



**USA TAEKWONDO JUNIOR
COMPETITION RULES & INTERPRETATION**

In force as of January 1, 2015

Article 1 Purpose

- 1 The Competition Rules regulate and govern all matters pertaining to Taekwondo competition at all levels sanctioned or promoted by USA Taekwondo. However, the following special section of the Competition Rules (which will be referred to as "Junior Competition Rules" hereafter) shall further apply to junior sparring divisions as stated below..

(Interpretation)

The objective of Article 1 is to ensure the standardization of all Junior Taekwondo competition nationwide. Any competition not following the fundamental principles of these rules cannot be recognized as Taekwondo competition.

Article 2 Junior Safety Rules

- 1 No Head Contact – Ages 7 & Under (All Belts) and Ages 11 & Under (Color Belts)
 - 1.1 In USAT State Championships, USAT National Championships, and other USAT sanctioned events with sparring competition, the rules concerning a kick to the face shall be as follows:
 - 1.1.1 Any technique contacting to the head area with excessive contact, and which does not cause any injury, will be given a warning by the referee (“Kyong-go”).
 - 1.1.2 Any technique, delivered with excessive contact which causes injury to the head area will result in a one-point penalty by the referee (“Gam-jeom”). Such contact may also result in a disqualification. The referee will immediately call the tournament physician to inspect the injured contestant.
 - 1.1.3 If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.
- 2 Junior Safety Rules – Ages 8-11 (Black Belts), 12-14 (Grass Roots Cadet Black Belts and Cadet Color Belts), and 15-17 (Junior Color Belts)
 - 2.1 In USAT State Championships, USAT National Championships, and other USAT sanctioned events with sparring competition, the rules concerning a kick to the face shall be as follows:
 - 2.1.1 The competitor is allowed to kick to the head area; however, the kick must be light contact with appropriate control without causing any injury or excessive contact.
 - 2.1.2 The competitor who executes a successful technique (light contact without causing an injury) shall be awarded three (3) points.
 - 2.1.3 The competitor who executes a kick to the face which results in a minor injury shall receive a one-point (“Gam-jeom”) penalty. A minor injury is defined as abrasion or bleeding caused by excessive contact. The referee will immediately call the tournament physician to inspect the injured contestant.
 - 2.1.4 The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.
- 3 Ages 12-14 (Cadet Black Belts)
 - 3.1 There will be two Black Belt Cadet Divisions
 - 3.1.1 Grass Roots Black Belt divisions will follow Junior Safety Rules
 - 3.1.2 World Class Black Belt divisions will follow Adult Rules
 - 3.2 All USAT National Championships and State Championships will have two Cadet Black Belt Divisions:
 - 3.2.1 Grass Roots Cadet Black Belt division will follow Junior Safety Rules
 - 3.2.2 World Class Cadet Black Belt division will follow Adult Rules.
 - 3.3 All USAT Cadet Team Trial events will use Adult Rules
 - 3.3.1 Only USAT State Championship Cadet World Class Black Belt divisions, USAT National Championship Cadet World Class Black Belt divisions and USAT Cadet Team Trial events may use Adult Rules for 12-14 year old athletes.
 - 3.4 Athletes who are eligible to compete at the USAT National Championships (those qualifying at a USAT State Championship) can choose which Cadet National Championship division is appropriate for their skill level at the time of registration.
 - 3.5 Athletes may not compete in both Grass Roots and World Class Cadet Black Belt divisions at the same event.
- 4 Ages 15-17 (Junior Black Belts) and 17 and Up (Senior All Belts)
 - 4.1 In USAT State Championships, USAT National Championships, and other USAT sanctioned events with sparring competition, the rules concerning a kick to the face shall be as stated in the USAT Competition Rules.
 - 4.2 Junior Safety Rules will not apply in these divisions at any USAT sanctioned championship.

