



**42th Edition**  
**Individual - Pair - Team**  
**Freestyle - Para - Family**

**19th - 20th - 21st of March**

**Online**  
**Information Package**



**BELGIAN  
TAEKWONDO  
FEDERATION**

## 1. Promotor & Organiser

<b>Organiser</b>	
<b>President Taekwondo Vlaanderen</b>	<b>Grandmaster Erik Baert</b>
<b>Organiser contact</b>	<b>Taekwondo Flanders</b> • <b>Belgian Taekwondo Federation</b> <b>H. Van Veldekesingel 150/73, Hasselt, Belgium</b> <b>Tel: 0032 11 87 09 19</b> <b>Email: recreatie@taekwondo.be</b>
<b>Promotor</b>	
<b>Promotor contact</b>	<b>Master Kambiz Ramzan Ali</b> <b>+44 (0)7944988806</b> <b><a href="mailto:rangesportsuk@gmail.com">rangesportsuk@gmail.com</a></b>
<b>Competition Director</b>	<b>Master Kambiz Ramzan Ali</b> <b>+44 (0)7944988806</b> <b><a href="mailto:rangesportsuk@gmail.com">rangesportsuk@gmail.com</a></b>
<b>Competition Board Supervisor</b>	<b>Grandmaster Ik Pil Kang</b> <b>Grandmaster Jung Il Lee</b>
<b>Technical Delegate</b>	<b>Grandmaster Mustapha Moutarazak</b>
<b>Referee Director</b>	<b>Grandmaster Tong Wan Shin</b>
<b>Registration Website</b>	<b><a href="https://www.martial.events/en">https://www.martial.events/en</a></b>

## 2. Event Timeline

<b>Registration Deadline</b>	<b>Sunday 8<sup>th</sup> of March, 23.59 CET Time</b>
<b>Compulsory Poomsae Draw</b>	<b>Wednesday 10<sup>th</sup> of March, 21.00 CET Time</b>
<b>Payment Deadline</b>	<b>Saturday 13<sup>th</sup> of March, 21.00 CET Time</b>
<b>Deadline Video Submission Date</b>	<b>Sunday 14<sup>th</sup> of March, 21.00 CET Time</b>
<b>Team Briefings Online Q&amp;A</b>	<b>Thursday 18<sup>h</sup> of March, 18.00 CET Time</b>
<b>Online Competition Date</b>	<b>Friday 19<sup>th</sup> of March till Sunday 21<sup>th</sup> of March</b>

## 3. Payment

<b>Individual</b>	<b>30 Euro per athlete</b>
<b>Pair</b>	<b>35 Euro per pair</b>
<b>Team/Family</b>	<b>35 Euro per team</b>

Payment is processed during registration process on [www.martial.events/en/](http://www.martial.events/en/).

Please note, all payments are non-refundable once they have been processed. In the event of not reaching a minimum of 300 entries at the time of payment deadline, the organiser reserves the right to cancel the event. All entries will be refunded minus a 10% processing fee.

## 4. Method of Competition

Competition will be held under World Taekwondo Poomsae rules & interpretation as in force as of May 14<sup>th</sup> 2019 and para Jan 1<sup>st</sup> 2017, and will be run on a **Cut Off System** of up to 3 rounds (preliminary, semi- finals and final) for Dan/Poom categories.

An exception is made for the K1, K2, K3 categories who should start at **Preliminary** and directly progress to compete in the **Final**. The top 8 (if the category holds more then 12 competitors) will progress to the Final round.



**Individual poomsae categories**

Classification	Grade	Selection	Recognised Poomsae	Division	Age	
<b>Individual (Male / Female)</b>	Poom/Dan (black belt)	Compulsory Poomsae	Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang	Peewee	Under 12	
				Cadet	12-14	
			Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek	Junior	15-17	
				Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin	Under 30	18-30
			Under 40		31-40	
			Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon	Under 50	41-50	
	Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	Under 60		51-60		
		Under 65		61-65		
	Over 65	+66				
		K1 (2 <sup>nd</sup> Kup Red Belt to 1 <sup>st</sup> Kup Black Tag)	Compulsory Poomsae	Taegeuk 4,5,6,7, 8 (Preliminary then Final)	Mini Peewee	9 and under
					Peewee	10-11
					Cadet	12-14
					Junior	15-17
					Under 35	18-35
	Over 35				36-50	
	Over 50	+51				
		K2 (6 <sup>th</sup> Kup Green Belt to 3 <sup>rd</sup> Kup Red Tag)	Competitor's choice of Poomsae	Taegeuk 3,4,5,6  Can NOT repeat Poomsae, MUST perform two different poomsae each round	Mini Peewee	9 and under
					Peewee	10-11
					Cadet	12-14
					Junior	15-17
					Under 35	18-35
	Over 35				36-50	
	Over 50	+51				
		K3(10 <sup>th</sup> Kup White Belt to 7 <sup>th</sup> Kup Green Tag)	Competitor's choice of Poomsae	Taegeuk 1,2,3 Can repeat poomsae! (but mandatory to make a new video for each round)	Mini Peewee	9 and under
Peewee					10-11	
Cadet					12-14	
Junior					15-17	
Under 35					18-35	
Over 35	36-50					
Over 50	+51					



