



The 3rd Asian  
Youth Games  
Bahrain 2025

# Taekwondo

## Technical Handbook

V2





## Technical Information

### 1. Dates

The Taekwondo competition of the 3rd Asian Youth Games will be held from 23 to 26 October 2025

### 2. Venues

The Taekwondo competition of the 3rd Asian Youth Games will be held at Exhibition World Bahrain.

### 3. Events

The Taekwondo competition of the 3rd Asian Youth Games consists of 17 events, including seven (7) men's events, seven (7) women's events , two (2) mixed Pair and one (1) Mixed Team event as follows:

Kyorugi Weight Categories		
Men	-48kg, -55kg, -63kg, -73kg, +73kg	5
Women	-44kg, -49kg, -55kg, -63kg, +63kg	5
Mixed Team		1
Poomsae Divisions		
Men's Individual Recognized Poomsae		1
Men's Individual Freestyle Poomsae		1
Women's Individual Recognized Poomsae		1
Women's Individual Freestyle Poomsae		1
Pair Recognized Poomsae		1
Pair Freestyle Poomsae		1

Note: The granting of WT World and WT Olympics ranking point must follow WT Ranking Bylaw for both Kyorugi and Poomsae

- Kyorugi: WT Ranking Bylaw September 30, 2024
- Poomsae: WT Poomsae Ranking Bylaw September 30, 2024





#### 4. Competition Schedules

Date	Session	Time	Event	Phase
23 October 2025	TKW01	9:00-12:00	M&W Poomsae (Recognized & Freestyle)	Preliminary
		14:00-17:00	Individual (Recognized & Freestyle) Mix Pair	Semi-final Finals
		12:00 - 14:00	Weigh-in	
24 October 2025	TKW02	8:00 - 9:00	Random Weigh-in	
		9:00-12:00	M -48kg W -44kg M +73kg W +63kg	Round of 16
		14:00-18:00		Round of 8 Quarterfinals Semifinals Finals
		12:00 - 14:00	Weigh-in	
25 October 2025	TKW03	8:00 - 9:00	Random Weigh-in	
		9:00-12:00	M -73KG W -55KG W -49KG	Round of 16
		14:00-18:00		Round of 8 Quarterfinals Semifinals Finals
		12:00 - 14:00	Weigh-in	
26 October 2025	TKW04	8:00 - 9:00	Random Weigh-in	
		9:00-12:00	M -55KG W -63KG M -63KG Mixed Team Event	Round of 16
		14:00-18:00		Round of 8 Quarterfinals Semifinals Finals

#### 5. Sport Entries

##### 5.1 - Eligibility

- Only the OCA member NOCs are entitled to send athletes to participate in the Taekwondo competition of the 3<sup>rd</sup> Asian Youth Games.
- Only athletes who comply with the OCA Constitution and Rules and its By-law are entitled to compete in the Taekwondo competition.





## 5.2 - Entry Timeline

- Entry by Sport: Deadline: 24:00 25 March, 2025 (Manama Time, GMT +3)
- Entry by Number: from 10:00 30 June 2025 to 23:59 21 July 2025 (Bahrain Time, UTC +3)
- Entry by Name: from 10:00 1 August 2025 to 23:59 to 31 August 2025 (Bahrain Time, UTC +3)

## 5.3 - Entry Policies

### 5.3.1 Kyorugi

- Individual: Each NOC may enter a maximum of one (1) athlete per event.
- Mixed Team: Each NOC may enter a maximum of one (1) Mixed Team, 4 Athlete (2 male and 2 female) The total weight of two (2) female athletes shall not exceed 135kg, while that of two (2) male athletes shall not exceed 150kg

### 5.3.2 Poomsae

- Individual: Each NOC may enter a maximum of one (1) athlete per event.
- Mixed Pair: Each NOC may enter a maximum of one (1) Pair per event, 2 Athlete (1 Male and 1 Female).

### 5.3.3 Total

- Total number of athletes: Each NOC may enter a maximum of twenty two (22) athletes eleven (11) men and eleven (11) women, including: seven (7) men and seven (7) women for Individual events, and four (4) men and four (4) women for Mixed events.

