



## Official Rules & Regulations

### <Major League – 18 years & over/Amateur>

March 2, 2024

*The rules and regulations of Kombat Taekwondo are subject to periodic updates and modifications. As the organization evolves, these changes may be implemented without prior notification.*

Kombat Taekwondo is a distinctive combat sport administered by Kombat Taekwondo organization. The term "Taekwondo" denotes a Korean form of unarmed combat involving the use of traditional techniques of kicking and punching, as determined by the regulations set forth in the rules and those specified by the Kombat Taekwondo Event Commission presiding over the competition.

#### **1. Qualification of Contestant**

- A. Taekwondo Certified any style.
- B. Minimum age of 18 years old.
- C. Must provide valid health evaluation from official doctor.

#### **2. Competition Area**

The Kombat Taekwondo matches are held in a ring that is specially designed for the Kombat Taekwondo; however, 8 x 8 Octagon shape taekwondo mats are also acceptable. The fighting area may be altered to meet the requirements and/or specifications set by the Kombat Taekwondo Event Commission chair in charge of the competition with the consultant of the O.C.

#### **3. Equipment**

The Organizer is responsible for providing the supplies instructed by the Kombat Taekwondo Event Commission. The Contestants are responsible for bringing their own hand, ankle, foot wrapping and the use of supportive soft braces. Event medical team and/or designated referee(s) will inspect each contestant before entering the competition area.

#### **4. Protective Gears**

All protective gear used during the Kombat Taekwondo fights in major leagues must be provided by the contestants and must be designated brand(s) that is approved by Kombat Taekwondo. Mandatory protective gears are:

- A. Mouthguard – Contestants must bring mouthpiece (single or double side) any color suitable for high impact and shock absorb type of mouth guard. No competitor's brand or logo shown on the mouthpiece.
- B. Gloves – Kombat Taekwondo Major League Gloves.
- C. Footpads – Kombat Taekwondo Foot Pads.
- D. Groin protector - Suitable for mixed martial arts Male and Female fighters. Training groin guard is not allowed. Female Groin Guard is optional but highly recommended. It must be worn inside the uniform.

- E. Sports Bra – It’s optional for female contestants to wear a sports bra for high performance combat that is designed to absorb high impact and to allow maximum mobility.
- F. Forearm Guard – Slip-On padded arm guards in any color.
- G. Shin Guard – Slip-On padded shin guards in any color.
- H. Head Gear – Kombat Taekwondo Head Gear.

**5. Apparel**

- A. Contestants are required to wear official attire approved by the Kombat Taekwondo Event Commission. During the fight, contestants will only wear white or black Taekwondo uniform with belts. Additionally, white, or black Taekwondo pants with School/team T-shirts with belt.
- B. Wearing shoes or any other type of footwear, except for Kombat Taekwondo-approved foot pads, is not permitted during the competition.
- C. Coaches and other accompanying personnel may wear polo shirts with sport pants or team tracksuit. Dress suit or business casual clothing are also optional.
- D. NO jeans or open toe sandals / shoes.

**6. Appearance**

- A. Each contestant is required to maintain cleanliness and be well-groomed, as well as wear clean clothes and use clean equipment before the start of the fight.
- B. No makeup, face or body paint, jewelry, or other piercing accessories are allowed while participating in the competition or exhibition. Only permanent tattoos will be allowed; paintings made with ink, or any other substance are not permitted.
- C. Contestants must have short fingernails and toenails, and they are not allowed to wear metallic or any other objects that could potentially harm their opponent. Nail painting is permitted, but artificial nails are not allowed.
- D. A small quantity of petroleum jelly is permitted for application on the facial area only.
- E. Referees will evaluate whether a contestant's hair poses any threat to their safety or that of their opponent.

