



**Let's Have Fun with Poomsae
And fight against Covid-19 Together!**

2nd Poomsae Lover Online Championships 2021

February 1 – March 12, 2021

www.Poomsae.org

Sponsored by



Promoter

Taekwondo Poomsae Lover

<https://www.facebook.com/PoomsaeLover>

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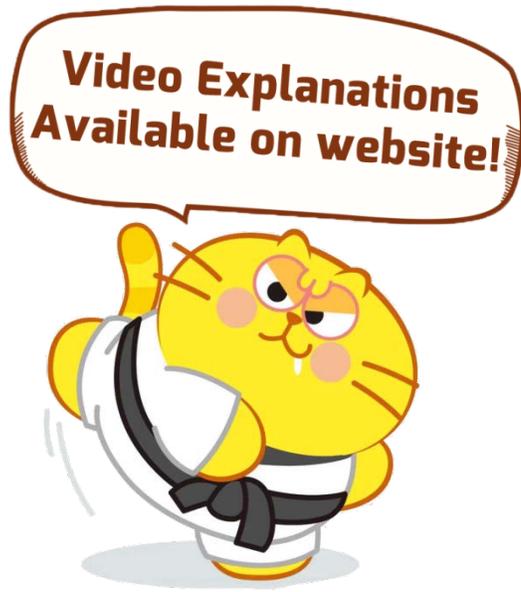
 info@poomsae.org

 +1 681-222-7326 (WhatsApp)

Invitation

Dear Taekwondo Families:

COVID-19 pandemic made a huge impact on the Global Taekwondo industry. All Taekwondo families are going through a difficult time. We hope to make fun and happiness for all Poomsae Lovers through this online event. And ignite our passion, exchange experiences during this online Poomsae competition.



Date & Schedule (All time is calculated by GMT +9 Korea time zone)

Feb.1-Feb.28 23:59 Registration online at poomsae.org and submit Videos

Feb.20 20:00 Online Representative meeting

Mar.1-12 Scoring & Publishing (NOT LIVE competition)

*Schedule may be adjusted according to the actual situation..

Qualification

This is an OPEN Championship for all Poomsae lovers over the world. There is NO restriction on qualification. But the participating teams must respect and following the World Taekwondo Poomsae Competition Guidelines and Rules.

*It's recommended to ask your local MNA for a permit in advance.

Rules

Apply with World Taekwondo Poomsae Competition Rules & Interpretation, in force as of May 14, 2019, with **Online Poomsae competition rules attached below.**



Divisions & Categories:

Individual Recognized Poomsae (Separate male and female divisions)

Color belt Grassroot (Level 7 – Level 10)

- Kids1 6-8 years old [2013-1-1 ~ 2015-12-31]
- Kids2 9-11 years old [2010-1-1 ~ 2012-12-31]
- Cadet 12-14 years old [2007-1-1 ~ 2009-12-31]
- Junior 15-17 years old [2004-1-1 ~ 2006-12-31]
- Over 18 18 years and above [Any date ~ 2003-12-31]



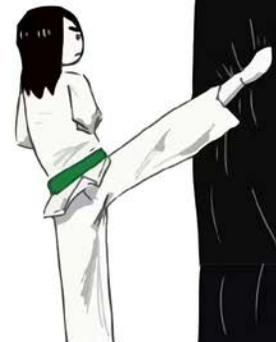
Color belt Intermediate (Level 4 – Level 6)

- Kids1 6-8 years old [2013-1-1 ~ 2015-12-31]
- Kids2 9-11 years old [2010-1-1 ~ 2012-12-31]
- Cadet 12-14 years old [2007-1-1 ~ 2009-12-31]
- Junior 15-17 years old [2004-1-1 ~ 2006-12-31]
- Over 18 18 years and above [Any date ~ 2003-12-31]



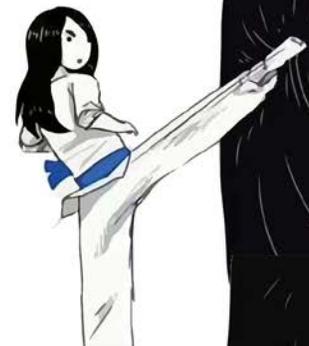
Color belt Advanced (Level 1 – Level 3)

