



**BRITISH TAEKWONDO
SANCTIONED POOMSAE CHAMPIONSHIPS POLICY**

(Effective from April 8, 2021)

(Next Review due by April 8, 2022)

BRITISH TAEKWONDO SANCTIONED POOMSAE CHAMPIONSHIPS

GUIDELINE POLICY

1. Objective

These regulations are to efficiently standardise Poomsae Competitions sanctioned by British Taekwondo.

2. Administration

Administration of the competition shall fall under the sole responsibility of the competition's Organising Committee.

3. Invitation of Referees

Invitation of Referees is the responsibility of the Organising Committee. However, these should be agreed with the appointed Chief Referee to ensure that they represent a balance of experience and consistent with fairness and transparency.

4. Referee Schedules

Referee Schedules and times tables are the responsibility of the Chief Referee & the Organising Committee.

5. Application for Poomsae Referee Cover

The Organising Committee must invite the Chief Referee and Referees a minimum of three months before the event. Additional Referees maybe invited later should insufficient numbers accept the initial invitation; however late invitations should be avoided whenever possible.

6. Classification for UK recognised championships

Rank	Event	Criteria
UK-1	International Championship	BT Appointed Qualified Chief Referee (International Referee) Minimum 4 Courts 50% International Referees Qualified National Referees Electronic Scoring WT or CE/UKCA Recognised Mats First Aid: Minimum two first aiders, one Para Medic & ambulance ¹
UK-2	Open Championship and National Championship	BT Appointed Qualified Chief Referee (International Referee) Minimum 3 Courts Minimum 3 International Referees ² Qualified National Referees Electronic Scoring WT or CE/UKCA Recognised Mats

¹ Organising committees should check the relevant British Taekwondo Event and Health & Safety policies for the current guidelines on First Aid requirements.

² The British Taekwondo Poomsae Referee Department will assist with inviting IRs from abroad when required.

First Aid: Minimum two first aiders, one Para Medic & ambulance¹

UK-3	Inter-Club/ Development Championship	BT Appointed Chief Referee (International Referee) Qualified National Referees Paper scoring / Electronic WT or CE/UKCA Recognised Mats First Aid: Minimum two first aiders, one Para Medic & ambulance ¹
UK-4	Match day/One to One	Flag Scoring, Minimum two first aiders (no freestyle divisions)

7. Event Insurance & Sanction Event

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.³

8. British Taekwondo Sanctioned Chief Referees (March 1st, 2021)

The Organising Committee must invite the Chief Referee and Referees a minimum of three months before the event. The current qualified Chief Referees are shown below.

1. Grandmaster Tong Wan Shin	IR S Class
2. Glen Culbert	IR 2nd Class
3. Grandmaster David Bailey	IR 3rd Class
4. Damian Duffy	IR 2nd Class & International Para Classifier
5. Bilal Naqshbandi	IR Class 3rd Class
6. Ali Pourtaheri	IR Class 3rd Class
7. Peter Johnson	IR Class 3rd Class
8. Peter Stewart	IR Class 3rd Class

9. Referee Requirements

The organising committee must ensure that the required number of Referees are in place to run the championships effectively.

Requirements:

For each competition court a minimum of 6 full-time or full-time equivalent Referees are required.

1 Court	6 Referees
2 Courts	12 Referees
3 Courts	18 Referees
4 Courts	24 Referees

Preference should be given to referees who are available to referee full-time. Class 2 and 3 referees may be permitted to compete if the Organising Committee are unable to recruit sufficient full-time referees. Competing referees may only participate as competitors in one division and will be considered to be 0.5 full time equivalent for the purposes of establishing the number of referees. It is the intention of the British Taekwondo Poomsae Referee Department to move away from having referees of any class compete at the same event that they are refereeing at.

³ Organising committees should confirm that latest guidelines in the British Taekwondo Events Policy.

The level of qualified Referee required will depend on the type of championships.

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

10. Referee Remuneration

Details of the referee remuneration requirements are documented in the 2021 Poomsae Referee Remuneration Policy.

11. First Aid

Organising committees should follow the guidelines in the British Taekwondo policies.

12. Contestants

Membership Participants must be members of a National Federation which is affiliated to the WT.⁴

Divisions	DAN:	1 st Dan / Poom and higher, Kukkiwon holder	
	K1:	2 nd Kup (Red Belt)	1 st Kup (Black Tag)
	K2:	6 th Kup (Green Belt)	3 rd Kup (Red Tag)
	K3:	9 th Kup (Yellow Tag)	7 th Kup (Green Tag)
	K3/2 Pair/Team:	9 th Kup (Yellow Tag)	3 rd Kup (Red Tag)
	PARA:	Dan	1 st Dan / Poom
		Kup Combined	8 th 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 then he/she shall participate in the category of U30 (18 - 30 years old).

