

1. PURPOSE

This National Endorsed Event Minimum Standards is to establish standardisation of tournament procedures and requirements for Endorsed Events from Club level to State level. These Standards are to set the Minimum Standards and will apply to all State Events Endorsed by Australian Taekwondo and for all Endorsed Club level Events endorsed by Australian Taekwondo and the relevant State Body.

2. SCOPE

These standards apply to Event Organizers from Member Clubs & State Bodies delivering Endorsed Events for the following disciplines:

- Kyorugi
- Para Kyorugi
- Poomsae
- Para Poomsae
- Breaking
- Events such as Flying Side Kick, Jumping Front Kick, Self Defense and Speed Kick (details to be provided upon completion of endorsed event application)

All Endorsed Events must adhere to these standards for insurance, risk and Taekwondo management purposes.

Event Organizers who do not meet specific Minimum Standards which are outlined, due to reasons including but not limited to resource availability and financial barriers, are required to disclose this information during the Endorsed Event Application process. State Bodies & Australian Taekwondo are committed to supporting Event Organizers and at their discretion can provide flexibility in relation to the application and delivery of specific Minimum Standards which are outlined within this document.

3. GENERAL

ENDORSED EVENT PROCESS

- All Clubs wishing to host an Endorsed Event will be required to [complete an application](#).
- Applications must be submitted for endorsement approval at least 60 days prior to the event.

VENUE

- An area shall be provided for marshaling of players relevant to competition size.
- An area of appropriate size and floor type shall be provided for player warm-up if possible.

COMPETITION AREA

- The venue arena shall have directional signs made available for listed areas below at minimum:
 - Marshaling
 - First Aid
 - General public area
 - Competitor area
 - Weigh-in
 - Warm-up area

VOLUNTEERS

- All Volunteers must hold a current Basic Membership or National Volunteer Membership with Australian Taekwondo. The volunteers should be age appropriate to the task involved, ideally be of an age of 15 Years old or older.

COACHES

- Must be a registered member of Australian Taekwondo and hold a current [Coach Accreditation](#) as at date of entry. Accredited Coaches must be 16 years or over to Coach at Club & State Events.*
- Development Coaches are permitted at Club Events and must be 14 years or over and accompanied by an Accredited Coach. A development coach is a Junior Level Coach on a Club Pathway to becoming an Accredited Coach.

**In cases where State Bodies provide discretion as outlined in Section 2 - Scope, a Coach who is allowed to Coach without an Australian Taekwondo Coach Accreditation must at minimum provide a current and valid Working With Children Check Certification which is applicable to the State hosting the event.*

MEDICAL

- Players who have been classified as 'knocked out' under WT rules as applied to head contact. Players who have been concussed in any tournament must have their concussion risks checked and cleared by a qualified medical practitioner for competition. Minimum exemption periods are, Seniors 30 days, Juniors 40 days and Cadet/Youth 50 days.
- Any contestant who had a diagnosis of significant head trauma or concussion will get 30 days suspension (senior), 40 days suspension(junior) or 50 days suspension (cadet). This mandatory medical suspension period cannot be shortened in any circumstances once the suspension is given.
- Players must obtain a medical certificate clearing them for participation and produce that certificate if requested where the knock-out was within the last month.
- Accredited and Qualified Medical Staff must be in attendance for the duration of the event(s). For Club Events this should include at minimum individuals who hold First Aid qualifications. State Bodies will advise through the endorsed event process where Doctors and Sport Trainers are required for specific events.

PERSONNEL

- All events need personnel to manage and conduct their event, we have listed below the minimum personal job description for an endorsed event within the 'Roles' section below.
- All officials must have a Working with Children Card or equivalent to their respected state requirements. Officials include but are not limited to Coaches, Referees, Volunteers and Medical staff.
- Officials who are AT Members will hold the required Working with Children or equivalent through their relevant accreditation
- Officials who are non AT Members must provide evidence of their Working with Children or equivalent as requested by the Event Organiser

ROLES

- Depending on the tournament, it may be appropriate for certain people to fulfill multiple roles and functions. The Tournament Director / Event Manager has discretion to manage this accordingly.

