



IV FISU AMERICA GAMES
LIMA 2026

TECHNICAL REGULATION OF **TAEKWONDO**



UPDATES

DATE	CHANGES
05/01/2026	<ul style="list-style-type: none">• Article 3, paragraph 1 was updated: team freestyle poomsae will be judged according to the previous wtf regulations.• Article 4, minimum grade, paragraph 1 was updated: the maximum number of teams and pairs in freestyle poomsae.• Article 4, paragraph 3 was updated: the total weight limit in team kyorugi.• Article 4, paragraph 4 was updated: the number of technical officials that can be registered per delegation.• Article 6, paragraph 2 was updated: the division of team freestyle poomsae for both genders was added.• Article 6, paragraph 2 was updated: competitors must wear the official uniforms in both recognized and freestyle poomsae.• Article 8 was updated: the order of the draw in kyorugi and poomsae.• Article 9 was updated: the PSS used will be KPNP (k1).

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TAEKWONDO TECHNICAL REGULATIONS

IV FISU AMERICA GAMES - LIMA 2026

These Technical Regulations establish the sports rules governing the Taekwondo competition at the IV FISU AMERICA GAMES - LIMA 2026. They have been prepared by the Peruvian University Sports Federation (FEDUP) and approved by FISU AMERICA.

They are mandatory for all participants and shall be applied together with the General Regulations of the IV FISU AMERICA GAMES - LIMA 2026, as well as the current provisions of FISU AMERICA and World Taekwondo (WT).

In the event of any discrepancy in the interpretation of the technical rules, the official English text of World Taekwondo shall prevail.

Article 1. GENERAL INFORMATION

- **ORGANIZER** : FISU AMERICA and the Local Organizing Committee (LOC) - FEDUP.
- **VENUE** : IPD Polideportivo 3 - VIDENA
- **DISCIPLINES** : Kyorugui and Poomsae
- **TECHNICAL MEETING** : July 23, 2026, in-person format. Time and venue to be communicated through an Official Bulletin.
- **COMPETITION** : from July 24 to July 26, 2026.
- **SCHEDULE** : shall be established in the Official Competition Program.

Article 2. COMPETITION AUTHORITIES

The Taekwondo competition shall be organized and supervised by:

- a) The FISU AMERICA Sports Technical Commission.
- b) The Local Organizing Committee (LOC) - Lima 2026.
- c) The Technical Coordinator for Taekwondo.

- d) The Competition Director.
- e) The Refereeing Director and referee corps, appointed in accordance with World Taekwondo regulations and approved by FISU AMERICA.

Article 3. COMPETITION EVENTS

Poomsae

- Individual Recognized Poomsae (men and women)
- Individual Freestyle Poomsae (men and women)
- Mixed Pair Freestyle Poomsae
- Poomsae Freestyle mixed team events will be evaluated based on the previous WT regulations

Kyorugui

- Individual Kyorugui (men and women)
- Team Kyorugui TK3 (men and women)

Article 4. PARTICIPATION BY COUNTRY

To participate in this competition, athletes must hold at least a first Dan/Poom black belt.

Poomsae

- Up to three (3) athletes per individual event and gender.
- Up to one (1) mixed team in Freestyle Poomsae per country.
- Up to two (2) mixed pairs per country in Mixed Pair Freestyle Poomsae.

Each athlete may participate in a maximum of two (2) Poomsae divisions.

Individual Kyorugui

Each country may register up to three (3) athletes per weight category and gender, in accordance with the official divisions of the World Taekwondo Federation.

Team Kyorugui – TK3

- Each country may register up to two (2) men's teams and two (2) women's teams.
- Composition:
 - Men's team: maximum total weight 240 kg
 - Women's team: maximum total weight 200 kg

Technical Staff by Country.

Each country may register a minimum of one (1) and a maximum of five (5) technical officials specifically for the discipline of Taekwondo, including coach, assistant coach, physician, physiotherapist and delegate, provided that such registration does not exceed the maximum number of officials permitted per delegation, in accordance with the General Regulations of the IV FISU AMERICA GAMES – LIMA 2026.

Article 5. COMPETITION CATEGORIES – INDIVIDUAL KYORUGUI

<i>Women</i>	<i>Men</i>
Not exceeding 46 kg	Not exceeding 54 kg
Over 46 kg and not exceeding 49 kg	Over 54 kg and not exceeding 58 kg
Over 49 kg and not exceeding 53 kg	Over 58 kg and not exceeding 63 kg
Over 53 kg and not exceeding 57 kg	Over 63 kg and not exceeding 68 kg
Over 57 kg and not exceeding 62 kg	Over 68 kg and not exceeding 74 kg
Over 62 kg and not exceeding 67 kg	Over 74 kg and not exceeding 80 kg
Over 67 kg and not exceeding 73 kg	Over 80 kg and not exceeding 87 kg
Over 73 kg	Over 87 kg

Article 6. COMPETITION SYSTEM

Kyorugui:

Competition dates:

The Kyorugui competition shall be held according to the following schedule:

- **July 24, 2026: Individual Kyorugui**
- **July 25, 2026: Individual Kyorugui**
- **July 26, 2026: Team Kyorugui**

Competition system:

The Kyorugui competition shall be conducted under the single elimination system, in accordance with World Taekwondo rules.

