



POOMSAE

I. IMPORTANT DATES

Deadline of SUBMISSION
Via e-mail to amme117@yahoo.com

Verification of Players – 8am

Competition Proper - 9am

II. EVENT

- A. INDIVIDUAL POOMSAE – This event highlights the accuracy and presentation in executing the different forms for different belt levels in Taekwondo.
- B. TEAM POOMSAE – This event shows the aspects of Recognized Poomsae, performed synchronously by a team of three (3) competitors.

III. SCOPE OF COMPETITION

Only members of the WNCAA may join the competition.

IV. QUALIFICATION OF PARTICIPANTS

- A. All contestants must be bonafide students of the school they are representing and registered members of the Philippine Taekwondo Association.
- B. Open for JUNIOR DIVISION ONLY. Each school may field in a MAXIMUM OF 2 ENTRIES PER EVENT.
- C. All listed members of Armed Forces of the Philippines, National Team, UAAP are disqualified to join the competition.

V. REGISTRATION

A. Registration Procedure

Each school must submit the gallery folder to the WNCAA office for screening

VI. METHOD OF COMPETITION

The cut-off system shall be applied in this competition. It shall comprise of Elimination and Final rounds:

1. Eliminations: Contestants shall perform the required Poomsae for the elimination round and the top three (3) participants shall be selected for the finals based on their points.
2. Finals: Contestants shall perform the required Poomsae for the final round and shall be ranked and awarded their respective medals.

VII. DURATION OF CONTEST

Recognized Poomsae: The time limit for the performance of the required Poomsae in all events (Individual and Team) shall be 30-90 seconds.

VIII. SCORING CRITERIA

Recognized Poomsae

a. Accuracy (4.0)

- i. 0.1 point shall be deducted each time a contestant does not perform the basic movements or the pertinent Poomsae accurately.
- ii. 0.3 points shall be deducted each time a contestant makes a major mistake.

b. Presentation (6.0)

- i. Speed and power 2.0
- ii. Control of power, speed and rhythm 2.0
- iii. Expression of energy 2.0

IX. DIVISION AND CATEGORIES

JUNIOR DIVISION

a. Individual Category

- Yellow Belt
- Blue Belt
- Red Belt
- Brown Belt
- Black Belt

** A school may field in ONLY two (2) players per category.

b. Team Category

- Yellow Belt
- Blue Belt
- Red Belt
- Brown Belt
- Black Belt

** Three (3) players of the same belt level form one (1) team.

** In case of difference in belt level, a player can move up or down ONE belt level only.

Examples:

- o 2 yellow belt and 1 blue belt: YELLOW BELT TEAM
- o 1 yellow belt and 2 blue belt: BLUE BELT TEAM
- o 2 red belt and 1 brown belt: RED BELT TEAM
- o 2 brown belt and 1 red belt: BROWN BELT TEAM

** A school may field in ONLY two (2) teams per category.

X. REQUIRED POOMSAE

CATEGORY		POOMSAE
INDIVIDUAL	Yellow Belt	Taegeuk 1
	Blue Belt	Taegeuk 3
	Red Belt	Taegeuk 5
	Brown Belt	Taegeuk 7
	Black Belt	Taegeuk 8 & Koryo

CATEGORY		POOMSAE
TEAM	Yellow Belt	Taegeuk 1
	Blue Belt	Taegeuk 3
	Red Belt	Taegeuk 5
	Brown Belt	Taegeuk 7
	Black Belt	Taegeuk 8 & Koryo

XI. AWARDING: INDIVIDUAL AND TEAM EVENTS

A. Medals shall be awarded to the winners in each category as follows:

Champion - Gold Medal

Second Place - Silver Medal

Third Place (1) - Bronze Medal

B. Trophies shall be awarded to the school based on medals won - gold, silver bronze.

XII. POOMSAE - MEDALS, TROPHIES AND SPECIAL AWARDS

Medals:

CATEGORY	GOLD	SILVER	BRONZE
Individual Standard Poomsae (5 categories)	5	5	10
SR Team Standard Poomsae (5 categories x 3 players per team)	15	15	30
Best Player	1	0	0
Best Coach	1	0	0
Total Medals	22	20	40

Trophies:

OVER ALL WINNERS	CHAMPION	1ST RUNNER UP	2ND RUNNER UP
Junior	1	1	1

XIII. GENERAL PROVISIONS

1. Competition Codes of Conduct: The PTA Competition Codes of Conduct shall be strictly enforced.
2. Year 2018 Resolutions: Resolutions made by the PTA Tournament Directors during the 2018 technical conference on competition management shall be enforced.
3. Uniform: All players are encouraged to wear the Poomsae Dobok with the PTA or WTF approved seal.
4. Competition Rules: For all other matters not provided in these competition ground rules, the current WTF Poomsae Competition Rules and Interpretation, shall apply.
5. Coaches' Attire: Coaches are required to wear collared shirt and coach's vest (Attire: smart-casual). No slippers, caps, sleeveless shirts will be allowed.
6. Referees: Only National and Regional Referees who have passed the course for the current rules shall serve during the competition. They shall serve full-time.