



13TH TAEKWONDO MALAYSIA (WTF)

INTERCLUB TAEKWONDO CHAMPIONSHIP 2026

INVITATION

IT IS OUR PLEASURE TO EXTEND THE INVITATION TO ALL CLUBS TO PARTICIPATE IN THE
13TH TAEKWONDO MALAYSIA (WTF) INTERCLUB TAEKWONDO CHAMPIONSHIP 2026

DATE: 11TH -13TH SEPTEMBER 2026 (FRIDAY- SUNDAY)

VENUE: N9 ARENA, NILAI, NEGERI SEMBILAN.

THE 13TH TAEKWONDO MALAYSIA (WTF) INTERCLUB TAEKWONDO CHAMPIONSHIP 2026
ORGANISED BY TAEKWONDO MALAYSIA (WTF).

ATTACHED HERE OF THE RELEVANT INFORMATION AND PARTICIPATION FORMS. LET US

STRIVE TOWARDS TAKING TAEKWONDO TO GREATER HEIGHTS.

YOURS SINCERELY,

ORGANIZING CHAIRMAN

13TH TAEKWONDO MALAYSIA (WTF)
INTERCLUB TAEKWONDO CHAMPIONSHIPS 2026

Table of Contents

Table of Contents

INTERCLUB TAEKWONDO CHAMPIONSHIP 2026.....	1
CHAMPIONSHIP INFORMATION.....	3
TENTATIVE PROGRAMME.....	11
CHECKLIST FOR PARTICIPATING TEAMS.....	12
IMPORTANT NOTES:	13
WEIGHT CATEGORY.....	14
CATEGORY - SUPER CADET (9 – 11 YEARS).....	14
CATEGORY - CADET (12 – 14 YEARS)	14
JUNIOR (15 – 17 YEARS)	15
OPEN (17 YEARS & ABOVE)	15
OLYMPIC (16 YEARS & ABOVE)	15
Poomsae Categories.....	16
RECOGNIZED POOMSAE.....	16
Recognized Poomsae Guildline.....	17
FREESTYLE POOMSAE	18
FREESTYLE POOMSAE CATEGORY	18
PARA TAEKWONDO	20
QUALIFICATIONS.....	20
COMPETITION RULES	20
METHOD OF COMPETITION	20
PARA POOMSAE	20
Qualifications	20
Classifications of Competition (Para Poomsae)	21
Compulsory Poomsae & Thresholds.....	21
METHOD OF COMPETITION.....	22
VIRTUAL TAEKWONDO	23
CATEGORIES	23
RULES AND REGULATIONS (VIRTUAL TAEKWONDO)	23

CHAMPIONSHIP INFORMATION

1.	DATE	11 TH - 13 TH SEPTEMBER 2026 (Friday – Sunday)
2.	VENUE	N9 ARENA, NILAI NEGERI SEMBILAN
3.	SANCTIONED BY	TAEKWONDO MALAYSIA (WTF)
4.	HOSTED BY	TAEKWONDO MALAYSIA (WTF)
5.	QUALIFICATION FOR PARTICIPATION	State Clubs and Premier Clubs Registered with Taekwondo Malaysia (WTF) Note: All contestants, managers and coaches must be registered with Taekwondo Malaysia (WTF) for 2026. All state clubs must send in their registration via their State Association. Clubs in the state of Selangor can register under their respective Head Instructor as follows: Registration for Selangor Affiliated Clubs: TM / Head Instructor's Name <i>Taekwondo Malaysia (WTF) has extended this opportunity in good faith to support athletes from Selangor and promote the development of the sport.</i> Participating teams must also ensure their State Clubs/Premier Clubs are not in arrears of any Taekwondo Malaysia (WTF) levies/registration dues. Only qualified coaches with their instructor/coach identity for 2026 will be allowed to enter the ring. A minimum of 6 participants for State Clubs & Premier Clubs is encouraged for this event. Each Club may send two (2) participants in each category. Only Red belt holders (2nd Grade) and above is eligible to participate, except in PARA Taekwondo, where 6th grade and above are eligible. Each participant must produce either their 2026 Dan / Poom card or GUP certificate (Grade 2 and above).
6.	TYPE OF COMPETITION COMPETITION RULES	Kyorugi, Poomsae, Virtual Taekwondo & Para Taekwondo Conventional WT rules as decided by the TM (WTF) Technical Executive Committee. 1. WT Kyorugi Competition Rules & Interpretation (in force as of 2026-01-01).