Any NOC that withdraws the entry of athletes after the submission of their entries by name will be subject to disciplinary action by the OCA Executive Board.

## 5.4 - Age Limitation

Athlete participating in the Taekwondo competition must be between 15 - 16 years old - Athletes must be born between 2009 and 2010 (inclusive).

## 6. Arrival and Departure

Teams arrival is fixed two (2) days before the competition and depart one (1) day after it ends.





## **7. Technical Meeting**

- The technical meeting of Kyorugi/Poomsae will be held at the same time on October 22 location and time will be confirmed.

## **8. Training Arrangements**

- The training will be available from 15 October 2025 the training Schedule will be provided after the entry by name ended.

### **8.1 Training Rules**

- The training sessions of Taekwondo taking place from 22 to 26 October 2025.
- The officially allotted training starts from 9:00 to 14:00 each day, and each team will have a one-hour training session per day. In principle, no changes will be accepted once a team's training schedule
- Any media organization wishing to cover a specific training session must obtain approval from the concerned NOC delegation in the first place before being allowed to enter the training venue.

## **9. Competition Rules**

- The Taekwondo competition of the 3rd Asian Youth Games will be held as per the latest WT Competition Rules & Interpretation. WT Competition Rules & Interpretation (September 30, 2024). WT Poomsae Competition Rules & Interpretation (September 30, 2024). Detailed information is available on the website of the World Taekwondo (WT): [www.worldtaekwondo.org](http://www.worldtaekwondo.org).
- In case of any disagreement in the interpretation of the WT rules and regulations, the English version of the rules and regulations shall prevail.
  - **Kyorugi**
    - Kyorugi Mixed Team Event: Each team shall consist of at least two (2) female and two (2) male athletes. The total weight of two (2) female athletes shall not exceed 135 kg, while that of two (2) male athletes shall not exceed 150 kg.
    - During the competition of Kyorugi Mixed Team Event, the team that accumulates ->40 "Gam-jeom" loses the match. The win by point gap (PTG) will not be adopted.
  - **Recognized Poomsae: Single Elimination Tournament system**
    - Individual: Two contestants will perform the Poomsae simultaneously on the mat.
    - Pair / Team: Each pair/team will perform the Poomsae separately.
    - Designated Poomsae shall be randomly selected and shown through monitor on Field of Play





- **Freestyle Poomsae: Cut-Off system**

- 1. Composition of Free Style Poomsae

- 1.1 Yeon-muline shall choice of contestants

- 1.2 Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WT Poomsae committee.

- Any unforeseen circumstances not covered by the regulations and rules shall be resolved as follows:

General issues: Resolved in accordance with the Olympic Council of Asia (OCA) Constitution and Rules.

Relevant technical details shall follow the WT competition rules and regulations.

## **10. Competition Format**

10.1 - The Kyorugi/Poomsae competition adopts a single elimination.

- All competitions shall be conducted in single elimination tournament system, except freestyle poomsae competition, which shall be conducted in a cut-off system. As for the seeding, it will follow the WT Ranking Bylaw for both Kyorugi and Poomsae (Recognized and Freestyle).
- Medal shall be awarded to the top four (4) contestants. (One gold, one silver, and two bronzes)

10.2 Field of play (FOP)

- There will be two (2) elastic Taekwondo mats of 12 meters by 12 meters used for the Poomsae contest area, and Three (3) octagonal-shaped mats of 12 meters by meters (including 60cm safety area), of which an area of 8 meters by 8 meters is used for the Kyorugi competition area

10.3 Competition Duration

- Recognized Poomsae: 90 seconds.
- Freestyle Poomsae: 90-100 seconds.
- Kyorugi: In the best of three (3) system, the duration of the match shall be three (3) rounds of two (2) minutes each with a one-minute rest between rounds.
- In the best of three (3) system, in case of a tie score in the relevant round of match, the winner shall be decided in accordance with the following criteria:
  - 1- Most points scored by turning or spinning kick.
  - 2- If the points for technical skills are tied, the contestant who has scored more points in the order of higher technical value (Head, Trunk, Punch, Gam-Jeom) shall be declared the winner.
  - 3- If the high value points are the same, the contestant who received higher number of hits registered by the PSS.
  - 4- If the above three (3) criteria are the same, the winner will be decided by the referee and judges:
    - a. If there are two (2) judges participating in the match, the winner shall be decided by the referee and the two (2) judges.
    - b. If there are three (3) judges participating in the match, the winner shall be decided by the three (3) judges, and the referee will not take part in the decision.

