

Things to consider before the event:

Item to consider	Recommended Adjustment	Reason for Recommended Adjustment
Scheduling of Classification <i>*Contact AT at least 4 months in advance to organise</i>	Physical Impairment classification to be done the day before in the same venue as the competition	Physical Impairment classification must be done at least one day before the para athlete competes, as they must pass classification to be able to compete. Having the classification in the same venue allows the para athlete to walk through the venue without large crowds and note any mobility adjustments that they may need on competition day.
Scheduling of Para Poomsae Divisions	Best scheduled at the beginning of the day of competition with an approximate time given, e.g. 9:30am	Majority of para athletes will be affected by cognitive and physical fatigue if waiting at the venue all day to compete. This can produce high stress and anxiety in athletes with intellectual impairments, as well as increases in pain and decreases in physical function for athletes with physical impairments.
	Best scheduled as the 2nd-4th division. Experience has found that scheduling the para poomsae divisions after another division (usually the divisions that have referees in them) works best.	Allows para athletes time to adjust to the competition environment by seeing some Poomsae before they compete, without having the cognitive and physical fatigue of waiting all day.
	Best scheduled all para poomsae division together on the same day at the same time regardless of belt colour/age etc.	Scoring of para poomsae is different to abled-bodied poomsae, therefore judges with experience in para poomsae is vital. By having all the para poomsae divisions together at the same time allows for those experienced judges to all be on the same court at the same time. This reduces movement of judges across courts throughout the competition. Also make sure that all the necessary paperwork for judging para poomsae is ready to go. Para athletes waiting a long time will cause unnecessary stress and anxiety.
Accreditation for support staff	When creating the online nomination process, have a section that allows the support	Some para athletes will require support staff with them that are not their coaches. This

	staff of para athletes to register for an accreditation.	accreditation will allow the support staff to enter the contest area with the athlete to assist them.
Set up of area near contest area	In competitions with both Para Taekwondo and Taekwondo athletes, a separate staging area must be set close to the contest area, with enough privacy for the Para Taekwondo athletes and their support staff.	<p>Warm up area can be very overwhelming for para athletes. After marshalling, having a separate staging area close to the contest area allows para athletes to focus and prepare without sensory overload. It is also an area that support staff can be to support the para athlete.</p> <p>Para athletes will also find it a challenge to sit still and quiet beside the contest area like other abled bodied athletes. This staging area will allow para athletes to move and talk with support staff without interfering with the contest taking place.</p>
	In competitions where there has been physical impairments classification, there needs to be an area near the contest area for the classifiers to sit and observe the para athlete in competition	Classifiers need to see how the para athlete is before, during and after competition. A classifier observes in the background, not sitting with the judges,
Set up of contest area	Contest area is free of obstacles that could hinder the mobility of a para athlete	Para athletes with vision impairments or difficulty with mobility (e.g. lifting leg over cables, use of wheelchair) will have higher anxiety levels if they have to navigate around obstacles to get to the contest mat.
	Contest mat is a square Poomsae mat and has a different coloured starting point mat and different coloured borders	Para athletes with vision impairments and intellectual impairments require the different coloured mats to help them perform their Poomsae. A square Poomsae court with a different colour mat as the starting point (masking tape or similar is not acceptable), different coloured borders are also required. Para Poomsae on a Kyorugi Mat is not acceptable.
	Carpet mat or similar item available at the contest area	Not all wheelchairs can 'bunny hop' up onto the contest mat. Having a carpet mat or something similar to place on the edge of the competition mat will allow the para athlete to get onto the contest mat.

