

2017 PHILIPPINE NATIONAL GAMES
TAEKWONDO
TECHNICAL GUIDELINES FOR KYORUGI AND POOMSAE

I. SCHEDULE OF EVENTS

Date: December 10-14, 2017

December 11	9am-5pm	Refresher Course
	1pm-5pm	Registration / Submission of Documents
December 12	TBA	Coaches Meeting
	1pm-5pm	Weigh-in / Drawing of Lots
December 13-14	8:00 am onwards	Competition Proper

NOTE: The number of competition days may change depending on number of entries.

II. QUALIFICATIONS FOR PARTICIPATION

1. Only PTA members who have good standing with the Philippine Taekwondo Association may join the competition.
2. All contestants must present a PTA National Competitors Card (NCC).
3. Contestants must be at least 1st Dan Blackbelt.
4. Age requirements: Players must be within their age grouping on the year the competition is held.
Junior Division: players 16-17 years old
Senior Division: players 18-28 years old
5. There shall be separate players for Poomsae and Kyorugi.
Poomsae players are not allowed to participate in the Kyorugi and vice-versa.
6. Members of the National Team should participate in the National PNG.

III. REGISTRATION REQUIREMENTS

1. Registration Fee: FREE OF CHARGE
 - Teams must send their competition documents on or before the scheduled deadline.
 - Strictly no new applications will be accepted on competition day.
2. Only Official Competition Forms provided in the ground rules will be accepted.
3. Coaches must submit a Masterlist of Players.
4. All participants must submit the following:
 - a. All participants must bring their PNG ID.
 - b. PTA Registration Form and Waiver.
5. For Non-National Team athletes, please submit a Certified True Copy of BirthCertificate.

IV. KYORUGI EVENT

A. WEIGH-IN

1. Weigh-in Attire: The players' attire during weigh-in shall be shirt with shorts, jogging pants or dobok pants. Footwear, socks, and jewelry shall be removed prior to weigh-in
2. Pre Weigh-in: The organizing committee shall provide a pre weigh-in set-up at the official weigh-in venue where the players can check their weight prior to final weigh-in.

3. Final Weigh--In:
 - a. Where there is a pre-weigh-in set-up, players may only weigh-in once for the final weigh-in. In the absence of a pre weigh-in set-up, players will be given only two chances to weigh-in.
 - b. OFFICIAL WEIGHT LIMITS WILL BE STRICTLY FOLLOWED. NO ALLOWANCES WILL BE GIVEN.
 - c. Fighting Weight of Competitors:
 - A player must compete in the weight category registered in the final weigh--in.
 - Players will not be allowed to compete in categories other than what was registered in the final weigh-in (Ex: Fin weight competing in Fly weight) except when categories are merged as decided on by the organizing committee.
4. PLAYERS WHO DO NOT MEET THEIR SUBMITTED WEIGHT OR HEIGHT SHALL BE DISQUALIFIED.

B. DIVISIONS AND CATEGORIES

SENIOR DIVISION

CATEGORIES	SENIOR MEN	SENIOR WOMEN
1. Fin	54 kg. and below	46 kg. and below
2. Fly	over 54 - 58kg.	over 46 - 49 kg.
3. Bantam	over 58 - 63 kg.	over 49 - 53 kg.
4. Feather	over 63 - 68 kg.	over 53 - 57 kg.
5. Light	over 68 - 74 kg.	over 57- 62 kg.
6. Welter	over 74 - 80 kg.	over 62- 67 kg.
7. Middle	over 80 - 87 kg.	over 67 - 73 kg.
8. Heavy	over 87 kg.	over 73 kg.

JUNIOR DIVISION

CATEGORIES	JUNIOR MEN	JUNIOR WOMEN
1. Fin	45 - below	42 kg. and below
2. Fly	over 45 - 48 kg.	over 42 - 44 kg.
3. Bantam	over 48 - 51 kg.	over 44 - 46 kg.
4. Feather	over 51 - 55 kg.	over 46 - 49 kg.
5. Light	over 55 - 59 kg.	over 49 - 52 kg.
6. Welter	over 59 - 63 kg.	over 52 - 55 kg.
7. Lt. Middle	over 63 - 68 kg.	over 55 -.59 kg.
8. Middle	over 68 - 73 kg.	over 59 - 63 kg.
9. Lt. Heavy	over 73 - 78 kg.	over 63 - 68 kg.
10. Heavy	over 78 kg	over 68 kg.

