


# TEAM LEADERS' GUIDE

## Taekwondo



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# Welcome Message

Dear Athletes and Team Officials,

Welcome to Tokyo!

We are truly delighted to have you here and sincerely appreciate your participation in the Tokyo 2025 Deaflympics.

This guide has been prepared to provide you with the essential information to ensure that your stay is smooth, meaningful, and comfortable.

Our team has made every effort to create an environment where all delegations can perform at their best and feel as comfortable as if they were at home.

We hope that your time here will be not only a success in competition but also an enriching experience filled with cultural exchange and friendship.

We wish you a safe, memorable, and inspiring stay in Tokyo.

Warm regards,

Tokyo 2025 Deaflympics Organizing Committee

## About This Team Leaders Guide

This Team Leaders Guide was published in October 2025 and provides essential information regarding the Taekwondo competition at the Tokyo 2025 Deaflympics.

It is designed to assist team leaders and officials in planning and preparing for the Games by offering a wide range of practical and operational details.

# 1. Overview

## Competition Overview

The Taekwondo competition of the Tokyo 2025 Deaflympics will be held at the Nakano City General Gymnasium from Saturday, November 22 to Monday, November 24, 2025.

Event	Men	Women
-58kg	✓	
-68kg	✓	
-80kg	✓	
+80kg	✓	
-49kg		✓
-57kg		✓
-67kg		✓
+67kg		✓
Individual	✓	✓
Pair	✓	✓

A total of 110 athletes from 26 countries are expected to participate in the Taekwondo competition.

## Participating Countries

Azerbaijan	Brazil	Taipei	Croatia	Deaf Individual Neutral Athletes
Ecuador	Gabon	Greece	Hong Kong	India
Iran	Japan	Kazakhstan	Kyrgyzstan	Latvia
Lebanon	Mexico	Nepal	China	Korea
Thailand	Turkiye	United States of America	Uzbekistan	Venezuela
Côte d'Ivoire				

## Main Schedule

Date	Time	Event	Remarks
20 November 2025	10:00–17:00	Training	
	13:00–	Technical Meeting Familiarization (Venue tour)	
21 November 2025	10:00–17:00	Training	
22 November 2025	10:00–12:00	General Weigh in	
	10:00–	Competition Day	Poomsae Individual
			Poomsae Pair
23 November 2025	8:00–	Random Weigh-in	
	10:00–12:00	General Weigh in	
	10:00–	Competition Day	M–58kg
			M–68kg
			W–49kg
			W–57kg
24 November 2025	8:00–	Random Weigh-in	
	10:00–	Competition Day	M–80kg
			M+80kg
			W–67kg
			W+67kg

## Important Information

- At the Tokyo tournament, random weigh-ins for the Kyorugi event will begin at 8:00 AM.
- If an athlete selected for the random weigh-in is not present at that time, the athlete will be disqualified. Please make sure to review the following instructions carefully.
- For detailed information regarding random weigh-ins, please refer to “3 Competition – Weigh-in – Random Weigh-in.”
- The competition organizing committee will prepare and attach the athlete Bibs (arm

and leg).

• For detailed information regarding athlete Bibs (arm and leg), please refer to “3 Competition – Competition Equipment.”

## 2. Venue

Competition / Training Venue

**Nakano City General Gymnasium** (3-37-78 Arai, Nakano-ku, Tokyo)

The Taekwondo competition at the Tokyo 2025 Deaflympics will be held at the Nakano City General Gymnasium.

