

ABRIDGED RULES-TAEKWONDO 2022

GUIDING BODIES

World Police and Fire Games Federation (WPFGF)
8304 Clairemont Mesa Blvd., # 107, San Diego, CA 92111 USA
Tele. (619) 571-9919 FAX: (619) 571-1641 E-Mail: 4info@cpaf.org

World Taekwondo Federation (WT)
635 Yeoksamdong, Gangnamgu
Seoul 135-980, Korea
Tele: +82.2.566.2505; Fax +82.2.533.4728; Web-Site: www.Worldtaekwondo.org

KYORUGI *(The rules for the Poomsae events are following those for Kyorugi)*

ELIGIBILITY

All competitors shall hold a WT Taekwondo grade of 4th Kup (blue belt)

Competitors must be members of a national federation affiliated to the WT. Proof of membership by means of a valid license, insurance and grade will be required at registration. All contestants/clubs must have their own insurance as UTA (NI) / TANI and any of its representatives will not be responsible for any injury cost.

KYORUGI EVENTS

The age categories will be the following:

18-29 years
30-39 years
40-49 years
50 + years

The weight classes are the following:

Men:

Under 58.0 Kg
Under 68.0 Kg (over 58.0 & not exceeding 68.0 Kg)
Under 80.0 Kg (over 68.0 & not exceeding 80.0 Kg)
Over 80.0 Kg

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Women:

Under 49.0 Kg

Under 57.0 Kg (over 49.0 & not exceeding 57.0 Kg)

Under 67.0 Kg (over 57.0 & not exceeding 67.0 Kg)

Over 67.0 Kg

MEDICAL

COMPETITORS' MEDICAL REQUIREMENTS: Prior to or during Host Registration all competitors must submit a Medical Release, signed by a licensed physician based on a physical exam conducted within six months of competition. This release may take the form of a doctor's note stating the entrant's fitness to compete in a contact sport.

CONTESTANT UNIFORM AND PROTECTIVE EQUIPMENT

A contestant shall wear a WT-approved uniform, head protector, trunk protector, groin guard, forearm guards, shin guards, hand protector, sensing socks (in the case of using electronic body protector - PSS) and be equipped with a mouthpiece before entering the Field of Play. Head protector must be firmly tucked under left arms when entering the competition area. Head protector shall be put on the head following instructions of the referee before the start of the contest. The groin, forearm and shin guards shall be worn beneath the Taekwondo uniform

The contestant shall bring the following WT-approved protective equipment for his/her personal use:

- Groin guard,
- Forearm and shin guards,
- Hand protector,
- Mouthpiece (transparent or white),
- Sensing socks (for use with electronic body protector - PSS),
- Head protector (red, blue, or white)

Wearing any item on the head other than the head protector shall not be permitted. Any religious item shall be worn beneath the head protector and inside the Dobok and shall not cause harm or obstruct the opposing contestant.

Mouthpiece: The color of the mouthpiece is limited to white or transparent. However, obligation to use mouthpiece may be exempted upon submission of the medical Doctors diagnosis stating that use of mouthpiece may cause harm to the contestant.

WEIGH-IN PROCEDURES

Weighing-in of the competitors shall not take place more than 24 hours prior to competition for the specific weight category.

During weigh-in, the male contestant shall wear underpants and the female contestant shall wear underpants and brassiere. Weigh-in may not be conducted in the nude.

Weigh-in shall be made once, however, one more weigh-in is granted within the time limit for

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official weigh-in to the contestant who did not qualify the first time.

Not exceeding:

The weight limit is defined by the criterion of one decimal place away from the stated limit. For example, not exceeding 58kg is established as until 58.0kg with 58.1kg being over the limit and resulting in disqualification.

SCHEDULING

Two days of competition

DURATION OF CONTEST

1. The duration of the contest shall be three rounds of two minutes each, with a one-minute rest period between rounds. In case of a tie score after the completion of the 3rd round, a 4th round of one minute will be conducted as the Golden round, after a one-minute rest period following the 3rd round.
2. The duration of each round may be adjusted to 1 minute x 3 rounds, 1 minute 30 seconds x 3 rounds, 2 minutes x 2 rounds or 5 minute x 1 round (with 1 time out for 30 seconds to each contestant) upon the decision of the Technical Delegate for the pertinent championships.

