

2021 CUTA STATE VIRTUAL CHAMPIONSHIP

APRIL 10-11 & 17-18

2021 CUTA STATE VIRTUAL CHAMPIONSHIP

ONLINE BROADCAST OF COMPETITION
APRIL 10-11 & 17-18

CA STATE EVENTS:

- WORLD CLASS POOMSAE
- TRADITIONAL POOMSAE
- BOARD BREAKING
- SPEED KICKS
- VIRTUAL SPARRING



REGISTER AND INFO: [HTTPS://CATKD.ORG/EVENTS/](https://catkd.org/events/)
PRODUCED BY CUTA IN PARTNERSHIP WITH VAZTIC



[HTTPS://CATKD.ORG/EVENTS/](https://catkd.org/events/)

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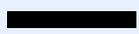
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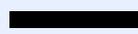
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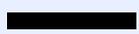
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WELCOME

Dear CUTA family and friends,

We are very excited to announce the 2021 CUTA State Virtual Championship! In order to comply with COVID-19 guidelines and provide a safe competition experience for all competitors, this event will take place entirely online. In addition to the Poomsae events offered in the 2020 CUTA Virtual International Championship, we will also be adding events in Board Breaking, Speed Kicking, and Virtual Sparring. We are excited to be creating these additional opportunities for competition in this new virtual format. The competition format will be video upload with live judging, which will help to ensure high quality video viewing for judging regardless of the competitor's internet connection strength.

Key Highlights:

- Online Broadcast of Competition April 10, 11 and April 17, 18
- World Class Poomsae (CUTA Team Trial), Traditional Poomsae, and Para Poomsae
- Board Breaking
- Speed Kicking
- Virtual Sparring

World Class Poomsae competition will serve as team trials for the 2021 CUTA Poomsae Team. CUTA Poomsae Team Members will receive: CUTA Team Apparel, a CUTA Poomsae Uniform, and registration sponsorship to 1 WT Open Poomsae Event and 1 USAT Event in 2021. Competitors MUST have an active CUTA membership before the start of the event on April 10th in order to be eligible for this opportunity. However, CUTA Team Members do not need to reside in California or even the USA in order to qualify.

While we understand that nothing online can compare to the experience of in-person competition, we are confident we can still provide an excellent competition experience for all participants in this new virtual format. In fact, one of the added advantages of using this virtual format is that it allows for the participation of all competitors regardless of their physical geographical location. Thus, we look forward to welcoming competitors not only from California, but from around the world!

Additionally, we are also hoping to host an in-person USAT Sanctioned 10.0 CA State Championship later this year if conditions allow. We are #StrongerTogether. Thank you for your support.

Sincerely,

GRANDMASTER YONG CHOI

President, California Unified Taekwondo Association (CUTA)



REGISTRATION

EVENT CONTACTS

REGARDING:	CONTACT:	E-MAIL ADDRESS :
Registration	Master Elvis Chavez	cutastates@gmail.com
Video	Master Mike Wong	mikewongtkd@gmail.com
Schedule	Master Andrew Pang	andrew_pang_7@hotmail.com
Referees	Grandmaster Jun Yoon	drjcyoon@gmail.com

EARLY REGISTRATION

LAST DAY: MARCH 14, 2021
23:59 PDT (GMT-7)

Athletes:	USD \$60.00
Per Additional Event:	USD \$40.00
Coaches:	USD \$10.00

FINAL REGISTRATION

LAST DAY: MARCH 28, 2021
23:59 PDT (GMT-7)

Athletes:	USD \$80.00
Per Additional Event:	USD \$40.00
Coaches:	USD \$20.00

PAYMENT ENTRY

All entry fees shall be paid in advance to CUTA. Payments may be made either through the EZ Events registration page or by Bank Transfer. Payments done by Bank Transfer must upload a proof of payment to the EZ Events registration.

Bank Transfer Information:

Beneficiary: California Unified Taekwondo Association

Name of Bank: JPMorgan Chase Bank NA

BIC/SWIFT: CHASUS33

Routing Transit Number: 021000021

Beneficiary Account Number: 128968291

Bank Address: 270 Park Avenue

Bank City: New York, NY 10017

Bank Country: USA

Payment Reference/Note:

FULL NAME AND DIVISION

PROOF OF PAYMENT REQUIREMENT

California Unified Taekwondo Association has the right to delete sport entries from teams that do not upload proof of payment form to the system.