- Kids1 6-8 years old [2013-1-1 ~ 2015-12-31]
- Kids2 9-11 years old [2010-1-1 ~ 2012-12-31]
- Cadet 12-14 years old [2007-1-1 ~ 2009-12-31]
- Junior 15-17 years old [2004-1-1 ~ 2006-12-31]
- Under 30 18-30 years old [1991-1-1 ~ 2003-12-31]
- Over 30 over 31 years old [Any date ~ 1990-12-31]



Poom/Dan (Blackbelt):

- Kids1 6-8 years old [2013-1-1 ~ 2015-12-31]
- Kids2 9-11 years old [2010-1-1 ~ 2012-12-31]
- Cadet 12-14 years old [2007-1-1 ~ 2009-12-31]
- Junior 15-17 years old [2004-1-1 ~ 2006-12-31]
- Under 30 18-30 years old [1991-1-1 ~ 2003-12-31]
- Under 40 31-40 years old [1981-1-1 ~ 1990-12-31]
- Under 50 41-50 years old [1971-1-1 ~ 1980-12-31]
- Under 60 51-60 years old [1961-1-1 ~ 1970-12-31]
- Under 65 61-65 years old [1956-1-1 ~ 1960-12-31]
- Over 65 Over 65 years old [Any date ~ 1955-12-31]



List of Designated Poomsae:

Color belt Division	Final Round	Elite Round
Color belt Grassroot (All ages)	Taegeuk 1 Jang	Taeguek 2 Jang
Color belt Intermediate (All ages)	Taegeuk 3 Jang	Taeguek 4 Jang
Color belt Advance (All ages)	Taegeuk 5 Jang	Taeguek 7 Jang

Poom/Dan Division	Preliminary	Semi-Final	Final
Poom/Dan Kids 1	T4	T5, T8	T6, T7
Poom/Dan Kids 2	T3	T4, T8	T5, Koryo
Poom/Dan Cadet	T5	T4, Koryo	T6, Keumgang
Poom/Dan Junior	T7	Taebaek T5	Koryo Keumgang
Poom/Dan Under 30	Keumgang	Taebaek Pyongwon	Koryo Sipjin
Poom/Dan Under 40	Taebaek	Sipjin Pyongwon	Koryo Keumgang
Poom/Dan Under 50	Jitae	Pyongwon Chonkwon	Keumgang Sipjin
Poom/Dan Under 60	Koryo	Pyongwon Jitae	Chonkwon Sipjin
Poom/Dan Under 65	Taebaek	Keumgang Chonkwon	Pyogwon Hansu
Poom/Dan Over 65	Sipjin	Hansu Chonkwon	Keumgang Taebaek

Notice:

Color belt divisions should submit 1 Poomsae video for the final round and 1 Poomsae video for Elite Round, Totally should submit 2 videos for 2 Poomsaes. However if you didn't learn the Elite Poomsae yet, You can just participate in the Final round, and leave the Elite link blank in the system. (It's recommended to challenge yourself by this chance.)

Poom/Dan Blackbelt divisions **should submit all 5 videos** with 1 Poomsae for the preliminary round, 2 Poomsae for the semi-final round, and 2 Poomsae for the final round.

Individual Freestyle Poomsae (Separate male and female divisions)

Poom/Dan (Blackbelt):

- Under 17 12-17 years old [2004-1-1 ~ 2009-12-31]
- Over 17 18 years old and above [Any date ~ 2003-12-31]

Individual Cosplay Poomsae (NEW)

Cosplay Poomsae

- All age all level, no age limit, anyone can participate.



You should wear a cosplay suit/uniform to cosplay a character from a comic or film or cartoon, etc. And performing any of the recognized Poomsae.

Video can be edited and added special effects and music.

For more detail please see samples on the official website.

*Cosplay Poomsae division is **experimental**, just for fun and make happiness.

