

Taekwondo

Scoring & Penalties Used in Olympic Events

3 ROUNDS

2 MINUTES EACH

SCORING

- 1pt** Punch to the trunk protector
- 2pt** Kick to the trunk protector
- 3pt** Kick to the head
- 4pt** Turning kick to the trunk protector
- 5pt** Turning kick to the head



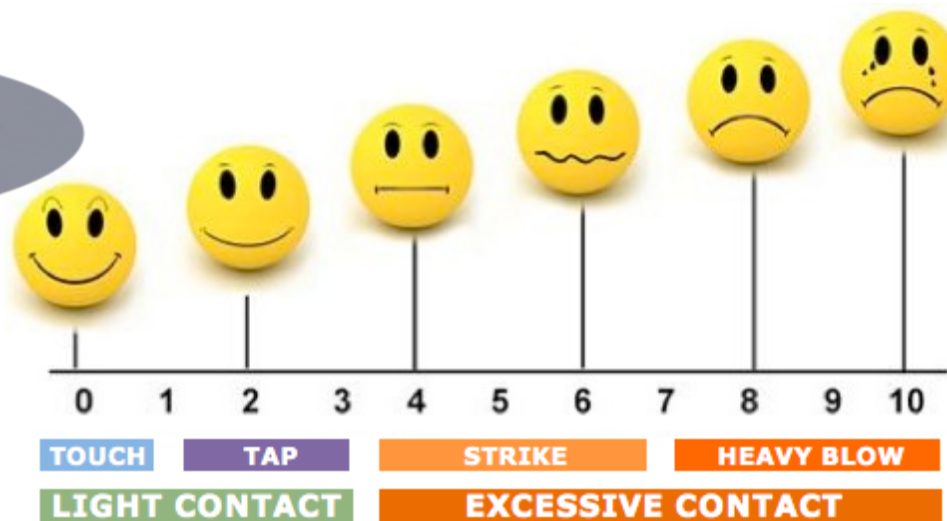
GAM-JEOM

1-Point Deduction penalty

PROTECTIVE EQUIPMENT

Trunk protector
Head protector
Groin guard
Sensing socks

Gloves
Forearm protector
Shin-instep protectors,
Mouth guard



Permitted Techniques

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

Permitted areas

- **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.
- **Head:** The area above the collar bone. Only foot techniques are permitted.

Prohibited Acts & Penalties

The following acts shall be classified as prohibited acts, and “**Gam-jeom**” shall be declared:

1. Crossing the Boundary Line
2. Falling down
3. Avoiding or delaying the match
4. Grabbing or pushing the opponent
5. Lifting the leg to block or/and kicking the opponent’s leg to impede the opponent’s kicking attack, or lifting a leg or kicking in the air for more than 3 seconds to impede the opponent’s potential attacking movements, or aiming a kick below the waist
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 PSS with the side or bottom of the foot having the knee pointed out in clinch position
12. 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