



**BRITISH TAEKWONDO PARA POOMSAE RULES**  
**(Effective from July 1, 2022)**

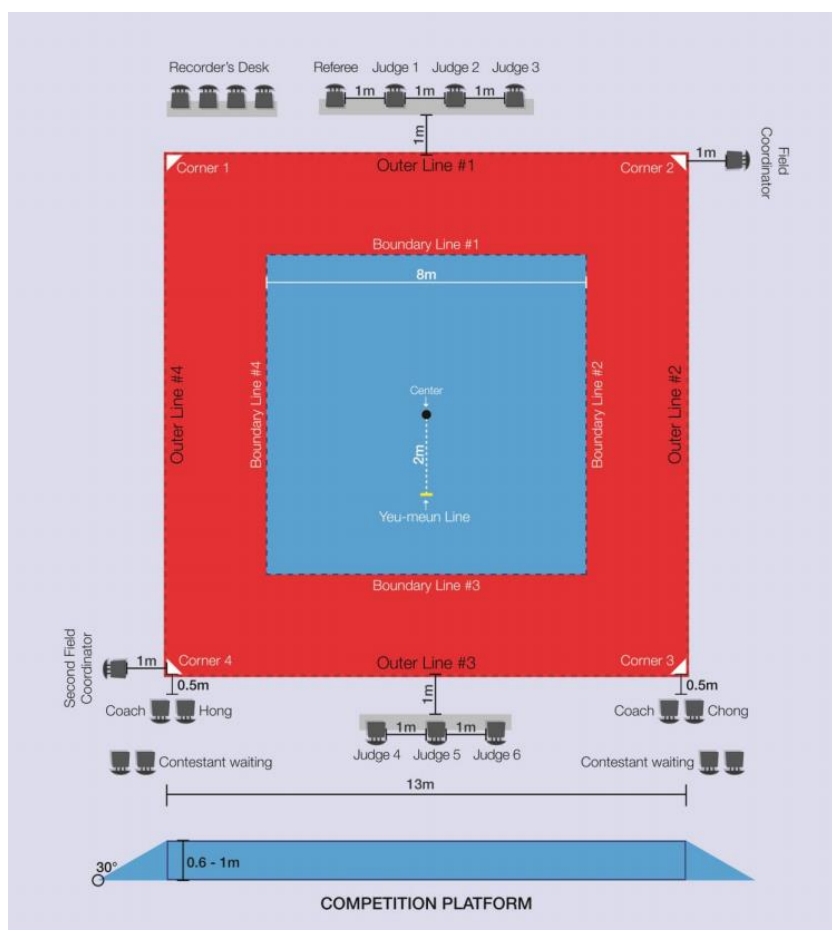
## World Taekwondo Para Competition Rules

### 1. Purpose

The purpose of the WT Para Taekwondo Poomsae Competition Rules is to provide standardized rules for all levels of Championships and tournaments organised and/or promoted by the World Taekwondo Federation, WT Continental Unions, and/or WT Member National Associations: The Rules are intended to ensure that all matters related to competitions are conducted in a fair, transparent, and orderly manner. **This document describes the application of those rules in events sanctioned by British Taekwondo.**

### 2. Competition 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 **11m x 11m** and no larger than **13m x 13m**.



### 3. Contestant

#### Qualification of Contestant

1. Holder of the nationality of the participating team
  2. Holder of refugee status recognised by the WT and/or IPC.
  3. One recommended by the WT Member National Association
  4. Holder of WT Global Athlete License (GAL)
  5. Holder of 8<sup>th</sup> Kup to 1<sup>st</sup> Kup certificate, issued by the WT MNA.
  6. Holder of a Dan certificate issued by the WT/Kukkiwon.
  7. The contestant has been assigned a Para Taekwondo Sport Class and Sport Class Status
  8. Age of contestant
1. Junior Division: 12-15 years old in the year of the pertinent competition
  2. Under 30 Division: 16-29 years old in the year of the pertinent competition
  3. Over 30 Division: 30 years old or older in the year of the pertinent competition

### 4. Classifications of competition

The purpose of classification is to ensure that within Sports Class the competition will be won by the best competitor, rather than the athlete with the least disability. The athletes are required to show that they have an eligible impairment caused by a recognised medical condition, and that they meet the minimum impairment criteria for a sports class.

