



# Coaches guidelines and rules of competition 6<sup>th</sup> Toronto Open Online Poomsae Championship 2025

## 1. Categories and cut-off system

### Different categories.

- Dan/poom
- K3, K2, K1 : only preliminaries and finals, **no semi-finals !!**
  - K3 (10<sup>th</sup>-7<sup>th</sup> kup) :
    - form is competitor's choice
    - can repeat forms, also in the same round
  - K2 (6<sup>th</sup>-3<sup>th</sup> kup):
    - form is competitor's choice
    - cannot repeat any form. All forms in both rounds must be different
  - K1 (2<sup>th</sup>-1<sup>th</sup> kup) :
    - compulsory forms
- Family :
  - at least two generations (**so brother and sister alone is not allowed!**)
  - unlimited number of competitors,
  - Immediately finals
  - 2 forms recorded, own choice

### Cut off system

- Preliminary :
  - Dan :
    - if > 20 competitors present in the category
    - 50 % goes to SF
  - K1/K2/K3 :
    - if > 12 competitors present in the category
    - top 8 go to **Finals**
- Semi-finals :
  - Only for Dan, not for K1/K2/K3!!
  - If only 20 or less competitors in category, immediately semi-finals, otherwise 50 % of the Preliminaries
  - Top 8 go to finals
- Finals :
  - Dan : 10 or less : immediately finals
  - K1/K2/K3 : 12 or less : immediately finals
  - Otherwise top 8 of SF (Dan) or Preliminaries (K1/K2/K3)



## 2. Deduction rules for online Championships

- **0.3 points deduction from accuracy**
  - If the athlete does not have adequate space to perform the poomsae and takes an extra step to get around any objects in the room.
  - Every time a body part cannot be seen by the referees as the participant moves beyond the camera's view.
  - Each hand and or feet movement cannot be seen by referee due to poor lighting (i.e., backlighting, lighting too bright/dim, etc).
  - Each kihap cannot be heard by referee as participant fails to turn on his/her microphone before performance.
- **0.3 points deduction from the final score**
  - Overtime (more then 90 seconds)
- **0.6 points deduction from accuracy**
  - Person or pet coming into the field of play while executing poomsae.
  - Whole body cannot be seen by referee.
- **0.6 deduction from accuracy of the first form**
  - Video in portret mode instead of landscape mode
  - Both poomsae are switched (f.i. video sequence is 6 and 8, and should be 8 and 6)
  - Members of the family poomse do not belong to different generations
- **0 score for accuracy and 1.5 presentation**
  - Performing the wrong form (f.i. 4 and 9 compulsory, competitor performs 3 and 9)
  - Only for K2 : performing twice the same form although it must be two different forms: second form 0 and 1.5
  - The video is recorded in mirror
- **0.6 points deduction from final score of the first form**
  - Wearing incorrect Dobok and incorrect belt
  - Wearing shoes or socks
  - Wearing jewellery or wrist bands
- **Disqualification**
  - Video that has been edited or shows proof of editing.  
f.i. both forms are recorded separately and then put together
  - Submission of wrong videos to wrong division.
  - Display of political, religious and non-recognized NOC flags.
  - Movement of camera during performance(up/down and zoom in/out)
  - Only one taegeuk/poomsae recorded in the video
  - A coloured belt competing in a poom- or black belt category