So there is no scoring, no payment, no standing in this division.

Participation E-certificate will be issued.



*Reference of Level in color belt divisions:

Level and belt system may differ depending on your WT MNA. Here is some reference:

White -> Level 10

Yellow, orange -> Level 8

Green

Blue, Blue 1 -> Level 4

Brown, Red -> Level 2

White yellow stripe or yellow -> Level 9

Yellow 2, Yellow Green stripe -> Level 7

-> Level 6 Green Blue stripe, Green 2 -> Level 5

Blue 2, purple, Blue Red -> Level 3

Red, Brown red, red-black -> Level 1

In some WT MNAs Level system will be different, We will recognize the national MNA's official level system (For fair play, We may ask you to show your official certificate issued by your MNA to identify the certain level. The level certificate issued within 2 years will be recognized.

Poom/Dan Division only require a Dan cert issued by Kukkiwon or WT MNA.

Competition System

Individual Recognized Poomsae (Color belt Divisions):

In one division, athletes will be separated into a couple of groups within a maximum of 4 athletes per group.

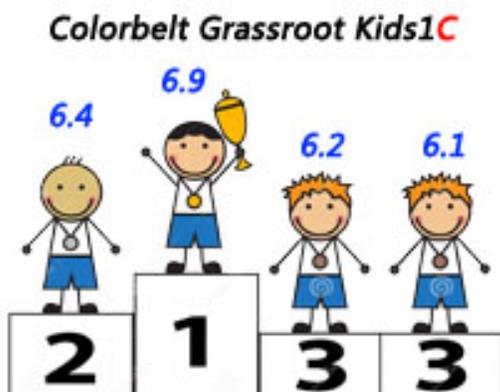
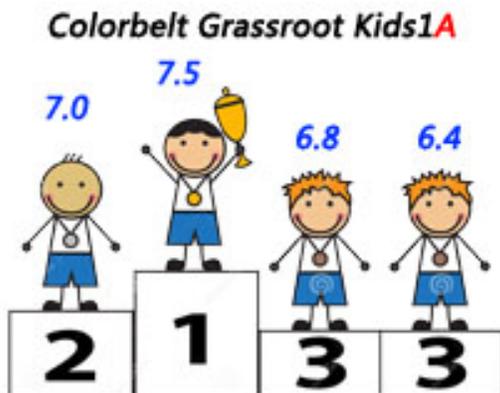
Final Round: All athletes shall perform 1 compulsory Poomsae.

Cut-off system will be applied in this round for each group.

Players will stand as 1x Gold, 1x Silver, 2x Bronze in his group.

For example in the division: Colorbelt Grassroot Kids1 we have 15 Participants

They would be separated into 4 groups with 3-4 athletes in each group as below.



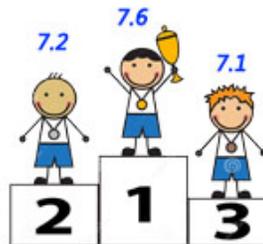
Elite Round: **Top 50%** to maximum 8 athletes with the highest score of the **whole division** in the Final round will going to the Elite round, he/she shall perform 1 compulsory Poomsae. And there would be another 1x Gold, 1x Silver, 2x Bronze, 4x 5th places (If applicable) in this round. Medals will be issued to the top 4 players in this round.

*Elite round is optional, It's your own choice to challenge or not in this round.

