



# Online Poomsae competition Guideline

(version 1)

**Please note:**

It is important to note that whilst the information is as accurate as possible at the time of writing, it may be subject to change in accordance with any WT or WTE rule changes or requests.

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## Introduction

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Due to the current Covid-19 situation, the idea of online poomsae championship has been thought to make everyone worldwide safe and healthy to participate regardless of age and graduation, and is free wherever you want to do poomsae.

The aim of the guideline is to manage all matters pertaining to online poomsae competitions of all levels fairly and smoothly.

Application: online poomsae guideline takes into account the latest (WT) version of the World taekwondo poomsae competition rules & interpretation.

The online Poomsae competition Guideline is intended for referees / athletes / coaches and also for the organizing committee. Very Important for everyone: we ask you emphatically follow strictly the instructions from your local government and national health authorities. We are not responsible if you are infected during your preparation for this online championship!  
#StaySafe #UnitedAgainstCovid19.

## Video clip of participants

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After receiving the poomsae clips, Taekwondo Europe will check the below mentioned checkpoints. If your video does not meet the requirements, the video will be disqualified, but you will have 24 hours to record a new video. This one-time opportunity means that you can send the new video with the correct checkpoints included **within 24 hours** after you have been notified.

The following checkpoints must be followed strictly:

- 1) Poomsae performance can record indoors or outdoors.
- 2) Participant must wear taekwondo uniform with the correct belt.
- 3) Participants are **not allowed** to wear any type of shoes.
- 4) Male participants are not allowed to wear a T-shirt under taekwondo uniform. Female participants are required to wear a T-shirt under their taekwondo uniform.
- 5) Participants may not wear any type of jewellery.
- 6) Participant's starting position must face the camera.
- 7) Person recording should stay in one place and only need to move the shoulder with the camera turning left and right (it should not vibrate while recording). The location of the person filming shall not change.
- 8) Recording with your camera (mobile) must be done by recording horizontally.
- 9) Recordings must be in good quality, 1080p at 60 frames per second.
- 10) Participant must at all times be 100% full body inside the screen during performance
- 11) There should be no disturbance during poomsae performance in the clip. No other persons should be visible in the video except the athlete performing the poomsae.



## Competition system

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Cut off system: during the event, the cut off system shall be used.

### *Preliminary round:*

All athletes shall perform **2 compulsory or chosen Poomsae** with in between max. 60 seconds break. When the number of contestants reaches 20-39 the competition shall start from preliminary round with two (2) groups competed in two (2) courts. When 40 or more contestants are participating, the competition shall start from preliminary round divided into three (3) groups competed in 3 different courts.

### *Semi-finals:*

Top 50% of the preliminary round athletes shall perform 2 compulsory or chosen Poomsae with in between 60 seconds break.

### *Finals:*

Top 8 of the semi-final round athletes shall perform 2 compulsory or chosen Poomsae with in between a 60 seconds break.

### Contestant:

Qualification of contestant:

- Member of a Member National Association of World Taekwondo;
- Holder of a national or Kukkiwon Dan/Poom certificate or 4<sup>th</sup> Kup and higher
- An athlete in order to be eligible for participation must be born in:

### **Color belt divisions:**

Kids 1 – color belt: (birth year: 2012 – 2014)

Kids 2 – color belt: (birth year: 2009 – 2011)

Cadet (birth year: 2006 – 2008)

### **Black belt divisions:**

Kids 3 (birth year: 2009 – 2011)

Cadet (birth year: 2006 – 2008)

Junior (birth year: 2003 – 2005)

Under 30 (birth year: 1990 – 2002)

Under 40 (birth year: 1980 – 1989)

Under 50 (birth year: 1970 – 1979)

Under 60 (birth year: 1960 – 1969)

Under 65 (birth year: 1955 – 1959)

Over 65 (birth year: 1954 or earlier)



## How to send the clips

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### *Video recording and submissions*

Each athlete shall video record up to 3 videos, depending on the number of rounds in the medal event:

#### **Video 1 Preliminary Round (more than 20 athletes):**

video record 2 poomsae with max. 60 seconds break between the poomsae.

#### **Video 2 Semi-final (between 9 to 19 athletes):**

video record 2 poomsae with max. 60 seconds break between the poomsae.

#### **Video 3 Final (up to 8 athletes):**

video record 2 poomsae with max. 60 seconds break between the poomsae.

#### **Attention:**

1. If you have more than 20 athletes in your division, you will start in the preliminary round. Top 50% will proceed to semi-finals and the top 8 will proceed to finals. You will send us 3 videos with total 6 poomsae (2 per video/round).
2. If you have between 19 and 9 athletes in your division, you will start in the semi-finals. The top 8 will proceed to the finals. You send us 2 videos with total 4 poomsae (2 per video/round).
3. If you have 8 or less athletes in your division, you will start in the final round. You will send us 1 video with total 2 poomsae (2 per video/round).

Each athlete shall upload the videos at YouTube separately. At the end, depending on the number of rounds, 1, 2 or 3 videos are uploaded at YouTube and the link(s) shall be sent to the following email address: [wte-poomsae@mastaekwondo.com](mailto:wte-poomsae@mastaekwondo.com)

#### *Content of the email*

Name

Date of Birth

Division

YouTube Link 1

YouTube Link 2

YouTube Link 3



*Example email*

To: [wte-poomsae@mastaekwondo.com](mailto:wte-poomsae@mastaekwondo.com)

Dear Sir,

Please find attached my video links:

**Name:** Erika Townsend  
**Date of birth:** 4-4-1985  
**Division:** Female Under 40  
**YouTube Link 1:** <https://www.youtube.com/watch?v=8M5yq0Xu7u8>  
**YouTube Link 2:** [https://www.youtube.com/watch?v=Ch0Q4xYZ\\_3k](https://www.youtube.com/watch?v=Ch0Q4xYZ_3k)  
**YouTube Link 3:** <https://www.youtube.com/watch?v=QWHd8dMrAPo>

Best,  
Name sender.



## Scoring Criteria

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*How do the International Referees score the athletes?*

The International Referee is in his house anywhere in the world and does the judging and scoring from his or her computer. The International Referee watches the video clip from his laptop and is simultaneously together with other International Referees in a virtual ring scoring the athletes together and simultaneously.

*Scoring shall be made in accordance with the rules of the WT.*

### Accuracy (4.0)

- Accuracy in basic movement.
- Accuracy in individual movement of the Poomsae.
- Balance.

Accuracy: Small & Big mistake shall be deducted each time in individual movement:

- Small mistake: -0.1 point.
- Big mistake: -0.3 point.

### Presentation (6.0)

- Speed and power.
- Rhythm & Tempo.
- Expression of Energy.

Presentation: Points shall be made for the overall performance of poomsae.

Some important things to know:

1. Kiap (yelling) is not made or kiap at wrong moment: -0.3 point.
2. Eyesight does not follow the side to which actions are made: -0.3 point.
3. When a Kick High, if eye sight straight and not to the direction of foot: -0.3 point.
4. When a kick dollyo-chagi, if not cross the centre line: -0.1 point.

### Decision and Declaration of winner

1. The winner shall be the contestant who is awarded more points in total.
2. In case of a tie score, the winner shall be the contestant who has more points in presentation. In case the scores are still tied, then the one who has higher total points (total points of all judges, including highest and lowest points) is the winner.

### Other matters not specified in Guideline or in the Rules

- 1) Matters related to the online poomsae competition shall be decided through a consensus of the competition supervisory board and technical delegate.
- 2) Matters not related to the online poomsae competition shall be decided by the poomsae committee.