

# SATURDAY, JUNE 22, 2024

West Park High School  
2401 Panther Pl, Roseville, CA 95747

## NORTHERN CALIFORNIA'S 1ST KOMBAT TAEKWONDO DIVISIONS

- DIVISION FOR 1ST TIMERS
- KT RANKING POINTS
- PREPARE FOR USAT & AAU NATIONAL TOURNAMENTS
- REGISTER BY JUNE 1ST AND SAVE \$20
- REGISTRATION WILL BE CUT OFF AT 300 COMPETITORS

**\$125**  
1ST EVENT

**\$15**  
GENERAL ADMISSION



### WWW.SACINVITATIONAL.COM

FOR MORE INFORMATION  
TEXT OR CALL: (916) 288-9830





# 21st ANNUAL SACRAMENTO INVITATIONAL TAE KWON DO CHAMPIONSHIP

June 22nd, 2024

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## Message from the Tournament Director



Master Clinton S. Robinson

Dear Esteemed Grandmasters, Masters, Instructors, Competitors, Referees, and Parents,

It is with immense pleasure and honor that Grandmaster and I extend our heartfelt invitation for your participation in the esteemed 21st Annual Sacramento Invitational Taekwondo Championship, scheduled for June 22nd, 2024. This thrilling event will take place at the esteemed venue of West Park High School.

Dedicated to fostering a platform of competitive excellence, the Sacramento Invitational welcomes practitioners of all ages and skill levels, ranging from novices to seasoned national contenders. With a steadfast commitment to fairness and enjoyment, our tournament endeavors to ensure a positive experience for every participant, with ongoing enhancements to elevate the overall event quality.

Renowned for its adherence to electronic scoring systems by True Score, esteemed Certified Black Belt Judges, and meticulously padded competition rings, our championship serves as a vital preparatory ground for athletes aspiring to excel at the national level.

In a momentous addition, we are thrilled to introduce the inaugural Kombat Taekwondo Division in Northern California, promising an exciting new dimension to our tournament.

Mark your calendars for June 22nd, 2024, as we eagerly anticipate your presence at the Sacramento Invitational Taekwondo Championship.

Warm regards,

Master Clinton S. Robinson  
Tournament Director

# Schedule of Events

**Register online Early and SAVE  
Early Registration Ends Saturday, June 1, 2024**

**Online Registration Ends Saturday, June 15, 2024**

## **Saturday, June 22, 2024**

Ticket Booth Opens	West Park High School-Main Gymnasium	7:30 AM
Volunteer Check-in	West Park High School-Main Gymnasium	7:30 AM
Early Weigh-ins	West Park High School-Main Gymnasium	7:30 AM - 8:15 AM
<b>Competitor Card Pick Up and Check-in</b>	West Park High School-Main Gymnasium	8:00 AM - 8:45 AM
Doors Open	West Park High School-Main Gymnasium	8:00 AM
Poomsae Competition Begins	West Park High School-Main Gymnasium	9:00 AM
<b>Late Weigh-ins</b>	West Park High School-Main Gymnasium	<b>9:00 AM - 10:00 AM</b>
<b>KOMBAT TAEKWONDO, Board Breaking, Sparring and Rapid Kick Competition Begins</b>	West Park High School-Main Gymnasium	Immediately after Poomsae
<b>Lunch Break</b>		12:30 PM

**BE ON TIME!**



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## COMPETITION RULES & REGULATIONS

The Organizing Committee recognizes that each school may have a different belt color system. Please refer to the rank & color

### COLOR BELT CHART

Rank	10-9-8-7	6-5	4-3	2-1	Poom-Dan
USAT/Kukkiwon Belt Colors	White-Yellow-Orange	Green-Purple	Blue	Brown-Red	Black
Poomsae: Taeguek	1 or 2	3 or 4	5 or 6	7 or 8	Designated Rank

**POOMSAE:** Poomsae competitors must perform only the Poomsae designated for their specific rank. Scores will be based on: proper order, beauty, grace, rhythm, accuracy, power, technique and attitude. Authorized Poomsae are those approved by the World Taekwondo Federation: Taeguek 1-8 and black belt Poomsae:

**KYOROOGI:** The current USAT competition rules will govern this championship. The Organizing Committee may modify some rules according to the local conditions. It also reserves the right to combine or divide weight categories depending on the number of players in their respective groups. The Sacramento Invitational Tournament Organizing Committee reserves the right to make modifications to the divisions to provide fair and sufficient competition for all competitors. In the event that the Tournament Committee cannot find a suitable match, we will attempt to arrange an exhibition match. If a suitable match cannot be made, you will be awarded a gold medal for an uncontested win. There will be no refund due if no suitable match can be made.

