



## CHANGES CONTROL

DATE	CHANGES	REASON
11/11/2026	Content 6: Competition Program and Medals	The total amount of maximum athletes in Poosmae was modified, which changed the amount of medals as well
	Content 7: Participants	
12/8/2025	Content 8b: Age of competitors	The age of eligibility of participantas is hereby expanded to include athletes born between 2008 and 2010 corresponding to ages 16 and 18
1/12/2026	Content 5: Information about competition	Change of competition dates
	Content 15: Sport Schedule Appendix	
	Content 6: Competition Program and Medals	Freestyle categories was changed to Mixed Couples
02/24/2026	Content 6: Competition Program and Medals	Complete Competition Program Appendix
02/24/2026	Content 11: Equipment - Uniform - Facilities	Link to Manual for the use of the Manufacturer Trademarks



TAEKWONDO



# TECHNICAL MANUAL

TAEKWONDO



IV JUEGOS SURAMERICANOS DE LA JUVENTUD

A OTRO  
NIVEL

## TABLE OF CONTENTS

### **1. WELCOME**

### **2. GENERAL INFORMATION ABOUT PANAMA**

- a. Number of inhabitants
- b. Location
- c. Altitude
- d. Climate
- e. Currency of Panama

### **3. SPORTS ORGANIZATIONS AND LEADERS**

- a. National Olympic Committee
- b. Organización Deportiva Suramericana (ODESUR)
  - Executive Committee
  - Technical Commission
  - Medical Commission
  - Follow-up Commission for the IV South American Youth Games Panama 2026
- c. Interinstitutional Technical Committee for the IV South American Youth Games Panama 2026
  - Organizing Committee
  - General Director
  - Executive Director
- d. Unión Panamericana de Taekwondo
- e. Federación de Panameña de Taekwondo
- f. National and International technical officials

### **4. IV SOUTH AMERICAN YOUTH GAMES PANAMA 2026 in numbers**

### **5. INFORMATION ABOUT THE COMPETITION**

### **6. COMPETITION PROGRAM AND MEDALS**

### **7. PARTICIPANTS**

## 8. ELEGIBILITY

- a. Competitor's Nationality
- b. Competitor's Age

## 9. REGISTRATION

- a. Intention of Participation
- b. numerical registration
- c. Long list registration
- d. Final nominal registration
- e. Submission of information

## 10. TAEKWONDO RULES

- a. General rules
- b. Competition staff: Judges, Jurors, and Technical Officials
- c. Protests and appeals

## 11. EQUIPMENT - UNIFORMS - FACILITIES

## 12. TECHNICAL MEETING

## 13. MEDICAL INFORMATION

- a. Doping Control
- b. Medical Services at Competitions and Training Venues

## 14. POST COMPETITION PROCEDURES

Mixed Zone

## 15. SPORTS SCHEDULE APPENDIX

## 1. WELCOME

On behalf of the National Government of the Republic of Panama, the Panamanian Sports Institute, and the Panamanian Olympic Committee, we extend a warm welcome to the IV South American Youth Games Panama 2026.

It is an honor for our country to host this sporting event, which celebrates the talent, discipline, and passion of the new generation of athletes in our region. These Games are an opportunity to reaffirm the values that unite us: excellence, friendship, unity, and the Olympic spirit that inspires every participant.

The organizing committee reaffirms its commitment to providing an event that promotes youth sports development, cultural exchange, and integration among the ODESUR member countries. We are working with enthusiasm and dedication to ensure that every detail reflects the pride and hospitality of the Panamanian people.

To all participating delegations, we wish you great success. May this experience in Panama be an opportunity to compete with dedication, learn with humility, and share with joy, in an atmosphere of respect and camaraderie.

Welcome to Panama 2026, where South American youth unite, inspire, and leave their mark in sports history!

Anamae Orillac  
General Director  
IV South American Youth Games Panama 2026

## 2. GENERAL INFORMATION ABOUT PANAMA

Panama City is the capital of Panama, an amazing country located in Central America, known for its rich cultural diversity, geography, and strategic role in international trade. Panama City is the only capital city in the world that has a protected rainforest within its city limits. It is a city of contrasts, where the modern blends with the traditional, offering a unique experience for visitors and residents alike. It has impressive skyscrapers, reflecting the economic growth and urban development of recent decades

### a. Number of inhabitants

Panama City is the largest and most populous city in the country with 1,439,575 inhabitants in 2023, according to the National Institute of Statistics and Census. It is home to a population rich in ethnicities and traditions. It is a place where you can find a large number of immigrants of different nationalities from all over the world.

