas entries **MUST** be submitted online by 6th July 2025.

PAYMENT

ALL TAGB payments are to be made online at the time of application.

ALL OVERSEAS entries. Payment can be made online at time of application or at Weigh In/Registration on Friday 18th July.

WEIGH-IN / REGISTRATION

The weigh-in for Black Belts and Overseas Competitors at these championships will take place at the Braehead Arena on Friday 18th July 2025 from 9.00am to 6.30pm.

All Coloured Belt competitors will weigh-in on the day they are competing at the Arena.

Also, all TAGB Black Belts who have not weighed in on Friday will have to weigh-in on the day they are competing, in the Arena between 8.30am and 10.00am.

OFFICIALS

Umpires, Referees, Welfare Officers and Medics can ONLY apply through the link that can be found by clicking on the MORE INFO button on the World Championships poster on the TAGB website <https://tagb.biz>

SPECTATOR TICKETS

It is advisable to pre-book your spectator tickets before the event.

The cost of pre-booked spectator tickets will be:

Adults £30 per day or £45 for the weekend

Juniors (5-12 years old) £15 per day or £20 for the weekend

Under 5s free

Tickets can be purchased through your school instructor or online by clicking on the MORE INFO button on the World Championships poster on the TAGB website <https://tagb.biz>

The cost of tickets purchased at the Arena on the weekend of the event might be higher as they may incur an additional booking fee.

DOBOKS (TAGB COMPETITORS)

The **ONLY** doboks that can be worn at this event are: Normal white TAGB uniform or TAGB Tigers uniform, or the current 2025 International dobok.

SUNDAY NIGHT IS PARTY NIGHT

After the close of The Championships there will be a disco party for all competitors and officials at the Arena. All competitors and officials can gain free entry with their 2025 Worlds Wristband. Tickets for guests will cost £10 and will be on sale at the merchandising stall during The Championships.

14th OPEN TAE KWON DO WORLD CHAMPIONSHIPS 2025

Braehead Arena, Glasgow 19th & 20th July 2025



Programme of Events

SATURDAY 19TH JULY:

Opening Ceremony

All Junior Coloured Belt and Black Belt Events including:

Individual Patterns Individual Sparring Team Patterns TAG Team Sparring

All Cadet Coloured Belt and Black Belt Events including:

Individual Patterns Individual Sparring Team Patterns TAG Team Sparring

All Adult Coloured Belt Events including:

Individual Patterns Individual Sparring Team Patterns TAG Team Sparring

All Adult Point Stop Sparring (Black Belts only) All Divisions

All Junior and Cadet Musical Patterns – BLACK BELTS ONLY

SUNDAY 20TH JULY:

Adult Black Belt Events including:

Individual Patterns Continuous Sparring Team Patterns TAG Team Sparring

All Executive Events (Black Belts only) including:

Individual Patterns Individual Sparring Team Patterns TAG Team Sparring

All Adult Musical Patterns – BLACK BELTS ONLY

All Adult Black Belts (including Executives) Destruction

International Black Belt Team Event

!! PARTY !!

RULES OF THE CHAMPIONSHIPS

PATTERN DIVISIONS

Juniors aged 10 years and under

All Juniors aged 10 and under pattern divisions are as follows:

Yellow	(9th Kup to 7th Kup)
Green	(6th Kup to 5th Kup)
Blue	(4th Kup to 3rd Kup)
Red	(2nd Kup to 1st Kup)
Black	(All grades together)

Boys & Girls in Separate Divisions

Cadets aged 15 – 17 years

Cadet pattern divisions are as follows:

Yellow & Green	(9th Kup to 5th Kup)
Blue & Red	(4th Kup to 1st Kup)
Black	(All Grades together)

Male & Female in Separate Divisions

Adults Black Belts aged 18 – 40 years

All Adult pattern divisions are as

follows:

Black (1)	1st Dan Only
Black (2 +3)	2nd & 3rd Dan
Black (4+)	4th Dan and above

Male & Female in Separate Divisions

Juniors aged 11 – 14 years

All Juniors aged 11-14 pattern divisions are as follows:

Yellow	(9th Kup to 7th Kup)
Green	(6th Kup to 5th Kup)
Blue	(4th Kup to 3rd Kup)
Red	(2nd Kup to 1st Kup)
Black	(All grades together)

Boys & Girls in Separate Divisions

Adults aged 18 years and above

All Adult pattern divisions are as follows:

Yellow	(9th Kup to 7th Kup)
Green	(6th Kup to 5th Kup)
Blue	(4th Kup to 3rd Kup)
Red	(2nd Kup to 1st Kup)

Male & Female in Separate Divisions

Adult Black Belts aged 41 and above

All Executive pattern divisions are as follows:

All Executive and Super Executive divisions together

Male & Female in Separate Divisions

****Note:**

Executive and Super Executive competitors cannot compete in Adult - aged 18 to 40 years – divisions **

PATTERNS

All Coloured Belt competitors must perform a pattern **up to their grade** from their grade group below.

All Black Belt competitors must perform a pattern **of their grade** from their grade group below.

BLACK (4+)	BLACK (2+3)	BLACK (1)	RED	BLUE	GREEN	YELLOW
4th DAN	2nd DAN	Choong Moo	Toi Gye	Yul Gok	Do San	Chon Ji
Tong Il	Ko Dang	Kwang Gae	Hwa Rang	Joong Gun	Won Hyo	Dan Gun
Ul Ji	Choong Jang	Ge Baek	Choong Moo	Toi Gye	Yul Gok	Do San
Se Jong	Eui Am	Po Eun				
5th DAN +	3rd DAN					
Yon Gae	Sam Il					
Moon Moo	Yoo Sin					
So San	Choi Yong					

Medals awarded: 1 x Gold 1 x Silver 1 x Bronze

SCORING PROCEDURE AND STANDARDS FOR PATTERNS

Each judge will deduct 0.2 from the intended score for each occasion on which the following mistakes are made:

- Omission of one or more steps
- Failure to complete the pattern in a continuous performance, (hesitation, loss of balance)
- Incorrect technique
- Incorrect diagram

If a competitor fails to complete the pattern, they will be brought back to ready stance and dismissed. No score will be shown by the judges.

METHOD OF RECORDING SCORING

Each judge will record their score on the score cards and on the command 'show' given by the senior judge, will immediately hold up the score cards and keep them in the position until the recorder acknowledges that all the scores have been recorded. The red score card will be held in the right hand and the blue card in the left. The recorder will then deduct the highest and the lowest scores given by the judges and total up the remaining three scores, this total is recorded as the competitor's score. In the event of a tie between two or more individual pattern competitors, the judges will select a further compulsory pattern to be performed by the tied competitors.

It may be necessary to amalgamate any divisions without sufficient entrants. This will be done on the day of the event.

TEAM PATTERNS

- Teams will consist of a 3-person team, male and female together
- Each team to perform a pattern in unison
- Pattern to be scored in the same way as in individual pattern events
- The pattern to be relevant to the most junior grade in the team
(e.g., A team with a 9th Kup in can only perform Chon Ji and a team with a 3rd Kup in can perform any pattern up to and including Toi Gye)

NOTE:

Teams **MUST** consist of **ALL** the same age group competitors.

(ie ALL Juniors, ALL Cadets, All Adults, etc).

Mixed age group teams **CANNOT** be entered into TEAM Patterns.

- *If any team member is found to have entered the wrong division when they arrive on the area for the Team Pattern event the whole team will be disqualified, and NO REFUND of their entry fee will be given.*

SCORING

- The correctness of the pattern moves
- Power, balance, focus, fluidity etc. As per individual pattern competition
- Synchronisation of all members when performing the pattern

MUSICAL PATTERNS

- **Black Belts only**
- Competitors should perform musical patterns performing martial arts movements only
- Maximum duration of each pattern will be two minutes
- The scoring procedure will be the same as the individual patterns event
- You must provide your own music. A link to upload your music will be provided prior to the event
- **Dobok style uniforms must be worn**
- **No acrobatic movements to be included**
- **The use of weapons is not allowed in this event**

Male and Female in Same Divisions

SPARRING

AREA - ALL SPARRING

The sparring area will consist of a non-slippery solid surface, preferably matted, otherwise edged with a 50mm wide coloured strip and with two centrally placed starting marks placed 2 metres apart.

