
2024 FILA OPEN ONLINE

Taekwondo Kyorugi Championships

■ Competition Overview

1. Competition Name: 2024 FILA OPEN ONLINE Taekwondo Kyorugi Championships
2. Events:
 - 1) Individuals: Preschool, Kindergarten, Elementary, Middle school, High school and Adults
 - 2) Pairs: Mixed pairs (1 male / 1 female)
 - 3) Team (3 people): 3 males, 3 females
 - 4) Mixed Team (4 people): 2 males, 2 females

❖ Please see below for further details
3. Registration: Monday, January 15th, 2024 – Friday, March 31st, 2024.
4. Awards: February ~ April ongoing awards ceremonies
❖ Certificate will be sent as a file to the representative's email address.
5. Invitation competition: scheduled for June 2024 – July 2024.
❖ Participants of the 2024 FILA OPEN ONLINE Taekwondo Kyorugi Championships are scheduled to be invited for the Invitation Championships
6. How to apply: 2024 FILA OPEN ONLINE Taekwondo Kyorugi Championships.
 - 1) Official Naver Band URL: <https://band.us/band/90143893>
 - 2) Submit your application form and Championships Game video

❖ Naver Band Guidebook Attachment



7. Application Enquiry: 2024 FILA OPEN ONLINE Taekwondo Kyorugi Championships Organizing Committee

1) Naver Official Band **Guidebook File** URL: <https://band.us/band/90143893>

2) E-mail:

❖ Juho Kim (kjh92300@naver.com)

❖ SeungHwan Lee (bbabock@naver.com)

❖ Submit your completed application form and video clip via **Bend App.** or **e-mail** provided above.

8. Participation Fee: Free.

9. Hosted by: FILA Korea, The Kick, Yongin University.

10. Organiser: Yongin University Industry-Academic Cooperation Foundation ISMM Center

■ Championships Outline

1. Participation Requirements: Anyone with any level of Taekwondo training space(from white belt to black belt can participate)

- 1) Multiple entries are permitted(multiple entries in individuals, pairs, teams and mixed teams are possible)
 - 2) Birth year is based on full age (1st January 2024)
- ❖ Korea-based participants will enter events based on their grade level
 - ❖ International participants will enter events based on their year of birth
 - ❖ Participants of the 2024 FILA OPEN ONLINE Taekwondo Poomsae Competition are scheduled to be invited for the Invitation Competition (planned for June - July)

2. Championships Events: Individuals, Pairs, Team and Mixed Team

- 1) Individuals : International athletes by year of birth

Event	Age group(Men / Women)		Category	Birth year
Individuals	Preschool	6 years and under	Color belts I (white belt - green belt)	2017 onwards
			Color belts II (blue belt - red belt)	
			Junior black belts	
	Kindergarten	7 years old	Color belts I (white belt - green belt)	2016
			Color belts II (blue belt - red belt)	
			Junior black belts	

Event	Age group (Men / Women)	Category	Birth year	
Individuals	Elementary School	1 st Grade (8 years old)	Color belts	2015
			Junior black belts	
		2 nd Grade (9 years old)	Color belts	2014
			Junior black belts	
		3 rd Grade (10 years old)	Color belts	2013
			Junior black belts	
	4 th Grade (11 years old)	Color belts	2012	
		Junior black belts		
	5 th Grade (12 years old)	Color belts	2011	
		Junior black belts		
	6 th Grade (13 years old)	Color belts	2010	
		Junior black belts		
	Middle School	1 st Grade (14 years old)	Color belts	2009
			Junior / Black belts	
		2 nd Grade (15 years old)	Color belts	2008
			Junior / Black belts	
		3 rd Grade (16 years old)	Color belts	2007
			Junior / Black belts	
	High School	1 st Grade (17 years old)	Color belts	2006
			Black belts	
		2 nd Grade (18 years old)	Color belts	2005
			Black belts	
		3 rd Grade (19 years old)	Color belts	2004
			Black belts	
Adults	Under 30 (20 - 30 years old)	Color belts	2003 ~ 1993	
		Black belts		
	Under 40 (31 - 40 years old)	Color belts	1992 ~ 1983	
		Black belts		
	Under 50 (41 - 50 years old)	Color belts	1982 ~ 1973	
		Black belts		
	Under 60 (51 - 60 years old)	Color belts	1972 ~ 1963	
		Black belts		
	Under 65 (61 - 65 years old)	Color belts	1962 ~ 1958	
		Black belts		
	66+ (66 years old and over)	Color belts	1957 and before	
		Black belts		

2) Pairs : International athletes by year of birth

Event	Division (Men / Women)		Category	Birth year
Pairs Mixed 2 people (1 male and 1 female)	Preschool and Kindergarten	Combined (7 years and under)	Color belts	2016 onwards
			Junior black belts	
	Elementary	Lower Grades 1 st - 3 rd Grade (8 - 10 years old)	Color belts	2015 ~ 2013
			Junior black belts	
		Upper Grades 4 th - 6 th Grade (11 - 13 years old)	Color belts	2012 ~ 2010
			Junior black belts	
	Middle School	Combined (14 - 16 years old)	Color belts	2009 ~ 2007
			Junior / Black belts	
	High School	Combined (17 - 19 years old)	Color belts	2006 ~ 2004
			Black belts	
	Adults	Combined (20 years and older)	Color belts	2003 and before
			Black belts	

