***Tournament Director’s Quick Guide to Para Poomsae***

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| ***Things to consider before the event:*** | | |
| **Item to consider** | **Recommended Adjustment** | **Reason for Recommended Adjustment** |
| Scheduling of Classification *\*Contact AT at least 4 months in advance to organise* | 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. |
| Checking of Para Athletes Official Classification Status | Checking of AT classification Masterlist or contacting AT directly. | Para athletes require an official classification status to compete at their second state competition or nationals. Checking of their official classification status with AT ensure the para athlete is competing in the correct division. If the para athlete does not have an official classification status, direct them to the classification process via the classification information flyers. |
| Scheduling of Guided walk-through day prior | Guided walk-through of venue and competition area to be done the day before the competition. | Scheduling a 30 minute guided walk-through of the venue and competition areas for para athletes allows them to navigate and plan their accessibility requirements in advance without the pressure of crowds. This reduces stress and anxiety of para athletes and also allows organises additional time to make any modifications for accessibility. |
| Providing a quiet sensory room for Para athletes | A meeting room or area that is quiet that a carer can take a para athlete if required | Delays may occur and venues are very over stimulating. Para athlete may become anxious and not be able to cope in an over stimulating environment. A quiet sensory room allows the para athlete to remain calm and function. |
| 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 staff of para athletes to register for an accreditation. | Some para athletes will require support staff with them that are not their coaches. This 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. | 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.  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. |
| In competitions where there has been physical impairments classification, there needs to be an area near the contest area for the classifiers to sit at a table 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, but also not having spectators behind then as confidential medical documents are discussed. |
| 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 boarders | 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 boarders are also required. Para Poomsae on a Kyorugi Mat is not acceptable. |
| Seating available at contest mat for athletes and carers. | Not all para athletes will be able to stand for a period of time. Having chairs available at the contest mat while they are waiting for their division reduces fatigue. Having chairs for carers also means they are able to sit down and not be in the way. |
| 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. |

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| ***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.  At this time as well, ask the para athletes what patterns they will be doing and prepare judging sheets with chosen patterns now. | 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.  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. Pause in between each command. 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). Processing time is also delayed. 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 *Article 12 of the WT Rules.* | These para athletes may only be able to recognise familiar voices and not the commands of a voice they have not heard before. |
| In the event a para athlete falls down during performance, caller to allow 5 seconds for para athlete to stand on their own. After 5 seconds, caller to allow coach onto court to help para athlete. Call doctor if required. | It is not uncommon for para athletes to lose balance and fall, it does not necessarily mean they are injured. Para athlete after fall may choose to continue from current position in performance, or opt for a restart. P20 – no deduction for restart. All other classes 0.3 deduction for restart – computer operator to input deduction, not individual judges. |
| 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 safely onto the contest mat to the correct start position. Coach/support staff are also able to assist para athletes safely off the contest mat. | Ensures safety of para athlete 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. Some para athletes will go longer than the allocated 120 seconds. Allow them to finish the pattern, however a 0.3 is deducted by the computer operator. |

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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.
* At club, state and national level competitions, para athletes may elect a level of assistance with performing the Poomsae.
* ***No assistance*** *– Para athlete independently performs poomsae,*
* ***Medium level assistance*** *– Coach prompts para athlete throughout the performance,*
* ***High level assistance*** *– Athlete assistant on court performing poomsae with para athlete.*
* Please note that the level of assistance elected will be reflected in the scores of the relevant Presentation category. *I.e. a high level of assistance will coincide with lower scores in the relevant Presentation category.*
* *As of January 2024, AT will be using the judging guidelines from WT para poomsae competition rules 30 September 2024. 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)* [World Para Taekwondo Poomsae Competition Rules 20240930 - World Para Taekwondo Poomsae Competition Rules 20240930.pdf](https://www.worldtaekwondo.org/viewer_pdf/external/pdfjs-2.1.266-dist/web/viewer.html?file=https://www.worldtaekwondo.org/att_file/documents/World%20Para%20Taekwondo%20Poomsae%20Competition%20Rules%2020240930.pdf)