**7. Kombat Taekwondo Weight Divisions**

<b>Weight Category – Female</b>	
Fin Weight	-49 kg
Light Weight	49.1 kg – 57 kg
Middle Weight	57.1 kg – 67 kg
Heavy Weight	+67 kg

<b>Weight Category – Male</b>	
Fin Weight	-54 kg
Fly Weight	54.1 kg – 58 kg
Bantam Weight	58.1 kg – 63 kg
Feather Weight	63.1 kg – 68 kg
Light Weight	68.1 kg – 74 kg
Welter Weight	74.1 kg – 80 kg
Middle Weight	80.1 kg – 87 kg
Heavy Weight	+87 kg

*Kombat Taekwondo event commission may approve fighters move up or move down weight categories.*

## **8. Weigh-In**

- A. The general weigh-in for the contestants participating in the competition shall be conducted **one day prior or in the morning of the event 2 hours before the start of the fight**. The timing of the general weigh-in will be determined by the Organizing Committee and will take place at the official weigh-in location.
- B. During the weigh-in, male contestants shall wear underpants, and female contestants shall wear underpants and a brassiere. An allowance of 300 grams will be permitted.
- C. The general weigh-in will be conducted once, with an additional weigh-in opportunity granted to any contestant who did not meet the weight requirement on their first attempt. Contestants will have a **2-hour window** for a second weigh-in whenever they decide to use it, and no further attempts will be allowed.
- D. To avoid disqualification during the weigh-in, scales identical to the official one must be provided at the contestant's place of accommodation or at the weigh-in venue for pre-weigh-ins.

## **9. Classifications & Methods of Competitions**

### **Competitions are classified as follows:**

Individual competition: It shall be between contestants in the same weight category. When necessary, combine weight categories or male/female may be merged to create a single classification with approval of Kombat Taekwondo event commission. The decision of Kombat Taekwondo commissioner(s) must be accompanied by the acceptance of the contestant's guardian or coach with a waiver. No contestant is allowed to participate in more than one (1) weight category at the same event.

### **System of competition:**

- A. Single Elimination match format. The number of contestants in a weight division may be modified depending upon the type of event the organizing committee is hosting.

## **10. Duration of the Contest & Number of Round**

- A. Each match shall consist of One (1) Round.
- B. Individual match is for a duration of THREE (3) Minutes.

## **11. Procedures of the fight**

### **A. Procedure for Beginning and After the End of the Contest:**

- 1. At the start of the match, the referee will signal each contestant to come to the center. "Blue" / "Red".
- 2. The contestants shall face each other and perform a standing bow at the referee's command "Bow".
- 3. The referee shall start the contest by commanding "Ready" hand signal.
- 4. The match shall begin with the referee declaring "Fight" hand signal."
- 5. The match shall conclude with the referee declaring "STOP." hand signal. If the referee does not make this declaration, the contest is considered to have ended when the match clock has expired; however, a "Penalty" can still be given even after the match clock has expired.
- 6. Match time will stop only when the referee requests to pause the fight to treat injury with the consultation of the doctor and apply penalty as necessary. (Referees will indicate a X hand signal to stop the clock and a fight signal to restart the match.
- 7. After the match ends, the referee shall declare the victory by raising the winner's hand with both fighter at the starting spot.
- 8. Retirement of Contestants.

### **B. Procedure when one contestant becomes "grounded" during the fight:**

1. A contestant is considered "grounded" if any part of their body, except for the soles of their feet, makes contact with the floor of the fighting area.
2. The referee will start a verbal counting down from Ten (10) to One (1), indicating the duration for both contestants to continue fighting offensively or defensively.
3. The countdown will cease when the downed contestant stands up from the grounded position; otherwise, the referee will step in and issue a "Break" signal, ensuring a clear separation between the contestants, and instruct the grounded contestant to stand up, after which the fight will resume. Failure to comply with the referee's command by the downed contestant may result in warnings, penalties, disqualification, or a loss by TKO.

## **12. Types of Contest Result**

### **Victory can be attained by:**

- A. Knockout
- B. Technical Knockout
- C. Disqualification
- D. Judges' Decision

### ***Explanation:***

#### ➤ Knockout:

1. Knockout via legal attacks, such as punches, kicks, knees, elbows, or takedowns where the contestant is **unable to continue** the fight due to the high impact blows.

