UNISPORT AUSTRALIA (UNISPORT) GUIDELINE

Taekwondo

Men and women

UniSport taekwondo competitions are conducted in accordance with the rules of the World Taekwondo (WT) as adopted by Australian Taekwondo (AT), except where these differ from UniSport competition guidelines; in which case the latter shall take precedence.

1. Kyorugi sparring competition format

1.1. WT (formerly WTF) approved competition rules:

- Kyorugi - WT Competition Rules & Interpretation (May 2019)

1.2. The draw for each division shall be made randomly, however an adjustment may be made to prevent contestants of the same university competing in the first round.

1.3. Seedings may be used, where possible, for the nationally ranked black belt competitors, to avoid top ranked competitors' meeting in the early rounds.

1.4. Weigh in will be held on the day before the start of the sparring competition.

Note on Kyorugi sparring:

- Each university can enter a maximum of four competitors per weight division, gender and belt colour grade.

2. Contest duration

2.1. The duration of the contest is as per WT rules: However, number of rounds, duration times and rest periods may be amended. The below table shows some examples.

Belt	Men		Women		Rest period
	No. of rounds	Round duration	No. of rounds	Round duration	
Black	3	2 minutes	3	2 minutes	30 seconds
Red	2	1 minute 30 secs	2	1 minute 30 secs	30 seconds
Blue	2	1 minute 30 secs	2	1 minute 30 secs	30 seconds
Yellow	2	1 minute 30 secs	2	1 minute 30 secs	30 seconds

3. Weight divisions

3.1. There will be four belt colours: yellow, blue, red and black.

3.2. Competitors must show proof of belt rank at the weigh in or will be disqualified.

3.3. No non-Taekwondo competitors can compete in the Taekwondo sparring event.

3.4. Weight divisions are divided as follows:

WT Kyorugi weight categories	
Men's divisions	**Women's divisions**
Under 54kg	Under 46kg
Under 58kg	Under 49kg
Under 63kg	Under 53kg
Under 68kg	Under 57kg
Under 74kg	Under 62kg
Under 80kg	Under 67kg
Under 87kg	Under 73kg
Over 87kg	Over 73kg

3.5. Competitors must enter in their own weight divisions (i.e. what they expect to weigh at the weigh-in). The organising committee may consider an allowance up to a maximum of 500g if contestants wear more than their underwear during weigh-in. Underwear for male competitors is underpants and for female competitors, underwear is underpants and brassiere.

3.6. If there are less than four competitors in one weight category, adjoining weight classes may be combined to create a single weight classification. The amalgamation of weight divisions will be at the competition manager's discretion.

3.7. If a Kyorugi sparring competitor is uncontested, they may only be moved up one belt or one weight division at the competition manager's discretion, i.e. a yellow belt cannot contest against a red or black belt; or a blue belt can't contest against a black belt and similarly the weight divisions may not be more than one weight division as the above weight division table.

4. Head kick & PSS clarification

4.1. The application of head kicks and the use of Electronic PSS (Protector Scoring System) shall be as follows:

Head kicks			
Yellow belts	**Blue belts**	**Red belts**	**Black belts**
No	Yes	Yes	Yes

5. Instant Video Replay

5.1. Instant Video Replay (IVR) will be available for all matches. If IVR is available, there shall be no protests available.

6. Poomsae competition

6.1. WT (formally WTF) approved competition rules.

6.2. Only the WT style taekwondo Poomsae will be judged in the traditional recognised taekwondo Poomsae (ie. Taegeuk 1 to Taegeuk 8 plus Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon and Hansu).

6.3. Poomsae categories contested:

6.3.1 Individual Traditional

Belt colours – from Taegeuk 1 to Taegeuk 8

Yellow belt	Il Jang (1) & Ee Jang (2)
Blue belt	Sam Jang (3) & Sa Jang (4)
Red belt	Yuk Jang (6) & Chil Jang (7)

For the black belt divisions – the system of competition shall be the cut off system and shall comprise the preliminary round, semi-final and then the final. Patterns Two designated compulsory Poomsaes will be drawn by the tournament director for each of the rounds and this will be published within 24 hours of the competition.

Note: the list of Poomsaes to be selected from the below table:

18-30 years	Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
31-40 years	Taegeuk 6, Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin,
Over 41 years	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

Determination of rounds:

- Preliminary round: for 20 or more competitors.
- Semi-final round: for 9 to 19 competitors
- Final: for 8 or less competitors.

Preliminary round

If there are more than 39 competitors, then the division will be split into two groups and each competitor will perform the two designated compulsory Poomsaes. The top 50% of competitors with the highest scores will advance to the semi-final round.

Semi-final round

Each competitor will perform the two designated compulsory Poomsaes. Then the top 8 competitors with the highest scores will advance to the final round.

Final round

Each competitor will perform the two designated compulsory Poomsaes with the top three competitors with the highest scores will be awarded gold, silver and bronze medals.