Things to consider during the event:

Item to consider	Recommended Adjustment	Reason for Recommended Adjustment
Call for contestants	30 minutes prior to the scheduled start of the contest, the names of the contestants shall be announced at marshalling. Let the para athletes know that this is an early call and that they will have time to prepare before going to the separate staging area.	Allows sufficient time for para athlete to organise themselves. Calling a para athlete just before they compete can cause unnecessary stress and anxiety, particularly with athletes with an intellectual impairment.
	At this time as well, ask the para athletes what patterns they will be doing and prepare judging sheets with chosen patterns now.	Recording the para athletes chosen pattern at marshalling on the score sheets reduces wait time just before the para athlete competes.
	15 minutes prior to the scheduled start of the contest, para athletes will be escorted to the separate staging area.	Allows sufficient time for para athlete to adjust from sensory overload of the warm up area with other athletes to the environment of the contest area.
Caller in contest area	Needs to have a loud and clear voice with clear use of hand signals at all times. Is also patient with para athletes as they may take longer to follow commands.	Many para athletes have more than one impairment (e.g. may have a physical impairment, but may also have a hearing or vision impairment). Vital that a loud and clear voice is used with clear hand signals to ensure para athlete has the opportunity to follow commands.
	For the P10 (vision impairment) Sport Class and the P20 (Intellectual impairment) Sport Class, the Coach is allowed to give the commands in accordance with <i>Article 12 of the WT Rules</i> .	These para athletes may only be able to recognise familiar voices and not the commands of a voice they have not heard before.
	A competitor will be guaranteed at least a one (1) minute resting period between each Poomsae.	Para athletes require a longer time between Poomsae to refocus and recover.
Support staff help on contest mat	Coach/support staff are able to assist para athletes with vision impairments safely onto the contest mat to the correct start position. Coach/support staff are also able to assist para athletes with vision impairments safely off the contest mat.	Ensures safety of para athlete with vision impairment and allows correct starting position for Poomsae.

Duration of Poomsae	Duration of contest is up to 120 seconds for each Poomsae.	Para athletes will complete Poomsae at a slower pace due to their various impairments.
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Things to consider after the event:

Item to consider	Recommended Adjustment	Reason for Recommended Adjustment
Medal Ceremony	To be schedule at the conclusion of the para Poomsae divisions on court	To reduce the wait time and movement for para athletes. Some para athletes may not understand the concept of a medal ceremony later in the day, some para athletes may need to re-medicate with cannot be done at the venue, some para athletes may find it a mobility challenge to relocate from the contest mat to the dedicated medal ceremony area.

Para Poomsae Judging Quick Guide

- At a club, state and national level of para poomsae competition in Australia, all para poomsae divisions shall perform two (2) free-choice recognised WT poomsae patterns. The para athlete may choose to perform the same pattern twice.
- *As of January 2024, AT will be using the judging guidelines from WT para poomsae competition rules 24 August 2023. These rules have changes in them from the last version of the rules used, notably there is no longer 'bonus points' for choice of pattern for the P20 Sports Class (intellectual impairments).* [WT Para Poomsae Competition Rules as of 24 August, 2024](#)

Points

- The total score is 10.0 points.
- Scoring for Para Taekwondo Poomsae Competition is divided into two (2) point categories and five (5) sub categories. Each sub category awards a maximum score of 2.0 and a minimum score of 0.5:

Para Poomsae Point Categories and Sub Categories	
Technical (4.0)	Accuracy of basic technique such as Stance, Practicability of movement, Balance & Posture relative to the sport class (2.0)
	Accuracy of individual Hand & Foot techniques of Poomsae relative to the sport class (2.0)
Presentation (6.0)	Memorisation of recognised Poomsae Sequence relative to the sport class (2.0)
	Power/Speed/Rhythm relative to the sport class (2.0)
	Expression of energy/Volume of Movement relative to the sport class (2.0)

Scoring guideline

Technical/ Presentation Skill*	Points Awarded
Perfect	2.0
Excellent	1.8 to 1.9
Very good	1.6 to 1.7
Good	1.4 to 1.5
Average	1.2 to 1.3
Below average	1.0 to 1.1

Poor	0.8 to 0.9
Very poor	0.5 to 0.7

**relative to the athlete's sport class and impairment.*

Method of Scoring

- Scores shall be awarded at the end of the contestant's performance, taking into consideration the impact of the athlete's impairments, relative to each Sport Class.

