

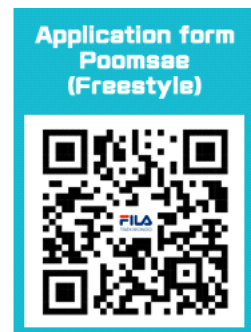
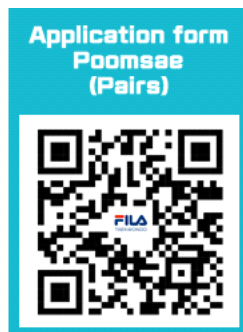
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# 2024 FILA OPEN ONLINE Taekwondo Poomsae Championships

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## ■ Competition Overview

1. Competition Name: 2024 FILA OPEN ONLINE Taekwondo Poomsae Championships
2. Events
  - 1) Recognized Poomsae: Individuals, Pairs (mixed), Team 3 people (3 Men/ 3 Women), Family (pairs, team) and Master & Student
  - 2) Freestyle Poomsae: Individuals, Pairs and Mixed Team (5 people)
- ❖ 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 Poomsae Championships are scheduled to be invited for the Invitation Championships
6. How to apply: 2024 FILA OPEN ONLINE Taekwondo Poomsae Championships
  - 1) Official Naver Band URL: <https://band.us/n/a1a50aadWc91z>
  - 2) Submit your application form and Championships Game video
- ❖ Naver Band Guidebook Attachmen



7. Application Enquiries: 2024 FILA OPEN ONLINE Taekwondo Poomsae Championships Organizing Committee.

1) Naver Official Band **Guidebook File** URL: <https://band.us/n/a1a50aadWc91z>

2) E-mail:

❖ Juho Kim ([kjh92300@naver.com](mailto:kjh92300@naver.com))

❖ SeungHwan Lee ([bbabock@naver.com](mailto: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(Recognized poomsae, Freestyle poomsae)

### 1. Participation Requirements: Anyone with any level of Taekwondo trainingspace(from white belt to black belt can participate

- 1) Multiple entries are permitted (multiple entries in individuals, pairs, teams, family and Mater & Student 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:

- 1) Recognized Poomsae
- 2) Freestyle Poomsae

### 3. Recognized Poomsae Events: Recognized Poomsae: Individuals, Pair, Team, Family Pair, Family Team and Master & Student

- 1) Individuals: International athletes by year of birth

Event	Age group(Men / Women)		Category	Birth year
Individuals	Preschool	6 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 <sup>st</sup> Grade (8 years old)	Color belts I (white belt - green belt)	2015
			Color belts II (blue belt - red belt)	
			Junior black belts	
		2 <sup>nd</sup> Grade (9 years old)	Color belts I (white belt - green belt)	2014
			Color belts II (blue belt - red belt)	
			Junior black belts	
		3 <sup>rd</sup> Grade (10 years old)	Color belts I (white belt - green belt)	2013
			Color belts II (blue belt - red belt)	
			Junior black belts	
		4 <sup>th</sup> Grade (11 years old)	Color belts I (white belt - green belt)	2012
			Color belts II (blue belt - red belt)	
			Junior black belts	
		5 <sup>th</sup> Grade (12 years old)	Color belts I (white belt - green belt)	2011
			Color belts II (blue belt - red belt)	
			Junior black belts	
		6 <sup>th</sup> Grade (13 years old)	Color belts I (white belt - green belt)	2010
			Color belts II (blue belt - red belt)	
			Junior black belts	
	Middle School	1 <sup>st</sup> Grade (14 years old)	Color belts	2009
			Junior / Black belts	
		2 <sup>nd</sup> Grade (15 years old)	Color belts	2008
			Junior / Black belts	
		3 <sup>rd</sup> Grade (16 years old)	Color belts	2007
			Junior / Black belts	