NO REFUND

California Unified Taekwondo Association does not refund entry fees paid.

IMPORTANT DATES

INFORMATIONAL MEETINGS AND CORRECTION DEADLINES

EVENT:	DATE:
Informational Meeting	Sunday, February 28, 2021 14:00 PDT (GMT-7)
Technical Meeting	Saturday, April 3, 2021 10:00 PDT (GMT-7)
Request for Division Corrections Deadline	Thursday, April 1, 2021 23:59 PDT (GMT-7)

VIDEO SUBMISSION DEADLINES

EVENT:	DATE:
Division & Poomsae Draws	Monday, March 29 & 30, 2021 23:59 PDT (GMT-7)
Video Submission Open	Wednesday, March 31, 2021 12:00 PDT (GMT-7)
Video Submission Close	Wednesday, April 7, 2021 23:59 PDT (GMT-7)

APRIL 10, 11, 17 & 18, 2021

TIME:	DESCRIPTION OF EVENT:	LOCATION:
09:00 PDT (GMT-7)	Livestream of all rings begins	YouTube

Schedule subject to change without notice.

AWARDS

EVENT:	MEDALIST:	AWARD:
World Class Poomsae (Black Belts) (Cadet, Junior, U30, U40, U50, U65, O65) (Kid Under 9, Kid Under 11)*	Gold	Medal and Certificate **CUTA Team Member**
	Silver	Medal and Certificate
	Bronze (x2)	Medal and Certificate
Traditional Poomsae (Black Belts & Colored Belts ALL Age Groups)	Gold	Medal and Certificate
	Silver	Medal and Certificate
	Bronze (x2)	Medal and Certificate
Para Poomsae	Gold	Medal and Certificate
	Silver	Medal and Certificate
	Bronze (x2)	Medal and Certificate
Board Breaking	Gold	Medal and Certificate
	Silver	Medal and Certificate
	Bronze (x2)	Medal and Certificate
Speed Kicks	Gold	Medal and Certificate
	Silver	Medal and Certificate
	Bronze (x2)	Medal and Certificate
Virtual Sparring	Gold	Medal and Certificate
	Silver	Medal and Certificate
	Bronze (x2)	Medal and Certificate
All	All Competitors	Digital Participation Certificate

Digital Award and Participation Certificates will be emailed to competitors once results are finalized following the conclusion of the competition.

Medals will be shipped following the conclusion of the competition. When there is more than 1 medalist from a team/school, medals will be shipped together to the affiliated school.

*Kid Under 9 and Kid Under 11 competitors are NOT eligible for CUTA Team.

****CUTA Team****

CUTA Team Members will receive:

- CUTA Team Apparel
- CUTA Poomsae Uniform
- Registration sponsorship to 1 WT Open Poomsae Event and 1 USAT Event in 2021 TBD by CUTA

In order to receive the benefits of CUTA Team, winners MUST have active CUTA membership before the start of the event on April 10th. CUTA Team Members do not need to reside in California (or even the USA).

COMPETITION FORMATS

CUT-OFF WITH ADDITIONAL PRELIMINARY ROUNDS

This event will use the Cut-Off format in the WORLD TAEKWONDO POOMSAE COMPETITION RULES & INTERPRETATION dated May 14, 2019 in Article 7 with the following modifications.

- When there are more than 60 competitors in a division an additional Preliminary round shall be added.
 - This shall be called Preliminary 2 and the original Preliminary called Preliminary 1.
- When there are more than 120 competitors in a division a third Preliminary round shall be added.
 - This shall be called Preliminary 3.
- Each Preliminary round with more than 29 competitors shall be flighted into multiple, even flights of between 15 and 20 competitors.
 - The division of competitors into each flight is random.
 - The randomness can be weighted to separate competitors with the same NOC or club with the permission of the Technical Delegate.
 - *Interpretation:* The number of flights is selected such that the number of competitors per flight is as close to 20 as possible.
- The top 50% of each flight shall advance onto the next round. In the event that the number of competitors in a flight is odd, this number will be rounded up.
 - The order of competition in each Preliminary round is determined randomly.
- In the event that a division has more than one Preliminary round, only one compulsory poomsae may be drawn with the permission of the Technical Delegate.
 - When there is only one Preliminary round, two compulsory poomsae shall be drawn for the round.

