



# APPROVED TAEKWONDO COMPETITION GROUND RULES (FOR DEPED COMPETITIONS)

## I. KYORUGI (Sparring) EVENT

### A. CATEGORIES FOR ELEMENTARY BOYS AND GIRLS:

#### 1. ELEMENTARY BOYS and ELEMENTARY GIRLS

##### *FOR PALARONG PAMBANSA*

	<u>Height</u>	<u>Birthdate</u>
<b>Group 1</b>	Over 144 cm. to 152 cm.	On or after January 1, 2005
<b>Group 2</b>	Over 152 cm. to 160 cm.	On or after January 1, 2005
<b>Group 3</b>	Over 160 cm.	On or after January 1, 2005

##### *FOR REGIONAL COMPETITIONS AND OTHER LOWER LEVEL MEETS*

Group 1	Over 144 cm to 150 cm	on or after January 1, 2005
Group 2	Over 152 cm to 158 cm	on or after January 1, 2005
Group 3	Over 160 cm	on or after January 1, 2005

**NOTE: Height measurements are being adjusted to avoid future disqualification in the *Palarong Pambansa***

#### 1. SECONDARY BOYS

<b>Finweight</b>	Not exceeding 45 kg.
<b>Flyweight</b>	Over 45 kg. & not exceeding 48 kg.
<b>Bantamweight</b>	Over 48 kg. & not exceeding 51 kg.
<b>Featherweight</b>	Over 51 kg. & not exceeding 55 kg.
<b>Lightweight</b>	Over 55 kg. & not exceeding 59 kg.
<b>Welterweight</b>	Over 59 kg. & not exceeding 63 kg.
<b>Open weight</b>	Over 63 kg

#### 2. SECONDARY GIRLS

<b>Finweight</b>	Not exceeding 42 kg.
<b>Flyweight</b>	Over 42 kg. & not exceeding 44 kg.
<b>Bantamweight</b>	Over 44 kg. & not exceeding 46 kg.
<b>Featherweight</b>	Over 46 kg. & not exceeding 49 kg.
<b>Lightweight</b>	Over 49 kg. & not exceeding 52 kg.
<b>Welterweight</b>	Over 52 kg. & not exceeding 55 kg.
<b>Open weight</b>	Over 55 kg.

### C. KYORUGI COMPETITION GROUND RULES:

1. **Method of Competition:** The competition shall be individual, single elimination.
2. **No of Competitors:** Each delegation may field only one competitor in each of the categories.
3. **Length of Matches:** Matches shall be 2 rounds of 1.5 minutes per round with 30 seconds rest between rounds for elementary from elimination to finals and 2 rounds of 2 minutes with 30 seconds interval per round for secondary from eliminations to semi- final round and 3 round of 2 minutes per round in the finals with 30 seconds rest between rounds .
4. **Weigh-In:** Weigh-in shall be conducted two days prior to the competition. A preliminary weigh-in shall be allowed before the official and final weigh-in.
5. **Coaches:** Only one official coach( as registered in the gallery of pictures of every delegation) per player shall be allowed in the coach's chair during the matches.
6. **Competition Codes of Conduct:** The Taekwondo Competition Codes of Conduct shall be strictly enforced.
7. **Competition Rules:** For all other matters not provided for in these ground rules, the current WTF Kyorugi Competition Rules and Interpretation and the Palarong Pambansa guidelines shall apply.
8. **Competition Uniform:** Competitors shall wear the prescribed Taekwondo **COMPETITION UNIFORMS** for **BOTH KYORUGI AND POOMSAE**
9. **Competition Belt:** All players who are not blackbelts shall wear the competition belt prescribed by PTA (blue/black combined colors)

**NOTE:** Use of the "PHILIPPINES" print on the uniform is reserved for members of the National Taekwondo Team and for those who have represented the country in international competitions. Otherwise, such usage is strictly prohibited.

