

AAU Taekwondo Poomsae  
General Competition  
Rules & Regulations Abridgement

*Effective January 1, 2025*



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AAU Taekwondo Poomsae Rules and Regulations are identical to World Taekwondo Poomsae Rules and Regulations *except where the changes are stipulated here*. World Taekwondo is the international governing body for Sport 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 Taekwondo Poomsae Rules & Regulations.

## **Referees & Judges**

The Contest Area shall measure at least 10m x 10m (12m x 12m for Freestyle/Demo Team Competition) and have a flat surface without any obstructing projections.

1. Demarcation of the Contest Area 1) The 10m x 10m area (12m x 12m for Freestyle and Demo Team Competition) shall be called the Contest Area.
2. Indication of Positions (see Figure 1)
  - 1) Referee: The Referee shall be positioned beside Judge No. 1.
  - 2) Judges: The judges are positioned along Boundary Lines 1 and 3. They are 1m from the boundary line with 1m separation between adjacent judges.
  - 3) Contestants: Contestants' starting position shall be 2m back from the center of the Contest Area, toward boundary line #3.
  - 4) Recorder's desk: It shall be positioned at 3m from the Referee on the right side.
  - 5) Competition coordinator(s): Competition coordinator(s) shall be positioned outside the Contest Area, 1m away from the corner between boundary lines #1 and #2.
  - 6) Standby contestants and coaches: Standby contestants and coaches shall be positioned outside the Contest Area; if possible, 3m away from the corner between boundary lines #3 and #4.
  - 7) Inspection desk: An Inspection Desk shall be positioned at the entrance of the Contest Area outside the corner of boundary lines #3 and #4.

## **3. Judging Formats**

### **1) Seven Judge Format:**

The seven judges (including the Referee) shall sit 1m away from the Competition Area with 1m separation between adjacent judges. Four judges (including the Referee) shall face the front of the contestants and three shall face the back. The boundary line adjacent to the four front judges shall be deemed boundary line #1, followed by, clockwise, boundary lines #2, #3, and #4. Judges are positioned and numbered clockwise from the left facing boundary line #1.

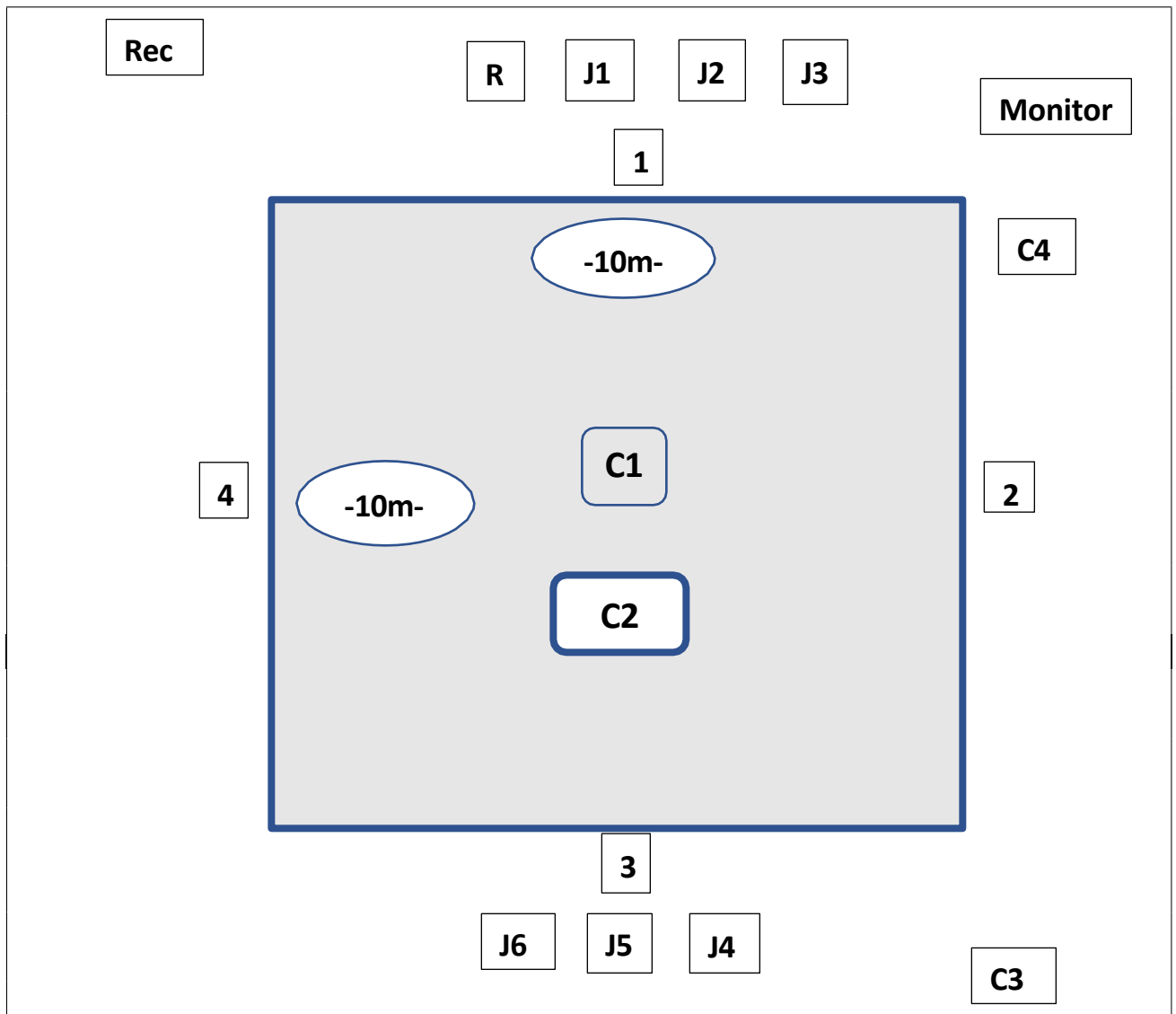
### **2) Five Judge Format:**

In the case of a five judge format, three judges (including the Referee) shall be positioned facing the contestants and the two judges facing the back of the contestants, in the same order as the seven judge format.

### **3) Three Judge Format:**

In the case of a three-judge format, two judges (including the Referee) shall be positioned facing the contestants and one judge facing the back of the contestants, in the same order as the seven judge format. Judge Format Notes: The position of the Referee and Judges in the Seven, Five and Three Judge systems may be modified to all judges facing the contestants or other appropriate arrangement to accommodate scoring systems, venue or other limitations and constraints that may impact the competition.

