



Official Rules & Regulations Professional Taekwondo League

March 7, 2026

The rules and regulations of Kombat Taekwondo are subject to periodic updates and modifications. As the organization evolves, these changes may be implemented without prior notification.

Kombat Taekwondo is a distinctive combat sport administered by Kombat Global Corporation. The term "Taekwondo" denotes a Korean form of unarmed combat involving the use of traditional techniques of kicking and punching, as determined by the regulations set forth in the rules and those specified by the Kombat Event Commission presiding over the competition.

1. Qualification of Contestant

- A. Taekwondo black belt in any style by recognized organization.
- B. Minimum age of 18 years old.
- C. Must provide valid health evaluation by registered doctor.

2. Competition Area

The Kombat Taekwondo matches are held in a "minimum size" 6m x 6m, (prefer 7.6m x 7.6m for Grand Prix and World Title championships) fighting cage that is specially designed for the Kombat Taekwondo. The fighting area may be altered to meet the requirements and/or specifications set by the Kombat Taekwondo Event Commission in charge of the competition.

3. Equipment

The Organizer is responsible for providing the supplies instructed by the Kombat Taekwondo Event Commission. The Kombat Taekwondo Event Commission in charge shall make all decisions relating to hand wrapping, ankle/foot wrapping, and the use of soft supportive braces. Event medical team and/or designated referee(s) will inspect each contestant before entering the competition area.

4. Protective Gears

All protective gear (except for groin protector, mouthguard, and female Chest Guard) used during the Kombat Taekwondo fights in professional leagues will be provided by the Organizer.

Required protective gears are:

- A. Mouthguard – Contestants must bring mouthpiece (single or double side) suitable for high impact and shock absorb type of month guard. It is required to bring a backup. No competitor's brand or logo shown on the mouthpiece.
- B. Gloves – Open fingered padded 4 oz. official Kombat gloves.
- C. Footpads – Open toed padded official Kombat footpads.
- D. Groin protector - Suitable for mixed martial arts Male and Female fighters. Training groin guard is not allowed. Female groin guard is optional but highly recommended.

5. Apparel

- A. Contestants are required to wear black or white color Taekwondo Uniform (V-Neck or Open) with black belt approved by the Kombat Taekwondo Event Commission.
- B. Contestants may wear entrance cloth/event outfits when entering the ring, but they must remove it upon entering. Contestants may include the following: the use of national emblems, country flags, brands, the contestant's name, logo, nickname, and labels, but they must comply with the rules set forth by the Kombat Taekwondo Event Commission.
- C. Wearing shoes or any other type of footwear, except for Kombat Taekwondo-approved foot pads, is not permitted during the competition.
- D. Coaches and other accompanying personnel must wear attire approved by Kombat Taekwondo.
- E. Along with selecting the apparel, contestants have the option to choose an entrance fight song of their preference. However, it is essential to obtain approval from the event commission before the tournament.

6. Appearance

- A. Each contestant is required to maintain cleanliness and be well-groomed, as well as wear clean clothes and use clean equipment before the start of the fight.
- B. No makeup, face or body paint, jewelry, or other piercing accessories are allowed while participating in the competition or exhibition. Only permanent tattoos will be allowed; paintings made with ink, or any other substance are not permitted.
- C. Contestants must have short fingernails and toenails, and they are not allowed to wear metallic or any other objects that could potentially harm their opponent. Nail painting is permitted, but artificial nails are not allowed.
- D. A small quantity of petroleum jelly is permitted for application on the facial area only.
- E. Referees will evaluate whether a contestant's hair poses any threat to their safety or that of their opponent.