		2. WT Poomsae Competition Rules & Interpretation (in force as of 2024-09-30). 3. WT Virtual Taekwondo Rules and Regulations (in force as 2025-5-30) 4. World PARA Taekwondo Poomsae Competition Rules (in force as of 2024-09-30).
7.	METHOD OF CONTEST	KYORUGI EVENT: Full Contact Knock-Out Sparring System. Best of 3 Age Group and competition duration: Super Cadet (9 – 11 year old) - PSS (Born between Jan 1st, 2015, and Dec 31st, 2017) 1 ½ minutes x 3 rounds x 1 minute rest. Cadet (12 – 14 year old) -PSS (born between Jan 1st, 2012, and Dec 31st, 2014) 1 ½ minutes x 3 rounds x 1 minute rest. Junior (15 – 17 year old) – PSS (born between Jan 1st, 2009, and Dec 31st, 2011) 2 minutes x 3 rounds x 1 minute rest. Open (17 year old and above) (PSS) (Born before Jan 1st, 2009) 2 minutes x 3 rounds x 1 minute rest. Olympic (16 year old and above) (PSS) (Born before Jan 1st, 2010) 2 minutes x 3 rounds x 1 minute rest. <i>Note: Participants in the Junior Category over the age of 16 can participate in the Open & Olympic Categories</i> POOMSAE EVENT: REGODNIZED POOMSAE Age Group: Super Cadet (9 – 11 year old) (Born between Jan 1st,2015 and Dec 31st, 2017) Cadet (12 – 14 year old) (born between Jan 1st,2012 and Dec 31st, 2014) Junior (15 – 17 year old) (Born between Jan 1st,2009 and Dec 31st, 2011)

		Senior (18 - 30 year old) (Born between Jan 1st, 1996 and Dec 31st, 2008)
		Senior II (31 year old and above) (Born before Dec 31st, 1995)
		POOMSAE EVENT: FREESTYLE POOMSAE INDIVIDUAL Cadet (12 – 14 years old) (born between Jan 1st 2014 and Dec 31st 2012) Junior (15 – 17 years old) (born between Jan 1st, 2011 and Dec 31st, 2009) Senior (17 year old and above) (Born before Jan 1st, 2009)
		<i>VIRTUAL TAEKWONDO</i> Individual Competition 9-10 Male Category (Male 9-10 years old) (Born between Jan 1, 2016 and Dec 31, 2017) 1 ½ minutes x 3 rounds x 1 minutes rest. 9-10 Female Category (Female 9-10 years old) (Born between Jan 1, 2016 and Dec 31, 2017) 1 ½ minutes x 3 rounds x 1 minutes rest. 11-12 Male Category (Male 11-12 years old) (Born between Jan 1, 2014 and Dec 31, 2015) 1 ½ minutes x 3 rounds x 1 minutes rest. 11-12 Female Category (Female 11-12 years old) (Born between Jan 1, 2014 and Dec 31, 2015) 1 ½ minutes x 3 rounds x 1 minutes rest. 13-14 Male Category (Male 13-14 years old) (Born between Jan 1, 2012 and Dec 31, 2013) 1 ½ minutes x 3 rounds x 1 minutes rest. (subject to the discretion of the organizers) 13-14 Female Category (Female 13-14 years old) (Born between Jan 1, 2012 and Dec 31, 2013) 1 ½ minutes x 3 rounds x 1 minutes rest. (subject to the discretion of the organizers) 13-14 Mixed Category (Either Male or Female 13-14 years old) (Born between Jan 1, 2012 and Dec 31, 2013) 1 ½ minutes x 3 rounds x 1 minutes rest. (subject to the discretion of the organizers)

- | | | |
|--|--|---|
| | | <ol style="list-style-type: none">8. U-35 Male Category
(All male athletes between 15 and 35 years old)9. U-35 Female Category
(All female athletes between 15 and 35 years old)10. U-35 Mixed Category
(Either male or female athletes between 15 and 35 years old)11. Over 35 Mixed Category
(Either male or female athletes 36 years old and above) |
|--|--|---|

