



CMA Kyorugi Competition Rules



Purpose: The purpose of the Competition Rules is to provide standardized rules for all levels of championships organized, promoted or sanctioned by CMA(Chicago Martial Arts Association), and ensure that all matters related to CMA competitions are conducted in a fair and orderly manner.

The Competition Area

1. The Competition Area consists of a Contest Area and Safety Area. The Competition Areas are distinguished between Red or Blue Color.
2. The outer border of the Contest Area shall be called the Boundary Line and the outer border of the Competition Area shall be called the Outer Line.

Positions of the Referee and Contestants at the beginning of the match:

1. The position of the contestants shall be at the two opposing points, 1 meter from the center point of the Contest Area. The Referee shall be positioned at a point 1.5 meter from the center of the Contest Area.

Position of the Recorder and Main Ring Judge

1. The position of the Main Ring Judge and Recorder will sit in Front Desk

Duration of Contest is classified as follows.

1. The duration of the contest shall be two rounds of one minute each, with a 30 second rest period between rounds. In case of a tie score after the completion of the 2nd round, a 3rd round of one minute will be conducted as the Golden round, after a 30 second rest period following the 2nd round.

Divisions

1. There will be no weigh-in in the CMA Competition. Each Ring Main Referee will match by Age and Belt following the CMA rule.
2. Maximum of the number of contestants are four(4).

Procedure of the Contest

1. Call for Contestants: Before the start of the contest, the center referee will command "Chung, Hong." Both contestants will enter the Contest Area with their head protectors firmly tucked under their left arms.
2. Inspection of body, uniform and protective equipment by ring referee

3. The contestants shall face front and make a standing bow at the referee's command of "Charyeot" (attention) and " Kyeong-rye" (bow), and face each other and make a standing bow at the referee's command of "Charyeot" (attention) and " Kyeong-rye" (bow). A standing bow shall be made from the natural standing posture of "Charyeot" by bending the waist at an angle of more than 30 degrees with the head inclined to an angle of more than 45 degrees. After the bow, the contestants shall put on their head protectors.
4. The referee shall start the contest by commanding "Joon-bi" (ready), and "Shi-jak" (start).
5. The contest in each round shall begin with the declaration of "Shi-jak" (start) by the referee
6. The contest in each round shall end with the declaration of "Keu-man" (stop) by the referee. Even if the referee has not declared "Keu-man," the contest shall be deemed to have ended when the match clock expired. However, "Gam-jeom" can be given, for certain actions, and registered in score even after expiration of the match clock.
7. The referee may pause a contest by declaring "Kal-yeo" (break) and resume the contest by the command of "Kye-sok" (continue). When the referee declares "Kal-yeo" the recorder should immediately stop the match time. When the referee declares "Kye-sok," the recorder should immediately restart the match time.
8. At the end of the last round, the referee shall declare the winner by raising his/her hand to the winner's side, saying "Chung Seung" (blue winner) or "Hong Seung" (red winner).
9. Retirement of the contestants.

Permitted techniques

1. Fist technique: A straight punching technique using the knuckle part of a tightly clenched fist
2. Foot technique: Delivering techniques using any part of the foot below the ankle bone

Permitted areas

1. Trunk: Attack by fist and foot techniques on the areas covered by the trunk protector are permitted. However, such attacks shall not be made on the part of the spine.
2. Head: The area above the collar bone. Only foot techniques are permitted.

Scoring Areas

1. Trunk: The blue or red colored area of the trunk protector

2. Head: The entire head above the bottom line of the head protector

Criteria for valid point(s)

1. Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the trunk with a proper level of impact.
2. Point(s) shall be awarded when a permitted technique is delivered to the scoring areas of the head.

