Version 2.6 - 2024

Graham A. Russell

Cambridge University Taekwondo.

The addition of Appendix 3, Clause 21 and amendments to Clauses 8, 9 and 12 were made upon agreement between the Presidents of Oxford University TaeKwon-Do (Ben Futcher) and Cambridge University Taekwondo (Benjamin Davison-Petch) in the 2023-24 academic year. This version is known as 2.5.

Following the 2024 Varsity Match and election of new committees, the addition of Appendix 4 and amendments to Clauses 2, 6, 9, 11, 13-17, 21 and Appendix 2 were made upon agreement between the Presidents of Oxford University TaeKwon-Do (Eleanor Warrington) and Cambridge University Taekwondo (Jude Borgan) in the 2023-24 academic year. This version is known as 2.6.

Introduction and Aims

1. The following rules and regulations are designed to facilitate the competition of Cambridge University Taekwondo ("CUTKD") and Oxford University TaeKwon-Do ("OUTKD") in the Varsity Games. This formalisation is deemed necessary in order to reconcile the different competition rules of World Taekwondo ("WT") and the International Taekwon-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 WT 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 timekeeper and scorer. A clock shall be available which is viewable to the competitors and coaches.

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 timekeeper and 1 recorder shall be seated at the high table. These duties may be amalgamated at the discretion of the hosting team.

(i) The timekeeper 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 judges to determine the victor of each match.

(d) The hosting Club shall provide a centre referee, the timekeeper and recorder, and two corner judges.

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

(i) if possible the corner judges and centre referee should have an online meeting before the day of Varsity to ensure that all officials are familiar with these rules.

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

(g) Additionally, the Club providing the timekeeper and recorder shall also provide at the High Table a paper copy of these rules for the reference of the centre referee, corner judges and team officials.

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

(i) In relation to the centre referee, "appropriate experience" means a centre referee who has attained at least a 1st Dan, who has completed a recognised referee's course in their style and has familiarised themselves 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 Taekwon-Do competition in their style;

- (ii) be of as senior a rank as is feasible;
- (iii) have completed a referee's course in their style, and;

(iv) have familiarised themselves 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 centre 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 their 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;
- (iv) A gum-shield or mouth protector;
- (v) Shin protectors;
- (vi) Male competitors must wear a groin protector under their dobok trousers.

(b) In addition, players may wear 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 protective equipment worn must be suitable for use in Taekwon-Do sparring competitions.

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

Rules of Competition

7. Level of Contact Permitted

- (a) The Taekwon-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 and Order of Matches

(a) Each match shall consist of 2 rounds of between 1 $\frac{1}{2}$ 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.

(e) The minimum teams to be fielded, as per Article 5a, will be expected to compete in the order of Men's B, Women's A and Men's A. If a full or partial Women's B team is fielded in any given year, the running order of this team will be at the agreement of club captains.

(f) Within each team, the running order of fights will be from the lowest to highest ranked competitor pairings as decided by Article 9 i.e. the lightest paired fighters will compete first, and the heaviest paired fighters will compete last.

9. Selection of Competitors

(a) There shall be no weight divisions in Varsity Taekwon-Do.

(b) Provisional competitor matching between teams shall be determined via the following process:

(i) The centre referee shall list competitors in decreasing order of weight, and match competitors at equal positions in the list;

(ii) In instances where multiple competitors on a team have similar weight (within 5kg), the centre referee will place higher on the list the competitor with greater competition experience (judged by number of medals, tie-broken by number of fights);

(iii) In instances where multiple competitors on a team have similar weights and equal competition experience, the centre referee shall place higher on the list the competitor with the greater belt grade (tie-broken by amount of time the grade has been held).

(iv) In instances where a series of competitors on a team are within 5kg of the competitor below and above them, but not all individuals are within 5kg of each other (e.g. 75kg, 70kg, 65kg, 60kg, 55kg), re-ordering is first applied to the group of competitors within 5kg of the heaviest competitor. After the first group is re-ordered, a group is made with the next heavier competitor that has not been re-ordered and the competitors lighter than them. See Appendix 4 for examples.

(c) The provisional competitor matching shall be subject to approval by both OUTKD and CUTKD coaches. In instances where one or both coaches challenge the competitor matching, the coaches and centre referee shall have 10 minutes to come to consensus on an alternative matching, or competitor matching will revert to the same process as in 9(b) but with no margin on "similar" weights (i.e. weight will only be tie-broken when exactly equal).

