



Scottish Online Open Poomsae Championships Third Edition

HERE FOR
OUR MEMBERS

September 27th 2026

Online Information Package Individual – Pair – Team – Para - Beach

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Scoring System



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1 - Promotor & Organiser

| | |
|-------------------------------------|--|
| Organiser |  |
| Chairman & President | Grandmaster Ik Pil Kang |
| Promotor |  |
| Promotor contact | Grandmaster Jung Il Lee iungil33@hanmail.net |
| Competition Director | Master Kambiz Ramzan Ali +44 (0)7944988806 rangesportsuk@gmail.com |
| Technical Delegate | Grandmaster Tong Won Shin |
| Competition Board Supervisor | Grandmaster Erik Baert Grandmaster Chris Thoen |
| Registration Website | https://www.martial.events/en |
| Scoring System |  |

2 – Event Timeline

| | |
|---|--|
| Registration Deadline | Sunday 13th of September, 23.59 pm CET (Brussels) |
| Compulsory Poomsae Draw | Monday 14th of September, 20.00 pm CET (Brussels) |
| Payment Deadline | Tuesday 22nd of September, 23.59 pm CET (Brussels) |
| Deadline Video Submission Date | Wednesday 23rd of September, 23.59 pm CET (Brussels) |
| Online Competition Date | Sunday 27th of September, 09.00 am CET (Brussels) |

3 - Payment

| | |
|--------------------|----------------------------|
| Individual | 39 Euro per athlete |
| Pair | 44 Euro per pair |
| Team/Family | 44 Euro per team |

Payments processed during registration process on www.martial.events/en/

Please note:

- Payments are non-refundable once they have been processed.
- In the event of not reaching a minimum of 100 entries at the time of payment deadline, the organiser reserves the right to cancel the event.
- In case of cancellation, 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 September 30th 2024 and para September 2024, and will be run on a **Cut Off System** of up to 3 rounds (preliminary, semi- finals and final) for Dan/Poom categories.

- **Dan Categories of 21 competitors or more will start with a preliminary round (3 rounds in total).**
- **Dan Categories of 11 up to 20 competitors will start with a semi - final round (2 rounds in total), top 8 competitors will progress to the final round.**
- **Dan Categories of 10 competitors or less will only have a final round (1 round in total).**

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 than 12 competitors) will progress to the Final round.

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4.1 - Individual Poomsae Categories

| Classification | Grade | Selection | Recognised Poomsae | Division | Age |
|--|--------------------------------------|--|---|----------|----------|
| Individual (Male / Female) | Poom/Dan (black belt) | Compulsory Poomsae | Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek | Peewee | Under 12 |
| | | | Taegeuk 5,6,7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon | Cadet | 12-14 |
| | | | Taegeuk 7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae | Junior | 15-17 |
| | | | Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon | Under 30 | 18-30 |
| | | | Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon | Under 40 | 31-40 |
| | | | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu | Under 50 | 41-50 |
| | | | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu | Under 60 | 51-60 |
| | | | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu | Under 65 | 61-65 |
| | | | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu | Under 70 | 66-70 |
| | | | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu | Under 75 | 71-65 |
| | | | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu | Under 80 | 76-80 |
| | | | Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu | Over 80 | 81+ |
| K1 (2 nd Kup Red Belt to 1 st Kup Black Tag) | Compulsory Poomsae | Taegeuk 4,5,6,7, 8 (Preliminary then Final) | Mini Peewee | Under 9 | |
| | | | Peewee | 10-11 | |
| | | | Cadet | 12-14 | |
| | | | Junior | 15-17 | |
| | | | Under 35 | 18-35 | |
| | | | Over 35 | 36-50 | |
| | | | Over 50 | +51 | |
| | | | Mini Peewee | Under 9 | |
| K2 (6 th Kup Green Belt to 3 rd Kup Red Tag) | Competitor's choice of Poomsae | Taegeuk 3,4,5,6 Can NOT repeat Poomsae, MUST perform two different poomsae each round | Peewee | 10-11 | |
| | | | Cadet | 12-14 | |
| | | | Junior | 15-17 | |
| | | | Under 35 | 18-35 | |
| | | | Over 35 | 36-50 | |
| | | | Over 50 | +51 | |
| | | | Mini Peewee | Under 9 | |
| | | | Peewee | 10-11 | |
| K3(10 th Kup White Belt to 7 th 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 35 | 18-35 | |
| | | | Over 35 | 36-50 | |
| | | | Over 50 | +51 | |

4.2 – Pair Poomsae Categories

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

Cadet and Junior competitors may form pairs together (e.g. one cadet, one junior).