Figure 1. Field of Play



- Rec: Recorder
- R: Referee
- J1, 2, 3, 4, 5, 6 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

## Classification

- 1) Classification of Competition
- 2) Divisions by Gender and Age

Contestants may compete in up to two competition divisions, unless they are limited by gender or age.

- I) Recognized Poomsae Competition
  1. Men's Individual
  2. Women's Individual
  3. Men's Team
  4. Women's Team
  5. Pair (One Male, One Female)
- II) Freestyle Poomsae Competition
  1. Men's Individual
  2. Women's Individual
  3. Pair (One Male, One Female)
  4. Mixed Team (Composed of 5 members including at least 2 males and 2 females). One substitute may accompany the Freestyle Poomsae Team.

- 3) Recognized Poomsae Competition

Men, women, and mixed divisions shall be divided according to age. Male and female divisions shall be classified as follows:

### BLACK BELTS

Division	Minor	Youth	Cadet	Junior	U 30	U 40	U 50	U 60	U 65	O 65
Age (Years)	9 & below	10-11	12-14	15-17	18-30	31-40	41-50	51-60	61-65	66 & up
Individual Male	1	1	1	1	1	1	1	1	1	1
Individual Female	1	1	1	1	1	1	1	1	1	1

Division	Youth	Cadet	Junior	Under 30	Under 50	Under 60	Over 60
Age (Years)	8-11	12-14	15-17	18-30	31-50	51-60	61+
Pair (M&F)	2	2	2	2	2	2	2
Team Male	3	3	3	3	3	3	3
Team Female	3	3	3	3	3	3	3

### 4) Freestyle Poomsae Competition

Division	Under 17	Over 17
Age (Years)	12-17	18 years old and over
Individual Male	1	1
Individual Female	1	1
Pair (1 Male & 1 Female)	1	1
Team Mixed (3 Males & 2 Females or 2 Males & 3 Females)	1	1

## Black Belt Division

### Compulsory Poomsae

Division	Compulsory Poomsae
<b>Individual</b>	
Minor (9 & below)	Taegeuk 3,4,5,6,7,8, Koryo
Youth (10-11)	Taegeuk 4,5,6,7,8, Koryo, Keumgang
Cadet (12-14)	Taegeuk 4,5,6,7,8 Koryo, Keumgang, Taebaek
Junior (15-17)	Taegeuk 5,6,7,8, Koryo, Keumgang, Taebaek, Pyongwon
Under 30 (18-30) Under 40 (31-40)	Taegeuk 7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
Under 50 (41-50)	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon
Under 60 (51-60) Under 65 (61-65) Over 65 (66 & up)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon, Hansu
<b>Pair</b>	
Youth (8-11)	Taegeuk 4,5,6,7,8 Koryo, Keumgang
Cadet (12-14)	Taegeuk 4,5,6,7,8 Koryo, Keumgang, Taebaek
Junior (15-17)	Taegeuk 5,6,7,8, Koryo, Keumgang, Taebaek, Pyongwon
Under 30 (18-30)	Taegeuk 7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
Under 50 (31-50)	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon
Under 60 (51-60) Over 60 (61+)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon, Hansu
<b>Team</b>	
Youth (8-11)	Taegeuk 4,5,6,7,8 Koryo, Keumgang
Cadet (12-14)	Taegeuk 4,5,6,7,8 Koryo, Keumgang, Taebaek
Junior (15-17)	Taegeuk 5,6,7,8, Koryo, Keumgang, Taebaek, Pyongwon
Under 30 (18-30)	Taegeuk 7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
Under 50 (31-50)	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon
Under 60 (51-60) Over 60 (61+)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Cheonkwon, Hansu

\*The Organizing Committee of the tournament may combined divisions above.

# Individual Recognized Poomsae Competition

## Color Belt Division

**Intermediate (Green, Purple & Blue)**

**Advanced (Brown & Red)**

### Divisions & Classifications

Divisions	Tyke	Minor	Youth	Cadet	Junior	Under 30	Under 40	Under 50	Under 60	Under 65	Over 65
Age (Years)	7 & below	8-9	10-11	12-14	15-17	18-30	31-40	41-50	51-60	61-65	65+
Individual Male	1	1	1	1	1	1	1	1	1	1	1
Individual Female	1	1	1	1	1	1	1	1	1	1	1

Compulsory Poomsae		
Divisions	Intermediate (Green, Purple & Blue)	Advanced (Brown & Red)
Tyke (7 & below)	Taegeuk 2,3,4,5	Taegeuk 3, 4, 5, 6, 7
Minor (8-9)	Taegeuk 2,3,4,5	Taegeuk 3, 4, 5, 6, 7
Youth (10-11)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8
Cadet (12-14)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8
Junior (15-17)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8
Under 30 (18-30)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8
Under 40 (31-40)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8
Under 50 (41-50)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8
Over 50 (51 & up)	Taegeuk 2,3,4,5,6	Taegeuk 3, 4, 5, 6, 7, 8

\* The divisions may be combined.

AAU Taekwondo Poomsae  
Taekwondo Poomsae Video Resources

Review Taegeuk 1 -8    [\(20\) Taegeuk 1 - 8 - YouTube](#)

**Kukkiwon Taekwondo Videos**  
**Complete Poomsae Series**

Taegeuk 1 Jang to 8 Jang

Black Belt Poomsae Koryo to Ilyeo

<https://www.youtube.com/playlist?list=PLSFr5pEwo7gSwvfg4bjxoF3liyfJkCLAj>

Koryo	<a href="#">(20) KORYO - YouTube</a>
Keumgang	<a href="#">(20) KEUMGANG - YouTube</a>
Taebaek	<a href="#">(20) TAEBAEK - YouTube</a>
Pyeongwon	<a href="#">(20) PYEONGWON - YouTube</a>
Sipjin	<a href="#">(20) SIPJIN - YouTube</a>
Jitae	<a href="#">(20) JITAE - YouTube</a>
Chonkwon	<a href="#">(20) CHONKWON - YouTube</a>
Hansu	<a href="#">(20) HANSU - YouTube</a>

Reference Videos

Koryo	<a href="https://www.youtube.com/watch?v=-fJfuu2cr5M">https://www.youtube.com/watch?v=-fJfuu2cr5M</a>
Keumgang	<a href="https://www.youtube.com/watch?v=laVq_OHBdU8">https://www.youtube.com/watch?v=laVq_OHBdU8</a>
Taebaek	<a href="https://www.youtube.com/watch?v=TC9_IUuTkaY">https://www.youtube.com/watch?v=TC9_IUuTkaY</a>
Pyeongwon	<a href="https://www.youtube.com/watch?v=5gzWWywlzCA">https://www.youtube.com/watch?v=5gzWWywlzCA</a>
Sipjin	<a href="https://www.youtube.com/watch?v=HN8icHqz8to">https://www.youtube.com/watch?v=HN8icHqz8to</a>
Jitae	<a href="https://www.youtube.com/watch?v=UIZDYETgBSM">https://www.youtube.com/watch?v=UIZDYETgBSM</a>
Cheonkwon	<a href="https://www.youtube.com/watch?v=tA-dFag6Hu8">https://www.youtube.com/watch?v=tA-dFag6Hu8</a>
Hansu	<a href="https://www.youtube.com/watch?v=ntF8vXZOYrI">https://www.youtube.com/watch?v=ntF8vXZOYrI</a>

