

NAFMA- OLYMPIC STYLE TAE KWON DO RULES

Mandatory Equipment-

- 1. Olympic –style chest protector**
- 2. Head gear- white or solid blue/red color to coordinate with color of chest protector**
- 3. Shin and instep protector- macho / adidas- commercially produced gear not self-manufactured**
- 4. Forearm protectors**
- 5. Mouth guard**
- 6. Males/ female groin protection worn under uniform**

Decisions (determination of winner by the following)-

- 1. Win by K.O.**
- 2. Win by Referee stops contest**
- 3. Win by score or Superiority**
- 4. Win by 7 point gap**
- 5. Win by Withdrawal**
- 6. Win by Disqualification**

Seven Point Gap-

- 1. For ages 14 and up- the match ends immediately upon a seven point gap in score**
- 2. For ages 13 and under, the seven point gap is not considered until the end of the first round. If a seven point gap or greater exists at the end of the 1st round than the match is over. Otherwise the 2nd round will continue until the 7 point gap is reached or time has expired.**

Duration of Match-

- 1. Color belts- 2 (one minute rounds)**
- 2. Black belts – 2(two minute rounds)**
- 3. Breaks- all round will be separated by a 30 second break.**

Areas for Scoring-

- 1. Head Area- Foot only**
- 2. Trunk (hogu covered area- foot and fist strike only**

Point Scoring

- 1. One point for attack (foot or punch only) to trunk area (hogu)**
- 2. Two pints for attack (foot only) to head**

**NAFMA RULES AND REGULATIONS WILL GOVERN THIS EVENT.
PLEASE CONTACT THE OFFICE AT 1-609-871-6000 FOR ANY RULE
CLARIFICATION.**