

INTERMOUNTAIN TAEKWONDO ALLIANCE



TOURNAMENT RULES

1.0 OFFICIALS AND THEIR DUTIES

1.1 The National Tournament Director or the Regional Tournament Director is in charge of the event supervision. The match referees and corner judges are under their supervision. The Regional Directors are to assist the National Tournament Director during national events.

1.2 The tournament arbitrator(s) must be appointed by a Regional Tournament Director. During national tournaments, Regional Tournament Directors will be assigned as arbitrators by the National Director. An arbitrator will be responsible for supervising assigned rings and for enforcement of tournament rules. He will make on-the-spot corrections, and will assist in resolving problems, in a diplomatic and respectful manner. If necessary, he may replace a judge for "cause". The position of tournament arbitrator is a temporary assignment during that tournament only. Regional Tournament Directors will assign arbitrators during regional tournaments.

1.3 Referees and judges must participate in a regional or national rules clinic, and pass a written test for judging certification. This certification will be valid as long as they attend one clinic and pass the written exam, once a year. This requirement is mandatory for all black belt ranks that judge. Black belt meetings the morning of a tournament will not be accepted for judging certification. Only clinics scheduled and conducted by a Regional Tournament Director or the National Tournament Director will be accepted.

1.4 Tournament judging requirements:

A. **JUDGES 14 - 15 YEARS OLD (Level 1 Only):** This judge may be a corner judge for color belt competition. Judges are to be 14 -15 years of age and a 1st Degree Black Belt or higher rank. A judge 14 - 15 years old may only judge competitors 15 and under, while under the supervision of two judges, ages 16 or older.

B. **JUDGES 16 YEARS AND OLDER (Level 2 Only):** This judge may be a center judge for colored competition and a corner judge for Black Belt competition. Judges must be 16 years of age and a 1st Degree Black Belt or higher rank.

C. **JUDGES 18 YEARS AND OLDER (Level 3):** This judge may be center judge in Black Belt competition. The judge must be 18 years of age or older and a 2nd Degree Black Belt or higher rank.

D. **BLACK BELT STUDENT JUDGES:** Black belt students from 1st degree black belt-decided through 4th degree black belt are not required to judge at tournaments, but have the option to judge. Although they may not be trainee or certified instructors, they will be required to know all the forms up through their current rank and the one-steps up through high-yellow belt. If a black belt student has learned all these requirements, positive encouragement could influence them to set a goal to become a trainee instructor.

1.5 The chief judge or center referee starts and ends each match and has complete authority over both competitors. He awards points, warns a competitor when there has been a rules infraction, and awards penalty points for a rules infraction. He also has the power to disqualify a competitor when

there has been an infraction; however in most instances it is suggested that he discuss rule infractions with the other judges in the ring, before awarding penalty points or disqualifying a competitor. When the winner is announced, the match referee will hold up his hand to complete the match.

The chief judge and the center referee are responsible for controlling their individual rings during competition. All judges have equal authority to call points or penalties. A center judge or referee cannot overrule a corner judge. No judge is allowed to alter, add, or modify any I.T.A. rules. The decisions for a point, penalty, or disqualification are determined within the I.T.A. Tournament Rules.

All results turned into the tournament staff must be completed legibly. All blanks must be filled in on the envelope and score sheets. If a competitor does not have his I.T.A. member number, the school owner's name, and the city/state where they train, must be written on the score sheet. If the paperwork is not complete, it will not be accepted by the tournament staff or officials.

1.6 The chief judge conducts form competition. It is his responsibility to take the results to the officials' table. He announces the names of the winners at the end of the competition and presents the awards.

A. All judges are responsible for areas surrounding their ring. **There are no spectators allowed in the competition area for any reason.** This is for their own safety and that of the competitors. Judges should have the competitors seated around the ring, so spectators will have a better view. **There will be no coaching** from the sidelines, by colored or Black Belts.

If anyone coaches from the sidelines, they will be asked to leave ringside. If the person does not leave immediately, the appropriate tournament officials will be notified. Unless you are Grand Master Hartwell, a special guest VIP, the senior ranking black belt, tournament director, or officially appointed as an arbitrator or ring judge, you are not allowed in the competition area (between the rings & 8-10 feet outside of the rings), unless you have received special permission from the appropriate tournament official. This also applies to taking pictures.

