***Tournament Director’s Quick Guide to Para Kyorugi***

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| ***Things to consider before the event:*** | | |
| **Item to consider** | **Recommended Adjustment** | **Reason for Recommended Adjustment** |
| Scheduling of Classification *\*Contact AT at least 4 months in advance to organise* | Physical Impairment classification to be done the day before in the same venue as the competition | Physical Impairment classification must be done at least one day before the para athlete competes, as they must pass classification to be able to compete. Having the classification in the same venue allows the para athlete to walk through the venue without large crowds and note any mobility adjustments that they may need on competition day. |
| Checking of Para Athletes Official Classification Status | Checking of AT classification Masterlist or contacting AT directly. | Para athletes require an official classification status to compete at their second state competition or nationals. Checking of their official classification status with AT ensure the para athlete is competing in the correct division. If the para athlete does not have an official classification status, direct them to the classification process via the classification information flyers. |
| Organisation of Match Play  (if required) | A Match Play with a suitable and experienced abled-body athlete may be necessary for the para athlete to gain competition experience. | Match Plays are to be organised before the competition day and officially in the draw and schedule. Tournament Director and Para Coach to select a suitable and experienced abled-body athlete from the nomination list. Selection decided using ‘Para Kyorugi Match Play Risk Assessment Form’ and approved by AT. *Contact AT for further details.* |
| Weigh-in | Best scheduled before or after able-bodied athletes weigh-in if possible. | To ensure safety and modesty of the Para Kyorugi athletes, best to schedule at a different time if possible. Set up of the weigh-in is the same, however athletes are allowed to have their coach with them if needed (e.g. to assist with removal of clothing) |
| Scheduling of Para Kyorugi Divisions | Schedule all Para Kyorgui matches on the same court/s. | The system set up is different to abled-bodied matches, so best to have all Para Kyorugi matches on the same court/s to reduce time in switching between systems. |
| Accreditation for support staff | When creating the online nomination process, have a section that allows the support staff of para athletes to register for an accreditation. | Some para athletes will require support staff with them that are not their coaches. This accreditation will allow the support staff to enter the contest area with the athlete to assist them. |
| Set up of contest area | In competitions where there has been physical impairments classification, there needs to be an area with table and chairs near the contest area for the classifiers to sit and observe the para athlete in competition. | Classifiers need to see how the para athlete is before, during and after competition. A classifier observes in the background, not sitting with the judges. |

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| ***Things to consider during the event:*** | | |
| **Item to consider** | **Recommended Adjustment** | **Reason for Recommended Adjustment** |
| Inspection | Additional inspection of uniform and any personal adaptive equipment | Some para athletes may have a rod inserted in their arm for a prosthetic limb to attach. Need to ensure this is fully covered and padded to avoid injury.  Para athletes who have reduced arm length must have their uniform cut and sewed so that it just covers the length of the arm. No tying or tapping of uniform allowed.  Gloves are not required on affected limb/s. |
| Equipment | Head guards with face shields | All para athletes must wear a head guard with a face shield for safety purposes. Head guards do not have to be electronic. |
| Helping athletes during match | Centre referee to help athletes with belt or hogu if they become loose. | Para athletes belts or hogu may become loose during a match. Centre referee to help with tightening belt or hogu – but please tell the athlete first, don’t just grab that area.  Recommended not sending para athlete to coach to tighten belt or hogu as they may receive additional coaching. |
| Duration of Match | Nil | Para Kyorugi matches are best of 3 x 2 minute rounds – same as current abled-bodied matches. |

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| ***Things to consider after the event:*** | | |
| **Item to consider** | **Recommended Adjustment** | **Reason for Recommended Adjustment** |
| Medal Ceremony | Awareness of para athletes impairments | Para Kyorugi medal ceremonies can be done with abled-bodied medal ceremonies.  *\*Note to person presenting medals – be aware of para athletes affected arms, they may not be able to ‘shake hands’. Shaking the other hand or not shaking is more acceptable than shaking a stump. That just creates awkwardness for all parties involved.* |

***Para Kyorugi Refereeing Quick Guide***

* At a club, state and national level of Para Kyorugi competition in Australia, we offer cadet, junior and senior divisions. At international level, it is senior division only.

