World Taekwondo

Freestyle Poomsae Handbook

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CHAPTER 1

INTRODUCTION

This handbook is a practical guide for World Taekwondo International Referees who officiate Freestyle Poomsae competitions. It clearly explains the rules, how to give scores, and what to do on the mat, making sure every judge is fully ready for any job they are given during a tournament.

The handbook outlines the general competition environment, detailing referee and coach excellence, area layouts, divisions, and music-based contest durations. It covers pre-match protocols, including identity verification, uniform safety compliance, grooming, and medical taping rules. The manual also details ring procedures, covering coordinator commands, timekeeping, and judge positioning. Finally, it establishes the criteria for Freestyle Poomsae scoring—breaking down technical skills, presentation pillars, and mixed team board breaking—alongside regulations for deductions, music, protests, and technical troubleshooting.

This handbook is designed to supplement, rather than replace, the official WT Competition Rules. In any instance where a contradiction or discrepancy arises between this guide and the core regulatory framework, the official Competition Rules take absolute precedence.

CHAPTER 3

EXCELLENCE IN COACHING

In World Taekwondo Poomsae, **coach etiquette** is strictly regulated to maintain the integrity, decorum, and "spirit of sport" during competitions. Coaches are expected to behave with the manners of a taekwondo practitioner and follow specific protocols.

MANDATORY CERTIFICATION

- WT Poomsae Coach Certificate: All coaches are strictly required to hold a valid WT Poomsae Coach Certificate.
- **Registration Removal:** Individuals who fail to provide proof of this certificate will be **removed from the registration list** and will not be permitted to coach at the Championships.
- **Verification:** Coach credentials are verified by the inspection referees at the **inspection desk** prior to entering the Field of Play

FORMAL DRESS CODE (SEMI-FINALS AND FINALS)

During the **Semi-Final** and **Final rounds**, coaches must adhere to a strict formal dress code to maintain the professional standard of the competition:

- **Required Attire:** Coaches must wear a **formal suit**, which includes:
    - **Male**: Sport coat jacket, trousers, and dress shirt
    - **Female**: Semi-formal dress, or sport coat jacket, trousers, and dress shirt
- **Footwear:** Formal suits must be paired with **sport shoes** (no open-toed footwear)

PROHIBITED ITEMS AND ATTIRE

The following items are strictly **prohibited** when entering the Field of Play:

- **Headwear:** Caps or hats of any kind.
- **Lower Body**: Shorts or jeans.
- **General Conduct:** Coaches must behave with the "manners of a taekwondo practitioner" and respect the established code of conduct

CORE CODE OF CONDUCT

Coaches must strictly adhere to the professional standards of the sport. Prohibited acts that lead to penalties include:

- **Undesirable Remarks:** Uttering inappropriate or offensive remarks toward officials, athletes, or the crowd is strictly forbidden.
- **Misconduct:** Any behaviour deemed as misconduct by the referee, including failing to respect the code of conduct, is subject to penalty.

- **Non-Interference:** Coaches must not interrupt or stand in the way of **competition coordinators** while they are performing their duties.
- **Decorum and Respect:** Referees are mandated to firmly enforce decorum and respect. A coach who demonstrates aggressive or inappropriate behaviour toward technical officials is considered to be "interfering with competition management".

COMPETITION AND RING PROTOCOLS

Specific rules govern the coach's physical presence and responsibilities during a match:

- **Entry:** Only **one coach** is permitted to accompany a contestant into the designated waiting area following inspection.
- **Communication with Referees:** Referees are explicitly instructed **not to speak** to coaches from their own country during the competition to ensure neutrality.
- **Leaving the Area:** Coaches must leave the contest area promptly after the contest finishes; refusing to do so is considered interference with management.

ADMINISTRATIVE RESPONSIBILITIES

- **Freestyle Music Backup:** It is the coach's direct responsibility to ensure a **backup copy of the music** is provided on a flash drive at the event.
- **Protests:** If there is an objection to a judgment, an official delegate (typically the coach) must submit the protest sheet and the **US$200 fee** within 10 minutes of the match concluding.
- **Credentials:** Coaches may be accompanied by a team doctor or physiotherapist, but their credentials will be checked alongside the coach's during the inspection procedure.

SANCTIONS AND APPEALS

If a coach engages in prohibited behaviours—such as interfering with management, agitating spectators, or spreading false rumours—the Technical Delegate or WT officials may request a meeting of the **Extraordinary Sanctions Committee**. Sanctions can range from a warning to disqualification from the tournament, which may also result in automatic ineligibility for future WT-promoted championships.

CHAPTER 4

COMPETITION AREA

The competition area for World Taekwondo Poomsae is strictly regulated to ensure global standardization and athlete safety. It is divided into the broader venue requirements and the specific layout of the contest area itself.

Feature	Specification
Freestyle Individual & Pair Size	10m x 10m square
Freestyle Mixed Team Size	12m x 12m square
Surface Material	Flat surface covered with **WT-approved elastic mats** or a wooden floor
Boundary Line Markings	5cm wide white line (specifically required for wooden floors)
Platform Height (Optional)	0.5m to 0.6m high from the base
Platform Safety Gradient	Outer boundary line must have an incline **less than 30 degrees**
Venue Ceiling Height	Minimum of 10m from the floor
Lighting Intensity	**1500 to 1800 lux**, directed from the ceiling down onto the area
Venue Floor Size	At least 30m x 50m (to accommodate three courts)
Venue Seating Capacity	Minimum 2,000 seats

CHAPTER 5

DIVISIONS BY GENDER & AGE

AGE CALCULATION STANDARD

Competition age is determined by the **year of birth**, calculated from January 1 to December 31 of the year in which the championship is held.

For example, if a tournament is held in July 2013, anyone born between January 1, 1996, and December 31, 2001, is eligible for the Under 17 (12–17) division.

