

UniSport Australia Guideline

Taekwondo

Men and Women

UniSport taekwondo competitions are conducted in accordance with the current rules of the [World Taekwondo Competition Rules & Interpretation](#) 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:
 - a) Kyorugi - WT Competition Rules & Interpretation (September 2024)
- 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 match.
- 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.
- 1.5. Kyorugi sparring competitor limits:
 - a) Each university can enter a maximum of four competitors per weight division, gender and belt colour grade.
 - b) Each University student competing in the Kyorugi Sparring competition must have a coach with them.
- 1.6. All Sparring competitors must have KP&P foot socks, as this is the system that will be used, socks will not be available to purchase or hire at the competition.

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 as per the recommendation of the Organising Committee or Tournament Director. 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	60 seconds
Red	3	1 minute 30 secs	3	1 minute 30 secs	30 seconds
Blue	3	1 minute 30 secs	3	1 minute 30 secs	30 seconds
Yellow	3	1 minute 30 secs	3	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). Weigh-In will be conducted at the venue, at the times mentioned in the event schedule. Seniors - minimum dress code during weigh-in will be underpants for males, and underpants and bra for female athletes, weight tolerance of 100 grams will be allowed for all senior competitors. Separate and enclosed female and male weigh-in facilities will be provided. Alternatively, short sleeve shirts and shorts for both male and female Senior competitors may be worn with a 200 gram allowance is also allowable.
- 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) may available for all matches. If IVR is available, there shall be no protests available.

6. Poomsae competition

- 6.1. WT approved [competition rules](#).
- 6.2. Only the WT style taekwondo Poomsae will be judged in the traditional recognised taekwondo Poomsae Note: required patterns are listed below
- 6.3. Poomsae categories contested:

- a) Coloured Belt pattern information is specified below.
- b) Method of competition for Coloured Belt Individual poomsae is cut off.

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

- c) WT Black Belt Individual

Method of competition for Black Belt poomsae is Single Elimination Tournament Style. All Black Individual Poomsae divisions are WT divisions. The opponent and number of rounds shall be decided at drawing of lots

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

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

- d) Coloured Belt Pairs and teams

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)

- Pairs and teams will compete in the division according to the highest ranked coloured belt member
- Athletes must only enter as part of one pair and/or one team

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).
- Method of competition for Coloured Belt Individual poomsae is cut off

Note on Teams Traditional:

- Maximum of one team in each gender/belt category.
- Method of competition for Coloured Belt Individual poomsae is cut off

Designated Patterns:

White	Kibon (Basic)
Yellow	Taegeuk 1 and Taegeuk 2
Blue	Taegeuk 3 and Taegeuk 4
Red	Taegeuk 6 and Taegeuk 7

- 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.
- e) WT Black Belt Individual Pairs & Team

- Method of competition for Coloured Belt Individual poomsae is cut off
- Rounds will be determined per WT rules

- Drawing of lots will be competed and published via Uni Sport 24 hours prior to the event

18-30 years	Taegeuk 7, Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae
31-50 years	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, - Sipjin, Jitae, Chonkwon

f) Creative/freestyle Poomsae with/without music

Freestyle	
Individual	Men and women divisions
Pattern Time	60 to 90 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
- Compulsory stances are listed below:
 1. Dwigubi (Back Stance)
 2. Hakdari Seogi (Crane Stance)
 3. Beom Seogi (Cat/Tiger Stance)
- Compulsory Elements are listed below:
 1. Jumping Side Kick
 - Flyside Kick
 2. Multiple kicks in a jump
 - Aerial jump front kicks
 - Minimum of three kicks performed while in the air (a single jump front kick), if more kicks are performed while in the air a higher score will be achieved.
NOTE: WT rule is 3 kicks minimum, score is based of 3 kicks minimum not 1
 - Athletes should attempt to show active chamber and extension in all front kicks
 3. Gradient of spins in a spin kick
 - Minimum of a 360 degree spin (spin hook kick, kick foot must land behind to complete a 360 degree spin)
 4. Kyorugi style consecutive kicks
 - Sparring styled kicking sequence
 - 7-10 kicks must be performed
 - 3-5 bounces in a fighting stance before sequence starts
 5. Acrobatic Kicking Technique
 - Any acrobatic action will be allowed, even if a kick is not performed with it
 - A higher score will be awarded if the acrobatic action includes a kick, or is an aerial acrobatic action performed with a kick, 80% kick extension is required
 - A higher score will also be awarded if more than one kick is performed in the acrobatic action (greater score if an aerial with multiple kicks)
- No weapons or props are allowed
- All contestants must wear a minimum of the white taekwondo or martial arts pants
- Music rules:
 1. Music for the routine shall have no singing or speaking, otherwise the contestant will be disqualified.
 2. 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.
 3. Music is to be handed in, in a clearly named ziplock bag/envelope at the Poomsae Court at a time directed by the competition manager.

7. Disputes

- 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 (\$200.00 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:
 - a) First: 5 points
 - b) Second: 3 points
 - c) 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:
 - a) White WT taekwondo uniform (dobok) and protectors recognised by WT.
 - b) Mouth guards are compulsory for Kyorugi and must be clear or white in colour.
 - c) Top and bottom mouth guards are compulsory if a competitor has dental braces.

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, KP&P head guards.) Electronic PSS head guards may be supplied by the event organisers	On head	Compulsory	Compulsory
Trunk protector (electronic, KP&P)	On body (supplied)	Compulsory	Compulsory
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

* both top and bottom mouth guard to be worn if competitor has dental braces.

1. Award ceremonies

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

- 1.2. 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 | August 2016 | August 2018 | July 2019 | March 2020 | April 2021 | July 2022 | August 2023 | March 2025

*All competitions will be held in accordance with the UniSport competition guidelines.