The valid points are as follows:

1. One (1) point for a valid punch and kicks to trunk protector
2. Two (2) points for a valid turning kick to the trunk protector
3. Three (3) points for a valid kick to the head(Black Belt ages 14 & up only)

Match score:

1. Match score shall be the sum of points of the two rounds.

Invalidation of point(s): When a contestant records points following prohibited act(s)

1. If the prohibited act is followed by point(s), the referee shall declare the penalty for the prohibited act and invalidate the point(s).

Explanation: Back kick (Dwichagi) is one type of turning kick technique, the head and shoulder rotation must occur to be considered as a back kick (Dwichagi) and awarded technical points.

When contestants kick opponent by the back kick (Dwichagi), without contestant's simultaneous rotation of head and shoulder, 'Back kick' (Dwichagi) will not be considered turning kick

Scoring and Publication

1. Scoring of valid point(s) shall be determined primarily using the electronic scoring system installed in personal Phone APP(TKDscore).
2. End of the round corner Judge report to Main Judge and show the scores.
3. Main Judge will determine the winner.
4. Main judge will tell final decision to Referee and Referee will declare the winner

Prohibited Acts and Penalties

1. Crossing the Boundary Line
2. Falling down
3. Avoiding or delaying the match

4. Grabbing or pushing the opponent
5. The following are considered prohibited acts:
 - a. Lifting the leg to block
 - b. Kicking the opponent's leg to impede the opponent's kicking attack
 - c. Kick was aiming to below the waist
 - d. Lifting the leg above waist for kicking in the air for four (4) times or more
 - e. Lifting a leg or kicking in the air for more than three (3) seconds to impede opponent's potential attacking movements
6. Kicking below the waist
7. Attacking the opponent after "Kal-yeo"
8. Hitting the opponent's head with the hand
9. Butting or attacking with the knee
10. Attacking the fallen opponent
11. Attacking trunk with the side or bottom of the foot in clinch position
12. Attacking back of head in clinch position
13. Following misconducts of contestant or coach:
 - a. Not complying with the referee's command or decision
 - b. Inappropriate protesting of officials' decisions
 - c. Inappropriate attempts to disturb or influence the outcome of the match
 - d. Provoking or insulting the opposing contestant or coach
 - e. Unaccredited doctor/physicians or other team officials found to be seated in the doctor's position
 - f. Any other severe misconduct or unsportsmanlike conduct on the part of a contestant or coach
 - g. When a contestant commits a prohibited act followed by an Attack After Kalyeo or any other unsportsmanlike behavior the Referee may give a 2nd Gam-jeom for 'Attack after Kalyeo' or 'Misconduct'.

(When a coach or contestant commits excessive misconduct or refuses to follow the referee's command, the referee may declare a sanction request by first declaring "Gam-jeom" penalty, and then raising a Yellow Card. In this case, the CMA(Chicago Martial Arts Association) Committee shall investigate the coach or contestant's behavior and determine whether a sanction is appropriate.)

(Explanation #1) "Gam-jeom"

1. Crossing the Boundary Line:

a) A “Gam-jeom” shall be declared when one foot of a contestant crosses the Boundary Line. No “Gamjeom” will be declared if a contestant crosses the boundary line as a result of a prohibited act by the opposing contestant.

2. Falling down:

a) “Gam-jeom” shall be declared for falling down. However, if a contestant falls down due to the opponent’s prohibited acts “Gam-jeom” penalty shall not be given to the fallen contestant, while a penalty shall be given to the opponent. If both contestants fall as a result of incidental collision, or in the case a contestant who received points with a valid turning kick falls down, no penalty shall be given.

