



**USA TAEKWONDO JUNIOR
COMPETITION RULES & INTERPRETATION**

In force as of January 1, 2015

Article 1 Purpose

- 1 The Competition Rules regulate and govern all matters pertaining to Taekwondo competition at all levels sanctioned or promoted by USA Taekwondo. However, the following special section of the Competition Rules (which will be referred to as "Junior Competition Rules" hereafter) shall further apply to junior sparring divisions as stated below..

(Interpretation)

The objective of Article 1 is to ensure the standardization of all Junior Taekwondo competition nationwide. Any competition not following the fundamental principles of these rules cannot be recognized as Taekwondo competition.

Article 2 Junior Safety Rules

- 1 No Head Contact – Ages 7 & Under (All Belts) and Ages 11 & Under (Color Belts)
 - 1.1 In USAT State Championships, USAT National Championships, and other USAT sanctioned events with sparring competition, the rules concerning a kick to the face shall be as follows:
 - 1.1.1 Any technique contacting to the head area which does not cause any injury, will be given a warning by the referee (“Kyong-go”).
 - 1.1.2 Any technique, which causes injury to the head area will result in a one-point penalty by the referee (“Gam-jeom”). The referee will immediately call the tournament physician to inspect the injured contestant.
 - 1.1.3 If the competitor cannot continue because of the injury to the head area, the attacker will be disqualified.
- 2 Junior Safety Rules – Ages 8-11 (Black Belts), 12-14 (Grass Roots Cadet Black Belts and Cadet Color Belts), and 15-17 (Junior Color Belts)
 - 2.1 In USAT State Championships, USAT National Championships, and other USAT sanctioned events with sparring competition, the rules concerning a kick to the face shall be as follows:
 - 2.1.1 The competitor is allowed to kick to the head area; however, the kick must be light contact with appropriate control without causing any injury or excessive contact.
 - 2.1.2 The competitor who executes a successful technique (light contact without causing an injury) shall be awarded three (3) points.
 - 2.1.3 The competitor who executes a kick to the face which results in a minor injury shall receive a one-point (“Gam-jeom”) penalty. A minor injury is defined as abrasion or bleeding caused by excessive contact. The referee will immediately call the tournament physician to inspect the injured contestant.
 - 2.1.4 The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if the attack is an excessive contact, and if the injury is a major one.
- 3 Ages 12-14 (Cadet Black Belts)
 - 3.1 All USAT State and Local Championships will use Junior Safety Rules for Cadet Black Belt divisions.
 - 3.2 At USAT National Championships, there will be two Black Belt Cadet divisions:
 - 3.2.1 Grass Roots Cadet Black Belt division will follow Junior Safety Rules
 - 3.2.2 World Class Cadet Black Belt division will follow Adult Rules.
 - 3.3 Athletes who are eligible to compete at the USAT National Championships (those qualifying at a USAT State Championship) can choose which Cadet National Championship division is appropriate for their skill level at the time of registration.
 - 3.4 Athletes cannot compete in both Grass Roots and World Class Cadet Black Belt divisions at the USAT National Championships
- 4 Ages 15-17 (Junior Black Belts) and 17 and Up (Senior All Belts)
 - 4.1 In USAT State Championships, USAT National Championships, and other USAT sanctioned events with sparring competition, the rules concerning a kick to the face shall be as stated in the USAT Competition Rules.
 - 4.2 Junior Safety Rules will not apply in these divisions at any USAT sanctioned championship.

(Explanation #1)

Inability to continue because of fright, crying or loss of will following a kick to the head which did not cause injury does not constitute grounds for disqualification of the attacker.

(Explanation #2)

Inability Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact to be excessive, and declare the appropriate penalty.

(Explanation #3)

Under Junior Competition Rules, the referee CANNOT give an 8-count for ANY technique, even a legal one, to the head area. If a kick to the head is powerful enough to warrant an 8-count, it should be considered excessive, and the appropriate penalty should be declared. The referee can and should begin an 8-count for a legal technique to the trunk area that results in a knockdown condition.

(Explanation #4)

Successful turning kicks to the body shall be awarded three points in all divisions. Turning kicks to the head in Junior Safety Rules divisions will be awarded three (3) points.

Application of Junior Safety Rules for USAT State and Local Championships

Age	Belt Color	Applicable Rules
Dragon 6 – 7	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	
Ninja 8 – 9	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	Junior Safety Rules
Youth 10 – 11	Yellow	No Head Contact
	Green	
	Blue	
	Red	
	Black	Junior Safety Rules
Cadet (12 – 14)	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black	
Junior (15 – 17)	Yellow	Junior Safety Rules
	Green	
	Blue	
	Red	
	Black	Adult Rules
Senior	Yellow	Adult Rules
	Green	
	Blue	
	Red	
	Black	

The USAT National Championships are the only USAT sanctioned event to include both Grass Roots and World Class Cadet Black Belt divisions. Only the World Class Cadet Black Belt divisions at USAT Nationals will adhere to Adult Rules.

