



SPEED KICKING EVENT

- Description: Participants are required to kick a target as many times possible within a specified time limit, using correctly executed Taekwondo Kicking Techniques delivered to the same body-level height as athlete performing. They can kick a “Bob” (body opponent bag), Heavy Bag, Free Standing Bag Paddles, or the air. They are able to use any taekwondo kicking techniques. If they hang their leg it must be within 3 seconds. Every kick will be counted as 1.

- Procedure of Video: Must have designated timer who will call commands and mark the time. The Athlete shall face the camera and the timer shall call cha-ryeot, kyeong-rye. After bowing the athlete shall turn to face the kicking target, holder or to the side. The timer shall call choonbi, shi-jak then the athlete shall assume a fighting stance and begin kicking the target. At the end of the round the timer shall call keu-man and stop the watch. The athlete will then face the camera and the timer shall call char-yeot, kyung-rye, at which the athlete shall bow thus ending their performance for the judges to score. You **must** have a computer, tablet, or device in the video frame during the performance.

ROUND TIME	
AGE:	TIME:
12 and Below Colored Belts	45 Seconds
All Black Belts and (12+) Colored Belts	60 Seconds

SCORING:

Judges will score legal kicks that are executed to same body and head level height as athlete. Three referees will count the number of athlete's kick and we will average score. Every kick will be counted as 1.

VIRTUAL SPARRING:

- Description: Participants use controlled, correctly executed taekwondo hand and kicking techniques delivered to a heavy bag equipped with head and body level target of the same height as the athlete. You **must** have a "BOB" (body opponent bag), or Heavy Bag/ Free Standing Bag with tape marking head level.

Divisions:

Divisions shall be the same as outlined in the 2020 USATKD Kyorugi Rules. **Athletes shall report their weight.** To encourage competition, weight divisions may be combined at the discretion of the tournament directors.

ULTRA VIRTUAL SPARRING DIVISIONS (33+ year olds):

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fly	Not exceeding 58kg	Not exceeding 49kg
Light	Over 58kg & Not exceeding 68kg	Over 49kg & Not exceeding 57kg
Middle	Over 68kg & Not exceeding 80kg	Over 57kg & Not exceeding 67kg
Heavy	Over 80kg	Over 67kg

SENIOR VIRTUAL SPARRING DIVISION (17-32):

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	not exceeding 54kg	Not exceeding 46kg
Fly	Over 54kg & Not exceeding 58kg	Over 46kg & Not exceeding 49kg
Bantam	Over 58kg & Not exceeding 63kg	Over 49kg & Not exceeding 53kg
Feather	Over 63kg & Not exceeding 68kg	Over 53kg & Not exceeding 57kg
Light	Over 68kg & Not exceeding 74kg	Over 57kg & Not exceeding 62kg
Welter	Over 74kg & Not exceeding 80kg	Over 62kg & Not exceeding 67kg
Middle	Over 80kg & Not exceeding 87kg	Over 67kg & Not exceeding 73kg
Heavy	Over 87kg	Over 73kg

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JUNIOR VIRTUAL SPARRING DIVISION (15-17):

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	not exceeding 45kg	Not exceeding 42kg
Fly	Over 45kg & Not exceeding 48kg	Over 42kg & Not exceeding 44kg
Bantam	Over 48kg & Not exceeding 51kg	Over 44kg & Not exceeding 46kg
Feather	Over 51kg & Not exceeding 55kg	Over 46kg & Not exceeding 49kg
Light	Over 55kg & Not exceeding 59kg	Over 49kg & Not exceeding 52kg
Welter	Over 59kg & Not exceeding 63kg	Over 52kg & Not exceeding 55kg
Light Middle	Over 63kg & Not exceeding 68kg	Over 55kg & Not exceeding 59kg
Middle	Over 68kg & Not exceeding 73kg	Over 59kg & Not exceeding 63kg
Light Heavy	Over 73kg & Not exceeding 78kg	Over 63kg & Not exceeding 68kg
Heavy	Over 78kg	Over 68kg