Tournament Director / Event Manager

- *Duties include but are not limited to:*
 - Overseeing and overall organization of the Endorsed Event
 - Managing all aspects of the competition on the day
 - Organizing the PSS system for the event
 - Ensure weigh-ins are at the required standards
 - Procurement of venue for competition
 - Production of officials and player identification cards
 - Coordinating volunteers
 - Providing security for Officials, Competitors and Spectators
 - Ensuring that appropriate catering is available for officials and spectators
 - Provide results for record keeping and for publishing

- Supervising facility management on the day of competition
- Preparing draw and results
- Organize and appoint referees
- Ensuring arrangements made for doctors, first aid personnel and sport trainers as require
- Monitoring crowd behaviour
- Arranging catering for officials as required
- Ensuring that appropriate catering options are available for spectators
- Authority to disqualify participants from the relevant event

Marshaling Manager

- *Duties include but are not limited to:*
 - Oversee the event marshaling process
 - Directing marshals to escort players to courts at appropriate times
 - Ensure all administrative and management processes are prepared in advance of the event

Player Coordinator

- *Duties include but are not limited to:*
 - Matching players (accompanied by coach) from within the marshaling area and pass to the Marshaling Manager.

Marshalls

- *Duties include but are not limited to:*
 - Escorting players from the marshaling area onto field of play at appropriate times
 - Collecting player and coach identification and accreditation cards from player/coach and handing to technical assistant prior to commencement of match

Inspection Desk Assistant

- *Duties include but are not limited to:*
 - Assisting appointed referee to ensure players have correctly sized and fitted approved equipment, are accompanied by an accredited coach and carry correct identification

Front of House Manager

- *Duties include but are not limited to:*
 - Liaison with spectator catering personnel
 - General safety and appropriate layout of spectator access areas
 - Attending to spectator doors and taking entry fees from all spectators
 - Providing general Customer Service to all entrants

Risk Management Officer (Can be Tournament Director / Event Manager)

- *Duties include but are not limited to:*
 - To ensure Risk Management Event Plan is in place
 - Maintaining the minimum standard of risk management practices for endorsed events.
 - Review of venue prior to admittance of spectators or players for safety aspects and all risk management aspects (e.g. elimination of any potential hazards within areas accessible to spectators and players) crowd control,

evacuations, emergency response provisions, clearways for competition areas, clear access ways for players and officials, etc.

- Check the arrangements for doctors, first aid personnel and sports trainers, and their equipment and that these complied with risk management guidelines and practices
- Spot check of risk management practices and compliance throughout the day and report or immediate implementations for any non-compliance.
- Ensuring the warm-up area is clear of ANY obstacles, excepting for players and coaches to perform warming up exercises and routines. The area can only have accredited players and coaches.
- Ensuring that the floor is clean and dry at all times.

Crowd Control (Can be Tournament Director / Event Manager)

- *Duties include but are not limited to:*
 - Providing control for players, coaches, spectators and crowd behaviour
 - Ensuring field of play is accessible to appropriate personnel only

Registration/Weigh-in Assistants

- *Duties include but are not limited to:*
 - Operation of scales at weigh-in
 - Assist referees in the correct identification of players for registration eg: Photo ID
 - Assist appointed referees at weigh-in and recording of weights for individuals weighed-in
 - Verification of AUSTKD Membership for players
 - Assist appointed referees at reporting of any weight differences or other reasons for ineligibility to Weigh-in Supervisor who will complete warning notice and/or process disqualification arrangements as appropriate.
 - Appointed referees will advise the Tournament Director of disqualifications.

REFUNDS

- Refund Policy must be stated in the Event Package.
- Event Managers at their discretion have the right to determine refund processes and procedures specific to their event.
- If appropriate, an administration fee may be deducted from the refund in the case of players who have failed weigh-in or who have been disqualified for other reasons on the day of the competition.

CALLING OF ATHLETES

- Ideally, there should be a loud hailer (or local PA system) and/or displayed number system to draw the attention of the players to the marshaling desk when required.
- Contest numbers should be called sequentially wherever possible.
- If a player does not appear when called the following sequence of events should commence:
 - Call over the venue PA system the contest numbers for the contestants who should be in the warm-up area.
 - Call over the local PA in the warm-up area the name of the contestant who has not appeared.
 - At 1 minute intervals call the name of the player who has not appeared, advising that it is the second and third warnings accordingly.
- Assuming the player does not appear during this sequence, the player is then disqualified from participating any further in the relevant event.
- The Event tournament director shall have discretionary authority to disqualify any player if the above is not complied with.

