

HOSTED BY THE
UWTA



Contest/Competition method

1. It will be recognized as the official record only if there are at least 4 participants or 4 groups (teams) in each category. However, the record will not be recognized as an official record in case there are less than 4 participants (groups) in each category, but the contest/competition will be conducted and awarded.
2. The Contest methods are divided as follows.
 - A. Cut-off
 - B. Tournament
 - C. Combination system: Cut-off + Tournament

Contest/Competition Procedures

1. Call for contestant

Each team and contestant should keep in mind that their order numbers and contest (competition) schedules. The brackets of the contestants shall be announced three times every minute three minutes prior to the scheduled start of the contest. When a contestant's bracket is announced, he/she should be ready in the contestants' staging area.

2. Giving up on the contest/competition

Any contestant who fails to appear in the contest (competition) area within one minute shall be regarded as having given up the contest (competition).

3. Inspection of body, uniform and apparatus

After being called, the contestants shall hold their ID cards and undergo inspection of body, uniform and apparatus before entering the staging area.

4. Replacing players

In the case of the team competition, it is possible to replace with a registered substitute player under the regulation procedures.

5. Entering the contest/competition area

Following the inspection, the contestant shall enter the contestant's staging area.

6. Contest/Competition procedures

A. The contestants shall begin with their performance or contest (competition) after the declaration of "Chul-jeon (entry)," "Cha-ryeot (attention)," "Gyeong-nye (bow)," "Jun-bi(ready)," and "Si-jak(begin)" by the Staff or the chief referee.

B. After the end of each performance or contest (competition), the contestants shall stand at their designated positions and make a standing bow at the staff's or the chief referee's commands of "Ba-ro(return)," "Geu-man (halt)," "Cha-ryeot (attention)," and "Gyeong-nye (bow)." Contestants shall wait until the referee displays or the chief referee declares the "Seung-pae"(winner).

7. Leaving the contest/competition area

A. After the contest or competition, the contestant shall leave the contest area upon the staff's or chief referee's command.

Awards

Awards will be distributed based on the results of the contest/competition by event and division. However, types and details of awards may be changed depending on the situation of the event.

Award types

Each event has one first place (one team), one second place (one team), and two third place (two teams).

Award details

A. Individual/Pair

First place (1 person): Certificate with a gold medal

Second place (1 person): Certificate with a silver medal

Third place (2 people): Certificate with a bronze medal

B. Group

First place (1 team): Certificate (team, individual) and a gold medal (individual)

Second place(1 team): Certificate (team, individual) and a silver medal (individual)

Third place(2 teams): Certificate (team, individual) and a bronze medal (individual)

* If a contestant or team is stripped of their prize as a result of breaking the rules, the next contestant or team in line will succeed their rank.

Regulations on Refereeing Officials

Qualifications

Those who hold a referee certificate for the World Taekwondo Hanmadang issued by the Kukkiwon may be appointed as a referee for the California Kukkiwon Hanmadang. In addition UWTA Certified judges may be utilized to augment licensed judges.

Composition and Assignment of Referees

1. The referees are appointed by the Chairperson or Chief Referee.
2. The referees are composed of Chief Referee and Assistant Referee.
3. The composition and the assignment of refereeing officials can be different depending on the situation of each event. UWTA certified Judges will also be utilized as hanmadang judges for this event due to their having been trained in the hanmadang scoring system.

Contest (Competition) Rules

Authorized Poomsae

Authorized Poomsae refers to Poomsae formulated by the Kukkiwon.

1. Contest method: Cut-off, tournament
2. Contest time: More than 30 seconds and less than 90 seconds
3. Uniform: Kukkiwon Approved Dobok or WT Poomsae Dobok

4. Number of Contestants: Individual - one person, Pair - two people Group, - three to five people

A. The number of contestants of the group contest and the method of contest may be varied depending on the situation of the event for the corresponding year. Any changes shall be posted in the Hanmadang outline.