GENERAL RULES for Taekwondo

Time Signal

The end of the time allotted for the contests shall be indicated to the referee by the ringing of a bell or other similar audible method.

When using several competition areas at the same time, the use of VARYING audible devices is required. The time signal must be sufficiently audible to be heard over the noise of the spectators.

PROCEDURE OF THE CONTEST

1. Call for Contestants

The name of the contestants shall be announced 2 times beginning 2 minutes prior to the scheduled start of the contest. The contestant who fails to appear in the contest area within one minute after the scheduled start of the competition shall be regarded withdrawn.

2. Physical and Costume Inspection

After being called, the contestants shall undergo physical and costume inspection at the

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designated inspection desk by the inspector designated by the WTF, and the contestant shall not show any signs of aversion, and also shall not bear any materials which could cause harm to the other contestant.

3. Entering the Competition Area

After inspection, the contestant shall enter into the waiting position with one coach.

4. Procedure before the Beginning and after the End of the Contest

Before the start of the contest, the center referee will call “Chung, Hong.” Both contestants will enter the Contest Area with their headgears firmly tucked under their left arms. When any contestant is not present or present without being fully attired, including all protective equipment, uniform, etc., at the Coach’s Zone by the time the referee calls “Chung, Hong”, he/she shall be regarded as withdrawn from the contest and the referee shall declare the opponent as the winner.

The contestants shall face each other and make a standing bow at the referee’s command of “Cha-ryeot (attention)” and “Kyeong-rye (bow)”. A standing bow shall be made from the natural standing posture of “Cha-ryeot” by bending the waist at an angle of more than 30 degrees with the head inclined to an angle of more than 45 degree. After the bow, the contestants shall put on their headgear.

The referee shall start the contest by commanding “Joon-bi (ready)” and “Shi-jak (start)”.

The contest in each round shall begin with the declaration of “Shi-jak (start)” by the referee and shall end with the declaration of “Keu-man (stop)” by the referee. Even if the referee has not declared “Keu-man”, the contest shall be regarded as having ended when the match clock expires.

After the end of the last round, the contestants shall face each other at their designated positions. The contestants shall take off their headgears and exchange a standing bow at the referee’s command of “Cha-ryeot”, “Kyeong-rye.” The contestants shall wait for the referee’s declaration of decision in a standing posture.

The referee shall declare the winner by raising his/her own hand to the winner’s side.

5. The contestants retire from the Competition Area.

PERMITTED TECHNIQUES AND AREAS

1 Permitted techniques

- 1.1 Fist technique: A straight punching technique using the knuckle part of a tightly clenched fist
- 1.2 Foot technique: Delivering techniques using any part of the foot below the ankle bone

2 Permitted areas

- 2.1 Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector

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are permitted. However, such attacks shall not be made on the part of the spine.

- 2.2 Head: The area above the collar bone. Only foot techniques are permitted.

VALID POINTS

- 1 Scoring Areas
 - 1.1 Trunk: The blue or red colored area of the trunk protector
 - 1.2 Head: The entire head above the bottom line of the head protector
- 2 Criteria for valid point(s):
 - 2.1 Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the trunk with a proper level of impact.
 - 2.2 Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the head.
 - 2.3 The determination of the validity of the technique, level of impact, and/or valid contact to the scoring area shall be made by the electronic scoring system except fist techniques. These PSS determinations shall not be subject to Instant Video Replay.
 - 2.4 The WT Technical Committee shall determine the required level of impact and sensitivity of the PSS, using different scales in consideration of weight category, gender, and age groups. In certain circumstances as deemed necessary the Technical Delegate may recalibrate the valid level of impact.
- 3 The valid points are as follows.
 - 3.1 One (1) point for a valid punch to the trunk protector
 - 3.2 Two (2) points for a valid kick to the trunk protector
 - 3.3 Four (4) points for a valid turning kick to the trunk protector
 - 3.4 Three (3) points for a valid kick to the head
 - 3.5 Five (5) points for a valid turning kick to the head
 - 3.6 One (1) point awarded for every one “Gam-jeom” given to the opponent contestant
- 4 Match score shall be the sum of points of the three rounds.
- 5 Invalidation of point(s): When a contestant records points following prohibited act(s):
 - 5.1 If prohibited act is followed by point(s), the referee shall declare the penalty for the prohibited act and invalidate the point(s).

