

(Enclosure No. 1 to DepEd Memorandum No. 035s. 2023)



**2023 PALARONG PAMBANSA**  
July 29-August 05, 2023 - Marikina City

## TECHNICAL GUIDELINES FOR **TAEKWONDO**

### I. IMPORTANT DATES

|                    |   |
|--------------------|---|
| July 31, 2023      | Weigh in and Height Verification<br>8:00 am - 10:00 am Weigh in<br>1:00 - 3:00 pm height verification |
| August 1, 2023     | Opening and Poomsae competition   |
| August 2 & 3, 2023 | Kyorugi competition   |
| August 4, 2023     | Awarding and closing ceremony   |

### I. **COMPETITION ATTIRE AND EQUIPMENT**

#### 1. Competitors.

- i. Competitors shall wear the official competition uniform and equipment .
- ii. These include the following.
  1. Competition uniform (white with blue for boys, white with red for girls)with black belts, junior black belts or competition belts. See PTA/WT approved uniforms

#### NOTE;

\* USE OF THE PHILIPPINES, PHI, PH print on the uniform is strictly prohibited.

\*Competition uniforms must have the name of their region written at the back.

2. Arm Guards
3. Shin Guards
4. Groin Guards(must be worn inside the uniform)
5. Hand gloves (white)
6. White or transparent mouth guards
7. E-foot protectors (sensor sock)

#### 2. Official Coaches

- i. Coaches are required to wear their OFFICIAL DELEGATION's ID.

Note: Coaches without their delegation ID will not be allowed to enter the Field of Play.

- ii. Coaches are required to wear the following.
  - 1. Collared and sleeved shirt.
  - 2. Official delegation uniform.

**II. COMPETITION MECHANICS**

- a. **METHOD OF COMPETITION:** Individual competition between competitors of the same category.
    - 1. Competitors can only join one category per event.
  - b. The competition will follow the Single Elimination Tournament System.
  - c. The competition will use the Best of Three (3) system (see III. COMPETITON, Winning a Match, Best of Three System) .
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- a. **DIVISIONS & CATEGORIES:** There will be a division between male and female competitors ‘
  - b. Each division is separated into different categories
  - c. Elementary Boys and Girls:

**HEIGHT**

- Group 1 Over 144 cm. to 152 cm.
- Group 2 Over 152 cm. to 160 cm.
- Group 3 Over 160 cm

**SECONDARY BOYS:**

- Category 1. Not exceeding 45 kg
- Category 2 Over 45 kg & not exceeding 48 kg
- Category 3 Over 48 kg & not exceeding 51 kg
- Category 4 Over 51 kg & not exceeding 55 kg
- Category 5 Over 55 kg & not exceeding 59 kg
- Category 6 Over 59 kg & not exceeding 63 kg
- Category 7 Over 63 kg & not exceeding 68 kg

**SECONDARY GIRLS:**

- Category 1. Not exceeding 42 kg
- Category 2 Over 42 kg & not exceeding 44 kg
- Category 3 Over 44 kg & not exceeding 46 kg
- Category 4 Over 46 kg & not exceeding 49 kg
- Category 5 Over 49 kg & not exceeding 52 kg
- Category 6 Over 52 kg & not exceeding 55 kg
- Category 7 Over 55 kg & not exceeding 59 kg

**WEIGH IN/HEIGHT VERIFICATION:**

- \*Weigh-in and height verification shall be conducted a day prior to the competition.
- \* A maximum of two hours and a maximum of two trials for weigh in.
- \*Height verification will only be done once.