Article 3 Junior Weight Division

- 1 Junior sparring weight divisions will be categorized by sex, age, weight, and Taekwondo rank
 - 1.1 1st, 2nd and two 3rd place winners will receive awards. At the discretion of the Local Organizing Committee, competitors may be divided into three rank divisions as follows: Black, yellow and green, and blue and red.
 - 1.2 If the number of competitors for each division is less than 8, the Organizing Committee has the option of combining two or three age groups into a single group and assigning the divisions as advanced, intermediate, and beginner to each combined group.

Ages 15-17 (Junior Black Belts)

Junior Male Division	Weight Category	Junior Female Division
Not exceeding 45 kg (Not exceeding 99.2 lbs)	Fin	Not exceeding 42 kg (Not exceeding 92.6 lbs)
Over 45 kg not exceeding 48 kg (99.3 lbs – 105.8 lbs)	Fly	Over 42 kg not exceeding 44 kg (92.7 lbs – 97.0 lbs)
Over 48 kg not exceeding 51 kg (105.9 lbs – 112.4 lbs)	Bantam	Over 44 kg not exceeding 46 kg (97.1 lbs – 101.4 lbs)
Over 51 kg not exceeding 55 kg (112.5 lbs – 121.3 lbs)	Feather	Over 46 kg not exceeding 49 kg (101.5 lbs – 108.0 lbs)
Over 55 kg not exceeding 59 kg (121.4 lbs – 130.0 lbs)	Light	Over 49 kg not exceeding 52 kg (108.1 lbs – 114.6 lbs)
Over 59 kg not exceeding 63 kg (130.1 lbs – 138.9 lb)	Welter	Over 52 kg not exceeding 55 kg (114.7 lbs – 121.3 lbs)
Over 63 kg not exceeding 68 kg (139.0 lbs – 149.9 lbs)	Light Middle	Over 55 kg not exceeding 59 kg (121.4 lbs – 130.0 lbs)
Over 68 kg not exceeding 73 kg (150.0 lbs – 160.9 lbs)	Middle	Over 59 kg not exceeding 63 kg (130.1 lbs – 138.9 lbs)
Over 73 kg not exceeding 78 kg (161.0 lbs – 172.0 lbs)	Light Heavy	Over 63 kg not exceeding 68 kg (139.0 lbs – 149.9 lbs)
Over 78 kg (172.1 lbs and over)	Heavy	Over 68 kg (150.0 lbs and over)

Note: Official weigh-in will be done in kilograms. Conversions to pounds in this chart are approximate, and for convenience only.

Ages 12 -14 (Cadet Black Belts)

Cadet Male Division		Cadet Female Division	
Under 33 kg	Not exceeding 33 kg (Not exceeding 72.8 lbs)	Under 29 kg	Not exceeding 29 kg (Not exceeding 63.9 lbs)
Under 37 kg	Over 33 kg & not exceeding 37 kg (72.9 – 81.6 lbs)	Under 33 kg	Over 29 kg & not exceeding 33 kg (64.0 – 72.8 lbs)
Under 41 kg	Over 37 kg & not exceeding 41 kg (81.7 – 90.4 lbs)	Under 37 kg	Over 33 kg & not exceeding 37 kg (72.9 – 81.6 lbs)
Under 45 kg	Over 41 kg & not exceeding 45 kg (90.5 – 99.2 lbs)	Under 41 kg	Over 37 kg & not exceeding 41 kg (81.7 – 90.4 lbs)
Under 49 kg	Over 45 kg & not exceeding 49 kg (99.3 – 108.0 lbs)	Under 44 kg	Over 41 kg & not exceeding 44 kg (90.5 – 97.0 lbs)
Under 53 kg	Over 49 kg & not exceeding 53 kg (108.1 – 116.8 lbs)	Under 47 kg	Over 44 kg & not exceeding 47 kg (97.1 – 103.6 lbs)
Under 57 kg	Over 53 kg & not exceeding 57 kg (116.9 – 125.7 lbs)	Under 51 kg	Over 47 kg & not exceeding 51 kg (103.7 – 112.4 lbs)
Under 61 kg	Over 57 kg & not exceeding 61 kg (125.8 – 134.4 lbs)	Under 55 kg	Over 51 kg & not exceeding 55 kg (112.5 – 121.3 lbs)
Under 65 kg	Over 61 kg & not exceeding 65 kg (134.5 – 143.3 lbs)	Under 59 kg	Over 55 kg & not exceeding 59 kg (121.4 – 130.1 lbs)
Over 65 kg	Over 65 kg (143.4 lbs and over)	Over 59 kg	Over 59 kg (130.2 lbs and over)

Note: Official weigh-in will be done in kilograms. Conversions to pounds in this chart are approximate, and for convenience only.

