

# **ETU - POOMSE RULES for Competition**

## Rules for Technical Competition

Rules for individual, pair, synchron team and mixed team competitions

Concept amendment: March 2000

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Individual, pair, synchron team and mixed team competitions

## **1. Area of Applications**

The rules for technical competitions shall apply to individual, pair, synchron team and mixed team competitions held within the European Taekwondo Union (ETU) by its members. The rules shall also further the basis for meetings and competitions with other similar disciplines. The aim of the rules is to standardise all technical and organisational matters necessary to carry out a tournament.

## **2. General**

2.1. Condition for participation in a tournament is the membership of the participant in the ETU. Exceptions shall be subject to a preceding permission by the competition management.

2.2. The participation in the competition shall require a minimum qualification of 1st dan, for the individual as well as for the pair, synchron team and mixed team contest.

2.3. A pair shall have two (2) competitors, one man and one woman. A synchron team shall have three (3) competitors of the same gender. A mixed team shall have five (5) competitors, three (3) men and two (2) women or two (2) men and three (3) women. Members of pairs or teams will be 16 years old at least.

2.4. A team shall be represented by their own elected team leader or coach only. He/she alone will be authorised to attend to the drawing of the lots.

2.5. The competitors dress shall be a clean white taekwondo suit, a (WTF) dobok, in a good condition.

2.6. Competitors are not allowed to wear necklets, bracelets, earrings, rings, watches and such.

2.7. The forms to be performed will be of the type poomse taegeuk.

## **3. Competition Area**

3.1. The competition area shall be a 12 meters square and either of smooth wooden surface or a vibrating floor (as common in gymnasiums). The starting position shall be marked by the shape of a circle in the middle of the area, the diameter being 50 centimeters. In this circle the competitor has to finish his poomse.

3.2. The jury shall be seated one (1) meter away from the border-line of the competition area facing the competitor.

#### **4. Categories**

4.1. In individual competitions men and women shall act apart. The minimum age of the competitors shall be 15 years (date of birth). The following age-divisions are to be applied:

Junior 15-17 years

Senior A 18-26 years

Senior B 27-34 years

Senior C 35-41 years

Senior D 42 years and up

4.2. A pair consists of two (2) contestants, one (1) man and one (1) woman. A synchron team consists of three (3) contestants, three (3) men or three (3) women. A mixed team consists of five (5) contestants, three (3) men and two (2) women or two (2) men and three (3) women. Pairs and teams may be composed out of members with the age of 16 years and older.

#### **5. Mode of Competition**

5.1. Individual, pair, synchron team and mixed team competitions shall be held.

5.2. The mode of competition shall be announced before the start of the tournament and before the drawing of the lots.

5.3. The order of appearance shall be appointed by the drawing of the lots. A change in the mode of competition by the competition management in order to keep up the schedule is permissible.

5.4. First round.

Each competitor as well as each pair, synchron team or mixed team shall perform one poomse compulsory (see table 1). Compulsory shall be the poomse which is required for the graduation held by the participant. Conform the pair, synchron team or mixed team competition the poomse is compulsory which is required for the graduation held by lowest graduated member of a pair/team.

Second round. Each competitor as well as each pair, synchron team or mixed team shall perform one poomse free of choice (see table 2).

Third and final round. Each competitor as well as each pair, synchron team or mixed team shall perform one poomse free of choice (see table 2).

5.5. Each competitor shall perform his compulsory poomse according to his dan graduation (see table 1). The chosen poomses performed in the individual contest and the pair, synchron team or mixed team contest may be 4 poomses below or 2 poomses over the lowest poomse of the compulsory program (see table 2). All poomses must be different. In the pair, synchron team or mixed team contest this shall apply conform to the lowest graduated member in the team performance.

Table 1 - Graduations Poomse:

1. dan Koryo or Keumgang
2. dan Keumgang or Taebaek
3. dan Taebaek or Pyong won
4. dan Pyong won or Sipjin
5. dan Jitae or Chong kwon
6. dan Hansoo or Ilyo

Second or third round:

Table 2 - The chosen poomse shall be included.