1. **DURATION OF THE MATCHES.**
  - a. **ELEMENTARY DIVISION** – One (1) minute and 30 seconds per round with a 45- second break in between rounds.
  - b. **SECONDARY DIVISION** - Two (2) minutes per round with a one (1) minute break in between rounds.
2. Drawing of lots  
An automatic system for the drawing of lots will be used by the organizing committee.
3. Scoring System
  - a. The LPSS will be used as the Protector and Scoring System (PSS) during the competition.
  - b. Permitted techniques
    - i. **Fist technique:** using the knuckles of a tightly clenched fist to deliver a straight punching technique to the opponent's trunk protector.
    - ii. **Foot technique:** kicks delivered to the trunk or the head using any part of the foot below the ankle bone.
  - c. Valid points
    - i. Point(s) shall be awarded when a permitted technique is delivered to the colored area of the trunk protector with a proper level of impact.
    - ii. Points shall be awarded when a permitted technique is delivered to the head protector.
  - d. Different valid points
    - i. One (1) point for a valid punch to the trunk protector
    - ii. Two (2) points for a valid kick to the trunk protector
    - iii. Four (4) points for a valid turning kick to the trunk protector
    - iv. Three (3) points for a valid kick to the head protector
    - v. Five (5) points for a valid turning kick to the head protector
    - vi. One (1) point is awarded for every one "Gam-jeom" (see Prohibited Acts and Penalties iii) given to the opponent
4. Prohibited Acts and Penalties
  - a. Penalties shall be decided by the referee.
  - b. Prohibited acts (see Annex C) shall be penalized with a "Gam-jeom" by the referee
  - c. A "Gam-jeom" shall be counted as one (1) point for the opposing contestant
5. Invalidation of Points

Recorded points will be invalidated when a competitor acquires the score right after the execution of a prohibited act. The referee

would declare the penalty for the prohibited act and invalidate the acquired score.

#### 6. Appeal Card

- a. The Appeal Card is the means for the coach to object to a judgment of the refereeing officials during the contest and request for a correction of the decision.
- b. The situations a coach can use the Appeal Card are the following.
  - i. Penalties against the opponent for instances of falling down or crossing the boundary line or attacking the opponent after "Kal yeo" or attacking the fallen opponent.
  - ii. Technical point.
  - iii. Any penalty against your own contestant.
  - iv. Any mechanical malfunction or error in time management.
  - v. When the referee forgot to invalidate point(s) after "Gam-jeom" was given for the prohibited act.
  - vi. Wrong identification of fist-attacking contestant by the judge.
  - vii. Head kick that is not scored.
- c. When an appeal is requested, the assigned referees of the court will convene.
- d. If the appeal is successful and the contested request is corrected, the coach shall retain the appeal right for the pertinent contest.
- e. If the appeal is unsuccessful, the coach shall forfeit the right to appeal to the pertinent contest.
- f. The decision of the convening referees is final, and no further appeals during the contest or protest after the contest will be accepted.

#### 7. Winning a Match

Using the Best-of-Three-(3)-System; the competitor winning the most matches in three

(3) rounds wins the match.

- i. Winning a Round in the Best of Three System
  1. Winning by points: the competitor who has acquired more points in a round wins that round.
  2. Winning by point gap: in case of a twelve (12) point difference between the athletes, the referee will stop the contest and declare the competitor with more score the winner of the round.
  3. Winning by "Gam-jeom:" when a competitor receives five (5) "Gam-jeom" in a round, the opponent will be declared the winner of the round.
- ii. Round with Tied-Scores

The round winner shall be decided by superiority based on the following order of criteria.

  1. Most points scored by turning or spinning kick

2. If the number of turning and spinning kicks are the same, the competitor who has more scores using higher value techniques, in the following order.
  - A. Head
  - B. Trunk
  - C. Punch
  - D. "Gam-jeom"
3. If the high value points are the same, the competitor with the higher number of registered hits.
4. If the three (3) above criteria are the same, the referee and judges shall determine superiority

### III. PROTESTS

1. Protests shall be made in writing using the Protest Form.
2. The protest shall be submitted to the TOURNAMENT MANAGER no more than 30 minutes after the match in question.

### IV. OFFICIALS AND REFEREES

All competitors will be judged and scored by qualified, DEP ED accredited technical officials/ NSA (PTA) National Referees. This is to ensure that the method of competition and scoring is in accordance with the WT Rules & Interpretations.

