Apex Championships 10th May 2026

George Carnall Sport Centre (Active Urmston), Kingsway Park,
Manchester, M41 7FJ



Tournament Summary

Competition Venue: George Carnall Sport Centre (Active Urmston), Kingsway Park, M41 7FJ

Date: 10th May 2026

Entry Deadline: 30th April 2026

Registration: <u>www.ma-regonline.com</u>

Capacity: Maximum capacity of 300 competitors

Competitor Fee: £50 for all categories

Spectators: £10; free for kids under 5 years

Categories:

Minors Combined A & B categories with 6 weights

Pee Wees Separate A and B categories with 6 weights

Children Separate A and B categories with 8 weights

Cadets Separate A and B categories with 10 weights

Juniors Separate A and B categories with 10 weights

Seniors Separate A and B categories with 8 weights

Referees/officials: Contact British Taekwondo Chief Referee Mr Chris Codling



VONDO

Key features for this event

- Split weigh-in for competition day to guarantee starting on time
- NEW kids age categories and weight groups (Minors, Pee Wees and Children)
- New WT rules for 2026
- PSS for ALL divisions (except Minors and Pee Wees)
- NEW points system for team league



Event Partners



Sanctioned By	British Taekwondo	www.britishtaekwondo.org.uk
Tournament Organiser	Master Rick Simpson	info@apextaekwondo.co.uk
Hosted By	Apex Taekwondo	kyorugi@apextaekwondo.co.uk
Event Management	MA-Reg Online	www.ma-regonline.com
Medical Services	Fight Medics	www.fightmedics.co.uk
Scoring System Provider	Ki Martial Arts	www.kico.co.uk



Tournament Schedule

Day & Time	Schedule
30 th April 2026	Registration Closes
1 st May 2026	Competitor Payments Requested
1 st May 2026	Entries Sent to British Taekwondo For Audit
5 th May 2026	Payments Required to be Completed
9 th May 2026	Early Weigh-In
10 th May 2026	On-Day Weigh in
10 th May 2026	Competition Day





Day	Time	Activity	
Saturday 9 th May 2026	3:00pm-5:00pm	Weigh-in for ALL categories	
Sunday 10 th May 2026	8:00am-8:45am	Weigh-in 1 (for Under 7s, Under 9s and Under 11s competitors ONLY)	
Sunday 10 th May 2026	8:45am-9:45am	Weigh-in 2 (for CADET, JUNIOR, SENIOR competitors ONLY)	
All weigh-in changes incur an administration fee of £25			





Day	Time	Activity
	8:00am	Doors open
	8:00am	Weigh in 1 opens (Minors, Pee Wees and Children ONLY)
Sunday 10 th May 2026	8:45am	Weigh in 1 closes (Minors, Pee Wees and Children ONLY)
	8:45am	Weigh in 2 opens (Cadets, Juniors, Seniors, ONLY)
	9:15am	Draw Sheets 1 published (Minors, Pee Wees and Children)
	9:30am	Contests begin (Minors, Pee Wees and Children)
	9:45am	Weigh in 2 closes (Cadets, Juniors, Seniors)
	10:15am	Draw Sheets 2 published (for Cadets, Juniors, Seniors)
	11:00am (approx.)	Contests begin (Cadets, Juniors, Seniors)
	12:30pm	Lunch Break
	1:15pm	Tournament resumes
	4:30pm (approx.)	Contests finish, team awards announced



Age Group	Novice	Advanced
Minors	Manual Scoring	Manual Scoring
Pee Wees	Manual Scoring	Manual Scoring
Children	KPNP-K1 PSS	KPNP-K1 PSS
Cadets	KPNP-K1 PSS	KPNP-K1 PSS
Juniors	KPNP-K1 PSS	KPNP-K1 PSS
Seniors	KPNP-K1 PSS	KPNP-K1 PSS

Scoring Systems for this Event

- We are proud to announce that KPNP-K1 PSS is our chosen scoring system provider for this event.
- Manual Scoring will be used for all Minor and Pee Wee groups).
- A manual referee system will be used for Video Replay appeals.