13. British Taekwondo Audit

The Organising Committee is required to carry out a British Taekwondo membership audit of all UK Competitors, Referees, & Officials. This is conducted through the BT Office one week before the event date. Details are to be sent to British Taekwondo on a spreadsheet, anyone that fails the audit will not be permitted to take part in the event unless they can provide proof that their licence has been renewed within 24 hours of being notified of failing the audit.

14. Managing Entries per Court

It is the responsibility of the Organising Committee to ensure that the divisions can be completed to an appropriate timetable that allows for an 8-hour day of competition. This means that the capacity of the competition should not exceed 100 competitors from all divisions (individual, pair, team, para and freestyle) per court. Any extra capacity must be agreed with the Chief Referee, who must be provided with a test draw that demonstrates that the competition can be completed in a timely manner. This is to ensure both the fair treatment of referees and competitors, and to ensure that a high quality of refereeing can be maintained.

⁴ Any exception must be agreed in writing with British Taekwondo.

15. Method of Competition

Cut-Off System will be used for all Divisions, DAN, K1, K2, K3 & PARA

1st Round: If there are 20 and over competitors in a division then the competition will start in this round. Two assigned compulsory Poomsae will be required to be performed with a one-minute rest period in between.

2nd Round: The top 50% of the competitors with the highest scores from the 1st round will qualify for this 2nd round (including competitors with equal scores).

Two assigned compulsory Poomsae will be required to be performed with a one-minute rest period in between.

Final Round: The top 8 competitors (with the highest scores) from the 2nd round will qualify for this round. Two assigned compulsory Poomsae will be required to be performed with a one-minute rest period in between.

Final: Divisions may start in the final if there are 8 entrants or less. 9 entrants or more will start in the 2nd Round.

Compulsory Poomsae

All competitors must perform the set Poomsae and if they cannot, they will be disqualified.

All compulsory Poomsae should be drawn randomly and announced by the organising committee 3 days before the competition.

16. Dan Divisions

Dan Competition Method Compulsory Poomsae is drawn for the Dan Divisions:

Individual (Male & Female)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs & below	Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang
U11 Years (Peewee) Age 10yrs – 11yrs	
U14 Years (Cadet) Age 12yrs - 14yrs	
U17 Years (Junior) Age 15yrs – 17yrs	Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebeak
U30 Years Age 18yrs - 30yrs	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin
U40 Years Age 31yrs – 40yrs	
U50 Years Age 41yrs – 50yrs	Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Years Age 51yrs – 60yrs	Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65 Years Age 61yrs - 65yrs +	
+66 Years Age 66yrs +	

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
Peewee Pair U11yrs	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang
Cadet Pair 12yrs - 14yrs	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang

Junior Pair 15yrs – 17yrs	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang, Taebaek
1 st Pair 18yrs - 30yrs	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin
2 nd Pair 31yrs +	Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon

Teams (3 Males or 3 Females)	
Division	Compulsory Poomsae
Peewee Team U11yrs	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang
Cadet Team 12yrs - 14yrs	
Junior Team 15yrs – 17yrs	Taegeuk 4,5,6,7,8 Jang, Koryo, Keumgang, Taebaek
1 st Team 18yrs – 30yrs	Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin
2 nd Team 31yrs +	Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon

17. K1 Divisions (2nd Kup Red Belt to 1st Kup Black Tag)

K1 Competition Method

Compulsory Poomsae is drawn for the K1 Divisions.

Individual (Male & Female)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs and below	Compulsory Poomsae Selected from Taegeuk 3 to Taegeuk 8
U11 Years (Peewee) Age 10 - 11yrs	
U14 Years (Cadet) Age 12 -14yrs	
U17 Years (Junior) Age 15 – 17yrs	
U35 Years Age 18 - 35yrs	
+36 Years Age 36yrs and over	

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
Peewee Pair U11yrs	Compulsory Poomsae Selected from Taegeuk 3 to Taegeuk 8
Cadet Pair 12 – 14yrs	
Junior Pair 15 - 17yrs	
1 st Pair 18 - 30yrs	

2 nd Pair 31yrs +	
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Teams (3 Males or 3 Females)	
Division	Compulsory Poomsae
Peewee Team U11yrs	Compulsory Poomsae Selected from Taegeuk 3 to Taegeuk 8
Cadet Team 12 – 14yrs	
Junior Team 15 - 17yrs	
1 st Team 18 – 30yrs	
2 nd Team 31yrs +	

18. K2 Individual Divisions (6th Kup Green Belt to 3rd Kup Red Tag)

K2 Competition Method

All Poomsae shall be chosen by the competitor, however the same Poomsae cannot be repeated in the same round.