4. KYORUGI

UPDATED RULES FOR COLOURED BELTS 8-9 & 10-11

- These rules are applicable to all Coloured Belts ages 8-9 and 10-11. State Bodies at their discretion have the authority to apply some of or all of the below rules in Endorsed State Events and approved Club Endorsed Events.
- [Click here to view](#)

WEIGH IN

- **Divisions:**
 - **Seniors:** minimum dress code during weigh-in will be t-shirts and shorts for males and female athletes. Weight tolerance of 200gms will be allowed for all competitors for State events and of 200-500 gms for club events.
 - **Juniors, Cadets & Children:** minimum dress code during weigh-in will be t-shirts and shorts for male and female athletes. Weight tolerance of 200gms will be allowed for all competitors at state events and of 200-500 gms for club events. Weigh-in the nude will not be allowed. Separate female and male weigh-in facilities will be provided.
- An adequate standard of scales that have been kept in control of competition organizers must be provided. Scale calibration certificates should be provided if requested.
- All contestants must produce a photograph ID or their Digital AUSTKD membership card on phone before they proceed to weigh-in for the competition.
- The weigh-in procedure shall be conducted the day before/on the pertinent competition or on the morning of the competition as determined by the organizing committee.
- A weigh-in log must be kept of the weigh-in procedure to certify that the rules and regulations have been followed and that log must be presented to the Tournament Director.
- Separate sites for the weigh-in shall be installed for male and female contestants. Weigh-ins must be conducted by an official of the same gender as the contestant.

MAT SIZE

- 10m x 10m mat size & 8m x 8m fight area

REFEREES

- Minimum of 5 Referees - 1x Head of Court/Review Jury, 1x Review Jury/Technical Assistant, 1x Centre Referee, 2x Corner Judge 1x volunteer required for computer operator.
- At State Events, all Referees must have a current Kyorugi National Referee Accreditation. At Club Events, State Bodies may show discretion and allow corner judge roles to be filled with general members in order to support the event to proceed.

EQUIPMENT & UNIFORM

- **Braces:** Athletes with dental braces need to wear a special mouthguard for braces, that covers both upper and lower teeth, recommended by their dentist and submit the letter from their dentist stating that the athlete is safe to compete with the mouthguard that the dentist recommended.
- **Socks:** All athletes must supply their own World Taekwondo approved sensor socks.
Black Belts: club events don't need recognised branding
 - All Black Belts must provide and wear a World Taekwondo recognised Dobok
 - All Black Belts must wear a groin guard (female and male), shin guards, arm guards, sensor socks, hand gloves, and clear or white mouth guard.
 - All Black Belts must supply their own World Taekwondo approved sensor socks.
 - *A list of companies which supply World Taekwondo recognised Doboks and protective equipment can be **found here***
- **Coloured Belts:**
 - Coloured Belts are **not required** to wear World Taekwondo recognised safety equipment or Dobok.
 - Coloured Belts must wear a White Taekwondo V Necked Dobok.
 - Coloured Belts must wear a groin guard (female and male), shin guards, arm guards, sensor socks, hand gloves, and a clear or white mouth guard.
 - *It is important that all safety equipment aligns with the following examples - **please click here to view.***

VIDEO REPLAY

- **Black Belts:** Video review is for all WT divisions.
- **Coloured Belts:** At discretion of Tournament Director / Event Manager.

EVENT STRUCTURE

- The competition format is a single elimination tournament system as per WT Competition Rules.

DURATION OF MATCHES

Age Group	Belt	Rounds
8-9 (No Head Kicks)	All belts	3 x 1 minutes
10-11 (No Head Kicks)	All belts	3 x 1 minutes
Cadet 12 - 14 (No Head Kicks)	All other Coloured Belts	3 x 1.5 minutes
Cadet 12 - 14 (Head Kicks)	Red	3 x 1.5 minutes
Cadet 12 - 14 (Head Kicks)	Black	3 x 1.5 minutes
Junior 15 - 17 (Head Kicks)	Blue and Red	3 x 1.5 minutes
Junior 15 - 17 (Head Kicks)	Black	3 x 2 minutes
Seniors (Open) 17+ (Head Kicks)	All Coloured Belts	3 x 2 minutes
Seniors (Open) 17+ (Head Kicks)	Black	3 x 2 minutes
Seniors (Masters) 31+ (No HeadKicks)	All belts	3 x 1.5 minutes
Para Sparring	All belts	1 x 5 minutes

The Event Manager will have flexibility to amend the below for Club and Development Events:

- Amend round times or rounds matches
- Amend divisions to No Head Kicks

WEIGHT DIVISIONS

Children 8-9 & 10-11

Over - 19 22 25 28 31 34 38 42 46 50 55 60 65 70+
Under 19 22 25 28 31 34 38 42 46 50 55 60 65 70

