

# **2022 World Class Tae Kwon Do Championships Rules and Guidelines**

## 1. General Rules

### a. Uniform

- i. All competitors must wear a clean white dobok.
- ii. Athletes may wear a t-shirt underneath the dobok.
- iii. Black Trim on the collar/lapel of the dobok is allowed for black belts only.
- iv. No Jewelry can be worn. Inappropriate or unsafe uniforms will not be allowed. No rolled sleeves will be allowed and the cuff of the sleeve must be no higher than one half of the distance between wrist and elbow. The cuff of the pant may not be rolled and must be no higher than one-half the distance between the ankle and knee. Uniforms must be neatly hemmed at the cuff of the sleeve and the pant leg. Dobok top may not be tucked into the pants.
- v. All Competitors must wear a belt appropriate to their rank with the knot of the belt worn in the front.
- vi. Junior black belts (15 years of age and younger) are permitted to wear "Poom Belts" (half-red, half-black) as well as "Poom Collars". All others must wear a solid black belt. Embroidery on belts is acceptable.
- vii. Other than the headgear for sparring, no other item shall be worn on the head with exception of religious headwear which shall be worn under the headgear and inside the uniform and shall not cause harm or obstruct the opposing competitor.

### b. Types of Competition

- i. Olympic-style Sparring
- ii. Poomsae
- iii. Board Breaking

## 2. General Guidelines for Divisions and Age Categories

<u>Division</u>	<u>Ages</u>
Youth	5-17
Senior	18-32
Executive	33-42
Ultra	43 and Up

- b. Youth Divisions. All 5–17-year-old competitors must compete in their respective age groups. If there is no competition in a competitor's age group, tournament directors reserve the right to move that competitor up in age.
- c. Senior Division. This division is for ages 18-32 but is also open to athletes ages 33 and up for all types of competitions
- d. Executive Division. Athletes age 33 and older may compete in the Senior Division. Athletes may not compete in more than one age category for any one event.

- e. Ultra-Division. Athletes age 43 and older may compete in the Executive or Senior Division. Athletes may not compete in more than one age category for any one event.
  - f. Dividing Divisions. The sponsoring organization has the option of dividing each belt division into further weight classes (light, middle, welter, etc.) depending on the number of competitors in each division or age groups. The Maxim, number of weight classes will be at the discretion of the tournament director. The sponsoring organization may also further divide belt classes (separate white and yellow belt competitors into separate divisions.)
3. Failure to Report
- a. Athletes may be disqualified if they fail to report to staging and have not responded to "final call". Once an athlete has been disqualified they will not be allowed to compete. This INCLUDES reporting to the appropriate ring prior to the start of the division and having missed "final call." This covers ALL methods of competition.