Thus, the allocation of a Sports Class is the way of grouping competitors of similar disabilities so that the effect of the disability does not change the outcome of the competition.

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 can 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 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.

### 5. Age Categories

#### Individual Age Categories

##### British Taekwondo Divisions (Non-WT Recognised)

1. Female Cadet                   U12 years old
2. Male Cadet                    U12 years old

##### Recognized WT Poomsae Individual Competition

1. Female Junior                12-15 years' old
2. Male Junior                 12-15 years' old
3. Female Under 30           16-29 years' old
4. Male Under 30             16-29 years' old
5. Female Over 30            30 years old and older
6. Male Over 30             30 years old and older

1. Contestants may only compete in one division, divided by gender, age and Sport Class.
2. Age Categories may be combined if entry numbers are low. Sport Classes should not be combined.
3. The P60 (Deaf) Sport Class also has Pair and Team competition in each of the age categories listed.

## **6. Sport classes**

1. P10 - Visual Impairments
2. P20 - Intellectually Impaired
3. P30 - Neurological Impairment
4. P40 - Physical Impairment
5. P50 - Assistive Devices (Wheelchair)
6. P60 - Deaf
7. P70 - Short Stature

### Additional Non-WT Sports Classes

1. British Taekwondo P80 - Physical & Neurological impairments that are not classifiable under WT Rules.
2. British Taekwondo P90 - Intellectual impairments & Neurodevelopment disorder not classifiable under WT Rules

## 6.1. P10 - Visual Impairments

The P10 Sport Classes are for athletes with a visual impairment.

### P10 - Sport Classes

Visual Impairment occurs when there is a damage to one or more of the components of the vision system, which can include impairment of the eye structure/receptors, impairment of the optic nerve/optic pathways, impairment of the visual cortex.

#### Eligibility Criteria

To be eligible to compete in Sport Classes P 11-12 in Para Taekwondo, the Athlete must meet following criteria:

1. Impairment of the eye structure.
2. Impairment of the optical nerve/optic pathways.
3. Impairment of the visual cortex of the central brain.

The Athlete's eligible Impairment must result in a visual acuity of less than or equal to LogMAR 1.0 and/or a visual field restricted to less than 20 degrees radius.

#### Sports class P11

Visual acuity poorer than LogMAR 2.6

#### Sports class P12

Visual acuity ranging from LogMAR 1.5 to 2.6 (inclusive) and/or Visual field constricted to a diameter of less than 5 degrees.

#### Sports class P13

Visual acuity ranging from LogMAR 1.4 to 1.0 (inclusive) and/or Visual field constricted to a diameter of less than 40 degrees.

#### P10 Sport Classes compulsory Poomsae:

Age Division	Poomsae
Junior	Taegeuk 4 Jang to Keumgang
Under 30	Taegeuk 5 Jang to Shipjin
Over 30	Taegeuk 8 Jang to Hansu

#### P10 Sport Classes

Athletes from the P10 Sport Class may choose to perform a free choice Recognised Poomsae ranging from Taegeuk 2 Jang to Hansu, rather than the Compulsory Poomsae drawn for the round of competition.

In the case an athlete chooses to perform a free choice Recognised Poomsae the following deductions will be made to the final score for the Poomsae.

Poomsae	Deduction
Any free choice Recognized Poomsae	0.6 deduction points
Taegeuk 1 Jang to Taegeuk 3 Jang	Additional 0.5 deduction points
Taegeuk 4 Jang to Taegeuk 7 Jang	Additional 0.3 deduction points
Taegeuk 8 Jang to Shipjin	No additional deduction points

\*These deductions points can be added either by the Poomsae Referees on court or by the scoring system operators.

\* If there has been no compulsory Poomsae assigned then deductions will not be applied.

## 6.2. P20 - Intellectually Impaired

**The P20 Sport Classes are for athletes with an intellectual impairment.**

Intellectually Impaired athletes competing in Para Taekwondo Poomsae must first establish INAS provisional or full eligibility through the INAS member in the pertinent country.

INAS stands for **International Sports Federation for Persons with Intellectual Disability**, it promotes sport for athletes with intellectual disability, autism, and Downs Syndrome.

If the player is on the INAS master list, then they will be accepted for World Taekwondo competitions.

