

3/26/2024

TKDNS Policy 2.0.1

Modified Kyorugi Rules



Approved: Sept. 2018
Revised: March 2024

2.0.1 - Modified Kyorugi Rules

1. Overview

Taekwondo Nova Scotia recognizes the diverse set of skills, competitive desires and expectations of its members and strives to ensure that all events and tournaments remain inclusive and participatory.

2. Purpose

This policy defines any adjustments to WT rules required to ensure members at all competitive levels enjoy a rewarding tournament and event experience while maintaining highly competitive standards for Nova Scotia's top athletes.

3. Scope

This policy applies to all Tier I and II tournament and events sanctioned and endorsed by the Taekwondo Nova Scotia Nova Scotia.

4. Match Duration

2 Rounds of 1.5 Minutes, with a 30 second break.

5. Valid Points

- 5.1. Body Punch -1 Point
- 5.2. Body Kick -1 Point
- 5.3. Spinning Body Kick -3 Points

6. Full Point Deductions

- 6.1. Crossing the boundary line
- 6.2. Falling down
- 6.3. Avoiding the match
- 6.4. Grabbing, holding, or pushing
- 6.5. Blocking with the leg
- 6.6. Lifting the leg for longer than 3 seconds
- 6.7. Kicking below the waist
- 6.8. Attacking after "kal-yeo"
- 6.9. Hitting the opponents head with hand
- 6.10. Attacking fallen opponent
- 6.11. Un-sportsman like conduct
- 6.12. Not Complying with the referee
- 6.13. Criticizing officials
- 6.14. Fleeing the match or running away to avoid fighting.
- 6.15. Intentionally punching opponents face
- 6.16. Clearly attacking after "kal-yeo"
- 6.17. Clearly attacking fallen opponent.
- 6.18. Insulting opponent or coach

7. Head Contact in Non-Head Contact Divisions

- 7.1. 1st offense - One point deduction for contact, standing 8 count if needed.
- 7.2. 2nd offense – One point deduction for contact, standing 8 count if needed.
- 7.2.1. 3rd offence – the opponent will be disqualified.
- 7.2.2. Athletes will be given up to 3 minutes per head contact to continue the match. If after any head, contact the athlete cannot continue the match will be ended and the attacker will lose the match.

8. Medical Breaks

- 8.1. Athletes will have up to 10 seconds to recover from the pain they suffer throughout that match.
- 8.2. Athletes will have up to 1 minute or referees' decision of time for any injury that is deemed serious or resulting in blood.

9. 12 Point Gap

- 9.1. Tier, I event.
- 9.1.1. A 20-point gap will be used after the end of the first round.
- 9.2. Tier II events
- 9.2.1. No gap will be used, athletes will be permitted to complete the second round regardless of score.

10. Overtime

- 10.1. If there is no clear winner at the end of the overtime round, the athlete who registered the most hits with the electronic scoring system will determine the winner.
- 10.2. If there is no winner determined by the computer system, the judges will determine the winner.

11. Match Terminology

- 11.1. Chong -Blue
- 11.2. Hong - Red
- 11.3. Charyut - Attention
- 11.4. Kyungyae - Bow
- 11.5. Joon Bi – Ready
- 11.6. Sijak – Start
- 11.7. Kalyeo – Stop
- 11.8. Keumon - End
- 11.9. Kaesok - Continue
- 11.10. Gamjon – full point deduction
- 11.11. Kay-Shee – Injury time out
- 11.12. She-Gone- Time out.

12. Age Divisions

Based on year of birth:

- 12.1. Under 7
- 12.2. Under 9
- 12.3. Under 11 (Youth)
- 12.4. Under 14 (Cadet)
- 12.5. Under 17 (Junior)
- 12.6. 17 and Up (Senior)
- 12.7. 30 and Up (Executive)

13. Mandatory Equipment

- 13.1. Helmet
- 13.2. Mouth guard - Must be clear or white in color.
- 13.3. Body pad – Must be new style body pad (no white with dot style)
- 13.4. Arm pads.
- 13.5. Gloves – Taekwondo style only (No MMA or full fist)
- 13.6. Groin protector (males and females)
- 13.7. Shin pads
- 13.8. Foot pads

14. Weight Classes for Colour Belts and Recreational Black Belt Athletes

Weight classes will be based on a 10 lbs. weigh range; however, divisions may be combined to accommodate the competition.

15. Belt Divisions

Belt divisions will be up to each tournament host as they see fit. Belt divisions should not extend over more than three belt/stripe levels. Belt divisions may have to be combined to accommodate the competition.

16. Belt Division Example:

White Belt	Green Stripe	Blue Stripe	Red Stripe	Black Stripe
Yellow Stripe	Orange	Blue	Red	Recreational
Yellow	Green			Black Belt

17. Division Size

- 17.1. Tier 1
 - 17.1.1. Divisions will be unlimited number of participants within a category.
- 17.2. Tier 2
 - 17.2.1. Divisions can have a maximum number of 8 participants per category.

18. Other

Any other rules will follow the latest WT Rules.