

## Coaches guidelines and rules of competition Toronto Range Online First Edition 2021



- 1- Poomsae performance can be recorded indoors or outdoors
- 2- Participants must wear a Taekwondo Dobok or Poomsae Uniform with correct belt (exceptions are made for colour belts as we are aware that belts systems may be different in other countries).
- 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 competition Taekwondo uniform.
- 5- Female participants are allowed to wear a T-shirt under their Taekwondo uniform.
- 6- Participants may not wear any type of jewellery.
- 7- Participant's starting position must face toward the camera
- 8- Recording with your mobile camera must be done by recording horizontally.
- 9- Recordings must be in good quality, without adding sound effects.
- 10- Participant must at all times have full-body inside view of camera and not too far away from the screen during the performance, also during the break between both forms.
- 11- There should be no disturbance during the Poomsae performance in the clip. No other persons or pets should be visible.
- 12- Repeating Poomsae recordings in the same video are not allowed in case the performance was unsatisfied.
- 13- Recorded Poomsae videos can only be used for one Championships (it is prohibited to use video's for two or more championships).
- 14- Athletes can show their own identity and are encouraged to present their national flag in the background (GBR, DEN, USA, KOR... & National flag or Club ID).
- 15- Participants may wear a facemask or face covering if they wish, as long as their eyes and top half of their face is visible.
- 16- Videos must be named in specific style and have a video description.  
Video name: Round – Name – Category – Nationality (show as 3 letters) – TRO2021 **(IN THIS EXACT ORDER)**.  
Video Description: name of the Poomsae they are performing.  
Example:  
**Video name** : Preliminary- Aaron Leith- Dan U30 M- GBR- TRO2021 (English only)  
**Video description** : Poomsae 1: Taebeock  
Poomsae 2: Shipjin
- 17- Links of all videos must be uploaded by Sunday August 1st (9pm UK time). Links to videos received after this date will not be allowed and registered as a DSQ (disqualified). We urge competitors to upload well in advance as to not run into technical upload difficulties hours before the deadline for entry.
- 18- Please make sure the videos are set to visible to all on YouTube. If it is private or hidden, the organization will not contact the competitor but will put the videos as disqualified.

Thank you and good luck with your competition!