

AAU Taekwondo PARA Poomsae  
General Competition  
Rules & Regulations Abridgement

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AAU Taekwondo PARA Poomsae Rules and Regulations are identical to World PARA Taekwondo Poomsae Rules and Regulations *except where the changes are stipulated here*. World PARA Taekwondo is the international governing body for Sport PARA Taekwondo Poomsae, AAU Taekwondo would like to stay current with their rules and regulations. Any rules and regulations that were not covered in this supplement, please refer to World PARA Taekwondo Poomsae Rules & Regulations.

## **Article 1**

1. The Competition Area is composed of a Contest Area. The Contest area shall have a flat surface without any obstructing projections and be covered with a WT recognized elastic and non-slippery mat. The Contest Area may also be installed on a platform 0.6-1 m high from the base, if necessary, with appropriate accessibility conditions for athletes and officials with a physical impairment. The outer part of the Boundary Line shall be inclined at a gradient of less than 30 degrees, for the safety of the contestants.

1.1 Depending on the impairment types present at the competition a ramp should be installed for access to the contest area.

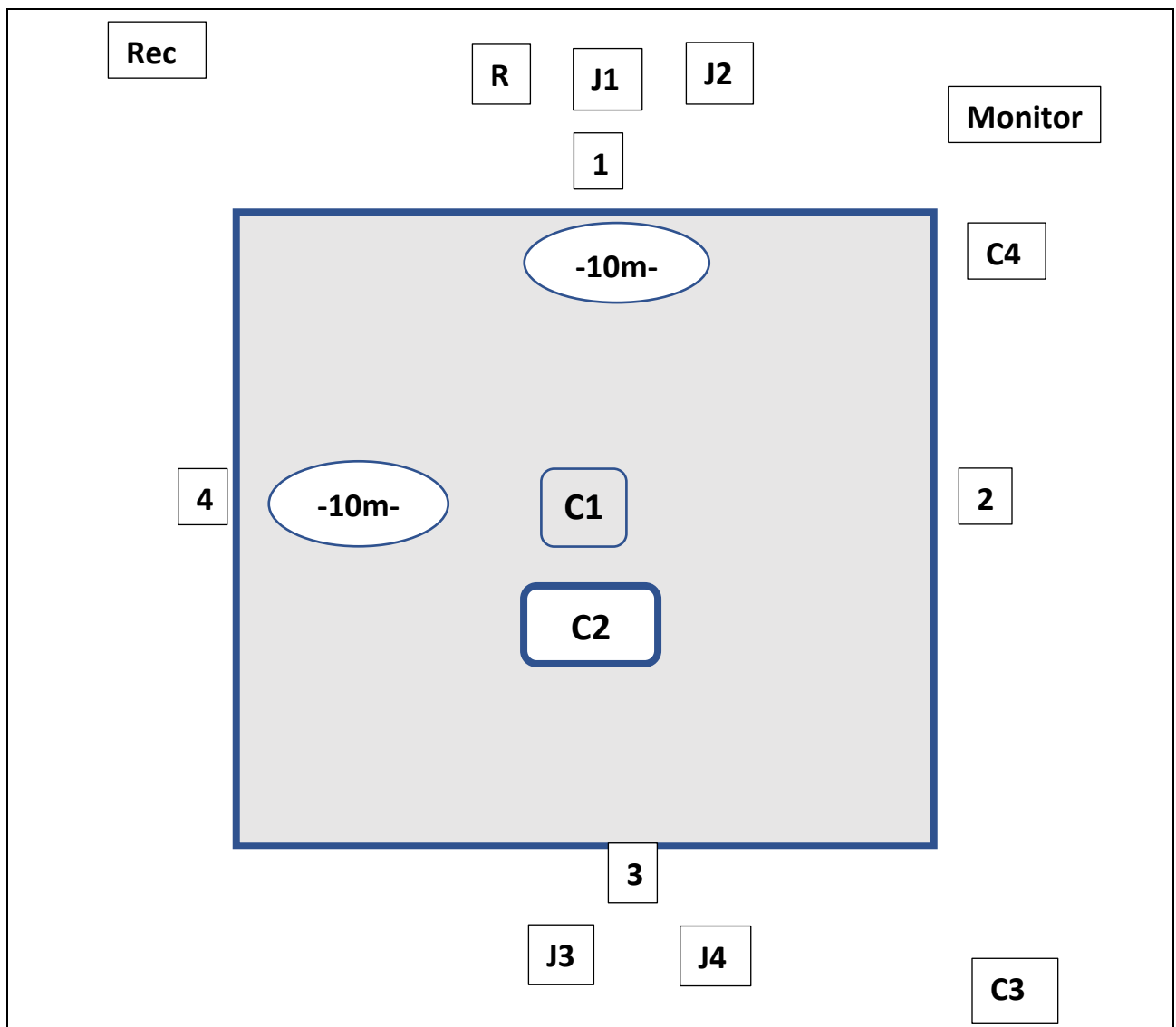
1.2 Use of brighter colored markings for athletes with a visual impairment may be used.