The size of the area should be a minimum of 7 x 7 metres, up to a maximum of 9 x 9 metres.

SPARRING EQUIPMENT AND PROTECTIVE WEAR - ALL SPARRING

- a) All competitors **MUST** wear the following equipment:
 - 1. Groin guard protector of an approved type (Male competitors)
 - 2. Hands and Feet protective equipment of an approved type
 - 3. Shin protector of an approved type
 - 4. Head guard of an approved type
 - 5. Gum Shield
- b) Optional equipment:
 - 1. Breast protector (Female competitors)
 - 2. Groin guard protectors (Female competitors)

No protective or sparring equipment may be worn, other than those of an approved type, consisting of elasticised material with sponge or rubber type padding and containing no metal, bone or similar hard material whatsoever, nor involving the use of zip, lace or stud fasteners.

All sparring equipment must be in good condition. Badly damaged or torn equipment will not be allowed.

HANDS MUST NOT BE STRAPPED.

Approved safety glasses can be worn.

Medals awarded: 1 x Gold 1 x Silver 2 x Bronze.

DURATION - ALL SPARRING

- All **International Black Belt Team** preliminary bouts will be fought over 1 x 3 minute round
- The **International Black Belt Team** final will be fought over 2 x 2 minute rounds
- All **Coloured Belt** division bouts will be fought over 1 x 2 minute round
- All **Junior and Cadet Black Belts** division bouts will be fought over 1 x 2 minute round
- All **Adult Black Belt** divisions preliminary bouts will be fought over 2 x 2 minute rounds
- All **Adult Black Belt** finals will be fought over 2 x 2 minute rounds

DEMERIT POINTS & DISQUALIFICATIONS - ALL SPARRING

- a) One point will be deducted from the competitors score by the referee for the following offences:
 - i) Stepping out of the area twice (ie on the 2nd, 4th, 6th and every other subsequent occasion). A competitor is considered to have 'stepped out' when both feet fully cross the perimeter line.
 - ii) Loss of balance on each occasion (a competitor is considered to have lost balance when any part of the body other than the feet comes in contact with the floor)
 - iii) Grabbing any part of the opponent or their dobok after the referee's warning.
 - iv) Tripping or leg sweeping the opponent on every occasion.
 - v) Continuous "Blitzing" style punching (MAXIMUM THREE CONTINUOUS HAND TECHNIQUES)

- b) Disqualifications will be awarded by the referee for the following:
 - i) Intentional contact or unnecessary aggression
 - ii) Repeated one 'point away' offences
 - iii) Showing dishonour or disrespect to the officials, competitors, or the area

**** NOTE:** When points are deducted by the referee, the corner judges must calculate this by adding them to the opponents score on their hand-held clickers.

CONTACT & INJURY - ALL SPARRING

As detailed previously above, contact is penalised but if in the opinion of the referee a competitor steps forward into a technique, which otherwise should have been correctly focused, points will be awarded to the attacker as if it were a 'decisive blow'.

If a competitor is unable to continue in such a situation, the bout will be awarded to the attacker. In all other cases of unintentional and intentional contact, where a competitor is unable to continue, he/she will be awarded the bout. Subject to the referee's discretion.

ACCUMULATIVE DISQUALIFICATION –ALL SPARRING

During a sparring competition, a referee may award an official warning for offences during the previous section headed 'Demerit points and disqualifications. Any competitor who receives 2 official warnings during the entire competition immediately upon receipt of the 2nd official warning **WILL** be disqualified.

The referee must announce to the competitor, corner judges and recorder that an official warning is being given by showing a yellow card. The recorder marks the official warning against the competitor's name on the competitor's list. Then before the start of the next and all subsequent bouts, the recorder will announce that the competitor is carrying an official warning.

Disqualification must be announced by the referee who will show a red card to the competitor, corner judges and recorder.

EXCESSIVE CONTINUOUS HAND ATTACKS (RULE CHANGE)

The use of "Blitzing" style continuous hand techniques is not allowed. A maximum of three continuous hand techniques in any one combined attack are permitted.

