



**2019 PALARONG PANLUNGSOD TAEKWONDO
CHAMPIONSHIPS**

University of Baguio Gym, Baguio City

November 21 and 23, 2019

I. SCHEDULE OF ACTIVITIES

			VENUE
November 21	9 AM-1PM	weight verification	- UB Gym Stage Area
November 23	8:00 AM	Competition proper	- UB Gym

IMPORTANT:

1. NO PAPERS NO PLAY

II. WEIGH-IN


1. Weigh-in/height verification shall be conducted a day prior to the competition. ONLY THE PLAYERS AND THE OFFICIAL COACH OF THE TEAM BEING VERIFIED AND WEIGHED in ARE ALLOWED IN THE WEIGH-IN AND VERIFICATION AREA.
2. Only weigh-in officials are allowed to weigh-in participants.
3. Weighing Scales and Height Measurement Guide: Only official calibrated weighing scales and height measurement guides shall be used.
4. Weigh-in Attire: The players' attire during weigh-in shall be shirt with shorts, jogging pants or dobok pants. Footwear, socks, and jewelry shall be removed prior to weigh-in.
5. Official weight and height limits will be strictly followed. No allowances will be given.
 - a. A player must compete in the weight category registered in the final weigh-in.

III. DIVISIONS AND CATEGORIES

A. SECONDARY DIVISION

CATEGORIES	MEN	WOMEN
1. Fin	45 - 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. Open Weight	over 63 kg.	over 55 kg.

To: All School Administrators, Principals & Teachers In-Charge
(Elementary & Secondary)
FOR YOUR INFORMATION & APPROPRIATE ACTION


MARIE CAROLYN B. VERANO, CESO VI
Schools Division Superintendent

B. ELEMENTARY DIVISION

CATEGORIES	BOYS	GIRLS
1. Group 1	Over 144 cm – 152 cm	Over 144 cm – 152 cm
2. Group 2	Over 152 cm – 160 cm	Over 152 cm – 160 cm
3. Group 3	Over 160 cm	Over 160 cm

IV. METHOD OF COMPETITION

1. The competition shall be individual, single elimination.
2. Matches in the Elementary divisions shall be 2 rounds of 1.5 minutes per round with 30 seconds interval between rounds and matches in the Secondary divisions shall be 2 rounds of 2 minutes per round with 30 seconds interval between rounds.

V. SCORING SYSTEM

1. The following scoring system shall be observed:
 - a. Body kick - 2 point
 - b. Turning kick to the body - 4 points
 - c. Head kick - 3 points
 - d. Turning kick to the head - 5 points
2. For PSS or electronic scoring system, the 20 point gap shall be implemented on the second round.
3. When using Protector and Scoring System (PSS), players must provide their own sensing socks (E-foot protector)-DAEDO.

VI. COACHES

Only one official coach (as registered in the gallery of pictures of every delegation) per player shall be allowed in the coach's chair during the matches and even during break time.

VII. COMPETITIONS CODE OF CONDUCT

The Philippine Taekwondo Association Competition Codes of Conduct shall be strictly enforced.

VIII. COMPETITION RULES

For all other matters not provided for these ground rule, the current PTAWTF Kyorugi Competition Rules and Interpretation and the Palarong Pambansa guidelines should apply.

IX. COMPETITION UNIFORM

Competitors shall wear the prescribed Taekwondo COMPETITION UNIFORMS for BOTH KYORUGI AND POOMSAE.

X. COMPETITION EQUIPMENT

Only brands approved by the PTA shall be approved for use. The contestants shall wear complete protectors during the match (head protector, body protector, arm & shin guards, groin guard, hand gloves, and mouth guard).

XI. PSS (Protector and Scoring System)

All players are required to have their own electronic sensor socks.

XII. ARM/SHIN GUARDS, HAND GLOVES MUST BE WHITE

XIII. GROIN GUARDS MUST BE WORN INSIDE THE UNIFORM

XIV. MOUTH GUARD

The use of mouth guard shall be required for all level. Mouth guard must be transparent or white.

XV. COACHES' ATTIRE

Coaches shall wear the proper attire during the competition. Short and slippers are not allowed.