MODIFIED CUT-OFF

- Each belt and age division is split into multiple, even flights of size between 14 and 27 competitors.
 - The division of competitors into flight is random.
 - The randomness can be weighted to separate competitors with the same NOC or club with the permission of the Technical Delegate.
 - *Interpretation:* The number of flights is selected such that the number of competitors per flight is as close to 20 as possible.
- Each flight competes in one round.
- The competitors perform 1 poomsae to be chosen by the competitor from the list of compulsory poomsae (see Traditional Poomsae table below).
- The order of competition is determined randomly.

COMPETITION RULES

BELT DIVISIONS:

Color Belts divisions shall be: Yellow (10th-8th Gup), Green (7th-5th Gup), Blue (4th-3rd Gup), and Red (2nd-1st) belts. The poom belt shall NOT be allowed as an advanced red belt. White belts shall compete in the yellow belt division and may wear their white belt. All Black belt divisions shall wear the Black belt; stripes and writing on the belt are allowed. If black belt athletes wear a belt with stripes indicating Dan ranking, the rank must be correct for their division.

UNIFORM AND BELT:

- Any V-neck or Y-neck style WT Taekwondo uniform is permitted.
- Athletes must wear the belt corresponding to the division they registered for. Wearing any other belt will result in disqualification.
- Belts can include stripes of any color as long as the base color is one of the approved colors. Belts cannot be of the half one color, half another color style. (EX: Half Red and Half Blue)
 - Exception: Cadet competitors in the Black belt division may wear Poom belts.

WORLD CLASS POOMSAE

AGE:	BELT COLOR:	COMPULSORY POOMSAE:	FORMAT:
Kid Under 9, Kid Under 11	BLACK	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo	Cut-Off with Additional Preliminary Rounds
Cadet	BLACK	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang	Cut-Off with Additional Preliminary Rounds
Junior	BLACK	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek	Cut-Off with Additional Preliminary Rounds
Under 30, Under 40	BLACK	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	Cut-Off with Additional Preliminary Rounds
Under 50	BLACK	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon	Cut-Off with Additional Preliminary Rounds
Under 60, Under 65, Over 65	BLACK	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	Cut-Off with Additional Preliminary Rounds

Age Divisions:

- Kid Under 9 (Birth Year: 2012-2013)
- Kid Under 11 (Birth Year: 2010-2011)
- Cadet (Birth Year: 2007-2009)
- Junior (Birth Year: 2004-2006)
- Under 30 (Birth Year: 1991-2003)
- Under 40 (Birth Year: 1981-1990)
- Under 50 (Birth Year: 1971-1980)
- Under 60 (Birth Year: 1961-1970)
- Under 65 (Birth Year: 1956-1960)
- Over 65 (Birth Year: 1955 or Earlier)

COMPETITION RULES

Rules:

- Scoring shall be made in accordance with the USATKD Poomsae and WT Competition Rules.
- Competition begins in the final round, regardless of the number of competitors.
- The video must include *Joon-bi* and *Shi-jak*, missing these elements will result in -0.3 deductions.

TRADITIONAL POOMSAE

Competitors are required to perform one of the Poomsae (form) designated for their belt rank. The athlete may choose which of the designated Poomsae they want to perform. Scores are based on:

- Accuracy: correct movement, correct placement of technique, balance
- Presentation: strength, speed, rhythm, expression of energy

Authorized Poomsae are those approved by the World Taekwondo Federation:

- Taeguek 1-8 Jang (See table below)
- Black Belt Poomsae (See table below)

Rules:

- All athletes must demonstrate a form that corresponds with their rank.
- All athletes must wear the correct belt for their division.
- Gender and ranks may be combined at the discretion of the tournament director.

