

跆拳道 (2025 - 2026) 品勢

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四段或以下資歷
- (b) 院校於男/女子各組別限報運動員各2名，經有關證件核實，符合資格選手人數少於3人或少於2間院校，則該組項目予以取消。男子團體、女子團體每組限報1隊。
- (c) 組別區分
- 男女子3人團體賽(6型及高麗)
 - 男女子個人賽：
 - 第1組(6型及高麗)
 - 第2組(7型及金剛)
 - 第3組(8型及太白)

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）世界跆拳道編訂之規則。

三、計分辦法

	名次	冠	亞	季	殿	第5名	第6名	第7名	第8名
得分	個人賽	12	8	6	5	4	3	2	1
	團體賽	24	16	12	10	8	6	4	2

參賽人數：

每組參加人數如少於 3 人/隊或少於 2 間院校，大會將取消有關組別，一切以大會決定為準。

競賽形式：運動員演練其組別的兩套品勢，以評分形式定出比賽排名。

評審準則：

- (1) 品勢純熟程度
- (2) 正確程度
- (3) 品勢勁度
- (4) 品勢節奏性
- (5) 品勢最後動作後能否返回原位
- (6) 是否在指定動作中作出呼叫
- (7) 時間安排(二分鐘為指定品勢時間)
- (8) 是否有多餘動作混雜其中

獎項：

獎牌：

金、銀、銅

四、參加者制服：

參加者必需穿著跆拳道品勢道服或黑帶跆拳道道服

五、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，將以下四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) 運動員個人聲明書附跆拳道黑帶段證副本
- 4) 男 / 女子組品勢組別報名表格

六、裁判

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。

七、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。

八、抗議及上訴

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。

九、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。

十、附則

- (a) 帶選手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，黑帶組選手需由中級或以上資歷的教練帶領出賽。
- (b) 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。
- (c) 如中英文版本之間的規則/規定有爭議，應以中文版本為準。

十一、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）。
- (b) 如欲向跆拳道協會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拳道協會遞交證明申請，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) Poomsae

1. Format of Competition

- (a) There are black belt events in both Men's and Women's Divisions.
Qualifications of contestants:
Black Belt Events (4th Dan) or below issued by Hong Kong, China Taekwondo Association.
- (b) The Institute is limited to two athletes in each of the male and female groups (Individual event), and one team in each Team Event. After verification by relevant documents, if there are less than 3 qualified participants (teams) or 2 institutions, the group event will be cancelled.
- (c) Division system
- Men's and Women's 3 players Team Event (Taegeuk 6 & Koryo)
 - Men's and Women's Individual Event:
 - Group 1 (Taegeuk 6 & Koryo)
 - Group 2 (Taegeuk 7 & Keumgang)
 - Group 3 (Taegeuk 8 & Taebak)

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).

3. Scoring

	Position	1st	2nd	3rd	4th	5th	6th	7th	8th
Scoring	Individual	12	8	6	5	4	3	2	1
	Team	24	16	12	10	8	6	4	2

Number of participants:

If the number of participants/teams in each group is less than 3 or less than 2 institutions, the relevant group will be cancelled, and the decision of the organizing committee will prevail.

Contest form: Participants perform their 2 Poomsae according to their division. Participants are ranked according to judge scoring.

Judging criteria:

- (1) The degree of maturity of Poomsae
- (2) The degree of accuracy
- (3) The expression of energy
- (4) The rhythm of Poomsae
- (5) Whether Poomsae can return to its original position
- (6) Whether Kihap (yelling) is made in the specified action
- (7) Time schedule (two minutes is the designated time for Poomsae)
- (8) Whether there are extra actions mixed within

Awards (Medals):

Gold, Silver, Bronze

4. Participant Uniform:

Participants must wear suitable Poomsae Uniforms or Black Belt Taekwondo Uniforms.

5. 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 **four 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) Declaration and Consent form with certified copies of Dan/ Taekwondo certificate;
- (4) Men's and Women's Poomsae Group Enrollment Form

6. Referees

Hong Kong, China Taekwondo Association is responsible for organizing all refereeing officials.

7. 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.

8. Protests and Appeals

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 the appeal board. 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.

9. Weather

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

10. By-laws and Rules

- (a) 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 belt contestants.
- (b) 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.
- (c) In case of controversy over the rules/regulations between the Chinese and the English versions, the interpretation of the Chinese version shall be followed.

11. 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).
- (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 The 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.