XVI. PROTESTS

1. Protests regarding match results shall be made in writing. A protest fee of Php 2,000.00 is required.
2. The protest shall be submitted to the competition arbitration committee (TM or Referee Chairman) not later than 30 minutes after the match in question.
3. If the Arbitration Committee decides in favor of the protesting party, the protest fee shall be refunded.

XVII. AWARDS

Medals shall be awarded to the winners of each category

First Place	: Gold medal
Second Place	: Silver medal
Third Place (2)	: Bronze medal

XVIII. COORDINATING CENTER and CONTACT NUMBERS

Coordinating Center:

Philippine Taekwondo Association
Baguio Defenders Taekwondo Gym
Tel No: 0917-680-0877

POOMSAE (FORMS)

A. CATEGORIES FOR ELEMENTARY

1. INDIVIDUAL POOMSAE EVENT
 - a. Elementary Boys Category A
 - b. Elementary Boys Category B
 - c. Elementary Girls Category A
 - d. Elementary Girls Category B
2. TEAM POOMSAE EVENT
 - a. Elementary Boys Team – Composed of 3 participants
 - b. Elementary Girls Team – Composed of 3 participants
3. MIXED PAIR POOMSAE EVENT
Composed of 2 participants (1 from elementary boys and 1 from elementary girls)

B. CATEGORIES FOR SECONDARY

1. INDIVIDUAL POOMSAE EVENT
 - a. Secondary Boys Category A
 - b. Secondary Boys Category B
 - c. Secondary Girls Category A
 - d. Secondary Girls Category B
2. TEAM POOMSAE EVENT
 - a. Secondary Boys Team – Composed of 3 participants
 - b. Secondary Girls Team – Composed of 3 participants
3. MIXED PAIR POOMSAE EVENT
Composed of 2 participants, one (1) contestant from secondary boys and one (1) from secondary girls.

C. TABLE OR REQUIRED POOMSAE TO BE PERFORMED PER CATEGORY FOR ELEMENTARY (TAEGUK 4, 5, 6, 7, 8, KORYO, KEUMGANG) FOR SECONDARY (TAEGUK 5, 6, 7, 8, KORYO, KEUMGANG, TAEBEK)

D. POOMSAE COMPETITION GROUND RULES

1. METHOD OF COMPETITION

A player is only allowed to participate in two events. The cut-off system shall be applied in this competition. It shall comprise of the following stages:

- a. Eliminations: 16 or more participants
Contestants shall perform the two required poomsae for the elimination round

chosen in the drawing of lot and **ONE HALF** of the contestants shall be selected for the semi-final round based on their point rankings.

- b. Semi-final: 8 to 15 participants
Contestants shall perform the two required poomsae for the semi-final round and the contestants shall be selected for the final round based on their point rankings.
- c. FINAL: less than 8 participants
Contestants shall perform the two required poomsae for the final round and they shall be awarded based on their point rankings.

2. DURATION OF THE CONTEST

The time limit for the performance of the required Poomsae in all events (Individual and team) shall be 1 minute and 30 seconds.

3. COMPETITION CODE OF CONDUCTS

The PTA Competition Codes of Conduct shall be strictly enforced.

4. UNIFORM

The contestant shall use only the approved Philippine Taekwondo Association POOMSAE uniform (dobuk) with the PTA or WTF approved seal.

5. COMPETITION RULES

For all other matters not provided in these competition ground rules, the current WTF Poomsae Competition Rules & Interpretation and the Palarong Pambansa Guidelines shall apply.

E. AWARDS FOR THE POOMSAE EVENT

1. INDIVIDUAL POOMSAE

Winning contestants in the Individual Poomsae categories shall be awarded the following medals:

First place	-	Gold Medal
Second place	-	Silver Medal
Third Place	-	Bronze Medal

2. TEAM POOMSAE

Winning contestants in the Team Poomsae categories shall be awarded the following medals:

First place	-	Gold Medal (3 Gold)
Second place	-	Silver Medal (3 Silver)
Third Place	-	Bronze Medal (3 Bronze)

3. MIXED PAIR POOMSAE

Winning contestants in the Mixed Pair Poomsae categories shall be awarded the following medals:

First place	-	Gold Medal (2 Gold)
Second place	-	Silver Medal (2 Silver)
Third Place	-	Bronze Medal (2 Bronze)