(d) The information about competitors in clause 9(b) shall be provided in the form of anonymised team sheets (Appendix 3), to be presented from each team at the time of arrival of the visiting club to the venue of the competition.

(e) The competition experience declared for the purposes of clause 9(b) shall include any inter-club combat sport competition that entails punching and kicking.

10. Physical and Equipment Inspection

After being selected, each player shall undergo a physical and equipment inspection by the centre 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 centre 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 centre 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 centre referee that time has elapsed. The centre 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 centre referee shall issue the command "cha-reyot," whereupon the contestants shall come to attention. The referee shall then issue the command "kyon-ye," upon which the contestants shall bow.

(d) The centre referee shall then command "joon-bi," and the contestants shall adopt a fighting stance. The centre 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 centre referee should command, "hechyo", "kal-yeo" (WT) 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 centre referee's command. They shall then stand and wait for the centre referee's declaration of the winner.

(g) The centre referee shall declare the winner by raising their 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) 2 points for a successful kick to the body;
- (c) 3 points for a successful kick to the head;
- (d) 3 points for a successful spinning, jumping or flying kick to the body;
- (e) 4 points for a successful spinning, 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 their 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 their body other than the feet on the floor, as a result of executing the blow.

In these instances, no points shall be awarded.

(g) A "jumping" or "flying" kick constitutes any kick that is executed whilst the competitor is aerial i.e. their feet are not in contact with the floor. If one or both feet are returned to the floor before a successful blow is landed, then the technique may not be considered a jumping or flying kick.

(h) A "spinning kick" constitutes one of two types of technique: either a "180 degree kick" or a "360+ degree kick".

- (i) A 180-degree kick is any kick executed using the standing rear leg where the shoulders rotate such that the back is shown to the opponent in the process of executing the technique and the competitor rotates on their standing foot.
- (ii) A 360+ degree kick is any kick executed using the standing front leg where the shoulders rotate such that the back is shown to the opponent in the process of executing the technique and the competitor rotates on their standing foot.
- (iii) To be a scoreable spinning kick of either type, valid contact must be made against the opponent's scoring areas, as in Article 15, either during or immediately at the conclusion of the body's rotation. It is also a requirement that the leg executing the spinning kick must be lifted from the ground during the spin and may not return to the ground before landing a blow. If the leg is returned to the ground before a blow is landed, it may not be considered a spinning kick.

13. Scoring and Declaration of the Winner

(a) Each corner judge must watch the fight closely and record only those points that they see clearly, in accordance with the guidance set out in 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 their scoring sheet to the

centre referee at the end of each round, who shall carry them to the high table. The recorder shall then determine the score by taking the second lowest score between the four judges (for example, if the judges saw 5, 6, 6 and 7 points, the final score is 6). 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 at the end of the final round.

(d) During the interval, the current winning competitor shall be announced, via the centre referee after conferring with the corner judges at the head table. Head table shall announce the exact points scored for each competitor by a written sign/whiteboard visible to all competition participants.

(e) In the event that both competitors are calculated to have received the same number of points after the second round, 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.

(f) 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.

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

(h) 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. A maximum of three consecutive hand techniques are permitted, reset by a kicking technique or substantiative pause.

(b) Foot Techniques (kicks): delivering techniques using the parts of the foot below the ankle bone. A maximum of three foot techniques can be delivered before the foot must be lowered to the floor.

(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. If a strike to the torso is blocked by an arm held against the side of the torso, this counts as a block and does not score.

(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. The back of the head is defined as the area starting behind one ear and ending behind the other ear. Foot techniques to the ear are therefore allowed.

(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 centre referee and recorded by the recorder. The corner judges shall not record penalty points.

(b) The centre referee shall declare "hechyo" to separate competitors in order to issue a penalty. The competitors must separate upon the centre referee's declaration of "hechyo," and the timekeeper shall stop the clock. The centre referee shall then declare "kae-sok" to continue the match.

(c) Prohibited acts shall be divided into "kyong-go"/ "Ju Ui Hanna" (warning) and "gam-jeong"/ "Gam Jung Hanna" (full point deduction; -1 point).

(d) Three "kyong-go"/ "Ju Ui Hanna" shall be counted as one full-point deduction (-1 point) in calculating the final scores. However, single "kyong-go"/ Ju Ui Hanna shall not by themselves be counted in the final scores. Competitors are able to receive an unlimited number of warnings.

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

(f) If a player receives a total of –3 points, <u>only</u> through Gam-jeong/ Gam Jui Hana penalties, then the centre referee shall declare them the loser by penalties.

