***Para Poomsae Judging Considerations for each Sports Class***

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| **Sports Class** | **Impairment Challenges *(Generalised, may be more/less)*** | **Impact on Poomsae Performance** | **Things to look for in Poomsae Performance to increase scores** |
| P10  Visual Impairment | * Difficulty with direction, especially after turning. * Difficulty with consistency of distance of stances. * Difficulty with positioning of limbs in space. | * Athlete may not turn the correct 90, 180, 270 degree, therefore head off in a slightly different direction. Esp Kumgang. * Athlete may not return to starting point due to lack of consistency with the distance of their stances. * Techniques may not be in body line positions. | * Athlete can perform poomsae with little to no variation in direction or distance of stance. * Techniques start and end in correct body line positions. * *Please note: Caller must be clear with verbal instructions, pause between instructions to allow athlete to comprehend. Coach is able to call if requested. Coach is able to guide athlete on and off mat.* |
| P20  Intellectual Impairment | * Difficulty with memory and problem solving. * Delayed time in comprehending instructions/what someone has said. * Difficulty with unfamiliar environment and people. | * Athlete may not remember full pattern or mix up patterns. E.g. Start with T4, but end with Taebak. * Speed of poomsae may be altered, either slower or faster. * Athlete may become anxious and unable to control emotions/behaviours in unfamiliar environment. E.g. If forgets poomsae can become emotional, angry etc. | * Athlete can remember full pattern. * Athlete can perform poomsae with good rhythm and tempo. * *Please note: Caller must be clear with verbal instructions and hand signals, pause between instructions to allow athlete to comprehend. Calm and patient manner is required.* |
| P30  Neurological Impairment | * Difficulty with balance and co-ordination. * Involuntary movements, e.g. ticks, tremors. * Spasticity. | * Athlete may shake/wobble during poomsae. * Poomsae may appear to be staggered, take extra little steps. * Full extension of arm and legs not possible due to spasticity. * P31, P32, P33 kicks will be hip height or lower only * P34, 35 kicks will be minimum hip height or higher. | * Athlete is able to minimise involuntary movements. * Athlete can perform poomsae with good rhythm and tempo and there is a ‘flow’ to the movements. * Athlete can extend kicks and punches. * *Please note: Athletes may fall over while performing poomsae. Caller to allow 5 seconds for athlete to get up on their own, then call coach to the floor to assist if required. Athlete can continue the poomsae or restart with 0.3 deduction.* |
| P40  Physical Impairment | * Difficulty performing all techniques due to limbs missing/unable to use limbs. | * All techniques of poomsae may not be performed. E.g. if missing a right arm, all right arm techniques will be missing. | * Athlete maintains good rhythm and tempo even though a technique is missed. E.g. if missing a right arm, they still allow the time to pass as if they were doing the technique and not rushing into the next technique. |
| P50  Assistive Devices | * Difficulty with use of lower limbs due to using a crutch, walker or wheelchair. | * Kicks may be minimal, non-existent or represented by arm movements. * Athletes using crutch or walker may have difficulty with balance, therefore unable to show correct stances. * Poomsae will be slower due to reduced movement. | * Athlete in wheelchair uses chair appropriately to represent stances. E.g. little push – short stance, bigger push – long stance, wheelchair on 45 degree angle – back stance. * Athlete uses arms and hands with speed and power to appropriately to represent kicks. E.g. pathway of arm movement is appropriate to the kick, hand position is appropriate to the kick. * *Please note: there are no standardised rules for how an athlete represents their kicks. Some athletes may use arms, other may still use their legs with a small movement. You must judge on the performance in front of you.* |
| P60  Hearing Impairment | * This category will appear most like an abled-bodied performance. * Difficulty with following instructions if not clear. | * Athlete may not follow caller instructions if not clear. | * *Please note: Caller must ensure athlete is looking at them and give clear hand signals. Still give verbal commands as well. All hearing devices must be turned off at marshalling and remain off until completion of the division.* |
| P70  Short Stature | * Difficulty with flexibility and joint mobility due to muscle bulk. | * Full extension of arm and legs not possible due to difficulty with flexibility and joint mobility due to muscle bulk. * Kicks will appear as leg lifts rather than kicks. * Kicks will be hip height only. | * Athlete can perform kicks with chamber and rechamber rather than a leg lift. * Athlete can extend kicks and punches. |