1.3 Flickering lights around the competition area should be used for deaf contestants.

2. Athletes and their support staff shall be allowed to make a reconnaissance visit to the Field of Play and the Contest Area once the venue is set up for competition. Preferably one day prior competition.

3. The Competition Area is comprised of a Contest Area and a Safety Area. The square-shape Contest Area shall measure at least 8m x 8m. Surrounding the Contest Area, approximately equidistant on all sides, shall be the Safety Area. The size of the Competition Area (which envelopes the Contest Area and Safety Area) shall be no smaller than 10m x 10m and no larger than 12m x 12m. If the Competition Area is on a platform, the Safety Area can be increased as needed to ensure the safety of the contestants. The Competition Area and the Safety Area shall be different colors, as specified in the relevant competition's Technical Manual.

Figure 1. Field of Play



- Rec: Recorder
- R: Referee
- J1, 2, 3, 4: Judge (1m apart from each judge & 1m apart from the Competition Area C1)
- C1: Competition Area
- C2: Contestants
- C3: Standby Area for Contestants and Coach
- C4: Competition Coordinator
- 1, 2, 3, 4: Boundary Lines

## Article 2 Contestant

### 1. Qualification of Contestant

1. Must have current AAU membership.
2. An athlete recommended by his or her Taekwondo instructor.
3. An athlete must be classified by a recognized PARA Sport authority.
4. An athlete coach must verify and confirm “Sport Class” group.

### 5. Qualification of Age Range

Aspirant Division	8-11 years old in the year of the pertinent competition
Cadet Division	12-14 years old in the year of the pertinent competition
Junior Division	15-17 years old in the year of the pertinent competition
Senior I Division	18-30 years old or older in the year of the pertinent competition
Senior II Division	31 years and older in the year of the pertinent competition

6. Athlete must be classified according to International Classification in accordance with the WT (or AAU Tkd) Athlete Classification Rules and be assigned a Sport Class and Sport Class Status prior to the tournament.

Athletes found Not Eligible (NE) or with a Classification Not Complete (CNC) will not be able to compete.

7. Athlete coach must inform the Tournament Director the “Sport Class” group before the championship.

### 2. Contestants Uniform

Contestants shall wear WT-approved Poomsae competition uniform or the standard white taekwondo uniform at WT-promoted Para Poomsae Championships,

2.1 Aspirants Division (Ages 8-11): Standard white taekwondo uniform or White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.

2.2 Cadet Division (Ages 12-14): Only WT approved Poomsae competition uniform.

2.3 Junior Division (Ages 15-17): Only WT approved Poomsae competition uniform.



2.4 Senior Division (Ages 18 and up): Only WT approved Poomsae competition uniform.

## Article 3 Poomsae Uniforms

### 1. Color Belt (Geup Rank)

**White V Neck (White Top & White Pants)**

### 2. Black Belt (Dan Rank)

<p>Aspirants (8-11) Cadet (12-14)</p>	<p>Junior (15-17) Senior (18-Up)</p>
<p>Males - <i>White top with red &amp; black collar, and blue pants.</i> Females – <i>White top with red &amp; black collar, and red pants.</i> Belt – Poom Belt (Red &amp; Black)</p>	<p>Males – <i>White top with black collar, and dark blue pants.</i> Females – <i>White top with black collar, and light blue pants.</i> Belt - Black</p>
	