Colorbelt Grassroot Kids1A



Colorbelt Grassroot Kids1B



Top 4-8 athletes in whole division will go to the Elite round

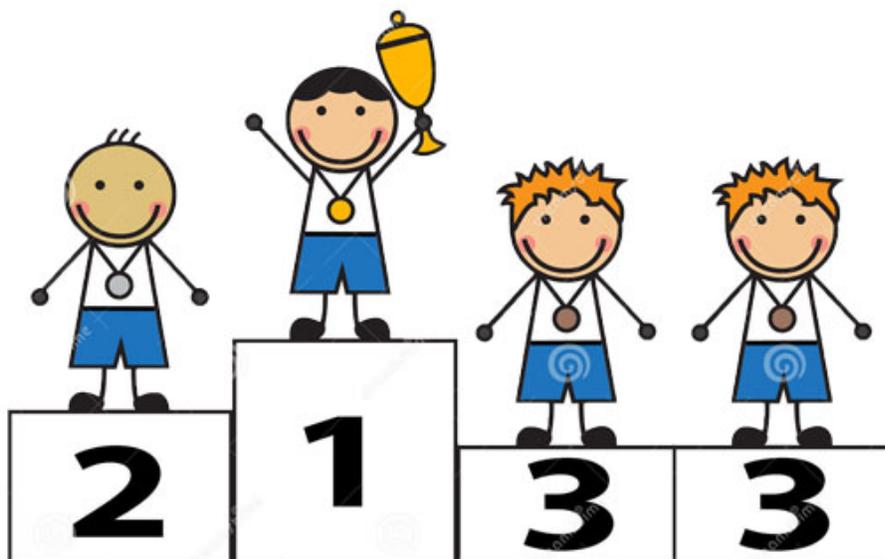
Colorbelt Grassroot Kids1C



Colorbelt Grassroot Kids1D



*Another Elite Round Cutoff competition in top 4-8 athletes
Then we have standing on Colorbelt Grassroot Kids1 **Elite***



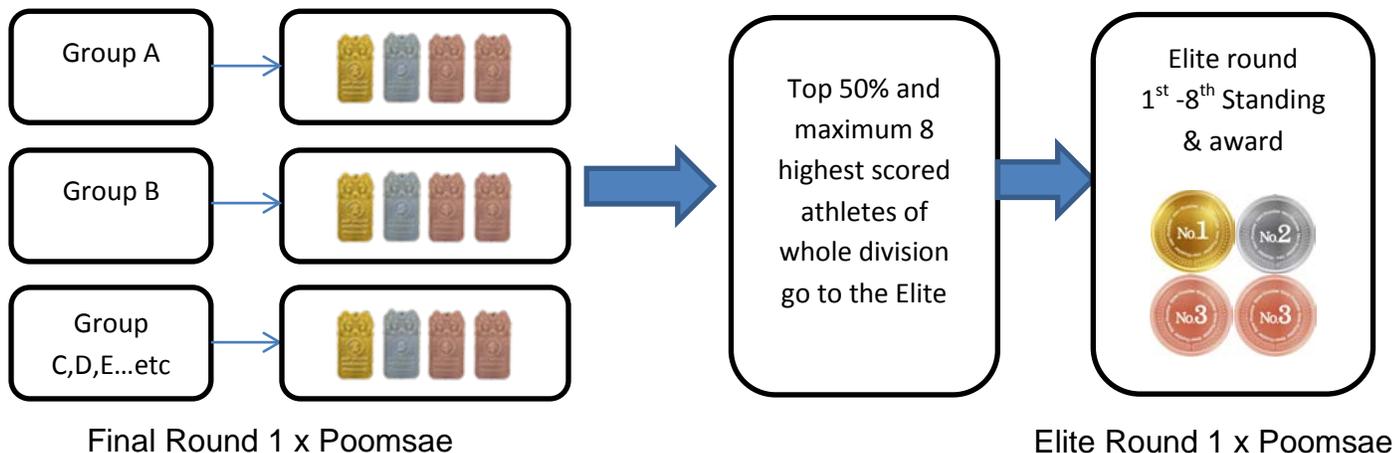
Individual Recognized Poomsae (Poom/Dan Divisions):

Preliminary round: Athletes in the same division will be separated into a couple of groups within a maximum of 4 athletes. All athletes shall perform 1 compulsory Poomsae as Cut-off system. Players will stand as 1x Gold, 1x Silver, 2x Bronze in his group. (Same procedure like color belt's final round. And there are less than 20 who participated, we'll skip this round and go to the semi-final round with groups separated.)