### KYOROOGI Rules for Ages 7 & Under (All Belts) and Ages 11 & Under (Color Belt Divisions)

Sparring competitors, ages 11 & under (color belts) and 7 & under (all belts), may not make head contact at any time during the competition. Any competitor who executes a technique to the head area will be subject to one of the following actions:

1. Any technique attempted to the head area but does not make contact will be given a warning by the referee (Kyong-go).
2. Any technique which causes injury to the head area will result in a one-point deduction by the referee (Gamjeom)
3. If the competitor cannot continue because of injury caused by contact with the head area, the attacker will be disqualified.
4. The referee, with or without consultation with the tournament medical staff, shall determine if there is an injury and if the attack is excessive or non-excessive.

Note: Inability to continue competition because of fright, crying or loss of will following a legal kick to the body, does not constitute grounds for disqualification of the attacker.

### KYOROOGI Rules for Competitors Ages 8-11 (Black Belts), Ages 12-14 (All Belts), and Ages 15-17 (Color Belts)

1. The competitor is allowed to kick to the facial area; however, the kick must be **LIGHT** contact with appropriate control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
2. The competitor who executes a successful technique (light contact without causing injury) shall be awarded three (3) points.
3. The competitor who executes a kick to the face which results in a minor injury, shall receive a one-point deduction ("Gam-jeom"). A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament medical staff, shall determine if the abrasion or bleeding is a minor injury and if the attack is a non-excessive one.
4. The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if an excessive contact, and if the injury is a major one.

Note: Inability to continue because of fright, crying or loss of will, following a LEGAL kick to the head, does not constitute grounds for disqualification of the attacker.

### Excessive contact to the facial or head area:

5. Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact to be excessive and declare the appropriate penalty.
6. Where Junior Competition Rules are in effect per USAT Article 1.B, the competitor who executes a successful technique to the face (light, controlled contact without causing any injury) shall be awarded three points. This is to better align with current WTF standards; however, the criteria for "excessive contact" will continue to be strictly enforced.
7. 8-Count: Under Junior Competition Rules, the referee should NOT give an 8-count for ANY technique, even a legal one, to the head area; if a kick to the head is powerful enough to warrant an 8-count it should be considered excessive, and the appropriate penalty should be declared. However, the referee can and should begin an 8-count for a legal kick to the trunk area that results in a knock-down condition.

Competition Category	Punch to Body	Kick to Body	Turning Kick to Body	Kick to Head	Turning Kick to Head
Black Belts 15-17 & 18 - 32	1 Point	2 Point	4 Points	3 Points	5 Points
Black Belts 8-11 & 12-14	1 Point	2 Point	4 Points	3 Points	5 Points
Black Belts 7 & Under	1 Point	2 Point	4 Points	N/A	N/A
33 & Over All Belts	1 Point	2 Point	4 Points	3 Points	N/A
Color Belts 12 - 17	1 Point	2 Point	4 Points	3 Points	N/A
Color Belts 4 - 11	1 Point	2 Point	4 Points	N/A	N/A



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**Daedo Electronic Hogu will be used for All Black Belt Divisions. Daedo Socks are required.**  
 You may purchase Daedo Socks on their website at: <http://www.daedousa.com/electronic-foot-sensor-socks.html>

## KYOROOGI WEIGHT DIVISIONS

### Attention

The 20 point Gap will be used for this Tournament for ALL Divisions

#### Black Belts 10-11

Boys Weight (lbs)	Girls Weight (lbs)
66.0 lbs. & Under	66.0 lbs. & Under
66.1 - 77.0 lbs.	66.1 - 77.0 lbs
77.1 - 90.2 lbs.	77.1 - 90.2 lbs
90.3 - 101.2 lbs.	90.3 - 101.2 lbs
101.3 - 115.0 lbs.	101.3 - 115.0 lbs
115.1 lbs. & Over	115.1 lbs. & Over

