



Sparring

September 29-30, 2023

Smithfield Recreation & Aquatics Center
and
Smithfield High School

*600 & 700 M Durwood Stephenson Prwy
Smithfield, North Carolina 27577 USA*

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Sparring Competition Guidelines (Individual)

RULES

Modified WT rules will be in effect for this championship.

Scoring Areas

Trunk: The blue or red colored area of the trunk protector

Head: The entire head above the bottom line of the head protector

Criteria for valid point(s)

Points shall be awarded when permitted techniques are delivered accurately and POWERFULLY to the legal scoring area.

Power defines as the “Trembling Shock” used in classic Taekwondo. The impact of the strike should stagger or displace opponent’s body abruptly.

Invalid point(s)

Techniques delivered without the SUFFICIENT POWER such as tag, brush, touch.

Use of any of the prohibited actions even after delivery of the legitimate technique.

Point System

Punch to Trunk	1 Point
Kick to Trunk	2 Point
Kick to Head	3 Point

Judging Equipment

The Ring System will be used to convey the recorded point to the score board immediately. Fighters will be directed to focus on the match instead of looking at the score board.

Head Contact

Head Contact will only be allowed for Black Belts & Color Belts 13 and older in all divisions. However, the light contact rule will be applied to the Color Belts division.

Black Belts & Color Belts, 12 and Younger No Head Contact allowed

Match Times and Rounds

Color Belts	Two, 60 seconds Rounds
Black Belts, Festive	Two, 90 seconds Rounds
Black Belts, World Class	Three, 120 seconds Rounds

10 points gaps

In the World Class Division, if the points gaps are 10+ after finishing the 2nd round, Then the 3rd round will be forfeited.

Bracketing

Festive Sparring	Brackets will be limited to a maximum of 4 Competitors
World Class Sparring	Brackets will be limited to a maximum of 16 Competitors

Equipment

All athletes' equipment must be in proper working order. No equipment with rips or tears will be allowed. Competitors without proper equipment could be disqualified from their match.

Required equipment includes Clean and Proper Taekwondo uniform, Head Gear, Mouthpiece, Chest Gear, Forearm Guards, Shin and Instep Guards, Groin Protector for Male Divisions. **Face shield** is not required but encouraged for all participants.

No Electronic Gears are required.

White Belt Sparring

Each White belt student freely kicks and punches for 90 seconds using the Kicking Shield, and when all four competitors are finished, the referee uses the score to determine the ranking from 1st to 4th. Gears are not required.

Penalties and Prohibited Acts

Penalties of point deduction (Gam-jeom) and Prohibited Acts will be based on the current WT officiating guidelines

Para Athletes

Global Open Kukkiwon Cup welcomes Para athletes and will provide a separate division.

Sparring Rank Divisions

Rank Divisions are based on “Rank” and not the color of a participant’s belt. Belt Colors might differ school to school, but the rank should be consistent.

Rank (Divisions will be broken up by the ranks below.)	Usual Belt Color (Color could be different based on your school’s belt system.)	
Color Belts		
9 th and 8 th Keub	White or Yellow	
7 th and 6 th Keub	Yellow or Green	
5 th and 4 th Keub	Green or Blue	
3 rd and 2 nd Keub	Blue or Red	
1 st Keub and Bo Dan	Red or Bo Dan (Red and Black)	
<i>Bo Dan’s that want to compete with Black Belts will need to register as a 1st Poom/Dan Competitor.</i>		
Black Belts		
Festive	1 st – 2 nd Poom / Dan	Black Belt
	3 rd – 4 th Poom / Dan	Black Belt
	5 th – 6 th Dan	Black Belt
World Class	1 st – 9 th Poom / Dan	Black Belt

Sparring Weight Divisions

Following USAT Sparring Weight Divisions.