Bout duration

- a) Each bout shall be contested over three (3) rounds of two (2) minutes each, with one (1) minute of rest between rounds.
- b) The system applied shall be "best of three rounds".
- c) The Local Organizing Committee, in prior coordination with the Technical Commission, may adjust bout duration according to the general development of the tournament, in accordance with World Taekwondo regulations.

Poomsae

Competition date

The Poomsae competition shall be held on July 26, 2026, in accordance with the Official Competition Program.

Competition divisions

The Poomsae competition shall be held in the following divisions:

- a) Individual Recognized Poomsae (men and women).
- b) Individual Freestyle Poomsae (men and women).
- c) Mixed Pair Freestyle Poomsae.
- d) Poomsae Mixed Freestyle Team (5).

Official World Taekwondo Poomsae

- a) In the Recognized Poomsae event, only official World Taekwondo (WT) Poomsae shall be performed, in order to ensure uniform and equitable technical criteria.
- b) In the Freestyle Poomsae event, performances shall strictly comply with the technical rules and requirements established by World Taekwondo, except for Team Freestyle Poomsae.

Competition procedures

Individual Recognized Poomsae

- a) In each round (preliminary, semifinal and final), competitors shall perform two (2) Poomsae, which shall be determined by draw.

Freestyle Poomsae (individual, mixed pair and teams)

- a) The starting order of competitors shall be determined by a draw prior to the start of the competition.

Competition method – Recognized Poomsae

- a) The competition system shall be single elimination, under the "Side by Side" format, in which two (2) competitors perform the Poomsae simultaneously.
- b) The competition shall be conducted in preliminary, semifinal and final rounds.
- c) Scoring shall be carried out in accordance with the current rules and regulations of World Taekwondo.
- d) All competitors must wear official uniforms, either white or colored (optional).
- e) Any competitor who fails to appear after the third official call shall automatically lose the right to participate.

Competition method – Freestyle Poomsae (Individual, Mixed Pair and Teams)

- a) The competition system shall be single elimination.
- b) Each performance shall be scored according to the official World Taekwondo scoring system.
- c) The final ranking shall be determined by accumulated score.

- d) In the event of a tie, the tie-breaking criteria established by World Taekwondo shall apply.
- e) All competitors must wear official uniforms, either white or in the official colors of Poomsae.

Poomsae to be performed

The Poomsae to be performed in the different competition rounds (preliminary, semifinal and final) shall be determined by draw from the following official list:

- Taeguk 7 Jang
- Taeguk 8 Jang
- Koryo
- Keumgang
- Taebaek
- Pyongwon
- Shipjin
- Jitae

Weight control

Procedure:

- a) Presentation of the official credential issued by the Organizing Committee is mandatory.
- b) Each competitor shall have two (2) opportunities to pass the official weigh-in within the established time.
- c) Competitors may weigh in wearing underwear if they wish; no weight tolerance shall be granted.

Weight control shall be conducted according to the following schedule:

- July 23, 2026:
From 12:00 to 14:00 hours, for competitors participating on July 24, at the venue designated by the Organizing Committee.

- July 24:
Random weigh-in of the athletes who weighed in the previous day.
- July 24:
From 10:00 to 12:00 hours, for competitors participating on July 25, at the competition venue.
- July 25:
Random weigh-in of the athletes who weighed in the previous day.

Article 7. TECHNICAL MEETING

It shall be held on July 23, 2026 at 10:00 hours in order to verify the registration of all competitors in both disciplines (Poomsae and Kyorugui).

Article 8. DRAW

The draw shall be conducted electronically. For Kyorugui, it shall take place after the weigh-in; for Poomsae, it shall take place after the verification of registrations at the Technical Meeting.

Article 9. COMPETITORS' UNIFORM AND EQUIPMENT

- a) In accordance with WT international regulations.
- b) At the control table, competitors shall be inspected by the appointed judges and may then enter the competition area accompanied by their coach or assistant coach and a physician or physiotherapist from their institution (if accredited).
- c) The competitor's uniform and equipment are: Taekwondo uniform, forearm guards, shin guards, chest protectors, groin protectors (worn under the uniform), headgear and a white or transparent mouthguard. If an athlete wears braces, the mouthguard must cover the orthodontic appliances (white or transparent).
- d) The PSS (Protector and Scoring System) to be used shall be KPNP (K1); therefore, each competitor must have their own electronic foot protectors compatible with the PSS brand.
- e) Duly accredited coaches must coach their athletes wearing the official team

tracksuit and shall remain in the areas assigned to them. In case of non-compliance, entry to the competition area shall not be permitted.

Article 10. CONDUCT AND SANCTIONS

The disciplinary rules, warnings and penalties established by World Taekwondo shall apply, as well as the provisions of the General Regulations of the Games.

Article 11. RESPONSIBILITIES

Medical, insurance and first-aid responsibilities shall be governed by the General Regulations of the Games.

Article 12. UNFORESEEN CASES

Any matters not covered by these Technical Regulations shall be resolved in accordance with Article 58 of the General Regulations of the IV FISU AMERICA GAMES – LIMA 2026 and the current World Taekwondo regulations.

ORGANIZING COMMITTEE



IV FISU AMERICA GAMES
LIMA 2026



“ One continent,
one passion ”