### b. Location

The Republic of Panama is located in the central part of the American continent, bordered by the Caribbean Sea to the north, The Pacific Ocean to the south, Colombia to the east, and Costa Rica to the west.

### c. Altitude

The altitude of Panama City rises to an average of 30 meters above sea level, covering an average area of 100 km<sup>2</sup>. Its highest point is Cerro Ancon, where the Panamanian flag flies at the summit, which can be seen from the city

### d. Climate

Panama has a tropical climate, characterized by warm and humid temperatures:

No.	CLIMATE	PANAMA RANGE
1	Temperature:	30/25°C
2	Relative Humidity:	82.40%
3	Precipitation:	223 mm
4	Altitude above sea level:	15 m
5	Sunrise:	6:15
6	Sunset:	18:28
7	Solar noon:	11 a.m.

**Source:** Instituto de Meteorología e Hidrología de Panamá

e. Currency of Panama

The official currency is the Balboa, which has the same value as the US Dollar and, according to Panamanian law, circulates freely and is used without restrictions in commercial and financial transactions.

### 3. SPORTS ORGANIZATIONS AND LEADERS

a. National Olympic Committees

The fifteen (15) Olympic Committees that are part of ODESUR come from the following countries:

ARGENTINA	ARG		COLOMBIA	COL		PARAGUAY	PAR	
ARUBA	ARU		CURAZAO	CUR		PERU	PER	
BOLIVIA	BOL		ECUADOR	ECU		SURINAM	SUR	
BRASIL	BRA		GUYANA	GUY		URUGUAY	URU	
CHILE	CHI		PANAMA	PAN		VENEZUELA	VEN	

b. Organización Deportiva Suramericana (ODESUR)

Phone number: 595 (21) 649 650 - Email: [info@odesur.org](mailto:info@odesur.org)

Executive Committee 2022 – 2026

NAME	ROLE	COUNTRY
Camilo Pérez López Moreira	President	Paraguay
Mario Moccia	1st Vice President	Argentina
Paulo Wanderley	2nd Vice president	Brasil
Miguel Angel Mujica	Secretary General	Chile
Marco Arze Mendoza	Treasurer	Bolivia
Damaris Young	Vocal	Panamá
Wanda Broeksema	Vocal	Aruba
Jose Luis Echeverry	Vocal	Colombia
Inés Remersaro	Chair of the Athlete's Commission	Uruguay



## Technical Commission

NAME	ROLE	COUNTRY
Mario Moccia	President	Argentina
Jorge Delgado	Member	Ecuador
María Delgado	Member	Venezuela
Juan Carlos Orihuela	Member	Paraguay
Rodrigo Moreno	Member	Chile
Francisco Barreto	Member	Brasil
Victor Goupierre	ACODESU Member	Argentina
Fabio Ramírez García	Technical and Development Director	Colombia

## Medical Commission

NAME	ROLE	COUNTRY
Dr. José Veloso	President	Uruguay
Dr. Hugo Rodríguez Papini	Member	Argentina
Juan Diego Parraga	Member	Colombia
Victor Carpio	Member	Perú
Luciano Rezende	Member	Brasil
Gerardo Acosta	Legal Adviser	Paraguay

## Follow-up Committee for the IV South American Youth Games 2026

NAME	ROLE	COUNTRY
Marco Arce Mendoza	President	Bolivia
Wanda Broeksema	Member	Aruba
María Soto	Member	Venezuela
Benjamín Hockin	Member	Paraguay
Mario Cilenti	ODESUR Executive Director	Argentina
Fabio Ramírez	ODESUR Technical and Development Director	Colombia



### c. INTERINSTITUTIONAL TECHNICAL COMMITTEE

ENTITY	ROLE	NAME
Director of Pandeportes	President	Mr. Miguel Angel Ordoñez
President of Panamenian Olympic Committee	Executive Secretary	Mrs. Damaris Young
Minister of Presidency	Member	Juan Carlos Orillac
Panama City Municipal Government	Member	Mayer Mizrachi
Minister of Culture	Member	Maruja Herrera
Minister de Economy and Finance	Member	Felipe Chapman
Panama Tourism Authority	Member	Gloria María de León
Promptur	Member	Salomón Shamah
Athlete's Representative	Member	Mrs. Daniela Rodríguez

### Organizing Committee of the IV South American Youth Games Panamá 2026

General Director  
 Anamae Orillac  
 E-mail: [anamae.orillac@jsjpanama2026.com](mailto:anamae.orillac@jsjpanama2026.com)

Technical Director  
 Emilio Wong  
 Email: [emilio.wong@jsjpanama2026.com](mailto:emilio.wong@jsjpanama2026.com)

### d. Unión Panamericana de Taekwondo

President: Juan Manuel Lope Delgado  
 E-mail: [events@panamericantaekwoundunion.org](mailto:events@panamericantaekwoundunion.org)

### e. Federación Panameña de Taekwondo

President: Boris Alvarez  
 Phone Number: +50766163757  
 E-mail: [fedetaekwondopanama@gmail.com](mailto:fedetaekwondopanama@gmail.com) ; [fn-taekwondo@copanama.com](mailto:fn-taekwondo@copanama.com)

### f. International Technical Officials

The Union Panamericana de Taekwondo will appoint the international technical officials.

