

# UniSport Australia Guideline

## Taekwondo

### Men and Women

|                                           |   |
|-------------------------------------------|---|
| Entries .....                             | 1 |
| Coach Requirements.....                   | 1 |
| Event Schedule.....                       | 1 |
| Kyorugi Sparring Competition Format ..... | 2 |
| Poomsae Competition Format .....          | 3 |
| Point Score.....                          | 5 |
| Competition Enquiries .....               | 6 |
| Sports Administration and Privacy .....   | 6 |
| Previous Rule Amendments.....             | 6 |

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.

## Entries

**Entries Close:** 20 September 2026  
*Under no circumstances will late entries be accepted.*

**Age Divisions:** All athletes ages are based on their age at December 31, 2026.

## Draws

All draws will be published on the UniSport website and email to registered coaches. Any requests to change the draw are to be emailed to the Tournament Director by registered coaches ONLY.

## Coach Requirements

1. All coaches must register via the UniSport website. Each university must register a sufficient number of coaches to cover all athletes.
2. Coaches are responsible for collecting their own accreditation from the UniSport HQ/Hub prior to the event.
3. All coaches must wear a minimum of team apparel and closed in shoes when on court, no doboks, hats, beanies are permitted to be worn on court when coaching.
4. No coaches are permitted to digitally record courtside or behind the Head of Court table.
5. Coaches are required to review their athletes and confirm that all details including rank (belt level), age, and weight are accurate no later than 5pm AEST on 11 September 2026 (2 weeks prior to event is ideal).

## Event Schedule

| Time  | Saturday                       | Sunday                          |
|-------|--------------------------------|---------------------------------|
| 7:00  | Official and Volunteer Arrival | Officials and Volunteers Arrive |
| 8:00  | Competitor Arrival             | Competitor Arrival              |
| 9:00  | Poomsae Competition Starts     | Kyorugi Competition Starts      |
| 12:00 | Kyorugi Weigh In Opens         |                                 |

|       |                         |                     |
|-------|-------------------------|---------------------|
| 12:30 | Lunch                   | Lunch               |
| 13:15 | Competition Resumes     | Competition Resumes |
| 14:00 | Kyorugi Weigh In Closes |                     |

## Kyorugi Sparring Competition Format

1.1. Competitors will be marshalled and taken to court to in fight number order.

### 2. Uniform requirements

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

2.2. Coloured Belts are recommended to wear a White-V neck dobok.

2.3. Black Belts are required to wear a Black Y-neck WT dobok.

2.4. The sparring athlete shall wear the protective equipment as follows:

| Equipment                                                    | To be worn         | Male       | Female     |
|--------------------------------------------------------------|--------------------|------------|------------|
| Head Protector (non-head kick divisions athlete must supply) | On head            | Compulsory | Compulsory |
| Head Protector (head- kick divisions will be supplied)       | On head            | Compulsory | Compulsory |
| Trunk protector (electronic, Daedo)                          | On body (supplied) | Compulsory | Compulsory |
| Groin Guard                                                  | Inside uniform     | Compulsory | Compulsory |
| Forearm Guard                                                | Inside uniform     | Compulsory | Compulsory |
| Shin Guard                                                   | Inside uniform     | Compulsory | Compulsory |
| Mouth Guard (white or clear)                                 | In mouth*          | Compulsory | Compulsory |
| Electronic foot protectors (Daedo, Gen 2)                    | On feet            | Compulsory | Compulsory |
| Taekwondo approved hand protectors                           | On hands           | Compulsory | Compulsory |

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

### 3. Round Times

| Belt          | Men           |                  | Women         |                  |
|---------------|---------------|------------------|---------------|------------------|
|               | No. of rounds | Round duration   | No. of rounds | Round duration   |
| <b>Black</b>  | 3             | 2 minutes        | 3             | 2 minutes        |
| <b>Red</b>    | 3             | 1 minute 30 secs | 3             | 1 minute 30 secs |
| <b>Blue</b>   | 3             | 1 minute 30 secs | 3             | 1 minute 30 secs |
| <b>Yellow</b> | 3             | 1 minute 30 secs | 3             | 1 minute 30 secs |

### 4. Weight divisions

4.1. Athletes are required enter in the correct weight division at registration.

4.2. Weigh in will be held on the day before the start of the sparring competition (in the event schedule above).

4.3. Weigh in allowance will be:

- 4.3.1. 100g for dress code of underwear. (Underwear for male competitors is underpants and for female competitors, underwear is underpants and brassiere).
- 4.3.2. 200g for dress code of t-shirt and shorts
- 4.4. Overweight/underweight athletes will be permitted a second attempt to make weight in the allocated weigh in time.
- 4.5. Failure to make weight will result in disqualification with no refund.