Eligibility Criteria P20

1. Significant impairment in intellectual functioning.

This is defined as 2 standard deviations below the mean, that is, a Full-Scale score of 75 or lower. (IQ lower than 75) which must be diagnosed before the age of 18yrs.

2. Significant limitations in adaptive behavior as expressed in conceptual, social, and practical adaptive skills.

This is defined as performance that is at least 2 standard deviations below the mean of, either one of the 3 types of adaptive behavior, conceptual, social, or practical. Which must be diagnosed before the age of 18yrs.

The impairment needs to have been evident in childhood (conception to 18 years) so acquired brain injuries are not eligible.

### Sport Classes for Athletes with an Intellectual Impairment

#### Sport Class P21

Athletes who meet the criteria for P21 under the INAS current criteria and appear on the International Master list.

#### Sport Class P22

Athletes with Downs Syndrome plus a significant impairment as defined by INAS who appear on the International Master list

### P20 Sport Class Poomsae

Shall perform two (2) free-choice Recognized Poomsae from Taegeuk 1- Jang to Shipjin range.

The following bonus points shall be added to the final score:

Poomsae	Bonus
Taegeuk 1 Jang to Taegeuk 3 Jang	No bonus points
Taegeuk 4 Jang to Taegeuk 7 Jang	0.3 bonus points
Taegeuk 8 Jang to Shipjin	0.5 bonus points

\*These bonus points can be added either by the Poomsae Referees on court or by the scoring system operators.

### 6.3. P30 - Neurological Impairment

The P30 Sport Classes are for athletes with neurological impairments, hypertonia, athetosis and ataxia.

Players in the P30 classes will normally present with one or more of the following symptoms. When you hear the description, you may realise that they are conditions you recognise.

#### Symptoms:

- **Spasticity** – A particular type Hypertonia, which is an abnormally high level of muscle tone. This may be due to cerebral Palsy or stroke. There are varying degrees of spasticity and they may affect different parts of the body – arm and leg on one side, or maybe legs more than arms, or only one arm etc. The combination of severity and parts effected then defines which Sports class the player will be allocated. Exercise may increase the severity of spasticity.
- **Dystonia** – uncontrolled muscle movements. Not to be confused with Ataxia.
- **Athetosis** – characterised by involuntary writhing motions.
- **Ataxia** – a term referring to a group of disorders that effect coordination and/ or balance.

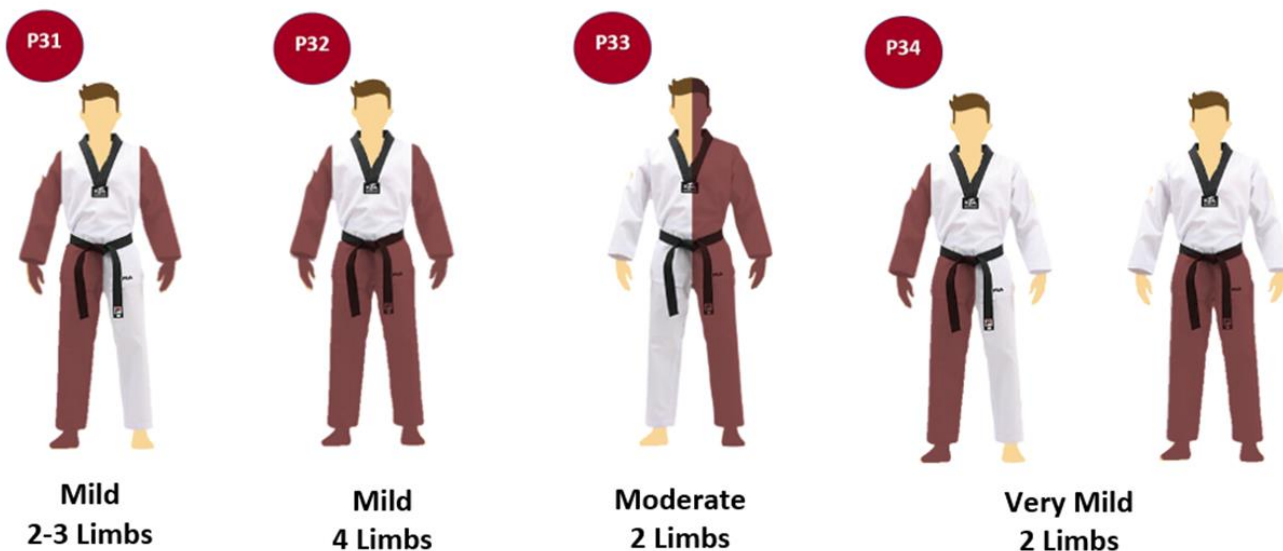
#### Which side is affected:

The term hemiplegia is used when one side of the body is affected, while diplegia when symmetrical parts are affected e.g., arms or legs. Quadriplegia is the term used when both limbs on both sides of the body are affected.