**Events to be contested are:**

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| **Sport Classes** | **Description (Guide Only)** | **Highest Level of Competition** |
| **Athletes with a Physical Impairment** | | |
| K41 | Athletes with limb loss in both arms through or above the elbow or equivalent shortened arms. | World Championships |
| K44 | Athletes with impairments in one or both arms that affect at least one shoulder, wrist or elbow. | Paralympics |

**Weight Classes:**

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| AGE: | **Cadet (12-14 years old)** | |
| SPORT CLASSES: | K41 / K44 | |
| BELT COLOUR: | BLUE / RED , BLACK | |
| WEIGHT CLASSES: | FEMALE EVENTS | MALE EVENTS |
| - 33kg | - 37kg |
| - 41kg | - 45kg |
| - 47kg | - 53kg |
| - 55kg | - 61kg |
| + 55kg | + 61kg |

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| AGE: | **Junior (15-17 years old)** | |
| SPORT CLASSES: | K41 / K44 | |
| BELT COLOUR: | BLUE / RED , BLACK | |
| WEIGHT CLASSES: | FEMALE EVENTS | MALE EVENTS |
| - 44kg | - 48kg |
| - 49kg | - 55kg |
| - 55kg | - 63kg |
| - 63kg | - 73kg |
| + 63kg | +73kg |

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| AGE: | **Senior (17 years and older)** | |
| SPORT CLASSES: | K41 / K44 | |
| BELT COLOUR: | BLUE / RED , BLACK | |
| WEIGHT CLASSES: | FEMALE EVENTS | MALE EVENTS |
| - 47kg | - 58kg |
| - 52kg | - 63kg |
| - 57kg | - 70kg |
| - 65kg | - 80kg |
| + 65kg | + 80kg |

**Hogu size and Thresholds (senior division):**

A chart of a number of taekwondo

AI-generated content may be incorrect.

A table with weights and weights

AI-generated content may be incorrect.

**Hogu size and Thresholds (cadet & junior division):**

* Hogu size is the same as abled-bodied cadet and junior divisions.
* Thresholds are one threshold lower than the abled-bodied cadet and junior divisions.

**Main Rule differences between Para Kyorugi & Abled-Bodied Kyorugi:**

* 2 points – valid foot technique to hogu
* 3 points – valid turning foot technique to hogu (e.g turning back kick)
* 4 points – valid spinning foot technique to hogu (e.g. 360 roundhouse kick)
* Punches are permitted to the body, but **do not** score.
* Any contact to the head (area above the collar bone) is **not** permitted.

**Article 15: Prohibited Acts, page 28 of World Para Taekwondo Competition Rules, May 2, 2023**

*15.4.9 Dangerous play*

*Dangerous play includes hitting the opponent's head with the hand (fist), arm, elbow or any part of the body including the permitted techniques listed in Article 12.1.*

*Unintentional/Accidental Dangerous play shall be penalized by "Gam-jeom". Repeated unintentional/accidental dangerous play, three (3) times, shall lead to the athlete being disqualified (DSQ).*

*Dangerous play due to unsafe play from the opponent cannot be penalized by this article. In the case of a hit to the head the Referee shall immediately suspend the contest in accordance with article 21. In the case an athlete intentionally commits Dangerous play resulting in a hit to the head the referee shall ask for a video replay of the situation and then decide if the situation was intentional or unintentional/accidental.*

*Unintentional/Accidental Dangerous play is defined as:*

*- Hitting the hogu, shoulder etc. and technique slides up to hit the head due to the motion of the opponent.*

*Intentional Dangerous play is defined as:*

*- Clearly shown that athlete is aiming for and hitting the head with their technique*

*- Turning and spinning techniques hitting the head directly*

*- Intentional Dangerous play shall be followed by “Gam-jeom” penalty and yellow card*

*- In the case the opponent cannot continue following Doctor’s decision the contestant who committed Dangerous play will be disqualified (DSQ).*