AGE:	BELT COLOR:	COMPULSORY POOMSAE:	FORMAT:
Kid Under 7, Kid Under 9, Kid Under 11, Cadet, Junior, Under 30, Under 40, Under 50, Under 60, Under 65, Over 65	YELLOW	Taeguek 1, 2 Jang	Modified Cut-Off
Kid Under 7, Kid Under 9, Kid Under 11, Cadet, Junior, Under 30, Under 40, Under 50, Under 60, Under 65, Over 65	GREEN	Taeguek 3, 4 Jang	Modified Cut-Off
Kid Under 7, Kid Under 9, Kid Under 11, Cadet, Junior, Under 30, Under 40, Under 50, Under 60, Under 65, Over 65	BLUE	Taeguek 5, 6 Jang	Modified Cut-Off
Kid Under 7, Kid Under 9, Kid Under 11, Cadet, Junior, Under 30, Under 40, Under 50, Under 60, Under 65, Over 65	RED	Taeguek 7, 8 Jang	Modified Cut-Off
Kid Under 7, Kid Under 9, Kid Under 11, Cadet, Junior, Under 30, Under 40, Under 50, Under 60, Under 65, Over 65	BLACK	1st Dan: Koryo 2nd Dan: Keumgang 3rd Dan: Taebaek 4th Dan: Pyongwon, etc.	Modified Cut-Off

COMPETITION RULES

PARA POOMSAE

Rules:

- Scoring shall be made in accordance with the current WT Para Poomsae Competition Rules (2017) with changes as described below.
- All para competition shall be performed using the cut-off method.

Age Divisions:

- Junior (12-15 Years Old) (Birth Year: 2006-2009)
- Under 30 (16-29 Years Old) (Birth Year: 1992-2007)
- Over 30 (30+ Years Old) (Birth Year: 1991 or Earlier)

SPORT CLASS:	AGE:	COMPULSORY POOMSAE:
P10	Junior	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, or Free Choice*
P10	Under 30	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, or Free Choice*
P10	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu, or Free Choice*
P20	Junior, Under 30, Over 30	Free Choice (See below)
P30	Junior	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, or Free Choice*
P30	Under 30	Taegeuk 5, 6, 7, 8 Jang, Koryo, Taebaek, Pyongwon, Shipjin, or Free Choice*
P30	Over 30	Taegeuk 8 Jang, Koryo, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu, or Free Choice*
P50	Junior, Under 30, Over 30	Free Choice (See below)
P60	Junior, Under 30, Over 30	Taegeuk 6, 7, 8, Koryo, Keumgang**
P70	Junior, Under 30, Over 30	Free Choice (See below)

COMPETITION RULES

*P10 and P30 free choice option, if used, results in a minimum -0.6 point deduction.

**If the athlete is 4th-8th Geup (Green belt or below), the athlete may perform the form for their belt level (see Traditional Poomsae table above).

SPORT CLASS:	AGE:	FREE CHOICE POOMSAE:
P10	Junior, Under 30, Over 30	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
P20	Junior, Under 30, Over 30	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
P30	Junior, Under 30, Over 30	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
P50	Junior, Under 30, Over 30	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
P70	Junior, Under 30, Over 30	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

BOARD BREAKING

Competitors will use powerful, correctly executed Taekwondo hand and foot techniques to break pine boards. Competitors are expected to display technical skill and proper Taekwondo manner, as well as showmanship and creativity.

Rules (Modified USATKD 2020 Creative Breaking Rules):

- Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 15 boards.
- Any Taekwondo striking or kicking technique may be used. No head strikes.
- Mechanical board holders are allowed but no props such as chairs, trampolines, tables, etc. may be used.
- Holders may be used as "human launch pads" for jumping techniques.

Boards:

- Competitors provide their own boards.
- Any size boards will be allowed for any age or division.
- No spacers may be used, including fingers. Holders may not attempt to "help" the competitor by bending, moving, or pushing the boards; any attempt to do so will result in deduction for each instance.
- No bricks, cinder blocks, or any materials other than approved boards and approved mechanical holders may be used.

COMPETITION RULES

SPEED KICKING

In Speed Kicking competition, participants are required to kick a target as many times as possible within a specified time limit, using correctly executed Taekwondo foot techniques delivered to a target held at body-level of the same height as the athlete.

Competitors are NOT required to wear sparring equipment for speed kicking, but competitors will be required to wear Dobok and belt as per USA Taekwondo (USATKD) competition sparring rules.