B. When a division reports to a ring and you notice a significant height and/or size difference, in junior divisions, the center referee should contact the appropriate tournament official(s) for verification. If the competitor is too big, he may have to be placed in the next division. This has to be done for safety reasons.

C. **Unless a senior instructor has been appointed as tournament arbitrator or unless for safety reasons, he will not interfere with the competition.** He should contact the appropriate tournament official(s) and notify them of his observation, if he feels a problem has arisen. Lower ranking judges are under a lot of pressure just trying to do their best, with as few mistakes as possible. The presence of a senior instructor at ringside is intimidating and creates more pressure for the junior instructor.

2.0 TOURNAMENT S.O.P

2.1 All officials must remain in their ring until all competition and the concluding paperwork has been completed or until they have been relieved by another authorized judge. Judges will be certain to show no prejudices regardless of the students' school or region. The center referee will briefly explain the rules to the competitors before the division begins. They will ask and answer any questions.

All competition registration cards will be collected. After the division is completed, all registration cards will be placed in the envelope and turned in with the score sheets.

2.2 The chief judge will also instruct judges to recognize differences in form technique, by students from different schools and regions as natural, and is to be expected. Therefore, they should base their score on the general forms criteria, i.e., and how well students perform their requirements. **As a courtesy to the competitors, the official should not talk among themselves during or between forms.**

2.3 The center referee or chief judge should shake the hand of every competitor and congratulate each one after he awards the trophies. It is very important that the competitors be left with a positive impression.

A common practice when shaking hand, asking permission to breaking boards, or when giving something to someone, is to place your left hand under your right elbow. The excepted interpretation of the ITA is that the formality shows a higher form of respect, especially with a higher belt ranking person or someone who is older than you. **This formality will be an optional practice within the ITA.** An instructor may adopt this practice for his school and students if he chooses. **Although an instructor may not practice this formality, he will not reprimand or discouraged anyone from practicing this.**

2.4 The proper bye system should be set up before any sparring begins. **Prior to setting up the byes system, ask competitors if there is anyone not competing in the sparring division. Some competitors may be competing in forms only. Additionally, make sure that competitors understand which division they are competing in (specifically one-steps and free sparring). Double check the children's divisions.** If the center referee has any difficulty, he should call for a tournament official for help. All entries should be closed and byes picked, five minutes after the last call. Pick up entry cards, count the cards, and lay them down in rows of 2, 4, or 8. Lay down the rest of the cards and make pairs. Pick up the pairs and check for the same school. Competitors will be separated by school during the first round only. Give the unpaired cards (byes) to the score keeper.

EXAMPLE: (SIX COMPETITORS)

<u>ROUND – 1</u>	<u>ROUND – 2</u>	<u>ROUND - 3</u>
<ul style="list-style-type: none">• COMP-1 vs. COMP-2• COMP-5 vs. COMP-6• COMP-3 vs. BYE• COMP-4 VS. BYE	<ul style="list-style-type: none">• Winners of 1st two matches in round 1.• Byes with automatic wins in round 1	<ul style="list-style-type: none">• Winners of round 2, competing for 1st and 2nd place.• Losers of round 2 competing for 3rd place; they do not compete if two 3rds in event

2.5 All competitors are encouraged to pre-register for any tournament and to arrive at the tournament site prior to competition. If for some unforeseen legitimate reason, a competitor is late for his division, the center judge may allow the competitor to enter the division. During forms competition a late entry may be allowed, if the awards have not been presented. If the first round of sparring competition is complete and the second round has begun in one-steps or sparring, no late entry is allowed.

2.6 During large regional and national tournaments, time is limited. It is highly recommended that as soon as a division is assigned to a ring and the center judge has the proper paperwork, he start the competition immediately.

2.7 A 1st Degree Black Belt-Recommended (Red/Black) may compete in the red belt division or they may compete in the 1st Degree Black Belt-Decided division. They can only compete in one division per tournament.

