

Taekwondo

Poomsae

❖ Category I –Junior

- Junior category will include participants from White belt upto Blue belt. Participants are required to know from *Taegeuk I* to *Taegeuk IV*.

❖ Category II –Senior

- Senior category will include participants from Blue-One Belt and above. Participants are required to know from *Taegeuk I* to *Taegeuk VIII*.

Following will be the competitions in each categories mentioned above:

1. Individuals: Male and female separately. There will be 1 Gold, 1 Silver, and 1 Bronze for male and similarly for females.
2. Pairs: Pair to be formed by a male and a female. There will be 1×2 gold, 1×2 silver and 1×2 bronze medals.
3. Group: A group will be formed by three participants (Male Group and Female Group separately). There will be 1×3 gold, 1×3 silver and 1×3 bronze medals and similarly for females.

Sparring (Kyorugi)

The players will fight within their respective weight categories. Players in single weight category will be grouped randomly.

Weight categories	Male(in kg)	Female(in kg)
I	Under 54	Under 49
II	54-58	49-54
III	58-63	54-60
IV	63-69	60-68
V	69-75	68-75
VI	Above 75	Above 75

NOTE:

- Maximum participation of 2 in each weight category for kyorugi from

one team/college.

- There is no limit for participation in Poomsae event but a participant can participate in maximum of two of the poomsae events (individual, pair, group).
- The individual and pair events will have junior and senior category (Group event will not have any category)
- The competition will be held as per the *WTF (world Taekwondo Federation)* rules.
- Decision made by Judges/Referee will be final and binding.

*Winner Trophy and a Runner-Up trophy to the team/college will be given on basis of points calculated from the medals won by participants from that team/college.

****Rules & schedule are subject to change in the spirit of the game and the Final decision in all matters rests with the *Sangram* organizing team.**