



MTU Modified Sparring Rules SOP 2.1 For Colour Belt & Recreational Black Belt Sparring

1. Overview

The Maritime Taekwondo Union recognizes the diverse set of skills, competitive desires and expectations of its members and strives to ensure that all events and tournaments remain inclusive and participatory.

2. Purpose

This policy defines any adjustments to WTF rules required to ensure members at all competitive levels enjoy a rewarding tournament and event experience while maintaining high competitive standards for Nova Scotia's top athletes.

3. Scope

This policy applies to all Tier I and II tournament and events sanctioned and endorsed by the Maritime Taekwondo Union Nova Scotia.

4. Match Duration

2 Rounds of 1.5 Minutes, with a 30 second break.

5. Valid Points

- 5.1. Body Punch -1 Point**
- 5.2. Body Kick -1 Point**
- 5.3. Spinning Body Kick -3 Points**

6. Half Point Deductions

- 6.1. Crossing the boundary line**
- 6.2. Falling down**
- 6.3. Avoiding the match**
- 6.4. Grabbing, holding, or pushing**
- 6.5. Blocking with the leg**
- 6.6. Lifting the leg for longer than 3 seconds**
- 6.7. Kicking below the waist**
- 6.8. Attacking after "kal-yeo"**
- 6.9. Hitting the opponents head with hand**
- 6.10. Attacking fallen opponent**
- 6.11. Un-sportsman like conduct**

7. Full Point Deductions

- 7.1. Not Complying with the referee**
- 7.2. Criticizing officials**
- 7.3. Fleeing the match or running away to avoid fighting**
- 7.4. Intentionally punching opponents face**
- 7.5. Clearly attacking after "kal-yeo"**
- 7.6. Clearly attacking fallen opponent**
- 7.7. Insulting opponent or coach**



8. Head Contact in Non Head Contact Divisions

8.1. 1st offense - Half point deduction for accidental contact, full point deduction for intentional contact – referees decision

8.2. 2nd offense – Full point deduction

8.3. 3rd Offense – Disqualification

8.3.1. Athletes will be given up to 3 minutes per head contact to continue the match. If after 3 minutes, the athlete cannot continue the match will be ended. If the attacker was only issued a half point deduction he/she will be declared a winner. If the attacker was issued a full point deduction the injured athlete will be declared the winner of the match. The athlete must make their decision before the penalty is issued.

9. Medical Breaks

9.1. Athletes will have up to 10 seconds to recover from pain they suffer throughout that match.

9.2. Athletes will have up to 1 minutes or referees decision of time for any injury that is deemed serious or resulting in blood.

10. 12 Point Gap

10.1. Tier I events

10.1.1. 12 point gap will be used after the end of the first round.

10.2. Tier II events

10.2.1. No gap will be used, athletes will permitted to complete the second round regardless of score.

11. Overtime

11.1. If there is no clear winner at the end of the overtime round, the athlete who registered the most hits with the electronic scoring system will determined the winner.

11.2. If there is no winner determined by the computer system, the judges will determine the winner.

12. Match Terminology

12.1. Chonge-Blue

12.2. Hong- Red

12.3. Chareot- Attention

12.4. Kyunet - Bow

12.5. Choom bi – Ready Stance

12.6. She Jak – Start

12.7. Kal-yeo – Stop

12.8. Keumon - End

12.9. Kay-sok - Continue

12.10. Keyungo - half point warming

12.11. Gamjon – full point deduction

12.12. Kay-Shee – Injury time out

12.13. She-Gone- Time out



13. Age Divisions

Based on year of birth:

13.1. Under 7

13.2. Under 9

13.3. Under 11 (Youth)

13.4. Under 14 (Cadet)

13.5. Under 17 (Junior)

13.6. 17 and Up (Senior)

13.7. 30 and Up (Executive)

14. Mandatory Equipment

14.1. Helmet

14.2. Mouth guard - Must be clear or white in colour

14.3. Body pad – Must be new style body pad (no white with dot style)

14.4. Arm pads

14.5. Gloves – Taekwondo style only (No MMA or full fist)

14.6. Groin protector (males and females)

14.7. Shin pads

14.8. Foot pads

15. Weight Classes for Colour Belts and Recreational Black Belt Athletes

Weight classes will be based of a 10 lbs. weigh range, however divisions may be combined to accommodate the competition.

16. Belt Divisions

Belt divisions will be up to each tournament host as they see fit. Belt divisions should not extend over more than three belt/stripe levels. Belt divisions may have to be combined to accommodate the competition.

17. Belt Division Example:

White Belt Yellow Stripe Yellow	Green Stripe Orange Green	Blue Stripe Blue	Red Stripe Red	Black Stripe Recreational Black Belt
--	--	-----------------------------	---------------------------	---

18. Division Size

18.1. Tier 1

18.1.1. Divisions will be unlimited number of participants within a category.

18.2. Tier 2

18.2.1. Divisions can have a maximum number of 8 participants per category.

19. Other

Any other rules will follow the latest WTF Rules.