		PARA TAEKWONDO Kyorugi Sport Classes - K41, K42, K43, K44 (both male and female categories). Full Contact the Best of Three (3) system, Junior (15-17yrs) (Born between Jan 1, 2009 and Dec 31, 2011) 2 minutes x 1-minute rest. (subject to the discretion of the organizers) Para Poomsae Age Groups & Sport Classes Recognized Individual Competition - Cadet (12–14 years) – P21, P22, P23, P31–P35 - Junior (14–17 years) – P21, P22, P23, P31–P35 - Senior (16 years & older) – P21, P22, P23, P31–P35
		Recognized Pair Competition <i>(1 Male + 1 Female, same Sport Class)</i> - Cadet & Junior (under 17 years) – P21, P22, P23, P31–P35 - Senior (16 years & older) – P21, P22, P23, P31–P35 Recognized Team Competition <i>(3 athletes, same gender & Sport Class)</i> - Male Cadet & Junior (12–17 years) – P21, P22, P23, P31–P35 - Female Cadet & Junior (12–17 years) – P21, P22, P23, P31–P35 - Male Senior (16 years & older) – P21, P22, P23, P31–P35 - Female Senior (16 years & older) – P21, P22, P23, P31–P35 Each team can send an unlimited number of contestants for the PARA Taekwondo event.
8.	DISCIPLINE	All officials and participants should strictly observe the decorum of TM (WTF) and the rules & regulations of competition.
9.	CSB MEMBERS /RIC/ REFEREES/ JUDGES	Shall be appointed by the TEC Committee of Taekwondo Malaysia (WTF). All States Club and Premier Clubs are requested to recommend one (1) IR / NR / SR.
10.	NATIONAL, STATE AND CLUB FLAGS	All participating clubs are advised to bring their respective flags for the opening and closing ceremonies.

11.	AWARD PRESENTATIONS	MEDAL & TROPHIES: - i. Medals will be awarded to the winners of each weight category/event - 1 gold x 1 silver x 2 bronze medals ii. Overall trophies shall be awarded to Kyorugi, Poomsae and Virtual Taekwondo events. Events with fewer than four participants will not be recognized in the medal tally. In the event of a tie in the overall medal tally, the Champion trophy will be shared. Certificate of participation will be awarded to each participant and a certificate of achievement will be awarded to each winner.
12.	CHANGE OF PARTICIPANTS	There shall be no change of category or participants after the closing date. Withdrawals made after the closing date will be subject to the participation fee.
13.	INDEMNITIES	Participants and teams shall be responsible for ensuring that all participation forms are properly completed and submitted, thereby indemnifying Taekwondo Malaysia (WT), the sponsors, the organizing committee, its officials, and other competitors from any claims, whether for injuries, losses, fatalities, or otherwise, that may arise during their participation in these championships. All participants must have the consent form signed by their parents / guardians. Taekwondo Malaysia (WTF) deems that all participants and officials are covered with insurance coverage (the responsibility will be borne by the respective State / Club / Team Manager & Coach.)
14.	ACCOMMODATION & TRANSPORTATION	Participating teams must arrange their own accommodation and transportation.

15.	PARTICIPATION FEE	<u>Kyorugi</u> RM 60.00 per participant. RM 20.00 PSS System <u>Recognize Poomsae</u> Individual RM 60 Pair RM 120 Team RM 180 <u>Freestyle Poomsae</u> Individual RM 60 Mixed Pair RM 120 <u>Virtual Taekwondo</u> RM 60.00 per participant. RM 20.00 VR TKD System <u>PARA Taekwondo – FOC</u>
16.	PROTECTIVE APPARELS	Approved shin and forearm guards, clear mouth guards & groin guards are compulsory. Exponents are compulsory to use hand gloves. Head Gear, Vest, and Electronic Socks (E-Socks) will be provided by the organizer.
17.	PROTEST FEE	RM 200.00 per protest
18.	REGISTRATION	Registration for Kyorugi, Poomsae, Virtual Taekwondo and PARA will be held as follows: - Date: 11th September 2026 (Friday) Time: 8.00am – 11.30 a.m. Registration 8.00am – 09.29 a.m. Trial Weight in 9.30am – 12.00 p.m. Official Weight in
19.	TEAM MANAGER MEETING	Please take note that the Team Manager meeting will be conducted on: Date: 7th September 2026 (Monday) Time: 8.00 p.m. – 9.00 p.m. 13th TM Interclub TKD Championship Team Manager Meeting Monday, 7 September 2026 · 8:00 – 9:00pm Time zone: Asia/Kuala Lumpur Google Meet joining info https://meet.google.com/kdx-ruae-vph