FREESTYLE POOMSAE DIVISIONS

Freestyle Division	Age Categories		Team Composition
Age (Years)	12–17	18+	All Ages
Individual Male	Under 17	Over 17	**1 Male**
Individual Female	Under 17	Over 17	**1 Female**
Mixed Pair	Under 17	Over 17	**1 Male + 1 Female**
Mixed Team	Under 17	Over 17	**5 Members + 1 Substitute** 3 of each gender

MIXED POOMSAE COMPETITION

In this specialized classification, the same contestant must perform **one Recognized Poomsae and one Freestyle Poomsae**. This competition is only available for the **Over 17 (18+)** age division and includes Individual (M/F), Pair, Team (M/F), and Mixed Team (5 members + 1 substitute).

PARTICIPATION LIMITS

A contestant may compete in a **maximum of two (2) categories** per event, provided they are not otherwise restricted by gender or age. For instance, an athlete could compete in two Recognized divisions, two Freestyle divisions, or one of each.

CHAPTER 6

DURATION OF CONTEST

The **Duration of Contest** for World Taekwondo Poomsae is strictly defined by the competition type and division. Adherence to these time limits is monitored by the recorder's desk, and violations result in specific scoring deductions.

TIME LIMITS

Freestyle Poomsae Individual, Pair, and Team competitions must be completed within **90–100 seconds**.

TIMEKEEPING PROCEDURES FOR REFEREES

In Freestyle Poomsae, the timer starts **when the music begins**, following the coordinator's "Joon-bi" command. It stops when the music finishes or when the contestant completes their last movement, whichever occurs later.

PENALTIES AND DEDUCTIONS

Referees must declare time-related deductions before the publication of the final score, which are entered by the **Computer Operator**.

In Freestyle Poomsae, a **-0.3 deduction** is applied if the performance is under-time (finishes before 90s) or overtime (exceeds 100s).

INJURY PROCEDURE

If a contest is stopped for reasons related to the contestant, they must demonstrate the will to continue within **90 seconds**, or the referee will declare the opponent the winner.

Video Demonstration

Freestyle Individual Injury Procedure

CHAPTER 7

INSPECTION PROCEDURE

Inspection is a critical component of competition management, ensuring all athletes adhere to World Taekwondo standards for safety, uniformity, and identity before entering the contest area.

IDENTITY CONFIRMATION

The Inspection Referees must confirm the identity of the **Athletes** and **Coaches** using an **Event Credential**, **WT Global Athlete License (GAL)**, Passport, or government-issued ID.

UNIFORM REQUIREMENTS

WORLD TAEKWONDO APPROVED BRANDS LIST

The Athlete's **uniform** and **belt** must be checked for compliance with the **World Taekwondo Recognized Brand Chart**. Scan the QR code for the latest World Taekwondo Recognized Brand Guidelines.

GENERAL UNIFORM REQUIREMENTS FOR ALL DIVISIONS

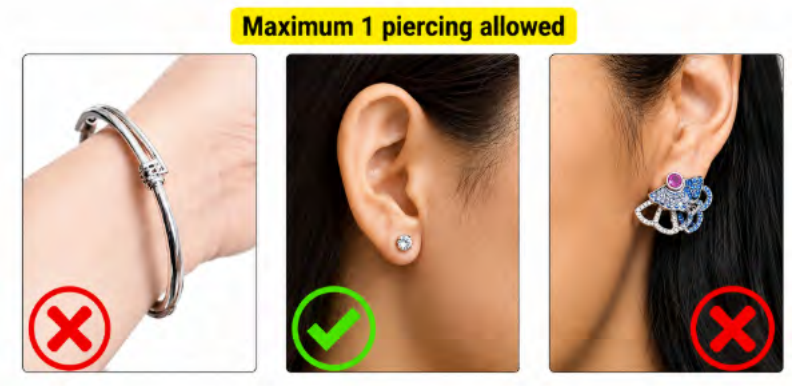
- **Belt Length:** The ends of the belt must hang at least **10cm or higher above the knee**.
- **Prohibited Alterations:** No taping is allowed on any part of the uniform itself.
- **Undergarments:** Males are **not permitted** to wear undershirts. Females may wear an undershirt, but it must be **plain black or white**.

NAILS AND GROOMING

- **Nails:** Must be cut short, and any sharp edges must be filed off to prevent injury.
- **Nail Polish:** If worn, it must be white or clear only.

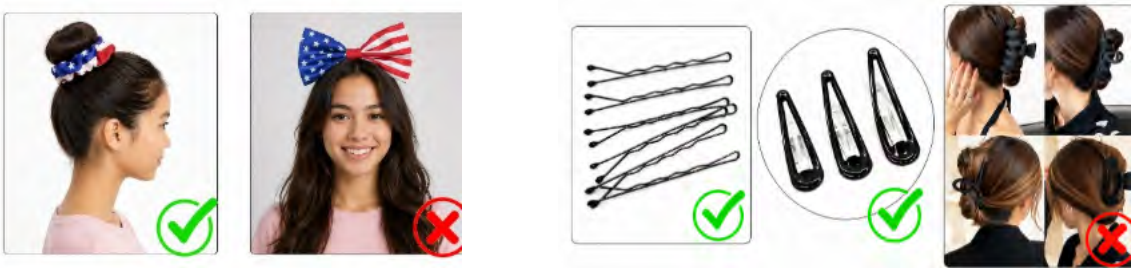
JEWELRY AND PIERCINGS

- **General Rule:** Jewelry and bracelets are strictly prohibited.
- **Piercings:** While the general rules state no Jewelry, current rules updates (As of September 2024) allow for a **maximum of one piercing**. However, there must be **absolutely no piercings** on the face area.