2.8 Competitors **are not required** to compete in both forms and one-steps or sparring.

3.0 FORMS COMPETITION RULES

3.1 After the initial bow-in, the chief referee will collect all competitor cards. He will turn the cards face down and shuffle them. He will then hand the cards to the score keeper, who will record the names on the score sheet.

3.2 The competitors will answer, “Yes, Sir!” when their name is called, they will bow in at their ring, run to the center, and stand at attention. When given the command, they will bow and begin their form at their own count. Before a competitor begins their form, the judges should be aware of the start and finish position of the form (especially for Black Belts). If necessary, the chief judge should move the competitor to the appropriate starting point. This way a competitor does not have to stop during their

form to make adjustments and break their concentration. They will remain in the last technique of their form, until given the command to return. A competitor will stay in the ring until they are dismissed.

3.3 The first three competitors will complete their form before being scored. This is to give the judges a base for their scores. After the first three competitors have completed their form, they will be recalled to the center of the ring. They bow-in, then each competitor will step forward upon command to be scored. The chief judge will give the command “judges score”. The chief judge will call the score out loud from left to right. After the first competitor is called, tell the next competitor he/she is “on deck”. This gives the next competitor an opportunity to stretch out or warm-up.

3.4 Each judge will give a score of five through ten. The scores should be as follows:

10	=	Excellent
9 - 9.5	=	Good
8 - 8.5	=	Fair
7 - 7.5	=	Poor
6 - 6.5	=	Complete, 2nd Attempt
5 - 5.5	=	Incomplete

Before the chief judge gives the command “judges score”, each judge has to determine what score he/she is going to award. When the command is given, all judges will show their score cards at the same time. **It is mandatory to use score cards, if they are available.** If score cards are not available, the judges will show their score by extending both arms forward horizontally. The number of fingers pointing will indicate the score from the judge. Half points will be awarded by crossing the forearms.

An incomplete form is defined as a competitor doing any form that stops any time during the form and does not finish. An incomplete form will receive a score of 5 or 5.5. If a competitor does a poor form, they should receive a score of 7 or 7.5. The scores of all judges will be added to determine the winner. **Judges are not allowed to change their scores.** Ties will not be decided in conference.

3.5 If there is a tie in the forms competition, the judges will decide the highest place first. The tied competitors will be asked to do their form again. After all competitors have done their form, they will line up facing the judges. The forms will be done individually. The competitors will not do their forms side-by-side, at the same time.

On the command of the chief judge, all judges will point to the competitor that they felt did the best. Judges will use their left hand to point to the competitor on the left and right hand to point to the competitor on the right. All judges are now looking at and scoring the entire form.

If at least two judges pick the same person, that person wins and will receive that place in the competition. If more than one place was at stake, the judges will immediately point at the next best form, and so on, until all the positions are filled.

If all three judges point to different competitors, those three will step forward one step. Next, the first two competitors on the judges left will take one more step forward. The chief judge will now ask the judges to pick the best form from these two. The loser steps back and the next competitor will step forward and the judges will again point to the best form. This person is the winner.

If more than one place was at stake, the two remaining competitors will again step forward and the judges will again point at the best form.

Since form ties are decided by this method, all forms competitors will be scored only on the first time that they do their form. All ties will be decided by the judges pointing at the best form.

3.6 Form judging is done in the following manner:

A. Judge A will grade only stances and kicks. For stances, you should look for a strong base with correct length and width, correct weight distribution; a level center of gravity while moving, and good balance. For kicks, you should look for the correct chamber position and a long strong kick with good extension and focus. A complete re-chamber motion is important, as well as good power and foot speed, not just how high the kick is.

B. Judge B will grade only hand techniques. For hand techniques, you should look for the correct chamber position; a long strong technique; good reaction force (where applicable); proper focus; and the speed and power of the technique.

C. The chief judge will grade the complete form presentation. This is for competitive attitude and the proper timing of the complete form. The correct timing of the individual techniques, as well as student enthusiasm and a good Kihap are important. This judge also makes certain the entire form was done correctly.