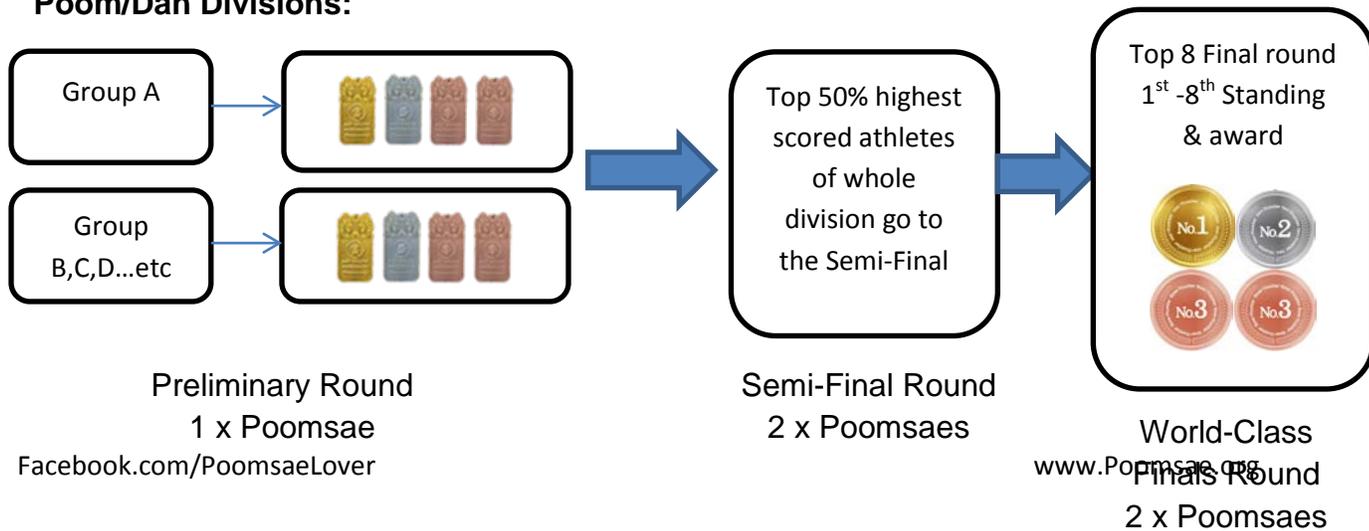
Semi-finals: Top 50% of the preliminary round athletes in the whole division shall perform 2 compulsory Poomsaes in this round.

World-Class Finals: Top 8 athletes in the previous round shall perform **2 compulsory Poomsaes** within 90 seconds for each. (If there are less than 8 athletes left in Semi-Final, we'll directly go to the final round separated into 1-2 groups first. Then merge the group(s) to decide the final standings and medals.)

Color Belt Divisions:



Poom/Dan Divisions:



International Referee Team:

We are proud to have 11 World Taekwondo licensed & experienced International Poomsae Referees officiating at this event.



**SOON MIN
JANG
(USA)**

WT POOMSAE WORLD CHAMPIONSHIPS [2018]
PANAM POOMSAE CHAMPIONSHIPS [2018]
WT ONLINE POOMSAE WORLD CHAMPIONSHIPS [2020]



**SUZUKI
HIDETOSHI
(JPN)**

WT POOMSAE WORLD CHAMPIONSHIPS [2018]
ASIAN MARTIAL ART GAMES [2018]
FOUNDER OF JAPAN W.A.T.A OPEN CHAMPIONSHIPS



**YU
TAI
(CHN)**

WT POOMSAE WORLD CHAMPIONSHIPS [2014,18]
ASIAN TAEKWONDO CHAMPIONSHIPS [2016]
THE 18TH ASIAN GAMES [2018]



**ATUL
PANGOTRA
(IND)**

TAEKWONDO FEDERATION OF INDIA - REFEREE CHAIR
EUROPEAN ONLINE POOMSAE CHAMPIONSHIPS [2020]
WT ONLINE POOMSAE WORLD CHAMPIONSHIPS [2020]



**HEE YOUNG
KIM
(KOR)**

JEONJU KOREA OPEN INTL CHAMPIONSHIPS [2017,19]
WT ASIA PRESIDENT'S CUP [2019]
ASIAN OPEN TAEKWONDO CHAMPIONSHIPS [2019]