### Pair poomsae categories

Classification	Grade	Selection	Recognised Poomsae	Division	Age
<b>Pair ( Male /Female only)</b>	Poom/Dan (black belt)	Compulsory Poomsae	Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang	Cadet	12-14
			Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek	Junior	15-17
			Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin	Under 30	18-30
			Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon	Over 30	+31
	K1 (2 <sup>nd</sup> Kup Red Belt to 1 <sup>st</sup> Kup Black Tag)	Compulsory Poomsae	Taegeuk 4,5,6,7, 8 (Preliminary then Final)	Cadet	12-14
				Junior	15-17
				Under 30	18-30
				Over 30	+31
	K2 (6 <sup>th</sup> Kup Green Belt to 3 <sup>rd</sup> Kup Red Tag)	Competitor's choice of Poomsae	Taegeuk 3,4,5,6  Can NOT repeat Poomsae, MUST perform two different poomsae each round	Cadet	12-14
				Junior	15-17
				Under 30	18-30
				Over 30	+31
	K3(10 <sup>th</sup> Kup White Belt to 7 <sup>th</sup> Kup Green Tag)	Competitor's choice of Poomsae	Taegeuk 1,2,3 Can repeat poomsae! (but mandatory to make a new video for each round)	Cadet	12-14
				Junior	15-17
				Under 30	18-30
				Over 30	+31

For Cadet pairs it is allowed to mix with a higher age group (ie one cadet, one junior). The compulsory Poomsae for this combination team is chosen from the highest member (ie junior).

### Team poomsae categories

Classification	Grade	Selection	Recognised Poomsae	Division	Age
<b>Team (3 Females or 3 Males)</b>	Poom/Dan (black belt)	Compulsory Poomsae	Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang	Cadet	12-14
			Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek	Junior	15-17
			Taegeuk 6,7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin	Under 30	18-30
			Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon	Over 30	+31
	K1 (2 <sup>nd</sup> Kup Red Belt to 1 <sup>st</sup> Kup Black Tag)	Compulsory Poomsae	Taegeuk 4,5,6,7, 8 (Preliminary then Final)	Cadet	12-14
				Junior	15-17
				Under 30	18-30
				Over 30	+31
	K2 (6 <sup>th</sup> Kup Green Belt to 3 <sup>rd</sup> Kup Red Tag)	Competitor's choice of Poomsae	Taegeuk 3,4,5,6  Can NOT repeat Poomsae, MUST perform two different poomsae each round	Cadet	12-14
				Junior	15-17
				Under 30	18-30
				Over 30	+31
	K3(10 <sup>th</sup> Kup White Belt to 7 <sup>th</sup> Kup Green Tag)	Competitor's choice of Poomsae	Taegeuk 1,2,3 Can repeat poomsae! (but mandatory to make a new video for each round)	Cadet	12-14
				Junior	15-17
				Under 30	18-30
				Over 30	+31

For Cadet teams it is allowed to mix with one member of higher age group (ie two cadets, one junior). The compulsory Poomsae for this combination team is chosen from the highest member (ie junior).

## Para categories

Para Categories will be split as per World Taekwondo and will also be split into Male / Female and Kup / Dan Grades.

<i><b>Kup Divisions</b></i> Age of contestant: 1) Under 15 years 2) Under 30 years, 3) Over 30 years, Must Perform any standard <b>recognised WT Poomsae</b>	<i><b>Dan Divisions</b></i> Age of contestant: 1) Under 15 years 2) Under 30 years, 3) Over 30 years, Must Follow the WT Para <b>Poomsae Rules</b>
P11/P12/P13 – Visual Impairments (Competitor’s choice any Poomsae from Taegeuk 1, 2, 3... & higher) P20 – Intellectually Impaired (The coach is allowed to give the commands, competitor’s choice) P31/P32/P33/P34 – Physical Impairments (Compulsory Poomsae will be specified) P40 – Limb Deficiency (Competitor’s choice Poomsae) P50 – Wheelchair Classes (Competitor’s choice Poomsae) P60 – Deaf (Competitor’s choice Poomsae) P71/P72M - Short Stature (Competitor’s choice Poomsae)	

## Family Poomsae

One parent, parents or grandparents together with their child or children or grandchildren. The number of family members is unlimited. At least two generations are required for a family team. Examples: Father and son or daughter, mother and father together with son and daughter, father with three sons, grandmother with grandchildren, grandfather, mother and grandchildren. One participation per family is allowed. There is no age limit or graduation restriction for Family Poomsae. The Poomsae can be freely selected.