#### How are these measured:

A medical classifier will assess the severity and will use SARA (Scale for Assessment and Rating of Ataxia) or ASAS Australian Scale for Assessment of Spasticity. The lower the number, the lower the degree of spasticity or ataxia.

The following picture created by WT will be a useful tool when reading the more detailed description.



## Eligible impairments and Minimum Impairment Criteria

### P31: Diplegia, asymmetric diplegia, double hemiplegia or triplegia

P31



**Explanation:** The athlete may appear to have near normal function when ambulating, but the Athlete must demonstrate a limitation in function to Classifiers based on evidence of spasticity (increased tone), ataxia, athetosis or dystonic movements while performing on court in training.

The athlete has bilateral affected (lower limbs more affected), asymmetric bilateral affected, double unilateral (one arm leg on same side) or bilateral (affecting 3 limbs) with signs of spasticity involvement in both legs (ASAS grade 3 and 2) more so than in the arms (grade 1 and 2) able to walk and stand independently however single leg stance and shift of gravity often leads to difficulty in maintaining balance.

### P32: Dyskinesias athetosis, dystonia, ataxia, mild spastic quadriplegia or a combination

P32



**Explanation:** The P32 class is for athletes with dyskinesias athetosis, dystonia, ataxia as well as athletes who have mild spasticity (all 4 limbs) or a combination of the above. The athlete can walk, however, has difficulty with coordination, smooth movement execution, slow movements, holding postures and maintaining static balance. The athlete's coordination is impaired due to or a combination of; overshooting, involuntary movements, tremors and/or posturing of all or some body parts.

### P33: Spastic hemiplegia or very mild spastic dystonia

P33



**Explanation:** Unilateral spasticity (one arm leg on same side) or very mild spastic hemi-dystonia. Spasticity grade 2 or 3 on only one side of the body. The other side has good functional control.

The lower limbs: the athlete has difficulty with walking on heels and significant difficulties with single leg stance or hopping on the impaired side. Side stepping and galloping, leading with the impaired leg is also affected or very difficult.

Obvious asymmetry in both passive and active range of motion on the impaired side versus the non-affected side. Strength on the affected side is reduced.



**P34: Very mild hemiplegia, diplegia, athetosis, dystonia, hemi-dystonia and very mild ataxia**

P34



**Explanation:** Mild unilateral (one arm leg on same side) or bilateral affected (lower limbs more affected) (spasticity grade 1-2), mild athetosis, dyskinesia or dystonia, hemi-dystonia is present less than 25 % in duration and less than 25% of max and very mild ataxia (SARA score band of 2-8).

**P30 Sport Classes compulsory Poomsae**

Age Division	Poomsae
Junior	Taegeuk 4 Jang to Koryo
Under 30	Taegeuk 5 Jang to Shipjin (except Keumgang)
Over 30	Taegeuk 8 Jang to Hansu (except Keumgang)

**P30 Sport Classes**

Athletes from the P30 Sport Classes may choose to perform a free choice Recognised Poomsae ranging from Taegeuk 2 Jang to Hansu, rather than the Compulsory Poomsae drawn for the round of competition.

In the case an athlete chooses to perform a free choice Recognised Poomsae the following deductions will be made to the final score:

Poomsae	Deduction
Any free choice Recognized Poomsae	0.6 deduction points
Taegeuk 1 Jang to Taegeuk 3 Jang	Additional 0.5 deduction points
Taegeuk 4 Jang to Taegeuk 7 Jang	Additional 0.3 deduction points
Taegeuk 8 Jang to Shipjin	No additional deduction points

\*These bonus points can be added either by the Poomsae Referees on court or by the scoring system operators.

\* If there has been no compulsory Poomsae assigned then deductions will not be applied.

## 6.4. P40 - Physical Impairment

The P40 Sport Classes are for Athletes with a Physical Impairment in Poomsae.