BOUT PROCEDURE - CONTINUOUS SPARRING

The bout will commence with competitors on the start positions each with either a red or a blue waist marker. At the direction of the referee, the contestants bow in turn to the referee, and then to each other. The referee will start the sparring with the command 'si jak', the contestants continue to spar until the referee issues the command 'hye chyo' in order to call time or to issue an infringement warning. At this point the competitors return to the start positions before the bout is restarted. On completion of time, the timekeeper will ring a bell to warn the referee, but the bout only ends on the final command 'hye chyo' by the referee. The competitors are then instructed to bow to each other and then to the referee and await the result.

BOUT PROCEDURE - POINT STOP SPARRING

The bout will commence with competitors on the start positions each with either a red or a blue waist marker. At the direction of the referee, the contestants bow in turn to the referee, and then to each other. The referee will start the sparring with the command 'si jak', the contestants continue to spar until the referee stops the bout with the command 'hye chyo' if any judge indicates a clean technique has been scored. The other judges must immediately issue a signal (unsighted/no score/score). If any two from either the referee, mirror judge or umpire agree that the technique has been scored, an appropriate number of points will be awarded by the referee. Two out of the three officials must agree on the points scored for it to be registered. The ONLY exception to this rule will be the ability of the referee to override the two officials if he/she has definitely seen a score and the two officials are showing unsighted techniques. These points will be displayed by the recorder on either blue or red score cards and these cards will be situated at the recorders table for all to see. The red card will be on the right of the table and the blue card will be on the left side of the table. (The left and right being determined by the scorekeeper as he/she sits at the table). The officials should try to make their decisions as quickly as possible so that the bout continues at a reasonable pace. Any demerit points will be added onto the opponent's score. The person with the most points at the end of the bout is the winner.

OFFICIALS - CONTINUOUS SPARRING

- 4 Corner judges seated at each corner of the sparring area
- 1 Referee standing
- 1 Timekeeper seated at the edge of the sparring area
- 1 Recorder seated at the edge of the sparring area

OFFICIALS - POINT STOP SPARRING

- 1 Referee standing
- 1 Mirror judge
- 1 Line judge

TIMING - CONTINUOUS SPARRING

The timekeeper starts the clock at the first 'si jak' by the referee. The clock being stopped if the referee indicates time out, to issue a warning or deal with an injury. The clock is re-started on 'si jak' and continues until full time when the bell is rung.

TIMING – POINT STOP SPARRING

The timekeeper starts the clock at the first 'si jak' by the referee. The clock being stopped if the referee indicates time out, to issue a warning or deal with an injury. The clock is re-started on 'si jak' and continues until full time when the bell is rung. The clock is not stopped when the referee calls 'hye chyo'.

SCORING & RESULT PROCEDURE - CONTINUOUS SPARRING

The four corner judges will award points as they are seen by using hand held recorders (clickers) these to be clearly marked left hand clicker blue, right hand clicker red. On completion of the bout and after the bowing procedure, the referee will call show, at which time the corner judges will immediately hold in the air the clicker showing the highest score, in the event of a draw, both clickers are held up with the arms crossed.

At this point the referee himself will make a decision and then award the bout as either a win or a draw.

A win can only be awarded if 3 or more of the 5 judges including the referee award the bout one way.

Any less than this majority is awarded as a draw.

Should it become apparent that a competitor is being completely dominated by a superior opponent, the referee may after consultation with the corner judges, stop the bout early and award a win to the superior competitor. The result being announced as 'win by mismatch'.

TARGET AREA

- a) Head and neck area complete (excluding throat area)
- b) Trunk of the body from neck to lower abdomen vertically and from a line draw from armpit vertically down to the waist of each side (i.e., frontal area only, excluding back)

POINTS ARE AWARDED AS FOLLOWS:

- a) 1 point awarded for any hand technique to any target area
- b) 2 points awarded for foot technique to mid-section area
- c) 3 points awarded for foot technique to high section area

SCORING & RESULT PROCEDURE - POINT STOP SPARRING

See **Bout Procedure** above. The competitor with the highest score is the winner. In the event of a draw the contest is restarted and the first competitor to score a clear point is declared the winner.

