



## Official Rules & Regulations

August 27, 2023

*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 black belt in any style.
- B. Minimum age of 18 years old.
- C. Must provide valid health evaluation from registered doctor.

### **2. Competition Area**

- A. The Kombat Taekwondo matches are held in a ring that is specially designed for the Kombat Taekwondo. The fighting area may be altered to meet the requirements and/or specifications set by the Kombat Taekwondo Event Commission in charge of the competition.

### **3. Equipment**

The Organizer is responsible for furnishing of supplies instructed by the Kombat Taekwondo Event Commission. The Kombat Taekwondo Event Commission in charge shall decide all matters relating to Hand Wrapping, Ankle/Foot Wrapping, and the utilization of soft supportive braces.

### **4. Protective Equipment**

All protective equipment used during the Kombat Taekwondo fights must be a recognized brand and approved by the Kombat Taekwondo.

- A. Male Taekwondo contestant must wear an inside groin protector.
- B. Female contestant must wear sport bra and inside groin protector during the competition.
- C. Contestants must wear approved Kombat Taekwondo gloves and foot pads.
- D. Contestants must bring mouthpiece during the competition, as well as provide a backup. The mouthguard must be examined and approved by the referee. Fighter cannot wear mouth braces.

## **5. Apparel**

- A. When entering the ring, male contestants are required to wear an official approved Kombat Taekwondo attire. During the fight, they will only wear Kombat Taekwondo trouser and sport bra for woman.
- B. Athletes may wear a robe to enter the ring. The robe must be removed upon entering the ring. Athlete's robe may have the following: The use of national emblems, country flags, brands, athlete's name, logo, nickname, and labels must comply with the rules set forth by Kombat Taekwondo Ltd rules and regulation.
- C. All Athletes must wear attire that has been approved by Kombat Taekwondo Event Commission.
- D. The wearing of shoes or any other type of footwear exception of Kombat Taekwondo approved foot pads is not permitted during the competition.
- F. Coaches and other accompanying personnel must wear attire that has been approved by the Kombat Taekwondo.

## **6. Appearance**

- A. Each fighter is required to maintain cleanliness and a well-groomed.
- B. No makeup, face or body paint, jewelry, or other piercing accessories while participating in the competition or exhibition.
- C. Short fingernails, toe nails and no wearing metallic or any other objects that could potentially harm opponent.
- D. A small quantity of petroleum jelly is permitted for application on the mask area of the face only.
- E. The Referees will evaluate if a fighter's head or facial hair poses any threat to their safety or that of their opponent.
- F. Referee must wear Kombat Taekwondo approved referee attire.

## **7. Kombat Taekwondo Weight Divisions**

Kombat Taekwondo events feature single elimination tournament system. Sometimes, single-match contest tournament will be offered by the Organizer.

### **DIVISION WEIGHT CATEGORIES:**

Women's Fin Weight	-49kg
Women's Light Weight	49.1kg - 57kg
Women's Middle Weight	57.1kg - 67kg
Women's Heavy Weight	+67kg
Men's Fin Weight	-58kg
Men's Light Weight	58.1kg - 68kg
Men's Middle Weight	68.1kg - 80kg
Men's Heavy Weight	+80kg

Organizer may also approve fighters move up or move down weight categories.

## **8. Weigh-In**

1. The general weigh-in of the contestants for the competition shall be organized one day prior to the competition. The time for the general weigh-in will be decided by the Organizing Committee and be performed at the official weigh in.
2. During the weigh-in, the male contestant shall wear underpants and the female contestant shall wear underpants and a brassiere. 300 grams will be allowed to compensate.
3. General weigh-in shall be made once, however, one more weigh-in will be granted to any contestant who did not qualify the first time. Fighter has another 3-hour time frame for a second weigh in.
4. So as not to be disqualified during the weigh-in, scales identical to the official one shall be provided at the contestants' place of accommodation or at the weigh-in venue for pre-weigh-in.

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

- A) Individual competition shall be between contestants in the same weight category. When necessary, adjoining weight categories may be combined to create a single classification with approval of Kombat Taekwondo commissioner. No contestant is allowed to participate in more than one (1) weight category in one event.
- B) Team Competition: All team members must be same weight category. Methods of competition shall be referred to as "Team Competition Methods". Adjoining weight categories may be combined with approval of Kombat Taekwondo commissioner.
- C) System of competition is a Single Elimination match.
- D) Maximum of 16 competitors in a weight division. The number of competitors in a weight division may be adjusted or altered based on the type event the organizer is hosting.