20.	TRIAL WEIGH-IN AND OFFICIAL WEIGH-IN	NOTE: During the official weighing in, only one attempt is allowed. Weigh in by team is encouraged. Request for changes in weigh in time will not be entertained. Athletes caught cheating during the weigh in may result in the disqualification of the athlete, coach and team followed by disciplinary action.												
21.	REGISTRATION	Registration Start Date: <u>10th August 2026</u> Registration User Guide can be found at the website. https://taemaster.my/events/tm-interclub-2026												
22.	ENTRIES CLOSING DATE	Entries will close at 5.00 pm, <u>31st August 2026 (Monday).</u> Head of teams / Team Managers, Coaches and Individual are required completed the online forms. Email confirmation will be sent by the system automatically to both the championship committee, and the applicant upon completion of the online form submissions.												
23.	TEAM CHECKLIST	Teams are advised to comply with the enclosed checklist.												
24.	ENQUIRIES	For further information and enquiries contact: <table><tr><td>TM Secretariat</td><td>03-2025 0288</td></tr><tr><td></td><td>03-2025 0298</td></tr><tr><td>Master Rajendran</td><td>013-484 8667</td></tr><tr><td>GM Edwin Anthony Silva</td><td>017-888 8343</td></tr><tr><td>Master Naidu</td><td>019-231 5469</td></tr></table> Enquiries on the online form submission, contact: - <table><tr><td>Master Aiden Chan</td><td>016-7784570</td></tr></table>	TM Secretariat	03-2025 0288		03-2025 0298	Master Rajendran	013-484 8667	GM Edwin Anthony Silva	017-888 8343	Master Naidu	019-231 5469	Master Aiden Chan	016-7784570
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TENTATIVE PROGRAMME

NO	DATE	TIME	EVENT	PLACE
1	11 TH SEPT 2026 (FRIDAY)	7.30AM	ATHLETE REGISTRATION	N9 ARENA, NILAI, NEGERI SEMBILAN
		8.30AM – 9.29AM	REFEREE REFRESHER (TBC) TRIAL WEIGH IN	
		9.30AM	COACHES & TEAM MANAGER BRIEFING	
		9.30AM – 12.00PM	OFFICIAL WEIGH IN POOMSAE EVENTS (10AM)	
		12.00PM – 2.30PM	LUNCH BREAK FRIDAY PRAYER	
		2.30PM – 6.00PM	POOMSAE, VR TKD, PARA EVENTS	
		6.00PM	MEDAL PRESENTATION	
2	12 TH SEPT 2026 (SATURDAY)	8.00AM	COACHES & TEAM MANAGERS BRIEFING	
		8.30AM – 7.00PM	KYORUGI, POOMSAE, VR TKD & PARA EVENTS	
		7.00PM	MEDAL PRESENTATION	
3	13 TH SEPT 2026 (SUNDAY)	8.00AM	COACHES & TEAM MANAGERS BRIEFING	
		8.30AM – 7.00PM	KYORUGI & POOMSAE EVENTS	
		7.00PM	MEDAL PRESENTATION	
NOTE: The categories which will be contended for each day will be confirmed during the manager meeting				

