

# 跆拳道 (2025 - 2026) 搏擊

## 一、賽制

- (a) 比賽組別分男/ 女子黑帶組。  
黑帶組：持有效中國香港跆拳道協會之黑帶段證三段或以下資歷
- (b) 院校於男/ 女子各重量級別限報運動員2名，經有關證件核實後，如符合資格的運動員人數有最少3人及最少2間參賽院校，該重量級別的分數會計算團體積分。
- (c) 如報名或正式比賽時運動員人數只有2人及2間參賽院校，該重量級別的分數會繼續進行，但不會計算團體積分。
- (d) 未能符合以上參賽院校人數要求的重量級別會被取消。
- (e) 賽事採用個人對賽單敗淘汰制。是次比賽採用最佳三回合制 (Best of Three System)，時間為每回合2分鐘，回合中間休息1分鐘。如有任何更改，一切依大會公佈決定。
- (f) 量級區分

重量級別	男子組	女子組
54公斤以下/ 46公斤以下	不超過54公斤	不超過46公斤
58公斤以下/ 49公斤以下	超過54公斤及不超過58公斤	超過46公斤及不超過49公斤
63公斤以下/ 53公斤以下	超過58公斤及不超過63公斤	超過49公斤及不超過53公斤
68公斤以下/ 57公斤以下	超過63公斤及不超過68公斤	超過53公斤及不超過57公斤
74公斤以下/ 62公斤以下	超過68公斤及不超過74公斤	超過57公斤及不超過62公斤
80公斤以下/ 67公斤以下	超過74公斤及不超過80公斤	超過62公斤及不超過67公斤
87公斤以下/ 73公斤以下	超過80公斤及不超過87公斤	超過67公斤及不超過73公斤
87公斤以上/ 73公斤以上	超過87公斤	超過73公斤

## 二、比賽規則

除賽會特別訂明外，其他規則一律採用最新 (該年度九月份) 世界跆拳道聯盟編訂之規則。

有關貼紮相關規則，除醫生批准與檢查相關的規則外，其餘一切根據世界跆拳道聯盟規定執行：[WT Mouthguard brace taping and padding rules FINAL Feb-10-2020](#)

## 三、計分辦法

	名次	冠	亞	季	第五至八名				
得分	黑帶組	12	8	5	5	2	2	2	2

- (a) 如兩院校或以上在團體 (女團/ 男團/ 總團體)積分相等，則以獲得較多個人第一名數目的一隊排名較前。如個人第一名數目相同，則以較多個人第二名的一隊排名較前。如個人第二名數目相同，則以較多個人第三名的一隊排名較前。如仍未能分別，則計算進入八強的人數，較多的一隊排名較前。

## 四、報名

報名運動員需為全日制學生。運動員必須於1990年1月1日至2008年12月31日期間出生。各院校須於報名截止日期前，將以下五份文件送交至主委核實參賽資格：

- 1) 報名表正本，資料及相片 (經填報後不得更改)  
(報名表必須經院校董事局成員於文件上簽署及蓋上院校印鑑)

- 2) 報名表 (刪去參賽者身分證號碼)
- 3) 男女子帶別及重量級報名表格
- 4) 運動員個人聲明書附跆拳道黑帶段證副本
- 5) 裁判推薦表

## 五、裁判

各院校必需推薦最少一名 (於比賽日) 合資格裁判員，否則運動員不可出賽。裁判員推薦表將與大專報名表一併遞交。裁判員工作將會由中國香港跆拳道協會協助大會組織及作出安排。

## 六、棄權

- (a) 到達法定檢錄時間，運動員未能完成檢錄手續者，判棄權論 (以主委計時器為準)。
- (b) 主裁判宣佈比賽開始後，而運動員仍未能出場，按自動棄權論。
- (c) 比賽進行之中之任何爭議，倘已明文規定者或有同等意義註明者，由裁判判定，不得異議。比賽須繼續進行，如有運動員/ 隊伍放棄繼續比賽，作棄權論。

