

Version 2.2 – 2004

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## Introduction and Aims

1. The following rules and regulations are designed to facilitate the competition of Cambridge University Tae Kwon Do (“CUTKD”) and Oxford University Tae Kwon Do (“OUTKD”) in the Varsity Games. This formalisation is deemed necessary in order to reconcile the different competition rules of the World Tae Kwon Do Federation (“WTF”) and the International Tae Kwon Do Federation (“ITF”). These rules aim to provide strict, fair competition, which is safe and enjoyable to competitors from both styles. They have been drafted with reference to both WTF and ITF official competition rules, and are designed not to give undue advantage to practitioners of either style.

## Provision

### 2. Ring Size and Layout.

(a) The ring shall be a square of 9 metres by 9 metres, or as close to this size as materials and circumstances permit.

(b) The ring floor shall be of padded material or gym mats for safety. Where jigsaw mats are not used, the hosting Club shall ensure that the mats composing the ring are secure and not liable to slip or part from each other by use of adhesive tape or other appropriate means.

(c) In each corner of the ring, there shall be stationed one chair for the four corner judges.

(d) At the head of the ring, there shall be a high table with chairs provided for the time-keeper and scorer.

### 3. Officials

(a) 1 centre referee shall be in the competition ring to control each bout in accordance with these rules.

(b) 4 judges shall be seated at the four corners of the square. They shall award points according to their judgement and in accordance with the relevant provisions of these rules.

(c) 1 time-keeper and 1 recorder shall be seated at the high table. These duties

may be amalgamated at the discretion of the hosting team.

(i) The time-keeper shall keep time according to the end, beginning, pausing and continuation of each round, which shall be audibly signalled by use of a bell, whistle, air-horn or equivalent;

(ii) The recorder shall record penalty points and be responsible for the calculation of the scores of individual corner judged to determine the victor of each match.

(d) The hosting Club shall provide a centre referee of, the time-keeper and recorder, and two corner judges.

(e) The visiting Club shall provide two corner judges.

(f) Where the competition is at a neutral location, the Club to provide the referee, time-keeper and recorder shall be the Club that did not provide these officials in the preceding year.

(g) Additionally, the Club providing the time-keeper and recorder shall also provide at the High Table a paper copy of these rules for the reference of the Referee, Corner Officials and Team Officials.

(h) Each Club providing officials undertakes that the officials shall be of appropriate experience.

(i) In relation to the referee, "appropriate experience" means a referee who has attained at least a 1st Dan, who has completed a recognised referee's course in his or her style, and has familiarised him or her self with these rules prior to the competition.

(j) In relation to the corner judges, "appropriate experience" means that each judge should:

(i) have experience of acting in a judicial capacity in at least one Tae Kwon Do competition in his or her style;

(ii) be of as senior a rank as is feasible;

(iii) have completed a referee's course in his or her style, and;

(iv) have familiarised him or herself with these rules prior to the competition."

#### 4. Team Officials

(a) Each Club may provide for itself 1 coach, 1 captain and up to 2 vice-captains.

(b) No team official is permitted to interrupt the progress of an active match by action or words.

(c) An official protest may be presented at the end of a match to the referee by the

coach, captain, or vice-captain.

(d) For the purposes of this Article, a match shall be taken to mean two rounds with an appropriate break and extra time, if required by Articles 13(d) and (e), after which a winner has been declared.

## 5. Composition of Teams

(a) OUTKD and CUTKD undertake to field 1 Male A Team, 1 Male B Team and 1 Female A team, each consisting of 5 competitors.

(b) Where it is not possible to field these teams, each Club undertakes to inform the captain of the opposing team as soon as is reasonably practicable.

(c) Subject to Article 5(f) below, all competitors in competitive fights that contribute to the final team score must fulfil the joint blues committee criteria, set out at Appendix 1 of these Rules, regarding eligibility to compete.

(d) By agreement between the Captains, each side may also field a Female B Team of up to 5 competitors each.

(e) Female B team competitors need not be members of either University, but must be members of the University Club, having been training with that University Club for at least one term.

(f) Where it is not possible for one Club to field a Male B-Team complying with the regulations set out in Article 5(c) and at Appendix 1, that Club may field such competitors as necessary to make up the Male B-Team provided that:

(i) The proposed competitors fulfil the requirements in Article 5(e), AND

(ii) The opposing Club captain is consulted, gives his or her consent, and is permitted to field an equivalent number of competitors according to the same conditions.