Classification	Grade	Selection	Recognised Poomsae	Division	Age
<b>Family Poomsae (unlimited members but minimum 2)</b>	No belt restriction	Competitor Choice of poomsae	Free of Choice	One family	No age limit



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## Freestyle

Music & choreography shall be choice of contestant

Classification	Grade	Selection	Duration	Division	Age
<b>Individual (Male / Female)</b>	Poom/Dan (black belt)	1 Freestyle	90-100 seconds	17 and under	12-17
				Over 17	18+

Classification	Grade	Selection	Duration	Division	Age
<b>Pair ( Male /Female only)</b>	Poom/Dan (black belt)	1 Freestyle	90-100 seconds	17 and under	12-17
				Over 17	18+

Classification	Grade	Selection	Duration	Division	Age
<b>Team (Mixed – 5 members)</b>	Poom/Dan (black belt)	1 Freestyle	90-100 seconds	17 and under	12-17
				Over 17	18+



#### 4.1 Age Limit

The age limits for each division (excluding family Poomsae which is not age limited) is based on the year, not on the date when the competition is held. For example, in Junior Division, contestants shall be between 15 and 17 years old. In this regard, if the competition is held on January 2021, contestants born between 1 January 2004 and 31 December 2006 are eligible to participate in this division.

#### 4.2 Uniform

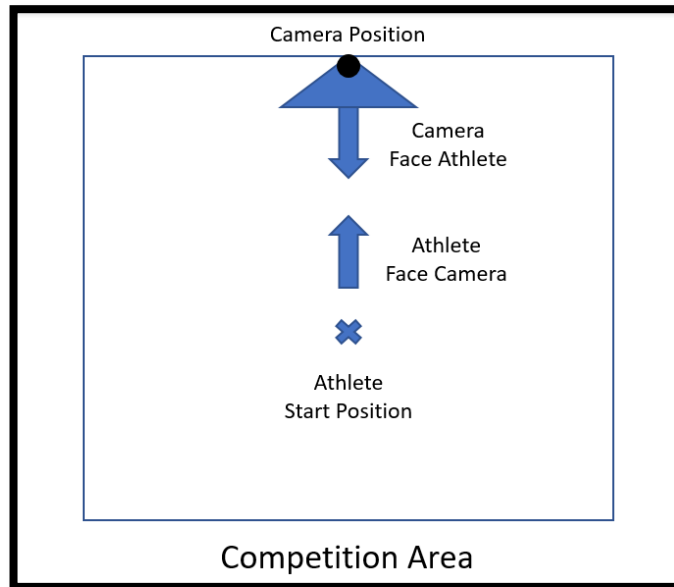
Poomsae competition uniform: All contestants may wear WT-approved Poomsae competition uniform. If contestants don't have WT-approved Poomsae competition uniform, contestants are able to wear any white coloured uniform with the logo covered

#### 4.3 Cut off system

- **Preliminary:** Only categories of over 20 players will have a Preliminary round, Competitors are to take maximum 30 seconds break before performing the next Poomsae. Top 50% of competitors will progress to the Semi-Finals round
- **Semi-Finals: (NOT applicable to K1, K2 & K3)** Categories of less than 20 players will go straight to Semi-Finals round. Competitors are to take a maximum 30 seconds break before performing the next Poomsae, Competitors will compete to progress to the Finals. The top 8 competitors will progress to the Finals round.
- **Finals:** Dan categories of 10 competitors or less will go straight to Finals (K1, K2, K3 12 or less will go straight to Finals). Competitors are to take a maximum 30 seconds break before performing the next Poomsae. The top 3 will receive a medal depending on their finishing position.

