



# Rock Olympics <sup>2026</sup>

**RACE AGAINST YOURSELF!**

## **TAEKWONDO**

**POOMSAE & KYORUGI**

### *Event Guide*

# Welcome Note

## Welcome to RockOlympics 2026!

Dear RockStars Parents & Students,

We are proud to present **RockOlympics 2026** — our most dynamic and competitive stage, where every challenge becomes an opportunity and every passion finds its moment to shine.

This is more than an event.

This is a movement.

This year, we introduce a powerful theme: **Race Against Yourself!**

At RockStar Academy, we believe the greatest competition is not against others — but **against who you were yesterday.**

For **students**, this is a journey of setting personal goals, pushing limits, and discovering how far they can go.

For **parents**, it is a moment to witness your child grow in **confidence, resilience, and discipline** — understanding that true success comes from continuous self-improvement.

**RockOlympics 2026** sets a new benchmark for excellence:

- **Higher level competition** with more academies and athletes.
- **Baby Olympics** for our youngest champions starting from 6 months.
- **Expanded categories** and new divisions.
- **Enhanced rewards** and exciting new sponsors.
- **Premium venues** designed to inspire peak performance.
- Introduction of **Pickleball** to the RockOlympics arena.

**This is your challenge.**

**This is your growth.**

**This is your moment.**

Because true victory begins when you choose to **Race Against Yourself.**

See you in the arena!

Warmest regards,

**John Franklin**  
CEO, RockStar Academy

## Competition Stages

Competitions	System		Stages
	Individual	Team	
Taekwondo	Knock-Out & Point-Based	X	Final

## Schedule & Venue

Date	Stage	Event	
9 May 2026	Final	Taekwondo	Tennis Courts, RockStar Academy Gajah Mada Plaza

## Registration Period

Date	Group	Event Fee	Period
9 May 2026	Taekwondo	Early Bird	1 April-3 May 2026
		Regular	4-8 May 2026
		Event Day	9 May 2026

## Registration Fees

### Memberships

Registration Period	VIP			Premiere		
	All Academy Except PK & CS	23 Paskal Bandung Only	Ciputra World Surabaya Only	All Academy Except PK & CS	23 Paskal Bandung Only	Ciputra World Surabaya Only
Early Bird	228,000 IDR	178,000 IDR	148,000 IDR	248,000 IDR	198,000 IDR	178,000 IDR
Regular	248,000 IDR	198,000 IDR	168,000 IDR	288,000 IDR	228,000 IDR	198,000 IDR
Event Day	268,000 IDR	228,000 IDR	188,000 IDR	338,000 IDR	248,000 IDR	228,000 IDR

# Taekwondo Schedule Final

Saturday, 9 May 2026 | All Academies  
Tennis Courts, RockStar Academy Gajah Mada Plaza

09.00 - 10.00		Pre-Registration Poomsae Gibon (White - Yellow) & Taegeuk 1 (Yellow Stripe - Hijau)		
<b>Court A</b>	Time	Category	Age	
	10:00 - 11:00	Gibon (White - Yellow)	6 - 9 yo	10 - 13 yo
			14 - 17 yo	
<b>Court B</b>	Time	Category	Age	
	10:00 - 11:00	Taegeuk 1 (Yellow Stripe - Hijau)	6 - 9 yo	10 - 13 yo
			14 - 17 yo	
<i>Awarding Poomsae Gibon (White - Yellow) &amp; Taegeuk 1 (Yellow Stripe - Hijau)</i>				

10.00 - 11.00		Pre-Registration Poomsae Taegeuk 3 (Hijau Stripe - Blue) & Taegeuk 5 (Blue Stripe - Poom)		
<b>Court A</b>	Time	Category	Age	
	11:00 - 12:00	Taegeuk 3 (Hijau Stripe - Blue)	6 - 9 yo	10 - 13 yo
			14 - 17 yo	
<b>Court B</b>	Time	Category	Age	
	11:00 - 12:00	Taegeuk 5 (Blue Stripe - Poom)	6 - 9 yo	10 - 13 yo
			14 - 17 yo	
<i>Awarding Poomsae Taegeuk 3 (Hijau Stripe - Blue) &amp; Taegeuk 5 (Blue Stripe - Poom)</i>				

# Taekwondo Schedule Final

Saturday, 9 May 2026 | All Academies  
Tennis Courts, RockStar Academy Gajah Mada Plaza