1. A team contest consists of males, females, or mixed gender (males and females). The ratio of males to females is not specified; but there must be a minimum of one female on a team.
2. In case there is a shortage of members in the pair or group contest among the international teams, younger contestants may apply for older divisions.
3. The age and number of contestants may vary depending on the characteristics of the Hanmadang event of the corresponding year.

Division	<9 years old	< 12 years old	< 15 years old	< 18 years old	< 29 years old	< 39 years old	< 49 years old	< 59 years old	+60 years old	
Age (year)	up to 9	10–12	13–15	16–18	19–29	30–39	40–49	50–59	+60	
Individual	M	1 person	1 person	1 person	1 person	1 person	1 person	1 person	1 person	1 person
	F	1 person	1 person	1 person	1 person	1 person	1 person	1 person	1 person	1 person
Division	<9 years old	< 12 years old	< 15 years old	< 18 years old	< 29 years old	+30 years old				
Age (year)	up to 9	10–12	13–15	16–18	19–29	+30 years old				
Pair	2 people	2 people	2 people	2 people	2 people	2 people				
Team	3–5 people	3–5 people	3–5 people	3–5 people	3–5 people	3–5 people				

Designated Poomsae of each division

1. Black Belt Contestants must demonstrate two Poomsaes for the designated Poomsae of their division. In all cases for this event the individual will perform their current poomsae and previous poomsae tied directly to the individuals current rank. Colored belts will only perform their current poomsae tied directly to their belt or gup level as dictated by the Kukkiwon (see below).
 - a. **Black Belt Examples:** 1st Dan will perform Koryo and Paljang, 2nd Dan will perform KumGam and Koryo, 3rd Dan will perform TaeBaek and KumGam, 4th Dan will perform PyongWon and TaeBaek, 5th Dan will perform SipJin and PyongWon, 6th Dan will perform Jitae and SipJin, 7th Dan will perform ChonKwan and Jitae, 8th Dan will perform HanSu and Chonkwan
 - b. **Colored Belt Examples:** 8th Gup Yellow will perform Taegeuk IL Jang only, 7th Gup Yellow belt will perform Taegeuk Yi Jang only, 6th Gup Green belt will perform Taegeuk Sam jang only, 5th Gup Green belt will perform Taegeuk Sa Jang only, 4th Gup Blue belt will perform Taegeuk O Jang

only, 3rd Gup Blue belt will perform Taegeuk Yuk Jang only, 2nd Gup Red belt will perform Taegeuk Chil Jang only, 1st Gup Red belt will perform Taegeuk Pal Jang only.

Compulsory regulations

1. Poomsae techniques are based on the technical regulations enacted by the Kukkiwon.
2. Poomsae formation can be composed freely.

Marking criteria

1. Accuracy (4.0): Basic techniques, detailed movements of each Poomsae, and balance.
2. Expressivity (6.0): Speed and power, balance (sturdiness and gentleness, tempo, and rhythm) and expression of energy

* Marking follows the detailed marking criteria.

Authorized Poomsae Score Chart

Colored Belt/Black Belt Marking methods

1. Color belts will be scored utilizing the UWTA Gup Scoring System

- *Scoring of color belts, will be performed using a bracket system. Poomsae competitors will be placed in a bracket (similar to the one used for sparring) and will be run off against each other. The brackets will use the same bye system as used in sparring. Judges will point to the competitor they feel is the winner of each round (declare blue or red competitor the winner) and will not give competitors scores.*

2. Black Belts will be scored utilizing the UWTA Score Card System and Kukkiwon Accuracy & Expressivity System for deduction criteria.

- *Black Belt division poomsae matches will utilize three or five judges, with one judge appointed as the Center judge. The scores of the competitors are a comparison score based on the competitors in the ring, and not based upon the excellence of the poomsae itself. All judges will be judging the overall poomsae.*

A. The total score is 10.0 points.

3. Accuracy /Expressivity

The scoring for accuracy in the Poomsae contest is evaluated quantitatively based on whether the contestants match the basic technique guidelines and the scoring criteria for each Poomsae as stipulated by Kukkiwon.