The chief judge must verbally explain to the corner judges who is assigned as Judge A and Judge B. Judge A will sit to the left of the chief judge and Judge B will sit to the right. The chief judge will then announce to the competitors, the judging assignments and what each judge is scoring. This will give the competitors an indication of the strong and/or weak points in their forms.

Judges are not allowed to view video recording to influence the score. If there is a legitimate complaint from a spectator or parent, they will be directed to the appropriate tournament officials.

Judges are not allowed to critique competitors on their form. A judge should give the competitors positive feedback and refer them to their instructor for any critique or advice.

3.7 If there is a tie, all the judges will look at the whole form to make their decision on which form was the best.

3.8 Due to a teaching concept used by many of the I.T.A. schools/clubs referred to as a “rotating curriculum”, color belts may compete with any form within their skill level. Example: Beginners (white, low and high-yellow belts). Intermediate (low and high-green, low and high-blue belts). Advanced (low and high-red, red/black belts). Judges need to understand how the rotating curriculum works. Example Situation: A competitor may have just been promoted to low-red belt; however they may have tested with the low-green belt form. This competitor’s current form could be one of the advanced listed above or they may do the low-green belt form. Black Belt competitors may do one of their three required forms. Black Belts that have not had the opportunity to learn their new required forms may compete with one of their three previous forms (including red belt forms for 1st degree black belts). **Black Belts are required to do their new forms after six months from their date of promotion.**

3.9 All colored belts are allowed two chances to complete their form. The highest score they may receive on the second attempt is 6 or 6.5. **Black Belts are allowed only one chance to complete their form.** If a competitor fails to complete the form, he should receive a 5 or 5.5.

3.10 There are no restrictions on in or out bounds, during forms competition. Competitors will not be penalized.

4.0 SPARRING RULES

4.1 The center referee must maintain his primary position directly facing the scorekeeper and timekeeper.

4.2 All white belts compete with One-Step Sparring. Low and high-yellow belts have the option of competing in one-step sparring or free-sparring. One-step sparring matches will use the same bye system as free-sparring. The competitors bow in and do their favorite one-steps. As in forms competition, some schools/clubs may teach a “rotating curriculum”. Competitors may use only one set of one-steps. A competitor may not mix one-steps from different ranks. During one-steps, a competitor must do at least two different one-step combinations on the first two attempts. It is not required for one-steps to be done in numerical order. A one-step match will last for a maximum of three one-steps.

If a competitor accidentally makes light contact during one-steps sparring, he will not be penalized. If excessive contact is made, a penalty point may be awarded, or the student may be disqualified if appropriate.

If a student, has recently been promoted and is wearing a low-green belt or higher at the tournament, he will not be allowed to compete in one-step sparring.

To seem more like free sparring, the judges will score the one-steps one at a time. Using flags, the judges will score the first one-step as soon as both competitors have finished. One point will then be awarded for either red or white. This will continue until one competitor scores two points and is declared the winner of the match.

The center referee should conduct the match as he would during free-sparring. The competitor on his right will always be red and low block first. The referee will start each one-step segment by telling

the red competitor to “Step Back, Hands up!” The referee will break the competitors between each one-step, just as in free sparring. **If a competitor is having a difficult time during the attack or challenge position, the center referee may assist the competitor. There is no penalty.** The beginner or first time competitor is apt to make a mistake due to a lack of confidence or nervousness.

4.3 All one-steps will be judge by the following criteria:

- A. The one-step must be complete, but regional variances are expected and must be allowed for.
- B. Look at the basic techniques: stance, blocks, kicks, etc.
- C. If both are still even, look at the power: which competitor uses the strongest technique.

4.4 Again, low and high-yellow belts have the option to compete in free-sparring. All low-green belts through black belts will free-spar. Safety equipment is mandatory. Judges will check all competitors for mouth pieces and groin cups for males.

If a competitor is under the age of 18 and a parent is not present during a tournament, the instructor is required to obtain a letter of consent to make decisions concerning liability and safety issues. An instructor will obtain a letter of consent and keep it on file for all students he brings to future tournaments.