POINTS ARE AWARDED AS FOLLOWS:

- a) 1 point awarded for any hand technique to any target area
- b) 2 points awarded for foot technique to mid-section area
- c) 3 points awarded for foot technique to high section area

It may be necessary to amalgamate any divisions without sufficient entrants. This will be done on the day of the event.

INTERNATIONAL BLACK BELT TEAM SPARRING

(NATIONAL TEAMS ONLY)

International Black Belt Team preliminary bouts will be fought over 1 x 3 minute round

The final will be fought over 2 x 2 minute rounds

Continuous sparring rules apply as per individual semi contact event

Medals awarded: 1 x Gold 1 x Silver 1 x Bronze (per team member)

The 2 losing teams in the semi-final bout will both receive bronze medals.

There will be no “fight off” for 3rd place

Male and Female in Separate Divisions

See Appendix A for full rules

TAG TEAM SPARRING

Teams will consist of a 3 person team; bouts will be for 3 minutes. Each time the bout is stopped you can change with a member of your team by tagging your team member's glove. All 3 members must fight at some stage during the bout. All team matches will be point stop.

SCORING:

- a) 3 points for a head kick
- b) 2 points for a body kick
- c) 1 point for all hand techniques

If each team is level on points, each team must then put out their best fighter and the first one to score a point will be the winner. – Sudden Death.

Medals awarded: 1 x Gold 1 x Silver 1 x Bronze (per team member)

The 2 losing teams in the semi-final bout will both receive bronze medals.

There will be no “fight off” for 3rd place

In the event of there only being one team in a division that team will be awarded the Gold medal.

Male and Female in Separate Divisions

NOTE

- *ALL team members must be entered into the correct division for the TAG team event. If any team member is found to have entered the wrong division when they arrive on the area for the TAG Team event the whole team will be disqualified, and NO REFUND of their entry fee will be given.*
- *No substitutions can be made to a team once their entry has been paid for and the team entered into the TAG Team draw. If a member of your team withdraws then the team will be disqualified, and NO REFUND will be given.*
- *The whole team must be available for the whole day of the tournament as there is no pre-arranged time for the TAG team event to start.*

JUNIORS Aged 10 years and under

PATTERNS

To include all competitors aged 10 years and under (Coloured Belts and Black Belts)

All Juniors aged 10 years and under

Pattern divisions are as follows:

Yellow	(9 th Kup to 7 th Kup)
Green	(6 th Kup to 5 th Kup)
Blue	(4 th Kup to 3 rd Kup)
Red	(2 nd Kup to 1 st Kup)
Black	(All grades together)

Boys & Girls in Separate Divisions

MUSICAL PATTERNS

Black Belts Only

All Juniors up to age 14 and all Cadets aged 15-17 to compete in one unified division

Boys and Girls in Same Division

TEAM PATTERNS

All Juniors aged up to 14 years

All team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

All Black Belts together

Boys and Girls in Same Division

SPARRING

COLOURED BELT DIVISIONS & BLACK BELT DIVISIONS

No separate sparring divisions. All Juniors up to aged 14 to spar together.

Boys and Girls in Separate Divisions

TAG TEAMS

All Juniors aged up to 14 years

Peewee	Up to and including 137cm
Lightweight	Above 137cm, up to and including 152cm
Middleweight	Above 152cm, up to and including 168cm
Heavyweight	Above 168cm

All TAG team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

All Black Belts together

Boys and Girls in Separate Divisions

JUNIORS Aged 11 to 14 years

PATTERNS

To include all competitors aged 11 to 14 years (Coloured Belts and Black Belts)

Juniors aged 11 – 14 years

All Junior aged 11 – 14 years pattern divisions are as follows:

Yellow	(9 th Kup to 7 th Kup)
Green	(6 th Kup to 5 th Kup)
Blue	(4 th Kup to 3 rd Kup)
Red	(2 nd Kup to 1 st Kup)
Black	(All grades together)

Boys & Girls in Separate Divisions

MUSICAL PATTERNS

Black Belts Only

All Juniors up to age 14 and all Cadets aged 15-17 to compete in one unified division

