

IL-DO TAEKWONDO

2026 FRIENDSHIP TOURNAMENT

Please read the following rules before tournament day

Competition Rules & Regulations

SPARRING RULES

- No coaching during the event.
- Single-elimination format.
- Competitors are matched as closely as possible by age, weight, and height.
- Ages 12 & Under: Two 1-minute rounds with a 30-second break.
- Ages 13 & Up: Two 1-minute rounds with a 30-second break.
- The Tournament Director may adjust divisions or match times if necessary.

HEAD CONTACT

Ages 6–12

- No head contact allowed.
- Attempted head kicks: verbal warning.
- Any head contact: 1-point deduction.
- Injury from head contact: disqualification.

Ages 13 & Up

- Color Belts: No head contact.
- Black Belts: Light controlled head kicks allowed.
- Excessive contact causing injury may result in deductions or disqualification.

SCORING

1 Point	2 Points	3 Points
• Front Kick • Round Kick • Side Kick • Punch to Chest Protector	• Turning kick to body • Any jump kick to body • Head Kick (Black Belts 13+ only)	• Any jump kick to head • Turning kick to head

FORMS (POOMSAE)

Students may perform either their current form or previous form.

Judging Criteria

- Accuracy
- Proper Order
- Technique
- Power
- Rhythm
- Presentation

OBSTACLE COURSE

Ages 3–5

- Fastest time wins.
- Five-second penalty for each missed obstacle.

DRESS CODE

- Wear a clean, complete Taekwondo uniform.
- No T-shirts under the uniform.
- Girls may wear a plain white undershirt.
- Undershirts must be tucked in.

MANDATORY SPARRING EQUIPMENT

✓ White Headgear	✓ Red/Blue Chest Protector
✓ Groin Cup (Males)	✓ Forearm Guards
✓ Mouthpiece	✓ Gloves
✓ Shin & Instep Guards	✓ Trimmed Fingernails & Toenails