## **Article 4 Classification of Competition**

### 4.1 Recognized World Para Taekwondo Poomsae Individual Competition

1. Male Aspirants           8-11 years old
2. Female Aspirants       8-11 years old
3. Male Cadet               12-14 years old
4. Female Cadet            12-14 years old
5. Male Junior             15-17 years old
6. Female Junior          15-17 years old
7. Male Senior I          18-30 years old
8. Female Senior I        18-30 years old
9. Male Senior II         31 years old and older
10. Female Senior II     31 years old and older

### 4.2 Recognized Poomsae Pair Competition in Para Taekwondo for all Sport Classes.

Pairs competition: Pairs composed of one (1) female and one (1) male athlete.

- 2.1 Aspirant & Cadet & Junior (under 17 years old)
- 2.2 Senior I & II (over 18 years old)

### 4.3 Recognized Poomsae Team Competition in Para Taekwondo for all Sport Classes.

Team competition: Teams composed of three (3) female or three (3) male athletes.

- 3.1 Male Aspirant & Cadet & Junior (Under 18 years old)
- 3.2 Female Aspirant & Cadet & Junior (Under 18 years old)
- 3.3 Male Senior I & II
- 3.4 Female Senior I & II

4. Contestants may only compete in two divisions of competition, unless he/she is limited by gender, age, and Sport Class.

5. Men and Women divisions must be classified separately.

## Article 5 Sport Classes

1. The following Sport Class groups have been designated by WT for Athletes in Para Taekwondo Poomsae:

Impairment	Impairment Groups	WT Sport Classes	AAU Tkd Sport Classes
Visual Impairments	P10	P11 P12	<b>P10</b>
Intellectual Impairments	P20	P21 (II1) P22 (II2) P23 (113)	<b>P20</b>
Neurological Impairments	P30	P31 P32 P33 P34 P35	<b>P30</b>
Physical Impairments	P40	P41 P42 P43 P44 P45	<b>P40</b>
Assistive Devise	P50	P51 P52 P53	<b>P50</b>
Deaf	P60	P60	<b>P60</b>
Short Stature	P70	P72 (Men) P72 (Female)	<b>P70 (Men)</b> <b>P70 (Female)</b>

***Intellectual Impairment (P20) and Neurological Impairment (P30) may be combined.***

For more information relating to each Sport Class and Sport Class profile and Minimum Impairment Criteria (MIC), refer to the World Para Taekwondo Athlete Classification Rules.

An athlete coach must verify and confirm the “Sport Class” group.

## **Article 6 Method of Competition**

1. The methods of competition are divided as follows. Methods of competition shall be decided by Poomsae Director or the Tournament Director and shall be stated in the outline of the championships prior to the championships.

1. Single elimination tournament system (Altering athletes).  
Chong first and then Hong (Depending on number of participants tournament)

2. Cut off system

Preliminary round (-30): all athletes

Semi-finals round (29-9): top 8 of the preliminary round

Finals (8 or less): top 8 of the semi-final round

3. Combination system (Cut off + elimination tournament system)

## **Article 7 Duration of Contest**

1. Recognized Poomsae: Up to one hundred and twenty (120) seconds for each Poomsae.

2. A competitor shall have forty-five (45) second resting period between each Poomsae in case the opponent finishes their Poomsae early or chooses not to perform their Poomsae.



## Article 8 Compulsory Poomsae & Threshold

1. For all Sport Classes there is a draw, for each round from Individual, Pair and Team division Poomsae.

### 1.1 Black Belt Dan Division – A Class

Individual Division	Compulsory Poomsae	
	Group 1	Group 2
Aspirants (8-11 yrs)	Taegeuk 4,5,6 Jang	Taegeuk 7. 8 Jang, Koryo (9)
Cadet (12-14 yrs)	Taegeuk 4,5,6,7 Jang	Taegeuk 8, Koryo (9), Keumgang (10)
Junior (15-17 yrs)	Taegeuk 4,5,6,7 Jang	Taegeuk 8, Koryo (9), Keumgang (10), Taebaek (11)
Senior I (18-30 yrs)	Taegeuk 4,5,6,7, 8 Jang	Koryo (9), Keumgang (10), Taebaek (11), Pyongwon (12), Shipjin (13)
Senior II (31 yrs and older)	Taegeuk 4,5,6,7, 8 Jang	Koryo (9), Keumgang (10), Taebaek (11), Pyongwon (12), Shipjin (13)