Eligible impairments and Minimum Impairment Criteria

Impaired Muscle Power	<ol style="list-style-type: none"> <li>1. Loss of three muscle grade points in shoulder abduction e.g., grade 2 muscle strength and grade 2 or less in shoulder flexion</li> <li>2. Loss of two grade points of muscle strength in elbow flexion and/or extension</li> </ol>
Limb Deficiency	<ol style="list-style-type: none"> <li>1. Upper Limbs – Amputation of one hand through the wrist, no carpal bones present</li> <li>2. Dismelia with no functional grip</li> </ol>
Leg Length	Difference Athletes with Leg Length Difference have a difference in the length of greater than 7 cm in their legs.

### Poomsae Sport Class P41

- a. Bilateral above or through elbow amputations. No elbow joint can be present on either side for acquired amputations.
- b. Bilateral dysmelia in which the length of each upper limb is less than or equal to  $0.193 \times$  standing height.



### Poomsae Sport Class P42

- a. Bilateral amputations, below the elbow but above or through wrist (no carpal bones present in either wrist)
- b. Bilateral dysmelia in which the combined length of the upper limbs measured from the acromion (shoulder) to the distal aspect is less than or equal to  $0.674 \times$  standing height but more than  $0.386 \times$  standing height; that is the length from acromion to radial styloid in a normally proportioned body ( $0.337$ ) multiplied by 2.



**Poomsae Sport Class P43**

- a. Unilateral amputation, through or above wrist (i.e., no carpal bones present in affected limb). Arthrodesis wrist joints (fusion of joints) are Not Eligible.
- b. Unilateral dysmelia in which the length of the affected arm measured from acromion to fingertip is equal in length or shorter than the combined length of the humerus and the radius of the unaffected arm.
- c. Unilateral dysmelia in which the length of the affected arm from acromion to the most distal aspect is less than or equal to 1/3 the length of the humerus of the unaffected arm.



**Poomsae Sport Class P44**

- a. Loss of passive range of movement  
Elbow / shoulder flexion contracture from arthrodesis or ankylosis of the joint. Traumatic soft tissue loss or bone joint damage. The arm length is measured from acromion (elbow) to longest finger/end of dysmelia is less than or equal to the distance measured from acromion to radial styloid (wrist) on unaffected arm with the elbow extended passively to the longest point.
- b. Impaired Muscle Power  
Loss of three muscle grade points in shoulder abduction and/or flexion (Brachial plexus – unilateral can use an approved sling but cannot put the arm under the dobok).
- c. Loss of two grade points of muscle strength in elbow flexion and/or extension against gravity



**Poomsae Sport Class P45**

Lower Limb deficiencies

- a. Leg length difference equal to or greater than 7 cm.



**P40 Sports Class Compulsory Poomsae**

Age Division	Poomsae
Junior	Own choice Poomsae (no bonus or deductions awarded)
Under 30	
Over 30	

The P40 Poomsae Sport classes Competition rules are being developed by the World Taekwondo.

## 6.5. P50 - Assistive Devices (Wheelchairs)

The P50 Sport Classes are for athletes who requires an assistive device to maintain standing balance or a wheelchair for daily living.

### Eligible Impairment and Minimum Impairment Criteria

#### Loss of Muscle Power

1. Spinal cord lesion Lumbar 4/5.
2. Complete or incomplete Spinal Cord Injury
3. No more than grade three muscle strength for hip abductors and extensors on both lower limbs or on the least affected one

#### Loss of Limb

1. Bilateral above the knee amputee or dysmelia.
  2. Bilateral: the shorter residual limb must be less than or equal to the distance from the olecranon (elbow) to the tip of the middle finger.
  3. Bilateral: the length of the shorter lower limb must be less than or equal to the distance from the olecranon (elbow) to the tip of the middle finger.
- 
1. Unilateral above or through the knee amputation or dysmeila.
  2. Unilateral: the length of the affected lower limb must be less than or equal to the distance from the greater trochanter (hip) to the tibial lateral on the unaffected lower limb.