#### Black Belts 12-14

Boys Weight (lbs)	Girls Weight (lbs)
75.0 lbs. & Under	70.0 lbs. & Under
75.1 - 87.0 lbs.	70.1 - 82.0 lbs.
87.1 - 100.0 lbs.	82.1 - 94.0 lbs.
100.1 - 112.0 lbs.	94.1 - 106.0 lbs.
112.1 - 125.0 lbs.	106.1 - 120.0 lbs.
125.1 lbs. & Over	120.1 lbs & Over

#### Black Belts 15-17

Divisions	Men Weight (lbs)	Women Weight (lbs)
Fin/Fly	105.8 lbs. & Under (48 kg)	97.0 lbs & Under (44 kg)
Bantam/Feather	105.9 - 121.3 lbs. (48-55 kg)	97.1 - 108.0 lbs (44-49 kg)
Light/Welter	121.4 - 138.9 lbs. (55-63 kg)	108.1 - 121.3 lbs (49-55 kg)
Light Middle/Middle	139.0 - 160.9 lbs. (63-73 kg)	121.4 - 138.9 lbs (55-63 kg)
Light Heavy/Heavy	161.0 lbs. & Over (73kg & Over)	139.0 lbs & Over (63 kg & Over)

### Duration of Rounds: Best of 3 System

Age 11 & Younger All Belts	Age 12 & Older All Belts	Age 15 - 32 Black Belts	Age 15 - 32 Black Belt Finals
3 - 60 Second Rounds	3 - 60 Second Rounds	3 - 90 Second Rounds	3 - 90 Second Rounds

30 Second rest between rounds. All Rounds stated may be changed if deemed necessary

**Kyoroogi Divisions:** The Sacramento Invitational Organizing Committee reserves the right to make modifications to the divisions to provide fair and sufficient competition for all competitors. In the event that the Tournament Committee cannot find a suitable match, we will attempt to arrange an exhibition match. If a suitable match cannot be made, you will be awarded a gold medal for an uncontested win.

#### Black Belts 18-32

Divisions	Men Weight (lbs)	Women Weight (lbs)
Fin/Fly	127.9 lbs. & Under (58 kg)	108.2 lbs & Under (49 kg)
Bantam/Feather	128.0 - 150.4 lbs. (58-68 kg)	108.3 - 125.8 lbs (49-57 kg)
Light/Welter	150.5 - 176.5 lbs. (68-80 kg)	125.9 - 147.8 lbs (57-67 kg)
Middle/Heavy	176.6 lbs. & Over (80 kg & Over)	147.9 lbs & Over (67 kg & Over)

### All Color Belts, All Ages & Black Belts Ages 9 & Under and 33 & Above

MALE DIVISIONS				FEMALE DIVISIONS		
AGES	LIGHT	MIDDLE	HEAVY	LIGHT	MIDDLE	HEAVY
5 & Under	42.7 lbs. & Under	42.8 - 55.0 lbs.	55.1 lbs. & Over	40.0 lbs. & Under	40.1 - 55.0 lbs	55.1 lbs. & Over
6-7	50.0 lbs. & Under	50.1 - 65.0 lbs.	65.1 lbs. & Over	47.5 lbs. & Under	47.6 - 66.7 lbs	66.8 lbs. & Over
8-9	65.0 lbs. & Under	65.1 - 80.0 lbs.	80.1 lbs. & Over	64.7 lbs. & Under	64.8 - 79.7 lbs	79.8 lbs. & Over
10-11	81.0 lbs. & Under	81.1 - 96.7 lbs.	96.8 lbs. & Over	82.0 lbs. & Under	82.1 - 97.0 lbs	97.1 lbs. & Over
12-14	103.0 lbs. & Under	103.1 - 118.0 lbs.	118.1 lbs. & Over	105.0 lbs. & Under	105.1 - 120.0 lbs	120.1 lbs. & Over
15-17	137.0 lbs. & Under	137.1 - 152.0 lbs.	152.1 lbs. & Over	117.0 lbs. & Under	117.1 - 132.0 lbs	132.1 lbs. & Over
18-32	157.0 lbs. & Under	157.1 - 170.0 lbs.	170.1 lbs. & Over	125.0 lbs. & Under	125.1 - 147.0 lbs	147.1 lbs. & Over
33-39	167.0 lbs. & Under	167.1 - 182.0 lbs.	182.1 lbs. & Over	135.0 lbs. & Under	135.1 - 150.0 lbs	150.1 lbs. & Over
40-49	167.0 lbs. & Under	167.1 - 182.0 lbs.	182.1 lbs. & Over	135.0 lbs. & Under	135.1 - 150.0 lbs	150.1 lbs. & Over
50 & Over	167.0 lbs. & Under	167.1 - 182.0 lbs.	182.1 lbs. & Over	135.0 lbs. & Under	135.1 - 150.0 lbs	150.1 lbs. & Over