3) Team : International athletes by year of birth

Event	Division (3 Men / 3 Women)		Category	Birth year
Team 3 people (3 males / 3 females)	Preschool and Kindergarten	Combined (7 years and under)	Color belts	2016 onwards
			Junior black belts	
	Elementary	Lower Grades 1 st - 3 rd Grade (8 - 10 years old)	Color belts	2015 ~ 2013
			Junior black belts	
		Upper Grades 4 th - 6 th Grade (11 - 13 years old)	Color belts	2012 ~ 2010
			Junior black belts	
	Middle School	Combined (14 - 16 years old)	Color belts	2009 ~ 2007
			Junior / Black belts	
	High School	Combined (17 - 19 years old)	Color belts	2006 ~ 2004
			Black belts	
	Adults	Combined (20 years and older)	Color belts	2003 and before
			Black belts	

4) Mixed Team : International athletes by year of birth

Event	Division (2 males / 2 females		Category	Birth year
Mixed Team 4 people (2 males and 2 females)	Preschool and Kindergarten	Combined (7 years and under)	Color belts	2016 onwards
			Junior black belts	
	Elementary	Lower Grades 1 st - 3 rd Grade (8 - 10 years old)	Color belts	2015 ~ 2013
			Junior black belts	
		Upper Grades 4 th - 6 th Grade (11 - 13 years old)	Color belts	2012 ~ 2010
			Junior black belts	
	Middle School	Combined (14 - 16 years old)	Color belts	2009 ~ 2007
			Junior / Black belts	
	High School	Combined (17 - 19 years old)	Color belts	2006 ~ 2004
			Black belts	
	Adults	Combined (20 years and older)	Color belts	2003 and before
			Black belts	

3. Mandatory Techniques

- 1) Mandatory Techniques are the same for each category in Individuals, Pairs, Team and Mixed Team
- 2) Point deduction for missing mandatory skills (Technical skill points will be deducted for each missing technique)

Division		Mandatory Technique(each at least once)
Preschool and Kindergarten	Color belts, Junior black belts (1 - 7 years old)	<ul style="list-style-type: none"> ➤ Punch attack ➤ Axe kick ➤ Front kick or Turning kick
Elementary	Color belts 1 st - 6 th Grade (8 -13 years old)	<ul style="list-style-type: none"> ➤ Punch attack ➤ Axe kick ➤ Turning Kick
	Junior black belts 1 st - 3 rd Grade (8 - 10 years old)	<ul style="list-style-type: none"> ➤ Punch attack ➤ Axe kick ➤ Turning Kick
	Junior black belts 4 th - 6 th Grade (11 - 13 years old)	<ul style="list-style-type: none"> ➤ Punch attack ➤ Axe kick ➤ Turning Kick ➤ Back kick ➤ Reverse hook kick
Middle School	Combined (14 - 16 years old)	<ul style="list-style-type: none"> ➤ Punch attack ➤ Axe kick
High School	Combined (17 - 19 years old)	<ul style="list-style-type: none"> ➤ Turning Kick ➤ Back kick ➤ Reverse hook kick
Adults	Everyone (20 years and over)	<ul style="list-style-type: none"> ➤ Double kicks ➤ Tornado kick

4. Competition Time

Division	Age group	Individuals	Pairs (2 people)	Team (3 people)	Mixed Team (4 people)
Preschool and Kindergarten		within 20 seconds	within 30 seconds	within 35 seconds	within 40 seconds
Elementary	Lower Grades 1 st - 3 rd Grade	within 20 seconds	within 30 seconds	within 35 seconds	within 40 seconds
	Upper Grades 4 th - 6 th Grade		within 35 seconds	within 45 seconds	within 50 seconds
Middle school		within 25 seconds	within 35 seconds	within 45 seconds	within 50 seconds
High school		within 30 seconds	within 40 seconds	within 50 seconds	within 60 seconds
Adults		within 30 seconds	within 40 seconds	within 50 seconds	within 60 seconds

5. Competition Format: VIRTUAL Format - Using kick paddles to show sparring against a virtual athlete

- 1) Using kick paddles to show sparring against a virtual athlete
 - ❖ Both single and double kick paddles are permitted
- 2) Use of mandatory techniques during the designated match time
- 3) Pairs, team and mixed team matches will be played via athlete substitution
- 4) Mandatory techniques must be used more than once during the match period for pairs, teams and mixed teams

Event	Detailed Competition Format
Individuals	Using kick paddles to demonstrate sparring against a virtual athlete
Pairs	Using kick paddles, no division between genders: Athlete 1 demonstrates first (10 - 20 seconds) followed by Athlete 2's demonstration (10 - 20 seconds)
Team	Using kick paddles: Athlete 1 demonstrates (10 - 20s)) Athlete 2 (10 - 20s)) Athlete 3 demonstrates (10 - 20s) one by one in this order
Mixed Team	Using kick paddles: Female Athlete 1 (10 - 20s)) Male Athlete 2 (10 - 20s)) Female Athlete 3 (10 - 20s)) Male Athlete 4 (10 - 20s) demonstrates one by one in this order

