



## **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: BROWNBELT TEAM

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

## **X. REQUIRED POOMSAE**

| <b>CATEGORY</b>   |                    | <b>POOMSAE</b>               |
|-------------------|--------------------|------------------------------|
| <b>INDIVIDUAL</b> | <b>Yellow Belt</b> | <b>Taegeuk 1</b>             |
|                   | <b>Blue Belt</b>   | <b>Taegeuk 3</b>             |
|                   | <b>Red Belt</b>    | <b>Taegeuk 5</b>             |
|                   | <b>Brown Belt</b>  | <b>Taegeuk 7</b>             |
|                   | <b>Black Belt</b>  | <b>Taegeuk 8 &amp; Koryo</b> |

| <b>CATEGORY</b> |                    | <b>POOMSAE</b>               |
|-----------------|--------------------|------------------------------|
| <b>TEAM</b>     | <b>Yellow Belt</b> | <b>Taegeuk 1</b>             |
|                 | <b>Blue Belt</b>   | <b>Taegeuk 3</b>             |
|                 | <b>Red Belt</b>    | <b>Taegeuk 5</b>             |
|                 | <b>Brown Belt</b>  | <b>Taegeuk 7</b>             |
|                 | <b>Black Belt</b>  | <b>Taegeuk 8 &amp; Koryo</b> |

## **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:**

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

### **Trophies:**

| <b>OVER ALL WINNERS</b> | <b>CHAMPION</b> | <b>1ST<br/>RUNNER UP</b> | <b>2ND<br/>RUNNER<br/>UP</b> |
|-------------------------|-----------------|--------------------------|------------------------------|
| <b>Junior</b>           | <b>1</b>        | <b>1</b>                 | <b>1</b>                     |

## **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.