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## OFFICIAL COACHES/MASTERS APPLICATION

*\*Pre-Register and Save at [www.sacinvitational.com](http://www.sacinvitational.com)*

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Full Name \_\_\_\_\_ Phone ( ) \_\_\_\_\_  
(Last, First)

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ Rank \_\_\_\_\_

School Name \_\_\_\_\_ Instructor's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

I am applying for \_\_\_\_\_ Coach Pass \_\_\_\_\_ Master Pass

I, the undersigned, do hereby voluntarily submit my application for attendance and participation in the said 2024 21st Annual Sacramento Invitational Tae Kwon Do Championship and hereby assume full responsibility for any and all damages, injuries or losses that I may sustain or incur, if any, while attending or participating, and I waive all claims against the promoters, operators and sponsors of said 2024 21st Annual Sacramento Invitational Tae Kwon Do Championship, individually or otherwise for any claim for injuries that I may sustain. I fully understand that any medical treatment given to me will be of a first aid treatment type only. I consent that any pictures furnished by me or any pictures taken of me in connection with the championship can be used for publicity, promotion or television shows, and I waive compensation in regards thereto. If under 18 years of age this release and consent must also be signed by parent or guardian.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_  
Coach/Master Parent/Guardian if under 18 years of age

Make all money orders/cashier's checks payable to:

**ROBINSON'S TAEKWONDO**  
6840 Watt Ave  
North Highlands, CA 95660  
(916) 332-6979

### FEES

Coach.....\$50  
1 Free pass for every 10 Competitors

Master....Free  
*(Master Pass will not have coaching privileges)*



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## REFEREE APPLICATION

Robinson's Taekwondo would be honored to have you serve as Tournament Referee at the upcoming event on Saturday June 22nd, 2024 at West Park High School. Each Referee will receive:

1. Donuts in the morning in the Hospitality Room
2. Lunch during the luncheon intermission
3. **Must Register by 6/15 Checks will be issued at end of tournament**
4. Group Dinner after tournament

**Only the first 30 registered referees will be accepted. Your support for this tournament is greatly appreciated. Please fill out the form below and submit to the address below.**

Full Name \_\_\_\_\_ Phone ( ) \_\_\_\_\_  
(Last, First)

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ Rank \_\_\_\_\_

School Name \_\_\_\_\_ Instructor's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

I am able to officiate as:

<b>Check the box</b>	<input type="checkbox"/>	<input type="checkbox"/>
	Center Referee	Corner Judge

**NOTE: In order to run a smooth and organized tournament, Robinson's Taekwondo reserves the right to choose volunteers and to reassign the preference that was chosen above.**

I, the undersigned, do hereby voluntarily submit my application for attendance and participation in the said 2024 21st Annual Sacramento Invitational Tae Kwon Do Championship and hereby assume full responsibility for any and all damages, injuries or losses that I may sustain or incur, if any, while attending or participating, and I waive all claims against the promoters, or operators and sponsors of said 2024 21st Annual Sacramento Invitational Tae Kwon Do Championship, individually or otherwise for any claim for injuries that I may sustained. I fully understand that any medical treatment given to me will be of a first aid treatment type only. I consent that any pictures furnished by me or any pictures taken of me in connection with the championship can be used for publicity, promotion, or television shows, and I waive compensation in regards thereto. If under 18 years of age this release and consent must also be signed by parent or guardian.