Technical Guidelines (4.0)

Stance, Practicability of movement, Balance & Posture (2.0)	
Stance	- Check that all stances and Joonbi are executed correctly
Practicability of Movements	<ul style="list-style-type: none"> • Sequence of directions in Poomsae; • Movements carried out in the correct order; • Turn in the correct direction; • Starting and finishing the Poomsae in the correct position.
Balance	<ul style="list-style-type: none"> • Without wobbling, shuffling or hesitation
Posture	<ul style="list-style-type: none"> • Techniques should be executed with the correct position of the feet, hands & body; • Looking the right direction according to individual capabilities.
Hand & Foot techniques (2.0)	
Hand & Foot techniques	<ul style="list-style-type: none"> • The precision of each individual hand or foot technique such as punches, strikes, blocks & kicks.

Presentation Guideline (6.0)

Memorisation of recognised Poomsae (2.0)
<ul style="list-style-type: none"> • Ability to perform the Poomsae shall be evaluated on whether the techniques are performed in accordance with the characteristics of the pertinent movement. • The poomsae should be recognisable, i.e. if watching without being told what poomsae is being performed, judges should be able to recognise it.
Power/Speed/Rhythm (2.0)
<ul style="list-style-type: none"> • Control of power means the strongest power shown at the most critical moment of the movement through speed and softness; • Control of speed means an appropriate connection between actions and changes of speed; • Rhythm means repeated actions according to set rules and length of note, and flow of power.
Expression of energy/Volume of Movement (2.0)

- Whether actions are presented with quality and dignity that come from mastering of the energy;
- Size of body action, concentration, courage, sharpness, confidence, etc. according to the characteristics of actions of Poomsae.

Deduction of Points

Restart (0.3) deduction, except P20 will apply once during the Poomsae performance.

Finishing outside the set contest time (All sport classes) (-0.3) points shall be deducted from the final scores.

Cross the line with both feet for P60 & P70; (-0.3) points shall be deducted from the final scores.

No deduction for start and ending position being varied, except for P60, P70; (-0.3) points shall be deducted from final scores position varies more than one foot allowance.

Only 1 major deduction (-0.3) points shall be deducted from the technical score for any major error.

Judges Paper / Referee Scoring Sheet

Division: _____ Competitors No: _____

Judges Name: _____ Date: ___/___/___ Court: _____

PARA TAEKWONDO

Referee Scoring Sheet



Category	Sub-Category	Score Allocation									Score	
		Perfect	Excellent	Very Good	Good	Average	Below Average	Poor	Very Poor	Minimum Score		
Technical (4.0)	Stance and practicability of movement & Balance	2.0	1.9-1.8	1.7-1.6	1.5-1.4	1.3-1.2	1.1-1.0	0.9-0.8	0.7-0.6	0.5		
	Hand & Foot techniques	2.0	1.9-1.8	1.7-1.6	1.5-1.4	1.3-1.2	1.1-1.0	0.9-0.8	0.7-0.6	0.5		
	Technical Deduction Points	(- 0.3): Re-start, Move wrong direction, Wrong movements etc.							Deduction Score			
											Final Total Technical Score	
Presentation (6.0)	Memorization of recognized Poomsae	2.0	1.9-1.8	1.7-1.6	1.5-1.4	1.3-1.2	1.1-1.0	0.9-0.8	0.7-0.6	0.5		
	Power, Speed, Rhythm, Tempo	2.0	1.9-1.8	1.7-1.6	1.5-1.4	1.3-1.2	1.1-1.0	0.9-0.8	0.7-0.6	0.5		
	Expression of Energy / Volume of movement	2.0	1.9-1.8	1.7-1.6	1.5-1.4	1.3-1.2	1.1-1.0	0.9-0.8	0.7-0.6	0.5		
											Total Presentation Score	
										Total Score (10.0)		