7. Kombat Taekwondo Weight Divisions

FEMALE - Weight Categories	
Fin Weight	-54 kg
Fly Weight	54.1 kg – 58 kg
Bantam Weight	58.1 kg – 63 kg
Feather Weight	63.1kg – 68 kg
Light Weight	68.1 kg – 74 kg

MALE - Weight Categories	
Fin Weight	-54 kg
Fly Weight	54.1 kg – 58 kg
Bantam Weight	58.1 kg – 63 kg
Feather Weight	63.1 kg – 68 kg
Light Weight	68.1 kg – 74 kg
Welter Weight	74.1 kg – 80 kg
Middle Weight	80.1 kg – 87 kg
Heavy Weight	87.1 kg – 100 kg
Super Heavy Weight	+100.1 kg

Kombat Taekwondo Technical Delegate may approve fighters move up or move down weight categories with the consent of both coaches, the organizing committee, and athletes.

8. Weigh-In

- A. The general weigh-in for the contestants participating in the competition shall be conducted **one day** prior to the event. The timing of the general weigh-in will be determined by the Organizing Committee and will take place at the official weigh-in location.
- B. During the weigh-in, male contestants shall wear underpants, and female contestants shall wear underpants and a brassiere. An allowance of **300 grams** will be permitted.
- C. The general weigh-in will be conducted once, with an additional weigh-in opportunity granted to any contestant who did not meet the weight requirement on their first attempt. Contestants will have a **3-hour** window for a second weigh-in whenever they decide to use it, and no further attempts will be allowed.
- D. To avoid disqualification during the weigh-in, scales identical to the official one must be provided at the contestant's place of accommodation or at the weigh-in venue for pre-weigh-ins.

9. Classifications & Methods of Competitions

Competitions are classified as follows:

Individual competition: It shall be between contestants in the same weight category. When necessary, adjoining weight categories may be combined to create a single classification with approval of Kombat Taekwondo event commission. Kombat Taekwondo Technical Delegate may approve fighters move up or move down weight categories with the consent of both coaches, the organizing committee, and athletes.

No contestant is allowed to participate in more than one (1) weight category in one event.

System of competition:

A. Single Elimination match format. The number of contestants in a weight division may be adjusted or altered based on the type of event the organizer is hosting.

10. Duration of the Contest & Number of Round

- A. Each match shall consist of Three (3) Rounds. Each round consists of 3 minutes, with 1 minute rest time in between round.

11. Procedures of the fight

A. Procedure for Beginning and After the End of the Contest:

- 1. Before the start of the contest, the center referee will wait for the "Event Announcer" to introduce the contestants. Then signal each contestant to come to the center.
- 2. Referee addresses to both contestants.
- 3. The contestants shall face each other and perform a standing bow at the referee's command.
- 4. The referee shall start the contest by commanding "Ready" hand signal.
- 5. The match shall begin with the referee declaring "Fight" hand signal."
- 6. The match shall conclude with the referee declaring "STOP." hand signal If the referee does not make this declaration, the contest is considered to have ended when the match clock has expired; however, a "Penalty" can still be given even after the match clock has expired.
- 7. Match time will stop only when the referee requests to pause the fight to treat injury with the consultation of the doctor and apply penalty as necessary. (Referees will indicate a X hand signal to stop the clock and a fight signal to restart the match.
- 8. After the match ends, the referee shall declare the victory by raising the winner's hand with both fighter at the starting spot after the MC announce the winner.
- 9. Retirement of Contestants.

B. Procedure when one contestant becomes "grounded" during the fight:

1. A contestant is considered "grounded" if any part of their body, except for the soles of their feet, makes contact with the floor of the fighting area.
2. The referee will start the counting from Five (5) to one (1) verbally, indicating the duration for both contestants to continue fighting offensively or defensively.
3. The countdown will stop when the downed contestant stands up from the grounded position; otherwise, the referee will step in and issue a "Break" signal, ensuring a clear separation between the contestants, and instruct the grounded contestant to stand up, after which the fight will resume. Failure to comply with the referee's command by the downed contestant may result in warnings, penalties, disqualification, or a loss by TKO.

