



TAEKWONDO GUIDELINES

(Applicable for Championships conducted in 2026)

Updated On: 8th July 2026

For queries related to the championship guidelines
please reach out to your city managers





TAEKWONDO

Age Group	Event No. (Boys)	Weight Categories (Boys)	Event No. (Girls)	Weight Categories (Girls)	Cut Off Dates (Born on or after)
U-12	1	-18	37	-16	Born between 1st January 2015 and 31st December 2016
	2	-21	38	-18	
	3	-23	39	-20	
	4	-25	40	-22	
	5	-27	41	-24	
	6	-29	42	-26	
	7	-32	43	-29	
	8	32	44	29	
U-14	9	-33	45	-29	Born between 1st January 2013 and 31st December 2014
	10	-37	46	-33	
	11	-41	47	-37	
	12	-45	48	-41	
	13	-49	49	-44	
	14	-53	50	-47	
	15	-57	51	-51	
	16	-61	52	-55	
	17	-65	53	-59	
	18	65	54	59	
U-17	19	-45	55	-42	Born between 1st January 2010 and 31st December 2012
	20	-48	56	-44	
	21	-51	57	-46	
	22	-55	58	-49	
	23	-59	59	-52	
	24	-63	60	-55	
	25	-68	61	-59	
	26	-73	62	-63	
	27	-78	63	-68	
	28	78	64	68	

As per the guidelines of the Taekwondo Association a player can participate in only **ONE** weight category

Athrise 2026 Championship Guidelines

Age Group	Event No. (Boys)	Weight Categories (Boys)	Event No. (Girls)	Weight Categories (Girls)	Cut Off Dates (Born on or after)
U-19	29	-54	65	-46	Born between 1st January 2008 and 31st December 2009
	30	-58	66	-49	
	31	-63	67	-53	
	32	-68	68	-57	
	33	-74	69	-62	
	34	-80	70	-67	
	35	-87	71	-73	
	36	87	72	73	

As per the guidelines of the Taekwondo Association a player can participate in only **ONE** weight category

SPORT RULES & REGULATIONS

Participants must be in appropriate uniform for the sport of Taekwondo. The Participants are expected to get their own gear apart from a head guard & chest guard.

No Participant will be allowed to participate without complete Taekwondo gear, comprising of the following:

- Head Guard (provided by the Tournament Organizing Committee)
- Chest Guard (provided by the Tournament Organizing Committee)
- Shin Guards
- Step Guards
- Abdomen Guard
- Gum Shield
- Elbow Guards

A Participant must be accompanied by a coach / parent / guardian.

The schedule for weighing in will be communicated prior to the championship.

If a Participant is absent for the weighing in process, he/she will not be eligible to participate.

TOURNAMENT FORMAT

- The tournament format will be finalized based on participation received across all age and event categories for both, Boys and Girls.
- The match duration for each of the age category is as follows:
 - U-12 boys & girls: 3 rounds of 1 minute each
 - U-14 boys & girls: 3 rounds of 2 minutes each
 - U-17 boys & girls: 3 rounds of 3 minutes each
- Each Participant can participate only in one age group & weight category.