International Technical Delegate (ITD): Mario Mandel  
 E-mail: [mandelmar30@hotmail.com](mailto:mandelmar30@hotmail.com) Phone Number: +56992337810

## 4. IV SOUTH AMERICAN YOUTH GAMES PANAMÁ 2026, IN NUMBERS

- 15 countries
- 22 sports – one guest sport (Chess)
- + 1.500 participating athletes
- 13 days of competition
- 20 sporting venues

## 5. INFORMATION ABOUT COMPETITION

The taekwondo competition for the IV South American Youth Games Panama 2026 will be held from **April 21<sup>st</sup> to the 24<sup>th</sup> 2026**.

### a. Competition format

The event will be held under the competition regulations of the World Taekwondo Federation and the Union Panamericana de Taekwondo.

## 6. COMPETITION PROGRAM AND MEDALS

Date	Sesior	Time	Event	Gender	Details
20-abr		18:00 - 19:30	Technical Meeting		
21-abr		09:00 - 12:00	Poomsae Competition	Male, Female & Mixed	
		12:00 - 14:00	Poomsae Award Ceremony		
		10:00 - 12:00	Kyorugui Weigh-in	Male & Female	For categories -48 kg & -63 kgs (Male) -63 kgs (Female)
22-abr		7:30 - 8:00	Random Weigh		
		9:00 - 18:00	Kyorugui Competition Categories -48 kg, -63 kgs (Male) -63 kgs (Female)	Male & Female	
		18:00	Award Ceremony		
		10:00 - 12:00	Kyorugui Weigh-in	Male & Female	For categories -49 kgs & -55 kgs (Female) +73kgs (Male)
23-abr		7:30 - 8:00	Random Weigh		
		9:00 - 18:00	Kyorugui Competition Categories -49 kgs & -55 kgs (Female) +73 kgs (male)	Male & Female	
		18:00	Award Ceremony		
		10:00 - 12:00	Kyorugui Weigh-in	Male & Female	For categories -44 kgs & +63 kgs (Female) -55kgs & -73kgs (Male)
24-abr		7:30 - 8:00	Random Weigh		
		9:00 - 18:00	Kyorugui Competition Categories -44 kgs & +63 kgs (Female) -55kgs & -73 kgs (Male)	Male & Female	
		18:00	Award Ceremony		

CATEGORIES SUMMONED				MEDALS TO BE AWARDED								
KYORUGUI	MALE	FEMALE	MIXED	MALE			FEMALE			MIXED		
				GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE	GOLD	SILVER	BRONZE
- 48 kg	☐			1	1	2						
- 55 kg	☐			1	1	2						
- 63 kg	☐			1	1	2						
- 73 kg	☐			1	1	2						
+ 73 kg	☐			1	1	2						
- 44 kg		☐					1	1	2			
- 49 kg		☐					1	1	2			
- 55 kg		☐					1	1	2			
- 63 kg		☐					1	1	2			
+ 63 kg		☐					1	1	2			
POOMSAE												
INDIVIDUAL	☐	☐		1	1	2	1	1	2			
MIXED COUPLES			☐							1	1	2
<b>TOTAL</b>				6	6	12	6	6	12	1	1	2

The training schedule will be established by the Organizing Committee after receiving all numerical registrations and will be confirmed upon the arrival of the delegations.

For a category to be held, a minimum of four (4) athletes from four (4) different NOCs must participate.

### Discipline: Kyorugi

The competition system will be single elimination.

Weigh-in: It will take place the day before the competition, under WT regulations.

During the official weigh-in, competitors are allowed to step on the scale only once; however, one additional attempt may be granted within the designated time limit for those who do not qualify on the first try. \*

### Discipline: Poomsae

Traditional Individual up to 90 seconds. The interval between the 1<sup>st</sup> and 2<sup>nd</sup> Poomsae must be at least 30 seconds.

Team competitions last between 90 and 100 seconds.

**NOTE:** The athletes forming the **mixed pair** must be the same athletes who compete in the **individual events** in both divisions (men's and women's).

