

2015 PHILIPPINE NATIONAL GAMES

TAEKWONDO

TECHNICAL GUIDELINES FOR KYORUGI AND POOMSAE

I. SCHEDULE OF EVENTS

Luzon Qualifying Leg

Host: Manila

Date: **July 3-6**

June 27	1:00 pm – 5:00 pm	Registration / Submission of Documents
July 1 (Wed)	9:00 am – 5:00 pm	Refresher Course
July 2 (Thur)	TBA	Solidarity Meeting / Opening
	1:00 pm – 5:00 pm	Weigh-in / Drawing of Lots (PTA Central Gym)
July 4-5 (Sat-Sun)	8:00 am onwards	Competition Proper

Mindanao Qualifying Leg

Host: Zamboanga del Sur

Date: **September 1-4**

Aug 26	1:00 pm – 5:00 pm	Registration / Submission of Documents
Aug 30 (Sun)	9:00 am – 5:00 pm	Refresher Course
Aug 31 (Mon)	TBA	Solidarity Meeting / Opening
	1:00 pm – 5:00 pm	Weigh-in / Drawing of Lots
Sept 1-2 (Tue-Wed)	8:00 am onwards	Competition Proper

Visayas Qualifying Leg

Host: Iloilo

Date: **November 10-14**

Nov 6	1:00 pm – 5:00 pm	Registration / Submission of Documents
Nov 8 (Sun)	9:00 am – 5:00 pm	Refresher Course
Nov 9 (Mon)	TBA	Solidarity Meeting / Opening
	1:00 pm – 5:00 pm	Weigh-in / Drawing of Lots
Nov 10-11(Tue-Wed)	8:00 am onwards	Competition Proper

NOTE: Competition days may be reduced to one day depending on number of entries.

1. Teams must send their competition documents on or before the scheduled deadline. Folders may be hand carried or sent through courier service with complete and accurate information.
2. Coaches must confirm with the organizing committee if documents sent via MAIL, FAX, or EMAIL are properly received.
3. PLAYERS WHO DO NOT MEET THEIR SUBMITTED WEIGHT OR HEIGHT SHALL BE DISQUALIFIED.
4. Strictly no new applications will be accepted on competition day.

I. **KYORUGI EVENT**

A. **QUALIFICATIONS FOR PARTICIPATION**

1. Only members of affiliated clubs, gyms, and schools in good standing with the Philippine Taekwondo Association may join the competition.
2. Contestants must be at least 1st Dan Blackbelt.
3. Age requirements: Players must be within their age grouping on the year the competition is held.
Junior Division: players 15-17 years old
Senior Division: players 18-28 years old
4. **There shall be separate players for Poomsae and Kyorugi.** Poomsae players are not allowed to participate in the Kyorugi and vice-versa.
5. **QUALIFICATION FOR NATIONAL LEG:** Only the gold, silver, and bronze medalists of the Luzon Leg, Visayas Leg, and Mindanao Leg will be allowed to participate in the National Championships.
6. **Members of the National Team are only allowed to participate in the PNG National Finals in 2016.**

B. **REGISTRATION REQUIREMENTS**

1. Registration Fee: **FREE OF CHARGE**
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. PNG Athlete Entry Form and Waiver (download from png.psc.gov.ph)
 - b. PTA Registration Form and Waiver.
5. For Non-National Team athletes, please submit a Certified True Copy of Birth Certificate.

C. **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:**
 1. A player must compete in the weight category registered in the final weigh-in.
 2. 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.

D. DIVISIONS AND CATEGORIES

A. SENIOR DIVISIONS

CATEGORY	SENIOR MEN'S DIVISION	SENIOR WOMEN'S DIVISION
1. Fin	Not exceeding 54 kg.	Not exceeding 46 kg.
2. Fly	Over 54 kg. to 58 kg.	Over 46 kg. to 49 kg.
3. Bantam	Over 58 kg. to 63 kg.	Over 49 kg. to 53 kg.
4. Feather	Over 63 kg. to 68 kg.	Over 53 kg. to 57 kg.
5. Light	Over 68 kg. to 74 kg.	Over 57 kg. to 62 kg.
6. Welter	Over 74 kg. to 80 kg.	Over 62 kg. to 67 kg.
7. Middle	Over 80 kg. to 87 kg.	Over 67 kg. to 73 kg.
8. Heavy	Over 87 kg.	Over 73 kg.

A. JUNIOR DIVISIONS

CATEGORY	JUNIOR MEN'S DIVISION	JUNIOR WOMEN'S DIVISION
1. Fin	Not exceeding 45 kg.	Not exceeding 42 kg.
2. Fly	Over 45 kg. to 48 kg.	Over 42 kg. to 44 kg.
3. Bantam	Over 48 kg. to 51 kg.	Over 44 kg. to 46 kg.
4. Feather	Over 51 kg. to 55 kg.	Over 46 kg. to 49 kg.
5. Light	Over 55 kg. to 59 kg.	Over 49 kg. to 52 kg.
6. Welter	Over 59 kg. to 63 kg.	Over 52 kg. to 55 kg.
7. Lt. Middle	Over 63 kg. to 68 kg.	Over 55 kg. to 59 kg.
8. Middle	Over 68 kg. to 73 kg.	Over 59 kg. to 63 kg.
9. Lt. Heavy	Over 73 kg. to 78 kg.	Over 63 kg. to 68 kg.
10. Heavy	Over 78 kg.	Over 68 kg.