The most points scored at the end of two minutes determine the winner. If one competitor receives five points before the end of two minutes, he will be the winner. Time runs continuously, unless the referee indicates that time should be stopped. Ties will be determined by the first competitor to score a point in overtime. **Points and warnings do not carry over into overtime matches.** Overtime matches may also be decided by penalty points, if scored during overtime.

4.5 When the center referee or a corner judges sees a point, they will clearly callout “Break!” to stop the action. On direction of the center referee, each judge will indicate “point”, “no point”, “no see”, or “warning”. Each judge has one vote. The center referee and the corner judges are required to show their vote at the same time. Once a judge raises his hand for a call, **he is not allowed to change the call for any reason.**

4.6 Scoring points will be done by placing hand or foot techniques on or near the target, with varying criteria depending on the rank and division of the competitors.

A. Hand and foot techniques to the legal torso area will score one point. Legal hand techniques include only punches, backfists, hammerfists, ridgehands, and knife-hands. Spinning backfists, knifehands, etc., are defined as **“blind techniques” and are not allowed.**

B. Kicking techniques to any part of the head, or face, will score two points. Jump kicks to the body will also score two points.

C. Jump kicks to the head target areas, score three points. The only criteria for a jump kick is that the base foot is off the ground at the time of the kick.

4.7 The body on the front and sides, above the line across the top of the hips, is a legal target for hand and foot techniques. The entire head and face, above the shoulder line, is legal for kicks only. **THE NECK IS AN ILLEGAL TARGET AREA.**

4.8 When calling points, center and corner judges may make the following calls – Center referees point to the proper competitor, rather than raising a flag.

- A. Point - raise the correct flag and number of fingers, corresponding to the number of points scored.
- B. No Point - cross both forearms downward.
- C. No See - cross hands in front of face.
- D. Warning - wave the correct flag, down low.

4.9 Judges will award points or penalties, according to the majority of judges who saw the techniques.

NOTE: A judge must actually see, visually, any techniques he scores. If a judge is not sure that a technique scored, he should call “no see”. If he calls “no point”, he could prevent a competitor from receiving a legitimate point.

4.10 If two or three judges score different points for the same competitor, the lowest score will be awarded. If the judges call “Red-1”, Red-2, Red-3”, Red will be awarded 2 points. Red receives 2 points, because two judges scored at least 2 or more points.

4.11 **A competitor cannot be issued a warning and a point at the same time.** If two or three judges call a warning for the same competitor, the higher penalty will be given. The primary concern during a tournament is the safety of the competitor. Giving the higher penalty in this situation will encourage all competitors to be more cautious.

4.12 If a judge sees two calls at the same time, he should notify the center referee when instructed to score after a break. The center referee will call for warnings first and award any appropriate points. The center referee will then call for any additional points to be awarded. If necessary, a corner judge can call time.

Example: Center referee calls “no see”, one corner judge calls “White 2”, and the other corner judge calls “White 2”, and also saw “Red” make contact to an illegal target area. The center referee would award two points to White and then ask the judges to call for Red. If the score indicated an infraction, the appropriate penalty will be given.

4.13 In a situation that requires calls for both competitors, stop the time and continue after final scoring decisions have been made.

4.14 Contact and penalty rules are for the safety of competitors in their different divisions. If the judges' vote determines excessive contact was made, the center referee may award a penalty point, or he may disqualify the competitor if excessive contact was due to malice or negligent lack of control.

Color belt competitors are not required to make contact to score points. If color belt make light contact to the head or body, they can still be awarded points. Color belts are encouraged to score head kick without contact.

Black belt competitors are not required to make head contact, but will be allowed to make light to moderate contact. Black Belt are required to make body contact in order to score. Black belts will be allowed light to moderate contact to the body.

Black belt children should be closely supervised. Judges should encourage black belt children to make light contact to the head or body. Their bodies are still developing and cannot absorb the amount of force delivered by strong competitors within their age group. Moderate contact may be allowed, however it should be discouraged.

4.15 No contact will be allowed or any point awarded for any hand techniques to the head. Hand contact to the face or contact to any illegal target area the first time, will result in a penalty point. The second time will be automatic disqualification. Non-contact penalties, such as running out of bounds, falling down to avoid attack, low fake kicks, grabbing, striking to (no contact) an illegal target area, etc., will receive a warning for the first infraction, a penalty point for the second infraction, and disqualification for the third infraction.