Cadets 12-14 (Height Divisions)

Men's division			
Cadet contestants' Hight		MAX. Weight	MIN. Weight
Under 148cm	Not exceeding 148cm	45kg	33kg
Under 152cm	Over 148cm & not exceeding 152cm	48kg	35kg
Under 156cm	Over 152cm & not exceeding 156cm	51kg	37kg
Under 160cm	Over 156cm & not exceeding 160cm	53kg	39kg
Under 164cm	Over 160cm & not exceeding 164cm	56kg	41kg
Under 168cm	Over 164cm & not exceeding 168cm	59kg	43kg
Under 172cm	Over 168cm & not exceeding 172cm	61kg	45kg
Under 176cm	Over 172cm & not exceeding 176cm	64kg	47kg
Under 180cm	Over 176cm & not exceeding 180cm	67kg	49kg
Over 180cm	Over 180 cm	80kg	52kg

Women's division			
Cadet contestants' Hight		MAX. Weight	MIN. Weight
Under 144cm	Not exceeding 144cm	43kg	32kg
Under 148cm	Over 144cm & not exceeding 148cm	45kg	33kg
Under 152cm	Over 148cm & not exceeding 152cm	48kg	35kg
Under 156cm	Over 152cm & not exceeding 156cm	51kg	37kg
Under 160cm	Over 156cm & not exceeding 160cm	53kg	39kg
Under 164cm	Over 160cm & not exceeding 164cm	56kg	41kg
Under 168cm	Over 164cm & not exceeding 168cm	59kg	43kg
Under 172cm	Over 168cm & not exceeding 172cm	61kg	45kg
Under 176cm	Over 172cm & not exceeding 176cm	64kg	47kg
Over 176cm	Over 176 cm	75kg	50kg

Cadets 12-14 (Weight Divisions)

M F M F M F M F M F M F M F M F M F M F
Over - - 33 29 37 33 41 37 45 41 49 44 53 47 57 51 61 55 65+ 59+
Under 33 29 37 33 41 37 45 41 49 44 53 47 57 51 61 55 65 59 - -

Juniors 15-17

M F M F M F M F M F M F M F M F M F M F
Over - - 45 42 48 44 51 46 55 49 59 52 63 55 68 59 73 63 78+ 68+
Under 45 42 48 44 51 46 55 49 59 52 63 55 68 59 73 63 78 68 - -

National Endorsed Event Minimum Standards



Seniors 17+ & Masters 31+

	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Over	-	-	54	46	58	49	63	53	68	57	74	62	80	67	87+	73+
Under	54	46	58	49	63	53	68	57	74	62	80	67	87	73	-	-

AGES

- Age is calculated as at 31 December of the relevant year.

UNCONTESTED ENTRIES

Uncontested entrants may elect to receive either a medal or a full refund. Contestants wishing to receive a medal can receive this from the results and medals desk. At discretion of the Tournament Director / Event Manager, Uncontested Entries may be permitted to move division.

5. PARA KYORUGI

K40 - Kyorugi

General Guidelines

This category is for Athletes with a recognisable and verifiable Impairment.

Para-Kyorugi Eligibility

Para athletes may be required to prove the eligibility requirement of participating in the form of prior or pending Classification

Para Kyorugi K40 Classification

Athletes that have gone through classification and been given the sport class status Not Eligible (NE) cannot compete.

Para Kyorugi K40 Sport Classes

The Para Taekwondo Kyorugi K40 Sport Classes (K41 & K44) are for athletes with a physical impairment in the following categories. Events to be contested are:

- K41
- K44

Please visit the Australian Taekwondo [website](#) for more information on para sport classes.

Medical Diagnostic Forms

Medical Diagnostic Form with supporting evidence has to be submitted for any NEW (N) or REVIEW ® athlete registered for the tournament. This allows the AT Classification Evaluation Committee to determine if the new athlete is eligible for Para Taekwondo and meets Minimum Impairment Criteria (MIC). [Click here to access this form](#)

The deadline for submitting the combined MDF and provisional classification form with supporting evidence is 4 weeks before the event. The form and supporting evidence must be emailed to events@austkd.com.au by the due date.

Competition System

The competitions in the K40 Sport will be held in a single elimination tournament system.

Para Kyorugi K40

The World Taekwondo Para Taekwondo Competition Rules as of 1 June 2022 will be implemented for the Para Taekwondo competitions of the K40 Sport Classes.