CHECKLIST FOR PARTICIPATING TEAMS

- | | |
|---|--------------------------|
| 1. Completed the ONLINE Individual Participation Forms with Parental/Guardian Consent | ☐ |
| 2. Attached the copy of 2026 TM Card / Gup Grade Certificate | ☐ |
| 3. Attached the copy of IC / Birth Certificate/ My Kid / My Card | ☐ |
| 4. 2026 Instructor Card for Coaches | ☐ |
| 5. Insurance Cover Note / Letter of Indemnity | ☐ |
| 6. Kyorugi Athletes must be in weight during official weighing in | ☐ |
| 7. Kyorugi protective gears such as, gloves, groin guard, shin and forearm guard and transparent mouthguard. | ☐ |
| 8. All team managers are required to attend the team managers meeting and brief their respective teams on the outcome of the meeting. | ☐ |
| 9. Bring along My Kid/ My Card or birth certificates for verification Purpose during the weigh-in session. | ☐ |
| 10. Bring along original GUP certificate, copy of IC / Birth Certificate/ My Kid / My Card and indemnity form during the official weigh-in Session and official Poomsae registration. | ☐ |
| Note: It is advised that athletes purchase sensor socks for competition use. | ☐ |

IMPORTANT NOTES:

- A. All athletes are required to undergo inspection prior entering the ring and be in time for their match to avoid disqualification.
- B. Parents and supporters are not allowed to enter the field of play (Arena).
- C. Any dissatisfaction should be channelled via an official protest, official complain to the referee suggestion box or to the CSB on duty. Complaints can only be made by the team managers or coaches (no parents are allowed)
- D. The CSB will be mandated to take immediate action including suspension of the athlete, coaches, or team in the event of a disciplinary issue.
- E. During the weigh-in session, please bring along My Kid/ My Card or birth certificate for verification purpose.
- F. It is **COMPULSORY** for all coaches to bring along their TM Instructor Card. Otherwise they will not be allowed to coach the athletes during the Championship.
- G. Foreign citizen who wishes to participate in the Championship must get the endorsement from the National Association Governing body.
- H. All athletes must place TM emblem on the top left hand of the Dobok. Colour Belt holders are not allowed to wear Dobok with coloured collars or belts with more than one colour.
- I. All participating team must ensure that the participants have adequate and proper Insurance coverage.
- J. Head of Team/Team manager/Coaches to submit the (a)Team Registration & Referee nomination and (b)Player's registration (list) via Online forms. Teams are allowed to submit each of these forms only ONCE. However, there is EDIT function (link) which allow the Head of Teams / Team Managers / Coaches to update the player list in the confirmation email sent by the online form system (at the bottom of the email). **Submission or changes after the deadline will not be entertained.**
- K. Submission of participation form must adhere to the deadline (26th October 2025). The online form system will be automatically disable after the deadline.

WEIGHT CATEGORY

CATEGORY - SUPER CADET (9 – 11 YEARS)

(Born between Jan 1, 2015, and Dec 31, 2017)

MALE		FEMALE	
FIN	BELOW 20KG	FIN	BELOW 18KG
FLY	20KG – 23KG	FLY	18KG – 21KG
BANTAM	23KG – 26KG	BANTAM	21KG – 24KG
FEATHER	26KG – 29KG	FEATHER	24KG – 27KG
LIGHT	29KG – 32KG	LIGHT	27KG – 30KG
WELTER	32KG – 36KG	WELTER	30KG – 34KG
MIDDLE	36KG – 40KG	MIDDLE	34KG – 38KG
HEAVY	40KG & ABOVE	HEAVY	38KG & ABOVE

CATEGORY - CADET (12 – 14 YEARS)

(Born between Jan 1, 2012, and Dec 31, 2014)

MALE		FEMALE	
FIN	BELOW 33KG	FIN	BELOW 29KG
FLY	33KG – 37KG	FLY	29KG – 33KG
BANTAM	37KG – 41KG	BANTAM	33KG – 37KG
FEATHER	41KG – 45KG	FEATHER	37KG – 41KG
LIGHT	45KG – 49KG	LIGHT	41KG – 44KG
WELTER	49KG – 53KG	WELTER	44KG – 47KG
LIGHT MIDDLE	53KG – 57KG	LIGHT MIDDLE	47KG – 51KG
MIDDLE	57KG – 61KG	MIDDLE	51KG – 55KG
LIGHT HEAVY	61KG – 65KG	LIGHT HEAVY	55KG – 59KG
HEAVY	65KG & ABOVE	HEAVY	59KG & ABOVE

JUNIOR (15 – 17 YEARS)