| Kyorugi Weight categories |                             |
|---------------------------|-----------------------------|
| Men's divisions (18yrs+)  | Women's divisions (18 yrs+) |
| 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                   |

## 5. Head kicks

| Head kicks   |            |           |             |
|--------------|------------|-----------|-------------|
| Yellow belts | Blue belts | Red belts | Black belts |
| Yes          | Yes        | Yes       | Yes         |

## 6. Instant Video Replay

- 6.1. Instant Video Replay (IVR) will be available for all matches.
- 6.2. All reviews must comply with current WT Rules.

## 7. Electronics – Daedo Gen 2

- 7.1. Daedo will be used for all Kyorugi divisions.
- 7.2. Hogus will be supplied for all athletes.
- 7.3. Head guards will be provided for athletes in head kick divisions only.
- 7.4. Electronic socks must be purchased before the event.
- 7.5. Sharing of foot socks is not permitted due to creating time delays.

## 8. Misconduct

- 8.1. As per WT rules, Yellow Cards will be enforced by referees for any misconduct by coaches or athletes.
- 8.2. All Yellow Cards may be added to the Australian Taekwondo Misconduct Register.

## Poomsae Competition Format

- 1.1. Divisions will be marshalled and taken to court to compete

1.2. The method of competition will be:

- Black Belts – WT Single Elimination 1v1
- Coloured Belts – Cut Off (one singular round)

1.3 Single Elimination draw will be published by UniSport and emailed to registered coaches approximately 24 hours prior to the start of the Poomsae Competition.

## 2. Uniform Requirements

2.1. Coloured Belts are recommended to wear a White-V neck dobok.

2.2. Black Belts are required to wear a Black Y-neck WT dobok.

## 3. Poomsae categories contested:

### 3.1. Individual traditional

3.1.1. WT Black Belt Individual

| Age Division         | Designated Poomsae                                            |
|----------------------|---------------------------------------------------------------|
| <b>18-30 years</b>   | Taegeuk 7,8, Koryo, Keumgang, Taebaek, Sipjin & Jitae         |
| <b>31-40 years</b>   | Taegeuk 7,8, Koryo, Keumgang, Taebaek, Sipjin & Jitae         |
| <b>Over 41 years</b> | Taegeuk 8, Koryo, Keumgang, Taebaek, Sipjin, Jitae & Chonkwon |

3.1.2. Coloured Belt Individual

| Belt Colour   | Designated Poomsae |
|---------------|--------------------|
| <b>Yellow</b> | Taegeuk 1 & 2      |
| <b>Blue</b>   | Taegeuk 3 & 4      |
| <b>Red</b>    | Taegeuk 6 & 7      |

### 3.2. Pairs and Teams Poomsae

- Pairs and teams must be of the same age and belt division

3.2.1. Pairs Poomsae

| Pairs Poomsae                                                                                                                                  |                             |
|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| <b>Team Size</b>                                                                                                                               | 2 Members                   |
| <b>Gender</b>                                                                                                                                  | Mixed – 1 male and 1 female |
| Maximum of 3 Pairs per University per belt colour division (i.e. 3 Yellow Belt Pairs, 3 Blue Belt Pairs, 3 Red Belt Pairs, 3 Black Belt Pairs) |                             |

3.2.2. Team Poomsae

| Team Poomsae                                                                                                                                                      |                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| <b>Team Size</b>                                                                                                                                                  | 3 members        |
| <b>Gender</b>                                                                                                                                                     | 3 male, 3 female |
| Maximum of 1 Team entry per University per belt colour gender division (1 Yellow Belt Team M/F, 1 Blue Belt Team M/F, 1 Red Belt Team M/F, 1 Black Belt Team M/F) |                  |

| Belt Colour   | Designated Poomsae |
|---------------|--------------------|
| <b>Yellow</b> | Taegeuk 1 & 2      |

|                       |                                                               |
|-----------------------|---------------------------------------------------------------|
| <b>Blue</b>           | Taegeuk 3 & 4                                                 |
| <b>Red</b>            | Taegeuk 6 & 7                                                 |
| <b>Black 18-30yrs</b> | Taegeuk 7,8, Koryo, Keumgang, Taebaek, Sipjin & Jitae         |
| <b>Black 31-40yrs</b> | Taegeuk 7,8, Koryo, Keumgang, Taebaek, Sipjin & Jitae         |
| <b>Black 41yrs+</b>   | Taegeuk 8, Koryo, Keumgang, Taebaek, Sipjin, Jitae & Chonkwon |