Event	Age group (Men / Women)		Category	Birth year
Individuals	High School	1 <sup>st</sup> Grade (17 years old)	Color belts	2006
			Black belts	
		2 <sup>nd</sup> Grade (18 years old)	Color belts	2005
			Black belts	
		3 <sup>rd</sup> 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 (mixed): 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 <sup>st</sup> - 3 <sup>rd</sup> Grade (8 - 10 years old)	Color belts	2015 ~ 2013
			Junior black belts	
		Upper Grades 4 <sup>th</sup> - 6 <sup>th</sup> 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	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		

- ❖ Adults: Older adults can change to a division lower than their own and compete with other athletes.
- ❖ Example: "Athlete 1 (under 40)", "Athlete 2 (under 60)" → Athlete 2 can change to the under 40s division to participate. Athlete 1 cannot change to under 60s division.

3) Team 3 people (3 Men/ 3 Women): International athletes by year of birth

Event	Division (Men / 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 <sup>st</sup> - 3 <sup>rd</sup> Grade (8 - 10 years old)	Color belts	2015 ~ 2013
			Junior black belts	
		Upper Grades 4 <sup>th</sup> - 6 <sup>th</sup> 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	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			

- ❖ Adults: Older adults can change to a division lower than their own and compete with other athletes.
- ❖ Example: "Athlete 1 (under 40)", "Athlete 2 (under 60)" → Athlete 2 can change to the under 40s division to participate. Athlete 1 cannot change to under 60s division.

4) Family (pairs, team)

Event	Division	Event	Division
Family Pair (2 People)	Father & Son	Family Team (3 People / 3 Generations)	Family 3 People
	Father & Daughter		
	Mother & Son		Family 3 Generations
	Mother & Daughter		

5) Master & Student: International athletes by year of birth

Event	Division ( 2 males / 2 females		Birth year
Master & Student  (Master, Instructor or Leader 1 Person + Student 1 Person)	Preschool and Kindergarten	Combined (7 years and under)	2016 onwards
	Elementary	Lower Grades 1 <sup>st</sup> - 3 <sup>rd</sup> Grade (8 - 10 years old)	2015 ~ 2013
		Upper Grades 4 <sup>th</sup> - 6 <sup>th</sup> Grade (11 - 13 years old)	2012 ~ 2010
	Middle school	Combined 1st Grade ~ 3rd Grade (14 - 16 years old)	2009 ~ 2007
	High School	Combined 1st Grade ~ 3rd Grade (17 - 19 years old)	2006 ~ 2004
	Adults	Combined (20 years and older)	2003 and before



#### 4. Designated Recognized Poomsae

- ❖ Elementary, Middle school, High school and adult black belts: select 1<sup>st</sup> poomsae (Taegeuk poomsae) and 2<sup>nd</sup> poomsae (Black belt poomsae) as designated poomsae

##### 1) Individual Designated Poomsae

Event	Division & Category		Designated Poomsae	Note
Individuals	Preschool and Kindergarten	Color belts I (white belt - green belt)	Taegeuk 1 ~ 3 Jang	Choice of 1
		Color belts II (blue belt - red belt)	Taegeuk 4 ~ 8 Jang	
		Junior black belts	Taegeuk 4 ~ Koryeo	
	Elementary	Color belts I (white belt - green belt)	Taegeuk 1 ~ 3 Jang	Choice of 2
		Color belts II (blue belt - red belt)	Taegeuk 4 ~ 8 Jang	
		Junior black belts	Taegeuk 4 ~ Taebaek	
	Middle School	Color belts	Taegeuk 1 ~ 8 Jang	
		Junior / Black belts	Taegeuk 5 ~ yeongwon	
	High School	Color belts	Taegeuk 1 ~ 8 Jang	
		Black belts	Taegeuk 6 ~ ibjin	
	Adults	Color belts	Taegeuk 1 ~ 8 Jang	
		Black belts	Taegeuk 6 ~ Hansu	