## Principles of Sport Poomsae

- A. Low (“arae”) is below the waist  
-Blocks and strikes this area should start from above the shoulder)
- B. Middle (“momtong”) is between the waist and the top of the shoulders  
-Blocks and strikes to this area should start from between the eyes and waist.
- C. High (“olgul”) is above the shoulders to the top of the head  
-Blocks and strikes to this area should start at or below the waist
- D. Outside to inside techniques end at the centerline of the body  
-Middle block (inside block) -Reverse knife hand strike
- E. Inside to outside techniques end at the outer edge of the body  
-Side blocks (outside block) -Knife hand guarding block (single or double)
- F. Blocks are performed with the blocking hand on the outside.
- G. Strikes are performed with the striking hand on the inside
- H. Outside to inside techniques end at the centerline of the body  
-Middle block (inside block) -Reverse knife hand strike
- I. In stances, the knee is bent to just cover the tip of the toes (from the competitor’s perspective)
- J. Kicking is always to a realistic target  
- First choice is to the head — area between the nose and mouth  
- Second choice is to the body — the solar plexus
- K. In some Poomsae, a specific other target is defined; for example:  
- Low side kick in Koryo, or double front kicks in Taegeuk 8
- L. Fists should remain closed (or open) during the entire movement.
- M. The fist and wrist should be straight — not bent up or down
- N. Hands and feet should complete their movements at the same time.
- O. Transitions between movements should be on the balls of the feet

## Poomsae Uniforms

**Color Belts – White V-neck (White Top & White Pants)**\_



## Black Belts

**Cadet Division** (Ages 12-14): White top with red and black collar, plus blue pants for males; **the same top, but with red pants, for females**

**Minor** (Ages 9 & below) **& Youth** (Ages 10-11) **Divisions: Same as Cadet**



**Junior and Senior Divisions** (Ages 15-50): White top with dark blue pants for males; **white top with light blue pants for females**

**Master Division** (Ages 51 and up): Yellow top and dark blue pants for both males and females





## Notes

1. Currently, AAU Taekwondo Poomsae Competition is opened only to all qualified AAU Taekwondo Black Belt athletes and Intermediate/Advanced Color Belts.
2. Contestants may compete in up to two competition divisions unless they are limited by gender or age, including traditional events being held at the same time.
3. Recognized Poomsae Competition
  - I) Men's Individual II) Women's Individual III) Men's Team IV) Women's Team V) Pairs (1 m & 1 f).
4. Duration of Contest:
  - I. Recognized Poomsae - Up to 90 seconds for Individual, Pair and Team
  - II. Free Style Poomsae - 90 – 100 seconds for Individual, Pair and Mixed Team
  - III. Waiting time between Poomsae - Minimum of 30 seconds
5. Decision and Declaration of Winner
  - I. Final score is the average of the scores for Accuracy plus the average of the scores for Presentation. The highest and lowest scores are dropped before calculating the average.
  - II. If using the three judge format, the highest and lowest score will not be dropped.
  - III. Scoreboard shows the score for Accuracy, Presentation and the Total Score.
  - IV. Penalties, if any, are deducted from the final score.
6. Decision and Declaration of Winner
  - I. **In any round**, the winner is the contestant with the highest total points
  - II. **In case of a tie**, the winner is decided based on-
    - a. Presentation in Recognized Poomsae b. Technical in Freestyle Poomsae c. Freestyle in Mixed Poomsae
  - III. **If still tied**, the dropped high and low scores are added back in.
  - IV. **If still tied**, a rematch is conducted. The rematch consists of one compulsory Poomsae designated by the Tournament Committee. In case of tie, the highest point total with high and low scores added in shall be the winner.
7. AAU Taekwondo Poomsae Rules and Regulations are identical to USA Taekwondo Poomsae Rules and Regulations *except where the changes are stipulated here*. USA Taekwondo is the national governing body for Taekwondo in US, 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 USA Taekwondo Poomsae Rules & Regulations.

## Scoring Criteria - **Recognized Poomsae Total 10 Points**

### Allocated Scoring Chart for Recognized Poomsae

Scoring Criteria	Details of Scoring	Points
<b>Accuracy</b>	Accuracy of details of each Poomsae	<b>4.0</b>
<b>(4.0)</b>	Accuracy of basic movements and balance	
<b>Presentation</b>	<b><i>Speed &amp; Power</i></b>	<b>2.0</b>
<b>(6.0)</b>	<b><i>Rhythm &amp; Tempo</i></b>	<b>2.0</b>
	<b><i>Expression of Energy</i></b>	<b>2.0</b>
<b>Total</b>		<b>10.0</b>

## Accuracy (Total 4.0)

### Common Technical Deductions

#### Minor Deductions – 0.1 each mistake

##### Closed Stance (Moa Seogi)

1. Both feet apart
2. Feet not pointing forward together
3. Incorrect hand placement
4. One foot pointed to the side
5. Knees bent

##### Start – Choon-bi Parallel Stance (Naranhi Seogi) / End – Ba-ro Parallel Stance (Naranhi Seogi)

1. Wrong timing
2. Move the wrong foot
3. Feet not parallel
4. Fists do not open when executing
5. Fist not clenched correctly at the end
6. Bring the hands up too high.