(Explanation #1): Athletes who fail to qualify for the World Class Black Belt Division may compete in the Grass Roots at a different event, e.g., an athlete who does not place in the World Class division at a state championship may enter the Grass Roots division at the national championship)

(Explanation #2)

Inability to continue because of fright, crying or loss of will following a kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker.

(Explanation #3)

Inability Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact to be excessive, and declare the appropriate penalty.

(Explanation #4)

Under Junior Competition Rules, the referee CANNOT give an 8-count for ANY technique, even a legal one, to the head area. If a kick to the head is powerful enough to warrant an 8-count, it should be considered excessive, and the appropriate penalty should be declared. The referee can and should begin an 8-count for a legal technique to the trunk area that results in a knockdown condition.

(Explanation #5)

Successful turning kicks to the body shall be awarded three points in all divisions. Turning kicks to the head in Junior Safety Rules divisions will be awarded three (3) points.

Application of Junior Safety Rules for USAT State and Local Championships

The USAT National Championships are the only USAT sanctioned event to include both Grass Roots and World Class Cadet Black Belt divisions. Only the World Class Cadet Black Belt divisions at USAT Nationals will adhere to Adult Rules.

Age	Belt Color	Applicable Rules
Dragon 6-7	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	
Tiger 8-9	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	
Youth 10-11	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	Junior Safety Rules
Cadet 12-14	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
Cadet Grassroots 12-14	Black	
Cadet World Class 12-14	Black	Adult Rules
Junior 15-17	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black	Adult Rules
Senior 18+	Yellow	Adult Rules
	Green	
	Blue	
	Red	
	Black	

Article 3 Junior Weight Division

- 1 Junior sparring weight divisions will be categorized by sex, age, weight, and Taekwondo rank
 - 1.1 1st, 2nd and two 3rd place winners will receive awards. At the discretion of the Local Organizing Committee, competitors may be divided into three rank divisions as follows: Black, yellow and green, and blue and red.
 - 1.2 If the number of competitors for each division is less than 8, the Organizing Committee has the option of combining two or three age groups into a single group and assigning the divisions as advanced, intermediate, and beginner to each combined group.

Ages 15-17 (Junior Black Belts)

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

Note: Official weigh-in will be done in kilograms. Conversions to pounds in this chart are approximate, and for convenience only.

Ages 12 -14 (Cadet Black Belts)

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

Note: Official weigh-in will be done in kilograms. Conversions to pounds in this chart are approximate, and for convenience only.

Ages 6 -11 (All Belts), Ages 12-14 (Cadet Color Belts), and Ages 15-17 (Junior Color Belts)

