

# 2020 OLYMPIC-STYLE & POINT SPARRING

## OLYMPIC-STYLE SPARRING

Sparring divisions will be conducted by modified AAU Taekwondo rules. If any rule is not covered, please refer to the current AAU Taekwondo rules.

### MATCH TIMES

Division | # of Rounds x Round Duration | Rest Period

- 5-11 All Belts | 2 x 1 min | 30 sec
- 12-17 Color Belts | 2 x 1 min | 30 sec
- 12-17 Black Belts | 2 x 2 min | 30 sec
- 18-32 Color Belts | 2 x 1 min | 30 sec
- 18-32 Black Belts | 2 x 2 min | 30 sec
- 33-40 All Belts | 2 x 1 min | 30 sec
- 41& up All Belts | 2 x 1 min | 30 sec

### MANDATORY EQUIPMENT

- Chest Protector
- Headgear
- Protective Cup (male)
- Mouthpiece
- Shin and instep guards (including WTF approved foot coverings)
- Forearm guards
- Hand coverings or hand wraps will not be permitted. However, white WTF approved gloves are permitted.

### MODIFIED RULES

- Modified Head Contact
  - Junior Safety Rules will apply to 5-17 yr. old COLOR BELTS
  - Junior Safety Rules will apply to ALL 5-11 yr. old BLACK BELTS
- Under Jr. Safety rules head contact resulting in minor injury can result in deduction of point or disqualification depending on discretion of judge.
- Any excessive head contact that causes bleeding, bruising, or serious injury will deem disqualification.
- Inability to fight due to fright or loss of will due to legal contact should NOT cause disqualification to opposing competitor.

- Controlled head contact is permitted in the following divisions:
  - 12-14 yr. old BLACK BELT
  - 15-17 yr. old BLACK BELT
  - 18 and up BLACK BELT
  - 18 and up COLOR BELT
- Competitors are to be awarded points for firm contact to legal scoring areas on the body and controlled contact to legal scoring areas on the head.
- All divisions will be awarded points in the following manner:
  - 1 point punch to body
  - 2 points kick to body
  - 3 points kick to head
  - 4 points turning kick to body
  - 5 points turning kick to head
- Referees, coaches, and competitors should be aware of any outclass situation and do what is conscientious in those situations to prevent serious injury.
- Any kick which is considered malicious or which causes serious injury can be grounds for disqualification at the discretion of the judges.
- ALL AAU Taekwondo golden point, warnings, and deductions will apply except as modified.

## POINT SPARRING

### Match Times

Division | # of Rounds x Duration\*

- 5-11 All Ranks | 1 x 2 min
- 12-17 Color Belts | 1 x 2 min
- 12-17 Black Belts | 1 x 2 min
- 18-32 Color Belt | 1 x 2 min
- 18-32 Black Belt | 1 x 2 min
- 33 & Up Color Belts | 1 x 2 min
- 33 & Up Black Belt | 1 x 2 min

\*1st player to reach 3 points is declared the winner of the match

### Implements for scoring points

- Hand – forefist only
- Foot – any part of foot below the ankle

### Scoring target areas

- Head area covered by the headgear ONLY (foot techniques only)
- Body area covered by chest protector

**Points**

- 1 point – valid hand or foot technique to body
- 1 point – valid foot technique to legal head area

**Required Equipment**

- Headgear
- Mouthpiece
- Fist and forearm guards (safety hands NOT required)
- Shin and instep guards (safety feet NOT required)
- Cup (required for males ONLY)
- Chest protector OPTIONAL
- Competitors are to be awarded points for firm contact to legal scoring areas on the body and controlled contact to legal scoring areas on the head.
- Referees, coaches, and competitors should be aware of any outclass situation and do what is conscientious in those situations to prevent serious injury.
- Any kick which is considered malicious or causes serious injury can be grounds for disqualification at the discretion of the judges.
- All prohibited acts, as determined by the referees, shall result in deduction.

It is our intention that all competitors, whether they win or lose, walk away from the Ahn Classic with a positive experience.