A. It is evaluated whether the contestants carry out movements in accordance with the movements of the basic Taekwondo techniques defined by the Kukkiwon.

Contest	Age classification	Designated Poomsae
Individual	< 9 years old (Up to 9 years old)	Current Rank Poomsae & 1 Below

	< 12 years old (10–12 years old)	Current Rank Poomsae & 1 Below
	< 15 years old (13–15 years old)	Current Rank Poomsae & 1 Below
	< 18 years old (16–18 years old)	Current Rank Poomsae & 1 Below
	< 29 years old (19–29 years old)	Current Rank Poomsae & 1 Below
	< 39 years old (30–39 years old)	Current Rank Poomsae & 1 Below
	< 49 years old (40–49 years old)	Current Rank Poomsae & 1 Below
	< 59 years old (50–59 years old)	Current Rank Poomsae & 1 Below
	+60 years old (+60 years old)	Current Rank Poomsae & 1 Below
Pair and Team	< 9 years old (Up to 9 years old)	Current Highest Rank Poomsae of Pair or Team & 1 Below
	< 12 years old (7–12 years old)	Current Highest Rank Poomsae of Pair or Team & 1 Below
	< 15 years old (13–15 years old)	Current Highest Rank Poomsae of Pair or Team & 1 Below
	< 18 years old (16–18 years old)	Current Highest Rank Poomsae of Pair or Team & 1 Below
	< 29 years old (19–29 years old)	Current Highest Rank Poomsae of Pair or Team & 1 Below
	+30 years old	Current Highest Rank Poomsae of Pair or Team & 1 Below

B. It is evaluated whether the contestants carry out movements according to the order of techniques for each Poomsae and the stipulated movements of the techniques.

4. Balance

A. Proper Lining of the Body (Head, Torso, Below Waist): The lining of the central line of the body in the front and sides and the lining of the horizontal lines of the shoulders will be evaluated.

B. Left/Right (Hand Techniques) and Up/Down (Coordinated Techniques of the Upper and Lower Body)
According to the Use of Arms and Legs: The balance between the strength and speed of the Chagi will be evaluated.

C. The balance of the body's will be evaluated.

D. The accuracy evaluation will be based on the point, line, and side

- 1) The starting and ending location for the "Point" techniques
- 2) The progress from the starting location to the ending location for the "Line" techniques
- 3) The harmony of the body when the "Side" movements are completed

Expressivity

Expressivity is scored by qualitatively evaluating high-level technical completion, the inherent meaning of each Poomsae, the techniques of each Poomsae, and whether the characteristics and connections between movements were expressed properly.

Scoring standards	Marking Criteria	Marking Criteria Details	Point
4.0	Accuracy	Basic movement, detailed movement of each Poomsae, balance	4.0
6.0	Expressivity	Speed and power	2.0
		Harmony (sturdiness and gentleness, tempo, and rhythm)	2.0
		Expression of energy	2.0

A. Speed and Power: The speed and power of Poomsae shall be expressed by resilient movements made using the strength of the lower body and the central axis. The expression of sturdiness and gentleness, tempo, and rhythm should be connected without any pause in accordance with technical characteristic which is required for each movements of Poomsae.

B. Harmony (sturdiness and gentleness, tempo, and rhythm): The balance of Poomsae means that characteristics of the technique is naturally expressed by means of controlled sturdiness and gentleness, and rhythm.

- 1) Sturdiness and gentleness: Sturdiness means that the movements conclude with unity between movements, breathing, and mind, and means that energy and vigor are released. Gentleness means that

the body is being adapted by the body movement with the central axis in a preliminary motion so as to enhance power and energy.

