



# TAEKWONDO GROUND RULES

## COMPETITION SCHEDULE, GROUNDRULES AND REGULATIONS

### I. COMPETITION SCHEDULE

\_\_\_\_\_, @ 4:00-7:00 PM: Registration, weigh-in and submission of documents

\_\_\_\_\_ : Competition proper / Starts promptly at 9:00am onwards

Note: Failure to come for the weigh in, coaches must submit the weights of the athletes to be verified during the competition.

### II. SCOPE OF COMPETITION

A. Only members of the WNCAA may join the competition.

### III. FORMAT OF COMPETITION

A. Contestants may be fielded in any of the following categories:

CATEGORY	JUNIORS DIVISION	SENIORS DIVISION
Fin weight	Under 42 kg.	Under 46 kg.
Fly weight	44 kg.	49 kg.
Bantam weight	46 kg.	53 kg.
Feather weight	49 kg.	57 kg.
Light weight	52 kg.	62 kg.
Welter weight	55 kg.	67 kg.
Light Middle weight	59 kg.	
Middle weight	63 kg.	73 kg.
Light Heavy weight	68 kg.	
Heavy weight	Over 68 kg.	Over 73kg.

### B. GRADES CHOOL DIVISION

- a. GROUP 1 – 120cms below
- b. GROUP 2 – 120 – 128cms
- c. GROUP 3 – 128 – 136cms
- d. GROUP 4 – 136 – 144cms
- e. GROUP 5 – 144 – 152cms
- f. GROUP 6 – 152 – 160cms
- g. GROUP 7 – 160cms above

C. All divisions will be divided into two classes/groups

- a. Novice division - yellow and blue belt class
- b. Advance division - red, brown and black belt class

*\* The competition commissioner may cancel or merge divisions in cases where there are too few contestants in a division.*

#### **IV. QUALIFICATION OF PARTICIPANTS**

- A. Each school may field in a **MAXIMUM OF 2 PLAYERS PER WEIGHT / HEIGHT CATEGORY IN EACH DIVISION.**

#### **V. METHOD OF COMPETITION**

- A. The competition shall be single elimination. The matches shall be 1 minute, 30 seconds for 2 rounds with 30 seconds rest in between rounds.
- B. There will be 2 courts for sparring competition. Three judges, one chief referee, and one head of court per court shall score the contestants based on Taekwondo competition rules and regulations.
- C. There shall be no changes in the position of the judges until the stage of competition for each division is completed.

#### **VI. PROTEST, ARBITRATION AND PENALTIES**

- A. Stipulations of the WNCAA Taekwondo Championships shall prevail in all cases. In cases where there are no provisions in the WNCAA Taekwondo Tournament Rules, the PTA rules and regulations shall apply.
- B. Any school or coach who violates the WNCAA rules will undergo investigation and will be subjected to sanctions of the WNCAA and PTA.

## VII. AWARDING

A. Medals shall be awarded to the winners in each category as follows:

Champion	–	Gold Medal
Second Place	–	Silver Medal
Third Place (2)	–	Bronze Medals
Best Coach (3)	-	Gold Medals
MVP (3)	-	Gold Medals

B. Trophies shall be awarded to the school based on medals won both in novice and advance division – gold, silver bronze. In case where there are schools with the same number of medals, the factors to be considered to break the tie are:

1. Number of fights won
2. Number of participants fielded by a school

C. MVP Award will be given for each division.

## VIII. GENERAL PROVISIONS FOR THE COMPETITION

1. **Competition Codes of Conduct:** The PTA Competition Codes of Conduct shall be strictly enforced.
2. **Year 2014 Resolutions:** Resolutions made by the PTA Tournament Directors during the 2014 technical conference on competition management shall be enforced.
3. **Competition Rules:** For all other matters not provided for in these ground rules, the WTF Competition Rules and Interpretation's latest revision shall apply.
4. **Competition Equipment:** The contestants shall provide their own competition equipment (head protector, body protector, arm & shin guards, and groin guard, hand & foot gloves).
5. **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 and higher. Mouth guard color must be white or transparent only.
6. **Coaches' Attire:** Coaches are required to wear collared shirt (attire: smart-casual). No slippers, caps, sleeveless shirts will be allowed.

7. **Referees:** Only National and Regional Referees who have passed the course for the current rules shall serve during the competition. They shall serve full-time.