## 七、抗議及上訴

- (a) 比賽進行中，一方教練如對裁決得分存疑，可以在該攻擊動作完成後 5 秒內舉起代表其顏色的審議咭並說出“video replay”以口頭向主裁判申請錄像審議。錄像審議意思是裁判就比賽運動員得分與否作重新審視，申請錄像審議必須在該場賽事進行期間提出，若賽事完結後才提出審議，均不作受理。如審議得值，該方教練可繼續保留錄像審議權，並獲發還審議咭。如審議失敗，裁判就沒收審議咭，教練在該場比賽中不再有錄像審議機會。此措施是參考自世界跆拳道聯盟之競賽規則，並因應香港之實際情況而作出適度調整，此措施之行使及詮釋權，一切以跆拳道協定為準，參加者不得異議。
- (b) 如有任何上訴須於比賽結果公佈後十五分鐘內，以書面由院校董事局或執委會成員簽署後連同保證金港幣叁仟圓，向大會提出。賽會須於接到上訴書後三十分鐘內會同上訴委員會作出判決，此判決為最終判決，如上訴得直保證金可獲發還。

## 八、天氣

舉行比賽當日如遇惡劣天氣，主委有權決定賽事應否依期舉行。

## 九、附則

- (a) 沒有出席過磅的運動員必須於三日內由該院校執委及賽事主委見證下進行補磅，如運動員在正常過磅、補磅時超出8公斤上限/下限或缺席補磅，執委會負責調查該個案並交由董事局跟進，最高懲罰為取消該院校大專跆拳道比賽資格。
- (b) 入賽場之前，應穿戴護陰、護手脛、護腳脛及護齒(跆拳道規定護齒是必須配備之設備)通過賽場檢查。運動員必須帶上護手套，並穿戴護陰於跆拳道服裡面。除了頭盔，頭上不允許戴任何東西，頸部、手部及其他身體部份亦不得攜帶任何可能給對方造成傷害的物品。檢查合格後，運動員只可與一名教練員進入指定位置，等候進行比賽。期間不得離開，否則須重新排隊檢查，時間延誤之後果自負。
- (c) 是次賽事將採用世盟認可之**KPNP**電子護具。電子甲由跆拳道協借出。各運動員需自備**KPNP**之電子襪套。如比賽當天賽會因技術上出現問題，令電子護具未能使用，賽會有權在商議後決定採用舊紀錄系統。

- (d) 帶運動員出賽之教練員必須掛上由大會提供的院校教練證及向賽場監督裁判提交中國香港跆拳道協會教練證件，黑帶組運動員需由中級或以上資歷的教練帶領出賽。
- (e) 本章程如有未盡善之處，主辦單位得隨時修訂，並提交大專執委會通過後實施。
- (f) 如中英文版本之間的規則/規定有爭議，應以中文版本為準。

## 十、備註

- (a) 2026年1月16日派發報名文件予各院校。截止報名日期為2026年2月2日下午5時（相關文件的電子版電郵至 [info@usfhk.org](mailto:info@usfhk.org)）。
- (b) 如欲向跆協申請有關證明其黑帶資歷的證明信，請於2025年12月31日下午12時或以前透過所屬館長向跆協遞交證明申請，否則將趕不及報名參賽。
- (c) 領隊會議定於2026年1月21日晚上7時在香港都會大學舉行。

# Taekwondo (2025 - 2026) Kyorugi

## 1. Format of Competition

- (a) There are black belt events in both Men’s and Women’s Divisions.  
 Qualifications of contestants:  
 Black Belt Events:  
 - Holder of Taekwondo Dan certificate (3<sup>rd</sup> Dan) or below issued by Hong Kong, China Taekwondo Association.
- (b) A maximum of 2 representatives from each institution can be enrolled in each weight category. The status and qualifications of the representatives will be verified by the convenor. The score for the competition of any weight category with participation of at least 2 institutions and not less than 3 contestants will be counted in the team scoring.
- (c) The enrollment or competition of any weight category with participation of 2 institutions and 2 contestants will still be held, but the score of that weight category will not be counted in the team scoring.
- (d) Any weight category that cannot fulfill the enrollment criteria above will be cancelled.
- (e) A single-elimination tournament system will be adopted in the competition. The contest will adopt the Best of Three System. Each round consists of two minutes, with a one-minute interval between rounds. The duration of the contest may be adjusted upon the decision of the Technical Delegate for the competition.
- (f) Weight division system

