

# Sangram 2016 Taekwondo

## Poomsae

### ❖ Category I –Junior

- Junior category will include participants from White belt upto Blue belt. Participants are required to know from *Taegeuk I* to *Taegeuk V*.

### ❖ Category II –Senior

- Senior category will include participants from Blue-One Belt and above. Participants are required to know from *Taegeuk V* to *Taegeuk VIII* and *Koryo*.

Following will be the competitions in each categories mentioned above:

1. Individuals: Male and female separately. There will be 1 Gold, 1 Silver, and 1 Bronze for male and similarly for females.
2. Pairs: Pair to be formed by a male and a female. There will be 1×2 gold, 1×2 silver and 1×2 bronze medals.
3. Group: A group will be formed by three participants (Male Group and Female Group separately). There will be 1×3 gold, 1×3 silver and 1×3 bronze medals and similarly for females.

A participant can take part in **at most two of the competitions (Individual, Pair, Group)** above in *Poomsae*.

## Sparring (Kyorugi)

The players will fight within their respective weight categories. **A maximum of two participation in each weight category.** Players in single weight category will be grouped randomly.

Weight categories	Male(in kg)	Female(in kg)
I	Under 54	Under 49
II	54-58	49-54
III	58-62	54-60
IV	62-70	60-70
V	Above 70	Above 70

**NOTE:**

- Maximum participation of 14Male and 8Female from one team/college.
- The competition will be held as per the *WTF (world Taekwondo Federation)* rules.
- Decision made by Judges/Referee will be final and binding.

\*Winner Trophy and a Runner-Up trophy to the team/college will be given on basis of points calculated from the medals won by participants from that team/college.

\*\*Rules & schedule are subject to change in the spirit of the game and the Final decision in all matters rests with the *Sangram* organizing team.