**SANNY
HARSONO
(INA)**

CHUNCHEON KOREA INTERNATIONAL OPEN [2019]
ASIAN OPEN TAEKWONDO CHAMPIONSHIPS [2019]
ASIAN ONLINE POOMSAE CHAMPIONSHIPS [2020]



**DUFFY
DAMIAN
(IRL)**

PORTUGAL LISBON INTERNATIONAL OPEN [2016-2019]
EUROPEAN POOMSAE CHAMPIONSHIPS [2019]
WT ONLINE POOMSAE WORLD CHAMPIONSHIPS [2020]



**WONG PO
SHING, JOE
(HKG)**

ASIAN POOMSAE CHAMPIONSHIPS [2014-17,19]
THE 18TH ASIAN GAMES [2018]
ASIAN ONLINE POOMSAE CHAMPIONSHIPS [2020]



**PAULO
MARTINS
(POR)**

FOUNDER OF PORTUGAL LISBON INTERNATIONAL OPEN
EUROPEAN POOMSAE CHAMPIONSHIPS [2019]
WT ONLINE POOMSAE WORLD CHAMPIONSHIPS [2020]



**NONTAWAT
AMARAKUL
(THA)**

THAILAND CHAMPIONSHIPS [2017-2020]
HEROS INTERNATIONAL CHAMPIONSHIPS [2018-2020]
POOMSAE LOVER ONLINE CHAMPIONSHIPS [2020]



**QI
ZHANG
(CHN)**

***TECHNICAL STAFF**

WT POOMSAE WORLD CUP CHAMPIONSHIPS [2019]
EUROPEAN ONLINE POOMSAE CHAMPIONSHIPS [2020]
WT ONLINE POOMSAE WORLD CHAMPIONSHIPS [2020]

Online rules and deductions:

Allow performing with or without the mat and any places available (not allowed to perform on the spring floor for freestyle)

Failed for back to the start point will not be deducted.

-0.3 points deductions:

1. 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 each additional step.
2. Each hand and or foot movement cannot be seen by the referee as the participant moves beyond the camera's view.
3. Each hand and or feet movement cannot be seen by the referee due to poor lighting (i.e., backlighting, lighting too bright/dim, etc).
4. Each Ki-hap cannot be heard by the referee
5. Overtime (At more than 90 seconds in recognized Poomsae or more than 100 seconds in freestyle Poomsae or less than 90 seconds in freestyle Poomsae.).

-0.6 points deductions

1. Performing incorrect Poomsae.
2. Object, person, or pet coming into the field of play while executing Poomsae. (Coach is allowed to appear but not allowed to do any kind of instruction.)
3. Once the more than 1/2 body cannot be seen by the referee.
4. Wearing incorrect Uniform(dobok) or belt, or wearing shoes/jewelry/watch.
5. Restart

Disqualifications

1. Video that has been edited or show proof of editing. (Except cosplay division)
2. Submission of wrong videos or registered in the wrong division.
3. In compliance with recording guidelines.
4. Display of political, religious, and non-recognized NOC flags.
5. Movement of the camera during the performance(up/down and zoom in/out)
6. Fake Levels, E.g.: high level perform in low level's division.
7. Fake Identify / Wrong player.
8. Deliberately adjust the height of the camera to obtain unrealistic effects.

2nd Poomsae Lover Special rule:

The athlete should look at the target during kicking.

If the athlete's eye is looking parallel during a high kick. We will **not deduct on the accuracy.**

If the athlete's eye is looking down or he/she closed eyes during a kick,
We will give a -0.3 deduction on the accuracy score.

If the video was too much blur as the athlete's looking direction cannot be seen by the referee clearly, Then -0.1 deduction on accuracy will be given each time the athlete kicks.

Bandage or support is not allowed, Except submitted declaration to OC in advance.

Due to space restriction, stomping without sound is allowed and won't be deducted.

