



Competition Information

Total courts - Kyorugi:	2 competition areas
Total courts - Poomsae:	1 competition area
Poomsae competition:	1 st of August
Kyorugi Competition:	2 nd & 3 rd of August
PSS – System:	Daedo PSS electronic body protectors with E-helmet (GEN 2) will be provided from OC. All athletes must bring their own E-Sensor socks. All athletes must bring their own full equipment according to WT competition rules.
Duration of Contest:	Preliminary to Final Competitions (Alterations reserved without notice) 3 rounds of 2 min each, with 1 min rest period
Video Replay (IVR): (Kyorugi)	1 request per competition
Mode of competitions:	Cut-off system for Recognized Poomsae competitions Cut- off system for free style poomsae competitions Single elimination system for Kyorugi competitions
Draw and Seeding:	Electronic drawing shall be organised by the OC under supervision of the EUSA Technical Delegates. A certain number of athletes may be seeded based on their ranks in the WT world ranking, according to the guidelines stipulated in the WT world ranking.
TECHNICAL MEETING:	
Place:	on Campus
Date:	July 31, 2019
Time:	(14:00 to 15:00 h)

Recognized Poomsae Competition Guideline

➤ **Classification of Competitions:**

Man's Individual & Women's Individual

➤ **Compulsory Poomsae for Individual (Male & Female):**

Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin

Every performed Poomsae will be drawn by lot. Required poomsae from the corresponding compulsory poomsae shall be drawn by TD and announced by the organising committee on Wednesday 31st of July, 2019.

The Poomsae have to be presented in the same order as they were drawn. In each round different Poomsae will be performed.

The TD & organizer reserves the right to reduce the number of Poomsae to be performed in the preliminary and the semi final rounds to one (1) Poomsae. In the final two Poomsae are presented.

➤ **Competition Rules:**

Latest WT Poomsae competition rules in force shall apply.

➤ **Method of competitions:**

Cut-off tournament system (alterations reserved without notice).

Two Poomsae from designated Compulsory Poomsae for each division must be performed for all rounds.

➤ **Duration of Contest:**

Recognized Poomsae: Individual competitions from 30 seconds to 90 seconds.

Break time between 1st poomsae and 2nd poomsae is 30 to 60 seconds.

Free Style Poomsae Competition Guideline

(Alterations reserved without notice)

1. **Composition of Free Style Poomsae**
 - 1.1. Yeon-mu line shall choice of contestant.
 - 1.2. Music & choreography shall be choice of a contestant. However, it should not contain any political, social and religious contents.
 - 1.3. Performed techniques must be within boundary of Taekwondo.

2. **Division**
 - 2.1 Individual: Male / Female

3. **Duration of Contest**
 - 3.1. 60 to 70 seconds.

4. **Scoring Criteria**
 - 4.1. Scoring shall be made in accordance with the rules of the WT.

 - 4.2. The types of foot techniques designated by WT Poomsae Committee are as follows:
 - 4.2.1. Heights of jump – Side kick **(in case of pair and team division, entire team members must perform this technique)**
 - 4.2.2. Number of kicks in a jump – Front kick **(at least one member of the team must perform this technique)**
 - 4.2.3. Gradient of spins in a spin kick - **Spinning hook kick or turning kick (at least one member of the team must perform this technique)**
 - 4.2.4. Performance level of consecutive kicks – **Kyorugi style kick (at least one member of the team must perform this technique) *3~5 bouncing steps is mandatory before executing the Kyorugi style kicks.**
 - 4.2.5. Acrobatic actions – **Any acrobatic action performance with TKD style kick(s) (at least one member of the team must perform this technique).** TKD kick (s) must be performed with the knee extension (example: Apchagi)

 - 4.3. Point shall be awarded only if athletes perform the techniques in the above order (Article 4.2). Each foot technique shall be up to five run-up.

 - 4.5. All of the following stances must be included in the performance at least once **(in case of pair and team division, entire team members must perform these stances)**:
 - Dwitkubi (Backward inflection stance)
 - Beom-seogi (Tiger stance) &
 - Hakdari-seogi (Crane stance)

5. **Music**
 - 5.1. The music for the free style poomsae competition has to be brought by the competitors as MP3 on a CD or USB (with name & division of contestant) and is submitted to OC by registration / accreditation. No Performance without music!

6. **Method of competitions:**

- 6.1 Cut off system (alterations reserved without notice).
- 6.2 Only one round (final round), independent of the number of athletes.