Where there is a tied score, the competitor who has more points in presentation score will be declared the winner. If the score is still tied, then the competitor with the highest total score will be declared the winner. If that is also a tied score, then a rematch shall be conducted to decide the winner. The referee will decide on the Poomsae to be assessed.

A minimum of two competitors will constitute a match per division otherwise the division will not be contested. However, a sole contestant in any division may choose to continue

competing in their respective division and receive gold on default.

6.3.1. Pairs and Teams Traditional

Pairs and Teams Traditional		
Team Size	Pairs: 2 Members	Teams: 3 Members
Gender	Mixed – pair must contain a male and a female with the same coloured belts	Men & Women divisions (all team members must be of same gender)

Note on Pairs Traditional:

- Coloured Belts – two competitors, maximum six competitors per university. Clarification: each university can enter three pairs in yellow division, three pairs in blue division and three pairs in red division (total 18 contestants).

Note on Teams Traditional:

- Maximum of one team in each gender/belt category.
- For teams traditional recognised taekwondo Poomsae, the format will follow that of the individual taekwondo format, such as for judging criteria and performing only one Poomsae to be selected by the event organisers.
- A competition will be held for each belt colour, unless team numbers in each belt colour are insufficient to warrant an individual belt colour category. In which case coloured belts may be grouped to accommodate. Black belts will not be grouped with any other colour.

6.3.2. Creative/freestyle Poomsae with music

Freestyle	
Individual	Men & Women divisions
Pattern Time	60 to 70 seconds

- A competition will be held for each belt colour,
- All Poomsae moves must be standard taekwondo techniques and/or martial art moves, and shall constitute at least 90% of the total moves
- No weapons or props are allowed
- All contestants must wear a minimum of the white taekwondo or martial arts pants
- Music rules:
    - Music for the routine shall have no singing or speaking, otherwise the contestant will be disqualified.
    - All music must be uploaded in MP3 format on a USB drive on the morning of the competition. The USB drive shall contain nothing other than the music required for the competition.

7. Disputes (applies to both Kyorugi where there is no IVR and Poomsae)

7.1. If there is an objection to a judgment, a team manager must submit an application for re-evaluation of decision (protest application) to the Competition Supervisory Board (CSB) within 10 minutes after the pertinent contest with the prescribed fee. (suggest $200 AUD).

7.2. Deliberation of re-evaluation shall be carried out excluding those members with the same team/university as that of either contestant concerned and resolution on deliberation shall be made by majority.

7.3. The members of the CSB may summon the refereeing or judging officials of the pertinent contest to ascertain the facts

7.4. The resolution made by the CSB shall be final; however, if the contestant still wishes to appeal, the team manager must submit an application for re-evaluation of decision to the UniSport disputes committee together with the prescribed fee within one hour after the resolution made by the CSB of the pertinent contest.

8. Point score

8.1. The overall champion university shall be decided on the combined results of all men's and women's events with points awarded as follows:

- First: 5 points
- Second: 3 points
- Third: 1 point

8.2. If two or more teams finish equal on points, the champion shall be the team with the most division winners.

8.3. If two or more teams are still equal, they shall be declared joint champions.

9. Uniform requirements

9.1. The specific uniform requirements for taekwondo are as per the national sporting organisation standard with the following UniSport uniform requirements:

- White WT taekwondo uniform (dobok) and protectors recognised by WT.
- Mouth guards are compulsory for Kyorugi and must be clear or white in colour.

The sparring contestant shall wear the protective equipment as follows:

Equipment	To be worn	Male	Female
Head Protector (white, red or blue colour only)	On head	Compulsory	Compulsory
Head Protector (where PSS head guards are used, will be the same as the supplier used PSS system, currently either Daedo or KP&P head guards.) *Electronic PSS head guards may be supplied by the event organisers*	On head	Compulsory	Compulsory
Trunk protector (electronic, Daedo or KP&P)	On body (supplied)	Compulsory	Compulsory

Equipment	To be worn	Male	Female
Groin Guard (white)	Inside uniform	Compulsory	Compulsory
Forearm Guard (white)	Inside uniform	Compulsory	Compulsory
Shin Guard (white)	Inside uniform	Compulsory	Compulsory
Mouth Guard (white or clear)	In mouth	Compulsory	Compulsory
Electronic foot protectors (PSS sensor socks same branding as that used as the tournament PSS system)	On feet	Compulsory	Compulsory
Taekwondo approved hand protectors (white)	On hands	Compulsory	Compulsory

10. Award ceremonies

10.1. Individual medals will be awarded to winners immediately after the division has been fought.

10.2. Gold, silver and bronze medals will be presented to those finishing 1st, 2nd and 3rd & 4th in their division.

Previous rule amendments

August 2001 | July 2004 | April 2005 | April 2008 | August 2009 | June 2010 | May 2012 | May 2014 | August 2015 l August 2016 | August 2018 | July 2019 | March 2020