12.00 - 13.00 Pre-Registration Kyorugi 6-9 Boys & Girls			
<b>Court A</b>	Time	Category (Boys)	Age
	13.00 - 16.00	U.22	6 - 9 yo
		U.24	
		U.27	
		U.30	
		U.33	
		U.36	
		U.40	
O.40			
<b>Court B</b>	Time	Category (Girls)	Age
	13.00 - 16.00	U.20	6 - 9 yo
		U.22	
		U.24	
		U.27	
		U.30	
		U.33	
		U.36	
O.36			
<i>Awarding Kyorugi 6-9 Boys &amp; Girls</i>			

# Taekwondo Schedule Final

Saturday, 9 May 2026 | All Academies  
Tennis Courts, RockStar Academy Gajah Mada Plaza


15.00 - 16.00 Pre-Registration Kyorugi 10-13 Boys & Girls			
<b>Court A</b>	Time	Category (Boys)	Age
	16.00 - 18.00	U.33	10 - 13 yo
		U.37	
		U.41	
		U.45	
		U.49	
		U.53	
		U.57	
		U.61	
O.65			
<b>Court B</b>	Time	Category (Girls)	Age
	16.00 - 18.00	U.29	10 - 13 yo
		U.33	
		U.37	
		U.41	
		U.44	
		U.47	
		U.51	
		U.55	
U.59			
O.59			
<b>Awarding Kyorugi 10-13 Boys &amp; Girls</b>			

# Taekwondo Schedule Final

Saturday, 9 May 2026 | All Academies  
Tennis Courts, RockStar Academy Gajah Mada Plaza

17.00 - 18.00 Pre-Registration Kyorugi 14-17 Boys & Girls			
<b>Court A</b>	Time	Category (Boys)	Age
	18.00 - 19.00	U.48	14 - 17 yo
		U.55	
		U.63	
		U.73	
O.73			
<b>Court A</b>	Time	Category (Girls)	Age
	18.00 - 19.00	U.44	14 - 17 yo
		U.49	
		U.55	
		U.63	
		O.63	
<i>Awarding Kyorugi 14-17 Boys &amp; Girls</i>			

## Event Per Genre

Genre	Category	Age Group	Remarks	Registration Fee	
 Martial Arts	1. Poomsae Individual Boy & Girls - Gibon	6-18.11 yrs	Individual; White & Yellow Belt	228,000 IDR	per student
	2. Poomsae Individual Boy & Girls - Taeguk 1	6-18.11 yrs	Individual; Yellow Stripe & Green Belt	228,000 IDR	per student
	3. Poomsae Individual Boy & Girls - Taeguk 3	6-18.11 yrs	Individual; Green Stripe - Blue Belt	228,000 IDR	per student
	4. Poomsae Individual Boy & Girls - Taeguk 5	6-18.11 yrs	Individual; Blue Stripe - Poom	228,000 IDR	per student
	5. Kyorugi Individual Boy - 6-9 yrs	6-9.11 yrs	Individual; Age Dependent	228,000 IDR	per student
	6. Kyorugi Individual Boy - 10-13 yrs	10-13.11 yrs	Individual; Age Dependent	228,000 IDR	per student
	7. Kyorugi Individual Boy - 14-17 yrs	14-17.11 yrs	Individual; Age Dependent	228,000 IDR	per student
	8. Kyorugi Individual Girl - 6-9 yrs	6-9.11 yrs	Individual; Age Dependent	228,000 IDR	per student
	9. Kyorugi Individual Girl - 10-13 yrs	10-13.11 yrs	Individual; Age Dependent	228,000 IDR	per student
	10. Kyorugi Individual Girl - 14-17 yrs	14-17.11 yrs	Individual; Age Dependent	228,000 IDR	per student

## Registration

1. Participants must register at the Front Office (see General Procedures).
2. All participant must fill the form such as Name, Age, Gender, Category (Poomsae or Kyorugi) Present Belt, Height, Weight, Academy, attach with doctor's note (with weight and height information) and Present Belt Certificate for proof and a doctor letter with a weight details (Valid - max 2 weeks prior the event).
3. Registration will be closed 3 days before the day of event.
4. On the day of the event, participants must pre-register at the registration room, minimum one (1) hour before the competition starts.
5. Participants must present the proof of payment/registration receipt to the committee on re-registration and receive a chest number.
6. Participants must check and confirm the competition schedule.
7. Participants are required to wait at the designated area and wait to be called by the committee.
8. Disqualification will be given to participants who are:
  - Late and are not able to present themselves after being called three (3) times.
  - Not presenting Doctor Letter or the date of the weight check up is more than 2 week prior the Event day.
  - Inappropriate / bully behaviors: physical, emotional, taunting, calling names, talking about one another, etc. If you are a victim of this behavior, you must come to a teacher or Manager immediately so we can address this issue. Do not wait!