##### Front Stance (Ap Kubi) & Walking Stance (Ap Seogi)

1. Too short
2. Too Long
3. Too wide
4. Toes not pointing forward
5. Front knee not bent or bent too much

##### Horse Stance (Juchum Seogi) Back Stance (Dwi Kubi) & Cat/Tiger Stance (Beom Seogi)

1. Too short
2. Too Long
3. Too wide
4. Knees not bent or bent too much
5. Wrong placement of toes

##### Forward Cross Stance (Apkoa Seogi) & Back Cross Stance (Dwikoa Seogi)

1. Incorrect placement of ball of the foot
2. Wrong angle
3. Shin of back leg not touching calf of the front leg
4. Knees not bent

##### Low Fist Block (Arae Makki) & High Fist Block (Ogul Makki)

1. Too high
2. Too low
3. Chamber hand not clenched
4. Wrong placement of the blocks
5. Thumb not tucked in

##### Fist Middle Block (Momtong Makki) Outer Middle Block (Momtong Bakkat Makki)

1. Too high
2. Too low
3. Thumb not tucked In
4. No arch over the mouth when executing
5. Chamber hand not clenched correctly

##### Punch (Baro Jireugi) Backfist Front Strike (Deungjumoeok Apchigi) Backfist Strike (Bakkat Chigi)

1. Too high
2. Too low
3. Thumb not tucked in
4. Chamber hand not clenched correctly
5. Wrong hand placement

##### Knife Hand Middle Block (Hanssonal Makki) & Double Knife Hand Middle Block (Sonnal Makki)

1. Too high
2. Too low
3. Thumb not tucked in
4. Front hand no arch over the mouth when executing
5. Fingers open

##### Elbow Hook Strike (Palkup Dollyo Chagi) & Elbow Side Strike (Palkup Yop Chigi)

1. Too High
2. Too low
3. Too short (elbow not extended)
4. Too long (elbow over extended)
5. Fist not on palm of supporting hand
6. Supporting hand fingers open

##### Front Kick (Ap Chagi), Round Kick (Dollyo Chagi) & Side Kick (Yop Chagi)

1. Front Kick - Ball of the foot not bent
2. Round Kick – No rotation of the hip
3. Side Kick -No blade of the foot, not turning and using the hip.
4. Not raising the knee
5. Hands not placed near the chest
6. Supporting foot not completely on the floor
7. Too low below the chest

**Major Deductions – 0.3 each mistake**

0.3 point will be deducted each time a contestant makes a serious mistake

1. Incorrect action or techniques are performed.
2. Correct techniques or actions are omitted.
3. Extreme deviations from the standardized Poomsae.
4. Supporting pelvis with hand. Open hand = 0.3, Closed Fist = 0.1
5. While kicking both hands extended out from the chest.
6. Kihap or stomp is not made in appropriate technique or made in the wrong place.
7. Brief stops during performance (forgetting the next movement for 3 seconds or longer.)
8. Eyes not looking at target when kicking;
  - a. vertical kick with out looking/sky kick -0.3
  - b. lifting chin too high during vertical kick, deduction in presentation, not accuracy
  - c. can't tell = no deduction, must be sure
9. Looking in the wrong direction (eyes should be focused in the direction of movement.)
10. When the raised foot touches the ground when performing Crane Stance. (Hakdari Seogi)
11. Jitchik-gi (stomping) movement without enough power and sound.
12. When the contestants make inappropriate sounds such as loud breathing (e.g. hissing) noise.
13. When the contestant restarts his or her performance. (Two majors, so -0.3 x2)
14. Wrong movements or techniques such as 1) high block (Olgul Makki) instead of low block (Arae Makki) 2) Back Stance (Dwitkubi) is performed instead of Horse Stance (Juchum Seogi)
15. Adding movements or missing movements, such as add a Kihap, Jitchik-gi (Stomp), etc.
16. Referee's Command for Deduction - 0.3 deduction from Final Score  
*Operate by computer operator under Referee's Instruction*  
 I. Over time II. Both feet out the boundary line

**Major deduction will be deducted by all judges**

Major Deduction -0.3 - Examples		
Wrong Move <ul style="list-style-type: none"> <li>○ Ap Kubi – Ap Seogi</li> <li>○ Area Makki – Momtong Makki</li> </ul>	Add A Move <ul style="list-style-type: none"> <li>○ Add a Kihap</li> <li>○ Add a Jittzitgi (stomp)</li> </ul>	Miss A Move <ul style="list-style-type: none"> <li>○ Miss a Kihap</li> <li>○ Miss a Jittzitgi</li> </ul>
Looking the Wrong Direction	Wrong Technique	Stop For 3 seconds or more
Restart the Poomsae (-0.3 x 2) <b>-0.6</b>		
Wrong Poomsae (-0.3 x 2) <b>-0.6</b>		

## Presentation (6 Points)

Deduction of points in presentation shall be made for the overall performance of the Poomsae, not for every small or serious mistake during the performance:

A) Power & Speed (2 Points) B) Coordination of Rhythm & Tempo, and Softness & Power (2 Points) C) Expression of Energy (2 Points)

1. **Speed and Power (2.0 Points)** Ability to perform Poomsae shall be evaluated on whether the movements are performed in accordance with the characteristics of the pertinent movement: for example attacking techniques such as Strikes or Kicks are best performed with a soft start, accelerating with a balance between speed and power, using the body weight to achieve a maximum effect; or, special movements are performed slowly, and intentionally, with power and balance.

Examples:

- Deduction shall be made if too much strength is revealed in the beginning of the movements, as this slows down the movement and reduces the power and effectiveness of the movement.

- Deduction shall be made if the contestant exaggerates a movement beyond the culmination of that movement to show power in the next movement or exaggerates the reaction of the body to express power.

2. **Rhythm and Tempo (2.0 Points)** Control of power means the greatest power is shown at the most critical moment of the movement, usually the culmination, through speed and softness. - Control of speed means an appropriate connection between actions and changes in speed, such that powerful moves accelerate. - Rhythm means repeated actions are performed with timing that results in the technique being most effective to accomplish the intended result, and flow of power with the greatest expression of power occurring at the instant of the strike, block or kick.

Examples:

- Too much power makes the movement look stiff and robotic from the start; deductions shall be made if the speed, power and rhythm are presented with no changes from the start to the end of the lines of movements.

- Deductions shall be made in case of stiff or limp actions coming from a stiff body or a too soft presentation without expression of power. A strong start makes it difficult to accelerate and slows down the action at the critical point of the movements.

3. **Expression of Energy (2.0 Points)** This category addresses the presentation of confidence and power that come from mastering the expression of energy. The range of movement of techniques, concentration, courage, sharpness, confidence, and posture effect how energy is expressed according to the characteristic actions of the Poomsae. Such characteristics as the direction of sight and focus of the eyes, strength of the kihap (yelling), attitude and uniform all contribute to the overall expression of energy.

Example:

- Deductions shall be made if actions are not crisp and powerful, or connecting actions are not big enough for the performer's physique, or the performance is made in the same rhythm throughout without slowing and accelerating to emphasize techniques.

### Major deductions for presentation (what to consider while formulating score)

- a. Eye focus or breathing not corresponding to the movement of motion.
- b. Lack of fluency in movement.
- c. Movements show lack of flexibility.
- d. Lack of energy or force.
- e. Instability, lack of balance.