CADET VIRTUAL SPARRING DIVISION (12-14)

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	not exceeding 33kg	Not exceeding 29kg
Fly	Over 33kg & Not exceeding 37kg	Over 29kg & Not exceeding 33kg
Bantam	Over 37kg & Not exceeding 41kg	Over 33kg & Not exceeding 37kg
Feather	Over 41 & Not exceeding 45kg	Over 37kg & Not exceeding 41kg
Light	Over 45kg & Not exceeding 49kg	Over 41kg & Not exceeding 47kg
Welter	Over 49kg & Not exceeding 53kg	Over 44kg & Not exceeding 47kg
Light Middle	Over 53kg & Not exceeding 57kg	Over 47kg & Not exceeding 51kg
Middle	Over 57kg & Not exceeding 61kg	Over 51kg & Not exceeding 55kg
Light Heavy	Over 61kg & Not exceeding 65kg	Over 55kg & Not exceeding 59kg
Heavy	Over 65kg	Over 59kg

YOUTH VIRTUAL SPARRING DIVISION (10-11):

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	not exceeding 30kg	Not exceeding 30kg
Light	Over 30kg & Not exceeding 35kg	Over 30kg & Not exceeding 35kg
Middle	Over 35kg & Not exceeding 40kg	Over 35kg & Not exceeding 40kg
Heavy	Over 40kg	Over 40kg

TIGER VIRTUAL SPARRING DIVISION (8-9):

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	not exceeding 21kg	Not exceeding 21kg
Light	Over 21kg & Not exceeding 25kg	Over 21kg & Not exceeding 25kg
Middle	Over 25kg & Not exceeding 30kg	Over 25kg & Not exceeding 30kg
Heavy	Over 30kg	Over 30kg

DRAGON VIRTUAL SPARRING DIVISION (6-7):

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fin	not exceeding 19kg	Not exceeding 19kg
Light	Over 19kg & Not exceeding 23kg	Over 19kg & Not exceeding 23kg
Middle	Over 23kg & Not exceeding 27kg	Over 23kg & Not exceeding 27kg
Heavy	Over 27kg	Over 27kg

Competition Equipment:

The athlete must wear the following mandatory equipment:

- Dobok
- Belt
- Hogu
- Helmet (hogu and helmet colors must match/white headguard)
- Instep protectors
- Gloves for Black belts 12 years and older

Procedure of the Contest:

Must have designated timer who will call commands and mark the time. The Athlete shall face the camera and the timer shall call cha-ryeot, kyeong-rye. After bowing the athlete shall turn to face the kicking target (“BOB”, Heavy Bag/ Free Standing Bag). The athlete shall face the camera with helmet in the left hand. The athlete shall put on the helmet and turn to face the target. The timer shall call choonbi, shi-jak, upon which the athlete shall assume a fighting stance

and begin sparring the heavy bag. On the shijak call, the timer shall also start their stopwatch to ensure the athlete follows the time constraints as described above. At the end of the first round, the timer shall call keu-man (time's up), reset their stopwatch, and begin timing the rest period. The athlete may remove their helmet during the rest period and have access to a towel and water as one would have ringside. The athlete may not receive medical attention during the rest period, except treatments that are prescribed by a doctor (such as an inhaler). At the end of the rest period, the timer shall call Chung (blue: if the athlete is using the blue hogu and helmet) or Hong (red: if the athlete is using the red hogu and helmet). At this call, the athlete will put their helmet back on and face the heavy bag. The timer shall call choonbi, shijak, upon which the athlete assumes a fighting stance and resumes sparring the heavy bag. On the athlete call, the timer shall reset their stopwatch from the rest timer. On the shi-jak call, the timer shall begin timing the second round. At the end of the second round, the timer shall call keu-man. The athlete shall face the camera and remove their helmet. The timer shall call cha-ryeot, kyung-rye, at which the athlete shall bow, thus ending their performance for the judges to score. The "BOB" (body opponent bag) should have the opposite color hogu and helmet the athlete is wearing. They Athlete may also use a white helmet if no red/ blue one is available. Only the Heavy Bag/ Free Standing Bag must be marked with tape to show the height level of athlete. You **must** have a computer, tablet, or device in the video frame during the performance.