Weight Category (Men / Women)	Men’s division	Women’s division
Under 54kg / 46kg	Not exceeding 54kg	Not exceeding 46kg
Under 58kg / 49kg	Over 54kg & not exceeding 58kg	Over 46kg & not exceeding 49kg
Under 63kg / 53kg	Over 58kg & not exceeding 63kg	Over 49kg & not exceeding 53kg
Under 68kg / 57kg	Over 63kg & not exceeding 68kg	Over 53kg & not exceeding 57kg
Under 74kg / 62kg	Over 68kg & not exceeding 74kg	Over 57kg & not exceeding 62kg
Under 80kg / 67kg	Over 74kg & not exceeding 80kg	Over 62kg & not exceeding 67kg
Under 87kg / 73kg	Over 80kg & not exceeding 87kg	Over 67kg & not exceeding 73kg
Over 87kg / 73kg	Over 87kg	Over 73kg

## 2. Regulations

Unless otherwise stated, the competition shall be organized in accordance with the most recent (until last September) technical regulations of the “World Taekwondo” (WT).

For taping related regulations, please refer to the WT regulations except those related to the inspection and approval by a Commissioned Doctor. ([https://www.worldtaekwondo.org/att\\_file/documents/WT-Mouthguard-brace-taping-and-padding-rules\\_FINAL\\_Feb-10-2020.pdf](https://www.worldtaekwondo.org/att_file/documents/WT-Mouthguard-brace-taping-and-padding-rules_FINAL_Feb-10-2020.pdf))

## 3. Scoring

(a)

	Position	1st	2nd	3rd		5th - 8th			
Scoring	Black Belts Events	12	8	5	5	2	2	2	2

(b) In case of equality in total scores in Men's Division, Women's Division or Overall Champion, the following measures shall be adopted to decide the position:

- If a tie exists between two teams or more, the team wins more champions in all categories shall be accorded a higher position; If the number of champions is the same, the team has more 2<sup>nd</sup> places in all categories shall be accorded a higher position; If the number of 2<sup>nd</sup> places is the same, the team has more 3<sup>rd</sup> places in all categories shall be accorded a higher position; If the number of 3<sup>rd</sup> places is the same, the team has more representatives in quarter-finals in all categories shall be accorded a higher position.

#### 4. Entries

Eligibility of student-athletes: registered for full-time studies at the respective institutions.

All student-athletes must be born from **1/1/1990 to 31/12/2008**.

Each institution should submit the following **five documents** to convenor for verification before the deadline.

- (1) Enrollment form with personal information and recent photos of student-athletes should be put down clearly, duly signed by the Council Member of the respective institution with school chop. (The personal information of the student-athletes (including personal data and photos) cannot be changed after the submission of enrollment form);
- (2) Enrollment form (without personal HKID number);
- (3) Men's and Women's Division Weight Category Enrollment Form;
- (4) Declaration and Consent form with Dan/ Taekwondo Certificate copies
- (5) Referee Recommendation form.

#### 5. Referees

Each institution is responsible for assigning **at least one qualified referee** on competition day. Otherwise, athletes cannot participate in the competition. The Referee Recommendation form should be submitted together with the Enrolment form. Hong Kong, China Taekwondo Association is responsible for organizing all refereeing officials.