Boys and Girls in Same Division

TEAM PATTERNS

All Juniors aged up to 14 years

All team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

All Black Belts together

Boys and Girls in Same Division

SPARRING

COLOURED BELT DIVISIONS

ALL JUNIORS AGED UP TO AND INCLUDING 14 YEARS

Yellow, Green, Blue and Red in separate divisions

All Point Stop Sparring

Boys and Girls in Separate Divisions

Peewee	Up to and including 137cm
Lightweight	Above 137cm, up to and including 152cm
Middleweight	Above 152cm, up to and including 168cm
Heavyweight	Above 168cm

BLACK BELT DIVISIONS

ALL JUNIORS AGED UP TO AND INCLUDING 14 YEARS

All Continuous Sparring

Boys and Girls in Separate Divisions

Peewee	Up to and including 137cm
Lightweight	Above 137cm, up to and including 152cm
Middleweight	Above 152cm, up to and including 168cm
Heavyweight	Above 168cm

TAG TEAMS

All Juniors aged up to 14 years

Peewee	Up to and including 137cm
Lightweight	Above 137cm, up to and including 152cm
Middleweight	Above 152cm, up to and including 168cm
Heavyweight	Above 168cm

All TAG team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

All Black Belts together

Boys and Girls in Separate Divisions

CADETS Aged 15 – 17 years

PATTERNS

COLOURED BELTS AND BLACK BELTS

All Cadets aged 15 – 17 years

Cadet pattern divisions are as follows:

Yellow & Green	(9 th Kup to 5 th Kup)
Blue & Red	(4 th Kup to 1 st Kup)
Black	(All Dan Grades together)

Male and Female in Separate Divisions

MUSICAL PATTERNS

Black Belts Only

All Juniors up to age 14 and all Cadets aged 15-17 to compete in one unified division

Boys and Girls in Same Division

TEAM PATTERNS

All Cadets aged 15 to 17

All team members to be made up from either:

Yellow, Green and Blue Belts together

Red and Black Belts together

Male and Female in Same Divisions

SPARRING

COLOURED BELT DIVISIONS

All Cadets aged 15 – 17 years

Yellow and Green belts together

Blue and Red belts together

Point Sparring Stop

Male and Female in Separate Divisions

Female Cadets aged 15 - 17 years

Lightweight	Up to and including 55kg
Welterweight	Above 55kg, up to and including 65kg
Middleweight	Above 65kg, up to and including 75kg
Heavyweight	Above 75kg

Male Cadets aged 15 to 17 years

Lightweight	Up to and including 60kg
Welterweight	Above 60kg, up to and including 70kg
Middleweight	Above 70kg, up to and including 80kg
Heavyweight	Above 80kg

BLACK BELT DIVISIONS

All Cadets aged 15 – 17 years

Continuous Sparring

Male and Female in Separate Divisions

Female Cadets aged 15 to 17 years

Lightweight	Up to and including 55kg
Welterweight	Above 55kg, up to and including 65kg
Middleweight	Above 65kg up to and including 75kg
Heavyweight	Above 75kg

Male Cadets aged 15 to 17 years old

Lightweight	Up to and including 60kg
Welterweight	Above 60kg, up to and including 70kg
Middleweight	Above 70kg, up to and including 80kg
Heavyweight	Above 80kg

TAG TEAMS

All Cadets aged 15 to 17 years

All TAG team members to be made up from either:

Yellow, Green and Blue Belts together

Red and Black Belts together

Boys and Girls in Separate Divisions

ADULTS Aged 18 years and above

COLOURED BELT DIVISIONS

PATTERNS

All Coloured Belt Adults aged 18 years and above

All Adult coloured belt pattern divisions are as follows:

Yellow	(9 th Kup to 7 th Kup)
Green	(6 th Kup to 5 th Kup)
Blue	(4 th Kup to 3 rd Kup)
Red	(2 nd Kup to 1 st Kup)

Male and Female in Separate Divisions

TEAM PATTERNS

All Coloured Belt Adults aged 18 years and above

All team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

Male and Female in Same Division

SPARRING

Yellow, Green, Blue and Red Belts in Separate Divisions.