**IMPORTANT NOTE:**

- The PSS system to be used will be **DAEDO G3**.
- The OVR/IVR system will be **UPTKD**.

Athletes will be called to report to the inspection area for uniform checks, then escorted to the competition area.

In accordance with ODESUR regulations, the prizes will be awarded as follows:

- First place: gold medal.
- Second place: silver medal.
- Third place: bronze medal (There will be two third place awards)

All competitors will receive a certificate of participation.

The prizes will be awarded once the competition is over, following the protocol rules of ODESUR, and the official uniform representing their country must be worn.

## 7. PARTICIPANTS

All athletes from countries whose Olympic Committees are affiliated with ODESUR and whose National Federations are affiliated with the World Taekwondo Federation.

Each country may participate with a delegation of up to six (6) male athletes (5 for the Kyorugui discipline and 1 for Poomsae) and six (1) female athletes (5 for the Kyorugui discipline and 1 for Poomsae).

The number of team officials in a delegation may not exceed 40% of the total number of athletes. \*

## 8. ELEGIBILITY

To be eligible and participate in the IV South American Youth Games Panama 2026, the athlete must comply with the ODESUR statutes and the rules of Unión Panamericana de Taekwondo.

a. Competitors' Nationality

Any competitor participating in the IV South American Youth Games Panama 2026 must have the nationality of the country of the NOC that registered them, which will be responsible for that registration. The nationality and eligibility of the competitor is determined in accordance with ODESUR regulations.

b. Age of Competitors

All athletes born between **January 1<sup>st</sup> 2008 and December 31<sup>st</sup> 2010** (16 – 18 y/o) will be allowed to participate in.

## 9. REGISTRATION

a. Intention to Participate

All National Olympic Committees' must submit their intention to participate by **October 1<sup>st</sup> 2025**, at 11:59:59 p.m. (Panama Time), using the official forms that the Organizing Committee will send out in due course. They must indicate the sports in which they will participate for the IV South American Youth Games Panama 2026. Forms will be published on the official website.

b. Numerical Registration

Numerical Registration Forms (individual and team) will indicate, without specifying names, the number of officials, technical staff, competitors, and support personnel that will make up the delegation. These forms must be submitted through the respective National Olympic Committee (NOC) and received by the Organizing Committee of the IV South American Youth Games Panama 2026 no later than **November 30<sup>th</sup> 2025**, at 11:59:59 PM (Panama time).

c. Long List Registration

the long list of athletes, team officials, technical staff, administrative, and auxiliary personnel must be sent to the Organizing Committee of the IV South American Youth Games Panama 2026 no later than **January 20<sup>th</sup> 2026**, at 23:59:59 (Panama Time). The long list may be submitted by email in order to meet the deadline.

d. Final Nominal Registration

The nominal list for taekwondo must be submitted no later than **March 12<sup>th</sup> 2026**, at 23:59:59 (Panama time).

The final list of athletes, team officials, technical staff , administrative and support personnel will be reviewed by the Head of Mission or a representative authorized by the NOC and representative of the Organizing Committee ( Registrations – Accreditations - Technical, etc.) during the “Delegation Registration (PRE DRM DRM) ” meetings, which will be held virtually on the following dates: February 20<sup>th</sup>, 2026, and March 20<sup>th</sup>, 2026, and an in-person DRM starting on April 6<sup>th</sup>, 2026 which will take place at the organizing Committee’s office.

At the time of Final Registration, no new registrations may be included; registration will be limited to the names listed in the Nominal List – Long List and may not exceed the number of athletes indicated in the Technical Instructions (Technical Manual) for each sport.

The number of team officials in delegations may not exceed 40% of the total number of athletes confirmed in the DRM. Once the DRM is complete, the registration and accreditation process for the delegation will be finished, and it will not be possible to accredit any other participants, except in exceptional circumstances duly authorized by ODESUR.

e. Sending Information

Any information regarding registrations or other matters may be sent to:  
Email: [direcciontecnicapanama2026@jsjpanama2026.com](mailto:direcciontecnicapanama2026@jsjpanama2026.com)

## 10. TAEKWONDO RULES

a. General Rules

The taekwondo competition of the IV South American Youth Games Panama 2026 will be organized in accordance with the current regulations of the World Taekwondo Federation (WT). In case of any disagreement regarding the interpretation of these rules, the Spanish version shall prevail.

Matters not covered by these regulations will be resolved as follows:

- ✓ If of a general nature, by the Organizing Committee of the IV South American Youth Games Panama 2026, in accordance with ODESUR regulations.
- ✓ If of a technical nature, in accordance with the rules established by the WT.

