

Referee Information Online Ambassadors Cup Poomsae Championship

1. CATEGORIES

Dan & K1 Divisions

Straight Final:

All divisions will be straight final.

Two compulsory Poomsae will be required and may be performed with a 30 seconds rest period in between.

K2 Divisions & Team Divisions

Straight Final:

All divisions will be straight final.

One Poomsae of the competitor's choice will be required.

2. DAN DIVISION COMPULSORY POOMSAE

Straight Final:

All divisions will be straight final.

Two compulsory Poomsae will be required and may be performed with a 30 seconds rest period in between.

Individual (Male & Female)		
Division	1 st Compulsory Poomsae	2 nd Compulsory Poomsae
Peewee – 11yrs	Taeguk 4,5,6,7 Jang	Taeguk 8 Jang, Koryo Keumgang, Taebaek
Cadet 12 - 14yrs		
Junior 15 – 17yrs		
1 st Senior 18 - 35yrs		
2 nd Senior 36yrs +		

K1 DIVISION (Kup Grades 5th Kup Blue Tag to 1st Kup Black Tag)

K1 Competition Method

Straight Final:

All divisions will be straight final.

Two compulsory Poomsae will be required and may be performed with a 30 seconds rest period in between

K1 DIVISION COMPULSORY POOMSAE

Individual (Male & Female)	
Division	Compulsory Poomsae
Peewee – 11yrs	Compulsory choice of Poomsae From Taeguk 3 to Taeguk 8
Cadet 12 - 14yrs	
Junior 15 – 17yrs	
1 st Senior 18 - 35yrs	
2 nd Senior 36yrs +	

K2 DIVISION (Kup Grades 10th Kup (White Belt) to 6th Kup (Green Belt)

K2 Competition Method

Straight Final:

All divisions will be straight final.

One Poomsae of the competitor's choice will be required.

Individual (Male & Female)	
Division	Compulsory Poomsae
Peewee – 11yrs	Competitors choice of Poomsae From Taegeuk 1 to Taegeuk 6
Cadet 12 – 14yrs	
Junior 15 – 17yrs	
1 st Senior 18 - 35yrs	
2 nd Senior 36yrs +	

K2/K1/Dan Mixed Teams DIVISION

Straight Final:

All divisions will be straight final.

One Poomsae of the competitor's choice will be required.

Teams (Any gender make up)	
Division	Compulsory Poomsae
Up to 11yrs	Competitors choice of Poomsae from Taegeuk 1 to Hansu
12yrs – 17yrs	
18yrs +	

3. POOMSAE DEDUCTION FOR ONLINE CHAMPIOSHIPS

Based on

1. *Online Poomsae Competitions Guidelines.*
2. *Poomsae Deduction for online 2020 WT Poomsae Championships*
3. *WT Poomsae Competitions Rules May 14th 2019*
4. *WT Para Poomsae Competitions Rules Jan, 2017*

0.3 points deduction from accuracy

1. If the athlete does not have adequate space to perform the Poomsae and takes an extra step to get around any objects in the room.
2. Every time a body part cannot be seen by the referees as the participant moves beyond the camera's view.
3. Each hand and or feet movement cannot be seen by referee due to poor lighting (i.e., backlighting, lighting too bright/dim, etc).
4. Each kihap cannot be heard by referee as participant fails to turn on his/her microphone before performance.

0.3 points deduction from the final score

1. Overtime (more than 90 seconds)

0.6 points deduction from accuracy

1. Person or pet coming into the field of play while executing Poomsae.
2. Whole body cannot be seen by referee.

0.0 score for accuracy and 1.5 presentation

1. Performing the wrong form (i.e. 4 and 9 compulsories, competitor performs 3 and 9)
2. **The video is recorded in mirror format.**

0.6 points deduction from final score of the first form

1. Wearing incorrect Dobok and incorrect belt
2. Wearing shoes or socks
3. Wearing jewelry

Disqualification

1. Video that has been edited or shows proof of editing.
i.e. both forms are recorded separately and then put together
2. Submission of wrong videos to wrong division.
3. Display of political, religious and non-recognized NOC flags.
4. Movement of camera during performance (up/down and zoom in/out)

IMPORTANT

Always compare the name of the competitor in the sheet with the name in the video before putting in the scores!