#### ➤ Technical Knockout:

1. Due to referee or doctor stoppage
2. Due to an injury through legal techniques that jeopardizes their physical well-being.
3. Coach or Contestant request to withdraw.

#### ➤ Knockdowns

1. Knockdowns to the ground as result of high impact with trembling shock by legal hand, and kicking techniques to the legal area, and/or the down contestant appear to be unable to continue.

**Situation 1** => After a high impact hand or kicking techniques that cause the contest to fall on the ground and UNABLE to continue -> This will be considered as "Knockout".

**Procedure:** Center Referee will break the fight and motion the down contestant to get up. If the down contestant is unable to continue, the referee will conclude the fight and the match is over.

**Situation 2** => After a high impact hand or kicking techniques that cause the contestant to fall on the ground but is able to continue to fight -> This will be considered as "Knockdown".

**Procedure:** Center Referee will break the fight and start 10 counts (1 to 10) with hand signal when the contestant is on the ground. The down contestant should try to get up within 10 seconds. Once 10 seconds is up, if the contestant is able to continue, referee will resume the fight. If the contestant is unable to continue the fight, the referee will announce the match is over. (Time clock will NOT be stopped)

2. Falling due to any takedown techniques (sweeps, reaps, throws), pushes, imbalance, or slips are not

considered knockdowns.

*Procedure:* Center Referee will start 10 counts “verbally” (10 to 1) without interrupting the fight to remind the down contestant to get up. If the down contestant show no desire to continue, referee will signal the match is over.

- ii. A contestant incurs **3 knockdowns** any time during the match, will lose the match by Technical Knockout in the score card.

➤ Disqualification

1. A contestant who repeatedly commits "intentional" illegal actions will receive an official penalty. After receiving Six (6) penalties, the contestant will be disqualified from the fight.
2. Manipulating protective gear to gain an advantage or cause injury to the opponent.
3. Knocking out an opponent through illegal attacks of any kind.
4. Causing injury to other contestant through illegal attacks and the doctor or referees determine the fight cannot be continued.

➤ Judges' Decision (Score Card):

1. Unanimous Decision: When all judges select the same contestant as the winner of the match.
2. Split Decision: When two judges choose one contestant as the winner of the match, and one judge selects the opponent as the winner. In the event of a two-judge system, Center Referee shall render a decision to break the tie.
3. In the event of a contest being concluded due to an injury resulting from a prohibited act or a double knockout occurrence, the rules established by the presiding commission regarding technical decisions shall be applied.

*There will be no “Draw” decision. Each match must have a winner.*

### **13. Stopping Contest**

- A. Only the center referee and/or the doctor/medic, as determined by the Kombat Taekwondo event commission, have the authority to stop a contest. No other individuals are allowed to make this decision, ensuring the safety and integrity of the event.
- B. During the match, the contestant or coach is allowed to withdraw or stop by the following methods:
  1. Tapping his/her hand continuously on any area of the PIT.
  2. Verbally request for stoppage.
  3. Coach throws in the towel.

### **14. Refereeing Official and Responsibilities**

#### Referee

- A. The referee shall control and manage the match.
- B. The referee shall declare the winner of the match.
- C. The referee shall assess warnings and penalties in accordance with the rules and regulations.
- D. One center referee is appointed for Individual Match.

#### Judges

- A. A minimum of two (2) judge system (3 maximum) will be implemented. In case of two-judge system is used, the center referee shall render his/her decision to break the tie.

- B. Judges will follow “Judging Criteria” to evaluate both contestants through effective fighting strategies, and complete the Score Card.
- C. Judges will be positioned at various locations around the fighting arena and shall make their own independent decision of each contestant.

Referring officials must wear approved Kombat Taekwondo apparel.

### **15. Judging Criteria**

- A. Knockdowns.
- B. Effective Kicking, Striking, and Takedowns.
- C. Aggressiveness.

