



## **Team Sparring**

**September 29-30, 2023**

Smithfield Recreation & Aquatics Center  
and  
Smithfield High School

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[www.kukkiwoncup.com](http://www.kukkiwoncup.com)

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# Team Competitions

## Key points

### Team Demonstration

- Up to 40 members
- 8 minutes of performance
- 70% of the team members must participate in individual competition
- 12 meter x 12 meter area

### Team Sparring

- Global Open Kukkiwon Cup sparring rules (Individual) will govern the Team Competition.
- Five (5) contestants both male and female categories with no weight limit
- Must include a member of opposite sex
- 3 rounds
- Age divisions; (12-14), (15-17), (17-32)



# Team Sparring

## Systems of competition

-Global Open Kukkiwon Cup sparring rules will govern the Team Competition.

-Five (5) contestants both male and female divisions with no weight limit however, the team must include one member of opposite sex. 1<sup>st</sup> & higher Poom/Dan holder only.

-The order of matches by the names of the contestants must be submitted in writing before the competition begins. Up to two people may be designated as substitutes, however, their names and substitution order must be submitted in writing before the match.

-The duration of the contest shall be three rounds of (4) minutes of 1<sup>st</sup> round, five (5) minutes of 2<sup>nd</sup> and 3<sup>rd</sup> round with a one-minute rest period between rounds. The 1<sup>st</sup> round shall be conducted based on traditional team match format for one (1) minute per contest and the 2<sup>nd</sup> and the 3<sup>rd</sup> round shall be conducted for five (5) minutes based on tag-team match format.

-Age divisions; (12-14), (15-17), (17-32)



WT World Cup Team Championships in Wuxi, China

# 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 2<sup>nd</sup> round, Then the 3<sup>rd</sup> 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.