HAIR ACCESSORIES

- **Soft Accessories:** Only soft hair ties or soft hair accessories are permitted.
- **Hairpins:** Must be **no longer than 5 cm (2 inches)** and must be securely fastened to stay in place during the performance.
- **Prohibited Items:** Large or rigid hair clips, such as claw clips or metallic clamps, are not allowed.



HIJAB REGULATIONS

- The Hijab must not be fastened with metal pins.
- It must not contain any **metallic objects**.

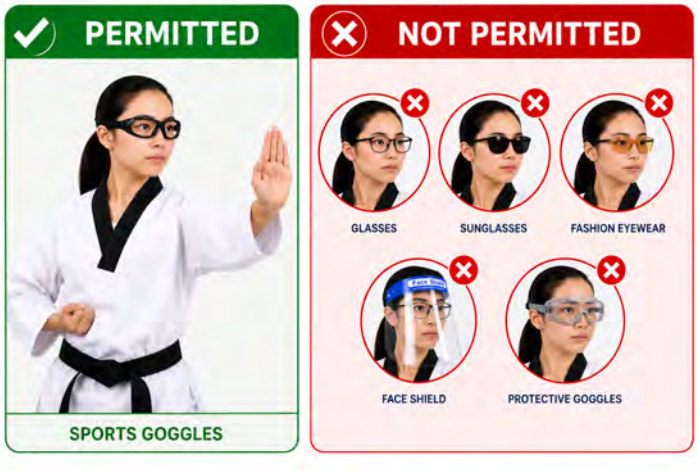
MEDICAL TAPING AND BRACING

- **Approval Process:** All medical taping or soft bracing, such as neoprene support braces, must be **inspected and approved by the Organizing Committee (OC) medical staff** prior to the start of competition.

- **Color and Visibility:** Taping applied to visible areas (specifically between the ankle and knee or the wrist and elbow) must be **skin-colored** to match the player's skin.
- **Thickness Limits:** A maximum of two layers of taping is allowed

EYEWEAR

- For **Freestyle Poomsae**, glasses and all other types of eyewear are **not permitted** during the performance.
- In-eye **contact lenses** and **sports goggles** are allowed.



CHAPTER 8

COORDINATOR COMMANDS

The **Coordinator Vocabulary** consists of specific Korean commands used by the competition coordinator to manage the flow of the poomsae performance and ensure standardization across matches. These commands are accompanied by specific hand signals, indicated as **LH** (Left Hand) or **RH** (Right Hand).

Note: While these are the master commands, they may vary slightly at each event at the discretion of the **Technical Delegate**.

VOCABULARY CHART

Korean Command	English Meaning	Technical Context
Chool-jeon (LH)	Enter contest area	Command for contestants to enter the mat.
Cha-ryeot (LH)	At attention	Contestants stand in the attention position.
Kyeong-rye (LH)	Bow	Command for contestants to perform a standing bow.
Joon-bi (RH)	Ready	Command for contestants to assume the ready stance.
Shi-jak (RH)	Begin	Command to start the Poomsae performance.
Ba-ro	Return / Back to ready	Command to return to the ready stance after finishing the form.
She-uh	At ease (rest)	Command for the contestant to relax while standing.
Pyo-chul (RH)	Show score	Command given while waiting for the judges' scores to be displayed.
Tuae-jang (LH)	Exit contest area	Command for contestants to leave the competition mat.
Chung-seung (RH)	Blue player wins	Command to declare Blue player as winner
Hong-seung (LH)	Red player wins	Command to declare Red player as winner

COORDINATOR COMMANDS

Command
Chool-jeon (LH)
Cha-ryeot (LH)
Kyeong-rye (LH)
Joon-bi (RH)
wait for music to start
Ba-ro
She-uh
Cha-ryeot (LH)
Kyeong-rye (LH)
Pyo-chul (RH)
Tuae-jang (LH)

Video Demonstration

Freestyle Individual Coordinator Commands

Video Demonstration

Freestyle Pair Coordinator Commands

CHAPTER 9

RING PROTOCOL

The ring protocol for World Taekwondo Poomsae competition involves a structured sequence for officials and contestants to ensure the match is conducted with professional decorum and fairness.

RING PROTOCOL: WALK-IN & WALK-OUT

Before the first match begins, the refereeing officials must enter the ring in a synchronized manner:

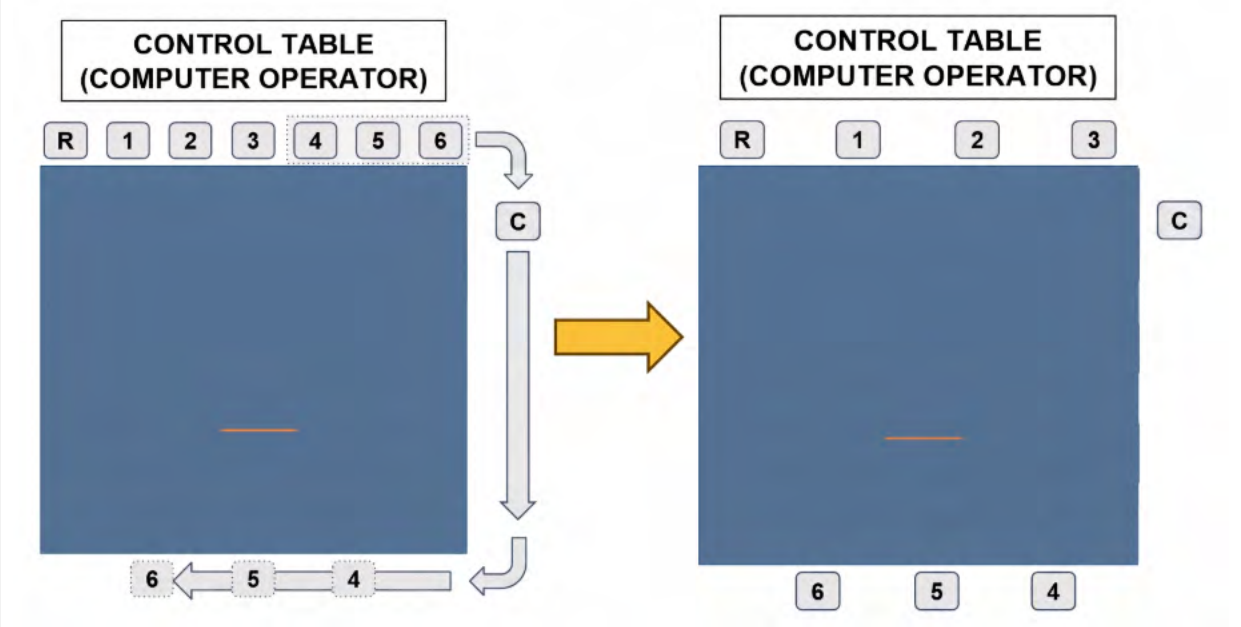
- **Initial Bow:** The Referee calls **"Cha-ryeot, Kyeong-rye"** to bow to the Technical Assistant.
- **Judge Positioning (7-Judge System):** The Coordinator and Judges 4, 5, and 6 walk around the ring, while the Referee and Judges 1, 2, and 3 proceed to their designated spots.
- **Judge Positioning (5-Judge System):** The Coordinator and Judges 3 and 4 walk around the ring, while the Referee and Judges 1, and 2 proceed to their designated spots.
- **Internal Bow:** Once at their positions, the Referee calls **"Cha-ryeot, Kyeong-rye"** for the judges to face each other and bow before taking their seats.