#### 4.4 Specific rules of competition online video competition

- Competitors should start their Poomsae facing the camera whilst still performing the necessary Poomsae stances to prepare and begin Poomsae: enter then Charyeot (attention stance), Kyongea (bow), Joonbi (ready stance) and then perform their Poomsae, Once finished they should return to Joonbi stance (facing camera at end) and then bow before resting for 30 seconds to perform next poomsae or finish the recording after the second Compulsory Poomsae. **Competitor must stay within the camera view between the Poomsae's.** The competitor is allowed to drink, stretch, walk around during the break between poomsae, but remains fully visible during the break. During the performance the competitors full body head to toe must be in camera view and **0.3 deduction** will be given if any part of the body **goes out of view.** See illustration below as set up guideline:



- Competitors are encouraged to display their country's national flag (or name of country) behind the competitor's competition area in clear view of the camera.
- Competitors whole body must be always be visible during the performance video footage, for fair and proper competition judging to be carried out according to the poomsae competition rules set in place. Videos which do not meet this standard may be removed from competition.
- It is not mandatory to perform the poomsae on mats. The competitor can choose his/her surroundings as long as during recording the whole body is visible at all times. For example, one can record in a living room, in a hotel lobby or on a grass field.
- If your video has been edited, with the exception of adding graphics to display your national flag and your name, it will be rejected.
- Videos must be be set on **visible to all**. We urge competitors to upload well in advance as to not run into technical upload difficulties hours before the deadline entry.
- It is not allowed to show any religious, political, or any other symbol negatively targeting a group or an individual in the video recording. Videos not following this rule are subject to immediate rejection.

#### 4.5 Livestream

Competition will be livestreamed through our YouTube channels during event days:

**Range Sports UK Ltd & JC United Kingdom**

Competition schedule is approximate and may subject change by organising committee. Please follow our Facebook channel for the latest updates

## 5. JUDGES/OFFICIALS

Poomsae performances submitted to us will be judged and scored by qualified International Referee (IR) over the course of the 3 days in which the virtual championships are held to ensure the carrying out of fair and quality competition scoring in accordance to the official World Taekwondo Poomsae competition rules.

## 6. ARBITRATION

### 6.1 PROCEDURE OF PROTEST

Only the official head coach is allowed to protest to the Competition Director. This must be made within 10 minutes of the end of the contest. A protest fee of 100 Euro will be payable immediately to the competition board. This will be refunded if the protest is accepted and won

### 6.2 SITUATIONS NOT COVERED BY THE RULES

Where any situation arises which is not covered by these rules, it shall be dealt with and decision given by the referees after consultation with the organizing committee.

## 7. AWARDS

Virtual participation certificate and medals winner certificate will be awarded to the top 4 scoring competitors from each category.

**1<sup>st</sup> place:** will be awarded a Gold Medal Certificate.

**2<sup>nd</sup> place:** will be awarded a Silver Medal Certificate.

**3<sup>rd</sup> place:** will be awarded a Bronze Medal Certificate.

**4<sup>th</sup> place:** will be awarded a Bronze Medal certificate.

A physical medal is available for all top 4 competitors. Coaches will receive the option for their athletes to opt in on this medal one week after the competition. By opting in the coach accepts to pay for postage for sending out the medal(s) for his club. The organisation will inform the coach of the total postage cost for his/her team. In the family competition, only one medal is awarded to the family. Additional medals may be requested by the coach at cost of the winning family.

## 8. SPONSORS

**Jcalicu UK**, Official supplier of World Taekwondo Approved Taekwondo Equipment, global distributor offering top quality Taekwondo Equipment for WT Poomsae and Kyorugi competition.



Website: [www.jcalicu.co.uk](http://www.jcalicu.co.uk)

**Range Sports** is a UK based quality and reliable Taekwondo equipment supplier that is an official supplier of Jcalicu equipment and Taekwondo exclusive brand.



Website: [www.range-sports.co.uk](http://www.range-sports.co.uk)

## 9. COVID-19

By entering this competition, competitors understand acknowledge they are abiding by local/national COVID-19 regulations and compete at their own risk.

Competitors may record their videos inside or outside so long as they are satisfied of their general safety and space. Additionally all Covid-19 precautions are adequate to perform their Poomsae and complete their video recordings for the competition.

## 10. HASHTAGS

We are looking forward to seeing you all at the event, please support us and the event by using the following hashtags on your social media.

**#BelgianTaekwondo #TaekwondoVlaanderen #SportVlaanderen #BelgianOpenPoomsae #BOP2021 #TaeKangWon #HarrogateKTA #Rangesports #JCUK**

## 11. DISCLAIMER

The process of entry and competition is carried out at the competitors own risk, therefore Harrogate KTA and its partners/representatives will not be held responsible for any injuries sustained during recording or competition process. By entering this competition, competitors understand and accept that they are entering this competition at their own risk.