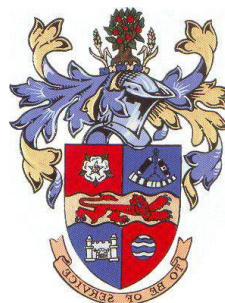


**Mayor Cup Open Poomsae 2021**  
**Online Edition, April 09-10-11**  
**Video Poomsae Rules**



Date: 27 Mar 2021

**Rules for Video Poomsae recording for Virtual Mayor Cup Open Poomsae 2021**

- 1- Poomsae performances can be recorded indoors and outdoors.
  - 2- Participants must wear a Taekwondo Uniform with correct belt.
  - 3- Participants are not allowed to wear any type of shoes or socks.
  - 4- Male Participants are not allowed to wear a T-Shirt under their Taekwondo uniform.
  - 5- Female Participants may wear a T-Shirt under their Taekwondo uniform if they wish.
  - 6- Participants are not allowed to wear any Jewellery.
  - 7- Participants starting position must be facing the camera.
  - 8- Video recordings should be done horizontally.
- Video recordings must be in good quality.
- 9- Participants full body must be always visible during recording (including 30 second break) and must not be distanced too far away from camera during performance.
  - 10- There should be no disturbances during Poomsae performances in videos, no persons or pets should be visible whilst performing recognized Poomsae in the competition area.
  - 11- We do not allow repeat recording of Poomsae in the same video, In the case that a participant is unsatisfied with their performance. Therefore competitors should not enter video entries until they are completely satisfied with their performances in their video entries.
  - 12- Participants may only use a video entry once; participants cannot enter the same video for more than one round at the competition or use a video entry they have used at a different online Poomsae championship.
  - 13- Participants may display their identity and national flag in the background of the video. For example: GBR, KOR, DEN, BEL National Flag or Club ID.
  - 14- Participants may edit videos to display their Identity such as: Name, Category, Club Name, Nation of residence and National Flag. No other forms of editing are permitted.
  - 15- Participants may wear a face mask or face covering if they wish, as long as their eyes and top half of their face is visible.
  - 16- Participants should name the titles of their videos in the following style:  
Round – Competitor Name – Category – GBR -VMCOPC21  
Example: Preliminary – Aaron Leith – Dan U30 Male – GBR – VMCOPC21
  - 17- All Video links must be uploaded by Sunday 4th of April (9PM UK Time), links received after this time will not be accepted and registered as disqualified. We urge competitors to complete their videos and submit them to us as soon as possible, to avoid technical difficulties which may occur hours before the video entry deadline.
  - 18- Please make that YouTube videos submitted to us for competition are set to public settings or unlisted so the videos can still be viewed by our judges. Videos set as private or hidden on YouTube cannot be viewed and therefore cannot be scored by the judges, which will result in disqualification.

Thank you and best of luck to you and your team at the 2021 Mayor Cup Poomsae Championships.



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