Excessive contact or unsportsmanlike-like conduct should be a penalty point on the first offense and may result in disqualification, if the judges feel it was done through negligence or malice. The second instance must be disqualification.

4.16 If a competitor is injured, have him lie down (or remain where he has fallen). Remove the competitor's mouth piece, but **do not remove head gear**. Send a corner judge for the medical team. Until they arrive, try to help the competitor stay calm and make sure he does not move around. Let the injured competitor continue only when you are sure that he will not be further injured by continuing.

If the competitor is under 18 years old, he must receive permission from his parent(s), instructor, and medical staff, before he will be allowed to continue competition.

4.17 No Fault Rule is when a competitor strikes his opponent in an illegal target area and the judges determine that the strike was not intentional and there was no excessive contact, the competitor will not be penalized. If it cannot be determined contact to an illegal target area was intentional or if excessive contact was made, then the center referee and two corner judges will call time out and discuss the matter. If it is decided contact to an illegal target area or excessive contact was made, then a penalty point or disqualification will be issued. If a no-fault situation is not clearly indicated when all judges score, then the center referee should stop time and all judges discuss the final call.

4-18 Out of bounds rulings depend on whether the competitor was forced out of the ring or ran out to avoid an attack. A competitor who runs out of the ring should be penalized. A competitor is out of bounds when he has one foot out of bounds. **Both competitors must be in bounds** for a point to be scored. Judges may tap the floor, if they see a competitor is near the ring boundary to help him realize his ring position.

6.0 BOARD BREAKING COMPETITION

6.1 Scoring: Each competitor will only be allowed one attempt to break all stations, except in the case of a tie. Board breaking competition will require three judges. Each judge will give a score of 5 through 10. Scoring will be based on the degree of difficulty, execution of technique, completion of break, and balance. Winners will be determined by the total number of points awarded by judges.

6.2 Breaking Requirements: There are board breaking divisions for all ranks and ages. Divisions will be determined by age, rank, and number of competitors.

Adult males (16 yrs. & over) may break one or two boards per station. Adult males are allowed a total of 4 boards or they may do less. Adult women (16 yrs. & over), juniors (13-15 yrs), and children (12 yrs. & under) are allowed 2 boards or less. All age and rank groups may choose one or two stations and break with any hand or foot technique. It is recommended that competitors choose breaking techniques that they are confident with. Competitors will not be allowed to choose techniques that would present a high risk of injury. In this case the appropriate tournament official should be consulted. Instructors should always approve breaking techniques for a competitor prior to any tournament competition.

Head Breaks: In the past senior ranking black belts have done head breaks during competition. Lower ranking competitors and children have tried to emulate this. There is always a risk factor doing any break, however head breaks pose a higher risk. Due to the risk involved and to discourage children from attempting this, head breaks will no longer be allowed to breaking competition.

6.4 Awards: There will be 1st, 2nd, and 3rd place medals will be awarded during inter-school, regional, and national tournaments. Only one (1) 3rd place will be awarded during inter-school and regional tournaments. During national tournaments, two (2) 3rd places will be awarded. Inter-school and regional tournament hosts have the option to award trophies.

6.5 Guidelines for Boards:

A. It is customary for the tournament host to provide boards for breaking competition. When competitors bring their own boards it creates confusion if their boards are different than boards

provided at the tournament. **Competitors will not be allowed to bring their own boards for competition.**

- B. The tournament host will provide boards for competition.
- C. Laminate (WTF) boards will be for 12 yrs. old and younger.
- D. Regular pine boards will be provided for junior's 13-15 yrs. old, adult women 16 yrs. & over, and adult men 16 yrs. & over.
- E. Pine boards will be cut at 10", which will be the standard size for all regional and national tournaments. This way there is no confusion.

6.6 Board Holders: It is the responsibility of the competitor's instructor to teach him all aspects of breaking competition, especially how to position holders and how he wants them to hold the boards. Judges may assist a competitor if it is necessary to expedite the competition or if the competitor asks for assistance. Judges should not try to make too many changes that would confuse a competitor or seriously contradict his instructor. If there is a safety issue, then the center referee should immediately intervene and consult with the corner judges. If necessary, the center referee should contact the appropriate tournament official.