ROUND TIME	
AGE:	ROUNDS X TIME
12 and below colored belts	2 Rounds x 45 Seconds (20 Seconds Rest)
All black belts and 12+ colored belts	2 Rounds x 60 Seconds (20 Seconds Rest)

SCORING:

Athletes shall be awarded points according to the number of techniques, difficulty of techniques, skill in combining movements and techniques, focus, and showmanship. Points are awarded on technical merit and presentation. Penalties shall reflect current sparring guidelines as detailed in the 2020 USATKD rules. The total score shall be given on a 10-point scale from 0.0 to 10.0 and athletes ranked based on their total score.

Judging will be based on two criteria:

(40%) Technical: Number of attacks to legal scoring areas of the heavy bag

(60%) Presentation: Difficulty and variety of technique

TECHNICAL:

Heavy Bag/ “BOB” (body opponent bag)/ Free Standing Bag:

The athlete must demonstrate techniques against a heavy bag or standing mannequin (e.g. Century’s “Bob”). The bag or mannequin must be equipped with a hogu of the opposite color to the hogu which the athlete wears, and must be placed at the same height as the standing athlete’s hogu. A helmet of the opposite color to the helmet which the athlete wears must be safely attached to the mannequin or bag at the same height as the standing athlete’s helmet. They Athlete/ Century’s “Bob” may also use a white helmet if no red/ blue one is available. If tape is used on a heavy bag, it must clearly mark the bottom and top of the head-level target. The permitted techniques, permitted areas, and scoring areas shall be the same as 2020 USATKD Kyorugi rules. The heavy bag must be free standing or hanging without human assistance (i.e. a coach cannot hold up, or otherwise support the bag). If using a mannequin or free-standing heavy bag, the base should be sufficiently weighted to remain stable throughout the performance. If the athlete knocks the heavy bag down, out of the video frame, knocks the helmet off or to an incorrect position, or knocks the hogu off or to an incorrect position, then the athlete, coach, or assistant may adjust the heavy bag to its proper upright position and correct wearing of the hogu and helmet. The athlete must refrain from attacking the heavy bag while it or its hogu or helmet are not in the correct positions as described above. The time to reset the heavy bag counts against the time for the given round (i.e. the timer does not stop the clock while the while the bag is being reset).

Points per Valid Attack:

One (1) point for a valid punch to the trunk protector

Two (2) points for a valid kick to the trunk protector

Three (3) points for a valid kick to the head

Four (4) points for a valid turning kick to the trunk protector

Five (5) points for a valid turning kick to the head

The technical score shall be tallied by a consensus of a majority of voting judges for each valid attack. Attacks that cannot be clearly seen in the video will not be scored. The maximum number of points by attacking shall be capped according to the table below. Techniques delivered after the cap is reached shall be scored for presentation only. Divide the total scored points by the divisor shown in the table below for the final technical score.

TECHNICAL SCORING		
AGE/ RANK GROUP:	POINT CAP:	DIVISOR
12 and below colored belts	120	30
All black belts and 12+ colored belts	160	40

Example 1: (12 and below colored belts)

24 kicks to the body = 48 pts

5 kicks to the head = 15 pts

10 turning kicks to the body = 40 pts

7 punches = 7 pts

Total points: 110 pts

Technical score: 3.67 (110/ 30)

Example 2: (All black belts and 12+ colored belts)

5 kicks to the body = 10 pts

15 kicks to the head = 45 pts

10 turning kicks to the body = 40 pts

5 turning kicks to the head = 25 pts

11 punches = 11 pts

Total points: 141 pts

Technical score: 3.53 (141/40)

PRESENTATION:

Judges Criteria based on the following:

1. Difficulty and Skill
2. Creativity Sparring
3. Competition Spirit

The presentation score shall be the average of the scores of the judges, rounded to two decimals. If the court has 3 judges, all presentation scores shall be counted. If the court has 5 or 7 judges, the highest and lowest presentation score shall be dropped.