Video Demonstration
Walk In & Walk Out

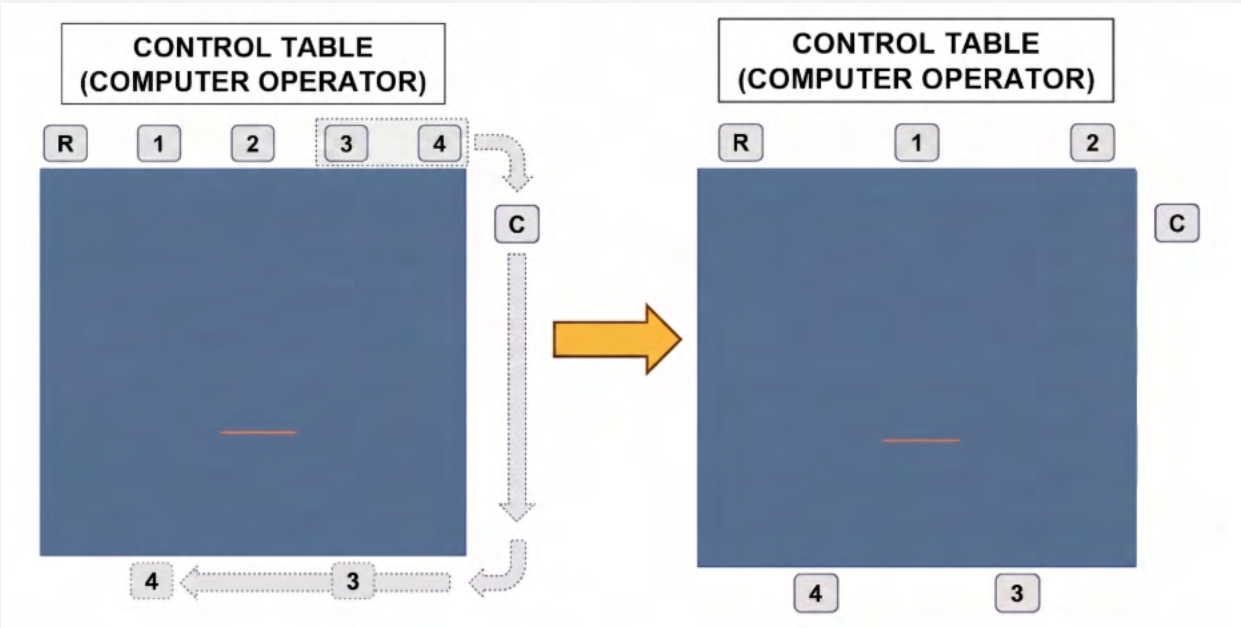
Video Demonstration
Changing Team

RING PROTOCOL DIAGRAMS

7-Judge System



5-Judge System



CHAPTER 10

FREESTYLE POOMSAE CRITERIA

Freestyle Poomsae is scored in two main sections, **Technical Skills (6.0)** and **Presentation (4.0)**.

Technical Skills (6.0)	Level of Difficulty of Foot Techniques **(5.0)**	Jumping Side Kick **(1.0)**	5.0
		Multiple Kicks in a Jump **(1.0)**	
		Gradient of Spins in a Spin Kick **(1.0)**	
		Kyorugi Style Consecutive Kicks **(1.0)**	
		Acrobatic Kicking Technique **(1.0)**	
	Basic Movements & Practicability **(1.0)**		1.0
Presentation (4.0)	Creativity **(1.0)**		4.0
	Harmony **(1.0)**		
	Expression of Energy **(1.0)**		
	Music and Choreography **(1.0)**		

CHAPTER 11

FREESTYLE POOMSAE TECHNICAL SKILLS

The **technical skill category** in Freestyle Poomsae accounts for **6.0 points** of the total 10.0 score. This score is divided into **six sub-categories**, consisting of five mandatory kicking techniques and a final category for basic movements and practicability. Each of these six sub-categories is worth a maximum of **1.0 point**.

GENERAL SCORING LOGIC

Technical skills in Freestyle are evaluated based on a **combination of technical mastery and added difficulty**. Judges typically assess a **base score (0.0 to 0.7)** for the mastery of the performance and then **add points (0.1 to 0.3)** based on the specific level of difficulty achieved, such as height or rotation. However, judges will also apply **deductions** for errors like falls or poor balance during the execution.

