**2023 PHILIPPINE NATIONAL GAMES (TAEKWONDO)**

**TECHNICAL GUIDELINES FOR KYORUGI AND POOMSAE**

1. **SCHEDULE OF EVENTS**

Referee Refresher Course TBA

Weigh­in December 16 - 17, 2023

Competition Proper December 18-22, 2023

Poomsae / Kyorugi TBA

1. **QUALIFICATIONS FOR PARTICIPATION**
2. Competitors must be duly endorsed by their respective LGUs.
3. This competition is open to Black belts and must be 18 years old or above or if a minor; the competitor must have a Parent’s /Guardian’s Consent signature.
4. Competitor's Year of Birth must be from 2005 and below.

Note: Competitors may only join either the kyorugi or the poomsae event.

National Team members are required to join the National PNG

1. **REGISTRATION REQUIREMENTS**
2. Registration Fee: FREE OF CHARGE
   1. LGUs must submit their documents in the PSC channels on or before the scheduled deadline.
   2. Strictly no new applications will be accepted on competition day.
3. Only Official Competition Forms provided in the PSC will be accepted.

Note: LGUs may only Register a **maximum number of Competitors**:

Kyorugi - One (1) player per Weight Category

Poomsae - One (1) entry per Category

1. **KYORUGI EVENT**
   1. **WEIGH-IN**
      1. All competitors must present their PNG ID during the weigh-in on December 16-17, 2023.

* **Competitors who were not able to weigh in are not eligible to compete.**
* **No ID No weigh in**.
* **No weigh-in will be conducted during the competition.**
  + 1. Weigh-in Attire: The players’ attire during weigh-in shall be a 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 the final weigh-­in.
    3. Final Weigh-­In:
* Where there is a pre­weigh­in 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.
* OFFICIAL WEIGHT LIMITS WILL BE STRICTLY FOLLOWED. NO ALLOWANCES WILL BE GIVEN ON THE REGISTERED WEIGHT CATEGORIES UPON WEGIH-IN.
* 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.
    1. PLAYERS WHO DO NOT MEET THEIR SUBMITTED WEIGHT OR HEIGHT SHALL BE DISQUALIFIED.
  1. **DIVISIONS AND CATEGORIES**

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

* 1. **COMPETITION MECHANICS**
  2. Method of competition
     + 1. Individual competition between competitors of the same category.

Competitors can only join one category per event.

* + - 1. The competition will follow the Single Elimination Tournament System.
      2. Elimination and Quarter Final Matches will be two (2) rounds of continuous scores and gam-jeom.
      3. For the Semi-finals and Final Matches, the Best of Three (3) system (see III. COMPETITON, 10. Winning a Match, b.) will be used.
  1. Divisions and Categories
     + 1. There will be a division between male and female competitors (see Annex A).
       2. The competitors’ division will follow their respective YEAR OF BIRTH (see Annex A)
       3. Each division is separated into different categories (see Annex A)

Categories should have a minimum of four (4) competitors.

Categories with three (3) or fewer competitors will be merged to adjacent categories until the minimum number of four (4) competitors is reached in the merged category.

* 1. Drawing of lots

An automatic system for the drawing of lots will be used by the organizing committee.

* 1. Scoring System
     + 1. The KPNP will be used as the Protector and Scoring System (PSS) during the competition.
       2. Permitted techniques.
          1. Fist technique: using the knuckles of a tightly clenched fist to deliver a straight punching technique to the opponent`s trunk protector.
          2. Foot technique: kicks delivered to the trunk or the head using any part of the foot below the ankle bone.
       3. Valid points

1. Point(s) shall be awarded when a permitted technique is delivered to the colored area of the trunk protector with a proper level of impact.
2. Points shall be awarded when a permitted technique is delivered to the head protector.
   * + 1. Different valid points
3. One (1) point for a valid punch to the trunk protector
4. Two (2) points for a valid kick to the trunk protector
5. Four (4) points for a valid turning kick to the trunk protector
6. Three (3) points for a valid kick to the head protector
7. Five (5) points for a valid turning kick to the head protector
8. One (1) point is awarded for every one “Gam-jeom” (see Prohibited Acts and Penalties iii) given to the opponent
   1. Prohibited Acts and Penalties
      * 1. Penalties shall be decided by the referee.
        2. Prohibited acts (see Annex C) shall be penalized with a “Gam-jeom” by the referee
        3. A “Gam-jeom” shall be counted as one (1) point for the opposing contestant
   2. Invalidation of Points

Recorded points will be invalidated when a competitor acquires the score right after the execution of a prohibited act. The referee would declare the penalty for the prohibited act and invalidate the acquired score.

