

UniSport Australia Guideline

Taekwondo

Men and Women

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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
Black	3	2 minutes	3	2 minutes
Red	3	1 minute 30 secs	3	1 minute 30 secs
Blue	3	1 minute 30 secs	3	1 minute 30 secs
Yellow	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
18-30 years	Taegeuk 7,8, Koryo, Keumgang, Taebaek, Sipjin & Jitae
31-40 years	Taegeuk 7,8, Koryo, Keumgang, Taebaek, Sipjin & Jitae
Over 41 years	Taegeuk 8, Koryo, Keumgang, Taebaek, Sipjin, Jitae & Chonkwon

3.1.2. Coloured Belt Individual

Belt Colour	Designated Poomsae
Yellow	Taegeuk 1 & 2
Blue	Taegeuk 3 & 4
Red	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	
Team Size	2 Members
Gender	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	
Team Size	3 members
Gender	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
Yellow	Taegeuk 1 & 2

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

3.3. Freestyle Poomsae

Freestyle	
Individual	18years+
Duration	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

Compulsory Elements	Element Information
Stances	1. Dwitgubi (Back Stance) 2. Hakdari Seogi (Crane Stance) 3. Beom Seogi (Cat/Tiger Stance) All 3 Stances must be included within the routine
Jumping Side Kick	Flyside Kick
Multiple Kicks in a Jump	Aerial jump front kicks Minimum of 3 kicks to achieve the baseline score Must show 80% kick extension in each kick
Gradients of a Spink in Spin Kicks	Minimum of 360° spin in the air Greater gradient of spin will score higher
Kyorugi Style Consecutive Kicks	Sparring styles kicking sequence 7-10 kicks must be performed 3-5 bounces in a fighting stance must be completed before the sequence starts
Acrobatic Kicking Techniques	Acrobatic action must contain a minimum of 3 kicks to 80% extension

Point Score

- 1.1. All events will receive: 1st Gold, 2nd Silver, 3rd and 4th 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 st Place)	Silver Points (2 nd Place)	Bronze Points (3 rd & 4 th 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

Australian Taekwondo: 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 | September 2026

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