

25.23 TAEKWONDO

25.23.1 COMPETITION DATES

October 26-30, 2025

25.23.2 COMPETITION VENUE (TBA)



25.23.3 COMPETITION MANAGEMENT



Philippine Taekwondo Association

Tournament Director	Emma Bonyad
Asst. Tournament Director	Loraine Lorelie Catalan
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25.23.4 COMPETITION EVENTS

25.23.4.1 Kyorugi Events

25.23.4.1.1 Cadet Division (Born 2011-2013)

CATEGORY	MEN	WOMEN
1. FIN	33 kg AND BELOW	29 kg AND BELOW
2. FLY	OVER 33 - 37 kg	OVER 29 - 33 kg
3. BANTAM	OVER 37 - 41 kg	OVER 33 - 37 kg
4. FEATHER	OVER 41 - 45 kg	OVER 37 - 41 kg
5. LIGHT	OVER 45 - 49 kg	OVER 41 - 44 kg
6. WELTER	OVER 49 - 53 kg	OVER 44 - 47 kg
7. LT. MIDDLE	OVER 53 - 57 kg	OVER 47 - 51 kg
8. MIDDLE	OVER 57 - 61 kg	OVER 51 - 55 kg
9. LT. HEAVY	OVER 61 - 65 kg	OVER 55 - 59 kg
10. HEAVY	OVER 65 kg	OVER 59 kg

25.23.4.1.2 Junior Division (Born 2008-2010)

CATEGORY	MEN	WOMEN
1. FIN	45 kg AND BELOW	42 kg AND BELOW
2. FLY	OVER 45 - 48 kg	OVER 42 - 44 kg
3. BANTAM	OVER 48 - 51 kg	OVER 44 - 46 kg
4. FEATHER	OVER 51 - 55 kg	OVER 46 - 49 kg
5. LIGHT	OVER 55 - 59 kg	OVER 49 - 52 kg
6. WELTER	OVER 59 - 63 kg	OVER 52 - 55 kg
7. LT. MIDDLE	OVER 63 - 68 kg	OVER 55 - 59 kg
8. MIDDLE	OVER 68 - 73 kg	OVER 59 - 63 kg
9. LT. HEAVY	OVER 73 - 78 kg	OVER 63 - 68 kg
10. HEAVY	OVER 78 kg	OVER 68 kg



25.23.4.2 Poomsae Events

(Contestants may compete in a maximum of two (2) events only.)

25.23.4.2.1 Cadet Division (2011 - 2013)

CATEGORY	ELIMINATIONS	FINALS
Individual Male and Individual Female	Taegeuk 8	Keumgang / Koryo
Mixed Pair 2 Players (1 Male, 1 Female)	Koryo	Taegeuk 8 / Taegeuk 6
Team Cadet Team Male (3 Players) Cadet Team Female (3 Players)	Taegeuk 5	Taegeuk 7 / Taegeuk 8

25.23.4.2.2 Junior Division (2008 - 2010)

CATEGORY	ELIMINATIONS	FINALS
Individual Male and Individual Female	Koryo	Keumgang / Taebaek
Mixed Pair 2 Players (1 Male, 1 Female)	Taegeuk 5	Taegeuk 8 / Koryo
Team Junior Team Male (3 Players) Junior Team Female (3 Players)	Taegeuk 6	Taegeuk 5 / Taegeuk 8

25.23.5 COMPETITION SCHEDULE (TBA)

25.23.6 ELIGIBILITY

25.23.6.1 The competition is open to the following divisions only:

25.23.6.1.1 CADET DIVISION : 12-14 years old (BORN 2011 - 2013)

25.23.6.1.2 JUNIORS DIVISION : 15-17 years old (BORN 2008 – 2010)

25.23.6.2 Competitors must be duly endorsed by their respective LGUs.

25.23.6.3 Open to Red, Brown, and Black belts ONLY. (ADVANCE 1 AND 2)

25.23.6.4 Age requirements: 12-14 and 15-17 years old based on YEAR OF BIRTH

25.23.6.5 Competitors may only join either the kyorugi or the poomsae event.

Note: NATIONAL TEAM MEMBERS WHO ARE AT THE PSC PAYROLL LISTS ARE NOT ALLOWED TO PARTICIPATE.

25.23.7 COMPETITION RULES AND REGULATIONS

25.23.7.1 Kyorugi Events

25.23.7.1.1 Weigh-In

25.23.7.1.1.1 ALL players must personally weigh-in. (NO WEIGH IN, NO PLAY)

25.23.7.1.1.2 Actual weight (in kgs) will be followed. (NO ALLOWANCES WILL BE GIVEN)

25.23.7.1.1.3 Only deputized weigh-in officials are allowed to conduct the weigh-in.

25.23.7.1.1.4 Weigh-in Attire: The players' attire during weigh-in shall be a shirt with shorts, jogging pants, or dobok pants. Footwear shall be removed prior to weighing in.