#### Hypertonia

1. Spasticity that limits independent standing and ambulation.

#### Sport Class P51

- a. Impaired Muscle Power  
Complete or incomplete Spinal Cord Injury no more than grade three muscle strength for hip abductors and extensors for both lower limbs.
- b. Other health conditions causing impaired muscle power: resulting in no more than grade three muscle strength at the for hip abductors and hip extensors of the least affected lower limb.
- c. Lower Limb Deficiency (amputation)  
Bilateral: the shorter residual limb (femur: from the greater trochanter (hip) to the bony tip of the residual limb)  
Unilateral: Above or through the knee amputation
- d. Lower Limb Deficiency (Dysmeila)  
Bilateral: the length of the shorter lower limb (from the greater trochanter (hip) to the most proximal aspect) must be less than or equal to 1.11 x the distance from the olecranon (elbow) to the tip of the middle finger.  
Unilateral: the length of the affected lower limb (from the greater trochanter (hip) to the most proximal aspect) must be less than or equal to the distance from the greater trochanter to the tibial lateral condyle (outside) on the unaffected lower limb.

e. Hypertonia Spasticity

Athletes with diplegia not able to ambulate without assistive devices must compete sitting. Spasticity grades must impair the ability to walk functionally.

**Sport Class P52**

a) Impaired Muscle Power:

Impaired muscle power with no abdominals at all (no sitting balance, the trunk must be strapped on the back of the chair).

No active rotation of trunk. Could have some upper trunk extensors and flexors. Normal upper limbs function.

b) Lower Limb Deficiency

Athletes with incomplete or complete trunk function with Lower Limb Deficiency (bilateral or unilateral lower limb amputation or dysmelia).

The Athletes with incomplete trunk function may choose to strap their trunk to the back of the chair. Normal upper limbs function.

**Sport Class P53**

a) Athletes with diplegia with spasticity that limits ambulation and upper limb involvement who require canes or crutches to balance.

There are not yet any official competition rules for Assistive Devices Poomsae. Players are defining their own styles.

Some use their arms to show kicks, while others can 'swing' their chairs. You should be able to differentiate stances by looking at the angles they set the chair at.

**P50 Sports Class Compulsory Poomsae**

Age Division	Poomsae
Junior	Own choice Poomsae (no bonus or deductions awarded)
Under 30	
Over 30	

**The P50 Sport classes competition rules are still being developed by the World Taekwondo.**

## 6.6. P60 - Deaf

WT has designated Sport Class P60 for Deaf and/or Hearing-Impaired Athletes. These Athletes are referred to as Deaf Athletes.

### Eligibility Requirements

Deaf, defined as a hearing loss of at least 55dB pure tone average (PTA) in the better ear (three tone pure tone average at 500, 1000 and 2000 Hertz, air conduction, ISO 1969 Standard)

### P60 Divisions

Individual

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

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

### P60 Sport Class Compulsory Poomsae

Age Division	Poomsae
Junior	Taegeuk 6 Jang to Keumgang (No bonus or deductions awarded)
Under 30	
Over 30	

## 6.7. P70 - Short Stature

The P70 Sport Class are for Athletes of Short Stature.

**P70 Male:** Standing Height equal or less than 145cm, and arm length equal or less than 66cm. The sum of both measurements equal or less than 200cm

**P70 Female:** Standing Height equal or less than 137cm, and arm length equal or less than 63cm. The sum of both measurements equal or less than 190cm

### P70 Sports Class Compulsory Poomsae

Age Division	Poomsae
Junior	Own choice Poomsae (no bonus or deductions awarded)
Under 30	
Over 30	

**The P70 Sport classes competition rules are still being developed by the World Taekwondo.**

## 6.8. Additional Non-WT Sports Classes

### British Taekwondo Sport Class P80 Poomsae

British Taekwondo P80 Sports Classes - are for athletes with physical and/or neurological impairments but do not meet the World Taekwondo Classification criteria.

**P81 Neurological Impairments** (Non-WT Classified)

**P82 Physical Impairments** (Non-WT Classified)

P80 British Taekwondo Sport Class Poomsae

Age Division	Poomsae
Junior	Own choice Poomsae (no bonus or deductions awarded)
Under 30	
Over 30	

### British Taekwondo Sport Class P90 Poomsae

The P90 British Taekwondo Sport Classes - are for athletes with an intellectual impairment or a Neurodevelopment disorder, but do not meet the World Taekwondo Classification criteria.

**P91 Intellectual Impairment**

Non-WT Classified

**P92 Autism**

Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterised by challenges with social skills, repetitive behaviours, speech, and nonverbal communication.

