

Power team sparring

Basically ITF rules are used with following changes:

Tatami, equipment

Tatami is a quadrature size of 9x9 meters in blue color, 2-3cm thickness, made of foamy rubber. Edges of tatami are bounded with bordering specially designed for the Power TKD Sparring.

The fighters have white kicks on their feet, and on their arms they have white 10 ounce gloves with fully closed hand. The fighters wear white protective helmet on their heads, and on the body, under the dobok, they wear light guard for the ribs approved by the ITF.

Optional equipment is mouth guard, guard for the lower leg and forearm, groin guard.

Every team wears a jersey in national color or color of their own choice. The jersey doesn't have sleeves.

Electronic score system is used. Every umpire gives points electronically, computer cumulates and divides given points and it releases average score for each fighter on the scoreboard. The points are visible for the audience.

Composition of the teams

The team consists of 7 adult male fighters, 1 coach and official representative or manager. Weight categories are: -64kg, -71kg, -78kg, -85kg and +85kg.

Match structure:

A match is divided into 3 parts. During first part fighters fight according to categories in a way that lightest category starts, and gradually until heaviest category. First half ends when fights in categories end.

There is a 5-10 minute break between parts of the fight.

During the break pairs are drawn for the second part. Second part takes place in absolute category in a way that throwing a coin determines which team places their first fighter. After the first team places their fighter, opposite team places theirs. The roles are switched for the next fight.

During the second half the team can be changed for 2 fighters comparing to the team from first half. Fights are in absolute category during second half i.e. regardless to weight.

Every fight lasts 2 minutes during first and second part.

Fights last continuously for 10 minutes during 3rd part. Every coach decides how long will his fighter fight, but it cannot be less than 30 seconds.

In a proper way coaches signalize to the central umpire they wish to change fighters. The central umpire determines time for change, and new fighter can't enter into ring until previous fighter steps with his leg on the red part of the bordering. The teams are lined up at the beginning and end of the team match. With classic ITF salute they first salute umpires at the main desk, and after that among themselves.

The winner isn't declared after each fight, winning team is declared at the end of the whole match. Changes of fighters between individual fights are flying without any additional ceremony or procedure.

Warnings

Warning is given only for intentional breaking of rules in order to gain advantage in a fight. If a fighter in short period of time repeats same mistake, central umpire gives 1 point to the opponent.

Fall to tatami is not a warning unless the umpire estimates it as a way to avoid the fight. For circling around tatami without fighting a fighter gets a warning if he has circled around more than half of tatami.

The fighter can only step to the bordering with 1 leg without receiving a warning. If he steps to the bordering with 2 legs or relies to the bordering with hand in order to stop from falling or if he touches the bordering with any part of his body (fall to the bordering) or runs over the bordering the opponent wins 1 point.

The fighter doesn't receive a point if he is standing on the bordering with one or both legs while he is giving the punch.