Age Class	Belt Color	Male Weight Categories (kg/lbs)		Female Weight Categories (kg/lbs)	
6-7 Dragon	Yellow	Under 19 kg	(Under 42 lbs)	Under 19 kg	(Under 42 lbs)
	Green	19.1-23 kg	(42.1-51 lbs)	19.1-23 kg	(42.1-51 lbs)
	Blue	23.1-27 kg	(51.1-59 lbs)	23.1-27 kg	(51.1-59 lbs)
	Red	Over 27.1 kg	(Over 59.1 lbs)	Over 27.1 kg	(Over 59.1 lbs)
	Black				
8-9 Tiger	Yellow	Under 21 kg	(Under 46 lbs)	Under 21 kg	(Under 46 lbs)
	Green	21.1-25 kg	(46.1-55 lbs)	21.1-25 kg	(46.1-55 lbs)
	Blue	25.1-30 kg	(55.1-66 lbs)	25.1-30 kg	(55.1-66 lbs)
	Red	Over 30.1 kg	(Over 66.1 lbs)	Over 30.1 kg	(Over 66.1 lbs)
	Black				
10-11 Youth	Yellow	Under 30 kg	(Under 66 lbs)	Under 30 kg	(Under 66 lbs)
	Green	30.1-35 kg	(66.1-77 lbs)	30.1-35 kg	(66.1-77 lbs)
	Blue	35.1-40 kg	(77.1-88 lbs)	35.1-40 kg	(77.1-88 lbs)
	Red	Over 40 kg	(Over 88.1 lbs)	Over 40 kg	(Over 88.1 lbs)
	Black				
12-14 Cadet	Yellow Green Blue Red	Under 33 kg	(Under 72.8 lbs)	Under 29 kg	(Under 63.9 lbs)
		33.1-37 kg	(72.9-81.6 lbs)	29.1-33 kg	(64.0-72.8 lbs)
		37.1-41 kg	(81.7-90.4 lbs)	33.1-37 kg	(72.9-81.6 lbs)
		41.1-45 kg	(90.5-99.2 lbs)	37.1-41 kg	(81.7-90.4 lbs)
		45.1-49 kg	(99.3-108.0 lbs)	41.1-44 kg	(90.5-97.0 lbs)
		49.1-53 kg	(108.1-116.8 lbs)	44.1-47 kg	(97.1-103.6 lbs)
		53.1-57 kg	(116.9-125.7 lbs)	47.1-51 kg	(103.7-112.4 lbs)
		57.1-61 kg	(125.8-134.4 lbs)	51.1-55 kg	(112.5-121.3 lbs)
		61.1-65 kg	(134.5-143.3 lbs)	55.1-59 kg	(121.4-130.1 lbs)
		Over 65 kg	(Over 143.4 lbs)	Over 59 kg	(Over 130.2 lbs)
15-17 Junior	Yellow Green Blue Red	Under 45 kg	(Under 99.2 lbs)	Under 42 kg	(Under 92.6 lbs)
		45.1-48 kg	(99.3-105.8 lbs)	42.1-44 kg	(92.7-97.0 lbs)
		48.1-51 kg	(105.9-112.4 lbs)	44.1-46 kg	(97.1-101.4 lbs)
		51.1-55 kg	(112.5-121.3 lbs)	46.1-49 kg	(101.5-108.0 lbs)
		55.1-59 kg	(121.4-130.0 lbs)	49.1-52 kg	(108.1-114.6 lbs)
		59.1-63 kg	(130.1-138.9 lbs)	52.1-55 kg	(114.7-121.3 lbs)
		63.1-68 kg	(139.0-149.9 lbs)	55.1-59 kg	(121.4-130.0 lbs)
		68.1-73 kg	(150.0-160.9 lbs)	59.1-63 kg	(130.1-138.9 lbs)
		73.1-78 kg	(161.0-172.0 lbs)	63.1-68 kg	(139.0-149.9 lbs)
		Over 78 kg	(Over 172.1 lbs)	Over 68 kg	(Over 150.0 lbs)

Note: Official weigh-in will be done in kilograms. Conversions to pounds in this chart are approximate, and for convenience only.

Appendix I: Official Letter of Protest

Event Name: _____ Date: _____

Weight Division: _____ Sex: _____ Ring#: _____

Protester: RED () BLUE () MATCH #: _____

Competitor Name: _____

I, _____, (LEVEL ONE COACH or ASSOCIATE COACH WITH PROTEST RIGHTS) do hereby officially submit this protest in accordance with the Code of Operations and Article 21, Section 11 of the USAT Competition Rules.

Details of Protest:

Rule Number: _____ Rule Title: _____

Specific Protest:

Decision Delivered by Competition Supervisory Board:

Name:

Signature:

Title:

NOTE: Protest must be done by a Level One Coach or an Associate Coach with Protest Rights within ten minutes after the match is complete. The protest may not be filed by an Athlete. The coach must meet all parts of Article 24, Section 3 and be: (1) a 3rd Dan or higher or a current coach member and (2) a current USAT member. A non-refundable \$100 protest-filing fee, in cash, must be submitted along with this protest form. The decision of the Competition Supervisory Board is final, and there is no further recourse. You must sign this form with this understanding.

