

Competition Format and Rules

Format et règlement des compétitions

As of WED 21 OCT 2026

Youth Olympic Competition Format

The Taekwondo competition at Dakar 2026 Summer Youth Olympic Games consists of five men's and five women's individual events and the Mixed Team event:

Men	Women	Mixed Team
-48kg	-44kg	Team (2 men and 2 women)
-55kg	-49kg	
-63kg	-55kg	
-73kg	-63kg	
+73kg	+63kg	

Individual events:

Each weight category consists of a single elimination tournament. The winner of the final contest receives the gold medal and the loser of the final contest receives the silver medal. Losers to the finalists at the semifinals are both awarded bronze medals.

Mixed Team event:

The Mixed Team event is based on a direct elimination system and repechage format. The winner of the final match receives the gold medal and the loser receives the silver medal.

The teams from each pool that lost to the finalists in the quarterfinals and the semifinals will meet in the repechage round. The winners advance to the bronze medal match, the losers are eliminated. The winner of the bronze medal match is awarded the bronze medal, and the loser is placed fourth.

Differences between the World Taekwondo Junior World Championships and the Summer Youth Olympic Games

There are fewer weight categories in the Summer Youth Olympic Games than the World Taekwondo World Junior Championships (five instead of ten). There is only one court for the Youth Olympic Games instead of multiple courts. There is no Mixed Team event at the World Taekwondo Junior World Championships.

Changes since Buenos Aires 2018 Summer Youth Olympic Games

The contest format for the individual events has been changed to a best of three system, as a consequence of this the golden point round has been discontinued.

The Mixed Team event has been added to the programme.

Sport Rules and Procedures

Competition Method

Contests and matches are conducted in a defined competition area surfaced with matting, which should be installed on a raised podium. The contestants, "Chung" (blue) and "Hong" (red) compete against each other using punching and kicking techniques performed on permitted parts of the body. Punches to the face and hits below the lower abdomen are forbidden. Permitted parts of the body are covered with protection.

Contest - individual events

Each contest is based on the best of three rounds of two minutes for both men and women, each with one minute intervals between rounds.

Match - Mixed Team event

Each match is based on the best of three rounds of three minutes, each with one minute intervals between rounds.



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Scoring Format

- Points
  - Individual events: One referee, one judge, one technical assistant and a review jury manage the contest.
  - Mixed Team event: One referee and two judges, one assistant referee and one technical assistant.
  - The trunk and head PSS register the kicks automatically. The judges add the technical points (turning techniques). Punches are recorded by the judges.
  - For an effective attack to the trunk a contestant is awarded two or four points, and for an effective attack to the head a contestant is awarded three or five points. Punches are awarded one point by the judges.
  - The Center Referee cannot award points.
- Penalties
  - There is one type of penalty: "Gam-jeom" leads to the deduction of one or two points (actually one or two points are awarded to his opponent). During a contest, if a contestant accumulates five penalty deduction points during the round then the round is stopped, and his opponent is declared the winner of that round by the referee.
- Score
  - Contest/match scores are determined by the total number of rounds won out of three. Points and penalties are displayed on electronic scoreboards positioned on the field of play.

Tie Break Rules

- In the event of a tied score within a round, the winner shall be decided by using the following criteria:
  - Most points scored by turning or spinning kicks
  - If the technical score is the same, the contestant who has scored more in the higher value techniques in the following order (Head, Trunk, Punch, Gam-Jeom)
  - If the high value points are the same, the contestant who received the higher number of hits registered by the Protector and Scoring System (PSS)
  - If the three above criteria do not break the tie, the referee and one judge (individual)/two judges (Mixed Team) shall determine superiority

Decisions

Possible decisions about the outcome of the contest are:

1. Win by Referee Stops Contest (RSC)
2. Win by Final Score (PTF)
3. Win by Withdrawal (WWD)
4. Win by Disqualification (WDQ)
5. Win by disqualification for unsportsmanlike behaviour (WDB)

Penalties / Disqualification Rules

When a contestant is declared ineligible for the contest, or is disqualified at the weigh-in, a win by disqualification is declared. A contestant can also be disqualified for unsportsmanlike conduct.

Protests / Appeals

No protests.

Note:
For further information please consult: www.worldtaekwondo.org

OMEGA