- Kyorugi Mixed Team Event:





- Each team must register at least two (2) female and two (2) male athletes, with a maximum of six (6) athletes including two (2) reserves (one per gender).
  - Each contest must include four (4) starting athletes: two (2) female and two (2) male.
  - Teams must submit the entry list prior to each contest. The combined weight of the selected athletes must not exceed the weight limit of the respective division. No changes to the entry list are permitted once it has been submitted.
  - Athletes are numbered from 1(lighter) to 2(heavier) for female and 3(lighter) and 4(heavier) for male athletes.
  - Contests consist of three (3) (or two (2)) rounds of three (3) minutes each, with a one-minute break between rounds.
  - The 1st round shall start with Choice of Chung's female athlete.
  - The 2nd round shall start with choice of Hong's female athlete.
  - In case of 3rd round, it shall start with the male athlete.
  - Each side must match same gender for every bout
  - Unlimited substitutions (tags) are allowed. However, once an athlete is substituted in, they must remain in the contest for at least 15 seconds before being eligible for substitution again. Additionally, after a substitution, the opposing team may not substitute their athlete for the next 10 seconds.
  - Substitutions can only occur when the match is reasonably interrupted.
  - The team that accumulates 40 Gam-jeoms at any point during the contest will be declared the loser.
  - There is no point gap rule in team competition.
  - In the event of an injury during the competition, Mixed Gender Teams may continue with a team of three (3) athletes.
  - Male athletes in Mixed Gender Team Competition must wear black Dobok pants.
- Tie Break Rules for Poomsae: In case of a tied score, the winner shall be the contestant who has more points in presentation (for Recognized Poomsae) or in technical skills (for Freestyle Poomsae). In case the scores are still tied, then the one who has higher total points (total points of all judges, including the highest and the lowest points) is the winner. If it's still tied then a rematch shall be conducted to determine the winner. The TD will decide the rematch Poomsae. The previous score will not affect the score on the rematch.

#### 10.4 Scoring

- Poomsae events will adopt on-site scores while Kyorugi events adopt the best of three (3) system. The match score shall be the sum of the number of rounds won of the three rounds.
- All the scores will be displayed on the electronic scoreboard

#### 10.5 Winning Method

- Win by referee stops contest (RSC)
- Win by final score (PTF)
- Win by withdrawal (WDR)





- Win by disqualification (DSQ)
- Win by disqualification for unsportsmanlike behavior (DQB)

#### 10.6 Contestant Uniform and Protective Equipment

- Contestants shall wear WT approved kyorugi competition uniform and equipment including trunk Protector and Scoring Systems (PSS) and head PSS, groin guard, forearm guards, shin guards, gloves, sensing socks, and a mouthguard before entering the contest area. Head PSS and trunk PSS shall be provided by the 3rd Asian Youth Games Organizing Committee (BAYGOC). Wearing any item on the head other than the head protector shall not be permitted. In the case of previously approved religious item, it shall be worn beneath the head protector and inside the competition uniform but shall not cause harm to or obstruct the opposing contestant.

#### 10.7 Drawing of Lots

- The draw will be held on October 22 at athletes' accommodation, starting right after the technical meeting, including all Kyorugi levels and Poomsae items. A maximum of two (2) representatives of each team can attend the drawing of lots. Accredited media should have access to the drawing of lots. The place and equipment of drawing shall be in line with relevant technical requirements.

#### 10.8 Weigh-in

- Weigh-in shall be held from 12:00 to 14:00 on 23rd to 25th October place will be confirmed
- Random weigh-in: The rate of selection for the random weigh-in shall be determined by the number of contestants in the weight category in accordance with WT Competition Rules at Article 9.2.1.