## 6. Competitors' Equipment

(a) All competitors must wear the following protective equipment:

(i) 2 semi-contact hand protectors;

(ii) 2 semi-contact foot protectors;

(iii) 1 head guard, except where a competitor would normally be permitted by the rules of his or her style not to, and that competitor has been reminded of the possible risk of head injury by his or her captain or coach and nonetheless wished to proceed without head protection.

(b) In addition, players may wear shin protectors and forearm protectors at their

discretion.

(c) Female competitors shall be advised to wear, though it shall not be mandatory to do so, a female groin guard.

(d) All competitors shall be advised to wear, though it shall not be mandatory to do so, a gum-shield or mouth protector.

(e) All protective equipment worn must be suitable for use in Tae Kwon Do sparring competitions.

(f) Additionally, competitors in an active match shall wear a blue or red strip of cloth attached to the rear of his or her belt to designate Club membership.

## Rules of Competition

### 7. Level of Contact Permitted

(a) The Tae Kwon Do Varsity Matches shall be fought at a semi-contact level.

(b) A semi-contact blow is a blow

(i) that is executed correctly,

(ii) that is dynamic, that is to say delivered with strength, purpose, rapidity and precision,

(iii) and is controlled and on-target.

(c) Corner judges must bear in mind this definition when awarding points.

### 8. Duration of Matches

(a) Each match shall consist of 2 rounds of between 1 ½ and 3 minutes.

(b) There shall be an appropriate break of 30 seconds or 1 minute, according to the length of each round, between rounds.

(c) The precise durations shall be agreed between the captains prior to the competition.

(d) Round length may vary between A and B teams, and between male and female teams, at the captains' mutual discretion.

## 9. Selection of Competitors

(a) There shall be no weight divisions in Varsity Tae Kwon Do.

(b) The hosting Club captain shall select a player from one of his or her teams for the first match. The visiting Club captain shall then select a player from the corresponding team to compete against the host team's player. Each Club shall then take turns in selecting the first player into the ring.

## 10. Physical and Equipment Inspection

After being selected, each player shall undergo a physical and equipment inspection by the referee, who shall ensure that each player is wearing the prescribed protective equipment, has appropriately trimmed finger and toe nails, and is not bearing any inappropriate materials that could cause harm to the other contestant, or in any way impede the fair competition of the match. The referee shall have the power to prevent any match from occurring until the competitors for that match are attired according to the regulations in Articles 10 and 6 of these Rules.

## 11. Procedure of the Match

(a) The round shall begin with the referee's declaration of "shi-jak" and end with the declaration of "keu-man."

(b) A bell, whistle, air-horn or equivalent shall be sounded at the end of each round to signal to the referee that time has elapsed. The referee shall declare Keu-man upon hearing the bell, whistle, air-horn, or equivalent.

(c) At the beginning of the match, the contestants shall face each other. The referee shall issue the command "Cha-ryeot," whereupon the contestants shall come to attention. The referee shall then issue the command "Kyeong-rye," upon which the contestants shall bow.

(d) The referee shall then command "Joon-bi," and the contestants shall adopt a fighting stance. The referee shall then commence the match by declaring "shi-jak."

(e) Upon the command "shi-jak," the time-keeper shall start the clock and let it run until full time. If the referee should command "Kalyeo" (WTF) or "Jung-ji" (ITF), the time-keeper shall pause the clock and resume on the command of "Kae-sok."

(f) At the end of a match, the contestants shall again face each other and come to attention and bow on the referee's command. They shall then stand and wait for the referee's declaration of the winner.

(g) The referee shall declare the winner by raising his or her own hand to the winner's side.

## 12. Valid Points

Points shall be awarded by the corner judges as follows:

- (a) 1 point for a successful punch to the body;
- (b) 1 point for a successful kick to the body;
- (c) 2 points for a successful kick to the head;
- (d) 3 points for a successful jumping or flying kick to the head.
- (e) "Successful" means a blow that is executed:
  - (i) with a permitted technique
  - (ii) to a permitted target
  - (iii) in accordance with the definition of "semi-contact"
  - (iv) that would, but for the control exercised by the competitor, have been capable of moving or injuring his or her opponent.
- (f) A blow shall not be deemed to have been successful if the competitor
  - (i) uses an illegal technique;
  - (ii) falls to the floor, which means putting any other part of his or her body other than the feet on the floor, as a result of executing the blow.

In these instances, no points shall be awarded.