## Presentation Score Guideline:

- Three categories of Presentation Score
  - Speed and Power (2.0)
  - Rhythm and Tempo (2.0)
  - Expression of Energy (2.0)
- Guideline: The scoring guidelines for each presentation category ranges from 0.5 to 2.0 and are divided as follows (minimum score is 0.5 each category)

VERY POOR	POOR	AVERAGE	GOOD	VERY GOOD	EXCELLENT	PERFECT
0.5 to 0.7	0.8 to 1.0	1.1 to 1.3	1.4 to 1.5	1.6 to 1.7	1.8 to 1.9	2.0

- Total presentation score ranges from 1.5 to 6.0.

VERY POOR	POOR	AVERAGE	GOOD	VERY GOOD	EXCELLENT	PERFECT
1.5 to 2.2	2.3 to 3.0	3.1 to 3.8	3.9 to 4.6	4.7 to 5.4	5.5 to 5.9	6.0

## Poomsae Slow Control Breathing Movements

### 5 - 8 Seconds

Name of Poomsae	Stance (Seogi)	Name of Movement
Taegeuk 6 Jang	Naranhi Seogi	Arae-Hechomakki
Taegeuk 7 Jang	Moa Seogi	Bojumeok
Koryo	Naranhi Seogi	Tongmilgi
Keumgang	Naranhi Seogi	Arae-Hechomakki
Shipjin	Naranhi Seogi	Hwangsomakki
	Dwikubi, Apkubi	Opening the fist-hands turning - Pyongsonkkeut Opeoptzireugi
	Apkubi	Bawimilgi
Jitae	Dwikubi	Momtong Bakkatmakki
	Apkubi	Olgulmakki
Chunkwon	Dwikubi	Sonnal Wesandteulmakki
	Beom Seogi	Taesamilgi

### 5 - 8 Seconds, Recommend 8 Seconds For Better Presentation Score

Name of Poomsae	Stance (Seogi)	Name of Movement
Taegeuk 8 Jang	Apkubi	Dangyo Teokjireugi
Koryo	Moa Seogi	Mejumeok Arae Pyojeokchigi
Keumgang	Hakdari Seogi	Keumgang Makki
Pyongwon	Naranhi Seogi	Sonnal Arae Hackomakki and Tongmilgi
Shipjin	Juchumseogi and standing up	Sonnal Momtong Hechomakki – Sonnal Arae Hechomakki+(closed fists)keula Oliigi
Jitae	Apkubi	Olgulmakki and Momtong Barojireugi
Chunkwon	Moa Seogi	Kyposon Junbiseogi - Nalgaepyogi
	Apkubi	As clenching a fist, twisting the wrist and a step forward to Momtong Barojireugi in Apkubi



## Judge's Score Sheet

Contest No.	Court

Category	Sub-Category	Score Allocation																Score
<b>Accuracy (4.0)</b>	Accuracy in basic Movement	4.0 (deduct -0.1, -0.3)																
	Accuracy in individual Movement of the Poomsae																	
	Balance																	
<b>Presentation (6.0)</b>	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	
	Coordination of rhythm & Tempo and Softness & Power	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	
		<b>Total Score (10.0)</b>																

Judge's Name : \_\_\_\_\_

Juage's Nation : \_\_\_\_\_ Signature : \_\_\_\_\_

# AAU Taekwondo Freestyle Poomsae

## A. Freestyle Poomsae

1. Freestyle performance is based on Taekwondo techniques, with the addition of music and choreography. (And Board Breaking is Mandatory for Mixed Teams.)
2. Composition of freestyle Poomsae:
  - 2.1. "Yeon-mu" line (i.e., the progress line of the Poomsae) shall be the choice of the contestant.
  - 2.2. Music and choreography shall be the choice of the contestant.
  - 2.3. Music shall not contain lyrics or spoken words in any language.
  - 2.4. The performed techniques must be within the boundaries of Taekwondo. The Sport Poomsae Director will determine the validity of the performed Taekwondo techniques when the contestant submits a Freestyle Poomsae Performance Plan.

## B. Duration of Competition

1. Duration of Contest by Division:
  - 1.2. Freestyle Poomsae: Individual, Pair and Mixed Team competitions from 90 to 100 seconds.

## C. Scoring Criteria

- 1.2. Freestyle Poomsae (10 Points)
  - 1.2.1. Technical skills (6 points)
    - 1.2.1.1. Level of difficulty of foot techniques
    - 1.2.1.2. Basic movement & practicability
  - 1.2.2. Presentation (4 points)
    - 1.2.2.1. Creativity
    - 1.2.2.2. (Harmony Page)
    - 1.2.2.3. Expression of energy
    - 1.2.2.4. Music and choreography
  - 1.2.3. The Sport Poomsae Director will establish the types of kick and level of difficulty each year.

### 1.2.4. Allotted Scoring Chart for Freestyle Poomsae

Scoring Criteria	Details of Scoring Criteria	Points	
<b>Technical Skills (6.0)</b>	Level of Difficulty of Foot Techniques (5.0)	Jumping Side Kick	<b>5.0</b>
		Multiple Kicks in a Jump	
		Gradient of Spins in a Spin Kick	
		Kyorugi Style Consecutive Kicks	
	Acrobatic Kicking Technique		
	Basic Movements & Practicability	<b>1.0</b>	
<b>Presentation (4.0)</b>	Creativeness	<b>4.0</b>	
	Harmony		
	Expression of Energy		
	Music & Choreography		
<b>Maximum Points</b>		<b>10.0</b>	



## **2. Freestyle Poomsae**

### **2.1. Technical Skill**

2.1.1. Level of difficulty of foot techniques: Points may be awarded from 0.0 up to 5.0 in total in five evaluation areas.

2.1.1.1. Jumping side kick: Points shall be awarded based on the performance level of jumping side kick and the height of jump.

2.1.1.2. Multiple kicks in a jump: Points shall be awarded based on the performance level of multiple kicks and the number of kicks in a jump as well as multiple types of kicks in a jump.

2.1.1.3. Gradient of turn in a spin kick: Points may be awarded based on the number or degrees of turn (i.e., more than 180 degrees, more than 360 degrees, more than 540 degrees and more than 720 degrees) in spin kicks.

2.1.1.4. Consecutive kicks: Points shall be awarded based on the mastery and performance level of Kyorugi style consecutive kicks in a row, and the number of consecutive kicks shall be limited from 7-10 sparring kicks.

2.1.1.5. Acrobatic kicking technique: Points shall be awarded based on the mastery and performance level of acrobatic kicking technique.

2.1.1.6. Basic movements & practicability of movements: Points may be added from 0 up to 1.0 for accuracy in basic movements of Taekwondo and designated technical movements of Taekwondo.

Whether the movements appear to be practicable, whether there is an appropriate connection between attacks and defenses, and whether the movements are in perfect harmony shall be the criteria for evaluating general performances of the freestyle Poomsae.