##### 2) Pairs (Mixed pair 2 people) Designated Poomsae

Event	Division & Category		Designated Poomsae	Note
Pairs	Preschool and Kindergarten	Color belts	Taegeuk 1 ~ 8 Jang	Choice of 1
		Junior black belts	Taegeuk 4 ~ Koryeo	
	Elementary	Color belts	Taegeuk 1 ~ 8 Jang	Choice of 2
		Junior black belts	Taegeuk 4 ~ Taebaek	
	Middle School	Color belts	Taegeuk 1 ~ 8 Jang	
		Junior / Black belts	Taegeuk 5 ~ yeongwon	
	High School	Color belts	Taegeuk 1 ~ 8 Jang	
		Black belts	Taegeuk 6 ~ ibjin	
	Adults	Color belts	Taegeuk 1 ~ 8 Jang	
		Black belts	Taegeuk 6 ~ Hansu	

### 3) Team (Men / Women 3 people) Designated Poomsae

Event	Division & Category		Designated Poomsae	Note
Team	Preschool and Kindergarten	Color belts	Taegeuk 1 ~ 8 Jang	Choice of 1
		Junior black belts	Taegeuk 4 ~ Koryeo	
	Elementary	Color belts	Taegeuk 1 ~ 8 Jang	Choice of 2
		Junior black belts	Taegeuk 4 ~ Taebaek	
	Middle School	Color belts	Taegeuk 1 ~ 8 Jang	
		Junior / Black belts	Taegeuk 5 ~ Pyeongwon	
	High School	Color belts	Taegeuk 1 ~ 8 Jang	
		Black belts	Taegeuk 6 ~ Sibjin	
	Adults	Color belts	Taegeuk 1 ~ 8 Jang	
		Black belts	Taegeuk 6 ~ Hansu	

### 4) Family (Pair and Team) and Master & Student Designated Poomsae

Event	Division		Note
Family	Family Pair	Taegeuk 3 Jang ~ Hansu	Choice of 1
	Family Team		
Master & Student	Master & Student		

## 5. Freestyle Poomsae

- 1) Music composition and movement must be demonstrated together based on Taekwondo skills
- 2) Only use music without lyrics and copyrights, as well as music sources without copyright issues
  - ❖ Music provided by organizers is available
- 3) Performance skills should be included within the scope of Taekwondo skills
  - ❖ Compliant with World Taekwondo Freestyle Poomsae Regulations
  - ❖ Acrobatics excluded for under 17 years old

#### 4) Freestyle Poomsae Events

##### ➤ Individuals

Event	Age group (Men / Women)	Category	Birth year
Individuals	17 years and under	Junior / Black belt	2008 and after
	18 years and older	Black belt	2007 and before

##### ➤ Pairs

Event	Age group (Men / Women)	Category	Birth year
Pairs (2 people)	17 years and under	Junior / Black belt	2008 and after
	18 years and older	Black belt	2007 and before

❖ 2 people (1 male and 1 female) as 1 Pair

##### ➤ Mixed Team

Event	Age group (Men / Women)	Category	Birth year
Mixed Team (5 people 1 Team)	17 years and under	Junior / Black belt	2008 and after
	18 years and older	Black belt	2007 and before

❖ 5 people as 1 Team (each more than 2 males and 2 females)

❖ Example) 2 males and 3 females or 3 males and 2 females

### 6. Competition Time

1) Recognized Poomsae: Each poomsae within 90 seconds

(Rest time no more than 30 seconds)

2) Freestyle Poomsae: Between 90 - 100 seconds

❖ The competition time is counted from "sijak" (start) to "baro" (return)

Overview	Event	Competition Time	Note
Competition Time	Recognized Poomsae	Each poomsae within 90 seconds (Poomsae 1 within 90 seconds, Poomsae 2 within 90 seconds)	Poomsae 1 and Poomsae 2 to be filmed in 1 continuous video
	Freestyle Poomsae	Between 90 - 100 seconds	

## 7. 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

## 8. How to Record

- 1) The video should be filmed on a non-slippery and safe Taekwondo mat with a flat surface.
- 2) Poomsae 1 and Poomsae 2 to be filmed in 1 continuous video
- 3) The athlete's whole body must be visible at all times
- 4) The camera should be level and the video should be filmed horizontally
- 5) Save the Championships Game video file as event - gender - division - age group - dojang name (affiliation) - athlete's name

