



2019  
**DALARONG  
AMBANSANG**  
APRIL 28 - MAY 04, 2019

## TAEKWONDO *Technical Guidelines & Ground Rules*

### **KYORUGI (SPARRING) EVENT**

#### **A. CATEGORIES**

##### **ELEMENTARY BOYS and ELEMENTARY GIRLS**

###### **Height**

<b>Group 1</b>	Over 144 cm. to 152 cm.
<b>Group 2</b>	Over 152 cm. to 160 cm.
<b>Group 3</b>	Over 160 cm.

##### **SECONDARY BOYS**

1. Finweight	Not exceeding 45 kg.
2. Flyweight	Over 45 kg. & not exceeding 48 kg.
3. Bantamweight	Over 48 kg. & not exceeding 51 kg.
4. Featherweight	Over 51 kg. & not exceeding 55 kg.
5. Lightweight	Over 55 kg. & not exceeding 59 kg.
6. Welterweight	Over 59 kg. & not exceeding 63 kg.
7. Lt. Middle weight	Over 63 kg. & not exceeding 68 kg.
8. Middle weight	Over 68 kg. & not exceeding 73 kg.
9. Lt. Heavy weight	Over 73 kg. & not exceeding 78 kg.
10. Heavy weight	78 kg. & not exceeding 85 kg.

##### **SECONDARY GIRLS**

1. Finweight	Not exceeding 42 kg.
2. Flyweight	Over 42 kg. & not exceeding 44 kg.
3. Bantamweight	Over 44 kg. & not exceeding 46 kg.
4. Featherweight	Over 46 kg. & not exceeding 49 kg.
5. Lightweight	Over 49 kg. & not exceeding 52 kg.
6. Welterweight	Over 52 kg. & not exceeding 55 kg.
7. Lt. Middle weight	Over 55 kg. & not exceeding 59 kg.
8. Middle weight	Over 59 kg. & not exceeding 63 kg.
9. Lt. Heavy weight	Over 63 kg. & not exceeding 68 kg.
10. Heavy weight	68 kg. & not exceeding 75 kg.

#### **I. 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 1 minute and 30 seconds with 30 seconds interval per round for

secondary from eliminations to semi-final and 3 round of 1 minute and 30 seconds per round in the finals with 30 seconds rest between rounds.

4. **Weigh-In:** Weigh-in / height verification shall be conducted a day prior to the competition. A preliminary weigh-in shall be allowed before the official and final weigh-in. Height verification shall be done once, however, review will be made for those who did not make it in the first attempt. ONLY THE PLAYERS AND THE OFFICIAL COACH OF THE TEAM BEING VERIFIED AND WEIGHED in ARE ALLOWED IN THE WEIGH IN AND VERIFICATION AREA.
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 and even during break time.
6. **Competition Codes of Conduct:** The Philippine Taekwondo Association Competition Codes of Conduct shall be strictly enforced.
7. **Competition Rules:** For all other matters not provided for in these ground rules, the current PTA /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** and **must have the name of their region written at the back.**
9. **Competition Belt:** All players who are not black belts shall wear the competition belt prescribed by PTA (blue/black combined colors).
10. **Protest:** Protest must be done in writing and to be submitted to the tournament manager signed by the coach 10 minutes after the contested match.

<p><b>NOTE:</b> Use of the <b>"PHILIPPINES, PHI, PH"</b> print on the uniform is strictly prohibited.</p>
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11. **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).
12. **PSS (protector and scoring system):** All players are required to have their own electronic sensor socks.
13. **Arm/shin guards, hand gloves must be white.**
14. Groin guards must be worn inside the uniform.
15. **Mouth Guard:** The use of the mouth guard shall be required for all level. Mouth guard must be transparent or white.
16. **Coaches' Attire:** Coaches shall wear the proper attire during the competition. Shorts and slippers are not allowed.

## **II. 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
Third Places	-	Bronze Medal

SPECIAL AWARDS; (if available)

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

## **B. 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 contestants for elementary boys, 3 contestants for elementary girls and 3 contestants for secondary boys, 3 contestants for secondary girls

### **I. CATEGORIES FOR ELEMENTARY**

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

- a. Elementary Boys Category A
- b. Elementary Boys Category B
- c. Elementary Girls Category A
- d. Elementary Girls Category B

#### **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 participants (1 from elementary boys and 1 from elementary girls)

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

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

- a. Secondary Boys Category A
- b. Secondary Boys Category B.
- c. Secondary Girls Category A.
- d. Secondary Girls Category B

### **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 participants, one (1) contestant from secondary boys and 1 (one) from secondary girls

### III. 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)

### IV. 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: 16 or more participants**

Contestants shall perform the 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: 8 to 12 participants**

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

##### 1.3 **Final: less than 8 participants**

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 Philippine Taekwondo Association 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 PTA/WTF Poomsae Competition Rules & Interpretation and the Palarong Pambansa Guidelines shall apply.

### V. 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)

**MEDAL REQUIREMENTS**

<b>Elementary Boys Kyurogi</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
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>

<b>Elementary Girls Kyurogi</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
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>

<b>Secondary Boys Kyurogi</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
<b>DIVISION</b>			
FIN	1	1	2
FLY	1	1	2
BANTAM	1	1	2
FEATHER	1	1	2
LIGHT	1	1	2
WELTER	1	1	2
Lt middle	1	1	2
middle	1	1	2
<b>Lt. heavy</b>	<b>1</b>	<b>1</b>	<b>2</b>
<b>heavy</b>	<b>1</b>	<b>1</b>	<b>2</b>
<b>TOTAL:</b>	<b>10</b>	<b>10</b>	<b>20</b>

<b>Secondary Girls Kyurogi DIVISION</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
FIN	1	1	2
FLY	1	1	2
BANTAM	1	1	2
FEATHER	1	1	2
LIGHT	1	1	2
WELTER	1	1	2
Lt. middle	1	1	2
Middle	1	1	2
Light heavy	1	1	2
heavy	1	1	2
<b>TOTAL:</b>	<b>10</b>	<b>10</b>	<b>20</b>

<b>Poomsae Elementary Boys &amp; Girls</b>	<b>Category</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
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>

<b>Poomsae Secondary Boys &amp; Girls</b>	<b>Category</b>	<b>GOLD</b>	<b>SILVER</b>	<b>BRONZE</b>
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>