Yellow & Green Belts – Point Stop

Blue & Red Belts - Continuous

Male and Female in Separate Divisions

Female Adults Sparring

Lightweight	Up to and including 55kg
Welterweight	Above 55kg, up to and including 65kg
Middleweight	Above 65kg up to and including 75kg
Heavyweight	Over 75kg

Male Adults Sparring

Lightweight	Up to and including 65kg
Welterweight	Above 65kg, up to and including 75kg
Middleweight	Above 75kg, up to and including 85kg
Heavyweight	Above 85kg

TAG TEAMS

All Adults aged 18 years and above.

No separate weight categories

All team members to be made up from either:

Yellow and Green Belts together

Blue and Red Belts together

Male and Female in Separate Divisions

ADULTS Aged 18 – 40 years

BLACK BELT DIVISIONS

PATTERNS

All Black Belt Adult pattern divisions are as follows:

Group 1:	1 st Dans
Group 2:	2 nd & 3 rd Dans
Group 3:	4 th Dans & above

Male and Female in Separate Divisions

MUSICAL PATTERNS

Black Belts Only

All Adults and all Executive and Super Executives to compete in one unified division

Males and Females to compete in Same Division

TEAM PATTERNS

All Adults aged 18 years and above, including Executives and Super Executives, to compete together in one unified division

All Dan Grades together

Male and Female in Same Division

SPARRING (Point Stop and Continuous)

Female Adults aged 18 – 40 years

Flyweight	Up to and including 56kg
Lightweight	Above 56kg, up to and including 62kg
Welterweight	Above 62kg, up to and including 68kg
Middleweight	Above 68kg, up to and including 74kg
Light-Heavyweight	Above 74kg, up to and including 80kg
Heavyweight	Over 80kg

Male Adults aged 18 – 40 years

Flyweight	Up to and including 58kg
Lightweight	Above 58kg, up to and including 64kg
Welterweight	Above 64kg, up to and including 70kg
Middleweight	Above 70kg, up to and including 76kg
Light/Heavyweight	Above 76kg, up to and including 82kg
Heavyweight	Above 82kg, up to and including 90kg
Super Heavyweight	Over 90kg

TAG TEAMS

All Adults aged 18 years and above, including Executives and Super Executives compete together in one unified division

All Dan Grades together

Male and Female in Separate Divisions

DESTRUCTION

All Black Belt Executive Adults aged 41 years and above to compete in one unified division with Adult Black Belts aged 18 years and above

All techniques to be performed in a static position

All kicks to be performed from the rear leg

Competitors can enter as many hand and foot techniques as they wish

ONLY ONE MEASURE IS ALLOWED BEFORE ATTEMPTING A BREAK

Male Techniques

Male Hand techniques: Forefist punch
 Knifehand strike

Male foot techniques: Side kick
 Reverse side kick

Female Techniques

Female Hand techniques: Elbow strike
 Palm heel strike

Female foot techniques: Side kick
 Turning kick

Male and Female in Separate Divisions

Medals awarded: Male 1 x Gold for each hand technique, 1 x Gold for each foot technique

Medals awarded: Female 1 x Gold for each hand technique, 1 x Gold for each foot technique

EXECUTIVE & SUPER EXECUTIVE

BLACK BELTS ONLY

PATTERNS

All Black Belt Exec Adults aged 41 years and above

MUST perform a pattern UP TO their grade

All Adult Executive and Super Executive Black Belt pattern divisions will compete together as follows:

Females - all grades together Aged 41 years and above

Males- all grades together Aged 41 years and above

Male and Female in Separate Divisions

MUSICAL PATTERNS

Black Belts Only

All Adults and all Executive and Super Executives to compete in one unified division

Males and Females to compete in Same Division

TEAM PATTERNS

All Adults aged 18 years and above, including Executives and Super Executives, to compete together in one unified division

All team members to be made up from:

All Black Belts together

Male and Female in Same Divisions

SPARRING

ALL DIVISIONS POINT STOP

Female Execs aged 41 to 50 years

Lightweight	Up to and including 55kg
Welterweight	Above 55kg up to and including 65kg
Middleweight	Above 65kg up to and including 75kg
Heavyweight	Above 75kg

Male Execs aged 41 to 50 years

Lightweight	Up to and including 65kg
Welterweight	Above 65kg and up to and including 75kg
Middleweight	Above 75kg and up to and including 85kg
Heavyweight	Above to 85kg