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

- A) Each match shall consist of One Round.
- B) Individual matches are for a duration of Five (5) Minutes.
- C) Team matches are for a duration of Ten (10) Minutes.
- D) The winner will be decided at the end of the round.

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

- A) Procedure before the Beginning and After the End of the Contest:
  1. Before the start of the contest, the center referee will call each contestant. Both contestants will enter the contest area.
  2. The contestants shall face each other and make a standing bow at the referee's command of "Attention" and "Bow".
  3. The referee shall start the contest by commanding "Ready" and "Start".
  4. The contest of a round shall begin with the declaration of "Start" by the referee.
  5. The contest of a round shall end with the declaration of "Stop" by the referee. Even if the referee did not declare "Stop", the contest shall be deemed to have ended when the match clock has expired, however, a "Warning or Penalty" can be given even after expiration of the match clock.
  6. The referee may pause a contest by declaring "Break" and resume the contest by declaring "Continue". When the referee declares "Break" the recorder should immediately stop the match time; when the referee declares "Continue", the recorder should immediately restart the match time.
  7. After the end of the round, the referee shall declare the winner by raising his/her hand to the winner's side.
  8. Retirement of the Contestants

- B) When one fighter becomes grounded during the fight, the referee will indicate to the timekeeper to start a countdown by raising a hand. A digital countdown timer will begin counting back from Ten (10) to One (1), indicating the length of time for the standing fighter to continue their legal attack, while the downed fighter may defend themselves. The countdown will stop at the sound of the buzzer. If a countdown timer is not available, the referee will initiate an audible countdown from Ten (10) to One (1). After the completion of the "Ten-Count," the referee will intervene, ensuring a clear separation between the fighters. The fighters will be instructed to stand up, and the fight will resume. It is crucial for the fighters to promptly rise upon the referee's command following the ten-count, as failure to do so may lead to warnings, penalties, disqualification, or a loss by TKO. A fighter is "grounded" if any part of their body, except for the soles of their feet, comes into contact with the floor of the fighting area.
- C) When a fighter is engaging with their downed opponent, they are permitted to utilize hand and leg strikes. All foot and hand techniques, including hammer fist and elbow strikes, are permissible when one of the fighters is considered grounded.
- D) A fighter may submit to his opponent by either tapping their hand continuously on any area of the pit or by verbally submitting to the referee.
- E) A fighter's coach may concede the match by a method determined by the presiding commission.

## **12. Types of Contest Results**

Victory can be attained by:

- Knockout via punch, kick, knee, elbow, or legal throw
- Technical knockout due to referee/doctor/corner stoppage
- Technical knockout due to 3 knockdowns in a round
- Athlete verbally requests a stoppage
- Judges' decision
- Technical decision
- Disqualification

Decision via the judges, including:

- i) Unanimous Decision: When all three judges decide the winner of the contest for the same contestant
- ii) Split Decision: When two judges decide the winner of the contest for one contestant and one judge decides the winner of the contest for the opponent.

In the event of a contest being concluded due to an injury resulting from a foul or a double knockout occurrence, the rules set forth by the presiding commission concerning technical decisions shall be implemented.

## **13. Stopping Contest**

- a) Only the center referee and/or the ringside physician, as determined by the presiding commission, possess the authority to halt a contest. No other individuals are permitted to make this decision, ensuring the safety and integrity of the event.
- b) The fighter's coach has the authority to concede the match using a method specified by the presiding commission.
- c) During the match, the fighter is allowed to surrender or concede to their opponent by employing the following methods:
  - i) Tapping their hand continuously on any area of the PIT
  - ii) Verbally submitting to the referee

#### **14. Judging – Individual & Team Match**

Three judges will assess both Individual and Team matches. They will be strategically positioned at various locations around the fighting arena to evaluate the contest from different perspectives. The center referee may not be one of the 3 judges. There will be 2 Center Referees for a Team Match. Judges will evaluate Taekwondo techniques, such as effective kicking & striking, takedowns and domination of fighting.

If there is no technical knockout, no verbal or tap from the athlete request a stoppage, or knock out by technical techniques - Three (3) judges will determine the winner of the contestant who dominated 5 minutes of fight. Kombat Taekwondo prioritizes productive aggressiveness, so the fighter who gets results based on attacking should be favored over a fighter who counters if the results of the fighting action are similar.

