



2017 PALARONG PAMBANSA

April 23-29, 2017

TAEKWONDO

COMPETITION GROUND RULES



I. KYORUGI (Sparring) EVENT

A. CATEGORIES FOR ELEMENTARY BOYS AND GIRLS:

1. ELEMENTARY BOYS and ELEMENTARY GIRLS

| | <u>Height</u> | <u>Birthdate</u> |
|----------------|-------------------------|-----------------------------|
| Group 1 | 120 cm. to 128 cm. | On or after January 1, 2005 |
| Group 2 | Over 128 cm. to 136 cm. | On or after January 1, 2005 |
| Group 3 | Over 136 cm. to 144 cm. | On or after January 1, 2004 |
| Group 4 | Over 144 cm. to 152 cm. | On or after January 1, 2004 |
| Group 5 | Over 152 cm. to 160 cm. | On or after January 1, 2004 |
| Group 6 | Over 160 cm. to 168 cm. | On or after January 1, 2004 |

B. CATEGORIES FOR SECONDARY BOYS AND GIRLS

1. SECONDARY BOYS

| | |
|---------------------------|------------------------------------|
| Finweight | Not exceeding 45 kg. |
| Flyweight | Over 45 kg. & not exceeding 48 kg. |
| Bantamweight | Over 48 kg. & not exceeding 51 kg. |
| Featherweight | Over 51 kg. & not exceeding 55 kg. |
| Lightweight | Over 55 kg. & not exceeding 59 kg. |
| Welterweight | Over 59 kg. & not exceeding 63 kg. |
| Light Middleweight | Over 63 kg. & not exceeding 68 kg. |
| Middleweight | Over 68 kg. & not exceeding 73 kg. |
| Light Heavyweight | Over 73 kg. & not exceeding 78 kg. |
| Heavyweight | Over 78 kg. |

2. SECONDARY GIRLS

| | |
|---------------------------|------------------------------------|
| Finweight | Not exceeding 42 kg. |
| Flyweight | Over 42 kg. & not exceeding 44 kg. |
| Bantamweight | Over 44 kg. & not exceeding 46 kg. |
| Featherweight | Over 46 kg. & not exceeding 49 kg. |
| Lightweight | Over 49 kg. & not exceeding 52 kg. |
| Welterweight | Over 52 kg. & not exceeding 55 kg. |
| Light Middleweight | Over 55 kg. & not exceeding 59 kg. |
| Middleweight | Over 59 kg. & not exceeding 63 kg. |
| Light Heavyweight | Over 63 kg. & not exceeding 68 kg. |
| Heavyweight | Over 68 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 2 minutes per round with 1 minute 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 coach 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 PalarongPambansa guidelines shall apply.
8. **Competition Uniform:** Competitors shall wear the prescribed Taekwondo V-neck uniform (dobuk) during the competition.
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. **Mouth Guard:** The use of the mouth guard shall be required. **For the children's division**, the mouth guard shall be required for heights of 128 cm. (Group 2) and taller.
12. **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 |

II. POOMSAE (Forms) EVENT

Contestants in the Poomsae (Forms) Event shall be taken from the winning contestants in the Kyorugi (Sparring) Event.

A. CATEGORIES FOR ELEMENTARY BOYS AND GIRLS

1. INDIVIDUAL POOMSAE EVENT

- a. Elementary Boys Group A - one contestant selected from Group 1 to Group 3 of the sparring competition.
- b. Elementary Boys Group B - one contestant selected from Group 4 to Group 6 of the sparring competition.
- c. Elementary Girls Group A - one contestant selected from Group 1 to Group 3 of the sparring competition.
- d. Elementary Girls Group B - one contestant selected from Group 4 to Group 6 of the sparring competition.

2. TEAM POOMSAE EVENT

- a. **Elementary Boys Team** - composed of 3 contestants selected from Group 1 to Group 6 of the sparring competition.
- b. **Elementary Girls Team** - composed of 3 contestants selected from Group 1 to Group 6 of the sparring competition.

3. MIXED PAIR POOMSAE EVENT

Composed of one (1) contestant each for elementary boys and girls selected from group 1 to 6.

B. CATEGORIES FOR SECONDARY BOYS AND GIRLS

1. INDIVIDUAL POOMSAE EVENT

- a. Secondary Boys Group A - one contestant selected from Fin weight to Lightweight of the sparring competition.
- b. Secondary Boys Group B - one contestant selected from Welterweight to Heavyweight of the sparring competition.
- c. Secondary Girls Group A - one contestant selected from Fin weight to Lightweight of the sparring competition.
- d. Secondary Girls Group B - one contestant selected from Welterweight to Heavyweight of the sparring competition.

