



POOMSAE

I. IMPORTANT DATES

Deadline for Registration _____

Verification of Players _____

Competition Proper until Awarding _____

II. REGISTRATION

A. Registration Forms

1. **Masterlist of Players** – for Individual Recognized Poomsae

2. **Team Registration Form** – for Team, Recognized Poomsae

B. Deadline:

Submit through email (raniortega@gmail.com) on or before _____.

III. TABLE OF DIVISIONS AND REQUIRED POOMSAE

	EVENT	POOMSAE
I N D I V I D U A L	Yellow belt	Taegeuk 1 or 2
	Blue belt	Taegeuk 3 or 4
	Red belt	Taegeuk 5 or 6
	Brown belt	Taegeuk 7 or 8
	Black belt	Koryo
T E A M	NOVICE TEAM (3 Players – Yellow and/or Blue belt)	Taegeuk 1, 2, 3 or 4
	ADVANCE TEAM (3 Players – Red, Brown and/or Black belt)	Taegeuk 5, 6, 7 or 8

IV. METHOD OF COMPETITION

The cut-off system shall be applied in this competition. It shall comprise of Elimination and Final rounds:

1. **Eliminations:** Contestants shall perform the required poomsae for the elimination round and the top three (3) participants shall be selected for the finals based on their points.
2. **Finals:** Contestants shall perform the required poomsae for the final round and shall be ranked and awarded their respective medals.

V. DURATION OF CONTEST

Recognized Poomsae: The time limit for the performance of the required Poomsae in all events (Individual and Team) shall be 30-90 seconds.

VI. SCORING CRITERIA

Recognized Poomsae

- a. Accuracy (4.0)
 - i. 0.1 point shall be deducted each time a contestant does not perform the basic movements or the pertinent Poomsae accurately.
 - ii. 0.3 points shall be deducted each time a contestant makes a major mistake.
- b. Presentation (6.0)
 - i. Speed and power 2.0
 - ii. Control of power, speed and rhythm 2.0

iii. Expression of energy 2.0

VII. GENERAL PROVISIONS

1. **Competition Codes of Conduct:** The PTA Competition Codes of Conduct shall be strictly enforced.
2. **Uniform:** Poomsae Dobok or official Taekwondo v-neck uniform with the PTA or WTF approved seal.
3. **Competition Rules:** For all other matters not provided in these competition ground rules, the current WTF Poomsae Competition Rules and Interpretation, shall apply.

VIII. AWARDING: INDIVIDUAL AND TEAM EVENTS

Winning contestants in these categories shall be awarded the following:

- First Place - Gold Medal
- Second Place - Silver Medal
- Third Place - Bronze Medal

IX. MEDALS AND TROPHY

CATEGORY	GOLD	SILVER	BRONZE
Individual Standard Poomsae (46 categories)	5	5	5
Team Standard Poomsae (9 categories x 3 players per team)	6	6	6
Total Medals	11	11	11

X. COORDINATING CENTER AND CONTACT PERSONS

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