## 13. Scoring and Declaration of the Winner

- (a) Each corner judge must watch the fight closely and record only those points that he or she sees clearly, in accordance with the guidance set out at articles 7 and 12 of these rules.
- (b) Scores may be recorded on paper, or electronically.
- (c) Where paper scoring is used, each judge shall hand his or her scoring sheet to the referee at the end of the round, who shall carry them to the high table. The recorder shall then determine the score by taking the lowest number of points recorded by at least 3 judges to be the total for the round. The points from each round shall be totalled and penalty points deducted from the total. The winner shall be the competitor with the greatest number of points.
- (d) In the event that both competitors are calculated to have received the same number of points, 1 minute of extra time shall be declared and the winner shall be

the competitor to have received the highest number of points, calculated according to Article 13(c), in the period of extra time.

(e) In the event that points are equal following one period of extra time, the winner shall be deemed to have been the competitor to score the first successful point in the period of extra time.

(f) In the period of extra time, corner judges shall highlight on their scoring sheets which competitor scored first.

(g) In the event that a period of extra time results in a scoreless draw, the match shall be declared a draw.

#### 14. Permitted Techniques.

(a) Hand Techniques (punches): delivering techniques using the front parts of the forefinger and middle finger of the tightly clenched fist. No open-handed strikes, back-fists, hammer-fists, etc. are permissible.

(b) Foot Techniques (kicks): delivering techniques using the parts of the foot below the ankle bone.

(c) Techniques not within the ambit of Articles 14(a) and 14(b) shall be illegal techniques and include, but are not restricted to, butting, striking with the elbow or knee, body-checking, sweeping, biting, scratching and grappling.

#### 15. Permitted Target Areas.

(a) Torso: trunk of the body from base of the neck to the navel, and between lines drawn from the armpits vertically down to the waist on either side. The frontal area only, excluding any part of the back, shall be considered a permitted target area.

(b) Head: the face and sides of the head shall be permitted target areas. The back of the head shall not be a permitted target area.

(c) Target areas not within the ambit of Articles 15(a) and 15(b) shall be illegal targets, and shall include, but are not restricted to, the legs, groin and back.

#### 16. Penalty Points

(a) Penalties on any prohibited acts shall be declared by the referee and recorded by the recorder. The corner judges shall not record penalty points.

(b) The referee shall declare "hechyō" to separate competitors in order to issue a penalty. The competitors must separate upon the referee's declaration of "hechyō," but the time keeper shall not stop the clock. The referee shall then declare "kae-

sok” to continue the match.

(c) Prohibited acts shall be divided into “kyong-go” (half-point deduction; -½ point) and “gam-jeong” (full point deduction; -1 point).

(d) Two kyong-go shall be counted as one full-point deduction (-1 point) in calculating the final scores. However, single kyong-go shall not by themselves be counted in the final scores.

(e) The referee may, at his or her discretion, issue an informal warning on the first instance of a prohibited act deserving of a kyong-go penalty. After this informal warning, the referee must then issue kyong-go penalties.

(f) If a player receives a total of –3 points through Kyong-go and/or Gam-jeong penalties, then the referee shall declare him the loser by penalties.

(g) The referee may recommend disqualification in the event of a particularly excessive, severe or flagrant violation of these rules. In this instance, he or she must have the consent of a majority of the corner judges to so disqualify a competitor.

(h) A kihap shall not be treated as a prohibited act for the purposes of these rules.

## 17. Kyong-Go Penalties

Kyong-go shall be declared in the event of:

(a) Negligently attacking to an illegal target, or use of an illegal technique, including striking the opponent’s face with the hand;

(b) Falling, whether intentional or not. For the purpose of these Rules, “falling” means putting any part of the body other than the feet on the ground;

(c) Feigning injury to gain an advantage;

(d) Turning the back, or otherwise intentionally avoiding the competition;

(e) Pretending to have scored a point by raising the arm;

(f) Negligently striking with excessive contact;

(g) Stepping completely out of the ring (both feet).

## 18. Gam-Jeong Penalties

Gam-jeong shall be declared, and a full point deducted, in the event of:

(a) Intentionally attacking to an illegal target, or use of an illegal technique,



including intentionally striking the opponent's face with the hand;

(b) Loss of temper;

(c) Insulting an opponent in any way;

(d) Intentionally striking with excessive contact;

(e) Intentionally crossing the boundary line;

(f) Throwing down the opponent by pushing or by grappling a leg in mid air;

(g) Grappling an opponent;

(h) Attacking a fallen opponent;

(i) Attacking an opponent after kal-yeo, hechyo, jung-ji or keu-man has been declared;

#### 19. Breaks in Competition Due to Injury

(a) In the event that any competitor receives a blow that winds, stuns, or disorients him or her, the referee may give the injured party 1 minute, during which the clock is stopped, to recover before resumption of the match by declaring "kal-yeo" (WTF) or "jung-ji" (ITF).