1. dan Taegeuk oh jang - Poomse Taebaek
2. dan Taegeuk yuk jang - Poomse Pyong won
3. dan Taegeuk chil jang - Poomse Sipjin
4. dan Taegeuk pal jang - Poomse Jitae
5. dan Poomse Keumgang - Poomse Hansoo
6. dan Poomse Pyong won - Poomse Ilyo

5.6. Attempts. In case of an interruption of a performance one (1) repetition (restart) will be permissible.

## **6. Valuation**

6.1. There should be 7 judges and one (1) tournament clerk and one (1) assistant.

6.2. Each performance may be given up to 10 points. Full points may be divided into 1/10th of a point. Valued should be the overall impression of a performance. The judges shall indicate the given point openly. Points given by the judges will be added by the tournament clerk. From this addition the highest and the lowest valuation shall be excluded. Out of the remaining valuation points the arithmetic average score shall be calculated.

6.3. Judges are not allowed to participate in a tournament as coach or assistant to competitors.

6.4. For judges the official dress is obligatory.

6.5. A competition category will be valued by a team of seven (7) judges. A judge shall not judge a participant of the country, which he (judge) represents. In this situation the judge shall be exchanged for a judge from another country.

## **7. Judgement**

7.1. Presentation. The valuation shall be demonstrated openly by number boards. At the end of the performance the tournament clerk will wait until the judges show to be willing to indicate their valuation. The clerk will then give the sign for a simultaneous presentation of the number boards. Judges take their number boards as soon as participant takes a correct relaxed attitude after the end of the performance. The judges take with their right hand the full numbers and with the left hand the tenth points to show their valuation. After his sign all judges show simultaneously the valuation to the clerk. After notifying the valuations the number boards will be put back.

7.2. Score of points. Each performance shall be valued in points concerning possible subtractions. The valuations by all the judges will be added leaving the lowest and the highest score out of the total.

7.3. Access to second round and final round. In the first round all contestants perform their compulsory poomse. The second round is accessible for minimum 50% of the contestants, which have the highest scores. The minimum number is five (5) contestants. In case of an equal score in the first round by participants who stand at the end of the 50% list for access to the second round, these participants have access to the second round. The final round is accessible for the five (5) contestants with the highest scores.

7.4. Tie. In case of an equal score in the second or final round the highest and lowest score in that second or that final round of the concerning participants will be taken into the calculation of the point average. If the equal score still exists the highest and lowest score of the preceding round will be taken into concern (and so on). Only when an equal score remains after concerning all preceding valuations decisive performance will take place (with free choice of one of the poomses which already have been performed).

7.5. General impression of the performance. The general impression of the performance will dominate the valuation. The performance of the form should satisfy the principles demonstrating effective well expressed movements. Performance and attitude should show martial spirit (convincing, lively, credible; sham fight). Each technique and the relation between the techniques should be clearly recognisable.

7.6. Valuation in points. Essential for the valuation is the general impression of the performance. The judges take therefor into account: harmony, rhythm, flexibility, dynamics, power, accuracy of the movements, correct performance of the poomse, attitude and difficulty rate. As a guidance serves the following valuation scale:

0 - 4,0 points bad performance.

Wrong performance with good techniques, for example mixing up two forms

4,1 - 5,0 points Defective performance.

Right diagram, poor techniques, no rhythm feeling, weak concentration.

5,1 - 6,0 points Moderate performance.

Right diagram, defective techniques, insufficient rhythm feeling, weak concentration.

6,1 - 7,0 points Sufficient performance.

Right diagram, sufficient techniques, good rhythm feeling, enough power, dynamics and concentration.

7,1 - 8,0 points Good performance.

Fluent and right techniques, good power, dynamics and concentration.

8,1 - 9,0 points Very good performance.

Very fluent and very good techniques. Power, dynamics, precision and concentration are very good.

9,1 - 10 points Excellent performance.

Very fluent and excellent techniques. Superior display of power, excellent dynamics. Precision and concentration are very good.

7.7. Subtraction of points. The judges have to account possible reductions of points before they show their valuation. In other words (in case of an interruption for example) they subtract the minus points from their original valuation. Other reasons for reduction will be accounted in the same way. In principle reduction of points has to be calculated as follows with a negative attitude to the valuation:

In case of small mistake: - 0,1 points

In case of a moderate mistake: - 0,2 points

In case of a heavy mistake: - 0,3/- 0,4 points

In case of a restart: - 0,5 points

## **8. Protest procedure**

8.1. Only written protest shall be permitted and supplied to the competition management. A protest shall be entered by the coach or the chosen representative immediately after the indication of points for the performance. Protests shall only be accepted if they refer to a clerical mistake of the judge or clerk. The decision of the protest committee or the competition management is final.

## **9. Interpretations**

These rules may be interpreted by the technical committee if any peculiarities to be solved occur during the tournament. The technical committee shall find a reasonable arrangement in harmony with the aim of taekwondo.