Competitors may perform as many legal kicking techniques as they wish, as long as the kicks are performed within, and do not exceed, the published time limit.

The format for this event shall be video recordings uploaded to Vaztic (see competition instructions for upload deadlines, video requirements, and how to upload).

Divisions:

Divisions shall be the same as outlined in the 2020 USATKD Kyorugi Rules. Athletes are required to report their weight. To encourage competition, weight divisions may be merged at the discretion of the tournament organizers.

Competition Format:

The athlete must wear the following mandatory equipment:

- Dobok - must be WT-approved
- Belt

The athlete may choose to wear the following optional equipment:

- Instep protectors or foot socks - must be WT-approved

ROUND TIME	
AGE:	TIME:
All Color Belts, 6-7 Black Belts, 8-9 Black Belts, and Youth Black Belts	60 Seconds
Cadet Black Belts, Junior Black Belts, and Senior (18+) Black Belts	90 Seconds

Procedure of the Contest:

The athlete will need an assistant to call commands and mark the time, who shall be referred as the Timer. The timer must have a stopwatch and be able to competently start, stop, and reset the stopwatch. If the timer takes more than a few seconds to operate the watch, they may incur a delay of match penalty.

The athlete shall face the camera, and the timer shall call *cha-ryeot*, *kyeong-rye* (or their English equivalents: *attention*, *bow*). After bowing, the athlete shall turn to face the kicking target and holder. The timer shall call *choonbi*, *shi-jak* (*ready*, *begin*), upon which the athlete shall assume a fighting stance and begin kicking the target.

Upon the *shi-jak* command, the timer shall also start their stopwatch to ensure the athlete follows the time constraints as described above.

At the end of the round, the timer shall call *keu-man* (*time[’s up]*), and stop the watch. The athlete shall then face the camera and the timer shall call *cha-ryeot*, *kyung-rye*, at which the athlete shall bow, thus ending their performance for the judges to score.

COMPETITION RULES

Scoring:

Athletes shall be awarded points according to the number of legal scoring kicking techniques, as evaluated by the judges, performed within the stated time limit.

Publication of Score:

The total score shall be tallied by a consensus of a majority of judges for each valid attack and penalty. The total score shall be given on an open scale with athletes ranked based on their final total score using the cut-off method with additional preliminary rounds.

Tied Score:

Tied scores shall be allowed. For example, if two athletes have identical numbers of valid kicks and tie for 1st place, then there shall be two 1st place winners, and two 3rd place winners.

VIRTUAL SPARRING

In Virtual Sparring competition, participants use controlled, correctly executed Taekwondo hand and foot techniques delivered to a heavy bag equipped with **head and body-level targets of the same height as the athlete**. Competitors are expected to display technical skill and proper Taekwondo manner, as well as showmanship and creativity. Competitors shall wear full gear as per USA Taekwondo (USATKD) competition sparring rules. Competitors may perform as many legal techniques as they wish, as long as they do not exceed the published time limit.

The format for this event shall be video recordings uploaded to Vaztic (see instructions on upload deadlines, video requirements, and how to upload).

Divisions:

Divisions shall be the same as outlined in the 2020 USATKD Kyorugi Rules. Athletes shall report their weight. To encourage competition, weight divisions may be merged at the discretion of the tournament organizers.

Competition Equipment:

The athlete must wear the following mandatory equipment:

- Dobok
- Belt
- Hogu
- Helmet (hogu and helmet colors must match)
- Instep protectors
- Mouthpiece (must show insertion of mouthpiece prior to sparring the bag)
- Gloves for Black belts 12 years and older

The groin protector and forearm protectors are optional for this event.

Athletes shall conform with the same personal requirements as outlined in the 2020 USATKD rules; e.g. pony tails must be tucked inside the headgear, and no metallic or hard objects such as eye glasses or jewelry are allowed.

COMPETITION RULES

ROUND TIME	
AGE:	ROUNDS X TIME:
All Color Belts, 6-7 Black Belts, and 8-9 Black	2 Rounds x 30 Seconds (30 Seconds Rest)
Youth Black Belts and Cadet Black Belts	2 Rounds x 45 Seconds (30 Seconds Rest)
Junior Black Belts and Senior (18+) Black Belts	2 Rounds x 60 Seconds (30 Seconds Rest)

Procedure of the Contest:

The athlete will need an assistant to call commands and mark the time, who shall be referred as the Timer. The timer must have a stopwatch and be able to competently start, stop, and reset the stopwatch. If the Timer takes more than a few seconds to operate the watch, they may incur a delay of match penalty.

