



Competition Rules

Shin Boo Young Taekwon-Do Academy – Denmark & Germany

Sparring

Point sparring with semi-contact and protective gear.

As this is a friendship tournament, emphasis is placed on the following:

- Sportsmanship and friendship
 - Good technique
 - Understanding of the match
 - Self-control and mastery of one's actions/techniques
 - Focus and presence – being mentally “in” the match
 - Timing in attacks and use of defense (blocks)
 - Attitude, courage, and willpower
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Semi-Contact

Semi-contact means light, controlled contact without injuring the opponent.

The contact is more of a *marking* than an actual strike.

A correctly executed technique with controlled semi-contact results in a score = **point**.

Match Format

The match consists of one time-limited round. Duration depends on the group:

- **Little Tigers (6-10 years old):** 60 seconds (may be extended to 90 or 120 seconds if needed)
- **Young Tigers (11-16 years old) & Adults (17+):** 120 seconds
- **Sudden Death:** max. 120 seconds (see below)

The competitor with the most points at the end of the round wins.

Sudden Death:

If tied, an extra “sudden death” round is held – the first to score a point wins.

This round lasts max. 2 minutes. If no points are scored, the winner is determined by showing the **greatest initiative and best fighting spirit**.

The competitor with the most match wins in the group wins the group.

Permitted

- Semi-contact as described
 - Punches and kicks above the belt and to the helmet
 - Blocking punches and kicks
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Judging Criteria

- Correct and controlled technique (technically accurate with controlled semi-contact)
 - Convincing execution and control
 - Ability to counterattack and defend
 - Timing
 - Attitude and demeanor
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Scoring

- Punches and kicks to the body (above belt, below neck): **1 point**
- Punch to the helmet: **1 point**
- Kick to the head (helmet): **2 points**
- Minus points for illegal actions or uncontrolled/excessive contact
- Warnings – see “Not Allowed” section below

When a score occurs, the round is paused and points awarded.

At least **2 out of 3 referees** must agree.

Points are indicated with **red and blue flags**, corresponding to the fighter’s colour in the match.

Not Allowed – Warnings & Minus Points

- Attacks with knees, elbows, or head
- Attacks to the back or neck
- Holding, grabbing, or pushing
- Attacking below the belt
- Sweeping the legs
- Back spinning fist
- Full contact, injury, or lack of self-control
- Aggressiveness, anger, violence, or bloodshed
- Unsportsmanlike behaviour or arguing with referees

 **Warnings:** Given for unintentional illegal actions.

(2 warnings = 1 minus point)

 **Minus points:** Given for intentional or uncontrolled illegal actions.

Disqualification

- Aggressive, violent, uncontrolled actions
- Causing injury or harm
- Unsportsman-like behaviour
- 3 minus points

A disqualification = match lost.

In severe cases, disqualification from the group.

Equipment – Mandatory

- Approved gloves and foot protectors
 - Helmet with visor
 - Groin protector
 - Helmet, gloves, and foot protectors must match the assigned colour – **red or blue**
 - Arm and shin protectors
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Equipment – Optional

- Arm and shin protectors (*mandatory at friendship tournaments*)
 - Mouthguard (recommended, but not mandatory since helmets with visors are used)
 - Helmet without visor (adults only – at own risk; mouthguard then required)
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Referees – 5 per ring

- 1 x Match Leader
 - 2 x Corner Judges
 - 1 x Point Keeper (Head Judge)
 - 1 x Time Keeper (can be a parent or volunteer)
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Coaches & Coaching

No coaches and no sideline coaching allowed.

Each participant is assigned a **supporter** who helps with gear and guides the competitor into the ring.



EVERY KICK STRONGER