Recording guidelines:

Recording

Position of the camera:

About 7m straight front & belt height to cover the whole body during Poomsae performance

When any part of the player body is cut-off by the video frame a -0.3 points deduction will apply for every time. If the whole body out shall be 0.6 points will be deducted for every Poomsae movement each time.

Quality of video recording is responsible for the athlete.

The camera must be in a horizontal position.

The camera must remain in the same position for the duration of the performance (not permitted to zoom in and out or pan up and down).

Resolution 1080p (HD), minimum resolution 720p (HD) at 30 frames per second.

1080p with 50-60 frames per second is highly recommended.

Backgrounds & Backdrop:

No virtual backgrounds.

No religious or political displays.

IOC recognized NOC flags are recommended to be displayed.

Uniform allowance:

Color belt Divisions:

Regular white dobok with a white neck, Poomsae competition dobok with certain age/divisions is allowed. If you don't have a white neck, it's allowed to wear the black neck or Poom/dan dobok with the correct age and gender. Please refer to the following table:

	Kids1/ Kids2 Male	Cadet Male	Junior Male	Under 30 Male	Over 30 Male	Kids1 /Kids2 Female	Cadet Female	Junior Female	Under 30 Female	Over 30 Female
Regular Dobok white neck	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES
Regular Dobok Red & Black neck	YES	YES	*OK	NO	NO	YES	YES	*OK	NO	NO
Regular Dobok Black neck	NO	NO	*OK	*OK	*OK	NO	NO	*OK	*OK	*OK
Poom Dobok Blue pants	*OK	*OK	NO	NO	NO	NO	NO	NO	NO	NO
Poom Dobok Red pants	NO	NO	NO	NO	NO	*OK	*OK	NO	NO	NO
Dan dobok Dark blue pants	NO	NO	*OK	*OK	*OK	NO	NO	NO	NO	NO
Dan dobok Light blue pants	NO	NO	NO	NO	NO	NO	NO	*OK	*OK	*OK
Masters dobok (Yellowjacket + Dark blue pants)	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Other color/NON-WT recognized style uniform	DISQUALIFICATION									



Regular Dobok white neck



Regular Dobok Red & Black



Regular Dobok Black neck



Poom Dobok Blue pants



Poom Dobok Red pants



Dan dobok Dark blue



Dan dobok Light blue



Masters dobok

Poom/Dan Blackbelt Divisions:

Regular black neck dobok, Poomsae competition dobok with certain age/divisions is allowed. Please refer to the following table:

	Kids1/ Kids2 Male	Cadet Male	Junior Male	Under 30,40,50 Male	Under 60,65 and 65+ Male	Kids1 /Kids2 Female	Cadet Female	Junior Female	Under 30,40,50 Female	Under 60,65 and 65+ Female
Regular Dobok white neck	NO	NO	NO	NO	NO	NO	NO	NO	NO	NO
Regular Dobok Red & Black neck	*OK	*OK	NO	NO	NO	*OK	*OK	NO	NO	NO
Regular Dobok Black neck	NO	NO	*OK	*OK	*OK	NO	NO	*OK	*OK	*OK
Poom Dobok Blue pants	*OK	YES	NO	NO	NO	NO	NO	NO	NO	NO
Poom Dobok Red pants	NO	NO	NO	NO	NO	*OK	YES	NO	NO	NO
Dan dobok Dark blue pants	NO	NO	YES	YES	*OK	NO	NO	NO	NO	NO
Dan dobok Light blue pants	NO	NO	NO	NO	NO	NO	NO	YES	YES	*OK
Masters dobok (Yellowjacket + Dark blue pants)	NO	NO	NO	NO	YES	NO	NO	NO	NO	YES
Other color/NON- WT recognized style uniform	DISQUALIFICATION									

Yes: Correct uniform to be worn.

No: Incorrect uniform to be worn, will be got -0.6 deduction in the total score.

*OK: Not allowed nor wrote in WT official rule, but by the situation of COVID-19, we allow only for this time.

Notices:

Freestyle's uniform follows the Poom/Dan division's allowance with certain gender & age.

Muslim Hijab / white T-shirt with round neck only allowed with female athletes.