2) Controlling: Controlling is adjusting the entire flow of all Poomsae and connections between each movement.

3) Rhythm: Rhythm refers to the flow of sturdiness and gentleness, and controlling. It also means that sturdiness and gentleness, and controlling are smoothly expressed in line with features of connected movements of each Poomsae.

4) Expression of energy: It represents the level of expression of internal and external movements with dignity and elegance. This is demonstrated through one's proficiency including the amplitude of motions, concentration, spirits, discipline, and self-confidence. Evaluation items are eye contact, Yell ("Ki-hap"), attitudes, the state of the uniform, and an imposing appearance shown throughout the Poomsae movements.

Marking methods by item

1. Accuracy

Point deductions shall be given each time a contestant fails to accurately perform basic techniques or detailed movements or loses balance while executing each Poomsae.

A. 0.1 point deduction:

- 1) In the case that the start, mid-process, and end of the movements are different from the basic techniques
- 2) In the case that the axis foot moves before the body's center shifts
- 3) In the case that the movements of the stance and the hand are not consistent
- 4) In the case that the used body parts are not expressed properly
 - a) In the case that the wrist is bent forward or bent backward when perform offensive and defensive hand techniques (extraordinary movements: (Palm Heel).
 - b) In the case that the fingers are spread during movements that use the open hand.
 - c) In the case of the ball of the foot or foot blade is not fully shown during kicking.
- 5) When offensive and defensive technical movements of the hand techniques fail to hit the target
- 6) Failing to show the prescribed stance
- 7) Unnecessary preparation
- 8) Balance lost in the middle or after movements

B. 0.3 point deduction:

- 1) Performing technical movements different from composition of Poomsae basic techniques
- 2) Pausing for more than two seconds in the middle of the contest
- 3) Pausing and then resuming from the beginning (the number of redundant movements × 0.3-point deduction)
- 4) Both feet of a contestant cross the boundary line of the contest area in the middle of the contest
- 5) Failing to make Kihap or carry it out with the other movements
- 6) Big mistakes are clearly recognized (both feet cross the Poomsae line)

7) In the case that the contestant connects to the next movements after failing to completely express the technical movements between movements

8) Supporting foot moves twice during kicking

9) In the case that time is not met or exceeded

C. 3.0 point deduction:

If the number of contestants does not meet the required limit, 3.0 points will be deducted per person.

2. Expressivity

Full marks for expressivity are 6.0 points for 3 items.

A. In an attack and defense that uses the arms, the elbow shall face down, shoulders shall not be raised, and the chest should be naturally spread

B. Speed shall be expressed through resilient motions that use the central axis while making the lower body sturdy through breathing

C. The attack and defense shall be acquired through the organized connection of the central axis, arms, and legs

D. Desirable expressivity shall be comprised of a spinning of the central axis and high flexibility

E. Stepping and turning shall be executed by naturally shifting weight to the central axis, using the waist, without putting a strain on the body

F. The connection between movements shall be made by controlling the sturdiness and gentleness in accordance with the characteristics of each Poomsae. Moreover, movements shall be connected without pauses

G. Skilled expression means the use of gentleness, central axis, segmentation, ground reaction force, etc.

Penalty {Disqualification ("Sil-gyouk")}

1. Entering the contest on behalf of other contestant

2. When the contestant fails to follow the regulations regarding Designated Poomsae, mixed gender, and the uniform prescribed by the Hanmadang outline

3. When the contestant does not perform more than 4 movements in a row or performs the wrong movements 12 decision of contest

****The decision of the contest shall be made in accordance with the Referee Decision and Publication.***

Creative Poomsae

Creative Poomsae is newly created by applying various techniques, based on the Taekwondo textbook published by the Kukkiwon.