SCORING AND PUBLICATION

Valid points shall be immediately recorded and publicized.

In case of non-use of Protector and Scoring System, valid points shall be recorded by each judge by using the electronic scoring instrument or judge’s scoring sheet. Points recorded by judge’s scoring instrument shall be immediately publicized.

In the use of Protector and Scoring Systems:

- 1 Scoring of valid point(s) shall be determined primarily using the electronic scoring system installed in Protector and Scoring Systems (PSS). Points awarded for punching

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techniques and additional points awarded for turning kicks shall be scored by judges using manual scoring devices. If PSS (Protector & Scoring System) is not used, all scoring shall be determined by judges using manual scoring devices.

- 2 If head PSS is not employed with trunk PSS, scoring for kicking techniques to the head shall be made by judges using the manual scoring devices.
- 3 The additional point given for a turning kick shall be invalidated if the turning kick was not scored as a valid point(s) by PSS.
- 4 Under a three (3) corner judge setting, two or more judges shall be needed to confirm valid scoring.
- 5 Under a two (2) corner judges setting, two judges shall be needed to confirm valid scoring.
- 6 If a referee perceives a contestant to be staggering, bleeding or knocked down by a kick to the head, and so begins counting, but the attack was not scored by the head PSS, the referee may request IVR to make the decision for awarding or not awarding points after the count.

PROHIBITED ACTS AND PENALTIES

- 1 Penalties shall be declared by the referee.
- 2 Prohibited acts which described in article 14 shall be penalized with “Gam-jeom” by referee.
- 3 A “Gam-jeom” shall be counted as one (1) point for the opposing contestant.
- 4 Prohibited acts
 - 4.1 The following acts shall be classified as prohibited acts, and “Gam-jeom” shall be declared.
 - 4.1.1 Crossing the Boundary Line
 - 4.1.2 Falling down
 - 4.1.3 Avoiding or delaying the match
 - 4.1.4 Grabbing or pushing the opponent
 - 4.1.5 Lifting the leg to block, or/and kicking the opponent’s leg to impede the opponent’s kicking attack, or lifting a leg or kicking in the air for more than 3 seconds to impede opponent’s potential attacking movements, or kick was aiming to below the waist
 - 4.1.6 Kicking below the waist
 - 4.1.7 Attacking the opponent after "Kal-yeo"
 - 4.1.8 Hitting the opponent’s head with the hand
 - 4.1.9 Butting or attacking with the knee
 - 4.1.10 Attacking the fallen opponent
 - 4.1.11 Attacking trunk PSS with the side or bottom of the foot having the knee pointed out in clinch position
 - 4.1.12 Following Misconducts of contestant or coach

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- a) Not complying with the referee's command or decision
 - b) Inappropriate protesting behavior to officials' decisions
 - c) Inappropriate attempts to disturb or influence the outcome of the match
 - d) Provoking or insulting the opposing contestant or coach
 - e) Unaccredited doctor/physicians or other team officials found to be seated in the doctor's position
 - f) Any other severe misconduct or unsportsmanlike conduct from a contestant or coach
- 4.2 When a coach or contestant commits excessive misconduct and does not follow the referee's command the referee may declare a sanction request by raising a yellow card. In this case the Competition Supervisory Board shall investigate the contestant, and/or coach's behavior and determine whether a sanction is appropriate
- 5 If a contestant intentionally and repeatedly refuses to comply with the Competition Rules or the referee's orders, the referee may end the match raising yellow card and declare the opposing contestant the winner.
 - 6 If the referee at the inspection desk or officials in the Field of Play determines, in consultation with the PSS technician, if necessary, that a contestant or coach has attempted to manipulate the sensitivity of PSS sensor(s) and/or inappropriately alter the PSS so as to affect its performance, the contestant shall be disqualified.
 - 7 When a contestant receives ten (10) "Gam-jeom", the referee shall declare the contestant loser by referee's punitive declaration (PUN)
 - 8 In Article 14.7, "Gam-jeom" shall be counted in the total score of the three rounds.