(Born between Jan 1, 2009, and Dec 31, 2011)

MALE		FEMALE	
FIN	BELOW 45KG	FIN	BELOW 42KG
FLY	45KG – 48KG	FLY	42KG – 44KG
BANTAM	48KG – 51KG	BANTAM	44KG – 46KG
FEATHER	51KG – 55KG	FEATHER	46KG – 49KG
LIGHT	55KG – 59KG	LIGHT	49KG – 52KG
WELTER	59KG – 63KG	WELTER	52KG – 55KG
LIGHT MIDDLE	63KG – 68KG	LIGHT MIDDLE	55KG – 59KG
MIDDLE	68KG – 73KG	MIDDLE	59KG – 63KG
LIGHT HEAVY	73KG – 78KG	LIGHT HEAVY	63KG – 68KG
HEAVY	78KG & ABOVE	HEAVY	68KG & ABOVE

OPEN (17 YEARS & ABOVE)

(Born between Jan 1, 2009, and above)

MALE		FEMALE	
FIN	BELOW 54KG	FIN	BELOW 46KG
FLY	54KG – 58KG	FLY	46KG – 49KG
BANTAM	58KG – 63KG	BANTAM	49KG – 53KG
FEATHER	63KG – 68KG	FEATHER	53KG – 57KG
LIGHT	68KG – 74KG	LIGHT	57KG – 62KG
WELTER	74KG – 80KG	WELTER	62KG – 67KG
MIDDLE	80KG – 87KG	MIDDLE	67KG – 73KG
HEAVY	87KG & ABOVE	HEAVY	73KG & ABOVE

OLYMPIC (16 YEARS & ABOVE)

(Born between Jan 1, 2010, and above)

MALE		FEMALE	
UNDER 58KG	BELOW 58KG	UNDER 49KG	BELOW 49KG
UNDER 68KG	58KG – 68KG	UNDER 57KG	49KG – 57KG
UNDER 80KG	68KG – 80KG	UNDER 67KG	57KG – 67KG
OVER 80KG	80KG & ABOVE	OVER 67KG	67KG & ABOVE

Poomsae Categories

RECOGNIZED POOMSAE

INDIVIDUAL	
9 - 11 YEARS OLD	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG
12 - 14 YEARS OLD	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
15 - 17 YEARS OLD	TAEGEUK 5,6,7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON
18 – 30 YEARS OLD	TAEGEUK7,8JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE
31 YEARS OLD AND ABOVE	TAEGEUK7,8JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE
PAIR	
9 - 11 YEARS OLD	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG
12 - 14 YEARS OLD	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
15 - 17 YEARS OLD	TAEGEUK5,6,7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON
18 – 30 YEARS OLD	TAEGEUK7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE
TEAM	
9 - 11 YEARS OLD	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG
12 - 14 YEARS OLD	TAEGEUK 4, 5, 6, 7, 8 JANG, KORYO, KEUMGANG, TAEBACK
15 - 17 YEARS OLD	TAEGEUK5,6,7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON
18 – 30 YEARS OLD	TAEGEUK 7, 8 JANG, KORYO, KEUMGANG, TAEBACK, PYONGWON, SHIPJIN, JITAE

Recognized Poomsae Guildline

1. Competition Method:

Cut-off system

Preliminaries: In case 20 or more contestants / pairs / teams are participating, the competition shall start from preliminary round with division of groups at different courts. After performing two (2) assigned Compulsory Poomsae, the top half of each group shall advance to semi-final based on the points.

Semi-final: In case nine (9) to 19 (19) contestants / pair / teams are participating, the competition shall start from semi-final. Contestants shall perform two (2) assigned Compulsory Poomsae and top eight (8) of them shall advance to final based on the points.

Final: The top eight (8) athletes of each category would be required to perform the remaining two out of six (6) Compulsory Poomsae.

2. Drawing of Lots:

- The drawing of lots shall be conducted at the Head of Team meeting one day or 2 days prior to the first competition day in the presence of TM officials, including the TM Technical Delegate, and representatives of the participating state/club.
- The Compulsory Poomsae to be assigned for each division shall be decided at the time of drawing of lots by Technical Delegate in consultation with the TM officials.