Judges will assess clean and effective techniques involving kicking, striking, and takedowns. The effectiveness of blows should be determined by direct and strong impact. Blocked blows or blows that hit the arms, hands, or non-permitted areas will not be considered.

According to the criteria, the number of knockdowns should be the first priority in match assessment, followed by effective kicking, striking, and takedown techniques. If a judge believes that both contestants were completely even in knockdowns, effective kicking, striking, and takedowns, they must then score the match based on aggressiveness as the final determination.

**Knockdowns:** The knockdown occurs when the contestant is knocked down by high impact strike through punches or kicking techniques to the body (or to the head for Junior divisions). It will be solely determined by the referee. For example, a strong punch through hand or kicking techniques causing the contestant to either fall on the floor or stagger and unable to defend himself/herself. Referee will break the fight and initiate 10 counts. After the 10 counts, the referee will motion the down contestant to stand up and resume the fight. Judges will then acknowledge the knockdown on the scorecard. Using Takedown techniques is NOT considered Knockdown.

**Effective Kicking & Striking:** Legal strikes achieved through a combination of kicking and striking that have an immediate impact with the potential to lead to a knockout. Contestant who executes more kicking techniques should have superiority over a fighter who uses more hand techniques or takedowns.

**Effective Takedowns:** Successful execution of takedowns, and the attainment of advantageous positions that result in immediate impact with the potential to lead to a knockout.

**Effective Aggressiveness:** Making aggressive attempts to finish the match effectively. The key term is "effective." Chasing after an opponent with no effective results or impact should not influence the judges' assessments. Kombat Taekwondo prioritizes productive aggressiveness, so the fighter who achieves results based on attacking should be favored over a fighter who counters if the results of the fighting action are similar.

### **16. Permitted Attacking Area**

#### **A. Hand and Kicking techniques:**

1. Entire Head above the chin for kicking techniques.
2. Front face and both sides of the head above the chin for hand/elbow techniques only.
3. Whole body except for the Spine area above the waist for any techniques.

#### **B. Takedowns:**

1. Between Ankle Bone and the Knee (Front, side or back)

## **17. Legal Techniques**

### **A. Hand & Arm Techniques:**

1. Closed fist punch, hook, upper cut, hammer fist, and back fist.
2. Open hand strikes such as Knife and Ridge hand strikes.
3. \*Elbow strikes without grabbing or holding the opponent on a standing position. Elbow strike permission is determined by the local organizing committee based on local rules and regulations.

### **Explanations:**

- All closed fist punching, and hand striking techniques are permitted when directed towards the front and sides of the head, as well as the torso above the waist.
- Upper cuts to the face and above the waist are allowed. Upper cuts are only permitted without grabbing or holding the opponent.
- Knife and Ridge hand strikes to the front and side of the head and the torso above the waist are permitted. Palm hand strikes to the front and side of the head, and the torso above the waist are also allowed. Striking any part of the neck is not allowed.
- Elbow strike techniques are allowed when directed towards the front and sides of the head, as well as the torso above the waist. However, it is essential to note that elbow strikes are only permitted without grabbing or holding the opponent and it is NOT allowed for ground fighting.

### **B. Leg Techniques:**

1. Any kicking techniques to the permitted area **above** the waist.
2. Standing Knee striking without grabbing or holding any part of the body or head.

### **C. Takedown Techniques:**

1. Sweeps, Reaps, and Throws are allowed only to the range of approximately 12 inches from the bottom of the heel between ankle bone to the knee. Must hold on to the opponent for this technique.
2. Takedown techniques must be applied by holding or grabbing onto the upper body, and when the opponent is not kicking.
3. Apply takedown techniques when clinching within 3 seconds.
4. Spin Sweeping is allowed without holding.
5. Straight kick below the knee to attempt to sweep is NOT allowed.
6. No grabbing of the hand for throws or takedown.