### ❖ Examples

- Recognized Individual - Men - Preschool - 6years under - Yongin TKD Dojang - YongIn Kim
- Recognized Team - Men - Preschool - 6years under - Yongin TKD Dojang - YongIn Kim, Sam Lee, John Park
- Recognized Family - Pair - Father&Son - Yongin Taekwondo Dojang - YongIn Kim, Sam Lee
- Recognized Master&Student - Men - Preschool - 6years under - Yongin Taekwondo Dojang - YongIn Kim, Sam Lee
- Free Individuals - Men - 17 and under - Yongin Taekwondo Dojang - YongIn Kim
- Free Pairs - Men - 17 and under - Yongin Taekwondo Dojang - YongIn Kim, Sam Lee
- Free Team - Mixed - 17 and under - Yongin TKD Dojang - YongIn Kim, Sam Lee, Mina Park, Anna Know, John Park

## 9. 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 Taekwondo Dojang Yongin Kim' (Video file name) is called

- 2) At the “Junbi - Sijak” (“Ready - Begin”) command, the designated recognized poomsae 1 and 2 or freestyle poomsae begin
- 3) When the “Baro - Charyut - Kyeong Rye” (“Return - Attention - Bow”) command is given, the 2<sup>nd</sup> poomsae round and recording ends

## 10. Evaluation Method

- 1) Compliant with World Taekwondo Freestyle Poomsae Regulations
- 2) 3 Judges system
- 3) Recognized poomsae evaluation criteria

Event	Category	Evaluation points	points
Recognized poomsae (10 points)	Accuracy (4 points)	Accuracy of basic movements	2
		Accuracy of poomsae	1
		Balance	1
	Aptitude (6 points)	Speed and power	2
		Harmony (power, speed and rhythm)	2
		Expression of Ki	2

- 4) Freestyle poomsae Evaluation criteria

Event	Category	Evaluation points	Event	points
Freestyle (10 points)	Technical Skills (6 points)	Degree of difficulty of the kicks	Jump side kick	1
			Number of jumping kicks	1
			Number of spins	1
			Sparring style motion connectivity	1
			Acrobatic kicking skills (18 and over only)	1
			Basic movements and practicality	1
	Aptitude (4 points)		Creativity	1
			Harmony	1
			Expression of Ki	1
			Music and choreography	1

- 5) The final evaluations are G (GOLD), S (SILVER), and B (BRONZE) class

## 11. Grounds for Disqualification

- 1) Incorrect event, division or category application
- 2) The athlete competes in a different event than what was registered
- 3) Not wearing a dobok or wearing taekwondo shoes
- 4) Noise other than Kihap interferes with scoring
- 5) The athlete is off the screen for more than 3 seconds
- 6) The video was edited in any way
- 7) The organizing committee agrees on other disqualifying circumstances

## 12. Participation Registration

- 1) Naver Official Band **Guidebook File** URL: <https://band.us/n/a1a50aadWc91z>
- 2) E-mail:
  - ❖ [Juho Kim \(kjh92300@naver.com\)](mailto:kjh92300@naver.com)
  - ❖ [SeungHwan Lee \(bbabock@naver.com\)](mailto:bbabock@naver.com)
- ❖ Submit your completed application form and video clip via **Bend App.** or **e-mail** provided above.

## 13. Awards

- 1) Awarded regularly through online evaluations from February to April
  - ❖ **Participants of the 2024 FILA OPEN ONLINE Taekwondo Poomsae Championships could be invited to the Invitation Championships (scheduled for June ~ July)**
- 2) Awards for each division in recognized poomsae and freestyle poomsae 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, Value Award, Smile Award, etc Various giveaways and benefits

#### **14. 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 competition
- 5) Participation in the FILA CUP Invitational match, which is an offline ompetition, is available to athletes who participated in the FILA 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