



**British Taekwondo One-to-One Poomsae  
Competition Policy**

**(Effective from 23<sup>rd</sup> June 2021)**

**(Next Review due by 22<sup>nd</sup> June 2022)**

## British Taekwondo One-to-One Poomsae Competition Policy

### 1. Objective

These regulations are to efficiently standardise British Taekwondo One to One Poomsae competitions

### 2. Administration

Administration of the competition shall fall under the sole responsibility of the competition organising committee.

### 3. Invitation of Referees

Invitation of Referees is the responsibility of the event organising committee and the appointed Referee coordinator.

### 4. Referee Schedules

Referee schedules and times tables are the responsibility of the event organising committee.

### 5. Application for Poomsae Referee Cover

The event organising committee must invite the referee coordinator and qualified referees within reasonable notice.

### 6. Event Classification and minimum requirements

Rank	Event	Criteria
UK-4	Match day/One to One	Referee coordinator (min. Class 1) Qualified National Referees Paper scoring/ Electronic / Flag scoring WT Reconiged Mats/British Standard Mats First Aid: First aid on site

### 7. Event Insurance & Sanctioning

It is the responsibility of the organising committee to get the competition sanctioned by British Taekwondo and make sure event insurance is in place. This must be applied for a minimum of three months before the event date.

### 8. Referee Requirements

The organising committee must ensure that the required qualified Referees are in place to run the competition effectively.

#### **Requirements:**

For each competition court a minimum of 6 Referees are required. The level of qualified Referees required will depend on the level of competitors entered.

The competition organising committee is responsible for arranging any additional officials required, including Court coordinators, computer operators, herders etc.

**Please see competition referee requirements document for further detail.**

**Referee daily fees:**

Please refer to the British Taekwondo Poomsae referee remuneration policy for minimum referee expenses

**9. First Aid**

It is the responsibility of the organising committee to ensure first aid is on site.

**10. Contestants One to One Events**

Membership	Participants must be members of a National Federation which is affiliated to WT.		
Divisions	DAN:	1 <sup>st</sup> Dan / Poom and higher, Kukkiwon holder	
	K1:	4 <sup>th</sup> Kup (Blue Belt)	1 <sup>st</sup> Kup (Black Tag)
	K2:	9 <sup>th</sup> Kup (Yellow Tag)	5 <sup>th</sup> Kup (Blue Tag)
	PARA:	Dan & Kup Combined	8 <sup>th</sup> Kup Upwards

Age categories are based on the year of birth. For example, if someone is 17 years old on the day of the competition but will be 18 before the end of the year (2020) then he/she shall participate in the category of U30 (18 - 30 years old).

**Freestyle is not permitted in One to One events due to the high risk associated with the discipline.**

**11. British Taekwondo Audit**

The Organising committee is required to carry out a membership audit of all UK Competitors, Referees, & Officials. This is conducted through the BT Office one week before the event date.

Competitor, Referees & Officials memberships details are sent to British Taekwondo on a spreadsheet, anyone that fails the audit is unauthorised to take part in the event.

**12. Method of Competition**

Single elimination system will be used for all Divisions, DAN, K1, K2, & PARA.

**Compulsory Poomsae**

There are no drawn compulsory Poomsae, the selected Poomsae are the competitor's free choice. However, all competitors must perform two Poomsae from their division's compulsory list.

**13. Dan Divisions****Dan Competition Method One to One**

Individual (Male & Female)	
Division	Compulsory Poomsae
U11 Years (Peewee) 11yrs and below	Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang
U14 Years (Cadet) Age 12yrs - 14yrs	
U30 Years Age 15yrs - 30yrs	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
U50 Years	

Age 31yrs – 50yrs	
50+ Years Age 51yrs and above	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

<b>Pairs (1 Male and 1 Female)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Peewee Pair U11yrs	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang
Cadet Pair 12yrs - 14yrs	
1 <sup>st</sup> Pair 15yrs - 30yrs	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 <sup>nd</sup> Pair 31yrs +	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

<b>Teams (3 Males or 3 Females)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Peewee Team U11yrs	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang
Cadet Team 12yrs - 14yrs	
1 <sup>st</sup> Team 15yrs – 30yrs	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
2 <sup>nd</sup> Team 31yrs +	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

#### 14. K1 Divisions (4<sup>th</sup> Kup Blue Belt to 1<sup>st</sup> Kup Black Tag)

##### K1 Competition Method One to One

<b>Individual (Male &amp; Female)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
U11 Years (Peewee) Age 11yrs and below	
U14 Years (Cadet)	