## System & Code Of Conducts

1. There are 3 rounds: Elimination - Semi Final - Final.
2. The system being used is Knock-Out or Single elimination (Based on Olympic Competition Games and World Taekwondo 2023 Competition Rules).
3. In all categories, instructing is not allowed. Instructing is considered to be communication, advice or instruction of any kind, audible or visible, to a player while the game is played.
4. Only official and players are allowed to stand by inside Sport area. Parents and spectators are not allowed to get inside the court. Parents and spectators can watch the game outside of the court.
5. Competition officials and volunteers will not tolerate any verbal abusive language and or physical threats. Competition organizers and the facilities are not responsible for any injuries or accidents incurred during the tournament, or for lost and damaged items.

# Competition Rules & Regulations

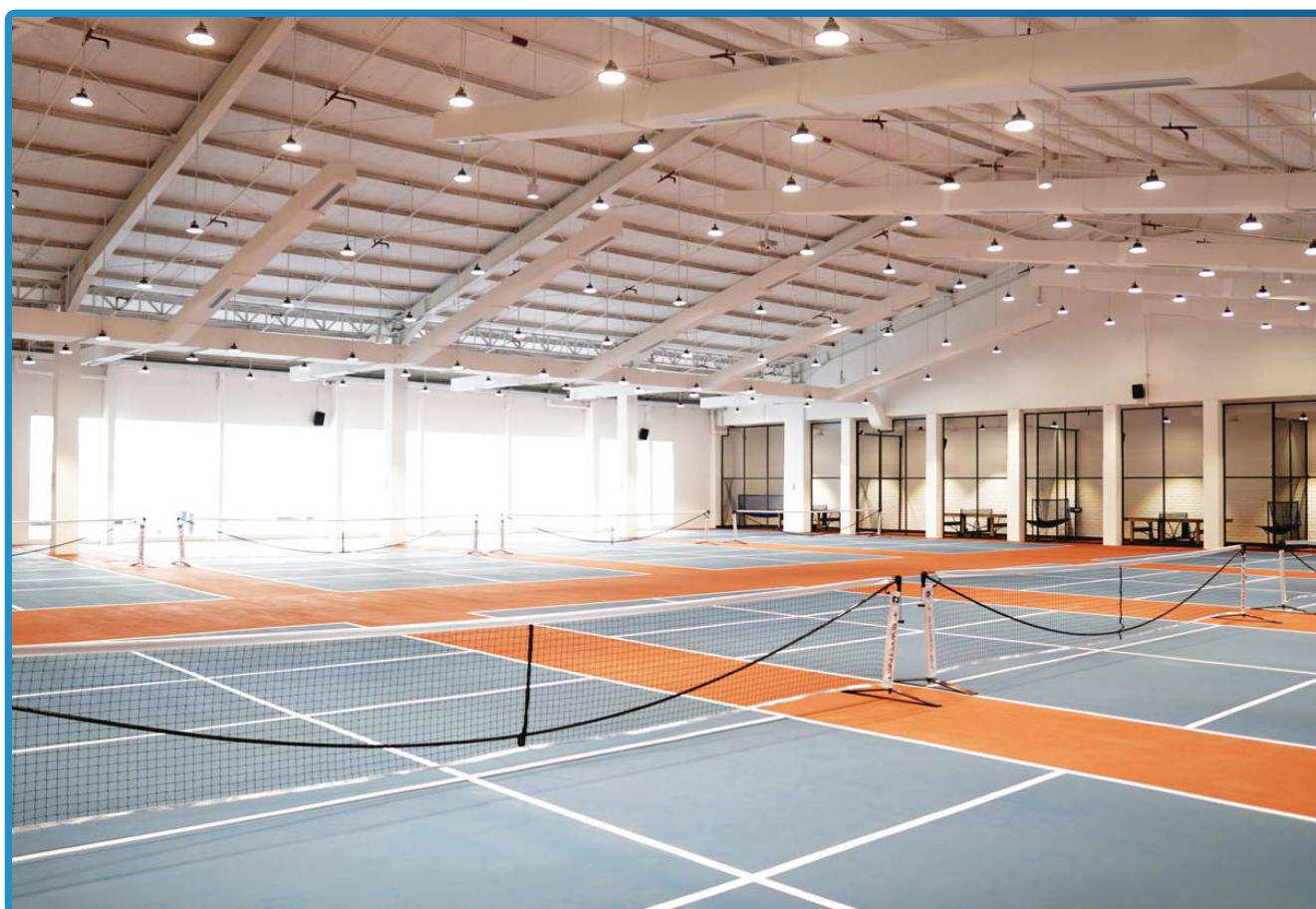
1. All participants must wear the chest number and make sure that it matches by their bracket. Competition system is on Point-Based Olympic Competition Games approved by World
2. Taekwondo.
3. Score :
  - Valid body punch 1 Point
  - Valid Body (Direct ) 2 Point
  - Valid Head (Direct ) 3 Point
  - Valid Body (Turning ) 4 Point
  - Valid Head (Turning ) 5 Point
4. Timing System each by round :
  - Round 1 there's will be 45 second with break time 15 second per round.
  - (point system gap 25: 0 or 15 :0 by each match).
5. Use system Best of 3  
Example: A vs B  
1<sup>st</sup> round - A win  
2<sup>nd</sup> round - A win  
(A will be the winner)  
  