Note: Poomsae Keumgang (10) shall be excluded from the draw for P30 Sport Classes

### 1.2 Color Belt Geup Division (4<sup>th</sup> Geup – 1<sup>st</sup> Geup) – B Class

Individual Division	Compulsory Poomsae	
	Group 1	Group 2
Aspirants (8-11 yrs)	Taegeuk 3,4, 5 Jang.	Taegeuk 6,7, 8 Jang
Cadet (12-14 yrs)		
Junior (15-17 yrs)		
Senior I (18-30 yrs)		
Senior II (31 yrs and older)		

2. *One (1) Poomsae from the designated Compulsory Poomsae decided by Poomsae Director or Technical Director for all divisions must be performed for all the preliminary, semi-final and final rounds for all competitions.*

Note: Dan Division (A-Class) and Geup Division (B-Class) only will be eligible to compete in AAU & WT promoted events.

## **Article 9 Prohibited Acts & Penalties**

1. Penalties for any prohibited act shall be declared by the Referee
2. Penalties are defined as "Kyeong-go" and disqualification
3. The prohibited acts are as follows:
  - 3.1 Uttering undesirable remarks or any misconduct on the part of a contestant or a coach. According to judgment of the referee, a coach an amateur contestant or Para Taekwondo practitioners should have the manner and respect the code of conduct;
  - 3.2 Athletes or coach should not interrupt or stand in the way of the competition coordinators in the midst of the coordination activity during the competitions;
  - 3.3 Should a contestant be assessed two (2) Kyeong-go, the referee shall declare the contestant a loser on penalties.

## **Article 20 Procedure of Contest**

1. Call for contestants: Thirty (30) minutes prior to the scheduled start of the contest, the names of the contestants shall be announced three times to the contestants' training/warm-up area. Any contestant who fails to appear in the competition area after the "Chool-jeon" command of the competition coordinator shall be regarded as having withdrawn and forfeited the match.
2. Physical inspection and uniform inspection: After being called, the contestants shall undergo a physical inspection and a uniform inspection at the specified inspection desk by an inspector designated by the WTF. The contestant shall not show any signs of aversion, and shall not bear any object which may cause harm to the contestant.
3. Staging Area: On competitions with both Para Taekwondo and Taekwondo athletes, a separate staging area must be set close to the contest area, with enough privacy for the Para Taekwondo athletes and their support staff.
4. Entering the Contest Area: Following the inspection, the contestant shall enter the contestant waiting area with one coach accompanied, when required, maximum of two (2) assistants.

## 5. Pre-contest and post-contest procedures

1. The contest shall begin after the declaration of "Chool-jeon", "Charyeot", "Kyeong-ne", "Joon-bi" and "Shi-jak" by the competition coordinator;
2. When an athlete finishes a Poomsae they shall return to their starting position and stance at the coordinator's command of "Ba-ro";
3. After the end of each Poomsae, the contestant shall stand in their respective positions and make a standing bow at the coordinator's command of "Charyeot", "Kyeong-ne". Contestant shall wait until the coordinator's declaration of "Pyo-chul".
4. At the end of the last Poomsae of the match both contestants shall be called onto the mat and the referee shall declare the winner according to the results of the judges.
5. Contestants exit
6. Coordinator's hand Signals depending on the method of competition:
  - Single elimination tournament system
  - Double elimination tournament system
  - Cut off system
  - Combination system (Cut off & elimination tournament system)

## **Article 10 Competition Coordinator**

1. The Organizing Committee shall nominate competition coordinators who are AAU Taekwondo recognized official to officiate as competition coordinators.
2. For all Sport Classes Coach is allowed to support their athlete, where needed.