#### **15. Legal Techniques**

- a) 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 beltline.
- b) Elbow strike techniques, whether executed with a closed or open hand, are allowed when directed towards the front and sides of the head, as well as the torso above the beltline. However, it is essential to note that elbow strikes are only permitted without grabbing or holding the opponent. Upper cuts to the face and above the beltline are permitted. Upper cuts is only permitted without grabbing or holding the opponent.
- c) Allowed open hand strikes: Knife and Ridge hand strike to the front and side of the head and the torso above the beltline is permitted. Palm hand strike to the front and side of the head, and the torso above the beltline. Striking to any part of neck is not allowed.
- d) Kicking techniques aimed at the front and sides of the head, as well as the torso above the beltline, are allowed. Knee strikes are also permitted, but without holding on to any part of the opponent's body.
- e) Sweeps, reaps, and throws (excluding those specified as fouls below) are permitted techniques during the match.
- f) Grabbing body for a takedown is allowed when opponent is not kicking.

#### **16. Fouls**

- a) Striking with the fingers towards any target or with head is prohibited.
- b) Choking and joint manipulation is prohibited.
- c) Kicking the portion of the leg below the hip, except when using sweeping techniques, which are restricted to a range of only 12 inches from the bottom of the heel.
- d) Striking or grabbing the throat or neck in any manner is strictly forbidden.
- e) Striking to the spine or the back of the head is not permitted.
- f) No groin attacks are allowed.
- g) Grabbing the opponent's head with either hand or hold the head with one hand while striking with the other.
- h) Grabbing an opponent's leg while they are kicking is prohibited.
- i) Clinching, holding, or grabbing for any purpose other than to immediately execute a legal technique is not permitted.
- j) Intentionally throwing or spiking an opponent on their head or neck, or outside the fighting area, is forbidden.
- k) Timidity or Passivity, which includes but is 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.

- l) Holding the protective gears and apparel of an opponent is not allowed.
- m) 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.
- n) Flagrantly disregarding the instructions of the referee or any interference by the corner is not acceptable.
- o) 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.
- p) Engaging in any unsportsmanlike conduct, including but not limited to abusive language, is not permitted.
- q) Applying any foreign substance to the hair or body to gain an advantage is prohibited.
- r) Striking any part of the neck is not allowed.
- s) Raising a knee to block a opponent's kick is prohibited.

### **17. Cautions, Warnings, Penalties and Injuries Resulting from a Foul**

- a) Referees have the authority to Caution, Warn, Penalize, or Disqualify a fighter for fouls committed during the match. Cautions will be issued without interrupting the ongoing fighting action of the match.
- b) The deliberate execution of any prohibited hand strikes and kicks will result in an immediate penalty.
- c) Unintentional execution of any forbidden hand strikes and kicks will receive an immediate verbal warning, and on the next occurrence, it will be penalized. To issue an official warning, the referee will separate the fighters and directly communicate with the athlete being warned.
- d) To issue an official warning, the referee should separate the fighters and communicate directly with the athlete being warned.
- e) If a fighter is to be disqualified, the referee will signal by waving hands above the head to indicate the termination of the match.
- f) If a fighter sustains an injury resulting from a foul, it will be addressed in accordance with the rules, regulations, and policies of the presiding Kombat Taekwondo Event commission.

### **18. Anti-Doping Test**

- 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 the Kombat Taekwondo events. The Kombat Taekwondo Anti-Doping Rules shall be applied to Kombat Taekwondo events.
- The Organizer may carry out any doping tests deemed necessary to ascertain if a contestant has committed a breach of this rule, and any contestant who refuses to undergo this testing or who proves to have committed such a breach shall be removed from the final standings, and the record shall be transferred to the contestant next in line in the competition standings.

## Team Match 2v2

The Team Match 2v2 in Kombat Taekwondo is an exhilarating event that showcases the skill, strategy, and teamwork of competitors. Governed by the Official rules and regulations of Kombat Taekwondo, this dynamic competition pits two teams against each other in an intense battle of Taekwondo prowess.

The Team Match 2v2 is a highly anticipated event in Kombat Taekwondo, where two teams, each consisting of two competitors, engage in a thrilling display of skill, agility, and strategy. This event combines the individual talents of each team member with synchronized teamwork to create a dynamic and engaging spectacle.