There is no restriction on the brand of uniform, but it must in the boundary of WT recognized style.

Award & Prize:

Souvenir:

Recognized Poomsae: **All** Athletes who have performed a reasonable Recognized Poomsae will get a wooden Poomsae Lover customized traditional style waist card depending on the result of the first round (Means Final round for color belt divisions and Preliminary round for Poom/Dan blackbelt divisions)

Freestyle Poomsae: **1/3 of the athletes with the highest scores** in freestyle divisions will get a gold wooden waist card, **afterwards 1/3 of the highest scores** will receive a silver wooden waist card, and the rest athletes will get a wooden bronze waist card. ↓ ↓ ↓



*** The purpose of issuing souvenirs is to **encourage students** to participate more in taekwondo training, It is **NOT** for sale. And we'll **NOT** issue anything to those who did not upload video or have an unreasonable Poomsae performance. (e.g.: performing karate Kata, ITF Tul, Wushu pattern, etc, or showing a disrespect of taekwondo during the performance.)

If you don't want it, You can choose to give up the souvenir and get a refund. Please refer to the refund part below. ***

Medals:

The 1-4 places of

1. Color belt Elite round.
2. Poom/Dan Blackbelt Final round.
3. Freestyle.

Will get a Poomsae Lover official medal depending on their standing. ↓ ↓



Certificate:

All Athletes who have a reasonable performance will receive an E-Certificate

All Participation and standing would be recorded in the [Poomsae lover result system](#)

A papery certificate will send to the representative of the team with other prizes.

Participation certificate would be issued as E-certificate only for the cosplay division.

Uniform:

KWON Poomsae Competition Uniform will be provided to the 1st place of Final round in Poom/Dan Blackbelt divisions which contain equal or more than 8 participants.



Champions of 1st Poomsae Lover championships

Memorize Belt:

Poomsae Lover custom-made memorize blackbelt may provide to the MVP players. And it is also available in the Poomsae lover's [online shop](#) for athletes who participated in Poom/Dan divisions.



MVP players will be invited to participate free in the next championships.

Notice:

Transportation cost for souvenirs, medals, certificates will be covered by OC. By default will send via ordinary surface post mail. (Arrive from 30 to 180 days). Teams that have more than 5 souvenirs/medals would send via express mail. (Arrive from 7 to 45 days)

Transportation cost for uniform and belt is its duty by the awarded participant.

Local customs taxation is its duty by the participant.

OC Reserve the right of final explanation.

*Some countries/regions may not reachable cause of pandemic situations, customs restrictions, or problem by postal/express service. OC will try our best to make it possible, But if there is no possibility of delivery, You can get a 10 USD refund for each athlete.

Registration:

All Registration must be done in the Poomsae lover's competition management system before the announced deadline.

➔ <https://www.poomsae.org/>

Entry fees:

35 USD in Individual Recognized Poomsae per athlete.

30 USD in Individual Freestyle Poomsae per athlete.

50 USD for the athlete who participates in both Recognized Poomsae and Freestyle.

0 USD (Free entry) for Cosplay Poomsae.

Payment:

Payment should follow the guidance in the registration system.

You can also pay through our partners by entering the promo code in the system.

Or pay through <https://paypal.me/poomsae> (Your team name must be remarked)

Upload guidelines:

You should upload the video file for each Poomsae to youtube first, then paste the link into the system. Each player's each Poomsae should be a separate link.

For example, the athlete is participating in the Poom/Dan U40 division.

He/She should perform Taebaek Poomsae in preliminary, Sipjin and Pyongwon Poomsae in the semi-final, Koryo and Keumgang Poomsae In final. So it should be a total of 5 youtube links submitted to the system.

Please follow the operation [guidance](#) on the website:

Refunds:

Refund is allowed through these condition/situation:

1. The division (NOT group) you participated in only contains less than 3 participants.
2. If you don't want to take the souvenirs & prize, only enjoy participating.

Or the transportation is unavailable to your address. 10 USD can refund to you.

3. Refund should be requested no later than 1 month after the competition result was published.

Hope Everyone has a great memory in this competition!