When participating as a board holder, you should hold the board the way the competitor requests. It is the responsibility of the center referee to assist them, not you as a board holder. You should express a positive attitude, a willingness to help, and wish them success. You should never express a lack of confidence in the competitor and what they are trying to accomplish.

All board breaking stations will have two holders. This includes child size laminate (WTF) or regular pine boards. This applies to all ranks and ages. The only exception will be for speed breaks.

7.0 APPEARANCE and DRESS

7.1 Contestants shall wear clean and presentable white I.T.A. uniforms. Males must wear a protective cup. All competitors must wear a mouthpiece. If a competitor is wearing headgear that has a face shield or cage, a mouth piece is optional. **Safety equipment (headgear, hand and foot pads) are mandatory for all competitors in free sparring competition - NO EXCEPTIONS.** Hand and foot pads must cover the tips of the fingers and toes.

Competitors may wear any color of equipment approved by their instructor. Vinyl or cloth forearm and/or shin pads are optional. Other protective equipment must be approved by the competitor's instructor and center referee (criteria includes safety of opponent, intent of the guards, and special student needs or problems). If a competitor does not have equipment, ask another competitor if his equipment can be borrowed.

8.0 JUDGING ETHICS & PERSONAL BEHAVIOR

8.1 Any demonstrations of prejudice, lack of attentiveness in the ring, etc., shall be cause to replace the judge.

Judges need to keep their personal emotions and feelings intact. If you had a bad day the day before, personal problems, or something is on your mind, you need to put those aside and focus on your judging responsibilities.

If your students or family members are competing and you are judging, you need to stay focused and not allow yourself to be distracted. Everyone wants to watch their families, friends, and/or students compete and even take pictures. Your judging responsibilities come first. When you are competing, it's discouraging or even upsetting if you know your ring judges are watching someone else instead of you.

8.2 Outside Interference: Quality judging required continuing education. All qualified judges need to read the rules, memorize them, and attend the appropriate judging certification clinics. Annual recertification is required. Senior instructors should always set a positive example, be compassionate, understanding, and willing to help junior instructors and judges. As a senior instructor, if you do this, you gain their respect and admiration, not disrespect and resentment. No master instructor, senior instructor, or school owner will personally interfere, stop a match, or personally complain to the ring judges during any competition.

If you see a safety issue, direct rules violation, negligence, or a situation that really needs immediate attention, send for the appropriate tournament official. Then you may politely and respectfully ask the center referee to call time. Wait for the tournament official, at which time you, the center referee, and tournament official will discuss the situation so as not to bring attention from competitors and spectators.

If any master instructor, senior instructor, or school owner violates any of these guidelines, they will be severely reprimanded and immediate disciplinary action will be taken. You could be barred from futures regional and national tournaments for up to two years or officially terminated from the ITA.

8.3 Refusing To Judge: If a black belt is certified to judge, he is required to judge during regional and national tournaments. If a certified judge (all black belt ranks) refuses to judge without a legitimate reason, that person will immediately be asked to leave the tournament. This person will not be allowed to remove his students or notify them of the situation. Only his immediate family can be notified. Wanting to watch your family or students compete or taking pictures is not a justified reason for not judging. If a certified judge (especially a senior black belt) cannot judge, they must receive permission from the tournament director or the senior ranking instructor at the tournament. If any master instructor, certified instructor, school owner, or certified judge does not want to judge, then there is no need for them to come to the tournament. If a person has a legitimate or medical reason he can set in the spectator area, help out in some way at the tournament, or if he is a master instructor he can sit at the head table.

8.4 Profane or Obscene Language: As instructors and judges we need to be extra careful with the language we use during any ITA events including testings, tournament, seminars, etc. We damage our image and professionalism when “caught in the act” of using profane or obscene language by children, parents, junior instructors, and the opposite gender. The best policy is do not use obscene or offensive language when you are in your school, during any ITA event, or while you are in your Taekwondo uniform. If you need to express yourself in an inappropriate manner, wait until you are alone or at home.