Ages 6 -11 (All Belts), Ages 12-14 (Cadet Color Belts), and Ages 15-17 (Junior Color Belts)

Age Class	Belt Color	Male Weight Categories (kg/lbs)		Female Weight Categories (kg/lbs)	
6-7 Dragon	Yellow Green Blue Red Black	Under 19 kg	(Under 42 lbs)	Under 19 kg	(Under 42 lbs)
		19.1-23 kg	(42.1-51 lbs)	19.1-23 kg	(42.1-51 lbs)
		23.1-27 kg	(51.1-59 lbs)	23.1-27 kg	(51.1-59 lbs)
		Over 27.1 kg	(Over 59.1 lbs)	Over 27.1 kg	(Over 59.1 lbs)
8-9 Ninja	Yellow Green Blue Red Black	Under 21 kg	(Under 46 lbs)	Under 21 kg	(Under 46 lbs)
		21.1-25 kg	(46.1-55 lbs)	21.1-25 kg	(46.1-55 lbs)
		25.1-30 kg	(55.1-66 lbs)	25.1-30 kg	(55.1-66 lbs)
		Over 30.1 kg	(Over 66.1 lbs)	Over 30.1 kg	(Over 66.1 lbs)
10-11 Youth	Yellow Green Blue Red Black	Under 30 kg	(Under 66 lbs)	Under 30 kg	(Under 66 lbs)
		30.1-35 kg	(66.1-77 lbs)	30.1-35 kg	(66.1-77 lbs)
		35.1-40 kg	(77.1-88 lbs)	35.1-40 kg	(77.1-88 lbs)
		Over 40 kg	(Over 88.1 lbs)	Over 40 kg	(Over 88.1 lbs)
12-14 Cadet	Yellow Green Blue Red	Under 33 kg	(Under 72.8 lbs)	Under 29 kg	(Under 63.9 lbs)
		33.1-37 kg	(72.9-81.6 lbs)	29.1-33 kg	(64.0-72.8 lbs)
		37.1-41 kg	(81.7-90.4 lbs)	33.1-37 kg	(72.9-81.6 lbs)
		41.1-45 kg	(90.5-99.2 lbs)	37.1-41 kg	(81.7-90.4 lbs)
		45.1-49 kg	(99.3-108.0 lbs)	41.1-44 kg	(90.5-97.0 lbs)
		49.1-53 kg	(108.1-116.8 lbs)	44.1-47 kg	(97.1-103.6 lbs)
		53.1-57 kg	(116.9-125.7 lbs)	47.1-51 kg	(103.7-112.4 lbs)
		57.1-61 kg	(125.8-134.4 lbs)	51.1-55 kg	(112.5-121.3 lbs)
		61.1-65 kg	(134.5-143.3 lbs)	55.1-59 kg	(121.4-130.1 lbs)
		Over 65 kg	(Over 143.4 lbs)	Over 59 kg	(Over 130.2 lbs)
15-17 Junior	Yellow Green Blue Red	Under 45 kg	(Under 99.2 lbs)	Under 42 kg	(Under 92.6 lbs)
		45.1-48 kg	(99.3-105.8 lbs)	42.1-44 kg	(92.7-97.0 lbs)
		48.1-51 kg	(105.9-112.4 lbs)	44.1-46 kg	(97.1-101.4 lbs)
		51.1-55 kg	(112.5-121.3 lbs)	46.1-49 kg	(101.5-108.0 lbs)
		55.1-59 kg	(121.4-130.0 lbs)	49.1-52 kg	(108.1-114.6 lbs)
		59.1-63 kg	(130.1-138.9 lbs)	52.1-55 kg	(114.7-121.3 lbs)
		63.1-68 kg	(139.0-149.9 lbs)	55.1-59 kg	(121.4-130.0 lbs)
		68.1-73 kg	(150.0-160.9 lbs)	59.1-63 kg	(130.1-138.9 lbs)
		73.1-78 kg	(161.0-172.0 lbs)	63.1-68 kg	(139.0-149.9 lbs)
		Over 78 kg	(Over 172.1 lbs)	Over 68 kg	(Over 150.0 lbs)

Note: Official weigh-in will be done in kilograms. Conversions to pounds in this chart are approximate, and for convenience only.