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# Junior Competition Rules



*December 9, 2009*

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**PART ONE**  
**KYORUGI (FREE SPARRING) COMPETITION**  
**SAFETY RULES GOVERNING CHILDREN**

**PURPOSE**

The Competition Rules regulate and govern all matters pertaining to Taekwondo competition at all levels sanctioned or promoted by USA Taekwondo. However, the following special section of the Competition Rules (which will be referred to as “Junior Competition Rules” hereafter) shall further apply to junior sparring divisions as stated below. (Please refer to the chart on Page 69 for each division’s rules at National Championships and National Qualifiers.)

**Article 1. Junior Kyorugi (Sparring) Safety Rules**

1. General Rules

**A. No Head Contact**

**Ages 7 & Under (All Belts) and Ages 11 & Under (Color Belt Divisions)**

1. In National Qualifier and National Junior Olympic Championships sparring competition, the rules concerning a kick to the face shall be as follows:
  - a. Any technique contacted to the head area which does not cause any injury, will be given a warning by the referee (“Kyong-go”).
  - b. Any technique, which causes injury to the head area will result in a one-point deduction by the referee (“Gam-jeom”).
  - c. If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.

NOTE: Inability to continue because of fright, crying or loss of will following a kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker.

**B. Junior Safety Rules**

**Ages 8-11 (Black Belts), 12-13 Year Old Divisions (All Belts), and 14-17 Year Old Divisions (Color Belts)**

1. In National Qualifier and National Junior Olympic Championships sparring competition, the rules concerning a kick to the face shall be as follows:
  - a. The competitor is allowed to kick to the facial area; however, the kick must be light contact with appropriate control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
  - b. The competitor who executes a successful technique (light contact without causing any injury) shall be awarded three (3) points.

- c. The competitor who executes a kick to the face which results in a minor injury shall receive a one-point (“Gam-jeom”) deduction. A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.
- d. The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.

NOTE: Inability to continue because of fright, crying or loss of will following a legal kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker.

### **C. 14–17 Year Old Black Belts and Senior Division (All Belts)**

- 1. In National Qualifiers, Junior Olympic Championships, and Senior National Championship sparring competition, the Senior Black Belt adult rules shall apply for these divisions.

#### Excessive contact to the facial or head area:

Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact to be excessive, and declare the appropriate penalty.

Where Junior Competition Rules are in effect per Article 1.B above, the competitor who executes a successful technique to the face (light, controlled contact without causing any injury) shall be awarded three points. This is to better align with current WTF standards; however, the criteria for “excessive contact” will continue to be strictly enforced.

#### 8-Count

Under Junior Competition Rules, the referee should NOT give an 8-count for ANY technique, even a legal one, to the head area; if a kick to the head is powerful enough to warrant an 8-count, it should be considered excessive, and the appropriate penalty should be declared.

However, the referee can and should begin an 8-count for a legal kick to the trunk area that results in a knock-down condition.

#### Turning Kicks

Successful turning kicks to the body shall be awarded two points in all Junior sparring divisions.

## Junior Competition Rules for Nationals and National Qualifiers

AGE	BELT COLOR	QUALIFIER RULES
6-7	YELLOW	NH
	GREEN	NH
	BLUE	NH
	RED	NH
	BLACK	NH
8-9	YELLOW	NH
	GREEN	NH
	BLUE	NH
	RED	NH
	BLACK	JSR
10-11	YELLOW	NH
	GREEN	NH
	BLUE	NH
	RED	NH
	BLACK	JSR
12-13	YELLOW	JSR
	GREEN	JSR
	BLUE	JSR
	RED	JSR
	BLACK	JSR
14-17	YELLOW	JSR
	GREEN	JSR
	BLUE	JSR
	RED	JSR
	BLACK	ADULT
SENIOR	YELLOW	ADULT
	GREEN	ADULT
	BLUE	ADULT
	RED	ADULT
	BLACK	ADULT

**ADULT** – Adult Competition Rules shall apply.

**JSR** – Junior Safety Rules – See Page 67, USAT Competition Rules.

**NH** – No Head Contact – See Page 67, USAT Competition Rules.

## Article 2. Junior Kyorugi Weight Divisions

Junior Kyorugi weight divisions will be categorized by sex, age, weight, and Taekwondo rank according to following charts.