The athlete shall face the camera with helmet in the left hand, and mouthpiece out. The timer shall call *cha-ryeot, kyeong-rye* (or their English equivalents: *attention, bow*). After bowing, the athlete shall put on the helmet and insert the mouthpiece, and turn to face the heavy bag. The timer shall call *choonbi, shi-jak* (*ready, begin*), upon which the athlete shall assume a fighting stance and begin sparring the heavy bag. On the *shi-jak* call, the timer shall also start their stopwatch to ensure the athlete follows the time constraints as described above. At the end of the first round, the timer shall call *keu-man* (*time[’s up]*), reset their stopwatch, and begin timing the rest period.

The athlete may remove their helmet and mouthpiece during the rest period and have access to a towel and water as one would have ringside. The athlete may not receive medical attention during the rest period, except treatments that are prescribed by a doctor (such as an inhaler).

At the end of the rest period, the timer shall call *Chung* (*blue*: if the athlete is using the blue hogu and helmet) or *Hong* (*red*: if the athlete is using the red hogu and helmet). At this call, the athlete will put their helmet back on and reinsert the mouthpiece (if removed) and face the heavy bag. The timer shall call *choonbi, shi-jak*, upon which the athlete assumes a fighting stance and resumes sparring the heavy bag. On the athlete call, the timer shall reset their stopwatch from the rest timer. On the *shi-jak* call, the timer shall begin timing the second round. At the end of the second round, the timer shall call *keu-man*. The athlete shall face the camera and remove their helmet. The timer shall call *cha-ryeot, kyung-rye*, at which the athlete shall bow, thus ending their performance for the judges to score.

Scoring:

Athletes shall be awarded points according to the number of techniques, difficulty of techniques, skill in combining movements and techniques, focus, and showmanship. Points are awarded on technical merit and presentation. Penalties shall reflect current sparring guidelines as detailed in the 2020 USATKD rules. The total score shall be given on a 10-point scale from 0.0 to 10.0 and athletes ranked based on their total score.

Judging will be based on two criteria:

- (40%) Technical: Number of attacks to legal scoring areas of the heavy bag
- (60%) Presentation: Difficulty and variety of technique

COMPETITION RULES

TECHNICAL

Heavy Bag:

The athlete must demonstrate techniques against a heavy bag or standing mannequin (e.g. Century's "Bob"). The bag or mannequin must be equipped with a hogu of the opposite color to the hogu which the athlete wears, and must be placed at the same height as the standing athlete's hogu. A helmet of the opposite color to the helmet which the athlete wears must be safely attached to the mannequin or bag at the same height as the standing athlete's helmet. If tape is used on a heavy bag, it must clearly mark the bottom and top of the head-level target.

Junior safety rules shall not be used for this event.

The permitted techniques, permitted areas, and scoring areas shall be the same as 2020 USATKD Kyorugi rules.

The heavy bag must be free standing or hanging without human assistance (i.e. a coach cannot hold up, or otherwise support the bag). If using a mannequin or free-standing heavy bag, the base should be sufficiently weighted to remain stable throughout the performance. If the athlete knocks the heavy bag down, out of the video frame, knocks the helmet off or to an incorrect position, or knocks the hogu off or to an incorrect position, then the athlete, coach, or assistant may adjust the heavy bag to its proper upright position and correct wearing of the hogu and helmet. The athlete must refrain from attacking the heavy bag while it or its hogu or helmet are not in the correct positions as described above. The time to reset the heavy bag counts against the time for the given round (i.e. the timer does not stop the clock while the bag is being reset).

Points per Valid Attack:

- One (1) point for a valid punch to the trunk protector
- Two (2) points for a valid kick to the trunk protector
- Three (3) points for a valid kick to the head
- Four (4) points for a valid turning kick to the trunk protector
- Five (5) points for a valid turning kick to the head

The technical score shall be tallied by a consensus of a majority of voting judges for each valid attack. Attacks that cannot be clearly seen in the video will not be scored. The maximum number of points by attacking shall be capped according to the table below. Techniques delivered after the cap is reached shall be scored for presentation only. Divide the total scored points by the divisor shown in the table below for the final technical score.