Contest Time

The duration of the contest shall be one round of five (5) minutes. Each coach will be allowed to call for one (1) thirty (30) second timeout at any time during the one round contest.

Contested Events and Divisions

AGE:	Cadet (12-14 years old)	
SPORTS CLASSES:	K41	K44
RANK:	BLUE/RED	BLACK
WEIGHT CLASSES:	FEMALE EVENTS	MALE EVENTS
	Not exceeding 33kg	Not exceeding 37kg
	Not exceeding 41kg	Not exceeding 45kg
	Not exceeding 47kg	Not exceeding 53kg
	Not exceeding 55kg	Not exceeding 61kg
	Over 55kg	Over 61kg

AGE:	Junior (15-17 years old)	
SPORTS CLASSES:	K41	K44
RANK:	BLUE/RED	BLACK
WEIGHT CLASSES:	FEMALE EVENTS	MALE EVENTS
	Not exceeding 44kg	Not exceeding 48kg
	Not exceeding 49kg	Not exceeding 55kg
	Not exceeding 55kg	Not exceeding 63kg
	Not exceeding 63kg	Not exceeding 73kg
	Over 63kg	Over 73kg

AGE:	Senior (17 years and older)	
SPORTS CLASSES:	K41	K44
RANK:	BLUE/RED	BLACK
WEIGHT CLASSES:	FEMALE EVENTS	MALE EVENTS
	Not exceeding 47kg	Not exceeding 58kg
	Not exceeding 52kg	Not exceeding 63kg
	Not exceeding 57kg	Not exceeding 70kg
	Not exceeding 65kg	Not exceeding 80kg
	Over 65kg	Over 80kg

6. POOMSAE

MAT SIZE

- If available, it is recommended that a 10mx10m mat is used where possible for events
- Minimum size of 8mx8m for all events at Club and State level

Courts are required to have a clear boundary line and a visible starting area using mats of a different colour (normal court set up is a red mat boundary line and two red mats in the center to indicate the poomsae starting area, with the rest of the court blue mats).

REFEREES

Club & State Events - Championship and WT events require a minimum of 3 judges per court. A minimum of 5 is required if referees are available of the required referee class.

**Ensure that a suitably qualified Head of Court is allocated to each court and that the AusTKD judge court allocation guidelines are followed.

All Referees must have a current Poomsae National Referee Accreditation.

EVENT STRUCTURE

The Cut-Off System is to be utilized at State Events, with WT events following WT guidelines for rounds and designated Poomsae. Other WT recognised methods of competitions may be used State Hanmadangs and Club Events, this must be clearly outlined in the published competition information prior to the event registration opening.

In the case of the event being a one day competition, it is recommended that divisions should be scheduled in the opposite order to Kyorugi. For example, if the Kyorugi event is scheduled as youngest to oldest (all belt levels + all divisions), Poomsae events are to be scheduled oldest to youngest (all belt levels + all divisions). The event should be structured where there is a court(s) designated to WT events and a court(s) designated to Championship events, with adequate judges per court per the requirements above.

If only one court is available for Poomsae events, scheduling events in the opposite order to Kyorugi is still recommended, ensuring that judges allocated to each division follow the AT judge court allocation guidelines.

If the event is a stand alone event or has a designated day within the event (e.g. State Championship, Single Poomsae Event) the divisions are to be scheduled oldest to youngest. If there are multiple courts, multiple age divisions can be run at the same time. Pairs, Teams,

National Endorsed Event Minimum Standards



Freestyle & Family Poomsae events can commence when the Individual division for the age group is completed and adequate rest for athletes is provided. Adequate rest is defined as providing enough time for one division of athletes to complete their competition with a minimum of athletes in it. This will include their changing time as well as rest time. Events are to be scheduled so that athletes are not being marshaled and called to court for multiple divisions at the same time.

Para Poomsae where competing, should be scheduled first.

AGES

- Age is calculated as at 31 December of the relevant year.

UNIFORM

- All coloured belts are required to wear a White V-neck dobok
- Black Belts are required to wear a Black V-neck dobok (junior black belts can wear a red/black V-neck dobok) or an official WT “wrap style” Y-neck dobok

DIVISIONS

The Event Manager will have flexibility to amend the divisions below for Club and Development Events.