6. Competition Attire: Taekwondo Uniform and Belt

- 1) Generally, wearing an approved uniform and belt is preferred, but colored uniforms and dojang logos are permitted
- 2) There will be no point deduction for wearing this style of uniform
- 3) Wearing Taekwondo shoes, hoodies or sports jackets is not permitted

7. How to Record

- 1) The video should be filmed on a non-slippery and safe Taekwondo mat with a flat surface
- 2) It should be 1 single continuous video (cutting or editing the video is grounds for disqualification)
- 3) The video should be filmed horizontally
- 4) The camera should be level when filming, so the video isn't tilted
- 5) The camera can be moved up, down, left, right and can be zoomed in and out depending on the athlete's movement
- 6) Save the competition video file as event - gender - division - age group - dojang name (affiliation) - athlete's name

❖ Examples:

- Individuals - Men - Preschool - 6years and under - Yongin TKD Dojang - Yongin Kim
- Pairs - Middle school - Combined - Yongin TKD Dojang - Yongin Kim, Mina Lee
- Team - Men - Adults - Combined - Yongin Taekwondo Dojang - Yongin Kim, Sam Lee, John Park
- Mixed Team - High school - Combined - Yongin TKD Dojang - Yongin Kim, Mina Lee, John Park, Anna Kwon

8. Filming Order

- 1) Greeting: At the "Charyut" ("Attention") command, the athlete bows when
❖ "Kyeong rye" ("Bow") is called after checking the athlete's identity
Example: The match begins after 'Individuals Elementary lower grades Yongin.
- 2) Ready - Begin: At the "Junbi - Sijak" ("Ready - Begin") command, the match (paddle sparring) begins
- 3) End of the Match: When the "Geuman - Charyut - Kyeong Rye" ("Stop-Attention-Bow") command is given, the match and recording ends

9. Evaluation Method

- 1) Cut-off scoring system
- 2) 3 Referee system (1 main referee, 2 assistant referees)
- 3) Evaluation Criteria (technical skills, aptitude)

Overview	Category	Evaluation Points	points
Evaluation Criteria (10 points)	Technical Skills (6.0 points)	Mandatory Techniques	2
		Motion Connectivity	1
		Practicality	1
		Accuracy	1
		Kicking Speed	1
	Aptitude (4.0 points)	Variety	2
		Kihap	1
		Step	1

- 4) Deductions for not applying mandatory techniques (each missed technique has 0.5 points deducted from the technical skill points).
- 5) The final evaluations are G (GOLD), S (SILVER), and B (BRONZE) class

10. Grounds for Disqualification

- 1) The specified time is exceeded
- 2) Noises other than Kihap hinder scoring
- 3) Using acrobatics or demonstration kicks other than kicks needed for competition skills
- 4) The athlete is off the screen for more than 3 seconds
- 5) The video was edited in any way
- 6) Two or more referees agree to disqualification due to other circumstances

11. Participation Registration

- 1) Naver Official Band **Guidebook File** URL: <https://band.us/band/90143893>
- 2) E-mail:
 - ❖ Juho Kim (kjh92300@naver.com)
 - ❖ SeungHwan Lee (bbabock@naver.com)
- ❖ Submit your completed application form and video clip via **Bend App.** or **e-mail** provided above.

12. Awards

- 1) Awarded regularly through online evaluations from February to April
Participants of the 2024 FILA OPEN ONLINE Taekwondo Kyorugi Championships could be invited to the Invitation Championships (scheduled for June~July)
- 2) Awards for each division in individuals, pairs, team and mixed team through evaluation of each division's referees
Awards are given in G class (GOLD), S class (SILVER), and B class (BRONZE)
- 3) E-certificates (certificate files) are sent by dojang or group
When requesting certificates (dojang or group application) printing and shipping costs are incurred.
- 4) Best Instructor and Best Athlete Awards
- 5) Early Bird Award, FILA Award, Special Award, Blue Dragon Award, Gapjin Award, Smile Award, etc Various giveaways and benefits

13. Etc

- 1) Participating athletes and organizations follow the results of the decision made by the organizer and referee and the competition regulations
- 2) Matters not specified in these guidelines are decided by the competition organization committee
- 3) In relation to photos and videos submitted in connection with the competition, it is deemed that permission was given for the use and utilization of portrait photo production / portrait rights
- 4) Due to the operation of non-face-to-face online competitions, the organizer is not responsible for injury insurance, civil or criminal liability in relation to any injuries that occur during actual filming. Participating athletes and organizations shall be deemed to have agreed to this content when registering and participating in the Championships
- 5) Participation in the FILA OPEN ONLINE Taekwondo Championships Invitational match, which is an offline Championships, is available to athletes who participated in the FILA OPEN ONLINE Taekwondo Championships. Among the gyms that participated in the online Championships, those who wish to participate offline are eligible to participate in the invitation match. Dojangs with athletes who wish to participate can apply through the wild card system