### **11. Protest and Appeals**

- This clause only applies to Poomsae competitions. Kyorugi matches do not use the protest and grievance procedure when instant video replay is used.
- In case there is an objection to referee judgement, coaches or team leaders must submit an application for re-evaluation of decision (protest application). Such applications shall be submitted to the Jury of Appeal within 10 minutes after the completion of the match concerned with a protest fee of USD 200 (cash). The Jury of Appeal shall make the decision within 10 minutes.
- Any athlete or NOC may appeal to the Court of Arbitration for Sport (CAS), in the event







that the athlete or NOC believes that there has been a violation of the WT or ATU technical rules or the OCA Constitution, as long as the appeal is not related to reversing the decision of the referee or the result.

## **12. General Rules and Regulations**

### **12.1 Rules**

#### **12.1.1 Eligibility Code (OCA 52)**

To be eligible for participation in the OCA Games, a competitor must:

- a) Observe and abide by the Rules of the IOC/OCA as per the Olympic Charter;
- b) Respect the spirit of fair play and non-violence and abide by the rules on the sports field;
- c) Comply with all aspects of WADA and OCA Anti-Doping Rules Code and refrain from using substances and drugs prohibited by the said organizations;
- d) The Member must ensure that any competitor in the OCA Games must be a national of the country of the NOC, which is entering him;
- e) Disputes relating to the determination of the country which a competitor may represent in the OCA Games shall be resolved by the EB, unless the eligibility code already set out in the Constitution has been fulfilled and is not in dispute.

#### **12.1.2 Nationality of Competitor (OCA By-Law 52)**

- a) All cases of infringement of IOC Rule 41, 42 and it's Bye-laws and of the eligibility code of IFs shall be communicated by the concerned Member to the OCA, to be considered by the EB whose decision will be final;
- b) A competitor who is a national of two (2) or more countries at the same time may represent either one (1) of them, as he may elect. However, after having represented one country in the Olympic, Asian continental regional or world championships recognized by the relevant IF, the competitor may not represent another country unless he or she meets the conditions set forth in sub section 4 below that apply to the persons who has changed his nationality or acquired a new nationality;
- c) A competitor who has represented one country in the Olympic Games, OCA Games, continental, regional, and world championships recognized by the relevant IF, and who has changed his nationality or acquired a new nationality, shall not participate in the OCA Games to represent his new country until three





years after such change or acquisition;

- d) If a State, Country or a colony acquires independence, a country becomes incorporated within another country by a change of border or transfer of sovereignty or if a new NOC is recognized by the OCA, a competitor may continue to represent the country to which he belongs or belonged. However, he may, if preferred, choose to represent his country or be entered in the OCA Games by his new NOC if one exists. This option can only be made once and is irreversible;
- e) In all cases not expressly addressed in these Bye-Laws, in particular those cases where a competitor would be in a position to represent a country other than that of which he is a national, or to have choice as to the country which he intends to represent, the EB makes all decisions. Decisions can be of a general The OCA Games 80 SEP 2017 or individual nature and issue specific requirements relating to nationality, citizenship, domicile or residence of the competitors, including the duration of any waiting period;
- f) Except as permitted by the EB, no competitor, coach or official who participates in the OCA Games may allow his person, name and picture or sports performances to be used for advertising purposes during the OCA Games.

#### 12.1.3 Number of Entries (OCA 58)

- a) For a sport to be included in the OCA Games Programmed a minimum of six (6) NOCs should enter their athletes by number and a minimum of four (4) should be physically present before the start of the competition;
- b) The maximum number of entries from each country in each sport or event is established by the Council in consultation with the Member hosting the Games and in accordance with the WT technical rules:
- c) However, the following numbers cannot be exceeded:
  - For individual events, two competitors from each Member;
  - For team events, one team per Member, the Number of competitors and reserves not to exceed the number allowed by the WT concerned;
  - For events where individual and team competitions are conducted simultaneously, and the team event is decided by the aggregate score/time of each individual member of the team, the athlete (if maximum two) participating in the individual event must be designated as such in the Entry form and only





the athlete concerned will be competing in the individual event.