8.5 Personal Conduct: We must constantly remember our roles as black belts, instructors, seniors, and school owners and the image we project. People automatically judge us positively and negatively by what we say, how we act, how we treat others (especially our family members and friends), how we dress, how we teach, etc. We may not have done something wrong intentionally or thought we had, but it can be perceived as offensive by others. Think twice before you do or say something that may offend others.

9.0 ADDITIONAL RULINGS

9.1 Match referees and judges, who find difficulty in resolving a given problem, should ask the appropriate tournament official for rulings.

10.0 COMPLAINTS

10.1 Any complaints will be directed to the appropriate tournament official.

11.0 OFFICIAL'S DRESS

11.1 Instructors, judges, and others identified as I.T.A. officials, shall be properly dressed in an I.T.A. uniform, a suit, or coat and tie. They are also required to remain in the proper attire until they are dismissed or leave the tournament.

11.2 Instructors, judges, and other identified as I.T.A. officials are expected to conduct themselves in a professional manner. The tournament staff is volunteers assisting with the concession, merchandise, and registration. They are a tremendous help to the tournament host and the I.T.A. Usually they cannot identify black belts, instructors, or school owners. The staff members are not required or expected to deal with attitude problems, egos, or your responsibilities. They need your cooperation. Anyone who displays any type of negative conduct will be immediately disciplined.

12.0 TOURNAMENT SECRETARY

12.1 The tournament secretary will be named by the tournament host, unless there is a regional appointee. This person must staff the judges' table at all times, until all results and all entry cards have been turned in from all rings.

The secretary should have a check-out system to be certain that all results and equipment have been returned. If results are missing, tournament officials shall assume the fault is that of the chief judge or center referee, rather than the secretary.

12.2 Tournament reports, including copies of award winners, should be prepared. Copies of the reports are sent to I.T.A. National Headquarters, National Chairman of Tournaments, Regional Chief of Tournaments, and Regional Chief of Publications. The tournament host should keep a copy for at least two years in case of association research needs. **All results must be reported within thirty (30) days of the tournament.**

13.0 ANNOUNCEMENT & OPENING CEREMONIES

13.1 The announcer for the tournament shall be the National Chairman of Tournaments, Regional Chief of Tournaments, or their designees.

13.2 Tournament opening ceremonies shall begin with all people involved lining up for formalities, with a conductor to the front right of the competitors (as in testing).

The announcer asks all I.T.A. members to please stand. All judges face the flags and the conductor commands "Chah Ree Ut, Kyung Yet!", then the American and/or Korean national anthem(s) will be performed.

Tournament officials then face the contestants and the conductor call out "The Tenets of Taekwondo, Shee Jahk!". All judges, competitors, and all I.T.A. members present, then recite the tenets. The conductor then commands "Face The Judges, Chah Ree Ut, Kyung Yet!", all bow and give the I.T.A. cheer.

The chairman or regional chief will announce all tournament officials and then make any awards and/or presentations. If necessary, a short explanation of the rules follows and the competitors are given the opportunity to ask questions on the event. The tournament then begins. After competition is finished, the tournament will close with the same formalities using the Taekwondo Student Oath.

13.3 In case of the unexpected appearance of a high rank I.T.A. official (an individual at least one rank higher than the highest ranking official already in attendance), the chairman or regional chief will call all participants to attention, to bow to and welcome the honored guest.

13.4 A judges' oath will be administered by the chairman or regional chief to all black belts at the tournament. The oath will immediately follow the opening bows, while competitors and judges are still standing. Although the association obviously holds respect for certified judges' integrity, the oath is a reminder of the great responsibility held by a judge who is seen by the outside world and students from the schools in the I.T.A.

The administrating official shall have all judges raise their right hands, as he reads the oath:

“Do you swear that your judging of the Taekwondo students, here present, shall be without prejudice of region or other variant and that your judging will be to the best of your ability, in keeping with the Intermountain Taekwondo Alliance policies and standards, for the best interest of all competitors here involved?”

All judges answer:

“I do, sir.”