Base Score							Additional Score		
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3

MANDATORY STANCES

Mandatory Stances: Every freestyle performance must include three specific stances below. These stances must be performed clearly and held for at least **one second**. **Missing any mandatory stance** results in a **-0.3 deduction** from the technical subtotal.

In Pair and Mixed Team events, all team members **MUST** perform the mandatory stances **simultaneously**. Failure to perform a mandatory stance simultaneously shall result in a deduction of -0.3 points for each occurrence.

Crane Stance (*Hakdari-seogi*)	Tiger Stance (*Beom-seogi*)	Back Stance (*Dwit-gubi*)

BALANCE & FALLING

Judges apply specific deductions from the technical sub-total for general performance errors:

Falls (-0.3): A deduction of 0.3 is applied for a fall, whether it occurs during a specific skill sequence or elsewhere in the performance.

Type of Fall	Definition	Where Deduction is Applied
In Sequence	Fall **during** one of the 5 mandatory skills.	Subtracted from that specific skill's **base score**.
Out of Sequence	Fall during basic movements or **between** mandatory skills.	Subtracted from the Technical Skills **sub-total**.

Balance and Landing (-0.1): Minor mistakes, such as a **slight loss of balance** or a **poor landing**, result in a 0.1 deduction from either the specific skill score or the basic movement score.

TECHNICAL SKILL ORDER

In Freestyle Poomsae, the **Skills Order** is a fundamental regulation for technical skill scoring. Mandatory kicking skills must be performed in a specific designated sequence to receive technical points.

The designated order for the five mandatory kicking skills is as follows:

1. Jumping Side Kick
2. Multiple Kicks in the Air
3. Jumping Turning Kick
4. Consecutive Sparring Kicks
5. Acrobatic Kicking Technique

SKILL REPETITION

Athletes are permitted to repeat mandatory skills during their performance, and the scoring depends on the sequence:

- **In-Order Repetition:** If repeated skills are performed within the correct sequence, judges will **score the best performance** among the valid attempts.
- **Best Performance Selection:** For example, if an athlete performs the sequence 1-2-3-4-5-5, the judge will score Skills 1 through 4 and then select the highest-scoring execution of Skill 5.

The sources illustrate these rules through several scoring scenarios:

	Skill Order	Comments
A	1-2-3-4-5	Score each skill.
B	3-1-2-4-5	Consider the first Skill #3 for presentation only. Give a 0 score for Skill #3, as it was not performed in order.
C	3-1-2-3-4-5	Consider the first Skill #3 for presentation. Score all the other skills.
D	1-2-3-4-5-5	Score Skills #1–4. Score the best of the performances of Skill #5.
E	5-3-1-2-3-3-4-5-5-5	Consider the first Skill #5 and first Skill #3 for presentation, as long as there are kicking techniques. Score the best of the in-order performances of Skill #3. Score the best of the in-order performances of Skill #5. Score Skills #1, #2, and #4. The 4th acrobatic skill should constitute a -0.3 deduction on the total technical skill score.

ACROBATIC TECHNIQUES & SEQUENCES

Excessive repetition of **acrobatic techniques & sequences** are discouraged in Freestyle. For this reason, the following definitions and rules govern acrobatic techniques and sequences.

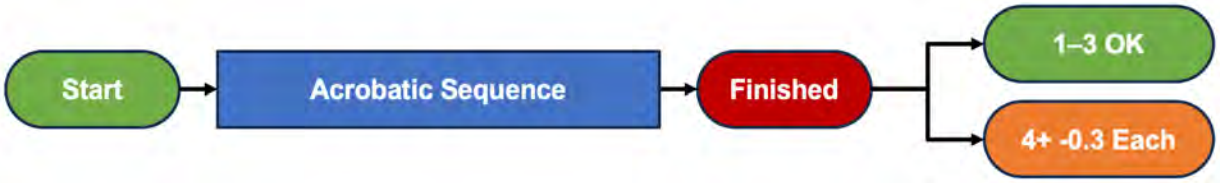
Definition of Acrobatic Technique:

- Any spin where the head dips below the waist
- Any time the hand touches the floor followed by tricking or spinning kick

Definition of Acrobatic Sequence:

- Any combination of Acrobatic Techniques in a continuous flowing motion

Acrobatic Sequence Limitations:



Acrobatic Sequence without Kick Limitations:

- Any Acrobatic Sequence without a kick will result in a **-0.3 deduction** each time it is performed

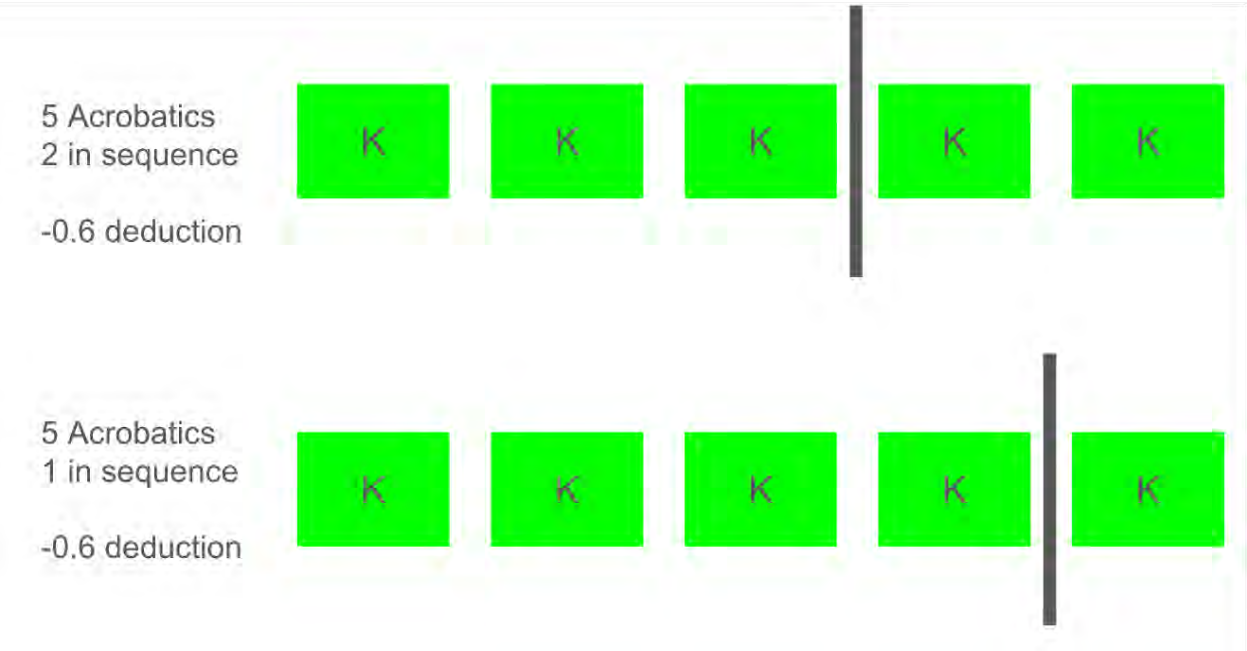
Avoiding Double Deductions:

- Acrobatic sequence without kick
- More than 3 acrobatic sequences

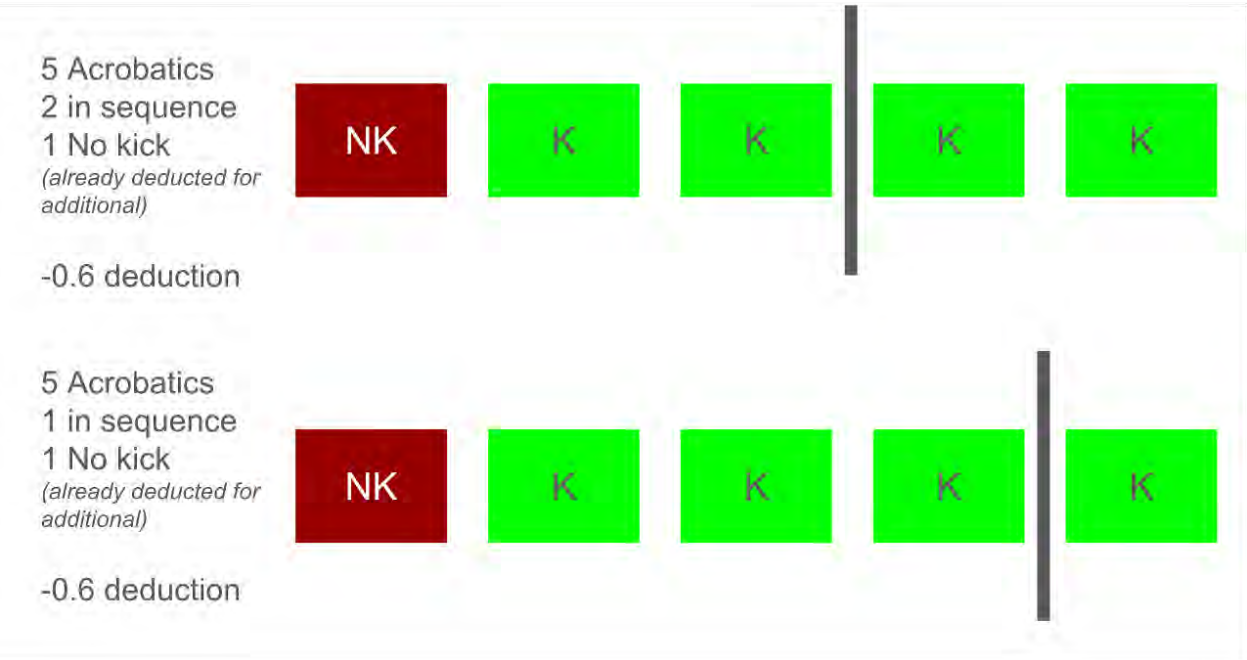
Choose an acrobatic sequence order which minimizes deductions.