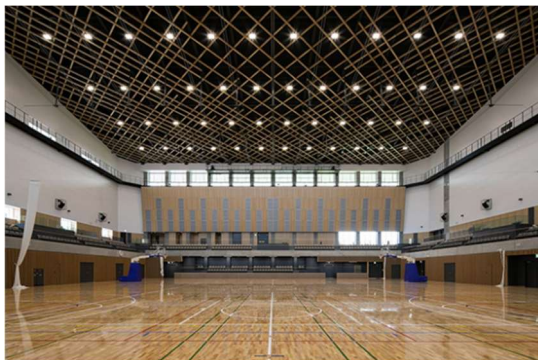
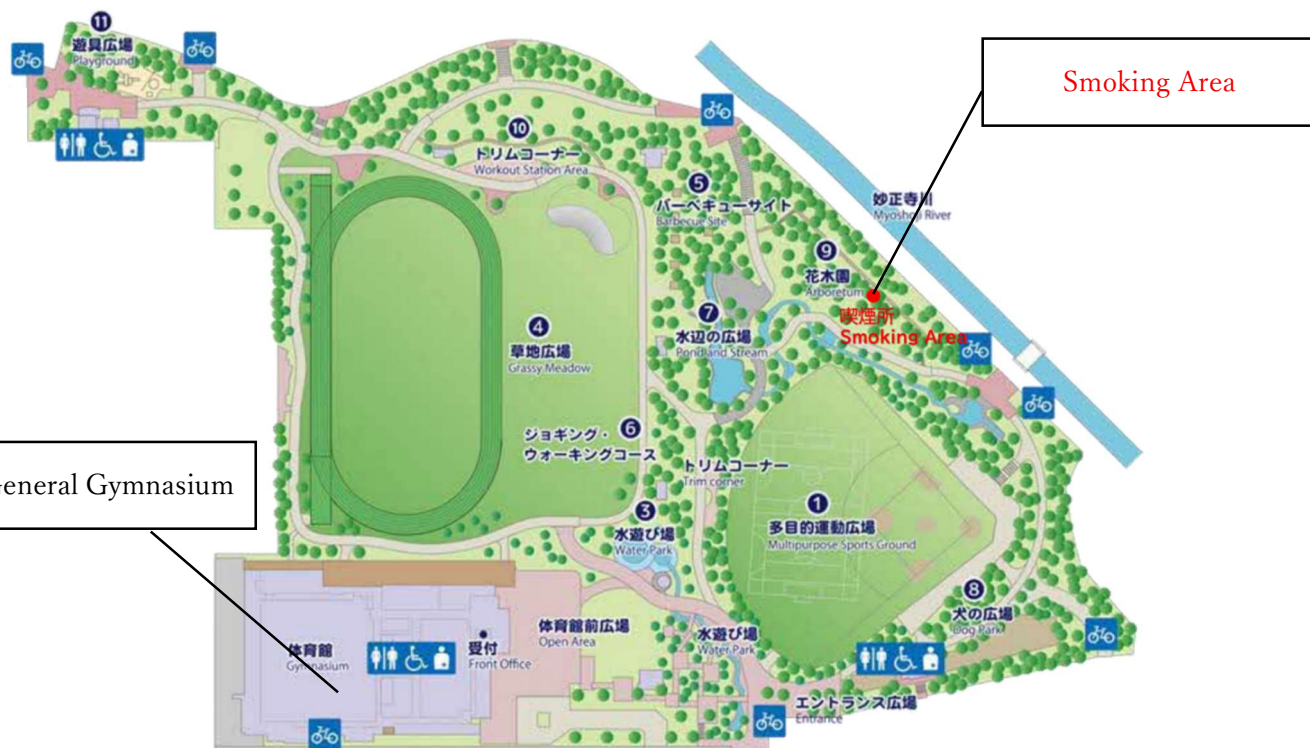