*15.4.10 Unsafe play*

*Unsafe play occurs when an athlete intentionally or unintentionally takes a stance, avoids the opponent’s techniques or plays with a game tactic where the head becomes a target and increases the risk to be hit to the head. Blocking a technique in a way so it hits the athlete’s head is also considered unsafe play. When there is a hit to the head the Referee shall ask for IVR to determine if the situation concerns unsafe or dangerous play, if he or she is uncertain.*

**Article 20: Procedure in the event of hit to the head, page 46 of World Para Taekwondo Competition Rules, May 2, 2023**

*In Para Taekwondo kyorugi all techniques to the head have been prohibited to ensure the safety of the athletes. Hit to the head is defined as hitting the head with the hand (fist), arm, elbow or any part of the body including permitted techniques listed in Article 12.1.*

*20.1 Procedure in the case of Hit to the Head*

*20.1.1 The referee shall keep the opponent away from the athlete that was hit to the head by declaration of "Kal-yeo" and "Keyshi";*

*20.1.2 In the case the referee determine that the athlete can continue the referee shall continue the contest by declaration of "Kye-sok" (continue) after giving penalties to the opponent in accordance with*

*article 15;*

*20.1.2.1 The Referee shall ask for IVR to determine if the situation concerns Dangerous play or Unsafe play, if he or she is uncertain*

*20.1.3 In the case the referee has any doubt regarding the athlete's status and ability to continue the commissioned doctor shall be called to make a final decision;*

*20.1.4 In the case the commissioned doctor decides that the athlete is able to continue the referee shall continue the contest by declaration of "Kye-sok" (continue) after giving penalties in accordance with article 15;*

*20.1.5 In the case the commissioned doctor decides that it is unsafe for the athlete who received the hit to the head by unintentional/accidental play to continue the athlete shall be withdrawn (WDR) after giving penalties to the opponent for dangerous play in accordance with article 15;*

*20.1.6 In the case an athlete that has been hit to the head is determined by the commissioned doctor as able to continue but refuses to do so he/she shall be considered withdrawn (WDR).*

*20.1.7 If the commissioned doctor is convinced that the athlete is faking an injury or hit to the head, then the athlete who was hit in the head shall be disqualified due to unsportsmanlike behaviour (DQB) and the opponent shall be declared the winner;*

*20.1.8 In the case the hit to the head is a result of unsafe play from the athlete that received the hit to the head no penalties shall be given to the opponent.*

*20.1.8.1 In the case the commissioned doctor decides that it is unsafe for the athlete who received the hit to the head to continue as a result of unsafe play the opponent shall be declared the winner by*

*withdrawal (WDR);*

*20.1.8.2 In the case the commissioned doctor decides that the athlete is able to continue the referee shall continue the contest by declaration of "Kye-sok" after giving penalties to the athlete for unsafe play in*

*accordance with article 15;*

*20.1.9 In the case an athlete falls and hits his head on the mat resulting from regular game play, without involving prohibited acts from the athlete or opponent, the commissioned doctor shall determine if the athlete is able to continue;*

*20.1.9.1 In the case the commissioned doctor decides that it is unsafe for the athlete to continue the opponent shall be declared the winner by withdrawal (WDR);*

*20.1.9.2 In the case the commissioned doctor decides that the contestant is able to continue the referee shall continue the contest by declaration of "Kye-sok";*

*20.2 The commissioned doctor may take more time than the prescribed one (1) minute injury time to determine if an athlete can safely continue the contest or not. This only applies for hit to the head.*

*20.2.1 Before the prescribed one (1) minute injury time expires the Referee shall ask the commissioned doctor if more time is needed;*

*20.2.2 In the case the commissioned doctor needs more time the Referee shall declare "Shi-gan" when the one (1) minute injury time expires;*

*20.2.3 In the case the commissioned doctor determines that the athlete cannot continue Art. 20.1.1 and 20.1.5 shall apply;*

*20.2.4 In the case the commissioned doctor determines that the athlete can continue Art. 20.1.2 and 20.1.4 shall apply;*

*20.3 Any athlete that has experienced a hit to the head is subject to Article 19.2*