



# **TAEKWON-DO**

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## **NOVA SCOTIA ASSOCIATION**

### **Tournament Sanctioning**

## Sanctioning Form Link

(Completed 90 Days Prior to Event Date)

<https://forms.gle/YWiZa7SuefBC7fz19>

### Tournament age and weight categories

(This policy is consistent with CTFI/ITF rules and regulations)

The competition categories will be as follows, although some categories may be merged (up or down one category) if the numbers of entries are not sufficient in a category and must be in consultation with the TNSA Tournament Director.

#### AGE CATEGORIES

(All belt levels)

##### Colored Belt and Black Belt Age Categories

Little Dragons: 4 & 5 yrs. Old	Junior: 15 – 17 yrs. Old
Mites: 6 & 7 yrs. Old	Senior: 18 – 34 yrs. old
Pee Wee: 8 & 9 yrs. Old	Super Senior: 35 - 45 yrs. old
Cadet: 10 & 11 yrs. Old	Veteran 46+ yrs. old
Pre- Junior: 12 – 14 yrs. Old	

#### WEIGHT CATEGORIES

(Pre-Junior, Junior, and Adult Black Belts)

##### PRE-JUNIOR (AGE 12-14) WEIGHT CATEGORIES:

Male:	Female:
Up to 40 kg	Up to 40 kg
40.1 to 45 kg	40.1 to 44 kg
45.1 to 50 kg	44.1 to 48 kg
50.1 to 55 kg	48.1 to 52 kg
55.1 to 60 kg	52.1 to 56 kg
60.1 to 65 kg	56.1 to 60 kg
Over 65 kg	Over 60 kg

**JUNIOR (AGE 15-17) WEIGHT CATEGORIES:**

<b>Male:</b>	<b>Female:</b>
Up to 50 kg	Up to 45 kg
50.1 to 55 kg	45.1 to 49 kg
55.1 to 60 kg	49.1 to 53 kg
60.1 to 65 kg	53.1 to 57 kg
65.1 to 70 kg	57.1 to 61 kg
70.1 to 75 kg	61.1 to 65 kg
Over 75 kg	Over 65 kg

**ADULT (AGE 18+) WEIGHT CATEGORIES:**

<b>Male:</b>	<b>Female:</b>
Up to 57 kg	Up to 50 kg
57.1 to 63 kg	50.1 to 55 kg
63.1 to 69 kg	55.1 to 60 kg
69.1 to 75 kg	60.1 to 65 kg
75.1 to 81 kg	65.1 to 70 kg
81.1 to 87 kg	70.1 to 75 kg
Over 87 kg	Over 75 kg

**CTFI “Light Contact” Sparring Rules for Colored Belts: October 24, 2018**

**Age 17 and under:**

***White to Red Belt/Black Stripe:*** No touch to the face. Can touch the helmet on the front (forehead) and sides.

**Infractions:**

A touch to the face is a “warning.”

A touch to the face without retraction of the attacking tool and there is a displacement of the head is a “minus” point.

If there is heavy contact to the face and displacement of the head, then there is a “disqualification.” Center referee can discuss with the Jury President and/or the corner judges to decide.

### **Adult (age 18 and above)**

***White to Green Belt:*** No touch to the face. Can touch the helmet on the front (forehead) and sides.

#### **Infractions:**

A touch to the face is a “warning.”

A touch to the face without retraction of the attacking tool and there is a displacement of the head is a “minus” point.

If there is heavy contact to the face and displacement of the head, then there is a “disqualification.” Center referee can discuss with the Jury President and/or the corner judges to decide.

***Blue Belt to Red Belt/Black Stripe:*** Can touch to the face.

**Infractions:** Same as in Black Belt Sparring: There are no warnings for contact. It is a “minus” point for heavy contact and disqualification for “excessive” contact.

**Note:** If there are divisions where there is **combining of ranks** (Green and Blue) then we should stay on the side of safety and the blue competitor should fall under the no touch to the face rule.

***Black Belts (All ages):*** There are no warnings for contact. It is a “minus” point for heavy contact and disqualification for “excessive” contact.

## **REVIEW AND APPROVAL**

1. This policy will be reviewed annually on the date of first approval.
2. This policy is **Version 1** and approved by the TNSA on the **21<sup>st</sup> day of January 2024.**

Darren MacLeod  
TNSA President