* 1. Appeal Card
     + 1. The Appeal Card is the means for the coach to object to a judgment of the refereeing officials during the contest and request for a correction of the decision.
       2. The situations a coach can use the Appeal Card are the following.
          1. Penalties against the opponent for instances of falling down or crossing the boundary line or attacking the opponent after "Kal yeo" or attacking the fallen opponent.
          2. Technical point.
          3. Any penalty against own contestant.
          4. Any mechanical malfunction or error in time management.
          5. When the referee forgot to invalidate point(s) after “Gam-jeom” was given for the prohibited act.
          6. Wrong identification of fist attacking contestant by the judge.
          7. Head kick that is not scored.
       3. When an appeal is requested, the assigned referees of the court will convene.
       4. If the appeal is successful and the contested request is corrected, the coach shall retain the appeal right for the pertinent contest.
       5. If the appeal is not successful, the coach shall forfeit the right to appeal to the pertinent contest.
       6. The decision of the convening referees is final and no further appeals during the contest or protest after the contest will be accepted.
  2. **WINNING A MATCH**

Using the Best of Three (3) System, the competitor winning the most number of matches in three (3) rounds wins the match.

1. Winning a Round in the Best of Three System
   * + - 1. Winning by points: The competitor who has acquired more points in a round wins that round.
         2. Winning by point gap: In case of a twelve (12) point difference between the athletes, the referee will stop the contest and declare the competitor with more score the winner of the round.
         3. Winning by “Gam-jeom:” When a competitor receives five (5) “Gam-jeom” in a round, the opponent will be declared the winner of the round.
2. Round with Tied-Scores

The round winner shall be decided by superiority based on the following order of criteria.

Most points are scored by turning or spinning kick.

If the number of turning and spinning kicks are the same, the competitor who has more scores using higher value techniques, is in the following order.

Head

Trunk

Punch

“Gam-jeom”

If the high-value points are the same, the competitor with the higher number of registered hits.

If the three (3) above criteria are the same, the referee and judges shall determine superiority.

1. **POOMSAE EVENT**
   1. **TABLE OF DIVISIONS AND REQUIRED POOMSAE**

|  |  |  |
| --- | --- | --- |
| **CATEGORIES** | **ELIMINATIONS** | **FINALS** |
| 1. Senior Male  2. Senior Female | Taegeuk 8 | Taebaek / Keumgang |
| 3. Senior Mixed Pair (2 Players)  (1 Male, 1 Female) | Koryo | Pyongwon / Shipjin |
| 4. Senior Team Male (3 Players)  5. Senior Team Female (3 Players) | Taegeuk 8 | Taebaek / Pyongwon |

* 1. **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

1. 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 when there are fewer than sixteen competitors for the division.

* 1. **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.

1. **GENERAL PROVISIONS**
2. The WT Competition Codes of Conduct shall be strictly enforced.
3. For all other matters not provided for in these ground rules, the WTF Competition Rules and Interpretation’s latest revision shall apply.
4. Uniforms and Equipment: All contestants shall use only the recognized Taekwondo competition uniform (dobok) and equipment of the Philippine Taekwondo Association or World Taekwondo Association. All contestants shall provide their own competition equipment (arm & shin guards, groin guard, hand gloves, transparent or white mouth guard).
5. Contestants ID: All competitors must wear their PNG ID. Only competitors wearing their PNG ID will be allowed to enter the venue for free.
6. Only coaches wearing their PNG ID can coach and enter the FOP.

Only coaches wearing their PNG ID will be allowed to enter the venue for free.

1. Coaches’ Attire: Coaches are required to wear collared shirt, or collared shirt, and coach’s vest.

No slippers or sandals, caps, sleeveless shirts will be allowed.

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.

1. **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

1. **MEDAL REQUIREMENT**

MEDALS KYORUGI POOMSAE TOTAL

Gold 16 10 26

Silver 16 10 26

Bronze 32 20 52

1. **ORGANIZING COMMITTEE**

Tournament Manager for Kyorugi - \_\_\_\_\_\_\_\_\_\_\_\_

Tournament Manager for Poomsae - \_\_\_\_\_\_\_\_\_\_\_\_

1. **COORDINATING CENTER and CONTACT NUMBERS**

Philippine Taekwondo Association Central Gymnasium

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

Tel No:0977-422-5137

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