DECISIONS

- 1 Win by Referee Stops Contest (RSC)
- 2 Win by final score (PTF)
- 3 Win by point gap (PTG)
- 4 Win by golden points (GDP)
- 5 Win by superiority (SUP)
- 6 Win by withdrawal (WDR)
- 7 Win by disqualification (DSQ)
- 8 Win by referee's punitive declaration (PUN)
- 9 Win by disqualification for unsportsmanlike behavior (DQB)

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KNOCK DOWN

This is the situation in which a contestant is knocked to the floor or is staggered or unable to respond adequately to the requirements of the match due to a blow. Even in the absence of these indications, the referee may interpret as a knock down, the situation where, as the result of contact, it would be dangerous to continue or when there is any question about the safety of a contestant.

When any part of the body other than the sole of the foot touches the floor due to the force of the opponent's technique

When a contestant is staggered and shows no intention or ability to continue

When the referee judges that the contest cannot continue as the result of being struck by a legitimate technique.

PROCEDURE IN THE EVENT OF A KNOCK DOWN

When a contestant is knocked down as the result of the opponent's legitimate attack, the referee shall take the following measures.

The referee shall keep the attacker away from downed contestant by declaration of "Kal-yeo (break)".

The referee shall first check the status of the downed contestant and count aloud from "Ha-nah (one)" up to "Yeol (ten)" at one second intervals towards the downed contestant, making hand signals indicating the passage of time.

In case the downed contestant stands up during the referee's count and desires to continue the fight, the referee shall continue the count up to "Yeo-dul (eight)" for recovery of the contestant. The referee shall then determine if the contestant is recovered and, if so, continue the contest by declaration of "Kye-sok (continue)".

When a contestant who has been knocked down cannot demonstrate the will to resume the contest by the count of "Yeo-dul (eight)", the referee shall announce the other contestant winner by K.O.

The count shall be continued even after the end of the round or the expiration of the match time.

In case both contestants are knocked down, the referee shall continue counting as long as one of the contestants has not sufficiently recovered.

When both contestants fail to recover by the count of "Yeol", the winner shall be decided by the match score before the occurrence of Knock Down.

When it is judged by the referee that a contestant is unable to continue, the referee may decide

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the winner either without counting or during the counting.

Procedures to be followed after the contest

Any contestant who could not continue the match as a result of a serious injury regardless of any parts of the body cannot enter competition within thirty (30) days without approval of the WTF Medical Chairman after submission of a statement from the physician designated by the pertinent national federation.

PROCEDURES FOR SUSPENDING THE MATCH

When a contest is to be stopped due to the injury of one or both contestants, the referee shall take the measures prescribed below. However, in a situation which warrants suspending the contest for reasons other than an injury, the referee shall declare “Shi-gan (time)” and resume the contest by declaring “Kye-sok (continue)”.

The referee shall suspend the contest by declaration of “Kal-yeo” and order the recorders to suspend the time by announcing “Kye-shi (suspend)”.

The referee shall allow the contestant one minute to receive first aid by team doctor or, in the absence of team doctor, commission doctor.

The contestant who does not demonstrate the will to continue the contest after one minute, even in the case of a slight injury, shall be declared loser by the referee.

In case resumption of the contest is impossible after one minute, the contestant causing the injury by a prohibited act to be penalized by “Gam-jeom” shall be declared the loser.

In case both the contestants are knocked down and are unable to continue the contest after one minute, the winner shall be decided upon points scored before the injuries occurred.

When it is judged that a contestant’s health is at risk due to lost consciousness or whose condition after a knock down appears serious, the referee shall suspend the contest immediately and order first aid to be administered by commission doctor or WTF Medical Chairperson. The referee shall declare as loser, the contestant causing the injury if it is deemed to have resulted from a prohibited attack to be penalized by “Gam-jeom”. If the injury was not the result of an illegal action to be penalized by “Gam-jeom”, the winner shall be decided on the basis of the score of the match before suspension of the time. However, the referee shall ask the injured contestant to continue the contest if the WTF Medical Chairperson or commission doctor confirms that injury is not significant and the contest can be continued. The injured contestant may be declared as loser by RSC if he/she refuses to continue the contest despite the advice from the WTF Medical Chairperson or commission doctor.