## b. COMPETITION STAFF: (JUDGES, JURORS AND TECHNICAL OFFICIALS)

The Union Panamericana de Taekwondo will appoint internationally certified referees who, together with the technical delegate, will be responsible for conducting the competition.

No referee, judge, and/or commissaire may serve as a delegate for their team or stay with their delegation.

Note: All of the above will be formalized in a preliminary agreement to be drawn up during a meeting with the Union Panamericana de Taekwondo.

## c. PROTESTS AND APPEALS

They will be conducted in accordance with the guidelines of the World Taekwondo Federation (WT).

The Jury of Appeal will be elected at the Technical Meeting by the delegates of the participating countries, and its decisions are final.

Any technical protest must be submitted in writing to the Jury of Appeal as regulated by the World Taekwondo Federation, the Union Panamericana de Taekwondo and ODESUR.

Every protest must be accompanied by a deposit of one hundred U.S. dollars (USD \$100), as established by ODESUR regulations.

The decisions of the Jury of Appeal are final and must be resolved before the start of the following day's competition

## 11. EQUIPMENT - UNIFORMS - FACILITIES

The uniforms and sports equipment used by athletes and other participants in the competitions of the IV South American Youth Games Panama 2026 must comply with the regulations of the World Taekwondo Federation and ODESUR.

Competitors shall wear taekwondo uniforms (dobok) from WT-approved brands, along with arm and leg protectors compatible with the DAEDO electronic system, as well as groin and mouth guards. The Organizing Committee will provide chest protectors and headgear, both equipped with an electronic scoring system.

In accordance with ODESUR regulations, advertising on delegation uniforms will not be permitted during the IV South American Youth Games Panama 2026.

## ODESUR – Manual for the Use of the Manufacturer Trademarks

For the Award Ceremony, athletes must wear their national representative uniform, in accordance with ODESUR standards.

Referees must wear the uniform designated by the WT.

### **12. TECHNICAL MEETING**

The Delegates' Technical Meeting will be held on a date to be confirmed at the Games Organizing Committee headquarters.

The Judges' Meeting and the weigh-in day will also be held on a date to be confirmed at the Games Organizing Committee headquarters.

Up to two (2) representatives from each NOC may attend the Final Registration Verification, one with voting rights, along with an interpreter or assistant, if necessary.

The Final Registration Verification will include confirmation of the final participant registrations by category, confirmation of totals, the draw to determine the order of competing countries, as well as the verification of passports and competition uniforms in accordance with World Taekwondo Federation and ODESUR regulations.

### **13. MEDICAL INFORMATION**

#### a. Doping Control

Doping control tests Will be carried out by the Medical Commission of the Organizing Committee of the IV South American Youth Games Panama 2026 under the regulations of the ODESUR Medical Commission and in accordance with its Anti-Doping Rules approved by World Anti-doping Agency (WADA).

ODESUR reaffirms its policy of rejecting, sanctioning, and discouraging the use of doping substances and prohibited methods to ensure the healthiest, safest, fairest, and most ethical environment in sports competitions during the IV South American Youth Games Panama 2026.

The selection of athletes for sample collection in accordance with the ODESUR Anti-Doping Rule Violation and may be immediately removed from the IV South American Youth Games Panama 2026 and have their credential withdrawn.



b. Medical services at competition and training sites

A medical station will be available to provide first aid to athletes and officials at each competition and training site, equipped with all necessary safety equipment for Sporting activities. Ambulances will always be available in cases where a member of the IV South American Youth Games Panama 2026 needs to be transferred to a hospital.

**14. POST- COMPETITION PROCEDURES**

a. Mixed Zone

At the end of each event, athletes will be instructed to leave the Competition Area by passing through the Mixed Zone, which is an area where accredited media may conduct brief interviews after the competition.

Athletes must pass through the Mixed Zone where they will be asked to cooperate and talk with media representatives.

**15. SPORTS SCHEDULE APPENDIX**

Schedule

EVENT	APRIL															
	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
TAEKWONDO												■	■	■	■	



# TECHNICAL MANUAL

## TAEKWONDO



IV JUEGOS SURAMERICANOS DE LA JUVENTUD

ARGENTINA  
ARUBA  
BOLIVIA  
BRASIL  
CHILE  
COLOMBIA  
CURAZAO  
ECUADOR  
GUYANA  
PANAMÁ  
PARAGUAY  
PERÚ  
SURINAM  
URUGUAY  
VENEZUELA

A OTRO  
NIVEL

[JSJPANAMA2026.COM](http://JSJPANAMA2026.COM)