2.1.1.7. Board breaking mandatory mixed teams only.

2.1.1.8. The 3 mandatory stances must be at least 1 second each.

### **2.2. Presentation**

2.2.1. Points may be awarded from 0 up to 4.0 based on the general performance of the free-style Poomsae.

2.2.2. Creativity: Points may be awarded based on the creativity of the actions and components of the Poomsae.

2.2.3. Harmony: Points may be awarded based on the harmony and balance between different components of the Poomsae (music, choreography, and attire for example). Harmony, balance, or synchronicity between or among the performers (unity, for example) shall be also evaluated in the case of team and pairs contests.

2.2.4. Expression of energy: Points may be awarded for accurate expression of energy in the Poomsae, as described in Recognized Poomsae, above.

2.2.5. Music and choreography: Points may be awarded based on how the music and the choreography contribute to the performance of the Poomsae.

### **2.3. Deduction of Points**

2.3.1. 0.3 points shall be deducted from the final score in case the performance is finished earlier or later than the set contest time.

2.3.2. 0.3 points shall be deducted from the final score if the contestant crosses the boundary line with two feet during performance.

## 2.4. Score Calculation

2.4.1. Technical skills shall be scored separately from presentation.

2.4.2. Final score shall be the average of the judges' scores for technical skills (the highest and lowest judge scores dropped before calculating the average) and the average of the judges' scores for presentation (the highest and lowest judge scores dropped before calculating the average). The publication of the score shall show the score for Technical Skills, the score for Presentation and the Total Score. In the case of the Three Judge Format the highest and lowest score will not be dropped.

2.4.3. All penalties accumulated during the competition shall be deducted from the final score.

## 3. Other Matters Not Specified In the Rules

3.1. Matters not specified in the Rules shall be dealt with as follows:

3.2. AAU Taekwondo Poomsae Rules and Regulations are identical to World Taekwondo Poomsae Rules and Regulations *except where the changes are stipulated here*.

3.3. Matters related to the competition shall be decided through a consensus of the refereeing officials of the pertinent contest.

3.4. The Sport Poomsae Director or its proxy shall decide matters not related to the competition.

## A. Kyong Go Penalties

1. The Referee declares any penalties for prohibited acts. Kyeong-go penalties include:
  - A. Uttering undesirable remarks or any misconduct on the part of a contestant or a coach.
  - B. Any act that intentionally interferes with another competitor, coach or official.
  - C. If a competitor is assessed two Kyeong-go deductions, they are declared loser on penalties.
2. Yellow Card Procedure - Only the Center Referee may give a Yellow Card.
  - A. Other referees may **advise** the Center Referee to give a Yellow Card.
  - B. First, Kyeong-go for misconduct should always be given before the Yellow Card is shown.
  - C. If the bad behavior continues, the referee gives a second Kyeong-go, and raises a Yellow Card.
  - D. For extreme misconduct, referee may raise the Yellow Card after giving the first Kyeong-go.
3. Yellow Card Procedure – Post Match
  - A. The Center Referee fills out the Yellow Card Report.
  - B. Any other referee who advised on the Yellow Card must also contribute to the report.
  - C. The Yellow Card Report is given to the Referee Chair for review.
  - D. The Tournament Committee convenes an Extraordinary Sanctions Committee (ESC).
  - E. 5 members: Referee, Coach, Athlete, Tournament Committee, Technical Delegate.
  - F. The Referee and other involved parties are called by the ESC to give a report and answer questions.
  - G. The ESC makes a recommendation on sanctions AAU Taekwondo makes a final decision on sanctions based on the ESC report.

## **B. Publication of Scores**

1. The final score shall be announced immediately following the competition.
2. In case of using electronic scoring instruments
  - 2.1. Judges shall input points in the electronic scoring instruments (Accuracy in real time during the performance and Presentation after the performance of the Poomsae), and total points shall be automatically displayed on the monitors.
  - 2.2. The final score and the individual judges' scores shall be displayed on the monitor following the automatic deletion of the highest and lowest scores among the judges.
3. In case of manual (paper score sheet) scoring
  - 3.1. The coordinator shall collect each scoring sheet and convey the results to the recorder immediately after completion of the Poomsae.
  - 3.2. The recorder shall report the final score to the Referee, following the deletion of the highest and lowest scores, and announce the final score or have the final score displayed. In the case of the three-judge format the highest and lowest score will not be dropped.

## **C. Decision and Declaration of Winner**

1. The winner shall be the contestant who is awarded the highest total points.
  - 1.1. In case of a tied score, the winner shall be the contestant with the higher score in presentation (for Recognized Poomsae) or in technical skills (for Freestyle Poomsae) or Free Style Poomsae points (for Mixed Poomsae Competition). In case the scores are still tied, then the contestant with the higher total points (including all judge's scores, the highest and lowest not dropped) shall be the winner. In case the scores are still tied after the highest and lowest scores are added back, a rematch shall be conducted to determine the winner. The Tournament Committee will designate the Poomsae to be performed.
  - 1.2. The rematch will consist of performing one compulsory Poomsae designated by the Referee. The previous scores will not affect the scores of the rematch.
  - 1.3. In 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 that were dropped. In case of a tie, the rematch will be repeated until there is a winner.
  - 1.4. Decisions
    - 1.4.1. Win by score. The winner is the contestant with the highest total points.
    - 1.4.2. Win by Referee Stop the Contest (RSC). In the event that the referee or commission doctor determines that a contestant is unable to continue, even after a minute of recovery period, or if a contestant disregards the referee's command to continue, the referee shall declare the contest stopped and the opposing contestant shall be declared the winner.
    - 1.4.3. Win by withdrawal of opponent. The winner is determined by the withdrawal of the opponent: a. When a contestant withdraws from the match due to injury or other reasons, or b. When a coach throws a towel into the court to signify forfeiture of the match.
    - 1.4.4. Win by disqualification. Should a contestant lose his or her contestant status before the competition begins, the opposing contestant shall be declared the winner.
    - 1.4.5. Win by opponent's penalties. In the event that a contestant accumulates two "Gam-jeom" (deduction of points by penalties), as prescribed in Article 12.3, the opponent shall be declared the winner.