#### 6. Withdrawal

- (a) In case, the contestant is unable to check in before the check-in deadline according to the official clock, he/she shall be taken as withdrawing from the contest.
- (b) In case, the contestant is unable to show up after the referee announces the contest starts, he/she shall be taken as withdrawing from the contest.
- (c) During the contest, the decision of the referee made according to the relevant rules of Taekwondo shall be final. Should a team/contestant oppose to the decision and refuse to play, the team/contestant shall be taken as withdrawing from the contest.

#### 7. Protests and Appeals

- (a) In case, there is an objection to a judgment of the refereeing official during the contest, the coach of a team can make a request to the center referee for an immediate review of the video replay. When a coach appeals, the center referee will approach the coach and ask the reason for the appeal. The scope of instant video replay request is limited to the only one action which has occurred within 5 seconds from the moment of the coach's request. Once the coach raises the blue or red card to request for instant video replay, it will be considered that the coach has used his / her allocated appeal under any circumstance. Each coach shall be allocated with one appeal to request an instant video replay request per contest. If the appeal is successful and the contested point is corrected, the

coach shall retain the appeal right for the pertinent contest. If the appeal is unsuccessful, the coach will lose the right to request any appeal for the pertinent contest.

- (b) Each and every appeal must be made in writing and signed by the Council Member or EC Member of the institution concerned. The appeal, accompanied with a deposit of Hong Kong dollars three thousand, shall be made within 15 minutes after pertinent contest, to convenor and copied to the Chairman of Executive Committee. The Appeal Board will make final ruling within 30 minutes. The resolution made by the Appeal Board shall be final and no further means of appeal will be applied. In case of a successful appeal, the deposit will be returned.

## 8. Weather

In case of adverse weather conditions, convenor has the right to declare postponement of the matches.

## 9. By-laws and Rules

- (a) Contestants who did not participate in the weigh-in must be weighed within 3 days witnessed by **their corresponding EC and competition convenor**. If contestants are over/underweight by 8kg during pre- or post-competition weigh-in or absent for the post-competition weigh-in, EC will investigate and council will follow up the case. The highest penalty will be disqualifying in the USFHK Taekwondo competition for the corresponding institution.
- (b) The contestant shall wear the groin guard, forearm and shin guards for inspection before entering the contest area. The contestant must wear white or transparent mouth guard. Contestants must wear gloves and groin guard. Groin guard shall be worn inside the Taekwondo uniform. Contestants must be clear of any accessories on their head, neck, hand or else. After inspection, the contestant can enter the waiting area with a coach. If the contestant leaves the waiting area, he/she will need to be inspected by officials once again. He/she is responsible for any time loss.
- (c) **KPNP System** which is approved by WT will be adopted in the competition. Hong Kong, China Taekwondo Association will provide E-Chest and E-Head gear. Each participant should prepare his / her own **KPNP E-Foot Gear**. In case, the KPNP System is not working on the day of competition due to technical issue, the organizer reserves the right to adopt the traditional scoring system instead.
- (d) The coach who leads the contestant during the contest should wear the coach identity card issued by the organizer and submit the coach certificate issued by Hong Kong, China Taekwondo Association to the referee. Only the coach with intermediate or above level qualifications can lead the black belts contestant.
- (e) The organizer reserves the right to amend and / or supplement the By- Laws, Rules and Regulations. The By- Laws, Rules and Regulations thus made will be submitted to the Executive Committee for approval before adoption.
- (f) In case of controversy over the rules / regulations between the Chinese and the English versions, the interpretation of the Chinese version shall be followed.

## 10. Remarks

- (a) All enrollment documents will be sent to institutions on **16/1/2026**. The date of enrollment deadline will be on **2/2/2026 at 17:00** (by email soft copy to [info@usfhk.org](mailto:info@usfhk.org)).
- (b) All Taekwondo Dan Certificate applications should be submitted to The Hong Kong, China Taekwondo Association **on or before 31/12/2025 12:00nn** through the affiliated club's coach. Late applications will not be entertained by Hong Kong, China Taekwondo Association.
- (c) The managers' meeting will be held on **21/1/2026 starting at 19:00** in Hong Kong Metropolitan University.