(b) If a player must withdraw from the match due to injury then:

(i) If the injury resulted from a prohibited action or illegal technique from his or her opponent, then the injured player shall be deemed to have won the match;

(ii) Should the referee decide that the injury resulted from the conduct of the injured player, then his or her opponent shall be deemed to have won the match;

(iii) In a blameless situation, the injured competitor shall be deemed to have withdrawn and thereby forfeited the match and his or her opponent shall be declared the winner.

#### 20. Team Scoring

(a) A winning competitor shall receive 2 points for his team; a losing competitor shall receive none (0). In the event of a draw, each competitor shall receive 1 point for his or her team.

(b) A winning team shall be the team deemed to have scored the most points over the course of the five matches. In accordance with Varsity Regulations, a winning A team shall receive 2 points for its Club and a winning B team shall receive 1 point for its club.

(c) The winning Club shall be the Club to have received the most team points.

(d) In the event that a team score is tied, then a further match between competitors in that team shall be contested as follows:

(i) The referee shall toss a coin. If the result is heads, the hosting team must select the first competitor. If the result is tails, the visiting team must select the first competitor.

(ii) The extra match shall consist of 2 rounds of 1 minute with a 30 second break, and shall be fought according to these rules.

(iii) If this match ends in a scoreless draw, one further match shall be fought according to this procedure.

(iv) If this second further match also ends in a scoreless draw, the team points shall be shared equally and the team that had won the team trophy in the previous year shall be deemed to retain that trophy.

Appendix 1:

An agreement between the Blues Committees of the Universities of Oxford and Cambridge with respect to 1st team Varsity Competitions or any 2nd team Competitions that have current Blue or Half Blue status\*.

Drafted and approved by the Joint Blues Committee on 28 February 1983, with alteration approved on 13 November 1997 which came into force from 1 October 1998. Reviewed 12th March 2001 to come into force from 1st October 2001.

A resident bona fide student member of the University is eligible to compete in a Blues Status Oxford versus Cambridge sporting contest, subject to the stipulations that he or she is:

a. a matriculated and fully registered member of both a College and of the University for the current year according to both College and University academic registrar : and

b. registered for, and actively studying for, a recognised degree, diploma or certificate of the University; and

c. in residence for at least the undergraduate (8 week) term in which the Varsity match falls, or the preceding one, fulfilling University residence requirements;

and either:

d. is an undergraduate, thus reading for a first degree, in which case his or her eligibility continues until 30th September in the year in which he or she completes

his or her undergraduate course; or

e.

i. is already the holder of a degree from a recognised University and is therefore reading for a second degree, or for a diploma, certificate or higher degree of the University, in which case his or her eligibility is limited to four (4) postgraduate Varsity appearances. These four years need not be consecutive.

ii. The eligibility of such a graduate student is limited until his or her results are published in Reporter (Cambridge) or the Examination Schools (Oxford). However should extra work be required after a viva to complete academic requirements, then Varsity eligibility is extended until these requirements have been met but shall not extend beyond the academic year in which the original viva takes place.

Note: For all other non-Blue status Oxford Vs Cambridge matches i.e. 2nd team competitions, the current BUSA eligibility criteria shall apply. This allows any current student on a recognised course of study within the University, irrespective of matriculation or number of years of previous participation the right to play.

\* Currently the ISIS crew are the only 2nd team eligible for a half blue.

Appendix 2:

Glossary of Korean Terms used in Varsity Tae Kwon Do.

1. To Denote competitors:

a. Chung – blue

b. Hung – red

2. Referee's Commands

a. Cha reyot – Attention

b. Gam jeong – Full point deduction

c. Kae-sok – continue

d. Kal-yeo – pause; time out

- e. Keu-man – stop
- f. Kyon-ye – bow
- g. Kyong-go – Half-point deduction
- h. Hechyo – pause; time continues running
- i. Joon-bi – get ready; adopt fighting stance
- j. Jung-ji – pause; time out
- k. Shi-jak – begin
- l. Sil-kyuk – disqualification