Age 12yrs - 14yrs	Compulsory Poomsae Selected from Taegeuk 3 to Taegeuk 8
U30 Years	
Age 15yrs - 30yrs	
U50 Years	
Age 31yrs – 50yrs	
50+ Years	Compulsory Poomsae Selected from Taegeuk 3 to Taegeuk 8
Age 51yrs and above	

<b>Pairs (1 Male and 1 Female)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Peewee Pair U11yrs	Compulsory Poomsae Selected from Taegeuk 3 to Taegeuk 8
Cadet Pair 12yrs - 14yrs	
1 <sup>st</sup> Pair 15yrs - 30yrs	
2 <sup>nd</sup> Pair 31yrs +	

<b>Teams (3 Males or 3 Females)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Peewee Pair U11yrs	Compulsory Poomsae Selected from Taegeuk 3 to Taegeuk 8
Cadet Pair 12yrs - 14yrs	
1 <sup>st</sup> Pair 15yrs - 30yrs	
2 <sup>nd</sup> Pair 31yrs +	

## 15. K2 Individual Divisions (9<sup>th</sup> Kup Yellow Tag to 5<sup>th</sup> Kup Blue Tag)

### K2 Competition Method One to One

<b>Individual (Male &amp; Female)</b>
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<b>Division</b>	<b>Compulsory Poomsae</b>
U11 Years (Peewee) Age 11yrs and below	Compulsory Poomsae Selected from Taegeuk 1 to Taegeuk 6
U14 Years (Cadet) Age 12yrs - 14yrs	
U30 Years Age 15yrs - 30yrs	
U50 Years Age 31yrs – 50yrs	
50+ Years Age 51yrs and above	

<b>Pairs (1 Male and 1 Female)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Peewee Pair U11yrs	Compulsory Poomsae Selected from Taegeuk 1 to Taegeuk 6
Cadet Pair 12yrs - 14yrs	
1 <sup>st</sup> Pair 15yrs - 30yrs	
2 <sup>nd</sup> Pair 31yrs +	

<b>Teams (3 Males or 3 Females)</b>	
<b>Division</b>	<b>Compulsory Poomsae</b>
Peewee Pair U11yrs	Compulsory Poomsae Selected from Taegeuk 1 to Taegeuk 6
Cadet Pair 12yrs - 14yrs	
1 <sup>st</sup> Pair 15yrs - 30yrs	
2 <sup>nd</sup> Pair 31yrs +	

## 16. Para Categories

Male Individual Dan & Kup Combined Divisions

Female Individual Dan & Kup Combined Divisions

8<sup>th</sup> Kup Upwards

### Age of contestant:

11yrs and under

12 – 14yrs and Under

15 - 30years

+ 31 years

P60 Deaf also has Pair & Team age categories as above.

All Competitors must be assigned a para-Taekwondo sport class and class sport status for entering.

Age Categories may be combined if entry numbers are low. **Sport Classes Must not be combined.**

### Categories and Format

P10 – Visual Impairments (Competitor's choice any Poomsae from Taegeuk 1, 2, 3... & higher)

P20 – Intellectually Impaired (The coach can give the commands, competitor's choice)

P30 – Physical Impairments (Competitor's choice Poomsae)

P40 – Limb Deficiency (Competitor's choice Poomsae)

P50 – Wheelchair Classes (Competitor's choice Poomsae)

P60 – Deaf (Competitor's choice Poomsae)

P70 – Short Stature (Competitor's choice Poomsae)

The development of the classification process for Taekwondo has taken several years and many iterations. If an athlete does not fit in a sports class and is allowed to compete then competitors in that sports class with a greater disability will be at a disadvantage and the game is no longer fair.

Likewise, if the minimum impairment criteria were not clearly defined and are too broad, an athlete may be at a disadvantage purely because of the degree of their disability, which is against the whole idea of para sport.

If an athlete does not fit the criteria of a sports class, it does not mean that they do not have a disability – only that they cannot compete within that Sports Class. Classification is carried out by a classification panel consisting of a qualified medical and technical classifier.

### **Sport Classes Must not be combined.**

Referees for Para divisions must have completed the British Taekwondo National Referee Para Qualification.

## 17. Arbitration

### Procedure of Protest

Only the official head coach can protest to the Competition Director. This must be made within 10 minutes of the end of the contest. A protest fee of £75 will be payable immediately to the competition board. This should be refunded if the protest is accepted and won.

On receiving the protest, the Referee coordinator should review the nature of the protest, any evidence and make a ruling according to the WT Rules.

## 18. Forms

Copies of all refereeing forms can be download from the British Taekwondo website and are in the archive Poomsae Refereeing Forms.zip.