5 and Younger, 6-7 Years Old, All Belts

Division	Male	Female
Fly	Under 19 kg (Under 42 lbs)	Under 19 kg (Under 42 lbs)
Feather	19.1–23 kg (42.1–51 lbs)	19.1–23 kg (42.1–51 lbs)
Welter	23.1–27 kg (51.1–59 lbs)	23.1–27 kg (51.1–59 lbs)
Heavy	Over 27.1 kg (Over 59.1 lbs)	Over 27.1 kg (Over 59.1 lbs)

8-9 Years Old, All Belts

Division	Male	Female
Fly	Under 21 kg (Under 46 lbs)	Under 21 kg (Under 46 lbs)
Feather	21.1–25 kg (46.1–55 lbs)	21.1–25 kg (46.1–55 lbs)
Welter	25.1–30 kg (55.1–66 lbs)	25.1–30 kg (55.1–66 lbs)
Heavy	Over 30.1 kg (Over 66.1 lbs)	Over 30.1 kg (Over 66.1 lbs)

10-11 Years Old, All Belts

Division	Male	Female
Fly	Under 30 kg (Under 66 lbs)	Under 30 kg (Under 66 lbs)
Feather	30.1–35 kg (66.1–77 lbs)	30.1–35 kg (66.1–77 lbs)
Welter	35.1–40 kg (77.1–88 lbs)	35.1–40 kg (77.1–88 lbs)
Heavy	Over 40 kg (Over 88.1 lbs)	Over 40 kg (Over 88.1 lbs)

12-14 Years Old, All Belts

Division	Male	Female
Fin	Not exceeding 33 kg (Not exceeding 72.8 lbs)	Not exceeding 29 kg (Not exceeding 63.9 lbs)
Fly	Over 33 kg & not exceeding 37 kg (72.9 – 81.6 lbs)	Over 29 kg & not exceeding 33 kg (64.0 – 72.8 lbs)
Bantam	Over 37 kg & not exceeding 41 kg (81.7 – 90.4 lbs)	Over 33 kg & not exceeding 37 kg (72.9 – 81.6 lbs)
Feather	Over 41 kg & not exceeding 45 kg (90.5 – 99.2 lbs)	Over 37 kg & not exceeding 41 kg (81.7 – 90.4 lbs)
Light	Over 45 kg & not exceeding 49 kg (99.3 – 108.0 lbs)	Over 41 kg & not exceeding 44 kg (90.5 – 97.0 lbs)
Welter	Over 49 kg & not exceeding 53 kg (108.1 – 116.8 lbs)	Over 44 kg & not exceeding 47 kg (97.1 – 103.6 lbs)
Light Middle	Over 53 kg & not exceeding 57 kg (116.9 – 125.7 lbs)	Over 47 kg & not exceeding 51 kg (103.7 – 112.4 lbs)
Middle	Over 57 kg & not exceeding 61 kg (125.8 – 134.4 lbs)	Over 51 kg & not exceeding 55 kg (112.5 – 121.3 lbs)
Light Heavy	Over 61 kg & not exceeding 65 kg (134.5 – 143.3 lbs)	Over 55 kg & not exceeding 59 kg (121.4 – 130.1 lbs)
Heavy	Over 65 kg (143.4 lbs and over)	Over 59 kg (130.2 lbs and over)

15-17 Years Old, All Belts

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

18 and Older, All Belts

Division	Male	Female
Fin	Not exceeding 54 kg (Not exceeding 119.0 lbs)	Not exceeding 46 kg (Not exceeding 101.4 lbs)
Fly	Over 54 kg & not exceeding 58 kg (119.1 lbs – 127.9 lbs)	Over 46 kg & not exceeding 49 kg (101.5 lbs - 108.0 lbs)
Bantam	Over 58 kg & not exceeding 63 kg (128.0 lbs - 138.9 lbs)	Over 49 kg & not exceeding 53 kg (108.1 lbs - 116.9 lbs)
Feather	Over 63 kg & not exceeding 68 kg (139.0 lbs - 149.9 lbs)	Over 53 kg & not exceeding 57 kg (117.0 lbs - 125.7 lbs)
Light	Over 68 kg & not exceeding 74 kg (150.0 lbs - 163.1 lbs) Light	Over 57 kg & not exceeding 62 kg (125.8 lbs – 136.7 lbs)
Welter	Over 74 kg & not exceeding 80 kg (163.2 lbs - 176.4 lbs) Welter	Over 62 kg & not exceeding 67 kg (136.8 lbs - 147.7 lbs)
Middle	Over 80 kg & not exceeding 87 kg (176.5 lbs - 191.8 lbs)	Over 67 kg & not exceeding 73 kg (147.8 lbs - 160.9 lbs)
Heavy	Over 87 kg (191.8 lbs and over)	Over 73 kg (161.0 lbs and over)