### **D. Ground Fighting Techniques:**

1. Any parts of the body touch the ground other than the sole of the feet.
2. Contestant is ONLY allowed to use punch to the face and body (above the belt) without grabbing or holding or pressing down the contestant.
3. Any type of kicking technique is NOT allowed except for the "Grounded" contestant in an inferior position is allowed to kick or block the attacker. Kicking below the waist or directly to the front of the fact are NOT allowed.
4. No sitting or mounting or kneeling on top of ground contestant.

## **18. Penalties**

The maximum penalties are Five (5). Once the Sixth (6) penalty is issued by the referee, the contestant is disqualified.

### **A. Prohibited Hand Techniques**

1. Choking or any hand strikes the neck or in the back of the spine.
2. Grabbing or holding the neck/head/leg to carry out any kind of attack.
3. No fingers in orifices or any joint manipulation through grappling techniques.
4. No Elbow striking or any other hand techniques other than straight punch when the contestant is down on the floor and the down contestant can NOT kick the attacker directly straight to the face or below the waist.

### **B. Prohibited Kicking or Leg Techniques**

1. Kick below the waist except for legal takedown techniques.
2. Knee blocking or intentionally block kicks with any part of the leg.
3. Kick to the back of the spine.
4. Kicking or stomping the grounded contestant.

### **C. Avoiding, Use of Unsafe Techniques & Misconduct**

1. 5-Second Rule: If contestants fail to engage within 5 seconds, the referee will issue a verbal warning by commanding "Fight". If there is still no action by either, or both contestants, a penalty will be given for "avoiding" the match.
2. When the contestant shows no will to fight by clinching, holding, running away, or pretending injury.
3. Head butting, Gouging the eyes, fish hooking, or shoulder attacks.
4. Biting, clawing, pinching, twisting the flesh, spitting or hair pulling.
5. No mounting or sitting on the fallen opponent to carry out any kind of attacks.
6. Pulling protective gear and apparel.
7. Unsportsmanlike behavior.
8. Out of boundary: when BOTH feet are out. If the contestant is pushed out by hand, chest, or shoulder. The other contestant will be penalized.

### ***Explanation:***

- Any grappling techniques that cause choking or twisting of any joint is prohibited.
- Kicking the portion of the leg below the hip, except when using sweeping techniques, is restricted to a range of only 12 inches from the bottom of the heel (between the ankle bone and knee).
- Striking or grabbing the throat or neck in any manner is strictly forbidden.
- Striking the spine or the back of the head is not permitted.
- No groin attacks are allowed.
- Under no circumstances may you take control of your opponent's head with one or two hands to carry out any kind of attack.
- Under no circumstances is it permitted to hold the opponent's leg at the moment of execution or after the impact of a kick.
- Clinching, holding, or grabbing for any purpose other than to immediately execute a legal technique is not permitted. Under no circumstances is it permitted to clinch for more than 3 seconds.
- Contestant cannot use shoulders to attack especially when one contestant is clinching against the wall.
- Intentionally throwing or spiking an opponent on their head or neck is forbidden.
- Timidity or passivity, including but not limited to avoiding contact with an opponent, failing to initiate legal techniques, intentionally or consistently dropping the mouthpiece, or pretending an injury, is not acceptable.



- Attacking an opponent during or after separation, while the opponent is under the care of the referee, or after the bell has sounded to end the round, is prohibited.
- Flagrantly disregarding the instructions of the referee or any interference by the coach is not acceptable.
- Biting, spitting, clawing, pinching, twisting the flesh, hair-pulling, fish-hooking, gouging, putting a finger in an orifice, cut, or laceration, small joint manipulation, or any other "dirty tactics" are strictly forbidden.
- Engaging in any unsportsmanlike conduct, including but not limited to abusive language, is not permitted. Offensive conduct during the fight, cultural, religious, or ideological provocations will be classified as unsportsmanlike conduct.
- Any technique for blocking kicks with the leg by raising the knee is not permitted, even if the intention is to use the upper part of the knee.

