

US JR TAEKWONDO CHAMPIONSHIP JUNIOR COMPETITION POOMSAE RULES

**UNITED
STATES
JR TKD
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US JR TAEKWONDO INC.

18778 AMAR RD WALNUT CA 91789

Phone: 9096557853

Email: USJR TKD@GMAIL.COM

ARTICLE I. Purpose

1. The purpose of the Competition Rules is to provide standardized rules for all levels of Championships promoted and/or recognized by the World Taekwondo Federation (hereafter WT), or/and the US Junior Taekwondo, Inc. (hereafter USJRTKD); the Competition Rules is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner.
2. Poomsae (a.k.a Forms) is considered to be the traditional aspect of Korean Martial Art of Taekwondo, and is defined as a patterned series of offensive and defensive techniques performed against and imaginary opponent. The regulations below pertain to Internationally recognized Poomsae and Kukkiwon/WT standards and rules of competition.

ARTICLE 2. Duration

2. Individual Sport Poomsae

- Age Groups: 4-5, 6-7, 8-9, 10-11, 12-14, 15-17, 18+

2. Duration of Contest

- 2.1. The waiting time between 1st and 2nd Poomsae is 30-90 seconds.
- 2.2. Ring size must be at least 10 meters by 10 meters.

ARTICLE 3. Uniform & Hygiene

3. USJRTKD UNIFORM AND HYGIENE REQUIREMENTS

3.1. All contestants shall wear an approved white Taekwondo V-neck uniform (dobok) or WTF approved Poomsae competition uniform in good condition.

3.1.1 Black Belts must wear black-collared white uniforms or WTF approved Poomsae competition uniform. Color belts may not wear black-collared uniforms.

3.2. Shoes may not be worn. No jewelry or ornaments may be worn. No hats or items may be worn on the head except for religious coverings or soft ties to contain the hair. No tape will be allowed on any part of the uniform.

3.3. All competitors must maintain the highest standard of personal hygiene, keep their nails cut short, and groom their hair neatly.

ARTICLE 4. Scoring Criteria

4. Scoring Criteria (7.0—8.9)

4.1. Accuracy:

4.1.1 Accuracy of details of each poomsae. Including basic movements and balance.

4.2. Presentation:

4.2.1 Speed, Power, Strength, Rhythm, Expression of Energy.

-Control of power means the greatest power is shown at the most critical moment of the movement.

-Control of speed means an appropriate connection between actions and changes in speed, such that powerful moves accelerate.

-Rhythm means that 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.

-Expression of Energy addresses the presentation of confidence and power that come from mastering the expression of energy. The range of techniques, concentration, courage, sharpness, confidence, and posture affect how energy is expressed according to the characteristic actions of the Poomsae.

4.3. Minor Deductions

4.3.1 Deduction of 0.1 point will be added each time speed, power, stance, rhythm, and/or expression of energy shows inconsistencies.

4.3.2 Deduction of 0.1 point will be added each time stance, hand, or foot meets inaccurate criteria of poomsae techniques as explained in current Kukkiwon Taekwondo Textbook.

4.3.3 Minor (-0.1) Deductions:

- Slight hesitation.
- Slight imbalance.
- Lack of rhythm.
- Lack of alternating relaxation and tension.
- Lack of flexibility and grace.
- Incorrect motion (for correct technique).

ARTICLE 4. Scoring Criteria (cont.)

- Poor balance.
- Incorrect thumb placement.
- Angle of feet incorrect in stances.
- Poor chamber or re-chamber of kicks.
- Blocking past midline of body (when midline is target).
- Blocking with the inside arm rather than outside arm.
- Striking from outside rather than inside.
- Kicking with wrong part of foot.
- Blocking/striking not at the same height as target.
- Hand wrapped around elbow strike, rather than flat.
- Incorrect number of motions in one pause.
- The stance and the hand technique do not finish at the same time.

4.4. Major Deductions

4.4.1 Deduction of 0.3 points will be added when incorrect actions or techniques are performed or correct techniques or actions are omitted; i.e., serious deviations from the Poomsae as described in the Kukkiwon Taekwondo Textbook.

4.5. Examples of Major Deductions (-0.3):

- A contestant's performance wrong or omitted movement. (e.g. Wrong or omitted movement).
- When contestant omits yell (ki-hap) or yells at wrong movement.
- The starting position differed from the ending position by more than one foot allowance.
- The contestant made unnecessary foot noise in stance or stepping.
- The player made mistakes, such as pausing for more than 3 seconds during their performance.
- The contestant performs foot-stomp without enough power and sound.
- Eye focus or breathing is not corresponding to the movement of motion.
- The contestant expressed power and speed with lack of fluency in movement.
- The contestant lost balance in performing a movement to the extent that it is not appropriate.
- The contestant performs movements with lack of flexibility.
- The contestant shows a lack of energy force.
- Crossing Boundary Line or Exceeding time limit.

ARTICLE 5. Disqualification

5.1 Disqualification

5.1.1 Disqualification will be enforced to behavior that does not respect the spirit of the sport, rather than due to the judges' scoring in terms of accuracy and presentation.

- Uttering Undesirable remarks or any misconduct on the part of contestant or coach.

- Any act that intentionally interferes with another competitor, coach or official.

5.1.2 Contestants that do not finish their poomsae will be disqualified.

ARTICLE 6. Decision and Declaration of Winner

6.1 Decision and Declaration of Winner

6.1.1 The winner is determined by the contestant who is awarded the highest total points.

6.2 Tie Score

6.2.1 In the case of the tie score, the winner shall be the contestant with the highest presentation score.

6.2.2 In case the scores are still tied, then the contestant with the higher total points (including all judges' scores, the highest and lowest not dropped) shall be the winner.

6.2.3 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 Referee will designate the Poomsae to be performed. The rematch will consist of performing one compulsory Poomsae designated by the Referee. The previous scores will not affect the scores of the rematch.

6.2.4 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.