### V. SITUATION NOT COVERED BY THE RULES AND COMPETITION CODE OF CONDUCT

If any situation arises which is not covered by the rules in these Kyorugi Ground Rules, the The Palaro competition Management team,, Shall deliberate and give their decision on the matter and the NSA(PTA) code of conduct shall be strictly followed

### VI. AWARDS

Winning contestants in these categories shall be awarded the following:

1<sup>st</sup> place: Gold Medal,  
& certificate. 2<sup>nd</sup> place:  
Silver Medal, &  
certificate.

3<sup>rd</sup> place: 2 Bronze Medal, & certificate.

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## **"GAM-JEOM"**

### **i. Crossing the Boundary Line:**

A "Gam-jeom" shall be declared when one foot of a contestant crosses the Boundary Line. No "Gam-jeom" will be declared if a contestant crosses the boundary line as a result of a prohibited act by the opposing contestant.

### **ii. Falling down:**

"Gam-jeom" shall be declared for falling down. However, if a contestant falls down due to the opponent's prohibited acts "Gam-jeom" penalty shall not be given to the fallen contestant, while a penalty shall be given to the opponent. If both contestants fall as a result of incidental collision, or in case a contestant who received a point with turning kick falls down, no penalty shall be given.

### **iii. Avoiding or delaying the match:**

a) This act involves stalling with no intention of attacking. A contestant who continuously displays a non-engaging style shall be given a "Gam-jeom". If both contestants remain inactive after three(3) seconds, the center referee will signal the "Fight" command. A "Gam-jeom" will be declared: On both contestants if there is no activity from them three (3)seconds after the command was given; or on the contestant who moved backwards from the original position three (3)seconds after the command was given.

b) Turning the back and move away to avoid the opponent's attack should be punished as it expresses the lack of a spirit of fair play and may cause serious injury. The same penalty should also be given for evading the opponent's attack by bending below waist level or crouching.

c) Retreating from the technical engagement only to avoid the opponent's attack and to run out the clock, "Gam-jeom" shall be given to the passive contestant.

d) Pretending injury means exaggerating injury or indicating pain in a body part not subjected to a blow for the purpose of demonstrating the opponent's actions as a violation, and also exaggerating pain for the purpose of elapsing the match time. In this case, the referee shall give a "Gam-jeom" however referee may

request IVR for clarification before declaration of "Gam-jeom" for pretending injury.

e) "Gam-jeom" shall also be given to the athlete who asks the referee to stop the contest in order to adjust the position/fit of protective equipment.

f) "Gam Jeom" will be given when contestant moves 3 consecutive steps backward or sideways without technical engagement.

iv. Grabbing or pushing the opponent:

a) This includes grabbing any part of the opponent's body, uniform or protective equipment with the hands. It also includes the act of grabbing the foot or leg or hooking the leg with forearm. For pushing, it is permitted as a quick impact and a contestant must disengage from opponent after one push. The following acts shall be penalized.

- Pushing the opponent with prolonged or continuous contact
- Pushing the opponent out of the boundary line
- Pushing the opponent in a way that prevents kicking motion or any normal execution of attacking movement

b) Contestants should be separated following the referee's "fight" command in clinch position, and if they fail to do so within three(3) seconds, Gam-jeom will be given to the passive contestant or to both contestants.

Gam-jeom will be given to the contestant who is grabbing, holding or crossing the arms to opponent's body in clinch position.

v. Lifting the leg or cut kick motion shall not be penalized only when it is followed by execution of punching or kicking technique in combination motion.

vi. Attacking below the waist:

This action applies to an attack on any part below the waist. When an attack below the waist is caused by the recipient in the course of an exchange of techniques, no penalty will be given. This article also applies to strong kicking or stamping actions to any part of the thigh, knee or shin for the purpose of interfering with the opponent's technique.

vii. Attacking the opponent after "Kal-yeo":

a) Attacking after Kal-yeo requires that the attack results in actual contact to the opponent's body.

b) If the attacking motion started before the Kal-yeo, the attack shall not be penalized.

c) In Instant Video Replay, the timing of Kal-yeo shall be defined as the moment that the referee's Kal-yeo hand signal was completed (with fully extended arm); and the start of the attack shall be defined as the moment that the attacking foot is fully off the floor.

d) If an attack after Kal-yeo did not land on the opponent's body but appeared deliberate and malicious the referee may penalize the behavior with a "Gam-jeom"

viii. Hitting the opponent's head with the hand:

This article includes hitting the opponent's head with the hand (fist), wrist, arm, or elbow. However, unavoidable actions due to the opponent's carelessness such as excessively lowering the head or carelessly turning the body cannot be punished by this article.