SIGNED \_\_\_\_\_ Referee \_\_\_\_\_ Parent/Guardian if under 18 years of age \_\_\_\_\_ DATE \_\_\_\_\_

Referee Honorarium		
Non Certified Referee	Certified	International Referee
\$50	\$100	\$150



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## ADVERTISEMENT ORDER FORM

This is an Advertising Order for space in the Souvenir Program book for The 2024 21st Annual Sacramento Invitational Taekwondo Championships

PRINT ALL INFORMATION

Advertiser: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

Business Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

### ADVERTISING RATES AND INFORMATION

All advertising artwork must be camera ready in PDF Format! All advertising orders will receive one free program

#### SPECIAL PAGES:

Back Cover	\$1000	full color	8-1/2" x 11"
Inside Front Cover	\$800	full color	8-1/2" x 11"
Inside Back Cover	\$800	full color	8-1/2" x 11"

#### INSIDE PAGES:

Full Page	\$500	black & white	8-1/2" x 11"
Half Page (horizontal)	\$300	black & white	5-1/2" x 5.5"
Quarter Page	\$200	black & white	4" x 5"
Business Card	\$100	black & white	2" x 3"
Good Luck Line	\$50	black & white	1" x 2" (Includes Spectator Fee)
Deadline:	June 1, 2024		

#### CONDITIONS OF THIS CONTRACT

All camera ready artwork must be submitted by email in PDF Format to [csrobinsontkd@att.net](mailto:csrobinsontkd@att.net) no later than June 1st, 2024. A company/cashier check must accompany this order with authorized signature.

Please make check payable to: Robinson's Taekwondo

Please send Checks to: Robinson's Taekwondo  
6840 Watt Ave  
North Highlands, CA 95660  
916-332-6979





**Official Rules & Regulations**  
**<Minor League – 17 Years & Under>**  
March 3, 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. Open to all style of Taekwondo and all belt levels.
- B. Authorization and waiver from guardian or parent.
- C. Age classification: Based on the birth year.

Junior	Cadet	Youth	Tiger
Age 15 to 17	Age 12 to 14	Age 10 and 11	Age 8 and 9

**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.

**3. Equipment**

The Organizer is responsible for providing the supplies instructed by the Kombat Taekwondo Event Commission. The Contestants are responsible for 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 minor 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 Minor 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. For age of 14 and under, Face Shield is required.
- I. Head Gear with Face Shield – Only for age of 14 and under in any color.
- J. Chest Protector – Regular Taekwondo Hogu is required.

**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 shirt 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 & Age Categories**

**Junior Weight Categories (Age of 15 to 17)**

Male	Female
48 kg and under	44 kg and under
48.1 kg to 55 kg	44.1 kg to 49 kg
55.1 kg to 63 kg	49.1 kg to 55 kg
63.1 kg to 73 kg	55.1 kg to 63 kg
Over 73.1 kg	Over 63.1 kg

### Cadet Weight Categories (Age of 12 to 14)

Male	Female
37 kg and under	33 kg and under
37.1 kg to 49 kg	33.1 kg to 44 kg
49.1 kg to 57 kg	44.1 kg to 51 kg
57.1 kg to 65 kg	51.1 kg to 59 kg
Over 65.1 kg	Over 59.1 kg

### Youth Weight Categories (Age of 10 to 11)

Male	Female
32 kg and under	32 kg and under
32.1 kg to 44 kg	32.1 kg to 44 kg
44.1 kg to 52 kg	44.1 kg to 52 kg
Over 52.1 kg	Over 52.1 kg

### Tiger Weight Categories (Age of 8 and 9)

Male	Female
25 kg and under	25 kg and under
25.1 kg to 30 kg	25.1 kg to 30 kg
Over 30.1 kg	Over 30.1 kg

## 8. Weigh-In

- A. The general weigh-in for the contestants participating in the competition shall be conducted **one day prior or on 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 and female contestants shall wear Taekwondo pants and T shirts. An allowance of **800 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. 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.
- D. For small local tournaments, the organizing committee has the option to implement the 'Line Up by Age and Heights' approach without requiring a weigh-in. It is essential to ensure that this method is implemented fairly and impartially.