## D. Protest and Arbitration

1. A procedure for protest is provided in case there is a clear erroneous decision from the refereeing officials in identification of the winning contestants, errors in the scoring system, or other administrative errors resulting in the wrong players being named as winners. However, as a first recourse, the coach/team captain should respectfully bring the matter to the attention of the officiating team; if the situation cannot be resolved, then a formal protest may be filed.
2. Note that only procedural and administrative errors are subject to protest (including errors in addition or calculation of winners without the computer). ***Disagreements about scoring are not protestable.***
3. The Poomsae Competition Boards consist of the Sport Poomsae Director or his designee and an appointed Senior Poomsae Referee.
4. The Responsibility of The Poomsae Competition Board shall adjudicate protests and correct misjudgments if necessary. In their concurrent capacity as the Sanction Committee, the Poomsae Competition Board may also take disciplinary action against the officials committing the infraction. Documented records and results shall be sent to the AAU Taekwondo Office.
5. Protest Procedure After the Match:
  - 5.1. *In case there is an objection that cannot be resolved with the officiating team, within 10 minutes after the pertinent contest, the certified coach representing the athlete may submit an application for reevaluation of decision (protest application) together with the prescribed, non-refundable fee of one hundred dollars (\$100.00) to the Sport Poomsae Director.*
  - 5.2. The Poomsae Competition Board may summon the refereeing officials for confirmation of events.
  - 5.3. *The resolution made by the Poomsae Competition Board will be final and no further means of appeal will be applied.*
6. Deliberation procedures are as follows:
  - 6.1. A coach or head of team representing the protesting player is permitted to make a brief verbal presentation to the Poomsae Competition Board in support of their position.
  - 6.2. After reviewing the protest application, the content of the protest must be arranged according to the criterion of "Acceptable" or "Unacceptable."
  - 6.3. If necessary, the Board can hear opinions from the referee or judges. The Board can review the material evidence of the decision, such as the written records (brackets, competitor lists, score sheets, tally sheets), or electronic records of the match. No videotapes can be used.
  - 6.4. After deliberation, the Board shall determine a decision, and will make a report documenting the outcome of the deliberation and shall make this outcome publicly known.
7. Subsequent process following the decision:
  - 7.1. Errors in determining the match results, mistakes in calculating the match score or misidentifying a contestant shall be corrected.
8. Errors in application of the rules:
  - 8.1. When it is determined by the Board that the officiating team made a clear error in applying the Competition Rules (for example, advancing the wrong number of players) the outcome of the error shall be corrected.
  - 8.2. The Poomsae Competition Board may recommend that the Chairman/Director for that event or designee replace referees or judges in the event that refereeing officials have been wrongly assigned, or when it is judged that any of the assigned refereeing officials have unfairly conducted the contest or made unjustifiable mistakes.



# AAU Taekwondo Freestyle

Category	Sub-Category		Score Allocation											Score
Technical Skills (6.0)	Foot Technique Difficulty	Flying Side Kick	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1	
		Jumping Multi Front Kick	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1	
		Gradient Of Jump Spinning Kick	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1	
		Kyorugi Style Combination	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1	
		Acrobatic Kick	0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1	
	Basic Movements & Practicability		0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1	
Presentation (4.0)	Creativity		0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1	
	Harmony		0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1	
	Expression Of Energy		0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1	
	Music & Choreography		0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1	
<b>Score Sub-Total:</b>														
<b>Deductions &amp; Penalties:</b>														
Dwit Gubi: ( ) Hakdari Seogi: ( ) Beom Seogi: ( ), -0.3 Each If Missing														
<b>Total Score:</b>														

# AAU Taekwondo Poomsae Competition Format

## Methods of Competition Objective

AAU Taekwondo Poomsae Competition format is unique to AAU Taekwondo, it is designed to manage the competition effectively and efficiently to ensure fair competition environment for athletes in pursuit of competitive excellence.

As a result, AAU Taekwondo Poomsae Competition format has 3 main purposes:

1. To create a format where Preliminaries, Semi-Finals and Finals rounds are equally competitive.
2. To ensure Contestants with the highest scores will be given seeding to best match other contestants.
3. To formulate an event where time management is a major consideration to best run and organize a Taekwondo Championships.

The methods of competition are:

### A) Single Elimination Tournament Format

1. In the single elimination tournament, a competitor is eliminated from competition after one loss.
2. Competitors are matched with opponents randomly or by seeding.
3. The order of competition is randomly assigned.
4. Competitors will either:
  - a. Enter the Competition Area together (Chung and Hong), but perform individually, with Chung (blue) performing first, followed by Hong (red), each competitor standing on their assigned positions when not performing.
  - b. Enter the Competition Area together (Chung and Hong) and perform at the same time.
5. Competitors perform forms based on the above format:
  - a. IN the case of a. above - Competitors perform one or two forms in each round randomly selected from the Compulsory Poomsae by the Tournament Committee and observed by the Referee Chair(s) or designee in a public meeting prior to the competition.
  - b. In the case of b. above - the poomsae will be selected randomly by a computer program at the ring.
6. The Referee declares the winner based on the score and both competitors leave the Competition Area together.

### B) Straight Cut-off Tournament Format

#### I) Cut-off Semi Final

1. The single cut-off will have a division with a maximum of 29 contestants.
2. Eight (8) contestants with the highest scores advance to the final round.
3. Competitors perform one Poomsae in each round randomly selected from the Compulsory Poomsae by the Tournament Committee and observed by the Referee Chair(s) or designee in a public meeting prior to the competition.
4. Cut-off system semi-final: When 9 to 29 contestants are participating, competition shall start from semi-final round, Contestants shall perform the one assigned compulsory Poomsae, and 8 of them shall be advanced to final based on their points.
5. Eight (8) contestants will be in the final round; each contestant shall perform two Poomsaes.
6. When there are 8 or fewer contestants, they will all automatically advance to the final round.
7. Competitors are matched with opponents randomly or by seeding.
8. Top four contestants shall be awarded prizes based on their points. 1<sup>st</sup> place is awarded with gold medal, 2<sup>nd</sup>

place is awarded with silver medal, 3rd and 4th places are awarded with bronze medals.

9. The Referee declares the winner based on the scores.

## **II) Cut-off Preliminaries (Group Cut-off)**

**1. The cut-off** tournament is a competition format that has a maximum of three rounds, a preliminary, semi-final and final round.

2. When there are 30 or more contestants, the preliminary round may be divided into two groups competing on two different courts with different judges. Eight (8) contestants with the highest score from each group shall advance to the semi-final round. Thus, there will be sixteen (16) contestants in the semi-final round.

3. The order of the competitors in the preliminary round and semi-final round is randomly determined. The order of competition in the final round will be based on the score in the semi-final round, with the contestant with the lowest score first and the contestant with the highest score performing last.

4. In the preliminary round, each contestant performs one assigned Poomsae randomly selected from the Compulsory Poomsae by the Tournament Committee and observed by the Referee Chair(s) or designee in a public meeting prior to the competition. All competitors perform the same form(s). Scores are totaled for each contestant.