12. Types of Contest Result

Victory can be attained by:

1. Knockout
2. Technical Knockout
3. Disqualification
4. Judges' Decision

Explanation:

➤ Knockout:

1. Knockout via legal attacks, such as punches, kicks, knees, elbows, spinning back fist, or takedowns where the contestant is unable to continue the fight after referee verbal count of 1 to 10 with hand signal due to the high impact blows.
2. Double-Knockout: When both contestants were knockout through **legal attacks** at the same time, and unable to get up after the referee verbal 10 counts is over, match winner is determined through the three Judge's score card base on effective technique (hand, foot, and take down) **before** the double-knockout occur.
3. If a Knockout caused by illegal attacks, the referee would issue a penalty, and the attacker will be DQ.

➤ Technical Knockout:

1. Due to referee or doctor stoppage.
2. For example, when a contestant is unable to defend himself/herself due to technical inferiority, or an injury that jeopardizes their physical well-being.
3. Coach or Contestant request to withdraw.
4. 3 Knockdowns incurred at any time during the round.

➤ Knockdowns

1. Knockdown because of high impact with trembling shock by legal hand, takedown, or kicking techniques to the legal area, causing the other contestant to stagger in the standing position or fall to the ground, but can continue to fight after the referee count from 1 to 8.
 - **Explanation:** Center referee will issue a BREAK hand signal to keep the attacker away and start the 10 counts (1 to 10) with hand signal when the contestant is staggering or on the ground due to major blow. If the contestant can continue the fight by 8 counts, a knockdown will be awarded by the referee with a hand signal pointing to the contestant who deliver the blow with 1 or 2 or 3 fingers representing number of knockdown(s) successfully delivered.

Knockdowns will reset in each round.

- Procedure: Center referee will STOP the fight to keep the attacker away and start the **10** counts (1 to 10) **with hand signal** when the contestant is staggering or on the ground due to major blow. If the contestant can continue the fight by 8 counts, a knockdown will be awarded by the referee with a hand signal pointing to the contestant who deliver the blow with 1 or 2 or 3 fingers representing number of knockdown(s) successfully delivered.

If the down contestant is unable to continue, referee will continue the count to 9 and 10, and end the fight with hand signal for "Knockout"

- Falling due to pushes, imbalance, or slips/trip are not considered knockdowns. (Refer to "Take Down" section for procedure call).
- 2. A contestant whose incurs **3 knockdowns** any time during each round, will **lose the match** by Technical Knockout on the score card for the match.

Knockdowns will reset in each round.

➤ Disqualification

1. A contestant who repeatedly commits "intentional" illegal actions will receive an official penalty. After receiving ten (10) penalties cumulatively in any round, will be declared the loser of the match.
2. Manipulating protective gear to gain an advantage or cause injury to the opponent.
3. Knocking out an opponent through illegal attacks of any kind.
4. Causing injury to other contestant through illegal attacks and the doctor or referees determine the fight cannot be continued.

➤ Judges' Decision:

- Scorecard will be tabulated at the end of each round. Each round will have a winner.
- Match winner will be based on the result of all three rounds.
- There will be no "Tie" decision. Each round/match must have a winner.

1. Unanimous Decision: When all judges select the same contestant as the winner of the round.
2. Split Decision: When two judges select one contestant as the winner of the round, and the other judge selects the opponent as the winner.
3. In the event of a contest being concluded due to an injury resulting from a prohibited act or a double knockout occurrence, the rules established by the presiding commission regarding technical decisions shall be applied.

13. Stopping Contest

- A. Only the center referee and/or the doctor/medic, as determined by the Kombat Taekwondo event commission, have the authority to stop a contest. No other individuals are allowed to make this decision, ensuring the safety and integrity of the event.
- B. During the match, the contestant or coach is allowed to withdraw or stop by the following methods:
 1. Tapping his/her hand continuously on any area of the PIT.
 2. Verbally request for stoppage.
 3. Coach throws in the towel.

14. Referee Official and Responsibilities

Referee

- The referee shall control and manage the match.
- The referee shall declare the winner of the match, after the MC announce the winner.
- The referee shall assess warnings, penalties, and knock down in accordance with the rules and regulations.
- One center referee is appointed for Match.

Judges

- Three (3) judge system will be implemented for matches.
- Judges will follow “Judging Criteria” to evaluate both contestants through effective fighting strategies and complete the Score Card in between round and at the end of the match.
- Judges will be positioned at various locations around the fighting arena and shall make their own independent decision of each contestant.

