

Q & A Coaches Toronto Range Online First Edition 2021

1. Categories and cut-off system

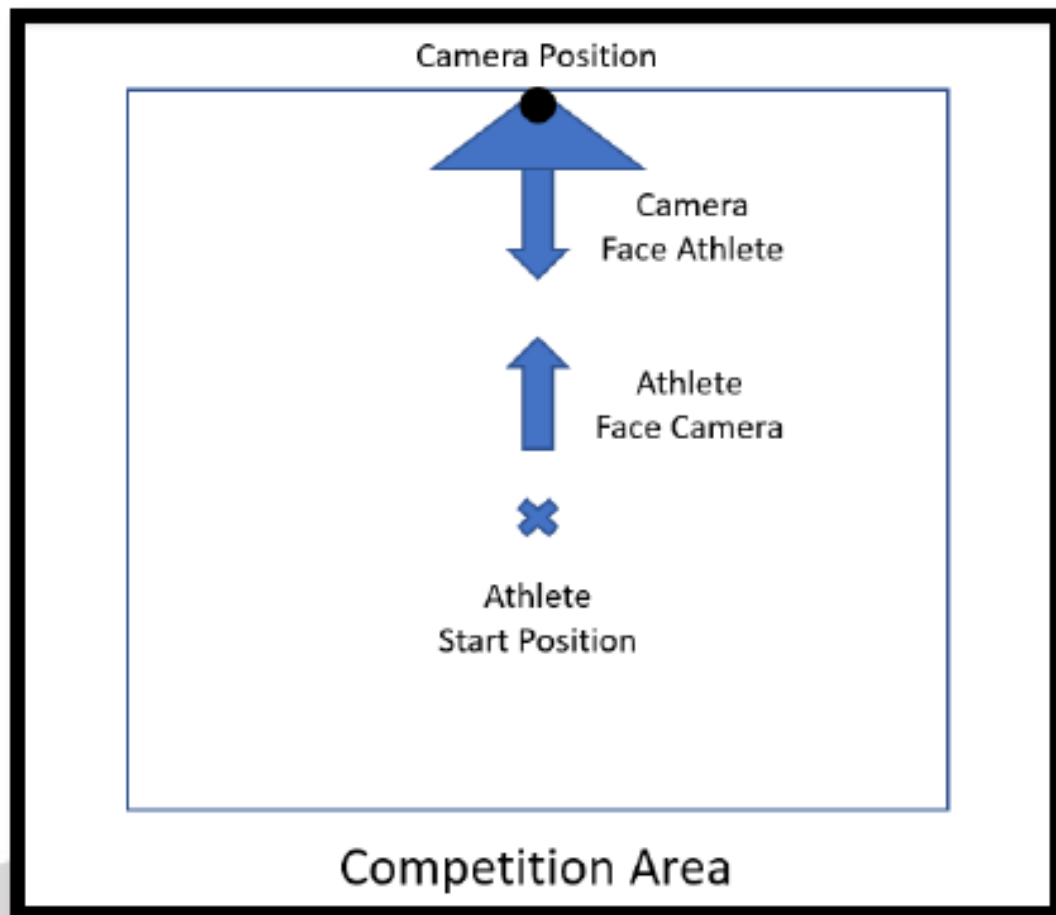
Different categories.

- Dan/poom
- K3, K2, K1 : only preliminaries and finals, **no semi-finals !!**
 - K3 (10th-7th kup) :
 - form is competitor's choice
 - can repeat forms, also in the same round
 - K2 (6th-3th kup):
 - form is competitor's choice
 - cannot repeat any form. All forms in both rounds must be different
 - K1 (2th-1th 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. How to record the videos



Details can be found in the outline and the document “Coaches guidelines and rules of competition TRO2021” delivered earlier.

3. Hands-on guidelines for TRO2021

- Poomsae performance can be recorded indoors or outdoors. Any kind of mat for safety is recommended, but it's allowed to perform with or without mats and at any places available. No boundary line rule applies.

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, 0.3 deduction from accuracy each additional step.

- Participants must wear a Taekwondo Dobok or Poomsae Uniform. Uniform with correct belt (exceptions are made for colour belts as we are aware that belts systems may be different in other countries).

If not 0.6 points deduction from the final score!!

- Participants are not allowed to wear any type of shoes or socks.

If they do 0.6 points deduction from the final score!!

- Male participants are not allowed to wear a T- shirt under their Taekwondo uniform.
- Female participants are allowed to wear a T- shirt under Taekwondo uniform. Colour is not defined.
- Participants are not allowed to wear any type of jewellery. Taping can be a solution (f.i. tape over earrings).

If they do 0.6 points deduction from the final score!!

- Participant's starting position must face toward the camera.

Follow-up by organization

- Video recordings should be done horizontally and in good quality

If recorded in portret mode 0.6 points deduction from accuracy of the first form!!

- Participant must at all time be full body inside the screen during Poomsae performance (including 30 seconds break) and must not be distanced too far away from camera during performance. (Position of camera: About 7m straight front whole body)

If

- part of the movement impossible to see : 0.3 deduction from accuracy each time
- whole body disappears : 0.6 deduction from accuracy each time
- if it happens during the break, 0.3 or 0.6 deduction from accuracy of the second form depending on the situation



- The camera must remain in the same position for the duration of the performance (not permitted to zoom in/out or pan up and down)
- It is not allowed to record the video in selfie-mode (= mirror mode)
- The sound recording must be of good quality, so kiaps are clearly audible.
If not 0.3 deduction from accuracy each time
- Adding sound effects to give a more powerful impression of the performance is not allowed.
Otherwise DSQ !
- There should be no disturbance during Poomsae performances in videos. No other persons or pets (except coach) should be visible in the screen.
If so 0.6 points deduction from accuracy
- It's not allowed to record both forms separately, and then edit the video to merge them
- Participants may only use a video entries 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 Championships. We count on your fair play!!
Otherwise DSQ!!
- Participants may display their identity and national flag in the background of the video. For example: landcode (GBR, BEL, KOR, DEN,...), national flag or club ID.
- 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.
 - No virtual backgrounds
 - No religious or political displays
 - NOC flags are recommended to be displayed**Otherwise DSQ!**
- Participants may wear a facemask or face covering if they wish, as long as their eyes and top half of their face is visible.
Otherwise DSQ !
- Participants should name the titles of their videos in the following styles; Round – Competitor Name – Category – Official landcode (3 letters) – TRO2021.
More details in the document “Coaches guidelines and rules of competition TRO2021” delivered earlier.
- All video links must be uploaded by Sunday August 1th (21:00 UK time, 15:00 EDT 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.
- Please make sure that your YouTube videos submitted to us are set to public settings or unlisted so the videos can be viewed by our judges. Videos set as private or hidden on YouTube cannot be viewed and therefore cannot be scored by judges, which will result in disqualification.