5. In the semi-final round, each contestant will perform one assigned Poomsae randomly selected from the Compulsory Poomsae (with the form(s) from the preliminary round excluded), and the eight (8) contestants with the highest scores advance to the final round.

6. Eight (8) contestants will be in the final round; each contestant shall perform two Poomsaes.

7. Competitors are matched with opponents randomly or by seeding.

8. Top four contestants shall be awarded prizes based on their points. 1<sup>st</sup> place is awarded with gold medal, 2<sup>nd</sup> place is awarded with silver medal, 3rd and 4th places are awarded with bronze medals.

9. The Referee declares the winner based on the scores.

## **C) Combination – Cut-off & Single Elimination**

### **I. Combination – Cut-off & Single Elimination Final Round**

1. The single cut-off will have a division with a maximum of 29 contestants.

2. Eight (8) contestants with the highest scores advance to the final round.

3. Competitors perform one Poomsae in each round randomly selected from the Compulsory Poomsae by the Tournament Committee and observed by the Referee Chair(s) or designee in a public meeting prior to the competition.

4. Cut-off system semi-final: When 9 to 29 contestants are participating, competition shall start from semi-final round, Contestants shall perform the one assigned compulsory Poomsae, and 8 of them shall be advanced to final based on their points.

5. When 8 or fewer contestants are participating, the competition shall start from the final round.

6. The final round shall be conducted as a single elimination tournament; a competitor is eliminated from the competition after one loss.

7. Competitors are matched with opponents randomly or by seeding.

8. Each pair of competitors (Chung and Hong) enters the Competition Area together, but performs individually, with Chung (blue) performing first, followed by Hong (red), each competitor standing on their assigned positions when not performing.

9. The Referee declares the winner based on the score and both competitors leave the Competition Area together.

## **II. Combination - Group Cut-off & Single Elimination Final Round**

- 1. The cut-off** tournament is a competition format that has a maximum of three rounds, a preliminary, semi-final and final round.
- When there are 30 or more contestants, the preliminary round may be divided into two groups competing on two different courts with different judges. Eight (8) contestants with the highest score from each group shall advance to the semi-final round. Thus, there will be sixteen (16) contestants in the semi-final round.
- The order of the competitors in the preliminary round and semi-final round is randomly determined. The order of competition in the final round will be based on the score in the semi-final round, with the contestant with the lowest score first and the contestant with the highest score performing last.
- In the preliminary round, each contestant performs one assigned Poomsae randomly selected from the Compulsory Poomsae by the Tournament Committee and observed by the Referee Chair(s) or designee in a public meeting prior to the competition. All competitors perform the same form(s). Scores are totaled for each contestant.
- In the semi-final round, each contestant will perform one assigned Poomsae randomly selected from the Compulsory Poomsae (with the form(s) from the preliminary round excluded), and the eight (8) contestants with the highest scores advance to the final round.
- The final round shall be conducted as a single elimination tournament; a competitor is eliminated from competition after one loss.
- Competitors are matched with opponents randomly or by seeding. The order of competition is randomly assigned.
- Each pair of competitors (Chung and Hong) enters the Competition Area together, but performs individually, with Chung (blue) performing first, followed by Hong (red), each competitor standing on their assigned positions when not performing.
- The Referee declares the winner based on the score and both competitors leave the Competition Area together.
- In the case where there are 8 or fewer contestants at the final round is also the first round, and two Compulsory Poomsaes randomly selected forms shall be performed. They will also be randomly matched.
- The top four contestants shall be awarded prizes based on their points. 1<sup>st</sup> place is awarded with gold medal, 2<sup>nd</sup> place is awarded with silver medal, 3<sup>rd</sup> and 4<sup>th</sup> places are awarded bronze medals.

### **D) AAU Taekwondo Option - 3 Group Cut-off**

- When there are more than 90 contestants, the preliminary round may be divided into three groups competing on three different courts with different judges.
- If there are three groups, 8 contestants with the highest score from each group shall advance to the semi-final round. Thus, there will be 24 contestants in the semi-final round.

### **E) Single Elimination & Cut-off Finals**

- Contestants shall perform the two assigned compulsory Poomsaes, and the top four contestants / pair/ team shall be awarded prizes based on their points. 1<sup>st</sup> place is awarded with gold medal, 2<sup>nd</sup> place is awarded with silver medals, 3<sup>rd</sup> and 4<sup>th</sup> places are awarded with bronze medals.
- When 8 or fewer contestants are participating, competition shall start from the final round.



### **F) Single Elimination Tournament Format** *(The New World Taekwondo Format)*

In the case of Single Elimination Tournament Format (The New World Taekwondo Format), designated Poomsae shall be randomly selected and shown through the monitor on Field of Play.

### **G) Pair & Team Competition**

The Pair & Team competition shall be carried out the same manner as the above rules and regulations.

Synopsis Note:

1. **Cut-off system** semi-final: When 9 to 29 contestants are participating, competition shall start from semi-final round, Contestants shall perform the one assigned compulsory Poomsae, and 8 of them shall be advanced to final based on their points.
2. **Cut-off System.** When there are 8 or fewer contestants, they will all automatically advance to the final round.
3. **Combination** (Cut-off & Single Elimination). When there are 8 or fewer contestants participating, competition shall start from the final round.

Please note upon appropriate justification, the Poomsae Referee Director shall have the right to combine or further divide the groups above to ensure the efficiency and effectiveness of the competition

# Competition Format

(Synopsis)

## Straight Cut-off

Preliminary 1 Poomsae			30 or More Contestants	
			Group 1	Group 2
Semi – Final 1 Poomsae		9-29	8	8
Final 2 Poomsaes	8 or fewer	8	8	
Final Round	Top four contestants shall be awarded prizes based on their points. 1 <sup>st</sup> place is awarded with gold medal, 2 <sup>nd</sup> place is awarded with silver medal, 3rd and 4th places are awarded with bronze medals.			

## Combination

Cut-off & Single Elimination Final Round

Single Cut-off & Seedings	2 Group Cut-off & Seedings
<p>9 to 29 athletes ( 1 Poomsae)</p> <p>↓</p> <p><b>8 Contestants in Final</b> Single Elimination <i>One at a time</i> (2 Poomsaes)</p>	<p>30 athletes or more (1 Poomsae)</p> <p><b>Preliminary</b> <b><u>2 Groups</u></b> Group 1 8 Contestants to Semi Final Group 2 8 Contestants to Semi Final</p> <p>↓</p> <p><b>Semi Final</b> 16 Contestants (1 Poomsae)</p> <p>↓</p> <p><b>8 Contestants in Final</b> Single Elimination <i>One at a time</i> (2 Poomsaes)</p>