## 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 organizer is hosting.

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

- A. Each match shall consist of One (1) Round.
- B. For Cadet and Junior divisions, the match is for a duration of THREE (3) Minutes.
- C. For Tiger and Youth divisions, the match is for a duration of TWO (2) 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.
- 3. The referee shall initiate the contest by commanding "Ready" and "Fight".
- 4. The match shall commence with the referee declaring "Fight."
- 5. The match shall conclude with the referee declaring "STOP." If the referee does not make this declaration, the contest is considered to have ended when the match clock has expired; however, a "Warning or 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 time to inspect injury with the consultation of the doctor and apply penalty as necessary. (Referees will indicate a X hand signal to stop the clock for **1 minute** of injury time from the time the doctor enters into the field of play to evaluate the injured contestant.
- 7. After the match ends, the referee shall declare the victory by commanding "Judge Score", all judges and center referee will raise their hand and point the winning contestant.
- 8. Retirement of Contestants.

### **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 or kicks to the **body (and Head for Junior division)** where the contestant is **unable to continue** the fight due to the high impact blows after the referee's 10 counts.

##### ➤ 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

- i. Knockdowns to the ground as result of high impact with trembling shock by punches, or kicking

techniques to the **body (and Head for Junior division)**, and/or the down contestant appear to be unable to continue.

*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)

- ii. Falling due to any takedown techniques (throws), pushes, imbalance, or slips are not considered knockdowns.

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

➤ 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.

➤ Judges' Decision:

***At the end of the match, decision will be announced by Center Referee "Judge's Score".***

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. The contestant's coach has the authority to stop the match using a method specified by the presiding commission.
- C. During the match, the contestant 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.

### **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 chose a winner.
- 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 punches, kicking, 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 effective kicking, punches, and takedown techniques. If a judge believes that both contestants were completely even in effective kicking, punches, 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. 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, 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 & Punches:** Legal strikes achieved through a combination of kicking and punches 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.

**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 except for the back of the head.
2. The 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**

<b>Age Divisions</b>	<b>Body</b>	<b>Head</b>
<b>Junior (15 to 17)</b>	Full Contact	Full Contact
<b>Cadet (12 to 14)</b>	Full Contact	<i>Light Contact</i>
<b>Youth (10 &amp; 11)</b>	Full Contact	<i>Light Contact</i>
<b>Tiger (8&amp;9)</b>	Full contact	<i>Light Contact</i>

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

1. Closed fist punch, hammer fist, and back fist. No Elbow strike is allowed.

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

1. Any kicking techniques to the permitted area **above** the waist.

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

1. Takedown techniques must be applied by holding or grabbing onto the upper body and when the opponent is not kicking.
2. Apply takedown techniques when clinching within 3 seconds.
3. No Spin Sweep technique and No ground fighting.

## **18. Penalties**

The maximum penalties are Five (5). Once the Six (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 strike.
5. Excessive attack to the head for age of 14 and under.

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

1. Kick below the waist except for legal takedown techniques.
2. Knee Strike or 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.
5. Excessive attack (fist or kick) to the head for age of 14 and under.
6. No spin sweep technique.

### **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 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 ground fighting.
6. Pulling protective gear and apparel.
7. Unsportsmanlike behavior.
8. Out of boundary: when BOTH feet are out. If contestant is pushed out by hands, The other contestant will be penalized.

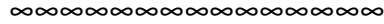
**Explanation:**

- 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 feigning 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 corner 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.
- ***Absolutely NO elbow and Knee strikes and No Spin Sweep technique and No ground Fighting are allowed.***
- ***Junior safety rule (Light contact to the head) for age 14 and under will be enforced strictly.***

**19. Verbal Warnings, Official Penalty, and Injuries Resulting from Prohibited Acts**

- A. The Center Referee has the authority to issue verbal warnings, penalties, or disqualify a contestant for penalties 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 issue a hand signal 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 and/or 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.



*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.*



## 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:***

<b>2024 World Open Participant</b>	<b>120</b>
2025 - In January	60 <i>50% reduction</i>
2026 - In January	0 <i>50% reduction</i>

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



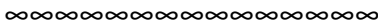
- B. Awarded points shall only be valid for two (2) full years starting from January 1, 2024 and it will be reviewed every year.
- C. Any Major League tournaments that are held in December, points shall be carried into the following year as Year one.
- D. During the two-year term, points will be deducted 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.*