Championship Poomsae Divisions

Individual Poomsae

- **Division:** Under 7, 8-9, 10-11, 12-14, 15-17, 18-30, 31-40, 41-50, 51-60 & 61-65, Over 66
- **Gender:** Male & Female

Belt	Poomsae
Yellow	Taegeuk 1 & Taegeuk 2
Blue	Taegeuk 3 & Taegeuk 4
Red	Taegeuk 6 & Taegeuk 7
1st Dan/Poom	Taegeuk 8 & Koryo
2nd Dan/Poom	Koryo & Keumgang
3rd Dan/Poom	Keumgang & Taebaek
4th Dan/Poom	Taebaek & Pyongwon
5th Dan	Pyongwon & Sipjin
6th Dan	Sipjin & Jitae
7th Dan	Jitae & Chonkwon
8th Dan	Chonkwon & Hansu
9th Dan	Chonkwon & Hansu

Pairs & Teams Poomsae

- **Division:** Under 7, 8-11, 12-14, 15-17, 18-30, 31-50, 51-60, over 61
- **Team Size:** Pairs – 2 members, Teams – 3-8 Members
- **Important Information:**
 - Pairs & Team members must be of the same age division (any belt combinations)
 - Pairs & Teams will compete in the division according to the highest ranked member
 - Please ensure all team members use the same team name at online registration
 - Athletes may only enter as part of one pair and/or one team
 - Pairs & Team will perform one of the nominated poomsaes listed below (high ranked member)

Belt	Poomsae
Yellow	Taegeuk 1 & Taegeuk 2
Blue	Taegeuk 3 or Taegeuk 4 or Taegeuk 5
Red	Taegeuk 6 or Taegeuk 7 or Taegeuk 8
Black	Taegeuk 8 or WT Black Belt Pattern

Family Poomsae

- **Divisions:** Any age combination is permitted
- **Team Size:** Two (2) or more members – siblings, parent(s), children, or spouses
- **Important Information:**
 - Family teams will compete in division according to the highest ranked member
 - Please ensure all team members use the same team name at online registration
 - Athletes may only enter as part of one family team
 - Teams will perform one of the nominated poomsaes listed below (high ranked member)

Belt	Poomsae
Yellow	Taegeuk 1 & Taegeuk 2
Blue	Taegeuk 3 or Taegeuk 4 or Taegeuk 5
Red	Taegeuk 6 or Taegeuk 7 or Taegeuk 8
Black	Taegeuk 8 or WT Black Belt Pattern

Freestyle Poomsae with Music

- **General:** Freestyle Poomsae will follow a modified format of WT Freestyle Poomsae, listed below are the required stances and elements, and the modifications that are in place. Poomsae duration is 90-100 seconds.
- **Events:** Individual, Pairs (same or mixed genders), and Team (3-5 members, same or mixed gender)
- **Age Divisions:** Under 12, 12-14, 15-17, 18-30, 31+
- **Compulsory Stances:**
 - Dwitgubi (Back Stance)
 - Hakdari Seogi (Crane Stance)
 - Beom Seogi (Cat/Tiger Stance)
- **Compulsory Elements**
 - Jumping Side Kick
 - Flyside Kick
 - 3-5 step run up permitted
 - Multiple kicks in a jumps
 - Aerial jump front kicks
 - Minimum of one kick performed while in the air (a single jump front kick), if more kicks are performed while in the air a higher score will be achieved
 - Athletes should attempt to show active chamber and extension in all front kicks
 - 3-5 step run up permitted
 - Gradient of spins in a spin kick
 - Minimum of a 360 spin (spin hook kick, kick foot must land behind to complete a 360 spin)
 - Greater gradient of spin will score higher (520, 720)
 - Kyorugi style consecutive kicks
 - Sparring styled kicking sequence
 - 7-10 kicks must be performed
 - 3-5 bounces in a fighting stance before sequence starts
 - Acrobatic Kicking Technique
 - Any acrobatic action will be allowed, even if a kick is not performed with it
 - A higher score will be awarded if the acrobatic action includes a kick, or is an aerial acrobatic action performed with a kick
 - A higher score will also be awarded if more than one kick is performed in the acrobatic action (greater score if an aerial with multiple kicks)
- **Freestyle Poomsae Music:**
 - Music for Freestyle Poomsae is to have no lyrics
 - All athletes must provide their own music on a USB (no other files on the USB)
 - Music is to be handed in, in a clearly named Ziplock bag/envelope at the Poomsae Court morning of competition