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xiv. Butting or attacking with the knee:

This article relates to an intentional butting or attacking with the knee when in close proximity to the opponent.

However, contact with the knee that happens in the following situations cannot be punished by this article.

- When the opponent rushes in abruptly at the moment a kick is being executed
- Inadvertently, or as the result of a discrepancy in distance in attacking.

xv. Attacking the fallen opponent:

This action is extremely dangerous due to the high probability of injury to the opponent. The danger arises from the following:

- The fallen opponent is in an immediate defenseless state
- The impact of any technique which strikes a fallen contestant will be greater due to the contestant's position. These types of aggressive actions toward a fallen opponent are not in accordance with the spirit of taekwondo and as such are not appropriate to taekwondo competition. In this regard, penalties should be given for intentionally attacking the fallen opponent regardless of the degree of impact

When misconduct is committed by a contestant or a coach during a rest period, past the five (5) seconds of the round conclusion, the referee can immediately declare the "Gam-jeom" and the "Gam-jeom" shall be recorded to the upcoming round.

However, "Gam-jeom" shall be recorded to the previous round if the action happened within five (5) seconds of the round conclusion.

## **POOMSAE EVENT**

### **GENERAL GUIDELINES:**

- \* **There shall be 2 divisions. ( Elementary and Secondary)**
- \* **Each division is divided into MALE and FEMALE.**
- \* **There shall be 3 players for the MALE, 3 players for the FEMALE in both elementary and secondary.**

#### **1. CATEGORIES FOR BOTH ELEMENTARY AND SECONDARY:**

1. **INDIVIDUAL POOMSAE EVENT ( Elem M/F, Secondary M/F)**
2. **MIXED PAIR POOMSAE EVENT ( 2 participant, M/F for both elementary and secondary)**
3. **TEAM POOMSAE EVENT ( 3 male, and 3 female for both elementary and secondary)**

## **II. REQUIRED POOMSAE:**

**Elementary: Elimination: Taeguk 8, Finals: Koryo  
Secondary: Elimination: Koryo, Finals: keumgang**

## **III. METHOD OF COMPETITION:**

**A player is allowed to participate in a maximum of two events only. The cut off system shall be applied in this competition. It shall comprise of the following stages:**

### **ELIMINATION:**

**Contestants shall perform the required poomsae for the elimination and top 8 contestants shall be selected for the final round based on their point rankings.**

### **FINALS:**

**Contestants shall perform the required poomsae for the finals and top 3 players will be awarded medals based on their point rankings.**

## **IV. DURATION OF THE CONTEST:**

**The time limit for the performance of the required poomsae for all events shall be 1 minute and 30 seconds.**

**V. UNIFORM: The contestant shall only use the prescribed poomsae uniform. (DEP ED, PTA/WT approved)**

## **VI. COMPETITION RULES:**

**The current WT Poomsae competition rules and interpretation shall apply.**

## **VII. SCORING CRITERIA:**

### **A. Accuracy (4.0)**

1. **0.1 point shall be deducted each time a contestant does not perform the basic movements or the pertinent poomsae accurately.**
2. **0.3 points shall be deducted each time a contestant makes a major mistake.**

### **B. Presentation:**

- 1. Speed and power(2.0)**
- 2. Control of power , speed and rhythm (2.0)**
- 3. Expression of Energy(2.0)**

**VIII. AWARDING:**

**First Place: Gold Medal + certificate**  
**Second Place: Silver Medal + certificate**  
**Third Place: Bronze Medal + certificate**