25.23.7.1.1.5 All competitors must present their 2025 BP ID during the weigh-in. (NO BP ID, NO WEIGH IN)

25.23.7.1.1.6 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.

25.23.7.1.2 General Provisions

25.23.7.1.2.1 The PTA Competition Codes of Conduct shall be strictly enforced.

25.23.7.1.2.2 For all other matters not provided for in these ground rules, the WT Competition Rules and Interpretation's latest revision shall apply.

25.23.7.1.2.3 Contestants ID: All competitors must wear their BP ID.

25.23.7.1.2.4 Only coaches wearing their BP ID can coach and enter the FOP.

25.23.7.1.2.5 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.

25.23.7.2 Poomsae Events

25.23.7.2.1 General Provisions

25.23.7.2.1.1 The PTA Competition Codes of Conduct shall be strictly enforced.

25.23.7.2.1.2 For all other matters not provided for in these ground rules, the WT Competition Rules and Interpretation's latest revision shall apply.

25.23.7.2.1.3 Contestants ID: All competitors must wear their 2025 Batang Pinoy ID.

25.23.7.2.1.4 Only coaches wearing their 2025 Batang Pinoy ID can coach and enter the FOP.

25.23.7.2.1.5 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.

25.23.8 COMPETITION FORMAT

25.23.8.1 Kyorugi Events

25.23.8.1.1 Mechanics

25.23.8.1.1.1 The competition will be two (2) rounds of 1 minute 30 seconds with 20 seconds rest in between rounds for ALL ELIMINATION AND QUARTERFINAL matches.

25.23.8.1.1.2 For the SEMIS and FINAL matches, 1 minute 30 seconds , best-of-three system (B03) will be used.

25.23.8.1.1.3 Maximum of one (1) participant per category per LGU.

25.23.8.1.1.4 The competition will follow the Single Elimination System. (KNOCKOUT SYSTEM)

25.23.8.1.1.5 The participants shall bring their own protectors – white or clear mouth guard, arm/shin guards, groin guards, hand gloves, e socks.

25.23.8.1.1.6 USE OF FACE SHIELD is mandatory.

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



25.23.8.1.1.8 The KPNP will be used as the Protector and Scoring System (PSS).

25.23.8.2 Poomsae Events

25.23.8.2.1 Method of Competition

The cut-off system shall be applied in this competition. It shall comprise of eliminations, and final rounds:

25.23.8.2.1.1 Eliminations

25.23.8.2.1.1.1 Over 16 contestants, top 10 shall qualify for final round

25.23.8.2.1.1.2 11 to 15 contestants, top 8 shall qualify for final round

25.23.8.2.1.1.3 10 contestants and below, shall proceed immediately to Finals

25.23.8.2.1.2 **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 in the case when there are fewer than sixteen competitors for the division.

25.23.8.2.2 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.

25.23.8.2.3 Awards:

Medals shall be awarded to the winners of each category.

First Place	Gold medal
Second Place	Silver medal
Third Place	Bronze medal

25.23.9 NUMBER OF ENTRIES (Per Event)

25.23.9.1 Registration

25.23.9.1.1 Registration Fee: FREE OF CHARGE

25.23.9.1.2 LGUs must submit their documents in the PSC channels on or before the scheduled deadline.

25.23.9.1.3 Strictly no new applications will be accepted on competition day.

25.23.9.1.4 Only Official Competition Forms provided by the PSC will be accepted.

25.23.9.2 LGUs may only Register a maximum number of Competitors:

25.23.9.2.1 Kyorugi: One (1) player per Age division / Weight Category

25.23.9.2.2 Poomsae: An athlete may compete in a maximum of two (2) events only.

25.23.10 TEAM LEADERS' MEETING AND DRAWS (TBA)

25.23.11 PROTESTS AND APPEALS

25.23.12 EQUIPMENT AND CLOTHING/UNIFORM

25.23.12.1 Kyorugi Events

25.23.12.1.1 Uniforms and Equipment: All contestants shall use only the recognized Taekwondo competition uniform (dobok) and equipment of the Philippine Taekwondo Association or World Taekwondo.

25.23.12.1.2 All contestants shall provide their own competition equipment (arm & shin guards, groin guard, hand gloves, transparent or white mouth guard, E-socks).

25.23.12.1.3 Coaches' Attire: Coaches are required to wear collared shirts, and a coach's vest. No slippers or sandals, caps, sleeveless shirts will be allowed.

25.23.12.2 Poomsae Events

25.23.12.2.1 Poomsae Competition Uniform: All contestants shall use only the recognized Taekwondo competition uniform (dobok) of the Philippine Taekwondo Association or World Taekwondo. Contestants shall use the correct Poomsae uniform color based on their age division



UNIFORMS with PHI or PHILIPPINES PRINT are NOT ALLOWED TO BE USED FOR ALL LOCAL EVENTS.

25.23.12.2.2 WEARING OF HEADRESS IS NOT ALLOWED – contestants are not allowed to wear “headdress.” Simple hair ties may be used to hold the hair in place.

25.23.12.2.3 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 allow

