



Hansu Online Poomsae and Para-Poomsae Championship 2021

Outline

Organizer: Latvian Taekwondo Federation
Address: Dzelzavas iela 26a, Rīga, LV-1039
Telephone: +37129557526
www.taekvondo.lv

Contact Person: Sabine Sudraba
Telephone: +37126454029
E-mail: ss.poomsae@inbox.lv

Venue: Stay Home, Be Online
Date: 22nd - 23rd of May 2021

Competition Rules: World Taekwondo Poomsae Competition Rules & Interpretation,
in force as of May 14, 2019

Registration: <https://forms.gle/CzDjxad1q9G94R1D9>

Registration Deadline: 14.05.2021, 23:59 (UTC+03:00) (fill out the google docs form)

Payment Deadline: 19.05.2021, 23:59 (UTC+03:00)

Video Submission Deadline: 19.05.2021, 23:59 (UTC+03:00) (fill out the google docs form)

Support:



Izglītības un zinātnes
ministrija



LATVIJAS OLIMPISKĀ KOMITEJA



LATVIJAS SPORTA FEDERĀCIJU PADOME



Poomsae
Channel
Taekwondo



Poomsae scoring system
powered by:



Range Online Scoring System

Poomsae Divisions

| | D Class 10 th -7 th Kup (white - green belts) | C Class 6 th -4 th Kup (green with blue tag - blue with red tag belts) | B Class 3 rd -1 st Kup (red - brown belts) | A Class Poom or Dan (black belt) |
|----------------------------|--|---|---|--|
| | male / female | male / female | male / female | male / female |
| | Semi Final | Semi Final | Semi Final | Semi Final |
| Kids 1 (2016-2013) | Taegeuk 1/2 Jang | Taegeuk 3/4/5 Jang (can not repeat) | Taegeuk 5/6/7 Jang (can not repeat) | -- |
| Kids 2 (2012-2010) | Taegeuk 1/2 Jang | Taegeuk 3/4/5 Jang (can not repeat) | Taegeuk 5/6/7 Jang (can not repeat) | -- |
| Cadets (2009-2007) | Taegeuk 1/2 Jang | Taegeuk 3/4/5 Jang (can not repeat) | Taegeuk 5/6/7 Jang (can not repeat) | Taegeuk 8 Jang / Koryo / Keumgang (can not repeat) |
| Juniors (2006-2004) | Taegeuk 1/2 Jang | Taegeuk 3/4/5 Jang (can not repeat) | Taegeuk 5/6/7 Jang (can not repeat) | Taegeuk 8 Jang / Koryo / Keumgang (can not repeat) |
| Seniors (18+) | Taegeuk 1/2 Jang (can repeat poomsae, but it is mandatory to make a new video for each round) | Taegeuk 3/4/5 Jang (can not repeat) | Taegeuk 5/6/7 Jang (can not repeat) | Taegeuk 8 Jang/ Koryo/Keumgang (can not repeat) |
| | Final | Final | Final | Final |
| Kids 1 (2016-2013) | Taegeuk 1/2 Jang (can repeat poomsae, but it is mandatory to make a new video for each round) | Taegeuk 3/4/5 Jang (can not repeat) | Taegeuk 5/6/7 Jang (can not repeat) | Taegeuk 8 Jang/ Koryo/Keumgang (can not repeat) |
| Kids 2 (2012-2010) | Taegeuk 1/2 Jang (can repeat poomsae, but it is mandatory to make a new video for each round) | Taegeuk 3/4/5 Jang (can not repeat) | Taegeuk 5/6/7 Jang (can not repeat) | Taegeuk 8 Jang/ Koryo/Keumgang (can not repeat) |
| Cadets (2009-2007) | Taegeuk 1/2 Jang (can repeat poomsae, but it is mandatory to make a new video for each round) | Taegeuk 3/4/5 Jang (can not repeat) | Taegeuk 5/6/7 Jang (can not repeat) | Taegeuk 8 Jang/ Koryo/Keumgang (can not repeat) |

| | D Class 10 th -7 th Kup (white - green belts) | C Class 6 th -4 th Kup (green with blue tag - blue with red tag belts) | B Class 3 rd -1 st Kup (red - brown belts) | A Class Poom or Dan (black belt) |
|----------------------------|--|---|---|---|
| | male / female | male / female | male / female | male / female |
| | Final | Final | Final | Final |
| Juniors (2006-2004) | Taegeuk 1/2 Jang (can repeat poomsae, but it is mandatory to make a new video for each round) | Taegeuk 3/4/5 Jang (can not repeat) | Taegeuk 5/6/7 Jang (can not repeat) | Taegeuk 8 Jang/ Koryo/Keumgang (can not repeat) |
| Seniors (18+) | Taegeuk 1/2 Jang (can repeat poomsae, but it is mandatory to make a new video for each round) | Taegeuk 3/4/5 Jang (can not repeat) | Taegeuk 5/6/7 Jang (can not repeat) | Taegeuk 8 Jang/ Koryo/Keumgang (can not repeat) |