SITUATIONS NOT COVERED BY THE RULES

Where any situation arises which is not covered by these rules, it shall be dealt with and a decision given by the referee after consultation with the Refereeing Commission.

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POOMSAE

Eligibility to compete:

A Class Competitors must be minimum 1st Dan grade & Kukkiwon holder.

B Class Competitors 4th Kup – 1st Kup

Competitors must be members of a national federation affiliated to the WT. Proof of membership by means of a valid licence, insurance and grade will be required at registration. All contestants/clubs must have their own insurance as UTA (NI) / TANI and any of its representatives will not be responsible for any injury cost.

POOMSAE EVENTS

Compulsory Poomsae

Divisions	A – Class:	1 st Dan / Poom and higher, Kukkiwon Holder
	B – Class:	1 st Kup (Black Tag) – 4 th Kup (Blue Belt)

Individual Male

Individual Female

Mixed Pairs (1 male & 1 female)

Teams (3 Males or 3 Females)

The age categories will be the following for both male and female (individual):

18-29 years

30-39 years

40-49 years

50-59 years

60 + years

Freestyle Poomsae (Dan Grades only 18- 29 yrs & 30 yrs +)

Individual Male

Individual Female

Mixed Pairs (1 male & 1 female)

Teams (3 Males or 3 Females)

Contestants can only enter a Division Once

Age categories are based on the competitor's age on the first day of the Games. July 22, 2022

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Cut-Off System will be used

1st Round: If there are 20 and over competitors in a division then the competition will start in this round.

2 assigned compulsory poomsae will be required to be performed with a 1 minute rest period in between.

2nd Round: The top 50% of the competitors with the highest scores from the 1st round will qualify for this 2nd round (including competitors with equal scores).

2 assigned compulsory poomsae will be required to be performed with a 1 minute rest period in between

Final Round: The top 8 competitors (with the highest scores) from the 2nd round will qualify for this round.

2 assigned compulsory poomsae will be required to be performed with a 1 minute rest period in between

Final: Divisions may start in the final if there are 8 entrants or less. 9 entrants or more will start in the 2nd Round.

COMPETITORS' MEDICAL REQUIREMENTS: Prior to or during Host Registration all competitors must submit a Medical Release, signed by a licensed physician based on a physical exam conducted within six months of competition. This release may take the form of a doctor's note stating the entrant's fitness to compete.

UNIFORM (DOBOK)

The contestants shall wear a Taekwondo uniform recognized by the WT.

GENERAL RULES

Dress:

A Class Divisions: Competitors may only compete wearing full WT Poomsae uniform.

Kup Divisions: Competitors may only compete wearing full WT uniform. Jewelry is strictly not permitted.

Hall Rules:

Only competitors and their coaches shall be admitted to the contest areas.

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Officials: 2 coaches per team

A-CLASS DIVISION (DAN/POOM GRADES)

Dan Grades

Individual (Male & Female)	
Division	Compulsory Poomsae
U29 Years – Age 18 - 29 yrs (Born 1984-1995)	Taegeuk 6,7,8 Jang, Koryo , Keumgang, Taebeak, Pyongwon, Shipjin
U39 Years - Age 30 – 39 yrs (Born 1974-1983)	
U49 Years – Age 40 – 49 yrs (Born 1964-1973)	Taeguek 8 Jang, Koryo, Keumgang, Taebeak , Pyongwon, Shipjin, Jitae, Chonkwon
U59 Years – Age 50 – 59 yrs (Born 1954 or Before)	Koryo, Keumgang, Taebeak , Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
1 st Pair 18- 29yrs (Born 1984-1995)	Taegeuk 6,7,8 Jang, Koryo , Keumgang, Taebeak, Pyongwon, Shipjin
2 nd Pair 30 + yrs (Born 1983 or before)	Taegeuk 8 Jang, Koryo ,Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon

Teams (3 Males or 3 Females)	
Division	Compulsory Poomsae
1 st Team 18 – 29yrs (Born 1984-1995)	Taegeuk 6,7,8 Jang, Koryo , Keumgang, Taebeak, Pyongwon, Shipjin
2 nd Team 30+ yrs (Born 1983 or before)	Taegeuk 8 Jang, Koryo ,Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon

Compulsory poomsae shall be chosen, set and announced by the organising committee 3 days before the competition.