1st, 2nd and two 3rd place winners will receive awards. At the discretion of the Tournament Organizing Committee, competitors may be divided into three rank divisions as follows: Black, yellow and green, and blue and red.

If the number of competitors for each division is less than 8, the Organizing Committee has the option of combining two or three age groups into a single group and assigning the divisions as advanced, intermediate, and beginner to each combined group.

### 14 -17 Year Old Black Belts

Male Division	Weight Category	Female Division
Not exceeding 99.2 lbs (Not exceeding 45 kg)	<b>Fin</b>	92.6 lbs (Not exceeding 42 kg)
99.3 lbs – 105.8 lbs (Over 45 kg not exceeding 48 kg)	<b>Fly</b>	92.7 lbs – 97.0 lbs (Over 42 kg not exceeding 44 kg)
105.9 lbs – 112.4 lbs (Over 48 kg not exceeding 51 kg)	<b>Bantam</b>	97.1 lbs – 101.4 lbs (Over 44 kg not exceeding 46 kg)
112.5 lbs – 121.3 lbs (Over 51 kg not exceeding 55 kg)	<b>Feather</b>	101.5 lbs – 108.0 lbs (Over 46 kg not exceeding 49 kg)
121.4 lbs – 130.0 lbs (Over 55 kg not exceeding 59 kg)	<b>Light</b>	108.1 lbs – 114.6 lbs (Over 49 kg not exceeding 52 kg)
130.1 lbs – 138.9 lbs (Over 59 kg not exceeding 63 kg)	<b>Welter</b>	114.7 lbs – 121.3 lbs (Over 52 kg not exceeding 55 kg)
139.0 lbs – 149.9 lbs (Over 63 kg not exceeding 68 kg)	<b>Light Middle</b>	121.4 lbs – 130.0 lbs (Over 55 kg not exceeding 59 kg)
150.0 lbs – 160.9 lbs (Over 68 kg not exceeding 73 kg)	<b>Middle</b>	130.1 lbs – 138.9 lbs (Over 59 kg not exceeding 63 kg)
161.0 lbs – 172.0 lbs (Over 73 kg not exceeding 78 kg)	<b>Light Heavy</b>	139.0 lbs – 149.9 lbs (Over 63 kg not exceeding 68 kg)
172.1 lbs and over (Over 78 kg)	<b>Heavy</b>	150.0 lbs and over (Over 68 kg)

**Junior Kyorugi Weight Divisions**  
**(All Gup Ranks and 6–13 Year Old Black Belts)**

Age	Rank	Male Weights (lbs.)	Female Weights (lbs.)
6 - 7	Green	Under 40	Under 40
	Blue	40.1 - 52	40.1 - 52
	Red	52.1 - 65	52.1 - 65
	Black	65.1 - 78	65.1 - 78
		78.1 - 90	78.1 - 90
		Over 90	Over 90
8 - 9	Green	Under 55	Under 55
	Blue	55.1 - 67	55.1 - 67
	Red	67.1 - 80	67.1 - 80
	Black	80.1 - 92	80.1 - 92
		92.1 - 105	92.1 - 105
		Over 105	Over 105
10 - 11	Green	Under 65	Under 65
	Blue	65.1 - 78	65.1 - 78
	Red	78.1 - 90	78.1 - 90
	Black	90.1 - 102	90.1 - 102
		102.1 - 115	102.1 - 115
		Over 115	Over 115
12 - 13	Green	Under 75	Under 70
	Blue	75.1 - 87	70.1 - 82
	Red	87.1 - 100	82.1 - 94
	Black	100.1 - 112	94.1 - 106
		112.1 - 125	106.1 - 120
		Over 120	Over 120
14 - 15	Green	Under 95	Under 92
	Blue	95.1 - 107	92.1 - 104
	Red	107.1 - 120	104.1 - 116
		120.1 - 132	116.1 - 128
		132.1 - 142	128.1 - 140
	142.1 - 158	140.1 - 152	
		Over 152	Over 152
16 - 17	Green	Under 105	Under 100
	Blue	105.1 - 117	100.1 - 112
	Red	117.1 - 130	112.1 - 124
		130.1 - 142	124.1 - 138
		142.1 - 154	138.1 - 150
	154.1 - 167	150.1 - 162	
		Over 162	Over 162