WT Poomsae Divisions

- **Drawing of lots:** Required Poomsae for each division will be drawn by Event Management and published on Social Media and emailed to Head Coaches the day before the tournament.
- **Determination of Rounds:**
 - Preliminary Round – 20 or more athletes
 - Semi-final – 9 to 19 athletes
 - Final – 8 or less athletes

WT Individual Poomsae (Male and Female)

Divisions	Poomsaes
12-14 yrs	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang & Taebaek
15-17 yrs	Taegeuk 5, 6, 7, 8, Koryo, Keumgang, Taebaek & Pyongwon
18-30 yrs 31-40 yrs	Taegeuk 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin & Jitae
41-50 yrs	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae & Chonkwon
51-60 yrs 61-65 yrs 65+ yrs	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon & Hansu

WT Pairs Poomsae (Male and Female)

Divisions	Poomsaes
12-14 yrs	Taegeuk 4, 5, 6, 7, 8, Koryo & Keumgang
15-17 yrs	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang & Taebaek
18-30 yrs	Taegeuk 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin & Jitae
31-50 yrs	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae & Chonkwon
51-60 yrs	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon & Hansu
61 yrs +	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon & Hansu

WT Team Poomsae (3x Male or 3x Female)

Divisions	Poomsaes
12-14 yrs	Taegeuk 4, 5, 6, 7, 8, Koryo & Keumgang
15-17 yrs	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang & Taebaek
18-30 yrs	Taegeuk 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin & Jitae
31-50 yrs	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae & Chonkwon
51-60 yrs	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon & Hansu
61 yrs +	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon & Hansu

WT Freestyle Poomsae

- **General:** WT Freestyle Poomsae will follow WT Freestyle Poomsae requirements, listed below are the required stances and elements. Poomsae duration is 90-100 seconds.
- **Events:** Individual, Pairs (same or mixed genders), and Team (5 members, same or mixed gender)
- **Age Divisions:** Individual & Pairs – 12-17 yrs & 17+yrs, Team – 12+yrs
- **Compulsory Stances:**
 - Dwitgubi (Back Stance)
 - Hakdari Seogi (Crane Stance)
 - Beom Seogi (Cat/Tiger Stance)
- **Compulsory Elements**
 - Jumping Side Kick
 - Flyside Kick
 - Multiple kicks in a jumps
 - Aerial jump front kicks
 - Minimum of three kicks to achieve the baseline score
 - Athletes must show 80% extension in each kick
 - Gradient of spins in a spin kick
 - Minimum of a 360 spin performed in the air
 - Greater gradient of spin will score higher (520, 720)

- Kyorugi style consecutive kicks
 - Sparring styled kicking sequence
 - 7-10 kicks must be performed
 - 3-5 bounces in a fighting stance before sequence starts
- Acrobatic Kicking Technique
 - Acrobatic action must contain a minimum of 3 kicks
- **Freestyle Poomsae Music:**
 - Music for Freestyle Poomsae is to have no lyrics
 - All athletes must provide their own music on a USB (no other files on the USB)
 - Music is to be handed in, in a clearly named Ziplock bag/envelope at the Poomsae Court morning of competition.

7. PARA POOMSAE

General Guidelines

These categories are for Athletes with a recognisable and verifiable Impairment.

Para Poomsae Eligibility

Para athletes may be required to prove the eligibility requirement of participating in the form of prior or pending Classification.

Para Poomsae Classification

Athletes competing for the first time do not need to have an official classification status to compete at a club or state level competition, however they must engage in the process to begin classification

An official classification status will be required prior to competing at their second state level competition, and also when competing at any National or International Para Taekwondo event

If an athlete has undergone an official classification and has received a 'not eligible' status, they will be unable to compete in any level of Para Taekwondo event

Athletes who do not hold a National "K or P" sport classification will need to contact [AusTKD Para](#) to arrange a classification.

Para Poomsae Sport Classes

The Para Poomsae Taekwondo Sport Classes are for athletes with a recognisable and verifiable disability, and the following events will be available to be contested for both male and female athletes:

Age Divisions: Under 7, 8-9, 10-11, 12-14, 15-17, 18-30, 31-40, 41-50, 51-60 & 61+

- P10 – Athletes with vision impairment (P11, P12)
- P20 – Athletes with intellectual impairment (P21,P22)
- P30 – Athletes with neurological impairments (P31, P32, P33, P34)
- P40 – Athletes with physical impairments (P41, P42, P43, P44, P45)
- P50 – Athletes with assistive technology (P51, P52, P53)
- P60 – Athletes with hearing impairment (P60)
- P70 – Athletes of short stature (P72)

Please visit the Australian Taekwondo [website](#) for more information on para sport classes.