The Team Match 2v2 in Kombat Taekwondo is a thrilling display of skill, strategy, and teamwork. It provides an opportunity for competitors to showcase their taekwondo abilities while working in harmony with their teammate. Adhering to the Official rules and regulations of Kombat Taekwondo ensures fair play and an exciting experience for both the competitors and the spectators.

### **Descriptions:**

- a. There will be Two Center Referees for a Team Match.
- b. Each match shall consist of One Round, lasting Ten (10) Minutes. The winning Team will be decided at the end of the round.
- c. Please refer to Official rules and regulations of Kombat Taekwondo that are not listed on Team Match 2v2 description.

### **Procedure of contest:**

A) Procedure before the Beginning and After the End of the Contest:

1. Before the start of the contest, the center referee will call all contestants. All contestants will enter the contest area.
2. The contestants shall face each other and make a standing bow at the referee's command of "Attention" and "Bow".
3. One fighter from each team must exit the pit just before the bell to begin the match.
4. The referee shall start the contest by commanding "Ready" and "Start".
5. The contest of a round shall begin with the declaration of "Start" by the referee.
6. The contest of a round shall end with the declaration of "Stop" by the referee. Even if the referee did not declare "Stop", the contest shall be deemed to have ended when the match clock has expired, however, a "Warning or Penalty" can be given even after expiration of the match clock.
7. The referee may pause a contest by declaring "Break" and resume the contest by declaring "Continue". When the referee declares "Break" the recorder should immediately stop the match time; when the referee declares "Continue", the recorder should immediately restart the match time.
8. Both teams shall line up in the Contest Area immediately after the end of the final match facing each other.
9. After the end of the round, the referee shall declare the winner by raising the team's hand to the winner's side.
10. Retirement of the Contestants.

B) When one or more fighter becomes grounded during the fight, the referee will indicate to the timekeeper to start a countdown by raising a hand. A digital countdown timer will begin counting back from Ten (10) to One (1), indicating the length of time for the standing fighter to continue their legal attack, while the downed fighter may defend themselves. The countdown will stop at the sound of the buzzer. If a countdown timer is not available, the referee will initiate an audible countdown from Ten (10) to One (1). After the completion of the "Ten-Count," the referee will intervene, ensuring a clear separation between the fighters. The fighter will be instructed to stand up, and the fight will resume. It is crucial for the fighters to promptly rise upon the referee's command following the ten-count, as failure to do so may lead to warnings, penalties, disqualification, or a loss by TKO. A fighter is "grounded" if any part of their body, except for the soles of their feet, comes into contact with the floor of the fighting area.

C) When a fighter is engaging with their downed opponent, they are permitted to utilize hand and leg strikes. All foot and hand techniques, including hammer fist and elbow strikes, are permissible when one of the fighters is considered grounded.

D) A fighter may submit to his opponent by either tapping their hand continuously on any area of the pit or by verbally submitting to the referee.

E) A fighter's coach may concede the match by a method determined by the presiding commission.

If a fighter(s) is attacking their downed opponent, they are allowed to use all legal techniques.

A fighter(s) may submit to his opponent by either tapping their hand continuously on any area of the pit or by verbally submitting to the referee.

A fighter's coach may concede the match by a method determined by the presiding commission.

#### **Other Rules:**

- a. When one fighter is grounded, both opponent fighter(s) are allowed to attack simultaneously.
- b. Both fighters from same team cannot be in the pit fighting for longer than 1 minute. At 10 seconds left, countdown will begin to inform the fighter. One fighter from an individual team must exit the pit.
- c. If both fighters from same team were fighting in the pit, the waiting period to re-enter the pit for 2v2 or 2v1 is 1 minute.
- d. If fighters from same team are switching to fight 1v1, there is 1 minute waiting period.
- e. Fighters from same team can switch to be in the pit by giving a "High Five" by ONE HAND.
- f. Fighters in the pit can invite team mate to join the fight by giving "High Tens" by BOTH HANDS.

The rules outlined for Kombat Taekwondo shall always be subject to the prevailing laws and ethical standards of the location where the event takes place. They may be revoked or adjusted accordingly, ensuring compliance with the regulations set forth by the Athletic Commission, Sanctioning Organization, or other approved Regulatory Body overseeing the event. In situations not explicitly covered in this document, the presiding commission, in consultation with the sanction organization and Kombat Taekwondo rules director, holds the authority to make appropriate decisions.