3. Avoiding or delaying the match:

a) This act involves stalling with no intention of attacking. A contestant who continuously displays a nonengaging style shall be given a “Gam-jeom”. If both contestants remain inactive after three (3) seconds, the center referee will signal the “Gong-gyeok” command. A “Gam-jeom” will be declared: On both contestants if there is no activity from them three (3) seconds after the command was given; or on the contestant who moved backwards from the original position three (3) seconds after the command was given.

b) Turning the back and move away to avoid the opponent’s attack should be punished as it expresses the lack of a spirit of fair play and may cause serious injury. The same penalty should also be given for evading the opponent’s attack by bending below waist level or crouching.

c) Retreating from the technical engagement only to avoid the opponent’s attack and to run out the clock, “Gam-jeom” shall be given to the passive contestant.

d) Pretending injury means exaggerating injury or indicating pain in a body part not subjected to a blow for the purpose of demonstrating the opponent’s actions as a violation, and also exaggerating pain for the purpose of elapsing the match time. In this case, the referee shall give a “Gam-jeom”.

e) “Gam-jeom” shall also be given to the athlete who asks the referee to stop the contest in order to adjust the position/fit of protective equipment.

4. Grabbing or pushing the opponent:

a) This includes grabbing any part of the opponent’s body, uniform or protective equipment with the hands. It also Includes the act of grabbing the foot or leg or hooking the leg with the forearm. For pushing, it is permitted as a quick impact and a contestant must disengage from the opponent after one push. The flowing acts shall be penalized.

- Pushing the opponent with prolonged or continuous contact

- Pushing the opponent out of the boundary line
- Pushing the opponent in a way that prevents kicking motion or any normal execution of attacking movement

5. Lifting the leg or cut kick motion shall not be penalized only when it is followed by execution of punching or kicking technique in combination motion.
6. Attacking below the waist:
 - a) This action applies to an attack on any part below the waist. When an attack below the waist is caused by the recipient in the course of an exchange of techniques, no penalty will be given. This article also applies to strong kicking or stamping actions to any part of the thigh, knee or shin for the purpose of interfering with the opponent's technique.
7. Attacking the opponent after "Kal-yeo":
 - a) Attacking after Kal-yeo requires that the attack results in actual contact to the opponent's body.
 - b) If the attacking motion started before the Kal-yeo, the attack shall not be penalized.
 - c) If an attack after Kal-yeo did not land on the opponent's body but appeared deliberate and malicious the referee may penalize the behavior with a "Gam-jeom"
8. Hitting the opponent's head with the hand:
 - a) This article includes hitting the opponent's head with the hand (fist), wrist, arm, or elbow. However, unavoidable actions due to the opponent's carelessness such as excessively lowering the head or carelessly turning the body cannot be punished by this article.
9. Butting or attacking with the knee:
 - a) This article relates to an intentional butting or attacking with the knee when in close proximity to the opponent. However, contact with the knee that happens in the following situations cannot be punished by this article.
 - When the opponent rushes in abruptly at the moment a kick is being executed
 - Inadvertently, or as the result of a discrepancy in distance in attacking.
10. Attacking the fallen opponent:
 - a) This action is extremely dangerous due to the high probability of injury to the opponent. The danger arises from the following:
 - The fallen opponent is in an immediate defenseless state
 - The impact of any technique which strikes a fallen contestant will be greater due to the contestant's position. These types of aggressive actions toward a fallen opponent are not in accordance with the spirit of taekwondo and as such are not

appropriate to taekwondo competition. In this regard, penalties should be given for intentionally attacking the fallen opponent regardless of the degree of impact

(When misconduct is committed by a contestant or a coach during a rest period, past the five (5) seconds of the round conclusion, the referee can immediately declare the “Gam-jeom” and the “Gam-jeom” shall be recorded to the upcoming round. However, “Gam-jeom” shall be recorded to the previous round if the action happened within five (5) seconds of the round conclusion.)

