



56th SEASON WNCAA TAEKWONDO CHAMPIONSHIPS

San Beda Alabang



COMPETITION SCHEDULE, GROUNDRULES AND REGULATIONS

I. SCHEDULES

Date: February 1, 2026 : Registration, weigh-in and submission of documents
PTA central gym. **Players who did not officially weigh-in are Subject for verification on the competition day. It is the responsibility of the coaches to make sure the weight submitted is correct to avoid disqualification.**

STRICTLY : NO WEIGH IN, NO PLAY

Date: February 8, 2026 : WEIGHT VERIFICATION – 7am
: Call time of players - 8am
: Competition proper – 9am onwards

II. Event

Kyorugi - One of the disciplines of taekwondo involves a free-form spar between two competitors. Kyorugi competitions are subject to strict rules ensuring fair competition and lessening the chances of injuries to the competitors. Score is granted to the competitor executing a valid kyorugi technique to the opponent's electronic armor and/or electronic head protector with sufficient power. Warnings are given to players that make illegal actions inside the court. The competitor that garners the most points wins the match.

III. SCOPE OF COMPETITION

- Only members of the WNCAA may join the competition.
- Only players who are members of the Philippine Taekwondo Association may be allowed to participate. This is to make sure coaches and players know the proper rules of a Taekwondo competition based on World Taekwondo latest ruling.

IV. QUALIFICATION OF PARTICIPANTS

- All contestants must be bonafide students of the school they are representing and registered members of the Philippine Taekwondo Association.
- Open to **JUNIORS and MIDGETS DIVISION**. Each school may field in a **MAXIMUM 16 PLAYERS in TOTAL for each divisions.**
 - **JR – MAXIMUM 16 PLAYERS.**
 - **MIDGETS – MAXIMUM 16 PLAYERS**

C. All listed members of Armed Forces of the Philippines, National Team, UAAP athlete are disqualified to join the competition.

V. REGISTRATION PROCEDURE

A. Each school must submit the gallery folder to the WNCAA office for screening.

VI. METHOD OF COMPETITION

- A. The competition shall use the Best-of-Three System, (BO3), 1 minute per round with 15 seconds interval in between round.
- B. There shall be 2 courts for the sparring competition. Three judges, one chief referee, and one head of court. They 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 the competition for each division is completed.

III. FORMAT OF COMPETITION

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

CATEGORY	JUNIOR DIVISION	MIDGET DIVISION
Fin weight	Under 42 kg.	Under 29 kg.
Fly weight	44 kg.	33 kg.
Bantam weight	46 kg.	37 kg.
Feather weight	49 kg.	41 kg.
Light weight	52 kg.	44 kg.
Welter weight	55 kg.	47 kg.
Light Middle weight	59 kg.	51 kg.
Middle weight	63 kg.	55 kg.
Light Heavy weight	68 kg.	59 kg.
Heavy weight	Over 68 kg.	Over 59 kg.

B. Junior and Midget Divisions will be divided into three (3) classes/groups

- a. Novice division - yellow and blue belt
- b. Advance division - red and brown belt
- c. BLACK BELT division

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.

VII. AWARDS

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

Champion	-	Gold Medal
Second Place	-	Silver Medal
Third Place (2)	-	Bronze Medal
MVP (2) JR&MIDGET	-	Gold Medal

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:

- number of fights won
- number of participants fielded by a school

C. MVP Award will be given for each division.

D. MEDALS AND TROPHIES BREAKDOWN

Medals:

CATEGORY	GOLD	SILVER	BRONZE
MIDGETS	16	16	32
JUNIORS	16	16	32
MVP	2		
Total Medals	34	32	64

Trophies:

CATEGORY	CHAMPION	1 st RUNNER UP	2 nd RUNNER UP
MIDGETS	1	1	1
JUNIORS	1	1	1
Total Trophies	2	2	2

VIII. GENERAL PROVISIONS FOR THE COMPETITION

- Competition Codes of Conduct:* The PTA Competition Codes of Conduct shall be strictly enforced.
- Year 2018 Resolutions:* Resolutions made by the PTA Tournament Directors during the 2018 technical conference on competition management shall be enforced.
- Competition Rules:* For all other matters not provided for in these ground rules, the WT Competition Rules and Interpretation's latest revision shall apply.
- Competition Uniform:* All contestants are encouraged to use the official kyorugi competition Taekwondo uniform (dobok) of the Philippine Taekwondo Association.

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.

5. *Competition Equipment:* Only brands accredited / approved by the PTA shall be allowed / approved for use. The contestants shall provide their own competition equipment (head protector, body protector, arm & shin guards, groin guard, hand & foot gloves).
6. The use of **FACE SHIELD** and **MOUTH GUARD** shall be required. Mouth guard color must be white or transparent only.
7. *Coaches' Attire:* Coaches are required to wear collared shirt and coach's vest (attire: smart-casual). No slippers, caps, sleeveless shirts will be allowed.
8. *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.

IX. COORDINATING CENTER and CONTACT NUMBERS

Contact Person and Contact Numbers:

Ms. EMMA BONYAD : **+63 962 072 19 09**
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