### 3.3. Freestyle Poomsae

| <b>Freestyle</b>  |                |
|-------------------|----------------|
| <b>Individual</b> | 18years+       |
| <b>Duration</b>   | 90-100 seconds |

#### 3.3.1. Music rules:

- Music for the routine shall have no lyrics.
- Duration of 90-100 seconds
- Music must have an audible beep at the start.
- Music is to be handed in to the Tournament Director on a USB in a clearly marked bag by 8:30am.

#### 3.3.2 Compulsory Elements

| <b>Compulsory Elements</b>                | <b>Element Information</b>                                                                                                                                                                                              |
|-------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Stances</b>                            | <ol style="list-style-type: none"> <li>1. Dwitgubi (Back Stance)</li> <li>2. Hakdari Seogi (Crane Stance)</li> <li>3. Beom Seogi (Cat/Tiger Stance)</li> </ol> <p>All 3 Stances must be included within the routine</p> |
| <b>Jumping Side Kick</b>                  | Flyside Kick                                                                                                                                                                                                            |
| <b>Multiple Kicks in a Jump</b>           | <p>Aerial jump front kicks</p> <p>Minimum of 3 kicks to achieve the baseline score</p> <p>Must show 80% kick extension in each kick</p>                                                                                 |
| <b>Gradients of a Spink in Spin Kicks</b> | <p>Minimum of 360° spin in the air</p> <p>Greater gradient of spin will score higher</p>                                                                                                                                |
| <b>Kyorugi Style Consecutive Kicks</b>    | <p>Sparring styles kicking sequence</p> <p>7-10 kicks must be performed</p> <p>3-5 bounces in a fighting stance must be completed before the sequence starts</p>                                                        |
| <b>Acrobatic Kicking Techniques</b>       | Acrobatic action must contain a minimum of 3 kicks to 80% extension                                                                                                                                                     |

### Point Score

- 1.1. All events will receive: 1<sup>st</sup> Gold, 2<sup>nd</sup> Silver, 3<sup>rd</sup> and 4<sup>th</sup> Bronze.
- 1.2. Points will be awarded to University's that achieve medal finishes in each event.
- 1.3. The overall Champion University shall be determined on the combination of Point Score results of all men's and women's events.
- 1.4. If two or more teams finish on equal points the winner shall be the team with the most division winners.
- 1.5. If two or more teams are still equal they shall be declared joint winners.

## 2. Event scoring

| Event                                    | Gold Points (1 <sup>st</sup> Place) | Silver Points (2 <sup>nd</sup> Place) | Bronze Points (3 <sup>rd</sup> & 4 <sup>th</sup> Place) |
|------------------------------------------|-------------------------------------|---------------------------------------|---------------------------------------------------------|
| Kyorugi                                  | 5                                   | 3                                     | 1                                                       |
| Individual Poomsae (including Freestyle) | 5                                   | 3                                     | 1                                                       |
| Team Poomsae                             | 5 per team                          | 3 per team                            | 1 per team                                              |
| Pairs Poomsae                            | 2.5 per athlete (M/F)               | 1.5 per athlete (M/F)                 | 0.5 per athlete (M/F)                                   |

## Competition Enquiries

**UniSport:** [registrations@unisport.com.au](mailto:registrations@unisport.com.au)

**Australian Taekwondo:** [events@austkd.com.au](mailto:events@austkd.com.au)

**\*NOTE:** Communications and requests via any other means will not be actioned

## Sports Administration and Privacy

### 1. Membership & Insurance

- It is recommended that all participants hold Australian Taekwondo membership.
- Participants who are not members of Australian Taekwondo are recommended to have their own insurance.

### 2. Liability

- All participants take part in the tournament at their own risk.
- The organisers will not be responsible for any damages, injuries/treatment, or loss to individuals or equipment.
- All participants are to observe all rules, reasonable decisions and instructions of event organisers, officials and venue staff.

### 3. Privacy

- Personal details collected for the tournament involved.
- Participants acknowledge that photographs may be taken during tournament by the organisers or other persons and that they may appear in those photographs.

## 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 | March 2026

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