

MALE SPARRING AGE DIVISIONS

CATEGORY	AGE DIVISION	BELT
DRAGON	6-7	YELLOW, GREEN, BLUE, Red, Deputy & BLACK
TIGER	8-9	YELLOW, GREEN, BLUE, Red, Deputy & BLACK
YOUTH	10-11	YELLOW, GREEN, BLUE, Red, Deputy & BLACK
CADET	12-14	YELLOW, GREEN, BLUE, Red, Deputy & BLACK
JUNIOR	15-17	YELLOW, GREEN, BLUE, Red, Deputy & BLACK
SENIOR	18-32	YELLOW, GREEN, BLUE, Red, Deputy & BLACK
ULTRA	33 and UP	YELLOW, GREEN, BLUE, Red, Deputy & BLACK

FEMALE SPARRING AGE DIVISIONS

CATEGORY	AGE DIVISION	BELT
DRAGON	6-7	YELLOW, GREEN, BLUE, Red, Deputy & BLACK
TIGER	8-9	YELLOW, GREEN, BLUE, Red, Deputy & BLACK
YOUTH	10-11	YELLOW, GREEN, BLUE, Red, Deputy & BLACK
CADET	12-14	YELLOW, GREEN, BLUE, Red, Deputy & BLACK
JUNIOR	15-17	YELLOW, GREEN, BLUE, Red, Deputy & BLACK
SENIOR	18-32	YELLOW, GREEN, BLUE, Red, Deputy & BLACK
ULTRA	33 and UP	YELLOW, GREEN, BLUE, Red, Deputy & BLACK

Taekwondo Sparring (Gyoroogi) Competition Rules

sparring rules will be followed with modified head contact rules. Refer to Head Contact attachment. (Tournament director/ chairman has the right to change the duration of round, rules, division size and official decisions of events without advanced notice and remove persons from event to ensure fairness, safety and good sportsmanship). Winner of the match will be determined by judging pointing/scoring. If a round is tied a judge will

determine based on 3 judge Referees will reserve the right to adjust scoring for head kicks and deduct points for shots that were incorrectly scored in their judgment. 18-32, 15-17 Black Belts: 2 rounds 1:30 minute each. All other divisions: 3 rounds 1 minute each. All divisions w/ 30 second rest period. . Black Belt Competitors must wear approved Black Vneck White

Uniforms. IDAHO CUP Weight Class based on current national weight classes: [See USAT weight divisions.](#)

Explanation for Parents: How Taekwondo Sparring Works in Tournaments

In Taekwondo tournaments, sparring is when two athletes fight each other using kicks and punches to score **points**.

How Do They Win a Match?

- Each time a fighter lands a **clean and legal technique**, they earn **points**.
 - Kicks to the body = 2 points
 - Spinning body kick = 4 points
 - Head kicks = 3 points
 - Spinning head kicks = 5 points
 - Punch = 1 points (By the Judges)
- At the end of the match, the person with **more points wins** the match.
- They do **not** have to knock out the opponent — this is not full-contact fighting.

How Does the Tournament Work?

In some tournaments, it's not only about **winning a match**, but also **how many points** you score.

Here's how it works:

1. Each student fights in one or more sparring rounds.
2. Every time they fight, they collect **points**.
3. After the first round, the tournament may group fighters by their **total points** — not just who won or lost.

Who Fights Who Next?

- The fighter with **higher points** will be matched with another fighter who also has **higher points**.
- The fighter with **lower points** will be matched with someone else who has **lower points**.

This helps keep matches fair and balanced, so students compete with others at a similar level.

Why Is This Important for Parents to Know?

- Even if your child **wins their first match**, they may face a stronger opponent next if they scored a **lot of points**.

- If they scored **fewer points**, they might face an opponent with a similar score.
- This system helps make sure all kids have a chance to improve and grow, not just based on win or loss — but also on **performance**.

***Example (Easy to Understand):**

Let's say 4 kids spar:

Name	Points Scored
Match 1. Alex	15 (High)
Match 1. Bella	13 (Lower)
Match 2. Chris	8 (High)
Match 2. David	5 (Lower)

- Alex and Bella scored the most.
- Chris and David scored less.

Next round:

- Alex (High) vs Chris (High)
- Bella (Lower) vs David (Lower)

This is fair because it matches kids with others at the same performance level.