TECHNICAL SCORING

AGE/RANK GROUP:	POINT CAP:	DIVISOR:
All Color Belts, 6-7 Black Belts, and 8-9 Black	80	20
Youth Black Belts and Cadet Black Belts	120	30
Junior Black Belts and Senior (18+) Black Belts	160	40

COMPETITION RULES

Example 1:

24 kicks to the body = 48 pts
5 kicks to the head = 15 pts
10 turning kicks to the body = 40 pts
7 punches = 7 pts
Total points: 110 pts
Technical score: 2.75

Example 2:

5 kicks to the body = 10 pts
15 kicks to the head = 45 pts
10 turning kicks to the body = 40 pts
5 turning kicks to the head = 25 pts
11 punches = 11 pts
Total points: 141 pts
Technical score: 3.53

PRESENTATION

Judging Criteria based on the following:

1. Difficulty and Skill
2. Creativity
3. Sparring Competition Spirit

The presentation score shall be the average of the scores of the judges, rounded to two decimals. If the court has 3 judges, all presentation scores shall be counted. If the court has 5 or 7 judges, the highest and lowest presentation score shall be dropped.

Difficulty and Skill:

A skill represents a specific knowledge, and an individual's level of proficiency in a skill demonstrates an understanding and execution based on their mastery of that knowledge.

Scale: 0.5 = Minimal difficulty/skill level, 2.0 = Most difficult/skill level

Difficulty is individually assessed by each judge on a scale of 0.0 to 2.0, based on the judge's consideration of the difficulty of the overall performance. The guidelines for assessing difficulty in order of superiority are as follows:

1. Difficulty of kicking techniques will be assessed on the following order of superiority:
 - a. Standing kick technique
 - b. Kicking technique with turning motion
 - c. Jumping kick
 - d. Jumping kick with turning motion
2. Height of the target (body, head)
3. Consistency in execution
4. Control and Power
5. Balance

Creativity:

Scale: 0.5 = Minimal creativity, 2.0 = Most creative

Skill is assessed by each judge on a scale of 0.5 to 2.0, based on the judge's evaluation of the choice and combinations of technical skill in the competitors performance.

The guidelines for assessing skill are as follows:

1. Variety of footwork and techniques
2. Combinations of footwork and techniques
3. Variety of combinations
4. Variety of targets, unpredictability

COMPETITION RULES

Sparring Competition Spirit:

Scale: 0.5 = Movements not found in sparring, 2.0 = Movements useful in sparring

Sparring competition spirit is assessed by each judge on a scale of 0.5 to 2.0, based on the judge's evaluation of the similarity of technique and footwork selection to an actual sparring competition.

The guidelines for assessing sparring competition spirit are as follows:

1. Flow of techniques during competition, intention of movements
2. Evasive footwork
3. Footwork to gain the positional advantage or create different openings
4. Cut kicks, cancels, and other combination setups

Penalties:

Penalties shall deduct 0.3 from the final score. Penalties are as follows:

- Stepping partially or wholly out-of-frame, allowing the heavy bag to be kicked or fall partially or wholly out-of-frame, or making an attack while the contestant or heavy bag is obscured by a third party
- Falling down
- Avoiding or delaying the match, by the contestant, coach, timer, or other assistants
- Grabbing or pushing the heavy bag down
- Lifting a leg for more than 3 seconds
- Kicking below the waist
- Hitting the head target with the hand
- Attacking after *kalyeo*
- Butting or attacking with the knee
- Attacking the fallen heavy bag or attacking while the heavy bag hogu and/or helmet are incorrectly positioned
- Attacking trunk with the side or bottom of the foot having the knee pointed out in clinch position
- Misconduct of the contestant or coach

These rules shall be held to similar interpretations as published in the 2020 USATKD Kyorugi rules, adjusting for the video format, safety concerns, and sparring a passive target.

Publication of Score:

The score shall be calculated immediately after the judges have submitted their scores to the scoring system and the result displayed in the broadcast.

