



International Taekwon-Do Federation (ITF)

By Laws

ITF Umpire Rules - Rules and Regulations

Appendix 10 – Weigh In Procedures

In force as of January 1st, 2016 (Amended April 20, 2017)
(Pages 1-4)



Weigh-In Protocols

In accordance with Article T 21 of the official ITF World Junior & Senior Tournament Rules, September 9, 2016, and in conjunction with the official Clarification of Rules (Amended Feb 3rd, 2017), **ALL COMPETITORS must attend the official registration at the weigh-in location and adhere to the following rules and procedures for Weight Verification.**

GENERAL NOTES

- **ALL athletes of ALL weight divisions competing in Individual Sparring** must present themselves and mount the scale for official weight verification.
- In order for an athlete to compete, their verified weight **MUST** fall within the prescribed minimum and maximum weights (+500 grams) for the division in which they officially registered.
 - Please see official ITF Tournament Rules for official weight categories.
- Weight Verification is only for confirming the competitor's registered weight.
 - It is an athlete's responsibility to ensure that their weight meets the minimum / maximum criteria prescribed for their registered division.
 - **NO CHANGES OF DIVISIONS WILL BE ALLOWED!**
 - Athletes are not permitted to move into another weight category from that which they originally registered for.
- All athletes competing in Individual Sparring are permitted one (1) Official Weight Verification.
- One (1) coach, and, if necessary, one translator per country **must** be present during their country's weight verification procedures.
- If an athlete does not meet the minimum / maximum weight (+500 grams) for their registered division, they will be permitted one (1) additional opportunity to verify their weight.
 - Competitors not making their weight during their first weight verification shall have one (1) hour of time to return and present themselves for the 2nd and final weight verification.
 - Second verifications may be done earlier upon discretion and consent of the ITF Tournament Committee, and in compliance with Procedure 5.a
- If, upon second verification of weight, an athlete fails to meet the minimum / maximum weight (+500 grams) as prescribed for their registered division, they will be disqualified from the event, with no refund of any monies paid.



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PROCEDURE

1. One (1) Country Coach and, if necessary, one translator will approach the weight verification facility, with the following items in hand:
 - a. Competitor I.D. Card for each athlete
 - b. Competitor Passport
2. Weight Verification Staff will confirm each athlete's name and category of competition.
3. Athlete will be asked to mount the scale
 - a. **Do Not** mount the scale prior to being asked.
4. Verifier will verbally indicate weight, **AND** indicate it on the Official Weight Verification manifest.
5. Verifier will verbally indicate whether the athlete has satisfied the minimum / maximum criteria (+500 grams) for their registered division
 - a. In the event an athlete does not meet the minimum / maximum weight (+500 grams) for their registered division, they will be asked to return within one (1) hour for their second verification.
 - b. Any athlete requiring a second weight verification who fails to present themselves to the weight verification staff, within the allotted one (1) hour timeframe, WILL be disqualified from the event with no refund of any monies paid.
 1. There will be **NO TOLERANCE** within the time schedule. **DO NOT MISS YOUR ALLOTTED TIME.**
6. Athlete will then dismount the scale and depart the Weigh-In Area.
7. In the interest of time and equality, **ALL ATHLETES** for a country must be prepared to mount the scale immediately upon request.
 - a. Please be prepared for your own weigh-in as the rest of your team is being verified.
 - b. Remove all shoes and excess clothing prior to approaching scale.



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REQUIRED CLOTHING

- Competitors **MUST** wear the following items:
 - Official Approved ITF Dobok Trousers,
 - T-shirt OR Polo Shirt
- Clothing Factor: +500 grams
 - **NOTE:** Clothing factor is used as a standard measure to allow for any variations in competitor's weight due to the required clothing.
 - Clothing factor is **NOT A TOLERANCE** and is **ONLY** to allow for a variance in clothing weights.
- **It is prohibited** to remove any of the required articles of clothing in attempt to lower the weight measurement.
- **It is prohibited** to wear any extra articles of clothing, accessories, or carry any item onto the scale in attempt to raise the weight measurement.

CONSIDERATIONS

- Only one (1) coach and an athlete are allowed to be within proximity of the scale at a time.
 - All other competitors, coaches, parents, supporters, must wait at least **three (3)** meters from the scale at all times.
- Weigh-In Staff will make the official determination of weight. This determination is deemed to be correct and final.
- Weigh-In Facility Scales are deemed to be accurate and final.
- Disrespect, arguing, inappropriate conduct, and/or poor behaviour will not be tolerated. Offenders will be asked to leave the weigh-in facility and will forfeit their opportunity to weigh-in.
- There will be one (1) supplemental scale available for athlete's use, located outside of the Weight Verification Area. Athletes wishing to pre-verify their weight may use this scale.
 - **It is prohibited** to use the official scales for pre-verification.



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REQUIRED EQUIPMENT

- One (1) Weigh-In Area, consisting of a minimum of two (2) Weight Stations
 - Minimum Size 4m*4m
 - 2 Long Rectangular Tables (1 per Weight Station)
 - 4 Chairs (2 per Weight Station)
- Two (2) Calibrated Scales – One located at each Weight Station
- One (1) Calibrated Scale to be used by athletes for pre-verification of weight
 - Located outside of Weigh-In Area
- One (1) Calibration weight (1 kilogram)