3. Participation Rules:

Each state club or premier club is allowed to register up to **two individuals, two pairs, or two teams** for each event.

- Each registered participant, whether individual, team, or pair, must indicate whether they are competing in the male or female division.
- Each team event must consist of three participants of the same gender.
- Mixed pairs must consist of one male and one female.
- An athlete may participate in a maximum of two events.

FREESTYLE POOMSAE

FREESTYLE POOMSAE CATEGORY

Freestyle Poomsae	
12-14 years old	• Male Individual • Female Individual • Mixed Pair (Consist of 1 Male and 1 Female)
15-17 years old	• Male Individual • Female Individual • Mixed Pair (Consist of 1 Male and 1 Female)
17 Years Old & Above	• Male Individual • Female Individual • Mixed Pair (Consist of 1 Male and 1 Female)
12-17 years old	• Team (5 all same Gender / Mixed Gender)
17 Years Old & Above	• Team (5 all same Gender / Mixed Gender)

Free Style Poomsae Guidelines

- A. Free Style Poomsae is a performance that integrates Taekwondo techniques with musical composition and choreography.
- B. All techniques must be executed within the designated competition area: for individual and pair events, the boundary is 10 meters x 10 meters.
- C. The difficulty level of Taekwondo techniques will be evaluated by the TM Judging Committee upon submission of a sample performance or the Free Style Poomsae plan by participants.
- D. Participant scores will be assessed based on the following five criteria:
 - a Height achieved in jump (side kick)
 - b Number of kicks executed during a jump (multiple kicks)
 - c Execution of spinning technique during a spinning kick
 - d Proficiency in combination kicks performed in Kyorugi style (7 – 10 kicks)
 - e Acrobatic movements with kick.

- E. Participants are responsible for selecting their music (instrumental only, provided via USB) and choreography, ensuring that neither includes political, social, or religious content, nor any material that could be considered offensive or discriminatory.

PARA TAEKWONDO

PARA KYORUGI

KYORUGI WEIGHT CATEGORIES			
MALE		FEMALE	
-58 KG	Not Exceeding 58 kg	-47 KG	Not Exceeding 47 kg
-63 KG	Not Exceeding 63 kg	-52 KG	Not Exceeding 52 kg
-70 KG	Not Exceeding 70 kg	-57 KG	Not Exceeding 57 kg
-80 KG	Not Exceeding 80 kg	-65 KG	Not Exceeding 65 kg
+ 80 KG	Over 80 kg	+ 65 KG	Over 65 kg

QUALIFICATIONS

Sport Classes

- K41, K44 (both male and female categories).

Consolidation of Sport Classes

- Classes may be consolidated from lower to higher impairment levels if fewer athletes are in a class.

COMPETITION RULES

The Para Taekwondo Competition Rules (latest version) will be applied.

METHOD OF COMPETITION

- Single elimination tournament system.
- Each match will consist of three (3) rounds of two (2) minutes each, with a one-minute rest period between rounds.
- In the event of a tied score, a Golden Round will be played, and the winner will be determined by the first valid point scored or opponent penalties.

PARA POOMSAE

Qualifications

Classification: Complete International Classification per the WT Athlete Classification Rules and receive a Sport Class and Sport Class Status prior to the tournament. Athletes found Not Eligible (NE) or Classification Not Complete (CNC) cannot compete.

Qualification of Age Range

Cadet Division	12-14 years old in the year of the pertinent competition.
Junior Division	14-17 years old in the year of the pertinent competition.
Senior Division	16 years or older in the year of the pertinent competition.

Classifications of Competition (Para Poomsae)

RECOGNIZED INDIVIDUAL COMPETITION		
MALE CADET	12–14 years	P21, P22, P23, P31–P35
FEMALE CADET	12–14 years	P21, P22, P23, P31–P35
MALE JUNIOR	14–17 years	P21, P22, P23, P31–P35
FEMALE JUNIOR	14–17 years	P21, P22, P23, P31–P35
MALE SENIOR	16 years & older	P21, P22, P23, P31–P35
FEMALE SENIOR	16 years & older	P21, P22, P23, P31–P35
Pair Competition (1 Male + 1 Female, same Sport Class)		
CADET & JUNIOR	under 17 years	P21, P22, P23, P31–P35
SENIOR	16 years & older	P21, P22, P23, P31–P35
Team Competition (3 athletes, same gender & Sport Class)		
MALE CADET & JUNIOR	12–17 years	P21, P22, P23, P31–P35
FEMALE CADET & JUNIOR	12–17 years	P21, P22, P23, P31–P35
MALE SENIOR	16 years & older	P21, P22, P23, P31–P35
FEMALE SENIOR	16 years & older	P21, P22, P23, P31–P35

