

Junior Competition Rules



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PART ONE
KYORUGI (FREE SPARRING) COMPETITION
SAFETY RULES GOVERNING CHILDREN

PURPOSE

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. (Please refer to the chart on Page 80 for each division’s rules at the USAT State Championships, National/Regional Qualifiers and USAT National Championships.)

Article 1. Junior Kyorugi (Sparring) Safety Rules

1. General Rules

A. No Head Contact

Ages 7 & Under (All Belts) and Ages 11 & Under (Color Belt Divisions)

1. In USAT State Championships, National/Regional Qualifiers and USAT National Championships sparring competition, the rules concerning a kick to the face shall be as follows:
 - a. Any technique contacted to the head area which does not cause any injury, will be given a warning by the referee (“Kyong-go”).
 - b. Any technique, which causes injury to the head area will result in a one-point penalty by the referee (“Gam-jeom”).
 - c. If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.

NOTE: 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.

B. Junior Safety Rules

Ages 8-11 (Black Belts), 12-14 Year Old Cadet Division (Grass Roots Black Belts and Color Belts), and 15-17 Year Old Junior Division (Color Belts)

1. In USAT State Championships, National/Regional Qualifiers and USAT National Championships sparring competition, the rules concerning a kick to the face shall be as follows:
 - a. The competitor is allowed to kick to the facial area; however, the kick must be light contact with appropriate control without causing any

injury or excessive contact, or the appropriate penalty shall be invoked.

- b. The competitor who executes a successful technique (light contact without causing any injury) shall be awarded three (3) points.
- c. 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 non-excessive contact. The referee, with or without consultation with the tournament physician, shall determine if the abrasion or bleeding is a minor injury, and if the attack is a non-excessive one.
- d. 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.

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

C. 12–14 Year Old Cadet Black Belt Divisions

1. All USAT State Championships will use Junior Safety Rules for Cadet Black Belt divisions. At National Championships, there will be two Black Belt Cadet divisions: Grass Roots and World Class. The Grass Roots Cadet Black Belt division will compete in accordance with Junior Safety Rules; the World Class Cadet Black Belt division will follow Adult Rules.

Athletes who are eligible to compete at the USAT National Championships (those qualifying by competing at a USAT State Championship or National/Regional Qualifier) can choose which Cadet National Championship division is appropriate for their skill level at the time of registration. Athletes cannot compete in both divisions.

D. 15–17 Year Old Junior Division Black Belts and Senior Division (All Belts)

1. In USAT State Championships, National/Regional Qualifiers and USAT National Championships sparring competition, the Senior Black Belt adult rules shall apply for these divisions.

Excessive contact to the facial or head area:

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.

Where Junior Competition Rules are in effect per Article 1.B above, the competitor who executes a successful technique to the face (light, controlled contact without causing any injury) shall be awarded three points. This is in accordance with current WTF standards; however, the criteria for “excessive contact” will continue to be strictly enforced.

8-Count

Under Junior Competition Rules, the referee should NOT 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.

However, the referee can and should begin an 8-count for a legal kick to the trunk area that results in a knock-down condition.

Turning Kicks

Unlike Adult Rules, turning kicks to the head will not be awarded an extra point in divisions competing under Junior Safety Rules.

Successful turning kicks to the body shall be awarded two points in all Junior sparring divisions.

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Application of Junior Safety Rules for USAT Competitions

Age	Belt Color	Applicable Rules
Dragon 6 – 7	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	
Ninja 8 – 9	Yellow	No Head Contact
	Green	Junior Safety Rules
	Blue	
	Red	
	Black	
Youth 10 – 11	Yellow	No Head Contact
	Green	Junior Safety Rules
	Blue	
	Red	
	Black	
Cadet (12 – 14)	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black (Grass Roots)	Adult Rules
Black (World Class)		
Junior (15 – 17)	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black	Adult Rules
Senior	Yellow	Adult Rules
	Green	
	Blue	
	Red	
	Black	

NH – No Head Contact – See Section A on Page 77.

Junior Safety Rules – See Section B on Page 77.

Adult Rules – Adult Competition Rules apply.

Article 2. Junior Kyorugi Weight Divisions

Junior Kyorugi weight divisions will be categorized by sex, age, weight, and Taekwondo rank according to following charts.

1st, 2nd and two 3rd place winners will receive awards. At the discretion of the Tournament Organizing Committee, competitors may be divided into three rank divisions as follows: Black, yellow and green, and blue and red.

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.

Junior Division 15 -17 Year Old 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.

Cadet Division 12 -14 Year Old 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.

Junior Kyorugi Weight Divisions
(All Color Belt Ranks and 6–11 Year Old Black 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 Ninja	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.

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