

KYORUGI MODIFIED HEAD CONTACT RULES

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Article 1. Purpose

1. The USATKD Kyorugi Modified Head Contact Competition Rules (“Modified Head Contact Rules”) are a subset of the USATKD Kyorugi Competition Rules. These rules are primarily for the safety of our non-World Class kyorugi competitors. They regulate all matters pertaining to USA Taekwondo competition that are not governed by full-contact kyorugi rules and are intended to standardize safety guidelines for all non-World Class Taekwondo competition in the United States.

1.1. Purpose of Modified Head Contact Rules

1.1.1. Ensure that non-World Class persons participating in competitive Taekwondo kyorugi are protected, insofar as possible, from concussive head injuries.

1.1.2. Allow developing Taekwondo athletes to compete with the reasonable assurance that they will not be subjected to forceful head contact.

1.2. Modified Head Contact Rules are divided into two classes, depending on belt level and age groups

1.2.1. No head contact: Contact to the head is not permitted

1.2.2. Light head contact: Only light contact to the head is permitted

Article 2. No Head Contact

1. No Head Contact divisions:

    1.1. Ages 7 & Under (All Belts)

    1.2. Ages 8-11 (Color Belts)

2. Any time any part of the foot or leg touches the head, the referee must call a penalty for Dangerous Play (Article 4) or Unsafe Play (Article 5).

Article 3. Light Head Contact

1. Light Head Contact divisions:

    1.1. Ages 8-11 Black Belts

    1.2. Ages 12-14 (Cadet) Grassroots Black Belts and Color Belts

    1.3. Ages 15-17 (Junior) Color Belts

    1.4. Ages 33+ (Ultra) All Belts

2. In Light Head Contact divisions, competitors are allowed to kick to the head using light contact only.

    2.1. A competitor who executes a successful, light contact kick to the head shall be awarded three (3) points.

        2.1.1. There are no extra point(s) for a turning kick to the head; and

        2.1.2. Turning kick to the head is not considered a turning kick for superiority (Article 15.5.1 of the Kyorugi Competition Rules) and is only considered a 3 point head kick for superiority determination (Article 15.5.2 of the Kyorugi Competition Rules).

    2.2. Light contact is defined as anything from a touch to a tap – 0.1 to 3 on a scale of 0 to 10.

        2.2.1. The degree of allowable contact does not increase according to the age, gender, size or rank of the competitors.

        2.2.2. The level of contact is determined solely by the observed force of the kick, not by the reaction, or non-reaction, of the recipient. Indications of contact stronger than Light Contact include:

            2.2.2.1. Any time a referee would give an 8 or 10 count under full-contact rules.

            2.2.2.2. Any time the defending player would be penalized with a falling "Gam-jeom" that resulted from a kick to the head.

            2.2.2.3. Abrupt snapping or displacement of the head as a result of the blow.

            2.2.2.4. Abrupt rotation of the head as a result of the blow.

            2.2.2.5. An audible “thump” or sound of the foot contacting the headgear or face.

2.2.2.6. Bleeding or injury: Injury can result with even minimal force when contact is made to the head area; for example, a light tap may be sufficient to cause a bloody nose, or grazing contact with a toenail might cause a minor cut. Conversely, a very serious blow to the head may show no visible injury, despite the possibility of a fracture, dislocation or concussion. Therefore, blood, injury—or apparent absence of injury—may not be valid criteria for determining whether a kick is light contact or not.

3. Any time there is more than Light Contact from any part of the foot or leg to an athlete's head, the referee must call a "Gam-jeom" for Dangerous Play (Article 4) or Unsafe Play (Article 5)

Article 4. Dangerous Play

1. Dangerous play is a Prohibited Act and Penalty in addition to those listed in Article 16 of the Kyorugi Competition Rules & Interpertation.

2. Dangerous Play is classified into Intentional Dangerous Play and Unintentional Dangerous Play.

3. Intentional Dangerous Play is any direct attack to the head outside the bounds of the head contact level for the division.

   3.1. A direct action targeting and making contact with the opponent's head.

   3.2. Clearly shown that athlete is aiming for, and hitting the head with their technique.

   3.3. Turning and spinning techniques are always classified Intentional, not Unintentional, when a Dangerous Play penalty is given.

4. Unintentional Dangerous Play is any head contact with the foot or leg that was not targeted at the head outside the bounds of the head contact level for the division.

   4.1. Hitting the hogu, shoulder etc. and technique slides up to hit the head due to the motion of the opponent.

5. Both Intentional Dangerous Play and Unintentional Dangerous Play are penalized by "Gam-jeom".

   5.1. Any time a "Gam-jeom" is given for Intentional Dangerous Play or Unintentional Dangerous Play the medical staff must be called to evaluate the kicked athlete.