Referee officials must wear approved Kombat Taekwondo apparel.

15. Judging Criteria

- A. Knockdowns.
- B. Effective Kicking, Striking, and Takedowns.
- C. Aggressiveness.

Judges will assess clean and effective techniques involving kicking, striking, and takedowns. The effectiveness of blows should be determined by direct and strong impact. Blocked blows or blows that hit the arms, hands, or non-permitted areas will not be considered.

According to the criteria, the number of knockdowns should be the priority in match assessment, followed by effective kicking, striking, and takedown techniques. If a judge believes that both contestants were completely even in knockdowns, effective kicking, striking, and takedowns, they must then score the match based on ring management, and aggressiveness as the final determination.

Knockdowns: The knockdown occurs when the contestant is knocked down by strong impact strikes through punches, kicking or takedown techniques to the legal, and permitted area. It will be solely determined by the referee. When the contestant shows the desire to fight by the time the referee count to 8 to continue the fight, the referee will issue a Knockdown hand signal (1st or 2nd). Judges will circle the knockdown on the scorecard either by hand technique or kicking technique.

Effective Kicking & Striking: Legal strikes achieved through a combination of kicking and striking that have an immediate impact with the potential to lead to a knockout. The Contestant who executes more effective kicking techniques should have superiority over a fighter who uses more effective hand techniques or takedowns.

Effective Takedowns & Ground Fighting: Successful execution of legal takedowns and ground fighting strategies. Slipping, Tripping, and Falling because of evading or carelessness is also considering Takedown advantage action on the score card for the other contestant.

In a case of Tie in the Total Score.

The Winner will be decided by the Judges base on Effective Aggressiveness Criteria.

Making aggressive attempts to finish the round/match effectively. The key term is "effective." Chasing after an opponent with no effective results or impact should not influence the judges' assessments. Global Combat Taekwondo prioritizes productive aggressiveness, so the fighter who achieves results based on attacking should be favored over a fighter who is a defensive counter in a case of tie breaker.

16. Permitted Attacking Area

A. Hand and Kicking techniques:

1. Entire Head above the chin for kicking techniques.
2. Front face and both sides of the head above the chin for hand/elbow techniques only.
3. Whole body except for the Spine area above the waist for any techniques.

B. Takedowns:

1. Between Ankle Bone and the Knee (side or back). Must hold on to the opponent between arm pits and waistline for this technique.

17. Legal Techniques

A. Hand & Arm Techniques:

1. Closed fist punch, hook, upper cut, hammer fist, and back fist and spinning back fist.
2. Elbow strikes without grabbing or holding the opponent in a standing position.

Explanations:

- All closed fist punching, and hand striking techniques are permitted when directed towards the front and sides of the head, as well as the torso above the waist.
- Upper cuts to the face and above the waist are allowed. Upper cuts are only permitted without grabbing or holding the opponent.
- Elbow strike techniques are allowed when directed towards the front and sides of the head, as well as the torso above the waist. However, it is essential to note that elbow strikes are only permitted without grabbing or holding the opponent. Spinning Elbow strike is not allowed, and it is NOT allowed for ground fighting.

B. Leg Techniques:

1. Any kicking techniques to the permitted area above the waist.
2. Standing Knee striking without grabbing or holding any part of the body or head.

C. Takedown Techniques:

1. Sweeps, Reaps, and Throws are allowed only to the range of approximately 12 inches from the bottom of the heel between ankle bone to the knee. Must hold on to the opponent for this technique.
2. Takedown techniques must be applied by holding or grabbing onto the upper body, and when the opponent is not kicking.
3. Apply takedown techniques when clinching within 3 seconds.
4. Spin Sweeping is allowed without holding.
5. Straight kick below the knee to attempt to sweep or making contact on the shin in the front is NOT allowed.
6. No grabbing of the hand or joints for throws or takedown.

