



Kombat Taekwondo Competition Guide

Minor, Major & Professional Leagues Effective JULY 1, 2025

Visit www.KombatTaekwondo.com for complete official rules and regulations of each league

	Apparel	Equipment	Fight Time	Modified Fight Rules	Ranking	Ring Type
MINOR LEAGUE 17 Years & Under Open To All Belt Levels	White or Black Taekwondo Uniform with Belt OR Taekwondo Pants, Belt, and KT Shirt	KT Foot Pads KT Minor League Gloves KT Head Gear 15-17 years Groin Guard for Male Mouth Piece Shin Guard & Arm Guard TKD Chest Guard <i>*Face Shield & TKD Head Gear for 14 Years & Under</i>	One Round 2 Minutes 11 Years & Under (Tiger & Youth) One Round 3 Minutes 12 to 17 Year Old	No open hand strikes No elbow strike No knee strike No spin sweep No ground fight Take down allowed Junior Safety Rule	N/A	Taekwondo Octagon Ring 8m x 8m
MAJOR LEAGUE 18 Years & Over Open To All Belt Levels	White or Black Taekwondo Uniform with Belt OR Taekwondo Pants, Belt, and KT Shirt	KT Foot Pads KT Major League Gloves KT Head Gear Groin Guard for Male Mouth Piece Shin Guard & Arm Guard	One Round 3 Minutes	No Elbow Strikes	YES <i>*Black Belts Only</i>	Taekwondo Octagon Ring 8m x 8m or KT Cage
PROFESSIONAL LEAGUE 18 Years & Over	Kombat Taekwondo Professional Apparel	KT Foot Pads KT Pro League Gloves Groin Guard for Male Mouth Piece	One Round 5 Minutes	Pro Taekwondo Rules	Fight Records for Pro Fight	Kombat Taekwondo Cage 8m x 8m