Being autistic does not mean you have an illness or disease. It means your brain works in a different way from other people. It's something you're born with or first appears when you're very young. If you're autistic, you're autistic your whole life.

Autistic people may:

- Find it hard to communicate and interact with other people
- Find it hard to understand how other people think or feel
- Find things like bright lights or loud noises overwhelming, stressful or uncomfortable
- Get anxious or upset about unfamiliar situations and social events
- Take longer to understand information
- Do or think the same things over and over

**P93 Attention Deficit Hyperactivity Disorder (ADHD)**

Attention deficit hyperactivity disorder (ADHD) is a condition that affects people's behaviour. People with ADHD can seem restless, may have trouble concentrating and may act on impulse.

Symptoms of ADHD tend to be noticed at an early age and may become more noticeable when a child's circumstances change, such as when they start school. Most cases are diagnosed when children are 3 to 7 years old, but sometimes it's diagnosed later in childhood.

Sometimes ADHD was not recognised when someone was a child, and they are diagnosed later as an adult. The symptoms of ADHD usually improve with age, but many adults who were diagnosed with the condition at a young age continue to experience problems. People with ADHD may also have additional problems, such as sleep and anxiety disorders.

### **P90 British Taekwondo Sport Class Poomsae**

Shall perform two (2) free-choice Recognized Poomsae from Taegeuk 1- Jang to Shipjin range.

The following bonus points shall be added to the final score:

Poomsae	Bonus
Taegeuk 1 Jang to Taegeuk 3 Jang	No bonus points
Taegeuk 4 Jang to Taegeuk 7 Jang	0.3 bonus points
Taegeuk 8 Jang to Shipjin	0.5 bonus points

These bonus points can be added either by the Poomsae Referees on court or by the scoring system operators.

## **7. Change in Sport Class after first appearance**

1. If an athlete's sports class changes to a higher sport class after the first appearance event, then it appears that the athlete's activity limitation was less severe than that of his/her competitors. This is an unfair advantage and the athlete's results in the initial sport class shall not be recognised. This includes change to sport class Not Eligible (NE)
2. If an athlete's sport class change to a lower sport class after the first appearance event, then the athlete's activity limitation appears more severe than that of his/her competitors. In this situation the athlete's competitors had an advantage in the event. As the athlete has been disadvantaged results and medals earned will still be recognised and awarded.

## **8. Methods of Competition**

The methods of competition are the following:

1. Single elimination tournament system
2. Double elimination tournament system
3. Cut off system may be used at domestic championships.

The method of competition for the pertinent tournament shall be stated in the outline for the tournament.

Two (2) Poomsae from the designated Compulsory Poomsae shall be randomly drawn for the applicable Sport Class and Age Category for each round of the competition.

All international level competitions recognised by the WT shall be formed with the participation of at least five (5) countries.



## 9. Duration of contest

The contestant must perform each Poomsae with Rhythm and Precision with a duration between twenty (20) and one hundred and twenty (120) seconds.

In the case of single/ double elimination the contestants in a match will alternate in performing their Poomsae. A competitor will be guaranteed at least a one (1) minute resting period between each Poomsae in the case the opponent finishes their Poomsae early or chooses not to perform their Poomsae.

## 10. Scoring criteria

The total score is 10.0 points (could be higher in the P20 sport class due to additions)

Scoring for Para Taekwondo Poomsae Competition is divided into two-point categories and five subcategories:

Technical (4.0)

Presentation (6.0)

Technical

1. Stance, practicability of movements, balance & posture (2.0)
2. Hand and foot techniques (2.0)

Presentation

1. Memorization of recognised Poomsae (2.0)
2. Power/Speed/Rhythm (2.0)
3. Expression of energy (2.0)

### 10.1. Technical scoring (4.0)

The scoring criteria for Technical are divided into two (2) subcategories:

1. Stance, practicability of movements, balance & posture (2.0)
2. Hand and foot techniques (2.0)

Each technical subcategory awards a maximum score of 2.0.

Each technical subcategory awards a minimum score of 0.5.

### Notes:

- a. Practicability of movements
  - Sequence of directions in Poomsae
  - Movements carried out in the correct order.
  - Turning in the correct direction (i.e., if Poomsae requires the competitor to turn 90 degrees to the right, 90 degrees to the left, go straight on, etc.)
  - Starting and finishing the Poomsae in the correct position
- b. Balance
  - Without wobbling, shuffling or hesitation.