10. **Competition Equipment:** Only brands approved by the PTA shall be approved for use. The contestants shall wear complete protectors during the match (head protector, body protector, arm & shin guards, groin guard, hand gloves, and mouth guard)).
11. **PSS (protector and scoring system):** All players are required to have their own electronic sensor socks.
12. **Mouth Guard:** The use of the mouth guard shall be required for all level. Mouth guard must be transparent or white.
13. **Coaches' Attire:** Coaches shall wear the proper attire during the competition. Shorts and slippers are not allowed.

### D. AWARDS FOR THE KYORUGI EVENT:

1. Winning contestants in the Individual Kyorugi categories shall be awarded the following medals:

First Place	-	Gold Medal
Second Place	-	Silver Medal
2 Third Places	-	Bronze Medal

SPECIAL AWARDS; (if available)

BEST PLAYERS FOR ELEMENTARY BOYS, GIRLS, SECONDARY BOYS AND SECONDARY GIRLS...

## **II. POOMSAE (Forms) EVENT**

**Poomsae (forms) competition is another event in taekwondo competitions which requires different skill level. As such, players for poomsae must not be coming from Kyorugi participants.**

**There shall be 3 contestant for elementary boys, 3 contestant for elementary girls and 3 contestant for secondary boys, 3 contestant for secondary girls**

### **1. INDIVIDUAL POOMSAE EVENT**

- a. Elementary Boys category A (128 cm-144 cm)
- b. Elementary Boys category B (over 144 cm)
- c. Elementary Girls category A (128 cm – 144 cm)
- d. Elementary Girls category B (over 144 cm)

### **2. TEAM POOMSAE EVENT**

- a. **Elementary boys team** - composed of 3 participants
- b. **Elementary girls team** – composed of 3 participants

### **3. MIXED PAIR POOMSAE EVENT**

Composed of 2 participant (1 from elementary boys and 1 from elementary girls)

## **B. CATEGORIES FOR SECONDARY BOYS AND GIRLS**

### **1. INDIVIDUAL POOMSAE EVENT**

- a. Secondary Boys Category A (below 59 kg)
- b. Secondary Boys Category B. (over 59 kg)
- c. Secondary Girls Category A. (below 52 kg)
- d. Secondary Girls Category B (over 52 kg)

### **2. TEAM POOMSAE EVENT**

- a. **Secondary boys Team**- composed of 3 players
- b. **Secondary girls team** – composed of 3 players

### **3. MIXED PAIR POOMSAE EVENT**

Composed of 2 participant, one (1) contestant from secondary boys and 1 (one) from secondary girls

## **C. TABLE OF REQUIRED POOMSAE TO BE PERFORMED PER CATEGORY**

**FOR ELEMENTARY (TAEGUK 4, 5, 6, 7, 8, KORYO, KEUMGANG).**

**FOR SECONDARY (TAEGUK 5, 6, 7, 8, KORYO, KEUMGANG, TAEBEK)**

## **D. POOMSAE COMPETITION GROUND RULES**

### **1. Method of Competition:**

The cut-off system shall be applied in this competition. It shall comprise of the following stages:

#### **1.1 Eliminations:**

Contestants shall perform the two required poomsae for the elimination round chosen in the Drawing of Lot and **ONE HALF** OF THE contestants shall be selected for the semi-final round based on their point rankings.

**1.2 Semi-final:**

Contestants shall perform the two required poomsae for the semi-final round and 3 contestants shall be selected for the final round based on their point rankings.

**1.3 Final:**

Contestants shall perform the two required poomsae for the final round and they shall be awarded based on their point rankings.

**2. Duration of Contest:**

The time limit for the performance of the required Poomsae in all events (Individual and Team) shall be 1 minute and 30 seconds

**3. Competition Codes of Conduct:**

The PTA Competition Codes of Conduct shall be strictly enforced.