Combination pairs must enter the category of the highest member, e.g a pair entry of one Dan Cadet and one Dan Junior, must compete in the Pair / Dan / Junior category

4.3 – Team Poomsae Categories

| Classification | Grade | Selection | Recognised Poomsae | Division | Age |
|--|--|--------------------------------------|--|----------|-------|
| Team (3 Males Or 3 Females only) | | | Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek | Cadet | 12-14 |
| | | | Taegeuk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon | Junior | 15-17 |
| | Poom/Dan (black belt) | Compulsory Poomsae | Taegeuk 7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae | Under 30 | 18-30 |
| | | | Taegeuk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon | Under 50 | 31-50 |
| | | | Koryo, Kuemgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu | Under 60 | 51-60 |
| | | | | Over 60 | 61+ |
| | K1 (2 nd Kup Red Belt to 1 st Kup Black Tag) | Compulsory Poomsae | Taegeuk 4,5,6,7, 8 (Preliminary then Final) | Cadet | 12-14 |
| | | | | Junior | 15-17 |
| | | | | Under 35 | 18-35 |
| | | | | Over 35 | +36 |
| | K2 (6 th Kup Green Belt to 3 rd Kup Red Tag) | Competitor's choice of Poomsae | Taegeuk 3,4,5,6 Can NOT repeat Poomsae, | Cadet | 12-14 |
| | | | MUST perform two different poomsae each round | Junior | 15-17 |
| | K3(10 th Kup White Belt to 7 th 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) | Under 35 | 18-35 |
| | | | | Over 35 | +36 |
| | | | | Cadet | 12-14 |
| | | | | Junior | 15-17 |

Cadet and Junior competitors may form teams together (e.g. two cadets, one junior).

Combination pairs must enter the category of the highest member, e.g a Team entry of two Dan Cadets and one Dan Junior, must compete in the Pair / Dan / Junior category

4.4 – Para Poomsae Categories

Para Categories will be classified in accordance to World Taekwondo Para Poomsae Rules and will also be split by into Male / Female and Kup / Dan Grades.

| Kup Divisions Age of contestant: 1) Under 15 years 2) Under 30 years, 3) Over 30 years, Must Perform any standard recognised WT Poomsae | Dan Divisions Age of contestant: 1) Under 15 years 2) Under 30 years, 3) Over 30 years, Must Follow the WT Para Poomsae Rules |
|--|--|
| <p>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)</p> | |

4.5 - Beach Poomsae (Dan/Poom Grade only – Individual / Pair / Team)

Competitors are free to select the outfits of their choice from a range of options: from a traditional Taekwondo competition uniform (Dobok) to conventional beach clothing, following the guidelines in this paragraph.

The concept of the beach championships is to present taekwondo in a new environment. By opening up the choice of outfits it is hope that competitors will be able to more fully express their creativity. (However, outfits will not be considered in scoring.)

Male Competitors

TOP:

- Dobok top
- Long-sleeve t-shirt
- Short-sleeve t-shirt
- Sleeveless t-shirt
- Topless (no shirt)

BOTTOM

- Dobok Pants
- Dobok pants, shortened
- Shorts (any style)

Female Competitors

TOP:

- Dobok top
- Long-sleeve t-shirt
- Short-sleeve t-shirt
- Sleeveless t-shirt

BOTTOM

- Dobok Pants
- Dobok pants, shortened
- Shorts (any style)

Sunglasses are allowed, taekwondo belt is optional. The competitor performs poomsae on **bare feet**

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4.6 – 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 2026, contestants born between 1 January 2009 and 31 December 2011 are eligible to participate in this division.

4.7 – Uniform

Poomsae competition uniform: All contestants may wear WT-approved Poomsae competition uniform (except for beach poomsae – see previous guidelines).

Acceptable Uniform

- Taekwondo Dobok (V-Neck)
- Taekwondo Poomsae Uniform (Y-Neck)
- Competitors may compete in a non WT Approved Dobok, however the logo on the uniform must be covered
- Kup grades should wear a White-collar Taekwondo Dobok (V-Neck) or Taekwondo Poomsae Uniform (Y-Neck), however it is also acceptable for Kup competitors to wear Poom collar or Black Collar Taekwondo Poomsae Uniform (Y-Neck) as long as it is the correct type for their age group and gender.

4.8 – Video Uploading

- **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 4 will receive a medal depending on their finishing position.