**19. Verbal Warnings, Official Penalty, and Injuries Resulting from a Foul**

- A. The Center Referee has the authority to issue verbal warnings, penalties, or disqualify a contestant for fouls committed during the match. Warnings will be issued without interrupting the ongoing fighting action of the match.
- B. The deliberate execution of any prohibited techniques will result in an immediate penalty. To issue an official penalty, the referee will separate the fighters and communicate directly with the athlete being warned.
- C. Unintentional execution of any forbidden hand strikes and kicks will receive an immediate verbal warning.
- D. Repeated intentional illegal actions, where the referee has already given verbal warnings up to five (5) official penalties, indicating a clear intention to cause injury to the opponent, will lead to the contestant's disqualification. If a contestant is to be disqualified, the referee will signal by waving hands above the head to indicate the termination of the match.
- E. If a contestant sustains an injury resulting from prohibited acts, and the injured contestant is unable to continue after consulting with the event doctor, the injured contestant wins in accordance with the rules, regulations, and policies of the presiding Kombat Taekwondo Event Commission.
- F. If a contestant sustains an injury from a knockout to the head, the contestant cannot fight until the contestant is cleared by the doctor after sixty (60) days.

**20. Ranking Points and Seeding**

Award Category	World Open	Grand Prix	Major League
Winner Per Match	40	15	5
KO Bonus – Kick	30/match	30/match	30/match
KO Bous – Hand	10/match	10/match	10/match

***Two Year Term Example:***

**2024 World Open Participant**

**120**

2025 - In January

60 *50% reduction*

2026 - In January

0 *50% reduction*

- A. Points are awarded based on the ranking point chart per type of tournament and award category.

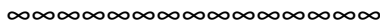
- B. Awarded points shall only be valid for two (2) full years starting from January 1, 2024 and it will be reviewed every year.
- C. Any Major League tournaments that are held in December, points shall be carried into the following year as Year one.
- D. During the two-year term, points will be deducted after each completed year by 50%.
- E. If an athlete obtains points in one weight division and then obtain points in another weight division in a different event, the pertinent athlete will earn points in each respective weight division. Therefore, it is possible to have athletes in more than one weight division. Under no circumstances, points will be combined.
- F. Ranking points will be updated every month and/or within 30 days immediately after the tournament.

**Seeding**

- A. Contestants will be seeded on all Kombat Taekwondo approved events.
- B. In the event if seeded contestant is ineligible to participate (for example, not registered for the event or failed weight-in or fail doping test or no show or disqualified by the event commission for rule violation prior to the start of the match), the next highest ranked contestant(s) shall be seeded and the bracket will be redrawn.
- C. Only for World Open Championship and Grand Prix, the registered contestant will be seeded at the 4<sup>th</sup> place.
- D. The 1<sup>st</sup> place winner from the Professional League shall be seeded at the #1 position in any tournament held during the 12 months period immediately preceding the Professional League Championships.

**21. Anti-Doping Test – Applicable only for certain championships**

- A. Any use or administration of drugs or chemical substances described in the WADA Prohibited List is prohibited. The WADA Anti-Doping Code shall be applied to Kombat Taekwondo events. The Kombat Taekwondo Anti-Doping Rules shall be applied to Kombat Taekwondo events.
- B. The Organizer may conduct any doping tests deemed necessary to determine if a contestant has violated this rule. Any contestant who refuses to undergo this testing or is found to have violated this rule shall be removed from the final standings, and the record shall be transferred to the contestant next in line in the competition standings.



*The rules established for Kombat Taekwondo are always subject to the governing laws and ethical standards of the event's location. These rules may be altered or withdrawn as necessary to align with the regulations set by the Athletic Commission, Sanctioning Organization, or another authorized Regulatory Body responsible for overseeing the event. In cases not explicitly addressed in this document, the presiding commission, in consultation with the sanctioning organization and the Kombat Taekwondo rules director, possesses the authority to make suitable determinations.*