ALL DIVISIONS POINT STOP

Female Execs aged 51 years and above

Lightweight	Up to and including 55g
Welterweight	Above 55kg and up to and including 65kg
Middleweight	Above 65kg and up to and including 75kg
Heavyweight	Above 75kg

Male Execs aged 51 years and above

Lightweight	Up to and including 65kg
Welterweight	Above 65kg and up to and including 75kg
Middleweight	Above 75kg and up to and including 85kg
Heavyweight	Above to 85kg

Note: Executive and Super Executive competitors CANNOT compete in Adult (aged 18 – 40) Divisions

TAG TEAMS

All Adults aged 18 years and above, including Executives and Super Executives compete together in one unified division

No separate weight categories

All team members to be:

All Black Belts together

Male and Female in Separate Divisions

DESTRUCTION

All Black Belt Executive Adults aged 41 years and above to compete in one unified division with Adult Black Belts aged 18 years and above

All techniques to be performed in a static position

All kicks to be performed from the rear leg

Competitors can enter as many hand and foot techniques as they wish

ONLY ONE MEASURE IS ALLOWED BEFORE ATTEMPTING A BREAK

Male Techniques

Male Hand techniques: Forefist punch
 Knifehand strike

Male foot techniques: Side kick
 Reverse side kick

Female Techniques

Female Hand techniques: Elbow strike
 Palm heel strike

Female foot techniques: Side kick
 Turning kick

Male and Female in Separate Divisions

Medals awarded: Male 1 x Gold for each hand technique, 1 x Gold for each foot technique

Medals awarded: Female 1 x Gold for each hand technique, 1 x Gold for each foot technique

BLACK BELT INTERNATIONAL TEAM EVENT

COUNTRY TEAMS ONLY

Male Teams

5 Members in the following categories

Up to and including	64kgs
Up to and including	70kgs
Up to and including	76kgs
Up to and including	82kgs
Over 82kgs	

Female Teams

3 Members in the following categories

Up to and including	62kgs
Up to and including	74kgs
Over 74kgs	

All preliminary bouts are 1 x 3 minute round

Final bout will be 2 x 2 minute rounds

Male and Female in Separate Divisions

See Appendix A for International Team Event Rules

Appendix A

International Team Event

1. Registration

All teams must be registered with the event organisers by the deadline announced during the tournament. Registration includes identifying all team members (including reserves) and their weight divisions.

Competitors will be allowed to fight in a division above the division they entered as an individual but cannot enter down into a lighter division.

2. Sparring Equipment

As per individual events.

3. Rules

Normal competition rules for individual sparring will apply.

4. The following rules apply for International Team Events:

- Before the start of a match, the teams must line up facing each other and the names and their divisions will be checked by the referee
- The Team Captain or Coach then steps forward and the Referee will perform a coin spin to determine which team should put up the first competitor
- The team who wins the coin spin will choose the weight division to be fought first and the opposing team must put forward their team member who matches that weight division
- The team who lost the original coin spin then chooses which division should fight next
- This choice of division then continues until all competitors in both teams have fought
- A win gives the team 2 points, and a draw (which unlike the individual bouts) counts as a result and will give both teams 1 point each
- Should both teams be equal on points after all fighters have fought, each team to put out their best fighter, the opposing team does not need to match
 - 1. If the result is still a draw, then there will be an extension of 1 minute.
 - 2. If the result of the extra time is still a draw, then the referee will decide the winner

5. Other Rules

- Only one coach per team at the area
- All team members must be sat down, away from the designated areas boundaries
- If a team member is disqualified during a bout, then the opposing team receives 2 points
- A disqualified team member cannot partake in the rest of the event and cannot be replaced by another competitor
- Can you replace an injured team member? **NO**
- If an event medic says that the competitor cannot continue due to injury, this cannot be overruled by anyone
- If a team cannot submit all weight categories, e.g. They have no lightweight member. Then they can submit a team, but they would forfeit that match therefore giving the opposing team 2 points for the missed bout
- The preliminary bouts will consist of bouts will consist of 1 x 3 minute round and the final will consist of 2 x 2-minute rounds