8. BREAKING

DIVISIONS

- Open for Male and Female Blue, Red and Black Belts in the following age group divisions: 18+ years old.

FIST BREAKING

- For **fist breaking** to break targets.
 - using straight downward closed fist punch strike technique for males.
 - using straight downward open palm strike technique for females.

KNIFE HAND BREAKING

- For **knife hand breaking** to break targets.
 - using straight downward open knife hand strike technique for males or females.

EVENT STRUCTURE

- The contest method will be the cut off system and the contestant with the total highest score will be declared the winner, with the next highest scores progressively determining the final placings accordingly. The total score will be the total number of broken boards less any penalties.
- The contest time allowed is 20 seconds or less.

AGES

- Age is calculated as at 31 December of the relevant year.

JUDGES

- Must hold a current Poomsae National Referee Accreditation.

COST PER BOARD

- Set by Tournament Director / Event Manager

REGULATIONS

- Contestants must decide the number of breaking targets when registering for the competition. The contestant must break the number of targets registered and cannot make any change at the competition.
- **Breaking targets to be used:**
 - for male contestants – 19 mm thick x 290 mm by 290 mm boards.
 - for female contestants – 15 mm thick x 290 mm by 290 mm boards.
 - the breaking targets will be supplied by the organization. Contestants must nominate the number of boards to break at the time of entry. Price per board will be listed at the entry form. Any unbroken board/s may be kept by the contestant, but cannot be re-used for competition.
 - note: the sizes may vary depending on boards availability at the time of the competition.
 - spacers will be provided by the organization. Size of spacers will be determined by the organizing committee and based on availability at the time of competition.
- Contestants may place protective material on the breaking target. These will be provided by the organizing committee to prevent injury to the striking fist or hand. Contestants will not be allowed to place any material directly on their fist or hand.
- The parts of the hand to use for the breaking;
 - The fist breaking must be done with the front two knuckles in a closed fist.
 - The open palm breaking must be done on the lower palm of the open hand. And no part of the fingers or the wrist must touch the target at the point of breaking contact.
 - The knife hand breaking must be executed with the part between the side of the first knuckle of the little finger and the side of the wrist. And no part of the fingers or the wrist must touch the target at the point of breaking contact.
- Breaking is conducted only once and must be done within 20 seconds after the command to start. The contestant can decide on the breaking direction of the breaking target.
- The time to stack the breaking targets may not exceed 1 minute, and the width of the breaking target may not be adjusted randomly.
- Contestants may use the application technique which is to lift the front stepping foot off the ground.
- Each broken target will score +1 point.

PENALTIES

- Penalties are given by the referees.
- The penalties are warning, deduction, and disqualification
 - one warning penalty is equal to 0.5-point deduction.
 - two warning penalties are equal to 1.0-point deduction.
 - one deduction penalty is equal to 1.0-point deduction.
- Warning and deduction.
 - Unless stated each of the below infringement will be a warning equal to 0.5-point deduction.
 - deliberate verbal attacks or movements and disturbing another contestant's breaking routine
 - interfering with the judges or officials during the contest.
 - damaging the breaking target before hitting the breaking target.
 - referees can give deduction penalties for repeating each of the above warning infringements. Referees can give a 1.0-point deduction if any of the above infringements are committed deliberately with clear intent to infringe.
 - exceeding the time to install the breaking targets. 0.5-point deduction will be applied per 5 seconds interval exceeded.
 - a 1.0-point deduction will be given if there is any clear violation of the regulations.
- Penalty points total will be deducted from the contestant total breaking score.
- A contestant will be disqualified;
 - when any part of the body above the knees touches the ground after breaking (note: knee/s on the ground is acceptable).
 - if breaking has been attempted twice.
 - if breaking is using the wrist only in the case of knife hand or palm strike.
 - if breaking is using a half-clenched fist or a hammer fist in fist breaking.
 - if breaking is conducted in an unfair manner as deemed by the referee.

Decision and Declaration of the winner

- The winner shall be the contestant who scores the highest total score from the number of broken targets less any deduction points.
- In the event of a tie score after deduction of points, the winner shall be the contestant who requested and attempted more breaking targets.
- If the above situations cannot decide the winner, then the winner shall be the contestant who weighs less. Unless the weight difference is not obvious or it is determined that the weight difference will be close, then the weight shall be determined by the weigh-in practices used by the Kyorugi competition practices.

