



TAEKWONDO
CANADA

Application of the WT New Rules

January 2026

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Purpose

The purpose of this document is to present the changes to the new rules and interpretations effective January 1, 2026.

In addition, you will find clarifications on certain rules that remain in effect.



New - Coaches Removed IVR for Head kicks

- Coach can not longer request IVR for Head Kicks that are not scored by PSS
- The center referee may still request video replay only after counting for a head kick which did not score. As before, the referee must see one or more of the following criteria in order to count :
 - Strong Impact to the head
 - Staggering
 - Bleeding
 - Kick to the eye(s)
 - Knock down



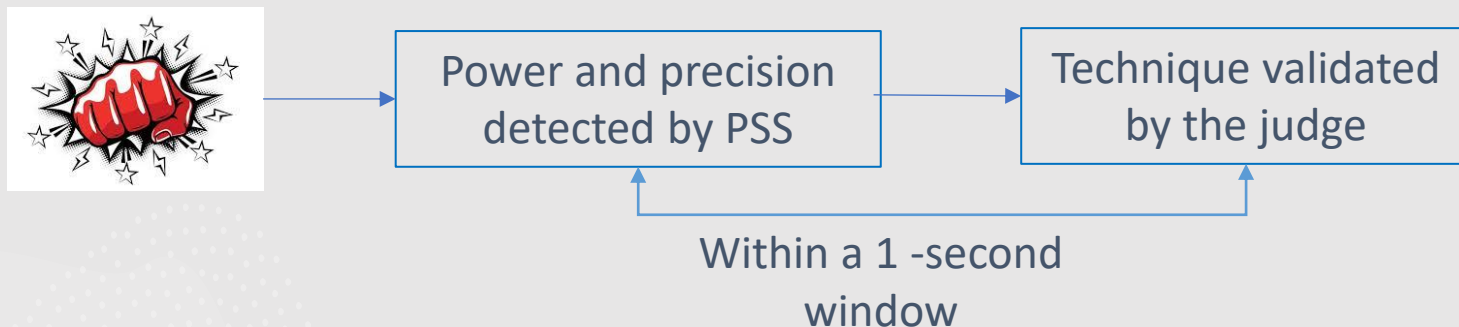
New – Refine Gam-Jeom Penalties

- While no changes are made to the official competition rules, penalties shall be applied to clearly identifiable actions such as :
 - Falling
 - Crossing the boundary line
 - Unsportsmanlike behavior
- However, common **in-match** behaviors such as grabbing or pushing will not be penalized strictly.



New PSS Punch Scoring

A semi-automatic scoring method may be used for punch points. Punch sensors have been added to all PSS systems. When sensing gloves are employed, the impact of the punch will be detected by the PSS, and the correct technique shall be validated by the judge.





New Referee's Team : Video Jury, Referee Center and Judge

- Due to the addition of PSS Punch detection, the role of the corner judge is more limited. Going forward, when PSS punching is in use, there will only be one corner judge, which has been renamed to technical judge.
- In the event of a woo-see-girok decision, the video jury joins the referee and the judge.



New Updated Technical Points + Divisions

1. Technical points (Turning kicks) are now double of their base score

Technique	Old Point Value	New Point Value
Turning Body Kick	4 points	4 points (Double Points)
Turning Head Kick	5 points	6 points (Double Points)

2. 6 Olympic weight divisions instead of 4 (To be tested in 2026)



Reminder

- **Crossing the boundary Line** : One foot outside
 - Resume position : close of boundary line
 - Gam-Jeom for crossing boundary line
 - Avoiding a match
 - After a video replay
 - After adding technical Point (request of the judge)
- **Falling Down** :
 - If contestant scores turning Kick (4 or 6 points) and falls, No GJ
 - If player scores a turning kick near the boundary line and falls outside of it, a GJ will be given for crossing the boundary line.



Reminder

- **Grabbing** : Controlling the opponent with hands or arms to have advantage to score.
That included : Animal kicks and attacking back of head PSS in clinch position
- **“X” Hand signals:** (Lifting the leg)
 - Slides are okay as long as there is a kick for each slide
 - Kicking in the air for 4 times or more is a GJ
 - Lifting a leg or kicking in the air for more than three (3)



Misconducts

- Coaches should not interfere with Referee/Judges decisions
 - 1st – Center Referee will declare Kal-Yeo and Signal Coach to calm down
 - 2nd – GJ for Misconduct
 - 3rd – Yellow card (After review by the CSB, possibility of sanctions)
- Last 2-3 seconds
 - Need to engage until the end
 - If players do not engage, CR gives Gong-Gyeok signal
 - If players ignore CR's Gong-Gyeok command, GJ for misconduct will be given
- If Players change a mouth guard after passing the inspection
- In between rounds by the end of rest time 00:00 athlete still sitting on chair
- 2nd and 3rd rounds after testing PSS, if all working correctly



IVR Request - Coach

My player

Punch Misidentification

Technical Issues :

- Test PSS
- Time
- Phantom Points
- Scoreboard entry

Gam Jeom:

- Invalidation any GJ + points related (Pts scored before GJ)
- GJ was invalidated but points did not get restored
- GJ given to the wrong player

Technical Points



IVR Request - Coach

Opponent

Invalidation Points :

GJ was given but points scored after GJ were not invalidated

Technical Issues :

- Test PSS
- Time
- Phantom Points
- Scoreboard entry

Gam Jeom and related Points:

- Crossing the boundary line
- Falling Down
- Attacking After Kal-Yeo
- Attacking Falling Opponent

Invalidation of Technical Points



Guideline for the Review Jury

Special Cases

Coach can request 2 actions within 5 seconds, even if they are not connected

- 1) Adding or removing 2 technical points/removing Gam Jeom
- 2) Gam Jeom for opponent (Limited to 4 Gam-Jeoms cases)
 - Crossing the boundary line
 - Falling Down
 - Attack after Kal-yeo
 - Attack the fallen opponent



Guideline for the Review Jury

Special Cases – By CR/Coach/Judge
IVR for Technical Points to the head

Review Jury checks the video and see a clear prohibited act
(limited to 4 specified Gam-Jeom)

Crossing the
boundary line

Falling Down

Attack after Kal-
Yeo

Attack fallen
Opponent



Review Jury will advise the CR to reject the request.



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Questions



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For any information, please contact us at the following address:
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THANK YOU