Deductions (done by Operator): wrong Poomsae (-0,6) step out (-0,3) under/over time (-0,3)

Judges Signature: _____

Para Poomsae Sports Classes Quick Guide

Sport Classes	Description (Guide Only)	Highest Level of Competition
Athletes with a Vision Impairment		
P 11	Athletes who are blind with visual acuity poorer than LogMAR 2.60	World Championships
P 12	Athletes who have very low vision in both eyes either in how far they can see (visual acuity <6/60; LogMAR 1.0-2.6 inclusive) or how wide they can see (visual field <20 degrees radius).	World Championships

Sport Classes	Description (Guide Only)	Highest Level of Competition
Athletes with an Intellectual disability		
P 21	Athletes with an intellectual disability (IQ 75 or below) that is medically diagnosed before the age of 18.	World Championships
P 22	Athletes with Downs Syndrome plus a significant impairment	World Championships
P 23	Athletes with a medical diagnosis of Autism Spectrum Disorder (ASD)	World Championships

Sport Classes	Description (Guide Only)	Highest Level of Competition
Athletes with a Hearing Impairment		
P 60	Athletes who are deaf with a hearing loss of at least 55dB pure tone average (PTA) in the better ear (three tone pure tone average at 500, 1000 and 2000 Hertz, air conduction, ISO 1969 Standard)	World Deaf Championships

Sport Classes	Description (Guide Only)	Highest Level of Competition
Athletes with co-ordination impairments (hypertonia, ataxia, athetosis).		
P 31	Athletes with moderate co-ordination impairment, spasticity or involuntary movements that affected all 4 limbs.	World Championships
P 32	Athletes with moderate co-ordination impairment, spasticity or involuntary movements that affected 3 limbs.	World Championships
P 33	Athletes with moderate co-ordination impairment, spasticity or involuntary movements that affected 2 limbs. (either one side of the body, both legs, both arms or trunk)	World Championships
P 34	Athletes with mild co-ordination impairment or spasticity that affected 2-4 limbs or trunk.	World Championships
P 35	Athletes with mild co-ordination impairment or spasticity that affected 1 limb only.	World Championships
Athletes with restricted joints, muscle weakness or loss of limbs.		
P41	Athletes with limb loss or loss muscle power in both arms through or above the elbow or an equivalent shortened arm.	World Championships
P42	Athletes with limb loss or loss muscle power in both arms below the elbow or an equivalent shortened arm.	World Championships
P43	Athletes with limb loss or loss muscle power in one arm through or above the elbow or an equivalent shortened arm.	World Championships
P44	Athletes with limb loss or loss muscle power in one arm through or below the elbow or an equivalent shortened arm.	World Championships
P45	Athletes with leg length difference of 7cm or more or below knee amputation/limb loss in one leg. Athletes may use a prosthetic leg.	World Championships
Athletes with muscle weakness, loss of limbs or hypertonia who use equipment (eg wheelchair, canes, crutches)		
P51	Athletes with limb loss, muscle or co-ordination impairments in both legs and trunk to the extent that the athlete cannot stand and who would compete sitting in a wheelchair with the use of a back strap.	World Championships
P52	Athletes with limb loss, muscle or co-ordination impairments in one or both legs to the extent that the athlete cannot stand and who would compete sitting in a wheelchair. Trunk not affected.	World Championships
P53	Athletes with co-ordination impairments in one or both legs who can stand and compete with the use of canes, crutches or other walking aids.	World Championships
Athletes with short stature		

P 72	Adult standing height less than or equal to 145cm (males)/137cm (females); AND Arm length less than or equal to 66cm (males)/63cm (females); AND Standing height plus arm length less than or equal to 200cm (males)/190cm (females).	World Championships
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