1. Contest method : Cut-off

2. Contest time : More than 70 seconds and less than 80 seconds

3. Uniform : Kukkiwon Approved Dobok

4. Number of contestants : Group contest - three to five people (It may be varied depending on the situation of the event. Classification by age and gender

A group contest consists of males, females, and mixed gender (males and females). The ratio of males to females is not specified; but, there must be both male and females.

**** In case there is a shortage of members among the international teams, if they have less members in the pair or group contests, younger contestants may apply for older divisions.***

Compulsory regulations

1. Yeon Mu line (Poomsae line): To be composed freely by contestants
2. Number of Poom: One poom consists of five movements
3. Technical regulation: Block and attack techniques can be used freely in the composition.
 - A. Designated technique movements: All contestants should include designated technical movements in their Poomsae. However, they may be varied depending on the situation of the event. Any change shall be specified in the Hanmadang outline.
 - 1) Repeating side kick: 2 times
 - 2) Jumping side kick: 2 times
 - 3) Back kick: 2 times
 - 4) Back whip kick: 2 times
 - 5) Tornado kick: 2 times
 - 6) 540°back whip kick
 - B. Only basic technical movements of Taekwondo or practical applications are accepted.
 - C. Only original kicking techniques or application movements can be composed for kicking movements.
 - D. Poomsae hand techniques shall be applied for composing hand techniques.
4. Music: Composed freely by contestants, Music cannot not have inappropriate language. Appropriateness to be determined by the host, Chairperson or Chief Referee
5. For each creative Poomsae, the director or coach must include the name and purpose of Creative Poomsae philosophy, each movement names, the number of movements, and Yeon Mu line.
6. If more than two teams are participating from one group (association), the creative Poomsae routines shall be different from each other.

Marking Criteria

Recorded scores will be calculated as basic points.

1. Accuracy (4.0): Basic techniques, detailed Poomsae movements of each Poomsae, and designated technical movements
 - A. Accuracy of the movement: Accuracy of Taekwondo movements (basic position and basic techniques)
 - B. Designated technical movements: Techniques designated by the Hanmadang regulations

2. Program arrangement (6.0): Expressivity, speed and power, rhythm, and creativeness

A. Skill (2.0): Control the speed, sturdiness and gentleness of power, balance, and rhythm

B. Unity (2.0): Unity of team performance movements

C. Creativeness (2.0): Composition, pattern, and value of Poomsae

3. Creative Poomsae Score Chart

Marking Criteria	Marking Criteria Details	Point
Accuracy(4.0)	Accuracy of detailed movements of each Poomsae	4.0
	Designated technical movements	
Program arrangement(6.0)	Skill	2.0
	Unity	2.0
	Creativeness	2.0

Marking methods

1. Accuracy

A. Accuracy of the movement: One mistake in technical movements (detailed movements of each Poomsae) will earn the deduction ("Gam-jeom") of 0.1 point.

B. A 0.3-point deduction will be given in case of pausing for more than two seconds in the middle of the contest

C. Pausing and then resuming from the beginning (the number of redundant movements × 0.3-point deduction)

D. A 0.3-point deduction when both feet cross the boundary line of the contest area

E. Designated technical movement: A 0.3-point deduction in case of a failure of making movements designated in the compulsory regulations of the Creative Poomsae

2. Program arrangement

A. Skill: Control the speed, sturdiness and gentleness of power, balance, and rhythm

B. Unity: Unity of team Poomsae movements

C. Creativeness: After the contest is over, all aspects (suitability of the value of Poomsae, pattern, composition) will be evaluated and scored.

3. Deduction

- A. If a contestant lacks or exceeds the time, 0.3 points will be deducted for every 10 seconds.
- B. If the number of contestants does not meet the required limit, 3 points will be deducted per person.

4. Penalty {Disqualification ("Sil-gyouk")}

- A. Entering the contest on behalf of other contestants
- B. When any team copies another team's Creative Poomsae
- C. When wearing the incorrect Dokok

Decision of contest

The decision of the contest shall be made in accordance with the Referee Decision and Publication.