      5.1.1. In the case the opponent cannot continue following medical staff's decision, the contestant who committed Dangerous play will lose by Referee Stops Contest (RSC).

      5.1.2. Any decision not to continue being made by the player or coach, in spite of the tournament medical staff's determination that it would be safe for the competitor to continue, will constitute withdrawal by the player, who shall lose the match by Withdrawl (WDR).

   5.2. Any points scored by Dangerous Play must be invalidated by the referee.

   5.3. Actions encompassing Unsafe Play (Article 5) cannot be penalized as Intentional Dangerous Play or Unintentional Dangerous Play.

6. Intentional Dangerous Play is penalized by a Yellow Card in addition to the "Gam-jeom".

   6.1. Repeated Intentional Dangerous Play, a maximum of three (3) times during the whole match, shall lead to the athlete being Disqualified for unsportsmanlike behavior (DQB).

Article 5. Unsafe Play

1. Unsafe play is a Prohibited Act and Penalty in addition to those listed in Article 16 of the Kyorugi Competition Rules & Interpretation.

2. Unsafe Play is any action by the kicked contestant that results in a contestant's head being struck outside the bounds of the head contact level for the division.

    2.1. An athlete intentionally or unintentionally takes a stance, avoids the opponent's techniques or plays with a game tactic where the head becomes a target and increases the risk to be hit to the head.

    2.2. Blocking a technique in a way so it hits the athlete's head.

3. Unsafe Play is penalized by "Gam-jeom".

    3.1. Any time a "Gam-jeom" is given for Unsafe Play the medical staff must be called to evaluate the kicked athlete.

        3.1.1. In the case that the tournament medical staff determines the opponent cannot continue, the contestant who committed Unsafe play will lose by Referee Stops Contest (RSC).

        3.1.2. Any determination to not continue being made by the player or coach, in spite of the tournament medical staff's decision that it would be safe for the competitor to continue, will constitute withdrawal by the player, who shall lose the match by Withdrawal (WDR).

    3.2. Any points scored by the penalized player after committing Unsafe Play must be invalidated by the referee.

Article 6. Misconduct

1. The follow section augments the definition of Misconduct in Article 14.4.1.13. of the Kyorugi Competition Rules & Interpretation.

2. Any attack to the head where the referee would award Dangerous Play or Unsafe Play if the athlete would have made contact, the referee may award a "Gam-jeom" for Misconduct.

3. For a "Gam-jeom" given due to Dangerous or Unsafe Play, one (1) “Gam-jeom” shall be recorded and two (2) points shall be awarded to the opponent.

4. Repeated Misconduct, or Misconduct in combination with Dangerous Play, "Gam-jeoms" are grounds for the referee to award the match to the other player as a Referee Stops Contest (RSC).

Article 7. Instant Video Replay

1. In addition to the requests defined in Article 21 of the USATKD Kyorugi Competition Rules & Interpertation, Video Replay may be used to distinguish between:

    1.1. Intentional Dangerous Play

    1.2. Unintentional Dangerous Play

    1.3. Unsafe Play

2. When there is a hit to the head the Referee shall ask for IVR to determine if the situation concerns Intentional Dangerous Play, Unintentional Dangerous Play, or Unsafe Play if he or she is uncertain.

3. The coach whose athlete received the "Gam-jeom" may request:

    3.1. "Gam-jeom" to wrong player for:

        3.1.1. Dangerous Play to Unsafe Play.

        3.1.2. Unsafe Play to Dangerous Play.

    3.2. Invalidation of yellow card due to Unintentional Dangerous Play instead of Intentional Dangerous Play.

    3.3. Invalidation of Dangerous Play in Light Head Contact divisions.

4. The coach may request "Gam-jeom" to the opponent for:

    4.1. Intentional Dangerous Play

    4.2. Unintentional Dangerous Play

    4.3. Unsafe Play

Modified Head Contact Chart

Age	Belt Color	Applicable Rules
Dragon 6-7	Yellow	**No Head Contact**
	Green	
	Blue	
	Red	
	Black	
Tiger 8-9	Yellow	**No Head Contact**
	Green	
	Blue	
	Red	
	Black	**Light Head Contact**
Youth 10-11	Yellow	**No Head Contact**
	Green	
	Blue	
	Red	
	Black	**Light Head Contact**
Cadet 12-14	Yellow	**Light Head Contact**
	Green	
	Blue	
	Red	
	Black (Grassroots)	
	Black (World Class)	**Full Head Contact**
Junior 15-17	Yellow	**Light Head Contact**
	Green	
	Blue	
	Red	
	Black	**Full Head Contact**
Senior 18-32	Yellow	**Full Head Contact**
	Green	
	Blue	
	Red	
	Black	
Ultra 33+	Yellow	**Light Head Contact**
	Green	
	Blue	
	Red	
	Black	