Coach Name (Print): _____

Coach Signature: _____

Appendix II: Technical Assistant's Paper

Chung V.R. Quota



TECHNICAL ASSISTANT'S PAPER

Hong V.R. Quota

Court Number	Day Number	Date	Match Number
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CHUNG
Competitor Name
State

HONG
Competitor Name
State

Gam-Jeom	Kyong-Go	Deuk-Jeom	Round	Deuk-Jeom	Kyong-Go	Gam-Jeom
			1			
			2			
			3			
			4 Overtime			
			TOTAL			

K.O.	Referee Stop Contest (RSC)	Score or Superiority	Withdrawal	Disqualification	Referee Punitive Declaration
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Judge 3	Judge 2	Judge 1	Center Referee
State	State	State	State

Decision of Superiority							
Judge 3		Judge 2		Judge 1		Center Referee	
CHUNG	HONG	CHUNG	HONG	CHUNG	HONG	CHUNG	HONG

Reason	Chung Video Replay			Quota
1 Point	A / R	A / R	A / R	Y
3 Points	A / R	A / R	A / R	
Kyong-go	A / R	A / R	A / R	N
Gam-jeom	A / R	A / R	A / R	

Superiority Result	
CHUNG	HONG

Reason	Hong Video Replay			Quota
1 Point	A / R	A / R	A / R	Y
3 Points	A / R	A / R	A / R	
Kyong-go	A / R	A / R	A / R	N
Gam-jeom	A / R	A / R	A / R	

Technical Assistant

Name: _____

Signature: _____

Review Jury

Name: _____

Signature: _____

Appendix III: Judge's Scoring Sheet

채 점 표 JUDGE'S SCORING SHEET

일자
Date: _____ 19 _____

채 급
Weight Division: _____

경기번호
Match No: _____

청 Chung

홍 Hong

감 점 Gam-Jum	경 고 Kyong-Go	득 점 Deuk-Jum	회 전 Hoe-Jun	득 점 Deuk-Jum	경 고 Kyong-Go	감 점 Gam-Jum

심판명
Judge's Name: _____

서 명
Signature: _____

주
State: _____

Appendix IV: Taekwondo Officiating Terminology

Starting and Ending

1.	Char-yeot	tcha riet	Attention
2.	Kyeong-rye	kieng ney	Bow
3.	Joon-bi	djoon bee	Ready
4.	Il hoe jeon	il way dzohn	1st Round
5.	Ee hoe jeon	ee way dzohn	2nd Round
6.	Sam hoe jeon	Sahm way dzohn	3rd Round
7.	Shi-jak	shi dzahk	Start
8.	Won wi chi	won wee chee	Come back to position
9.	Keu-man	ku mahn	Stop (end of round)

Directing, Enforcing and Awarding

1.	Kal-yeo	kal yo	Break
2.	Chung	chung	Blue
3.	Hong	hawng	Red
4.	Ip-jang	ip dzahng	Admission (enter the ring)
5.	Kyong-go	kyawng go	Warning penalty of 1/2 point
6.	Gam-jeom	gahm jum	Penalty of one point
7.	Kye-sok	kae sok	Continue
8.	Shi-gan	shee gan	Suspension of match (non-injury)
9.	Kye-shi	kae shee	Injury timeout (1 minute)
10.	Chung Seung	chung soong	Chung winner
11.	Hong Seung	hawng soong	Hong winner
12.	Hyu-sik	hju sik	Rest

Counting

1.	Ha-nah	hah nah	One
2.	Duhl	dool	Two
3.	Seht	set	Three
4.	Neht	net	Four
5.	Da-seot	da soot	Five
6.	Yeo-seot	yu soot	Six
7.	Il-gop	il gob	Seven
8.	Yeo-dul	yu duhl	Eight
9.	A-hop	ah hob	Nine
10.	Yeol	yool	Ten

Officiating Staff and Equipment

1.	Joo-sim	ju shim	Referee
2.	Bu-sim	boo shim	Judge
3.	Kye-shi	kae shee	Timer
4.	Ki-rohk	kee roke	Recorder
5.	Nangsim-hogu	nang sim ho goo	Protective cup (groin guard)
6.	Kasoom-hogu	ka soom ho goo	Trunk Protector