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:**

<table>
<thead>
<tr>
<th>White Belt</th>
<th>Green Stripe</th>
<th>Blue Stripe</th>
<th>Red Stripe</th>
<th>Black Stripe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow</td>
<td>Orange</td>
<td>Blue</td>
<td>Red</td>
<td>Recreational</td>
</tr>
<tr>
<td>Yellow Stripe</td>
<td>Green</td>
<td>Blue Stripe</td>
<td>Red Stripe</td>
<td>Black Belt</td>
</tr>
</tbody>
</table>

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.