Image Courtesy of Nakano City



## Venue Map

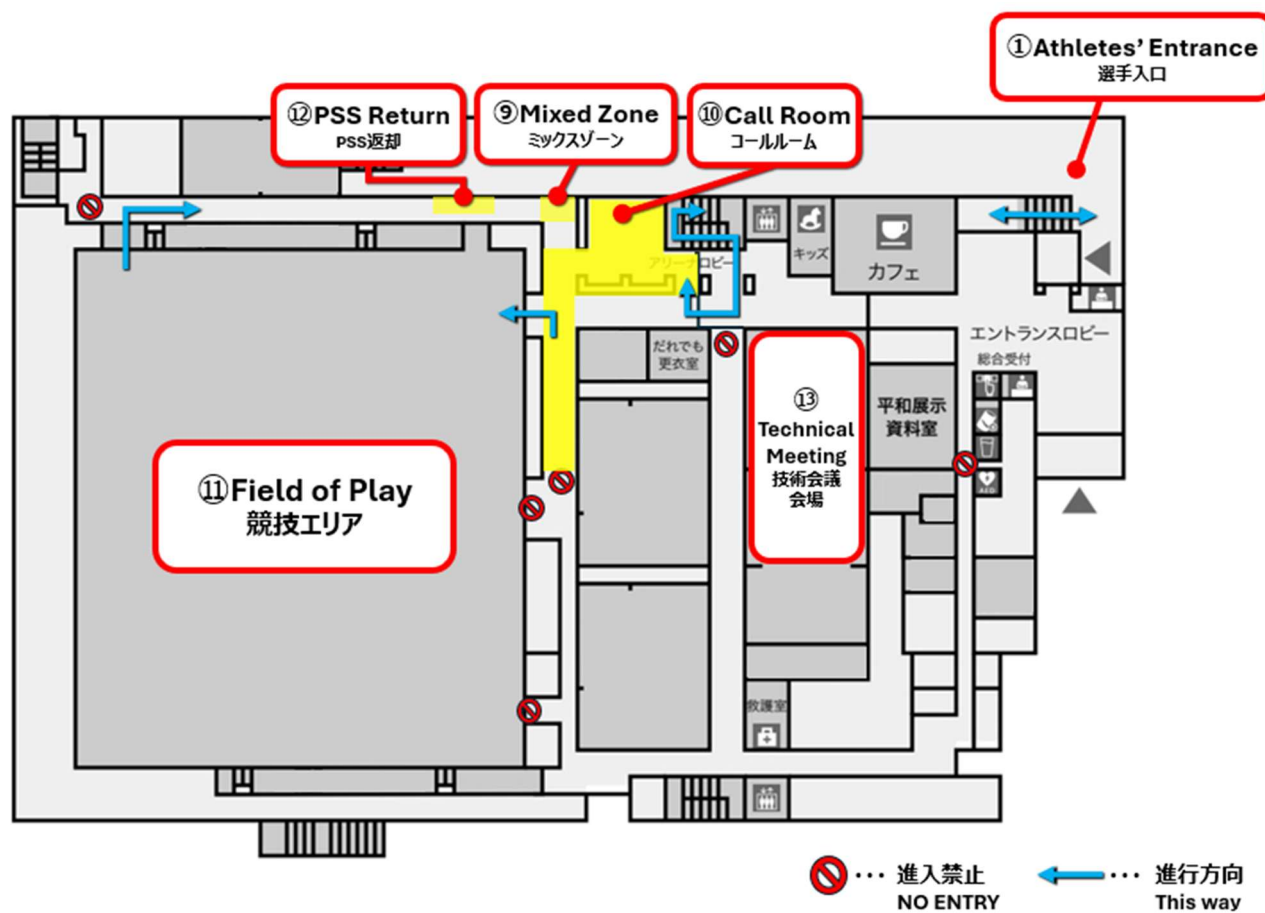
### – Overall Venue Map



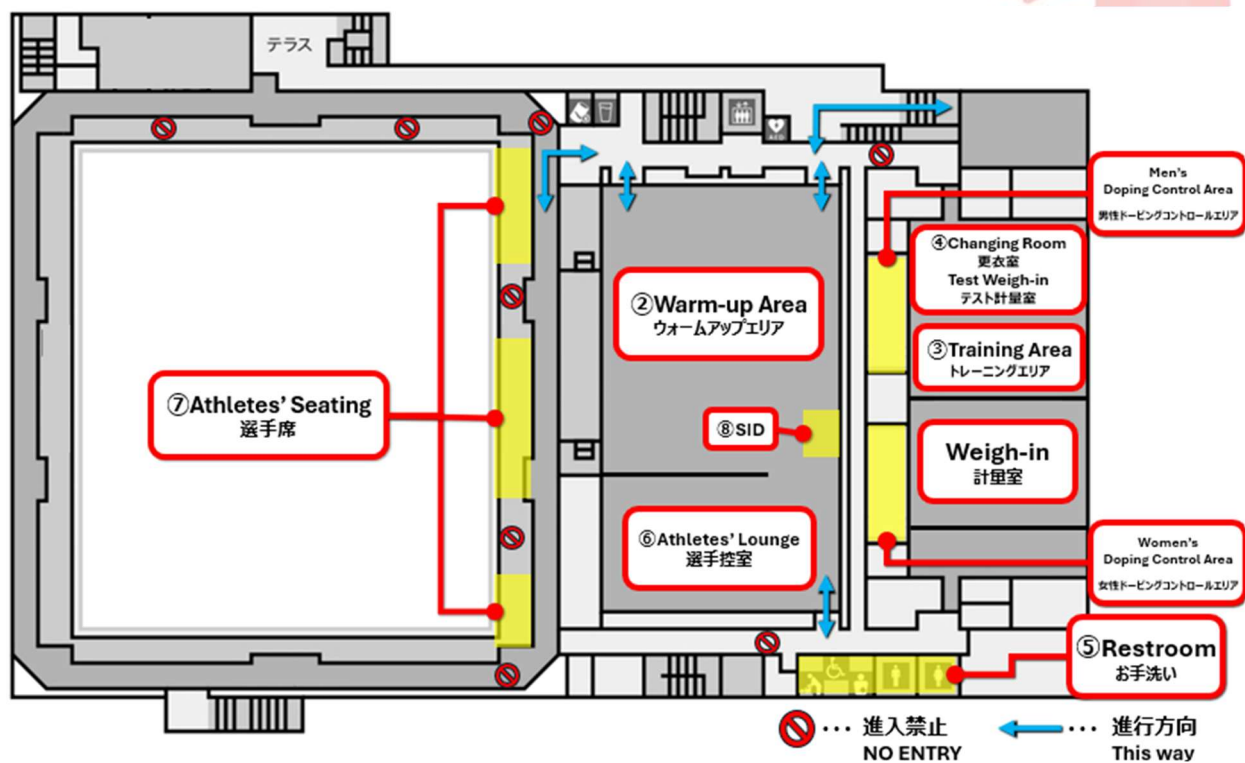


- Athletes' Area

1F

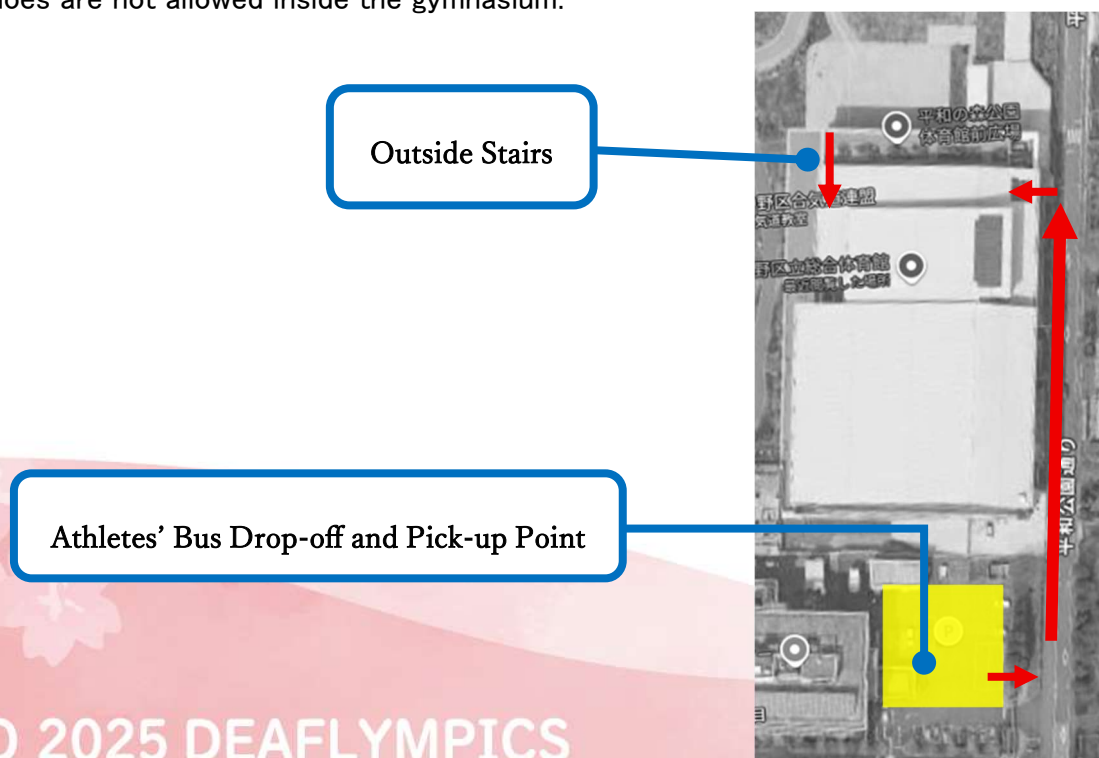


2F



## - Entrance to the Venue

After leaving the athletes' bus drop-off point, athletes should follow the guidance of the staff and enter the Nakano City General Gymnasium via the external stairs on the 2nd floor (MAP No. ①), removing their outdoor shoes before entry. Please note that shoes are not allowed inside the gymnasium.



## ID Card

- ID cards will be issued at Deaf Square. They will not be issued at the competition venue.
- ID cards are personal and non-transferable. They must be carried at all times inside the venue.
- ID cards are also required when boarding vehicles to each competition venue, so please ensure you have them with you.
- In case of damage or loss of an ID card, immediately contact the Games Headquarters. The card holder must then visit the ID Center (Deaf Square) in person to complete the reissuance procedure.