(g) The centre referee may recommend disqualification in the event of a particularly excessive, severe or flagrant violation of these rules. In this instance, they 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/ Ju Ui Hanna 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; executing more than three consecutive punches (as in Article 14a) or three kicks without returning the foot to the floor (as in Article 14b).

(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/ Gam Jung Hanna 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 or official 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, including holding the leg;
- (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 them, the centre 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" (WT) 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 their opponent, then the injured player shall be deemed to have won the match;

(ii) Should the centre referee decide that the injury resulted from the conduct of the injured player, then their 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 their opponent shall be declared the winner.

20. Team Scoring

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

21. Varsity Rules Reviews and Changes

(a) The rules contained within this document are at the mutual agreement of CUTKD and OUTKD. From time to time, there may be significant rule changes made at the level of each club's National Governing Bodies or unforeseen oversights noted following the conclusion of a Varsity Match. If one or both clubs believe that either of these situations materially alters their ability to participate in the next Varsity Match, with the rules in their current form, they must raise this with the other club at the earliest opportunity and provide sufficient opportunity for discussion.

(b) Historical precedent indicates that the Varsity Match will be held in Lent (CUTKD) and Hilary (OUTKD) term in the month of February. On the assumption this precedent will continue and to ensure there is sufficient time for clubs to adequately raise and discuss potential changes to the rules. Any disputes should be raised no later than the end of the second week of December preceding the Varsity Match.

(c) It is advised at the time of writing that following annual handovers of committee

roles, new committees should take time to review these rules and identify any disputes or clarifications to be raised.

(d) It is also advised at the time of writing that appropriate representatives of CUTKD and OUTKD should meet before the next academic year commences, irrespective of any disputes to raise. This will ensure that preparations and expectations for the following Varsity Match can be communicated early.

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 they are:

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 their eligibility continues until 30th September in the year in which they complete their 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 their 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 their 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. Centre Referee's Commands

- a. Cha reyot Attention
- b. Gam jeong/ Gam Jung Hanna Full point deduction
- c. Kae-sok continue
- d. Kal-yeo/ Hechyo (Jung Ji) pause; time out
- e. Keu-man stop
- f. Kyon-ye bow
- g. Kyong-go (Ju Ui Hanna) Half-point deduction
- h. Joon-bi get ready; adopt fighting stance
- i. Shi-jak begin
- j. Sil-kyuk disqualification

Appendix 3

The table below provides the means with which to submit the anonymised information required about each Varsity competitor to the centre referee, as stated in Article 9 of these rules. Whilst not a requirement, providing the competitor list in the order you would expect competitors to rank in conjunction with Article 9 will assist proceedings on the day.

Competitor	Weight (kg)	Competitive Experience (including non-Taekwon-Do combat sports)		Belt	Date of Belt
		Medals Won	Matches Fought	Grade	Awarded
Men's A – 1					
Men's A – 2					
Men's A – 3					
Men's A – 4					
Men's A – 5					
Men's B – 1					
Men's B – 2					
Men's B – 3					
Men's B – 4					
Men's B – 5					
Women's A – 1					
Women's A – 2					
Women's A – 3					
Women's A – 4					
Women's A – 5					
Women's B – 1					
Women's B – 2					
Women's B – 3					
Women's B – 4					
Women's B – 5					

Appendix 4 – Example team re-orderings

Competitor	Weight / kg	No. medals
A	75	1
В	70	2
С	65	3
D	60	4
E	50	5

Example 1

The final ordering would be B A D C E.

The first re-ordering group is A and B, re-ordered to B A

The next heaviest competitor that has not been re-ordered is C, so the next re-ordering group is C and D, re-ordered to D C.

The next heaviest competitor is E, who has no-one to switch with, so the final order is B A D C E

Competitor	Weight / kg	No. medals
A	75	3
В	70	2
С	67	3
D	65	1
E	60	5

The final ordering would be A C B E D

The first re-ordering group is A and B, not re-ordered.

The next heaviest competitor that has not been re-ordered is B, so the next re-ordering group is B, C and D, re-ordered to C B D

The next heaviest competitor that has not been re-ordered is D, so the next re-ordering group is D and E, re-ordered to E D

Example 3

Competitor	Weight / kg	No. medals
A	75	1
В	73	2
С	71	3
D	68	1
E	60	5

The final ordering would be C B A D E

The first re-ordering group is A, B, and C, re-ordered to C B A. No further re-ordering is done.