4. WT Poomsae Competition Scoring Criteria for Recognized Poomsae

Accuracy (4.0 points)

1. Accuracy of basic movements
2. Accuracy in individual movement of the Poomsae.
3. Balance

Deduction of point in accuracy shall be made for every small mistake (0.1) or serious mistake (0.3)

A. Deduction of 0.1 point per small mistakes in individual movement:

- 0.1 Point shall be deducted whenever any of follow are incorrect.
- Stances: Ap-gubi, Dwit-gubi, Beom-seogi, Riding, Cross stance and etc...
 - Hand movements: Makki, Jiregi, Chigi, Tzireugi and other incorrect.
 - Kicks: Ap-chagi, Yop-Chagi, Dollyo Chagi, Dubal Dangsung Apchagi, Gudeup Yop Chagi, Pyojeok Chagi.
 - **Dollyo Chagi does not kick through the target (Taegeuk 6 Jang)**
 - Balance: Imbalance during Poom movements or kick etc...
 - Slow movement 5 seconds & 8 seconds are incorrect time.
 - Movements of stance and hand are separate.
 - Pivoting of foot is not on the ball.
 - Movement of foot is twice when move a line with stance.
 - Posture of body is leaning backward/forward.
 - Etc.

B. Serious mistake in accuracy is deducted - 0.3 point

0.3 Point shall be deducted whenever any of follow are incorrect.

- Eolgul Makki is performed instead of Momtong Makki
- Block is performed instead of striking
- Stance Dwi Gubi is performed instead of Juchum-Seogi
- **Kihap (Yelling) is not made or unnecessary Kihap is made.**
- Temporary stop during movements more than 3 seconds (Forgetting the next movements for three seconds or longer, a long length of break)
- Eyesight does not follow the target side to which actions are made. High kick does not look the foot
- Performing Hakdari-seogi raised foot touches on the ground (Keumgang) Large imbalance or move pivot after Kick.
- **The starting position and the ending position are not corresponding Exception 1) Keum Gang, 2) Ji Tae Poomsae**
- When the contestant performed the jizikgi (a stamping motion) without enough power and sound. **(Not applied in online competition)**
- When the contestant committed unnecessary made big noises in Breathing or stance/stepping sounds.
- Perform wrong Junbi (Koryo: Gibon junbi instead of Tongmilgi)
- **Order of performance wrong = Restart 0.6 deduction once. When the contestant restarts his or her performance. (0.3 + 0.3 = 0.6)**

Presentation (6.0 points)

1. Power & Speed (2.0)
2. Strength/Speed/Rhythm/Tempo (2.0)
3. Expression of Energy (2.0). Watch the overall performance of Poomsae:

- Connection of each Poom, stance by stance.
- (Transfer of Centre of gravity, Relax of body, Breath control and Flow movement)
- Movements of Rhythm and Tempo and Dynamic action.
- Slow movements: Calmness & Stability.

Scoring presentation (scale)

- Perfect: (2.0)
- Excellent (1.9 – 1.7),
- Good (1.6 – 1.4)
- Average (1.3 – 1.1)
- Poor (1.0 – 0.8)
- Very Poor (0.8 – 0.5)
- **Average 1.3**

Scoring Card

Category	Sub-Category	Allocation Score															Score	
Accuracy (4.0 Points)	Accuracy including basic movements	(Deduct: - 0.1, - 0.3)																
	Balance																	
	Accuracy of details of each Poomsae																	
		P	Excellent			Good			Average			Poor			Very Poor			
		6.0	5.1 - 5.7			4.2 - 4.8			3.3 - 3.9			2.4 - 3.0			1.5 - 2.1			
Presentation (6.0 Points)	Power & Speed	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	
	Strength/Speed/Rhythm	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	
	Expression of Energy	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	