**4. Uniform:**

The contestant shall use only the approved Taekwondo POOMSAE uniform (dobuk) with the PTA or WTF approved seal

**5. Competition Rules:**

For all other matters not provided in these competition ground rules, the current WTF Poomsae Competition Rules & Interpretation and the Palarong Pambansa Guidelines shall apply.

**E. AWARDS FOR THE POOMSAE EVENT**

**1. Individual Poomsae:**

Winning contestants in the Individual Poomsae categories shall be awarded the following medals.

First Place	-	Gold Medal
Second Place	-	Silver Medal
Third Place	-	Bronze Medal

**2. Team Poomsae:**

Winning contestants in the Team Poomsae categories shall be awarded the following medals.

First Place	-	Gold Medal (3 Gold)
Second Place	-	Silver Medal (3 Silver)
Third Place	-	Bronze Medal (3 Bronze)

**3. Mixed Pair Poomsae:**

Winning contestants in the Mixed Pair Poomsae categories shall be awarded the following medals.

First Place	-	Gold Medal (2 Gold)
Second Place	-	Silver Medal (2 Silver)
Third Place	-	Bronze Medal (2 Bronze)

Note: medal tally for mixed pair will be recorded in the girls division. **WINNERS IN CATEGORY A AND CATEGORY B WILL ADVANCE IN THE HIGHER MEET. WINNING TEAM (THE MOST NUMBER OF GOLD MEDALS) WILL DETERMINE THE THIRD MEMBER OF THE TEAM IN THE NEXT HIGHER MEET**

# MEDAL REQUIREMENTS

Elementary Boys Kyurogi	GOLD	SILVER	BRONZE
Category 1	1	1	2
Category 2	1	1	2
Category 3	1	1	2
<b>TOTAL:</b>	<b>3</b>	<b>3</b>	<b>6</b>

Elementary Girls Kyurogi	GOLD	SILVER	BRONZE
Category 1	1	1	2
Category 2	1	1	2
Category 3	1	1	2
<b>TOTAL:</b>	<b>3</b>	<b>3</b>	<b>6</b>

Secondary Boys Kyurogi DIVISION	GOLD	SILVER	BRONZE
FIN	1	1	2
FLY	1	1	2
BANTAM	1	1	2
FEATHER	1	1	2
LIGHT	1	1	2
WELTER	1	1	2
Open WEIGHT	1	1	2
<b>TOTAL:</b>	<b>7</b>	<b>7</b>	<b>14</b>

Secondary Girls Kyurogi DIVISION	GOLD	SILVER	BRONZE

FIN	1	1	2
FLY	1	1	2
BANTAM	1	1	2
FEATHER	1	1	2
LIGHT	1	1	2
WELTER	1	1	2
OPEN WEIGHT	1	1	2
<b>TOTAL:</b>	<b>7</b>	<b>7</b>	<b>14</b>

Poomsae Elementary Boys & Girls	Category	GOLD	SILVER	BRONZE
Boys category A	Individual	1	1	1
Boys Category B	Individual	1	1	1
Girls Category A	Individual	1	1	1
Girls Category B	Individual	1	1	1
BOYS	Team	3	3	3
GIRLS	Team	3	3	3
Boys & Girls	Mixed Pair	2	2	2
<b>TOTAL:</b>		<b>12</b>	<b>12</b>	<b>12</b>

Poomsae Secondary Boys & Girls	Category	GOLD	SILVER	BRONZE
Boys Category A	Individual	1	1	1
Boys Category B	Individual	1	1	1
Girls Category A	Individual	1	1	1
Girls Category B	Individual	1	1	1
Boys	Team	3	3	3
Girls	Team	3	3	3
Boys & Girls	Mixed Pair	2	2	2
<b>TOTAL:</b>		<b>12</b>	<b>12</b>	<b>12</b>

Submitted by: HARNY TABUADA  
TOURNAMENT MANAGER  
TAEKWONDO EVENT  
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