## c. Stance, hand, and foot techniques

- Stances and hand techniques should be executed with the correct positioning of feet; hands and arms as well as correct positioning of the body, looking in the right direction according to individual capabilities.

**10.2. Presentation scoring (6.0)**

The scoring criteria for Presentation are divided into the three (3) subcategories:

1. Memorization of recognised Poomsae (2.0)
2. Power/Speed/Rhythm (2.0)
3. Expression of energy (2.0)

Each presentation subcategory awards a maximum score of 2.0.

Each presentation subcategory awards a minimum score of 0.5.

**Notes:**

Presentation guideline (6.0)

**1. Memorization of recognised Poomsae (2.0)**

Ability to perform the Poomsae shall be evaluated on whether the movements are performed in accordance with the characteristics of the pertinent movement. The Poomsae should be recognisable, i.e., if watching judges should be able to recognize it.

**2. Power/Speed/Rhythm (2.0)**

Control of power means the strongest power shown at the most critical moment of the movement through speed and softness.

Control of speed means an appropriate connection between actions and changes of speed.

Rhythm means repeated actions according to set rules and length of note, and flow of power.

**3. Expression of energy (2.0)**

Whether actions are presented with quality and dignity that come from mastering of the energy: size of body action, concentration, courage, sharpness, confidence, etc. according to the characteristics of actions of Poomsae.

**10.3. Scoring guideline****Technical**

Technical skill	Score
Perfect	2.0
Excellent	1.8 to 1.9
Very good	1.6 to 1.7
Good	1.4 to 1.5
Average	1.2 to 1.3
Below average	1.0 to 1.1
Poor	0.8 to 0.9
Very poor	0.5 to 0.7

Each technical subcategory has a minimum score of 0.5.

**Presentation**

Presentation	Score
Perfect	2.0
Excellent	1.8 to 1.9
Very good	1.6 to 1.7
Good	1.4 to 1.5
Average	1.2 to 1.3
Below average	1.0 to 1.1
Poor	0.8 to 0.9
Very poor	0.5 to 0.7

Each presentation subcategory has a minimum score of 0.5.

**11. Decision and declaration of winner**

The winner shall be the contestant who is awarded more points in total.

In the case of a tied score, the following shall decide:

The contestant who has more points in Presentation.

The contestant who has the higher total points (total points of referee and all judges, including highest and lowest points) is the winner.

**Rematch**

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.

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.

**Decisions**

Win by score (PTF)

Win by withdrawal of opponent (WDR)

Win by disqualification of opponent (DSQ)

**12. Prohibited Acts & Penalties**

Penalties for any prohibited act shall be declared by the Referee.

Penalties are defined as "Gam-jeom: (deduction of points by penalties)

"Gam-jeom" shall be declared for the following prohibited acts:

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.

2. Athletes or coach should not interrupt or stand in the way of the competition coordinator amid the coordination activity during the competitions.
3. Should a contestant be assessed two (2) deductions, the referee shall declare the contestant a loser on penalties.

### **13. Competition Coordinator**

The Organizing Committee shall nominate WT-approved competition coordinators who are WT or Kukkiwon Dan holders and experts in taekwondo to officiate as competition coordinators.

For the P10 Sport Classes and the P20 Sport Class, the Coach can give the commands in accordance with the Rules.



World Taekwondo

## Judge's Score Sheet Para-Taekwondo

Court	Class

Category	Sub-Category	Score Allocation									Score
<b>Technical (4.0)</b>	<b>Stance and practicability of movement &amp; Balance</b>	Perfect	Excellent	Very Good	Good	Average	Below Average	Poor	Very Poor	Minimum Score	
		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>Hand &amp; Foot techniques</b>	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>Further Deduction</b>	(- 0.3): Re-start, Move wrong direction, Wrong movements etc.							<b>Total Deduction score</b>		
	<b>Poomsae Points</b>	P20 Bonus Points None, 03, 05			P10 – P30 Deduction Points 03, 05, 06				<b>Total Poomsae Points</b>		
										<b>Total Technical score</b>	
<b>Presentation (6.0)</b>	<b>Memorization of recognized Poomsae</b>	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>Power, Speed and Rhythm</b>	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>Expression of Energy</b>	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 Presentation Score</b>		
									<b>Total Score (10.0)</b>		