D. Ground Fighting Techniques:

1. Any parts of the body touch the ground other than the sole of the feet.
2. Contestant is ONLY allowed to use punch to the face and body (above the belt) without grabbing or holding or pressing down the contestant.
3. Any type of kicking technique is NOT allowed except for the "Grounded" contestant in an inferior position is allowed to kick or block the attacker. Kicking below the waist or directly to the front of the face are NOT allowed.
4. No sitting or mounting or kneeing (one knee or both knees) on top of ground contestant.
5. When the grounded contestant rolls their body completely and attempts to push up to stand, the top contestant must stop the attack.

Procedure: Center Referee will start counts "verbally" (5 to 1) without interrupting the fight to remind the down contestant to get up. When the counts reach 5, referee will first BREAK the fight and signal the grounded contestant to stand up. If the grounded contestant shows inability to continue the fight, Referee will issue a STOP command and conclude the fight with hand signal for "Knock Out"

18. Penalties

The maximum penalties are NINE (9). Once the tenth (10) penalty is issued by the referee, the contestant is disqualified.

A. Prohibited Hand Techniques

1. Choking or any hand strikes the neck or in the back of the spine.
2. Grabbing or holding the neck/head/leg to carry out any kind of attack.
3. Fingers in orifices or any joint manipulation through grappling techniques.
4. No Spinning Elbow strike of any kind.
5. Only straight punch to the front face area when the contestant is down on the floor and the down contestant can NOT kick the attacker directly straight to the face or below the waist.

B. Prohibited Kicking or Leg Techniques

1. Kick below the waist except for legal takedown techniques.
2. Knee blocking or intentionally block kicks with any part of the leg.
3. Kick to the back of the spine.
4. Kicking or stomping the grounded contestant.

C. Avoiding, Use of Unsafe Techniques & Misconduct

1. 5-Second Rule: If contestants fail to engage within 5 seconds, the referee will issue a verbal warning by commanding "Fight". If there is still no action by either, or both contestants, a penalty will be given for "avoiding" the match.
2. When the contestant shows no will to fight by clinching, holding, running away, or pretending injury.
3. Head butting, Gouging the eyes, fish hooking, or shoulder attacks.
4. Biting, clawing, pinching, twisting the flesh, spitting or hair pulling.
5. Mounting, sitting or kneeing (one knee or both knees) on the fallen opponent to carry out any kind of attacks.
6. Pulling protective gear and uniform.
7. Unsportsmanlike behavior by the coaches, or athletes.

Explanation:

- Any grappling techniques that cause choking or twisting of any joint is prohibited.
- Kicking the portion of the leg below the hip, except when using sweeping techniques, is restricted to a range of only 12 inches from the bottom of the heel (between the ankle bone and knee).
- Striking or grabbing the throat or neck in any manner is strictly forbidden.
- "Cat Fight" style of any kind.
- Spinning elbow strikes such as rotating your body 180 degrees with an elbow strike is prohibited.
- Striking the spine or the back of the head is not permitted.
- No groin attacks are allowed.
- Under no circumstances may you take control of your opponent's head with one or two hands to carry out any kind of attack.
- Under no circumstances is it permitted to hold the opponent's leg at the moment of execution or after the impact of a kick.
- Clinching, holding, or grabbing for any purpose other than to immediately execute a legal technique is not permitted. Under no circumstances is it permitted to clinch for more than 3 seconds.
- Contestants cannot use shoulders to attack, especially when one contestant is clinching against the wall.
- Intentionally throwing or spiking an opponent on their head or neck is forbidden.
- Timidity or passivity, including but not limited to avoiding contact with an opponent, failing to initiate legal techniques, intentionally or consistently dropping the mouthpiece, or feigning an injury, is not acceptable.
- Attacking an opponent during or after separation, while the opponent is under the care of the referee, or after the bell has sounded to end the round, is prohibited.
- Flagrantly disregarding the instructions of the referee or any interference by the corner is not acceptable.
- Biting, spitting, clawing, pinching, twisting the flesh, hair-pulling, fish-hooking, gouging, putting a finger in an orifice, cut, or laceration, small joint manipulation, or any other "dirty tactics" are strictly forbidden.
- Engaging in any unsportsmanlike conduct, including but not limited to abusive language, is not permitted. Offensive conduct during the fight, cultural, religious, or ideological provocations will be classified as unsportsmanlike conduct.
- Any technique for blocking kicks with the leg by raising the knee is not permitted, even if the intention is to use the upper part of the knee.