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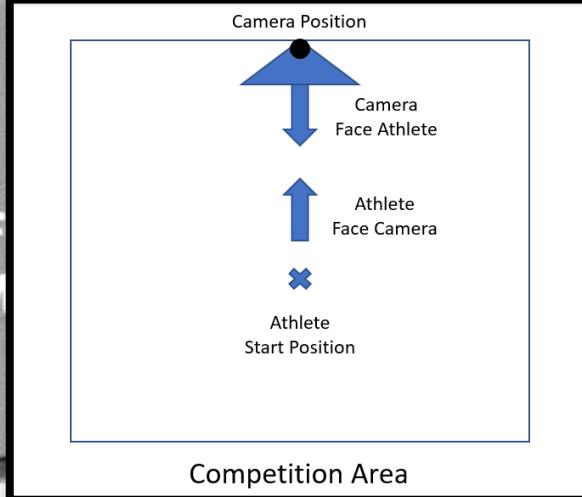


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5. Specific rules of competition online video competition - Applicable to all video entries

- Competitors should start their Poomsae facing the camera whilst still performing the necessary Poomsae stances to prepare and begin Poomsae: 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.** 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. The camera position is about 7 meters from the starting point at belt height of the athlete.** Zooming in or out, or moving the camera up and down during the performance is not allowed. Moving the camera horizontally is allowed. 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 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.

5.1 – 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 be subject to change by the organising committee.
Please follow our Facebook channel for the latest updates

5.2 – Video Uploading

All videos need to be uploaded through YouTube (set your video on visible to all) and the links copy/pasted through the martial events registration. Failure to upload this information before the deadline will generate an automatic disqualification.

Participants should name the title(s) of their video(s) in the following format on YouTube:

Round - Competitor Name – Category – Nationality (3 letters in capital) – 3SCOP26

Example: Preliminary – John Smith – DAN U30 M – USA – 3SCOP26

The video description should mention the poomsae performed in the video

Example Poomsae 1 Koryo, Poomsae 2 Taegeuk 7

Freestyle

| Classification | Grade | Selection | Duration | Division | Age |
|---|--------------------------|-------------|----------------|-------------|-----------|
| Individual (Male / Female) | Poom/Dan (black belt) | 1 Freestyle | 90-100 seconds | 17 andunder | 12- 17 |
| | | | | Over 17 | 18+ |
| Individual (Male / Female) | Poom/Dan (black belt) | 1 Freestyle | 90-100 seconds | 17 andunder | 12- 17 |
| | | | | Over 17 | 18+ |
| Individual (Male / Female) | Poom/Dan (black belt) | 1 Freestyle | 90-100 seconds | 17 andunder | 12- 17 |
| | | | | Over 17 | 18+ |

Music & choreography shall be choice of contestant

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. **All families go directly to finals.** 2 poomsae have to be shown (recorded) selected from the recognised poomsae

Family Poomsae will be split into 3 separate categories

- **Family Poomsae – Dan**
- **Family Poomsae – Kup**
- **Family Poomsae – Mixed (Dan & Kup together)**

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5.3. Deduction

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.
- Whenever a competitor's body part cannot be seen due to moving beyond camera's view.
- When hand and/or feet movement cannot be seen by referee due to poor lighting (i.e., backlighting, lighting too bright/dim, etc.).
- Whenever kihap cannot be heard due to participant not kihaping, or missing audio.

0.3 points deduction from the final score

- Overtime (more than 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 portrait mode instead of landscape mode
- Both poomsae are switched (i.e. video sequence is 6 and 8, and should be 8 and 6)
- Members of the family poomsae do not belong to different generations

0 score for accuracy and 1.5 presentation

- Performing the wrong form (i.e. 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 jewelry (including wrist bands)

Disqualification

- Video that has been edited or shows proof of editing (i.e. 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

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6. JUDGES/ OFFICIALS

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

7. ARBITRATION

7.1 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 successful

7.2 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.

8. AWARDS

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

1st place: will be awarded a Gold Medal Certificate.

2nd place: will be awarded a Silver Medal Certificate.

3rd place: will be awarded a Bronze Medal Certificate.

4th 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 organization 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.

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9. 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

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

10. 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.

11. 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.

#3SCOP26
#HarrogateKTA
#RangeSports
#JCalicuUk
#ScottishTKD
#OnlinePoomsae

12. DISCLAIMER

The process of entry and competition is carried out at the competitor's own risk; therefore HarrogateKTA 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.

13. QUESTIONS

Questions about the online rules or ambiguities can always be asked by mail rangesportsuk@gmail.com) and will be at the shortest convenience.



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