Freestyle Poomsae

Freestyle Poomsae is the performance based on Taekwondo techniques with composition of music and choreography.

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Composition of Poomsae

1. Yeon-mu line shall be the choice of the competitor
2. Number of Poom: each performance shall be composite of 20 - 24 poom (composition shall be no more than 5 motions)
3. Technique: each performance shall be composite of defending and attacking techniques of Taekwondo with 60% foot techniques and 40% hand techniques.
4. Music and choreography shall be the competitors choice
5. Performance shall be within the boundary line.
6. Performance shall be within 60 - 70 seconds.
7. The competitor must submit a plan of their freestyle performance on registration.
8. Music shall be supplied by the competitor; this must be in MP3 format and be done on registration.
9. Music track must not contain any EXPLICIT lyrics

Guide line for Freestyle Poomsae

Technical Skills

1. Level of difficulty of foot and hand techniques
2. Height of jump kicks
3. Number of jumping kicks
4. Gradient of turn kicks
5. Number of consecutive kicks
6. Acrobatic actions
7. Taekwondo basic accuracy of movements

Presentation

1. Creativeness/ Harmony
2. Expression of energy
3. Good music & Choreography

B CLASS DIVISIONS (4th Kup Blue Belt to 1st Kup Black Tag)

B Class Competition Method

If 9 competitors, Pairs, Teams or more: Two poomsae to be performed in first round (top 6 to progress), and one further poomsae in the final. A poomsae cannot be repeated in the final.

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If 8 competitors, Pairs, Teams or less: Straight to final, two poomsae performed

Individual (Male & Female)	
Division	Compulsory Poomsae
1 st Senior 18yrs - 35 yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
2 nd Senior over 36yrs	

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
1 st Pair 18yrs to 35 yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
2 nd Pair over 36yrs	

Teams (3 Males or 3 Females)	
Division	Compulsory Poomsae
1 st Team 18yrs to 35yrs	Competitors choice of Poomsae From Taegeuk 3 to Taegeuk 8
2 nd Team over 36yrs	

Competitor's choice

**All Poomsae shall be chosen by the Competitor, there will no drawn Compulsory Poomsae,
However Poomsae cannot be repeated**

START OF CONTEST

Procedures of contest

- 1 Call for contestants: Thirty minutes prior to the scheduled start of the contest, the names of the contestants shall be announced three times to contestants' training area. Any contestant who fails to appear in the competition area after "Chool-jeon" command of the competition coordinator shall be regarded as having withdrawn from and forfeited the match.

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- 2 Physical inspection and uniform inspection: After being called, the contestants shall undergo a physical inspection and a uniform inspection at the specified inspection desk by an inspector designated by the WT. The contestant shall not show any signs of aversion, and shall not bear any object which may cause harm to the other contestant.
- 3 Entering the Contest Area: Following the inspection, the contestant shall enter the contestant waiting area with one coach accompanied
- 4 Pre-contest and post-contest procedures
 - 4.1 The contest shall begin after the declaration of “Chool-jeon”, “Cha ryeot”, “Kyeong rye “Joon-bi” and “Shi-jak” by the competition coordinator.
 - 4.2 After the end of the each Poomsae, the contestants shall stand in their respective positions and make a standing bow at the coordinator’s command of “Ba-ro, Cha-ryeot, Kyeong-rye.” Contestants shall wait until the coordinator’s declaration of “Pyo-chul”
 - 4.3 The referee shall declare the winner according to the results of the judges.
 - 4.4 Contestant’s exit from the Competition Area.

ARBITRATION

Procedure of Protest

Only the official head coach is allowed to protest to the Competition Director. This must be made within 10 minutes of the end of the contest. A protest fee of £75 will be payable immediately to the competition board. This will be refunded if the protest is accepted and won.