



**Apex 121**  
**19<sup>th</sup> July 2026**



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



**PEX**  
**TAEKWONDO**



# Event Summary

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Competition Venue:	George Carnall Sport Centre (Active Urmston), Kingsway Park, M41 7FJ
Date:	19 <sup>th</sup> July 2026
Entry Deadline:	12 <sup>th</sup> July 2026
Registration:	<a href="http://www.ma-regonline.com">www.ma-regonline.com</a>
Capacity:	Maximum capacity of 300 competitors
Competitor Fee:	£40 for all categories
Spectators:	£10; free for kids under 5 years



TAEKWONDO

# Event Partners



Sanctioned By	British Taekwondo	<a href="http://www.britishtaekwondo.org.uk">www.britishtaekwondo.org.uk</a>
Tournament Organiser	Master Rick Simpson	<a href="mailto:info@apextaekwondo.co.uk">info@apextaekwondo.co.uk</a>
Hosted By	Apex Taekwondo	<a href="http://www.apextaekwondo.co.uk">www.apextaekwondo.co.uk</a>
Event Management	MA-Reg Online	<a href="http://www.ma-regonline.com">www.ma-regonline.com</a>
Medical Services	Fight Medics	<a href="http://www.fightmedics.co.uk">www.fightmedics.co.uk</a>
Scoring System Provider	Ki Martial Arts	<a href="http://www.kico.co.uk">www.kico.co.uk</a>

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# Tournament Schedule

Day & Time	Schedule
12 <sup>th</sup> July 2026	Registration Closes
12 <sup>th</sup> July 2026	Competitor Payments Requested
12 <sup>th</sup> July 2026	Entries Sent to British Taekwondo For Audit
15 <sup>th</sup> July 2026	Payments Required to be Completed
19 <sup>th</sup> July 2026	Competition Day

# Event Schedule



Day	Time	Activity
Saturday 18 <sup>th</sup> July 2026	12:00pm	Draw Sheets Issued to Teams
Sunday 19 <sup>th</sup> July 2026	8:00am	Doors Open
	9:00am	Referees Meeting
	9:15am	Coaches Meeting
	9:30am	Contests begin
	4:00pm (approx.)	Contests finish



# Scoring Systems for this Event

- We are proud to announce that **KPNP-K1 PSS** is our chosen scoring system provider for this event.
- PSS Scoring will be used for all A-Class Child, Cadet, Junior and Senior groups.
- A manual referee system will be used for Video Replay appeals.

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

# 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*



# Referees

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