Golden Points and Decision of Superiority

1. In the event the winner cannot be decided after 2 rounds, a 3rd round (golden round) will be conducted in one-minute rounds
2. The first contestant scores One (1) or more points or whose opponent receives One “Gam-jeoms” in the golden round shall be declared the winner.
3. Decision of superiority by judges with two (2) corner judges, and 1 Main judge winner shall be decided by three (3) judges except referee

BASIC REFEREE HAND SIGNAL

Basic Referee Hand signal Korean Term

Chong - Blue

Cha Rut - Attention

Jun Bi - Ready

Kal Yeo - Stop

Keu Man - End

Seung - Winner

Hong - Red

Kyeong Rye - Bow

Shi Jak - Begin

Kye Sok - Continue

Gam Jeom - Deduction

Chong (Blue), Hong (Red), Cha Rut (Attention), Kyung Rye (Bow)



Jun Bi (Ready), Shi Jak (Begin)



Kal Yeo (Stop), Kye Sok (Continue)



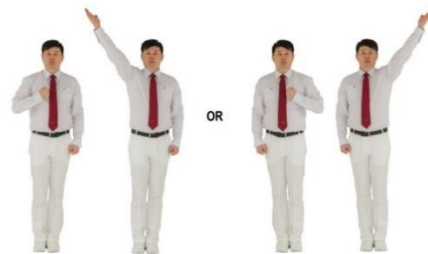
Keu Man (End)



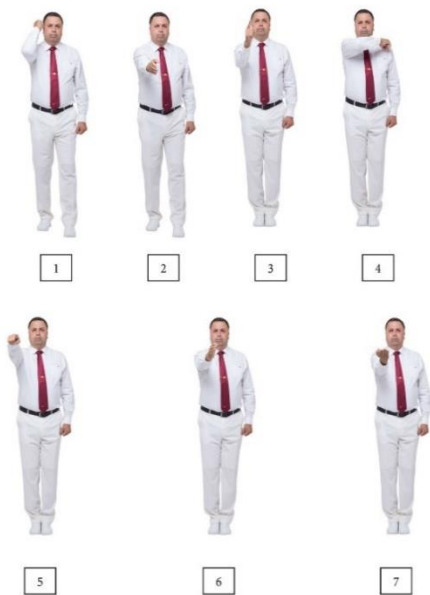
Gam Jeom (Deduction)



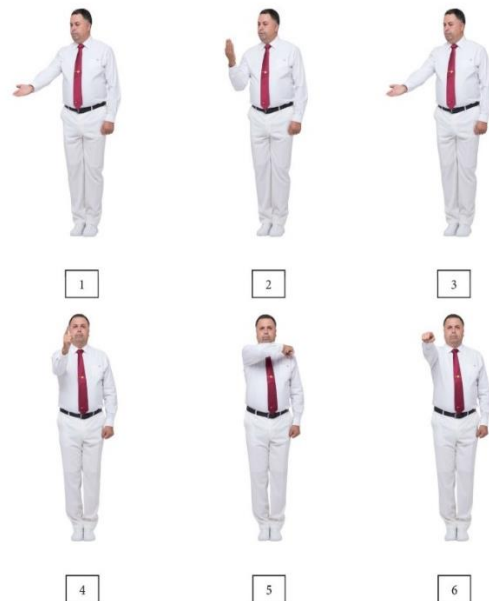
Chung (Blue) or Hong (Red) – Seung (Winner)



Crossing Boundary Line



Falling Down



Avoiding or Delaying The Match



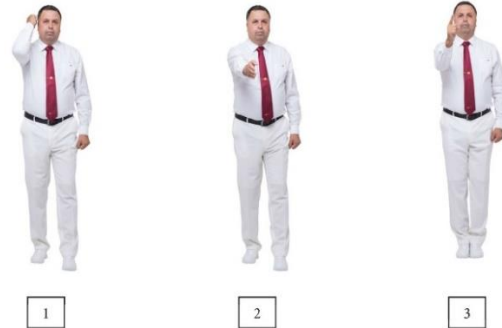
Grabbing



Pushing



Attacking Below The Waist



Hitting the opponent's head with the hand



1 2 3



4 5 6

Butting or attacking with the knee



1 2 3 4



5 6

In case of butting we use hand signal for mis

Misconduct



1 2 3



4 5 6