#### 12.1.4 Technical Official and Jury of Appeal (OCA 59)

The BAYGOC must not receive or otherwise give official recognition to any foreign political delegation or leaders of any other mission whatsoever, without the prior written approval of the OCA. However, nobody can be discriminated against if he or she is a duly appointed official of the NOC's sports delegation.

#### 12.1.5 Court of Appeal (OCA 79)

- a) The OCA EB on behalf of the OCA is the final Court of Appeal, which will decide all disputes of a non-technical nature concerning the OCA Games. Teams/Member NOCs, if necessary, may submit disputes to the Court of Appeal. In addition, the Court of Appeal may intervene in all disputes of a nontechnical nature outside the jurisdiction of the Juries of Appeal set up for each sport in the Programme;
- b) The Court of Arbitration for Sport (CAS) in association with the OCA will set up a small Ad Hoc working group from CAS that will be present and working alongside the OCA in the Asian Games period only, on the same lines as done during the Olympic Games. The participating athletes can address any issues that they may have directly with CAS, during the OCA Games.

#### 12.1.6 Claims of Protest (OCA 80)

- a) Claims made to the Judges on grounds concerning matters of fact are decided by them without appeal;
- b) Appeals against other decisions of the Judges or with regard to any other matters must be addressed to the President of the Technical Jury of Appeal for the sport concerned by a representative of the team making the appeal;
- c) Exceptional circumstances apart, a claim must be made within two hours of the decision giving rise to it. The Jury, after an investigation, shall give a decision and this decision shall be irrevocable, except in the case of disqualification of a team or of a competitor for infraction of the Rules and Regulations of the OCA. In this case it shall be decided by the Court of Appeal;
- d) All claims and appeals must be made in writing.

#### 12.1.7 Penalties in Case of Fraud (OCA 81)

A competitor proved to have transgressed by fraud the Rules of the OCA shall be





disqualified and lose any position he or she may have gained. If this competitor's team is proved to have been party to the fraud, his/her team shall be disqualified in the sport involved.

### **13. Equipment and Clothing**

- Equipment used and clothing worn by athletes and other relevant participants in competitions must comply with the rules and regulations of the OCA and WT. Neither athletes nor technical officials will be permitted to attach any form of commercial advertising to his or her competition uniform without prior approval from the OCA and the 3rd Asian Youth Games Organizing Committee (BAYGOC).
- The 3rd Asian Youth Games Kyorugi competition will use KPNP PSS system.

### **14. Doping Control**

During Bahrain 2025 AYG, doping control examinations will be carried out in conformity with the Rules of the OCA Medical Committee and the WADA code and guidelines.

### **15. Victory Ceremony**

- Gold, silver and bronze medals will be awarded to the athletes ranked the top three (including joint third place) of Kyorugi/Poomsae each individual event respectively. In each team event, gold, silver and bronze medals will be awarded to each of the team members in the top three teams, respectively.
- Fifteen minutes before the Victory Ceremony starts, the medalists shall be escorted to the Waiting Area to get ready for the ceremony. Medalists must wear their NOC official uniforms.

### **16. Approval of the Technical Handbook**

- The Technical Handbook has been approved by the ATU On 14/5/2025





## 17. Key Contact Information

Federations	
<b>Asian Taekwondo Union (ATU)</b>	
President	Kyu Seok Lee
Secretary General	Jung Heon Kim
Address	1E-3, 215, Tancheon-ro, Bundang-gu Seongnam-si, Gyeonggi-do, Korea
Phone	+82 31 708 9994
Fax	+82 31 708 9994
Email	admin@asiantu.org
Website	www.asiantaekwondo.org
<b>Bahrain Taekwondo Federation</b>	
President	Mr. Abdulla Aldoy
Secretary General	Aiysha Ahmed Abdulla
Address	House 693 Road 1114 TUBLI 711
Phone	+973 17001310
Email	info@bmaf.bh
Technical Delegate	Mr. Sang Ho Jeon
Phone	+82 10 8581 2926
Email	jeontkd@daum.net
Competition Manager	Mr. Hassan Saad
Phone	+973 33365152
Email	Taekwondo@bayg.bh



18. Appendices

18.1 Field of Play