## Transportation Service

- For the latest transportation plans, please refer to the “Transportation Service” page on the Team Delegation website.
- Bus timetables will be available on the same website.
- Please arrive at the bus boarding area with sufficient time to avoid missing your bus.
  - Please note that the buses for outbound and return trips may not be the same. Be sure to take all personal belongings with you when leaving the bus.
  - An ID card must be presented when boarding the bus.
  - If you are using public transportation, please check the access information on the official venue website.

## Venue Services

### – Warm-up Area

Athletes who have matches on the day may use the warm-up area (MAP No. 2) for their warm-up.

Date	Time	Remarks
20 November 2025	10:00–17:00	Free Access
21 November 2025	10:00–17:00	Free Access
22 November 2025	8:00–17:00	•8:00 a.m.~until the end of the competition : Poomsae Athletes Only •After the competition ~ 5:00 p.m.: Free Access
23 November 2025	8:00– until the end of the competition	For Kyorugi Athletes Only –58kg –68kg –49kg –57kg
24 November 2025	8:00– until the end of the competition	For Kyorugi Athletes Only –80kg +80kg –67kg +67kg

## – Training Area

Athletes who have matches on the following days may use the training area (MAP No. 3) for their warm-up.

Date	Time	Remarks
20 November 2025	10:00–17:00	Free Access
21 November 2025	10:00–17:00	Free Access
22 November 2025	10:00–17:00	For Kyorugi Athletes Only
23 November 2025	8:00– Until the end of the competition	For Kyorugi Athletes Only –80kg +80kg –67kg +67kg
24 November 2025	8:00– until the end of the competition	For Kyorugi Athletes Only –80kg +80kg –67kg +67kg

## – Changing Room

Inside the training area, there are separate changing rooms for men and women (MAP No. ④). Please note that no showers are available.

## – Restroom

The restroom (MAP No. ⑤) is located next to the athletes' lounge.

## – Food Services

During the competition period, the following food and beverages will be provided in the Athletes' Lounge (MAP No. ⑥):

- Bananas
- Energy bars
- Packaged bread
- Water

Please note that additional orders cannot be accommodated.

Please consume the above food and beverages in the Athletes' Lounge (MAP No. ⑥).

## – Sports Information Desk (SID)


- The SID is located between the Warm-up Area and the Athletes' Lounge (MAP No. ⑧).
  - It will be available from 20 to 24 November 2025.
  - The SID provides information on competitions, results, bus schedules, and other relevant updates.
- Please feel free to ask any questions.

## – Mixed Zone

The Mixed Zone (MAP No. ⑨) is designated for interviews by accredited media with athletes and coaches after matches.

## Venue Guidelines

- Removal of any items from the facility is strictly prohibited.
- Damage or destruction of facility property and equipment is prohibited. Violations may result in penalties.
- Please take your trash with you whenever possible.
- There is no secure storage for valuables inside the venue. Management of valuables is the responsibility of each national delegation.
- LOC assumes no responsibility for lost or stolen items within the venue.
- Electrical outlets within the venue may not be used.

- 
- A decorative illustration of a pink cherry blossom branch with several flowers, extending from the top right corner of the page.
- Please share space courteously with others.
  - The entire venue is non-smoking. Please use designated smoking areas nearby.
  - Follow all venue rules and instructions from staff.
  - Flash photography inside the venue is prohibited



## 3. Competition

### Competition Schedule

The competition schedule is as follows:

Date	Time	Gender	Event
22 November 2025	10:00–	M	Poomsae Individual
		W	
		M W	Poomsae Pair
23 November 2025	10:00–	M	–58k
		M	–68kg
		W	–49kg
		W	–57kg
24 November 2025	10:00–	M	–80kg
		M	+80kg
		W	–67kg
		W	+67kg

At the Tokyo 2025 Deaflympics, Taekwondo competitions, including Kyorugi and Poomsae, will be conducted using a tournament format. For Kyorugi events only, athletes defeated by finalists will have the opportunity to participate in the repechage.

### Competition Rules

Taekwondo competitions will be conducted according to the following regulations. Equipment used by athletes and other participants must also comply with these regulations:

#### Technical Regulations

<https://deaflympics.com/games/tokyo-2025/tk/regulations>

#### WT Rules and Regulations (version: 2024)

<https://m.worldtaekwondo.org/rules-wt/rules.html>

## Competition Equipment

Athletes and other participants must comply with the following rules regarding uniforms and equipment:

[WT Competition Rules and Interpretation \(September 30, 2024\).pdf](#)

[Poomsae Competition Rules and Interpretation \(In force as of September 30 2024\).pdf](#)

- All other competition equipment, including uniforms, electronic socks, and mouthguards, must be prepared by the athletes themselves. Electronic body protectors and electronic headgear will be provided by the Organizing Committee.