Para-Poomsae Divisions

| Kup Divisions | Dan Divisions |
|---|--|
| | Kids (2016-2010) Cadets (2009-2007) Juniors (2006-2004) Seniors (18+) |
| Must perform any standard WT recognized poomsae | |
| P11/P12/P13 - Visual Impairments (contestant's choice any poomsae from Taegeuk 1, 2, 3... and higher) P20 - Intellectually Impaired (the coach is allowed to give the commands, contestant's choice) P31/P32/P33/P34 - Physical Impairments (compulsory poomsae will be specified) P40 - Limb Deficiency (contestant's choice poomsae) P50 - Wheelchair Classes (contestant's choice poomsae) P60 - Deaf (contestant's choice poomsae) P71/P72M - Short Stature (contestant's choice poomsae) | |

Competition System: Cut off system.

All competitors start at Semi-Finals and directly progress to compete in the Final. The top 8 (if the category holds more than 12 competitors) will progress to the Final round. All competitors shall perform 2 Poomsae for each round of competition.

- Semi-Finals: Categories of less than 20 players will go straight to Semi-Finals round. Competitors are to take a maximum 30 seconds break before performing the next Poomsae, Competitors will compete to progress to the Finals. The top 8 competitors will progress to the Finals round.

- Competition System:**
- Finals: Dan categories of 10 competitors or less will go straight to Finals. Competitors are to take a maximum 30 seconds break before performing the next Poomsae. The top 4 will receive a medal depending on their finishing position.

Poomsae competition uniform

All contestants may wear WT-approved Poomsae competition uniform. If contestants don't have WT-approved Poomsae competition uniform, contestants are able to wear any white colored uniform with the logo covered.

Competition will be livestreamed through our YouTube channel during the event days.

Competition schedule is approximate and may subject to change by the organizing committee.

Please follow our Facebook page for the latest updates.

All competitors have to mandatory register through:

<https://forms.gle/CzDjxad1q9G94R1D9>

Specific rules of online video competition:

Competitors should start their poomsae facing the camera whilst still performing the necessary poomsae stances to prepare and begin poomsae: enter then Charyeot (attention stance), Kyongea (bow), Joonbi (ready stance) and then perform their poomsae. Once finished they should return to Joonbi stance (facing camera at end) and then bow before resting for 30 seconds to perform next poomsae or finish the recording after the second compulsory poomsae.

Competitor must stay within the camera view between the poomsae's. The competitor is allowed to drink, stretch, walk around during the break between poomsae, but remain fully visible during the break. During the performance the competitor's full body (head to toe) must be in camera view and 0.3 deduction will be given if any part of the body goes out of the view. See illustration below as set up guideline:

- Competitors whole body must be always be visible during the performance video footage, for fair and proper competition judging to be carried out according to the poomsae competition rules set in place. Videos which do not meet this standard may be removed from competition.
- It is not mandatory to perform the poomsae on mats. The competitor can choose his/her surroundings as long as during recording the whole body is visible at all times. For example, one can record in a living room, in a hotel lobby or on a grass field.
- If your video has been edited, with the exception of adding graphics to display your national flag and your name, it will be rejected.
- It is not allowed to show any religious, political, or any other symbol negatively targeting a group or an individual in the video recording. Videos not following this rule are subject to immediate rejection.
- Videos must be set on visible to all. We urge competitors to upload well in advance as to not run into technical upload difficulties hours before the deadline entry.

Awards: Virtual participation certificate and medal winner certificate will be awarded to the top 3 scoring competitors from each category.

1st place: gold medal and certificate

2nd place: silver medal and certificate

3rd place: 2 bronze medals and certificates

A physical medal is available for all top 3 competitors. Coaches will receive the option for their athletes to opt in on this medal one week after the competition. By opting in the coach accepts to pay for postage for sending out the medal(s) for his club. The organization will inform the coach of the total postage cost for his/her team.

Entry Fees: Individual - 15 EUR

For Latvian contestants who do not have a Latvian Taekwondo Federation license - 20 EUR

Must be paid until **19.05.2021, 23:59** (UTC+03:00) via bank transfer

Latvijas Taekvondo Federacija

Bank - Luminor | DNB

IBAN - LV91RIKO0000084868132

SWIFT - RIKOLV2X

Online Hansu cup 2021 + (Name)

Registrations are only valid when payments have been received and can be confirmed by the Bank and the Organizer.

Starting fee is not refundable.