C. METHOD OF COMPETITION

1. The competition shall be individual, single elimination.
2. Matches shall be 2 rounds of 2 minutes per round with 1 minute interval between rounds.
3. In case more than one player of a chapter are in the same category, these players will not meet in the first match unless a "bye" is drawn by one player (a "bye" is considered a match win).
4. In case there are less than 4 participants in a category, this category may be merged with adjacent categories.

D. SCORING SYSTEM

1. The following scoring system shall be observed:
 - a. Body kick - 2 point
 - b. Turning kick to the body - 3 points
 - c. Head kick - 3 points
 - d. Turning kick to the head - 4 points
2. For PSS or electronic scoring system, the 20 point gap shall be implemented on the second round.
3. When using Protector and Scoring System (PSS), players must provide their own sensing socks (E-foot protector).

III. POOMSAE EVENT

A. TABLE OF DIVISIONS AND REQUIRED POOMSAE

CATEGORIES	ELIMINATIONS	FINALS
1. Junior Male 2. Junior Female	Taegeuk 4 / Taegeuk 5	Koryo / Taebaek
3. Junior Mixed Pair (2 Players) (1 Male, 1 Female)	Taegeuk 4 / Taegeuk 5	Koryo / Taebaek
4. Junior Team Male (3 Players) 5. Junior Team Female (3 Players)	Taegeuk 4 / Taegeuk 5	Koryo / Taebaek
6. Senior Male 7. Senior Female	Taegeuk 6 / Koryo	Keumgang / Taebaek
8. Senior Mixed Pair (2 Players) (1 Male, 1 Female)	Taegeuk 6 / Koryo	Keumgang / Taebaek
9. Senior Team Male (3 Players) 10. Senior Team Female (3 Players)	Taegeuk 6 / Koryo	Keumgang / Taebaek

B. METHOD OF COMPETITION

The cut-off system shall be applied in this competition. It shall comprise of eliminations, and final rounds:

1. Eliminations:
 - Over 16 contestants, top 10 shall qualify for final round
 - 11 to 15 contestants, top 8 shall qualify for final round
 - 10 contestants and below, shall proceed immediately to Finals
2. Final: Contestants shall perform the required poomsae for the final round and the top four contestants shall be selected and ranked accordingly.

Note: The organizer may revise the cut-off system in the case when there are less than sixteen participants for the division.

C. DURATION OF CONTEST

The time limit for the performance of the required Poomsae in all events (Individual, Team and Pair) shall be 1 minute 30 seconds.

IV. PROTESTS

1. Protests regarding match results shall be made in writing using the Protest Form.
A protest fee of Php1,000.00 is required.
2. The protest shall be submitted to the Tournament Manager not later than 30 minutes after the match in question.
3. If the Arbitration Committee decides in favor of the protesting party, the protest fee shall be refunded.
4. A written protest and protest fee shall not be required in the following cases and shall be resolved with the Tournament Manager:
 - questions about a player's affiliation or good standing with the PTA;
 - questions about a player's qualifications (age or weight)

V. GENERAL PROVISIONS

1. The PTA Competition Codes of Conduct shall be strictly enforced.
2. The latest resolutions on competition management, rules and regulations made during the PTA Technical Directors meeting shall be enforced.
3. For all other matters not provided for in these ground rules, the WT Competition Rules and Interpretation's latest revision shall apply.
4. Uniforms and Equipment: All contestants shall use only the prescribed accredited Taekwondo uniform (dobok) and equipment of the Philippine Taekwondo Association. It is highly recommended that contestants wear the competition uniform both for poomsae and kyorugi events.
All contestants shall provide their own protective equipment (e-foot protector, arm & shin guards, groin guard, hand gloves, transparent or white mouth guard).
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. Coaches' Attire: Coaches are required to wear collared shirt and coach's vest. No slippers or sandals, caps, sleeveless shirts will be allowed.
6. TBB / TBS: Participating TBB / TBS shall compete in the senior division.
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.

VI. AWARDS

Medals shall be awarded to the winners of each category

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|-----------------|---|--------------|---------------|
| First Place | : | Gold medal | + certificate |
| Second Place | : | Silver medal | + certificate |
| Third Place (2) | : | Bronze medal | + certificate |

VII. MEDAL REQUIREMENT

MEDALS	KYORUGI	POOMSAE	TOTAL
Gold	36	20	56
Silver	36	20	56
Bronze	72	40	112

VIII. ORGANIZING COMMITTEE

Tournament Director for Kyorugi - Raul A. Samson

Tournament Director for Poomsae - Igor Mella

COORDINATING CENTER and CONTACT NUMBERS

Philippine Taekwondo Association Central Gymnasium

Rizal Memorial Sports Complex, Pablo Ocampo Sr. St, Malate, Manila

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