E. METHOD OF COMPETITION

1. The competition shall be individual, single elimination.
2. Matches shall be 3 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.

F. SCORING SYSTEM

For manual or electronic scoring, the following scoring system shall be observed:

- a. Body kick – 1 point
- b. Valid Punch – 1 point
- c. Turning kick to the body – 3 points
- d. Head kick – 3 points
- e. Turning kick to the head – 4 points

G. PROTESTS

1. Protests regarding match results shall be made in writing using the Protest Form. A protest fee of Php 1,000.00 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, height or weight)

H. AWARDS

Medals shall be awarded to the winners of each category

First Place	: gold medal + certificate
Second Place	: silver medal + certificate
Third Place (2)	: bronze medal + certificate

I. GENERAL PROVISIONS

1. **Competition Codes of Conduct:** The PTA Competition Codes of Conduct shall be strictly enforced.
2. **Year 2015 Resolutions:** Resolutions made by the PTA Tournament Directors during the 2015 conference on competition management shall be enforced.
3. **Competition Rules:** For all other matters not provided for in these ground rules, the latest WTF Competition Rules and Interpretation shall apply.
4. **Competition Uniform:** The contestant shall use only the approved Taekwondo uniform (dobok) with the PTA or WTF approved seal.

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 approved by the PTA shall be allowed for use. The contestants shall provide their own competition equipment (head protector, body protector, arm & shin guards, groin guard, mouth guard, and hand gloves).
6. **E-foot Protector or Sensing socks** – players shall provide their own e-foot protector if PSS is used.
7. **Coaches' Attire:** Coaches are required to wear **collared shirt** and pants. No slippers or sandals, caps, shorts, sleeveless shirts will be allowed.
8. **TBB / TBS:** Participating TBB / TBS shall compete in the senior division.
9. **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.

II. POOMSAE EVENT

A. QUALIFICATIONS FOR PARTICIPATION

1. **AFFILIATION:** Only players of affiliated clubs, gyms and schools in the advanced division that are in good standing with the Philippine Taekwondo Association may join the competition. **Participants must be properly accredited or endorsed by their respective LGU's.**
FOR LOCAL GOVERNMENT UNIT ENTRIES (province or chartered city):
 Applications shall be coursed through the Sports Office of the LGU. Each LGU may field in a maximum of four (4) players per category.
2. **There shall be separate players for Poomsae and Kyorugi.** Poomsae players are not allowed to participate in the Kyorugi and vice-versa.

3. **QUALIFICATION FOR NATIONAL LEG:** Only the gold, silver, and bronze medalists of the Luzon Leg, Visayas Leg, and Mindanao Leg will be allowed to participate in the National Championships.
4. **AGE REQUIREMENT:** Players who are 15 years old and above on the year the competition is held may join the competition.
 - a. JUNIORS: 15-17 years old (1998-2000)
 - b. SENIORS: 18 years old and above (1999 and earlier)
5. **Members of the National Team are only allowed to participate in the PNG National Finals in 2016.**

B. Table of Divisions, and Required Poomsae

CATEGORY	ELIMINATIONS	FINALS
Junior Male (Born year 1998-2000)	Taegeuk 4 / Taegeuk 5	Koryo / Taebaek
Junior Female (Born year 1998-2000)		
Junior Mixed Pair 2 Players (1 Male, 1 Female)	Taegeuk 4 / Taegeuk 5	Koryo / Taebaek
Junior Team Male 3 Players	Taegeuk 4 / Taegeuk 5	Koryo / Taebaek
Junior Team Female 3 Players		
CATEGORY	ELIMINATIONS	FINALS
Senior Male (Born year 1997 and before)	Taegeuk 6 / Koryo	Keumgang / Taebaek
Senior Female (Born 1997 and before)		
Senior Mixed Pair 2 Players (1 Male, 1 Female)	Taegeuk 6 / Koryo	Keumgang / Taebaek
Senior Team Male 3 Players	Taegeuk 6 / Koryo	Keumgang / Taebaek
Senior Team Female 3 Players		

C. 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.

D. 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.

E. General Provisions

1. **Competition Codes of Conduct:** The PTA Competition Codes of Conduct shall be strictly enforced.
2. **Uniform:** The contestant shall use only the approved Poomsae uniform.
3. **Competition Rules:** For all other matters not provided in these competition ground rules, the current WTF Poomsae Competition Rules and Interpretation, shall apply.

C. AWARDS:

Medals shall be awarded to the winners of each category

- First Place : gold medal + certificate
- Second Place : silver medal + certificate
- Third Place (2) : bronze medal + certificate

D. MEDAL REQUIREMENT (PER LEG)

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

I. ORGANIZING COMMITTEE

Overall Tournament Director Raul A. Samson

Tournament Managers / Coordinators for the Luzon, Visayas, and Mindanao legs shall be announced.

II. COORDINATING CENTER and CONTACT NUMBERS

Philippine Taekwondo Association Central Gymnasium
Rizal Memorial Sports Complex, Pablo Ocampo Sr. St, Malate, Manila

Tel No: 522-0518 or 522-0519 **Fax:** 522-5450 **E-mail:** philtkd@gmail.com

Contact Person and Contact Number:

Raul A. Samson 0918-900-4770