- The competition organizing committee will prepare and attach the athlete Bibs (arm and leg).

On the practice days, November 20 and 21, registration will be conducted at SID on the 2nd floor. Please bring your uniform with you.

- Registration hours are from 10:00 AM to 4:00 PM on both days.

- Uniforms with Bibs attached will be returned to you at SID on the 2nd floor before the competition day.

- Further details regarding Bibs will be provided again during the technical meeting.

## Competition Procedures

### – Pre-Competition (From Athlete Check-in to Competition Start)

All athletes scheduled to compete on the day must arrive at the Call Room (MAP No. ⑩) at least 30 minutes before their match, with their ID card and after removing any hearing aids or assistive devices.

- Upon check-in, athletes will receive the necessary protective gear under the guidance of staff and are required to wear it.

- Athletes will then proceed to the Inspection Area for verification by referees, including confirmation that hearing aids have been removed, before moving to the waiting area.

- If any issues or discrepancies are detected during the inspection, the Sports Director (SD), who is responsible for the competition, will make the final decision.

- If hearing aids or similar devices are detected in the Inspection Area, athletes must remove them and hand them over to their coach.

- Athletes will then enter the Field of Play (FOP, MAP No. ⑪) following staff instructions.

## – Post-Competition

After the competition, athletes must return their protective gear to the Gear Return Area (MAP No. ⑫) following staff guidance.

## Results Publication

Results of each event will be posted on the official Games website immediately after the conclusion of each competition.

## Medal Ceremonies

- Medal ceremonies will take place after the finals of each event. Medalists should assemble at the Call Room (MAP No. ⑩).
- After the medal ceremony, interviews will be conducted in the Mixed Zone (MAP No. ⑨).

## Practice Schedule

Date	Time	Remarks
20 November 2025	10:00–17:00	Free Access Warm-up Area Training Area
21 November 2025	10:00–17:00	Free Access Warm-up Area Training Area

## Technical Meeting and Draw

Date	Time	Venue
20 November 2025	13:00–	Nakano City General Gymnasium, 1st Floor Meeting Room (MAP No. ⑬)

- Each NDSF may send up to two representatives, at least one of whom must be deaf. Interpreters may accompany if needed.
- The draw for all events will be conducted under the supervision of the Technical Committee according to WT Rules and Regulations.
- Familiarization (Venue tour) will take place after the Technical Meeting, and attendees are encouraged to participate.

## Weigh-in

### – General Weigh-in

Date	Time	Gender	Event
22 November 2025	10:00–12:00	M	–58kg –68kg
		W	–49kg –57kg
23 November 2025	10:00–12:00	M	–80kg +80kg
		W	–67kg +67kg

• Weigh-in is normally conducted once. If an athlete does not meet the required weight, a single re-weigh is allowed within the designated time.

• Test scales are available in the athletes' changing room (MAP No. ④).

### – Random Weigh-in

Date	Time	Gender	Event
23 November 2025	8:00–	M	–58kg –68kg
		W	–49kg –57kg
24 November 2025	8:00–	M	–80kg
		W	–67kg

• Random weigh-in refers to selecting four athletes at random from each weight category scheduled to compete on the day and conducting a weigh-in.

• All athletes who passed the previous day's weigh-in, except those in M+80kg and W+67kg categories, must attend the random weigh-in. Failure to attend will result in disqualification.

• The athletes selected for random weigh-in will be announced at 8:00 AM in the warm-up area on the day of competition. All athletes should gather to ensure they are available for weigh-in if selected.

• Athletes chosen for random weigh-in are allowed up to 5% over their weight category limit.

(Example: –58kg category is acceptable up to 60.9kg; –49kg category up to 51.5kg.)

• Random weigh-in will be conducted only once.

• The M+80kg and W+67kg categories are exempt from random weigh-in.



## Hearing Aid Prohibition Areas

Athletes are strictly prohibited from wearing hearing aids or cochlear implant devices before entering the following restricted areas:

- Call Room (MAP No. ⑩)
- FOP area (MAP No. ⑪)

**Note:** Hearing aids may be used in restricted areas after the competition has concluded. Hearing aids are also permitted during medal ceremonies within the FOP area.