ACROBATIC SEQUENCE SCENARIOS

Scenario 1



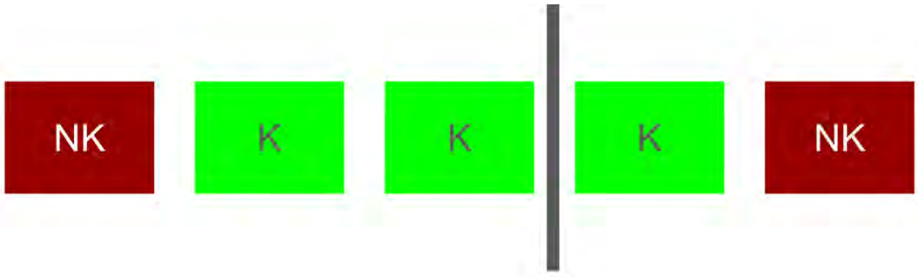
Scenario 2



Scenario 3

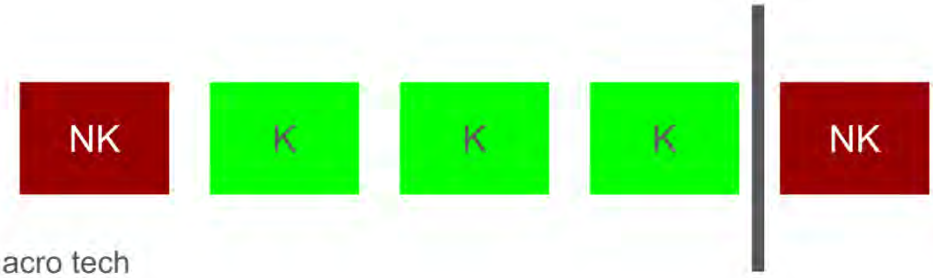
5 Acrobatics
2 in sequence
2 No kick

-0.6 deduction



5 Acrobatics
1 in sequence
2 No kick

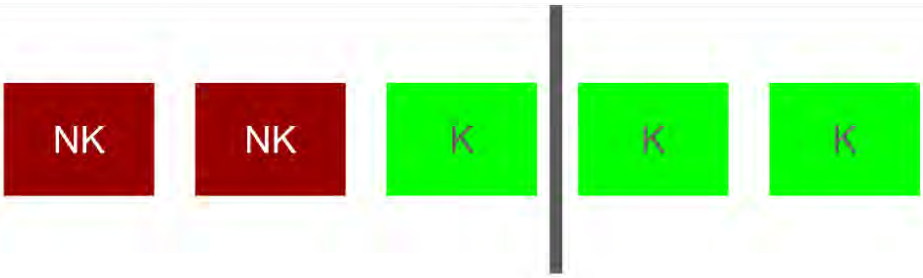
-0.6 deduction
Ind & Pair: 0 for acro tech
Team: 0 additional score



Scenario 4

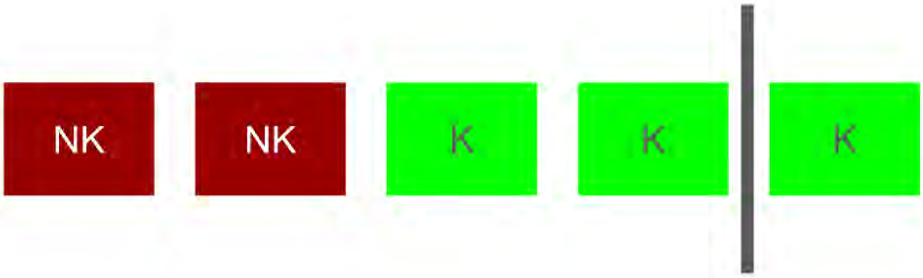
5 Acrobatics
2 in sequence
2 No kick
(already deducted for additional)

-0.6 deduction



5 Acrobatics
1 in sequence
2 No kick
(already deducted for additional)

-0.6 deduction

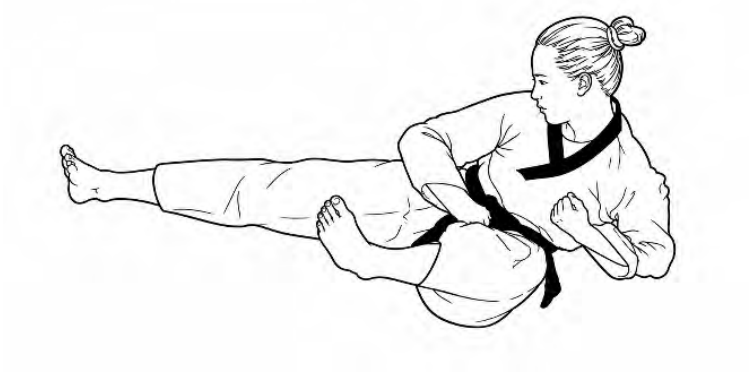


FREESTYLE TECHNICAL SKILL SUMMARY

#	Skill	Criteria	0 Score Condition
1	Jumping Side Kick	Height of the Jump	Height is less than waist level Less than 80% knee extension
2	Multiple Kicks in a Jump	Number of Kicks with > 80% extension	Fewer than 3 kicks or Duck Feet Kicks
3	Gradient of Spin in a Spin Kick	Gradient of Turn	No Kick or Kick clearly after landing
4	Kyorugi Style Consecutive Kicks	Quality of the 7 Sparring-Style Kicks	Fewer than 3 bounces or more than 5 bounces Fewer than 7 kicks
5	Acrobatic Kicking Technique	Level of Kicks with > 80% extension while inverted	No Kick or Duck Feet Kicks
6	Basic Movements & Practicability	Quality of Taekwondo blocking, striking, and kicking	Performance does not include Taekwondo Techniques

SKILL 1: JUMPING SIDE KICK

Jumping Side Kick is the first mandatory technique in the Freestyle Poomsae technical sequence. It is evaluated on a maximum scale of **1.0 point**, which is further divided into technical mastery and the level of difficulty (height).



Base Score - Jumping Side Kick							Body Height	Face Height	Over Face
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
Mastery of the performance - base score for the performance of jumping side kick ranges between 0.0 and 0.7 points according to the balance and accuracy of the execution, time in the air (hang time) and quality of the leg tuck (lower leg position).							Add 0.1, 0.2 or 0.3 points to the given basic score according to the height of the jumping side kick.		

TECHNICAL EVALUATION OF HEIGHT, IMPACT, HANG TIME, & BALANCE

Referees use specific rules to determine the height of the kick:

- **Height Measurement:** The height of the kick is measured the height of the jump.
- **Impact:** The impact should be evaluated by the **speed and strength** of the kick.
- **Hang Time:** The hang time indicates the **amount of time** that the athlete spends **off of the floor** during the jumping side kick technique.
- **Balance:** The balance indicates the **core stability and balance** of the athlete throughout the entire jumping side kick performance, including the **landing**.

