TAEKWONDO

TECHNICAL RULES AND REGULATIONS

2026

GENERAL. 3
1. GENERAL CONDITIONS 3
2. DELEGATION COMPOSITION 4
3. SPORT PROGRAM 5
4. TECHNICAL RULES 7
5. DRAW 7
6. PROTESTS AND APPEALS 7

GENERAL

The purpose of the "ISF Taekwondo Technical Rules and Regulations" is to provide standardized rules and regulations for all Taekwondo competitions. This document is set up by the ISF Statutes, the ISF Sport Policy and the ISF General Competition Regulations, and World Taekwondo Rules.

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner. The specific objectives of this document are to:

1. Define and specify the **general conditions** under which participants can take part in the ISF Taekwondo events;
2. Determine the **delegation composition**;
3. Determine the **sport program;**
4. Determine the **technical rules;**
5. Set the **draw** procedure;
6. Set **protests and appeals** procedure.

Please note that the technical rules and regulations are applicable to Taekwondo events in 2026.

1. GENERAL CONDITIONS

The competition will be run according to the World Taekwondo (WT) technical rules. Any decisions over matters not mentioned in the present document will be taken by the WT technical delegate in collaboration with the ISF Technical Committee.

- The ISF Taekwondo events are open to individuals/groups.
- The competition is categorized as: boy categories, girl categories and mixed categories.
- The competition will he held for color and black belts separately.

AGE CATEGORY

YEAR	U18* YEAR OF BIRTH
2026	2009-2010-2011

2. DELEGATION COMPOSITION

Each delegation will consist of:

- Head of delegation - mandatory
- Deputy Head of Delegation - optional
- Student athlete(s) - mandatory
- Team officials - mandatory
- Additional adults - optional
- Safeguarding officer - optional
- Young reporter - optional

HEAD OF DELEGATION (HOD)

- There is a mandatory amount of one (1) head of the delegation per registering delegation.
- The head of the delegation shall be the sole intermediary between the delegation and the Local Organizing Committee, and the ISF.
- He/she may not combine the function with any other official role (i.e., coach, referee, etc.).

DEPUTY HEAD OF DELEGATION (Deputy HoD)

- The role of Deputy HoD is to assist the Head of Delegation.
- The presence of the Deputy HoD is not mandatory.
- max 1 Deputy Head of a delegation from 100 to 200 participants.
- max 2 Deputy Heads of a delegation from 201 or more participants.

ATHLETES

- All student-athletes must be enrolled as full-time students at a school in the country in which they represent.
- All student-athletes must be attending schools that provide general education and/or vocational education incorporating segments of general education.
- Only athletes, registered on the team's list handed in at the accreditation, are authorized to take part in this competition.
- Athletes may have GAL (Global Athlete License) according to World Taekwondo Rules. In this event, black belts may have an international GAL and color belts a national GAL.

The following are *not* eligible to participate:

- Attendees of vocational schools only attend a school as a complement to their vocational training and are not full-time students with a segment of general education.
- Students enrolled at schools that provide sports training without any general education.

TEAM OFFICIALS

Coaches

- The presence of a coach is mandatory.
- Teams or individuals cannot participate in the competition without the presence of a coach.
- Each delegation shall enter a minimum of one (1) coach per gender.
  Coaches may have a Coach Courses Certificate active and GOL (Global Official License).

Other Team officials

The function of other team officials can be: doctor, trainer, physiotherapist, statistician, team manager etc.
The presence of the other team officials is not mandatory.

- The function of the other team officials must be specified during the registration process.
- Any person not specified during registration or exceeding the limit will not be considered part of the team.

ADDITIONAL ADULTS

- The function of additional adults can be: interpreter, security personnel, ministry representatives, media, etc.
- The presence of additional adults is not mandatory.
- The function of each additional adult must be specified during the registration process.
- Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.

Safeguarding officer

The role of the safeguarding officer is to provide support to the delegation in any situation related to safety.

Young reporter

Each delegation may bring additional young students who will take the role of a young reporter during the ISF event.

3. SPORT PROGRAM

EVENTS

Color belts and black belts will compete separately.

POOMSAE

1) Recognized Poomsae
   a) Individual (Boys and Girls)
   b) Pair (Mixed – One boy and one girl)
   c) Team (3 boys or 3 Girls)

2) Freestyle Poomsae
   a) Individual (Boys and Girls)
   b) Pair (Mixed – One boy and one girl)
   c) Team (Mixed – 5 athletes – 3 boys/2 girls or 3girls/2 boys) +1 Substitute max

Contestants may compete up to two (2) categories of competition.

KYORUGI
PSS: KPNP (K1)
Junior weigh categories:

Men's division		Women's division	
Under 45kg	Not exceeding 45kg	Under 42kg	Not exceeding 42 kg
Under 48kg	Over 45 kg & Not exceeding 48 kg	Under 44kg	Over 42 kg & Not exceeding 44 kg
Under 51kg	Over 48 kg & Not exceeding 51 kg	Under 46kg	Over 44 kg & Not exceeding 46 kg
Under 55kg	Over 51 kg & Not exceeding 55 kg	Under 49kg	Over 46 kg & Not exceeding 49 kg
Under 59kg	Over 55 kg & Not exceeding 59 kg	Under 52kg	Over 49 kg & Not exceeding 52 kg
Under 63kg	Over 59 kg & Not exceeding 63 kg	Under 55kg	Over 52 kg & Not exceeding 55 kg
Under 68kg	Over 63 kg & Not exceeding 68 kg	Under 59kg	Over 55 kg & Not exceeding 59 kg
Under 73kg	Over 68 kg & Not exceeding 73 kg	Under 63kg	Over 59 kg & Not exceeding 63 kg
Under 78kg	Over 73 kg & Not exceeding 78 kg	Under 68kg	Over 63 kg & Not exceeding 68 kg
Over 78kg	Over 78 kg	Over 68kg	Over 68 kg

4. TECHNICAL RULES

RULES

In accordance with current regulations: Rules and Regulations | World Taekwondo

SYSTEM OF PLAY

Kyorugi:

- Single elimination tournament system.
- Best of 3 rounds system.

Poomsae:

- Single elimination tournament system (side by side).

5. DRAW

- Kyorugi: Random computerized drawing.
- Poomsae: The election of the poomsae will be randomly selected.

6. PROTESTS AND APPEALS

- Kyorugi: According art. 21 of Kyorugi World Taekwondo rules.
- Poomsae: According art. 26 of Poomsae World Taekwondo rules.

TAEKWONDO

TECHNICAL RULES AND REGULATIONS

WE ARE SCHOOL SPORT

www.isfsports. org

@ISFsports