2. TEAM POOMSAE EVENT

- a. **Secondary Boys Team**- composed of 3 players selected from Fin weight to Heavyweight of the sparring competition.
- b. **Secondary Girls Team**- composed of 3 players selected from Fin weight to Heavyweight of the sparring competition.

3. MIXED PAIR POOMSAE EVENT

Composed of one (1) contestant each from secondary boys and girls selected from Fin weight to Heavyweight.

C. TABLE OF REQUIRED POOMSAE TO BE PERFORMED PER CATEGORY

| CATEGORY | ELIMINATIONS | SEMI-FINALS TO FINALS |
|---|--------------------|--|
| Elementary Boys&Girls Individual & Team | Taegeuk 4, 5, 6 | Taegeuk 7, 8, Koryo |
| Secondary Boys&Girls Individual & Team | Taegeuk 4, 5, 6, 7 | Taegeuk 8, Koryo, Keumgang, Taebeak |

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 two of the compulsory poomsae for the elimination round chosen in the Drawing of Lot and 8 contestants shall be selected for the semi-final round based on their point rankings.

1.2 **Semi-final:**

Contestants shall perform two, the required poomsae for the semi-final round and 4 contestants shall be selected for the final round based on their point rankings.

1.3 **Final:**

Contestants shall perform the two required poomsae not selected in the semi-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 uniform (dobuk) with the PTA or WTF approved seal or the approved Taekwondo Poomsae uniform.

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) |

2016 PALARONG PAMBANSA

APRIL 2016 ALBAY

TAEKWONDO COMPETITION REQUIREMENTS

A. VENUE REQUIREMENTS

1. The venue shall be a covered court able to accommodate three sets of 8 mt. X 8 mt. Taekwondo competition areas with sufficient space for officials' tables and contestants' waiting areas.
2. The venue must have sufficient seating areas for competition officials, players & coaches and spectators.
3. The area must be secure, with sufficient separators or barricades to delineate the competition areas from the spectator areas.
4. The following facilities must be available:
 - a. sufficient lighting for night-time matches
 - b. public address system
 - c. toilet and dressing room facilities
 - d. running tap water
 - e. spaces for warm-up and practice
 - f. sufficient ventilation
 - g. working areas.

B. TAEKWONDO COMPETITION OFFICIALS (see attached details)

| | |
|---------------------------------------|----|
| 1. Tournament Manager (Kyorugi) | 1 |
| 2. Tournament Manager (Poomsae) | 1 |
| 3. Asst. Tournament Manager (Kyorugi) | 1 |
| 4. Asst. Tournament Manager (Poomsae) | 1 |
| 5. Chief of Referees | 1 |
| 6. Tournament Secretary | 1 |
| 7. Referees/Judges | 22 |
| 8. Recorders | 6 |
| 9. Timers | 3 |
| 10. Inspectors | 3 |
| 11. Equipment Stewards | 1 |
| 12. Event Coordinator | 1 |

Total : 42 Officials

C. COMPETITION EQUIPMENT AND SUPPLIES

Taekwondo Equipment :

1. 6 pcs. Reversible Body Protector, Size 1
2. 6 pcs. Reversible Body Protector, Size 2
3. 6 pcs. Reversible Body Protector, Size 3
4. 8 pcs. Male Groin Guard, Medium
5. 8 pcs. Male Groin Guard, Large
6. 8 pcs. Female Groin Guard, Medium
7. 8 pcs. Female Groin Guard, Large
8. 6 sets Arm Guard / Shin Guard Set, Small
9. 6 sets Arm Guard / Shin Guard Set, Medium
10. 6 sets Arm Guard / Shin Guard Set, Large
11. 8 pcs. Headgear, Medium
12. 8 pcs. Headgear, Large
13. 192 pcs. 1 m. X 1m. X 24 mm. thick, interlocking rubber mats, MT type, big teeth (12 pcs. - yellow, 180 pcs.-blue)
14. **Taekwondo Electronic Scoring System (TO BE RENTED OR**

PURCHASED)

Other Equipment:

1. 2 units Weighing scales
2. 3 units Stopwatches
3. 3 pcs. Whistle
4. 3 pcs. Water jugs

Venue Equipment:

1. 12 pcs. Tables (at least 2' X 3' size)
2. 60 pcs. Chairs
3. 1 pc. Rostrum
4. 1 set Victory Stand
5. 1 set Sound system w/ 2 microphones
6. 2 pcs. Floor Mops

Competition Supplies:

1. 3000 sheets Judge's Paper (Kyorugi) (see sample)
2. 2500 sheets Judge's Paper (Poomsae) (see sample)
3. 400 sheets Head of Court Score Sheet (see sample)
4. 30 sheets Protest Sheet (see sample)
5. 50 sheets List of Contestants (see sample)
6. 80 sheets Fight Diagram 16 Form (see sample)
7. 30 sheets List of Medalists Form (see sample)
8. 3 pcs. Staplers
9. 2 boxes Staple Wire
10. 12 pcs. Clipboards
11. 2 rolls Masking Tape 1" wide
12. 2 rolls Scotch Tape, 1" wide
13. 2 boxes Pencils, Mongol #2
14. 40 pcs. Ballpens
15. 6 pcs. Pentel Pens, assorted colors
16. 3 pcs. 24" Ruler

- 17. 3 pcs. Cutter
- 18. 10 pcs . Cutter Blades
- 19. 2 pcs. Scissors
- 20. 6 pcs. Pail
- 21. 2 pcs. Tailor's Tape Measure
- 22. 3 pcs Correction Tape.
- 23. 1 box Paper Fasteners
- 24. 1 box Paper Clips
- 25. 8 pads Yellow Pad Paper
- 26. 20 pcs . Folder, long
- 27. 20 pcs. Brown Envelope, long
- 28. 24 pcs. Cartolina
- 29. 24 pcs. Garbage Bags, X-large

D. MEDAL REQUIREMENTS:

| | GOLD MEDAL | SILVER MEDALS | BRONZE MEDALS |
|----------------|-------------------|----------------------|----------------------|
| KYORUGI | 32 | 32 | 64 |
| POOMSAE | 24 | 24 | 24 |
| TOTAL | 60 – GOLD | 60 – SILVER | 90 - BRONZE |

Submitted By:

HARNY P.TABUADA
Tournament Manager

MEDAL REQUIREMENTS

| Elementary Boys Kyurogi | GOLD | SILVER | BRONZE |
|------------------------------------|-------------|---------------|---------------|
| Category 1 | 1 | 1 | 2 |
| Category 2 | 1 | 1 | 2 |
| Category 3 | 1 | 1 | 2 |
| Category 4 | 1 | 1 | 2 |
| Category 5 | 1 | 1 | 2 |
| Category 6 | 1 | 1 | 2 |
| TOTAL: | 6 | 6 | 12 |

| Elementary Girls Kyurogi | GOLD | SILVER | BRONZE |
|-------------------------------------|-------------|---------------|---------------|
| Category 1 | 1 | 1 | 2 |
| Category 2 | 1 | 1 | 2 |
| Category 3 | 1 | 1 | 2 |
| Category 4 | 1 | 1 | 2 |
| Category 5 | 1 | 1 | 2 |
| Category 6 | 1 | 1 | 2 |
| TOTAL: | 6 | 6 | 12 |

| Secondary Boys Kyurogi | GOLD | SILVER | BRONZE |
|-----------------------------------|-------------|---------------|---------------|
| DIVISION | | | |
| 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 |
| LT. HEAVY | 1 | 1 | 2 |
| HEAVY | 1 | 1 | 2 |
| TOTAL: | 10 | 10 | 20 |

| Secondary Girls Kyurogi | GOLD | SILVER | BRONZE |
|------------------------------------|-------------|---------------|---------------|
| DIVISION | | | |
| 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 |
| LT. HEAVY | 1 | 1 | 2 |
| HEAVY | 1 | 1 | 2 |
| TOTAL: | 10 | 10 | 20 |

| Poomsae Elementary Boys & Girls | Category | GOLD | SILVER | BRONZE |
|--|-----------------|-------------|---------------|---------------|
| Boys Group 1 | Individual | 1 | 1 | 1 |
| Boys Group 2 | Individual | 1 | 1 | 1 |
| Girls Group 1 | Individual | 1 | 1 | 1 |
| Girls Group 2 | Individual | 1 | 1 | 1 |
| Boys | Team | 3 | 3 | 3 |
| Girls | Team | 3 | 3 | 3 |
| Boys & Girls | Mixed Pair | 2 | 2 | 2 |
| TOTAL: | | 12 | 12 | 12 |

| Poomsae Secondary Boys & Girls | Category | GOLD | SILVER | BRONZE |
|---|-----------------|-------------|---------------|---------------|
| Boys Group 1 | Individual | 1 | 1 | 1 |
| Boys Group 2 | Individual | 1 | 1 | 1 |
| Girls Group 1 | Individual | 1 | 1 | 1 |
| Girls Group 2 | Individual | 1 | 1 | 1 |
| Boys | Team | 3 | 3 | 3 |
| Girls | Team | 3 | 3 | 3 |
| Boys & Girls | Mixed Pair | 2 | 2 | 2 |
| TOTAL: | | 12 | 12 | 12 |