***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:

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| **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***

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| **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)***

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| ***Stance, Practicability of movement, Balance & Posture (2.0)*** | |
| Stance | * Check that all stances and Joonbi are executed correctly |
| Practicability of Movements | * 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 | * Without wobbling, shuffling or hesitation |
| Posture | * 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 | * The precision of each individual hand or foot technique such as punches, strikes, blocks & kicks. |

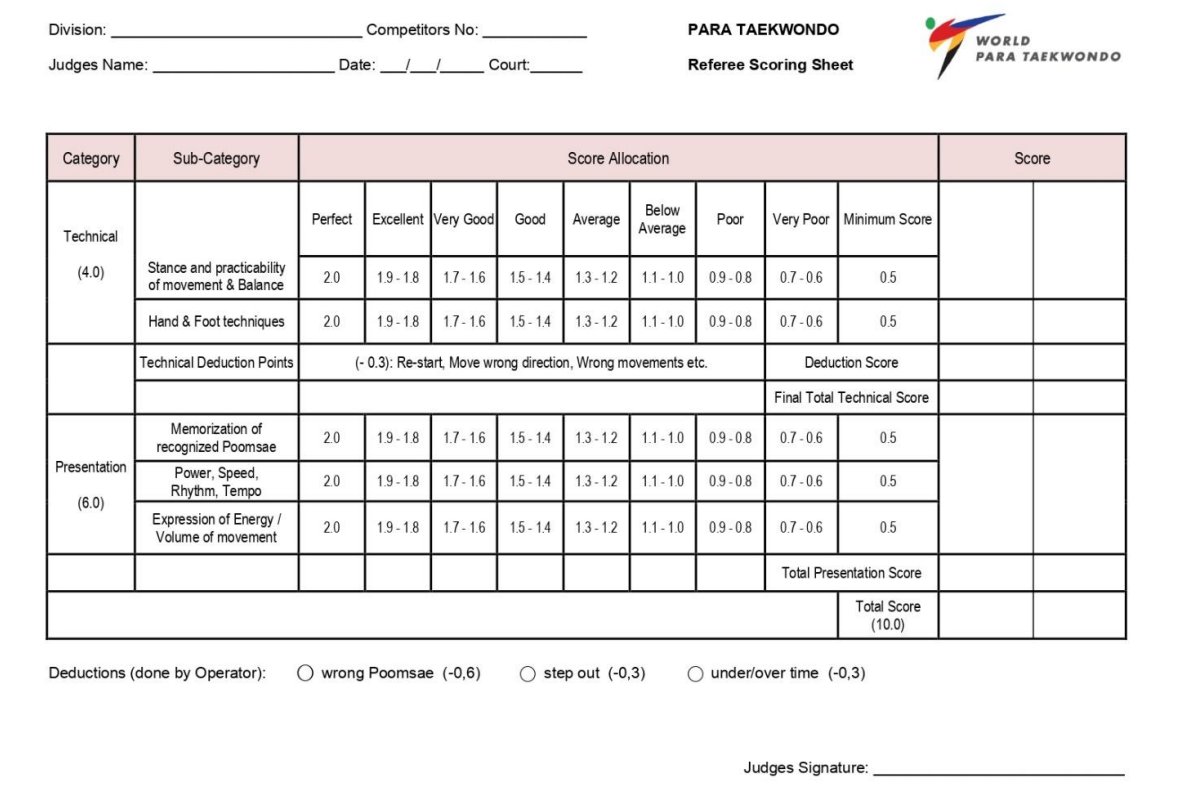
***Presentation Guideline (6.0)***

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| **Memorisation of recognised Poomsae (2.0)** |
| * 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)** |
| * 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***

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| 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***

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***Para Poomsae Sports Classes Quick Guide***

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| **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 |

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

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| **Sport Classes** | **Description (Guide Only)** | **Highest Level of Competition** |
| **Athletes with a Hearing Impairment** | | |
| P 61 | 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 |

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| **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 |

***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. |