## **Article 11 Competition Recorder**

1. The recorder shall time the contest, including suspended time during the contest. The recorder shall also calculate, record and announce or display the total score.

## **Article 12 Procedure of Suspending Contest**

When a contest is to be stopped during the competition, the referee shall take the measures prescribed in this article.

1. At the time of suspending the match, the referee shall order the recorders to suspend timekeeping. At this time the competition coordinator is to examine the reason(s) for the stoppage of the competition.
2. In the case whereby a contest is stopped due to problems related to a contestant, and should a contestant not demonstrate the will to continue the contest within 90 seconds, the referee shall declare the opponent as the winner. In the case whereby the stoppage of a contest is not related to the contestants, the problem shall be resolved quickly and another chance of performance shall be given to pertinent contestants.

3. All other problems that may arise shall be resolved through the “final” decisions made by the Poomsae Director or the Tournament Director.

## Article 13 Scoring Criteria

### 1. Points

1. The total score is 10.0 points

2. Scoring for Para Taekwondo Poomsae Competition is divided into two (2) point categories and five (5) sub categories:

1. Accuracy (4.0)

2. Presentation (6.0)

3. Accuracy scoring (4.0)

The scoring criteria for Accuracy is divided into two (2) sub categories:

- Accuracy of basic technique relative to the Sport Class (2.0)

- Accuracy of individual movement of Poomsae relative to the Sport Class (2.0)

4. Presentation scoring (6.0)

The scoring criteria for Presentation is divided into the three (3) sub categories:

- Speed and Power relative to the Sport Class (2.0)

- Rhythm and Tempo relative to the Sport Class (2.0)

- Expression of energy relative to the Sport Class (2.0)

5. Scoring guideline

- **Accuracy** maximum points are (4.0) and *minimal points (1.0)*.

- Accuracy minor mistake (-0.1) and major mistake (-0.3) shall be deducted each time. --

- Restart: -0.6 deduction

- Finished later than the set contest time (all Sport Classes) -0.3 points

- Cross the line with both feet for P60; -0.3 points shall be deducted from final score.

- Start and finish spot will not deduct, an exception for P60 will be -0.3 deduction

- **Presentation** maximum points are (6.0) *and minimal points (1.5)*.

- Presentation shall be made for the overall performance of Poomsae.

## Article 14 Decision and Declaration of Winner

1. The winner shall be the contestant who is awarded more points in total.
2. In the case of a tied score, the following shall decide:
  1. the contestant who has more points in Presentation;
  2. In the case the scores are still tied, the contestant who has the higher total points (total points of referee and all judges, including highest and lowest points) is the winner
  3. In the case still tied: rematch
3. The rematch will feature one compulsory Poomsae that will be randomly drawn from among the compulsory poomsae for the Sport Class. The previous score will not affect the score for the rematch.
  1. In the case of a tied score after the rematch, the winner shall be the contestant who is awarded more points in total, including the highest and lowest scores from referee and judges.
4. Decisions
  1. Win by score (PTF)
  2. Win by withdrawal of opponent (WDR)
  3. Win by double withdrawal (DWR)
  4. Win by disqualification of opponent (DSQ)
  5. Win by double disqualification (DDQ)
  6. Win by referee stop the contest (RSC)
  7. Win by disqualification for unsportsmanlike behavior (DQB)
  8. Win by double disqualification for unsportsmanlike behavior (DDB)
  9. Win by Bye (BYE)

## **Article 15 Other Matters Not Specified in the Rules**

In the event that any matter arises this is not specified in the Rules, they shall be dealt with as follows.

1. Matters related to the competition shall be decided through a meeting with the Poomsae Director or Tournament Director. They may refer to the Rules set by the World PARA Taekwondo Poomsae Competition Rules.

2. Matters not related to the competition shall be decided by the Poomsae Director or the Tournament Director.

3. Final Decision made by the Poomsae Director, or when designated, the Tournament Director shall officially stand.

*Please note that the Poomsae Director has the jurisdiction to change or alter or modify these rules and regulations from time to time to suit the current competition condition to make it effective, efficient and fair to all competitors, and the final decision shall officially stand.*