Example: A vs B  
1<sup>st</sup> round - A win.  
2<sup>nd</sup> round - B win.  
3<sup>rd</sup> round as the final battle to choose the winner.  
Each round duration: 45 sec.

## Uniform

1. All participants must wear Taekwondo attire (Dobok) with belt.
2. All participants must have a protector's equipment:
  - Body Protector.
  - Arms guard.
  - Shins guard.
  - Genital guard (Boy and Girl) Gum shield.
  - Head guard.
  - Taekwondo Gloves armor (optional).
3. All jewelries must be removed. Necklaces, earrings and watches cannot be worn during the competitions.
4. All participants are not allowed to have long nails. Make sure that nails are well-cut before the competitions.
5. All regulations are fully supervised by Indonesia Taekwondo Association.

## Venue

Tennis Courts, RockStar Academy Gajah Mada Plaza



## Awarding Ceremony

1. Awarding Ceremony will be done after each age category match.
2. Winners for each category: 1<sup>st</sup> Position (Gold), 2<sup>nd</sup> Position (Silver), 3<sup>rd</sup> & 4<sup>th</sup> Positions (Bronze).
3. Winners will receive a Medal and Certificate of Achievement (Certificates will be distributed 1 month after the event).

## *Disclaimer of Liability*

Participation in all sports and performing arts activities—including but not limited to gymnastics, swimming, basketball, futsal, multi-sports, pickleball, table tennis, tennis, martial arts, parkour, ballet, dance, Broadway, contemporary dance, and cheerleading—involves inherent risks of physical injury or health-related incidents.

While RockStar Academy and its event organizers take all reasonable precautions to create a safe and supportive environment—including the provision of qualified medical personnel on standby during events (where applicable)—we shall not be held liable for any injuries, accidents, or medical conditions that may arise during training sessions, rehearsals, or competitions.

By participating in any activity, members and their parents or legal guardians acknowledge and accept full responsibility for all associated risks and confirm that their participation is entirely voluntary.

Please ensure you have thoroughly reviewed the event guide. Submission of your registration and payment constitutes your full understanding and acceptance of all event terms and conditions.

We remain fully committed to safety and emergency readiness; however, the final responsibility lies with each participant and their parent or guardian.

# RockStar Academy's Events / Competition Code of Conduct

To maintain the integrity and spirit of the RockStar Academy's Events (Testing / Recitals) & Competitions, all participants, parents, coaches, and supporters are required to adhere to the following guidelines:

**1. Positive Conduct:**

All communication, including on social media, must reflect positivity and respect. Negative, offensive, or harmful content directed at the competition, participants, staff, or organization will not be tolerated.

**2. Judges' Decisions:**

All judges' scores and decisions are final. Participants and supporters are expected to respect these outcomes without dispute.

**3. Respect and Sportsmanship:**

Competitors, parents, and coaches must demonstrate respect toward fellow participants, staff, and opponents at all times. Good sportsmanship is a core value of this competition.

**4. Dispute Resolution:**

Any disputes, concerns, or appeals must be submitted only by email ([studentcare.id@rockstaracademy.com](mailto:studentcare.id@rockstaracademy.com)) to the designated competition address. Such matters must not be raised during event/competition time to ensure a smooth and professional event.

**5. Compliance and Consequences:**

Failure to comply with these guidelines may result in sanctions, including the disqualification of an individual or team, at the discretion of the organizing committee.

**6. Agreement to Terms:**

By submitting payment for the event/competition, participants and their representatives acknowledge and agree to all Terms & Conditions outlined in this Guide.



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