Individual (Male & Female)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs and below	Competitor's choice of Poomsae From Taegeuk 1 to Taegeuk 6
U11 Years (Peewee) Age 10 - 11yrs	
U14 Years (Cadet) Age 12 -14yrs	
U17 Years (Junior) Age 15 – 17yrs	
U35 Years Age 18 - 35yrs	
+36 Years Age 36 and over	

19. K3 Individual Divisions (9th Kup Yellow Tag to 7th Kup Green Tag)

K3 Competition Method

All Poomsae shall be chosen by the competitor, the same Poomsae may be repeated in the same round.

Individual (Male & Female)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs and below	Competitor's choice of Poomsae From Taegeuk 1 to Taegeuk 3
U11 Years (Peewee) Age 10 - 11yrs	
U14 Years (Cadet) Age 12 -14yrs	
U17 Years (Junior) Age 15 – 17yrs	
U35 Years	

Age 18 - 35yrs	
+36 Years	
Age 36 and over	

20. K2 & K3 Combined Pair & Team Divisions (9th Kup Yellow Tag to 3rd Kup Red Tag)

K2 & K3 Competition Method

All Poomsae shall be chosen by the competitor, the same Poomsae may be repeated in the same round.

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
Peewee Pair U11yrs	Competitor's choice of Poomsae From Taegeuk 1 to Taegeuk 6
Cadet Pair 12 – 14yrs	
Junior Pair 15 - 17yrs	
1 st Pair 18 - 30yrs	
2 nd Pair	
31yrs +	

Teams (3 Males or 3 Females)	
Division	Compulsory Poomsae
Peewee Team U11yrs	Competitor's choice of Poomsae From Taegeuk 1 to Taegeuk 6
Cadet Team 12 – 14yrs	
Junior Team 15 - 17yrs	
1 st Team 18 – 30yrs	
2 nd Team	
31yrs +	

21. Freestyle Poomsae

The Freestyle Divisions shall be divided into the following age groups:

U12yrs
12 -17yrs
18yrs +

And into separate divisions for

Individual Male
Individual Female
Mixed Pairs (One male & one female)
Team (Two female & three male or two male & three female)

The summary rules for standardised Freestyle competition will be:

1 Yeon-mu line shall be the choice of the competitor.

- 2 Number of Poom: each performance shall be a composite of 20 - 24 Poom (composition shall be no more than 5 motions).
- 3 Music and choreography shall be the competitor's choice.
- 4 Performance shall be within the boundary line.
- 5 Performance shall be within 90 - 100 seconds.
- 6 The competitor must submit a plan of their freestyle performance on registration.
- 7 Music shall be supplied by the competitor; this must be in MP3 format and be done on registration.
- 8 Music track **must not** contain any Religious, Political views or Explicit lyrics.

The organising committee are responsible for agreeing minimum court size for Freestyle with the Chief Referee prior to the event. The overriding concern will be to ensure the safety of competitors and therefore the default requirement will be the WT requirement of 12m*12m if team divisions are included or 10m*10m if not.

22. Para Categories

Male Individual Dan & Kup Combined Divisions

Female Individual Dan & Kup Combined Divisions

8th Kup Upwards

Age of contestant:

1. 15 years and Under
2. 16 - 29years
3. + 30 years

- P60 Deaf also has Pair & Team age categories as above
- All Competitors must be assigned a para Taekwondo sport class before entering.
- Age Categories may be combined if entry numbers are low. Sport Classes should 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	(Compulsory Poomsae will be specified)
P40 – Limb Deficiency	(Competitor's choice Poomsae)
P50 – Wheelchair Classes	(Competitor's choice Poomsae)
P60 – Deaf	(Taegeuk 6 to Keumgang)
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 competition 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 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 with that Sports Class. Classification is carried out by a classification panel consisting of a qualified medical and technical classifier.

The Para competition rules are undergoing regular revision and therefore the organising committee should check with their Chief Referee on the latest updates including any British Taekwondo specific national P80/P90 classes for unclassified competitors.

23. Modification to Divisions and Methods of Competition

If the event Organising Committee wish to request amendments to these standard rules, this should initially be discussed with the Chief Referee. The Chief Referee is authorised to agree minor changes such as approving divisions of 9 proceeding directly to finals, K3 divisions starting in semi-finals regardless of entries, addition of 50+ Kup divisions, and the merging of Mini Peewee and Peewee divisions. The Chief Referee will seek guidance from the Referee Director and the Poomsae Referee Department if the requested modifications deviate more substantially from the standard rules.

24. Administration

The Organising Committee has the responsibility to supply all the required documentation including scoring sheets.

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