Difficulty and Skill:

Scale: 0.5 = Minimal difficulty/skill level, 2.0 = Most difficult/skill level

A skill represents a specific knowledge, and an individual's level of proficiency in a skill demonstrates an understanding and execution based on their mastery of that knowledge. Difficulty is individually assessed by each judge on a scale of 0.0 to 2.0, based on the judge's consideration of the difficulty of the overall performance. The guidelines for assessing difficulty in order of superiority are as follows:

1. Difficulty of kicking techniques will be assessed on the following order of superiority:
 - a. Standing kick technique
 - b. Kicking technique with turning motion
 - c. Jumping kick
 - d. Jumping kick with turning motion
2. Height of the target (body, head)
3. Consistency in execution
4. Control and Power
5. Balance

Creativity:

Scale: 0.5 = Minimal creativity, 2.0 = Most creative

Skill is assessed by each judge on a scale of 0.5 to 2.0, based on the judge's evaluation of the choice and combinations of technical skill in the competitors performance.

The guidelines for assessing skill are as follows:

1. Variety of footwork and techniques
2. Combinations of footwork and techniques
3. Variety of combinations (avoid repetitiveness)
4. Variety of targets, unpredictability

Sparring Competition Spirit:

Scale: 0.5 = Movements not found in sparring, 2.0 = Movements useful in sparring

Sparring competition spirit is assessed by each judge on a scale of 0.5 to 2.0, based on the judge's evaluation of the similarity of technique and footwork selection to an actual sparring competition.

The guidelines for assessing sparring competition spirit are as follows:

1. Flow of techniques during competition, intention of movements
2. Evasive footwork
3. Footwork to gain the positional advantage or create different openings
4. Cut kicks, cancels, and other combination setups

Penalties:

Penalties shall deduct 0.3 from the final score. Penalties are as follows:

- Stepping partially or wholly out-of-frame, allowing the heavy bag to be kicked or fall partially or wholly out-of-frame, or making an attack while the contestant or heavy bag is obscured by a third party
- Falling down
- Avoiding or delaying the match, by the contestant, coach, timer, or other assistants
- Grabbing or pushing the heavy bag down
- Lifting a leg for more than 3 seconds
- Kicking below the waist
- Hitting the head target with the hand
- Attacking after kalyeo
- Butting or attacking with the knee
- Attacking the fallen heavy bag or attacking while the heavy bag hogu and/or helmet are incorrectly positioned
- Attacking trunk with the side or bottom of the foot having the knee pointed out in clinch position
- Misconduct of the contestant or coach

Publication of Score:

The score shall be calculated immediately after the judges have submitted their scores to the scoring system and the result displayed in the broadcast.

Tie-Breaker:

In the event of a tied final score between two or more placing athletes, the criteria for resolving the ranking shall be:

1. Total technical score
2. Fewest penalties
3. Judges vote

Video Guidelines for Speed Kicking and Visual Sparring:

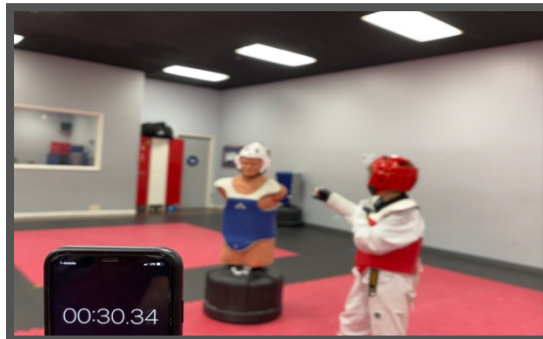
1. Videos must be one continuous take for each performance; no splicing or editing allowed.
2. The athlete shall begin directly in front of the camera and facing the camera.
3. Camera location must be fixed (e.g. on a camera tripod, clamped to a stable object, or resting on a stable surface).
4. Horizontal and vertical rotation (i.e. panning and tilting) are permitted.
5. Video must be in wide (landscape) orientation.
6. You **must** have a computer, tablet, or device in the video frame during the performance.