Tie-Breaker:

In the event of a tied final score between two or more placing athletes, the criteria for resolving the ranking shall be:

1. Total presentation score
2. Total presentation score, including dropped scores
3. Fewest penalties
4. Judges vote

VIDEO GUIDELINES

PROTESTS:

- Protests may only be made by registered coaches in writing within 10 minutes of the conclusion of the round's broadcast on YouTube.
- Protest may be made for any event.
- The protest fee is USD \$200.00.
- Protests must be submitted to drjcyoon@gmail.com.

VIDEO RECORDING

Video Recording Requirements for All Events:

- Videos must be one continuous take for each performance; no splicing or editing allowed.
- The athlete shall begin directly in front of the camera and facing the camera.
- Camera location must be fixed (e.g. on a camera tripod, clamped to a stable object, or resting on a stable surface).
 - Horizontal and vertical rotation (i.e. panning and tilting) are permitted.
- Video must be in wide (landscape) orientation.
- The light shall be a minimum of 1200 lux to a maximum of 1800 lux, and shall be directed onto the performance area from above the performance area and/or behind the camera.
- 720p 60FPS minimum required (see additional document for details on how to do this).
 - 1080p 60FPS recommended
- Videos with 2K resolution and above or 90FPS frame rate and above are not allowed.
- Uniform must be appropriate.
 - Correct belt color for division (Refer to Belt Divisions above)
 - TKD uniform
 - No shoes
 - No socks
- No religious or political displays.
- Only IOC recognized flags are permitted to be displayed.

Additional Instructions for World Class Poomsae, Traditional Poomsae, and Para Poomsae:

- Each poomsae shall be uploaded as a separate video.
- The athlete must be completely in view during the entire poomsae.
 - Each technique (or portion of technique) that is out-of-frame or otherwise obscured from view results in a -0.3 deduction.
- Must include *Joon-bi* and *Shi-ah*.
 - Missing any of these shall result in -0.3 deduction for each missing element.

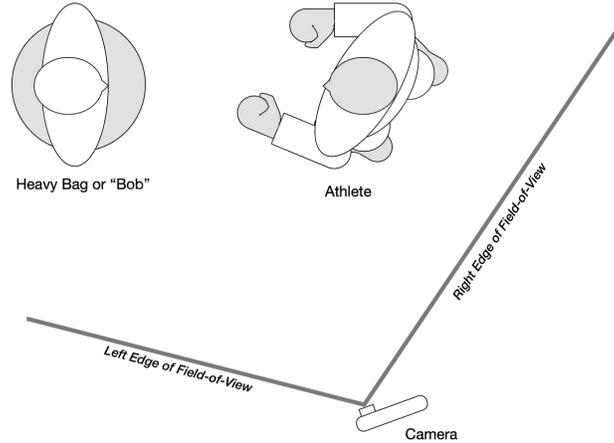
Additional Instructions for Speed Kicking and Virtual Sparring:

- The video must be filmed such that the athlete and the heavy bag (Virtual Sparring) or target/pad holder (Speed Kicking) must be completely in-frame of the video at all times (see Figure 1).
- Must include *Shi-jak* and *Keu-man* calls.
 - Missing these elements will result in -0.3 deductions for each missing element.
- The camera operator may pan (side-to-side rotation) or tilt (up-or-down rotation) the camera but may not otherwise move the camera.

VIDEO GUIDELINES

Figure 1:

Figure 1. Recommended starting angle and position of camera



VIDEO UPLOAD

During the video submission period, there will be a link on your registration page to upload your videos. Details on how to do this are detailed in separate reference documents. Each event shall be uploaded as a separate video.

VIDEO RESUBMISSION

Once the videos are uploaded, they will be automatically analyzed for resolution and frame rate. Failed requirements are automatically shown to the user on the upload website. Videos may be re-uploaded throughout the upload period to satisfy requirements. We strongly recommend that athletes review their videos after uploading to ensure the correct video has been uploaded. If the videos do not meet other requirements, then those athletes will be disqualified when the judges begin scoring.

CREDITS

These rule revisions were written by Danny Gonzalez and Mike Wong ©2021, with contributions from GM Marty Marcus, GM Jun Yoon, GM Jimmy Kim, GM Geoffrey Uy, GM Henry Cruz, and GM Derek Carter.

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