Eligibility Note

All Para Poomsae divisions will be contested in the Interclub Championship, **except** for:

- **P50 classes** (wheelchair users)
- **P72 class** (short stature)

Compulsory Poomsae & Thresholds

1. General Rule

- For all Sport Classes, athletes must perform **one (1) poomsae from Group 1** and **one (1) poomsae from Group 2** in each match.
- Poomsae must be chosen according to the designated compulsory groups for each age division.

Division	Group 1 (choose 1)	Group 2 (choose 1)	Notes
Cadet (12–14 yrs)	T1, T2, T3	T4, T5, T6	Time per poomsae: 20–120s; ≥1 min rest if required.
Junior (14–17 yrs)	T2, T3, T4, T5	T6, T7, T8, Koryo	Same thresholds as above.
Senior (16+ yrs)	T3, T4, T5, T6, T7	T8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	Keumgang excluded for P30 classes.

METHOD OF COMPETITION

1. System

- The competition will use a **Single Elimination System**.
- Athletes who lose in each round are eliminated, and winners advance to the next round until the final.

2. Performance of Poomsae

- Athletes must perform **two (2) poomsae per match**:
 - **Round 1 (Group 1 Poomsae)**
 - **Round 2 (Group 2 Poomsae)**
- The poomsae groups for **Senior (16 years & older)** are:
 - **Group 1:** Taeguk 3 (T3), Taeguk 4 (T4), Taeguk 5 (T5), Taeguk 6 (T6), Taeguk 7 (T7)
 - **Group 2:** Taeguk 8 (T8), Koryo (9), Keumgang (10)*, Taebaek (11), Pyongwon (12), Shipjin (13)
 - *Keumgang (10) is **excluded** for P30 Sport Classes.

3. Duration of Contest

- Each poomsae performance must last **between 20 to 120 seconds**.
- There will be a **minimum 1-minute rest period** between poomsae when required.

4. Seeding and Drawing of Lots

- All brackets will be determined by **random computerized draw** at the Head of Team Meeting.
- If computerized draw is unavailable, a manual draw will be conducted by the Technical Delegate in the presence of WT officials.

VIRTUAL TAEKWONDO

CATEGORIES

Individual Competition

SUPER CADET (9 – 10 YEARS OLD)	MALE
	FEMALE
CADET (11 – 12 YEARS OLD)	MALE
	FEMALE
JUNIOR (13 – 14 YEARS OLD)	MALE
	FEMALE
	MIXED GENDER (Either Male or Female)
U-35 Male Category	MALE
	FEMALE
	MIXED GENDER (Either Male or Female)
U-35 Male Category	MALE
	FEMALE
	MIXED GENDER (Either Male or Female)

RULES AND REGULATIONS (VIRTUAL TAEKWONDO)

WT and TM rules apply. The competition follows World Taekwondo's Virtual Taekwondo Rules & Regulations and Interpretations (effective 30 May 2025).

Game Settings

- Matches are best-of-three.
- Each round is 60 or 90 seconds.
- Objective: reduce the opponent's Health Points (HP) to 0.

Divisions

- Male and female compete in separate categories.
- Athletes entered in their respective gender category may also enter the mixed-gender category.

Court Officials (per court: 4 total)

- 1 Referee
- 1 Game Master
- 2 Technical Operators

Match Procedure

- On the mat, a Technical Operator positions athletes at the start point.
- After final checks, both Technical Operators leave the mat, and the Game Master starts the match.

Technical Timeout

- Each Coach is entitled to one technical timeout per match.

Penalties

- The referee issues a warning for a prohibited act; upon the next offence, athlete loses the round and the opponent is declared the round winner.