19. Verbal Warnings, Official Penalty, and Injuries Resulting from a Foul

- A. The Center Referee has the authority to issue verbal warnings, penalties, or disqualify a contestant for fouls committed during the match. Warnings will be issued without interrupting the ongoing fighting action of the match.
- B. The deliberate execution of any prohibited techniques will result in an immediate penalty. To issue an official penalty, the referee will separate the fighters and communicate directly with the athlete being warned.
- C. Unintentional execution of any forbidden hand strikes and kicks will receive an immediate verbal warning.
- D. Repeated intentional illegal actions, where the referee has already given verbal warnings up to five (5) official penalties, indicating a clear intention to cause injury to the opponent, will lead to the contestant's disqualification. If a contestant is to be disqualified, the referee will signal by waving hands above the head to indicate the termination of the match.
- E. If a contestant sustains an injury resulting from prohibited acts, and the injured contestant is unable to continue after consulting with the event doctor, the injured contestant wins in accordance with the rules, regulations, and policies of the presiding Kombat Taekwondo Event Commission.
- F. If a contestant sustains an injury from a knockout to the head, the contestant cannot fight until the contestant is cleared by the doctor after sixty (60) days.

20. Fight Records

The fight records for the Professional League are meticulously maintained, with victories attained through knockouts, technical knockouts, and decisions by judges. Each fighter will have its own fight records that can be obtained through Kombat Taekwondo's official website.

21. Anti-Doping Test

- A. The Kombat Taekwondo Anti-Doping Rules shall be applied to Kombat Taekwondo events.

- B. The Organizer may conduct any doping tests deemed necessary to determine if a contestant has violated this rule. Any contestant who refuses to undergo this testing or is found to have violated this rule shall be removed from the final standings, and the record shall be transferred to the contestant next in line in the competition standings.



EVENT NAME	
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DATE:		Match No.	
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FIGHTERS			
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NAME/COUNTRY	NAME/COUNTRY		
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JUDGING CRITERIA			
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***** KNOCKDOWNS (Determined by the referee, hand signal count) *****

Knockdown is determined by the Referee. Judge will circle number of Knockdowns and points given accordingly.
 (Note, if there are two Knockdowns by the "same" technique, only include the highest points in the final Score. Do NOT add both points together)

1		2		3		1		2		3	
By Punch:	5	By Punch:	10	TKO		By Punch:	5	By Punch:	10	TKO	
By Kick :	15	By Kick:	20	TKO		By Kick:	15	By Kick:	20	TKO	

By Takedown: NO bonus points. Only circle the "number" of successful knockdown by Takedown technique. Score "3" under Effective of Attacks

***** PENALTIES *****

Circle number of penalties given to each contestant.

1	2	3	4	5	6	7	8	9	1	2	3	4	5	6	7	8	9
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***** EFFECTIVENESS OF ATTACKS *****

Effectiveness of attacks is based on the impact and number of effective techniques landed. Judge to assess a "Score Value"

KICKING TECHNIQUES																			
1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10
HAND TECHNIQUES																			
1	2	3	4	5	1	2	3	4	5										
TAKEDOWNS																			
1	2	3	1	2	3														
TOTAL SCORE										TOTAL SCORE									

***** AGGRESSIVENESS in a case of Total Score are Tie *****

Aggressiveness is based on contestant's fighting strategy and who has better ring management and more aggressive.

1	2	3	4	5	1	2	3	4	5								
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FINAL SCORE		FINAL SCORE	
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VICTORY BY			
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KO	TKO	DSQ	Judge Decision
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Referee		Judge	
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Name	Name
Country	Country

Event Commissioner's Approval: _____