Examples Include:

Computer



Phone

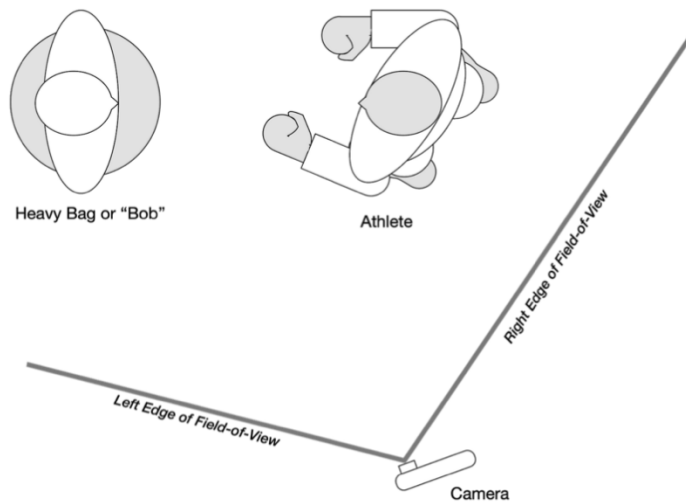


7. For **only Virtual Sparring** Heavy Bag/ Free Standing Bag must have tape marking head level.
8. Uniform must be appropriate.
 - a. Correct belt color for division (Refer to Belt Divisions TKD uniform)
 - b. No shoes
 - c. No socks
9. No religious or political displays.
10. Only IOC recognized flags are permitted to be displayed.

11. The video must be filmed such that the athlete and the heavy bag (Virtual Sparring) or target/pad holder (Speed Kicking) must be completely in-frame of the video at all times (see Figure 1).
12. Must include Shi-jak and Keu-man calls.
 - a. Missing these elements will result in -0.3 deductions for each missing element.
13. The camera operator may pan (side-to-side rotation) or tilt (up-or-down rotation) the camera but may not otherwise move the camera

Figure 1:

Figure 1. Recommended starting angle and position of camera



BOARD BREAKING:

Competitors will use powerful, correctly executed Taekwondo hand and kicking techniques to break pine boards. Competitors are expected to display technical skill and proper Taekwondo manner, as well as showmanship and creativity.

Rules:

- Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 10 boards and a minimum of 8 boards.
- Presentation must be within the 1-minute time limit.
- Any Taekwondo striking or kicking technique may be used. No head strikes (head butts).
- Mechanical board holders are allowed but no props such as chairs, trampolines, tables, etc. may be used.
- Holders may be used as “human launch pads” for jumping techniques

Boards:

- Competitors provide their own boards.
- Any size boards will be allowed for any age or division.
- No spacers may be used, including fingers. Holders may not attempt to “help” the competitor by bending, moving, or pushing the boards; any attempt to do so will result in deduction for each instance.
- No bricks, cinder blocks, or any materials other than approved wooden boards and approved mechanical holders

SCORING:

The competitor will be judged based on the following criteria:

ACCURACY: 4.0

- Number of boards successfully broken

PRESENTATION: 6.0

- **Degree of Technique: 2.0**
 - Difficulty and Skill
 - Consistency in execution

- **Creativity: 2.0**
 - Variety of combinations
 - Unpredictability
- **Competitive Spirit: 2.0**
 - Fluidity of Performance
 - Projection of Martial Arts Spirit

WEAPON FORMS:

Competitors are allowed to use any martial art approved weapons given that they perform it within the specified time constraints. The form must be at least 30 seconds and a maximum of 45 seconds.

SCORING:

The competitor will be judged based on the following criteria:

ACCURACY: 4.0

- Proper execution of the weapon's purpose

PRESENTATION: 6.0

- **Degree of Technique: 2.0**
 - Difficulty and Skill
 - Consistency in execution
- **Creativity: 2.0**
 - Variety of combinations
 - Unpredictability
- **Competitive Spirit: 2.0**
 - Fluidity of Performance
 - Projection of Martial Arts Spirit

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