Awards

Athlete Awards

- All athletes will receive a participation certificate
- The top 4 athletes will receive Gold (1), Silver (1) and Bronze (2) medals

Team Awards

- 1st, 2nd and 3rd Place Team Trophy Awards for teams
- Points system as follows:
 - 10 points for Gold
 - 7 points for Silver
 - 3 points for Bronze
 - 5 points per contest won



AEKWONDO

Competition Rules Changes for 2026

SUMMARY OF RULES CHANGES:

Double points for spinning kicks

- 4 points awarded for spinning body kick
- 6 points awarded for spinning head kick

Coach video replay appeals not permitted for head kicks (PSS ONLY)

- Coaches can no longer request (1) appeal for missed head kick to be added (2)
- Only Centre Referee can request this, and only if they have given an appropriate standing count (3)

Notes:

- (1) Head kick appeals may still be made on contests involving manual scoring (i.e. Minors and Pee Wees)
- (2) Coaches may still request head kicks to be removed, such as ghost points or invalidate head kick in connection to Gam Jeom that has been awarded
- (3) Athlete will only be given a standing count if they require one (i.e. safety of the athlete) referees will NOT give standing count just because they saw head contact

Event Categories

Minors age 7 and Under born in 2020 or 2019			
Male Female			
Open Grades	Open Grades		
-16	-16		
-18	-18		
-20	-20		
-22	-22		
-24	-24		
+24	+24		

Pee Wees age 9 and Under born in 2018 or 2017				
Mi	ale	Fen	nale	
9th Kup	2nd Kup	9th Kup	2nd Kup	
to 3rd	and	to 3rd	and	
Kup	Above	Kup	Above	
-22	-22	-22	-22	
-24	-24	-24	-24	
-26	-26	-26	-26	
-29	-29	-29	-29	
-32	-32	-32	-32	
+32	+32	+32	+32	

	Children age 11 and Under born in 2016 or 2015				
Ma	ale	Female			
9th Kup	2nd Kup	9th Kup	2nd Kup		
to 3rd	and	to 3rd	and		
Kup	Above	Kup	Above		
-29	-29	-29	-29		
-32	-32	-32	-32		
-36	-36	-36	-36		
-40	-40	-40	-40		
-44	-44	-44	-44		
-48	-48	-48	-48		
+48	+48	+48	+48		

bo	Cadets born in 2014, 2013 or 2012				
Mi	ale	Female			
9th Kup	2nd Kup	9th Kup	2nd Kup		
to 3rd	and	to 3rd	and		
Kup	Above	Kup	Above		
-33	-33	-29	-29		
-37	-37	-33	-33		
-41	-41	-37	-37		
-45	-45	-41	-41		
-49	-49	-44	-44		
-53	-53	-47	-47		
-57	-57	-51	-51		
-61	-61	-55	-55		
-65	-65	-59	-59		
+65	+65	+59	+59		

Juniors born in 2011, 2010 or 2009				
Ma	ale	Female		
9th Kup	2nd Kup	9th Kup	2nd Kup	
to 3rd	and	to 3rd	and	
Kup	Above	Kup	Above	
-45	-45	-42	-42	
-48	-48	-44	-44	
-51	-51	-46	-46	
-55	-55	-49	-49	
-59	-59	-52	-52	
-63	-63	-55	-55	
-68	-68	-59	-59	
-73	-73	-63	-63	
-78	-78	-68	-68	
+78	+78	+68	+68	

Seniors					
born in 2009 or before					
Ma	ale	Female			
9th Kup	2nd Kup	9th Kup	2nd Kup		
to 3rd	and	to 3rd	and		
Kup	Above	Kup	Above		
-54	-54	-46	-46		
-58	-58	-49	-49		
-63	-63	-53	-53		
-68	-68	-57	-57		
-74	-74	-62	-62		
-80	-80	-67	-67		
-87	-87	-74	-74		
+87	+87	+73	+73		

Referees

Chief Referee Mr Chris Codling IR Register using Spond (Referee App)