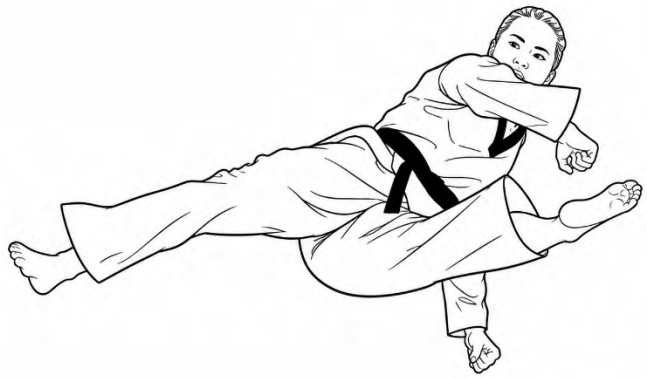
SCORING CONDITIONS

A contestant will receive a **score of zero (0)** for this skill if they fail to meet minimum technical standards:

- **Insufficient Extension**: The kicking leg has less than 80% knee extension.
- **Low Height**: The kick is performed lower than belt height.
- **Synchronization Failure (Pair/Team):** All members must perform the jumping side kick **simultaneously**.

SKILL 2: MULTIPLE KICKS IN THE AIR

Multiple Kicks in the Air is a core technical component of Freestyle Poomsae where an athlete executes several kicks during a single jump.



Base Score – multiple kicks in the air with at least 80% knee extension or flexion (Each kick should be executed with powerful impact and retracted promptly).							3 kicks	4 kicks	5+ kicks
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
Mastery of the performance – base score for the performance of multiple kicks in the air ranges between 0.0 and 0.7 points according to the height, balance and accuracy of the execution. Consider awarding higher points for a **greater variety of kick types and kicking directions**, with spinning kicks being considered one of the kicking directions.							Add 0.1, 0.2, or 0.3 points to the given base score according to the number of kicks. The more types of kicks plus more kicks, the higher the presentation (creativity).		

TECHNICAL EVALUATION

Beyond the quantity of kicks, judges look for specific quality indicators:

- **Knee Extension:** Each kick must demonstrate at least **80% knee extension or flexion** to be counted.
- **Execution Quality**: Kicks must be performed with powerful impact and prompt retraction.
- **Performance Height:** Higher base scores are awarded for kicks performed at higher levels, ranging from body height to above head height.
- **Presentation Impact:** While technical points are based on the number of kicks, using a **wider variety of kick types** (e.g., combining Front, Roundhouse, and Side kicks) results in a higher **Creativity** score in the Presentation category.

SCORING CONDITIONS

An athlete will receive a **0 score** for this skill if any of the following occur:

- **Insufficient Number**: Performing fewer than 3 valid kicks.
- **Height Violation:** Kicks must be performed at or **above belt level**. If an athlete performs multiple kicks but fewer than three are above the belt, the skill receives a 0.
    - *Example:* If four kicks are performed but one is below the belt, only the three valid kicks are scored. If only three are performed and one is below the belt, the score is zero.
- **Duck Feet:** Performing **"Duck Feet"** (flipper-style) kicks.
- **Illegal Support:** Using any **support or boosting** to execute the jump results in a 0 score.

SKILL 3: JUMPING TURNING KICK

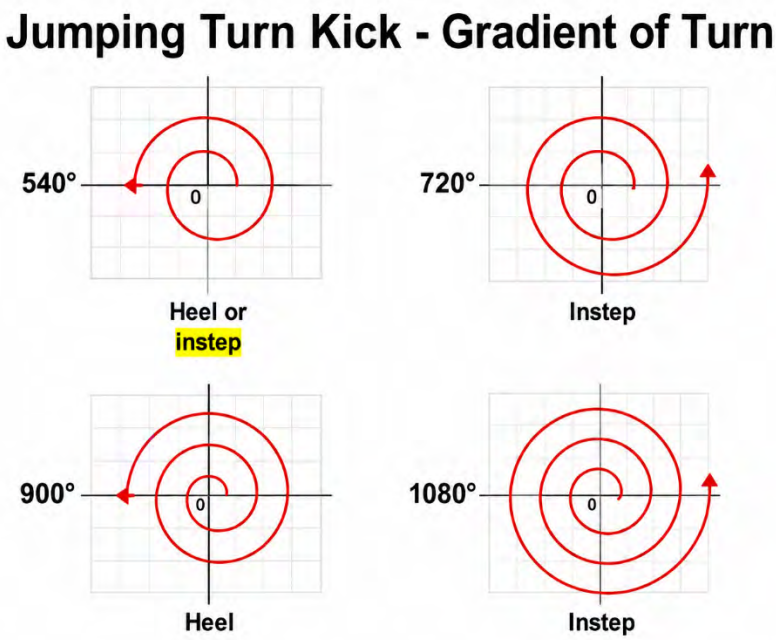
Jumping Turning Kick is a high-level technical requirement in Freestyle Poomsae that evaluates an athlete's ability to combine rotation and kicking accuracy while in the air.

Base Score - Jump Turning Kick (540°+)							540°	720°	900°+
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
Mastery of the performance - basic score for the performance of jumping turning kick ranges between 0.0 and 0.7 points according to the balance, height and accuracy of the execution.							Add 0.1, 0.2 or 0.3 points to the given base score according to the gradient of turn in a spinning kick.		

TECHNICAL EVALUATION

Execution is judged across five distinct phases: Start → Jump (airtime) → Spin & Kick (with impact and accuracy) → Land (balance) → Strong Finished.

- **Height and Power:** A higher execution (face level or higher) results in a higher technical base score.
- **Airtime:** Longer "hang time" in the air results in higher presentation points in the **Expression of Energy** category.
- **Difficulty:** Executing higher gradients of spin (e.g., more than 900° kicks) or complex combinations significantly increases the **Creativity** score in Presentation.



JUMPING TURNING KICK LANDING SCENARIOS

Scenario	Answer	Example
Athlete clearly lands supporting leg **before** kick finishes	Referee will **score 0** for this technical skill	Athlete lands supporting leg for 900° kick **before** kick finishes; referee must give **0 technical score**
Athlete clearly lands supporting leg **after** kick finishes	Referee will evaluate **full gradient** as normal for additional score	Athlete lands supporting leg for 900° kick **after** kick finishes; evaluated as a full **900° kick** for additional score (0.3)

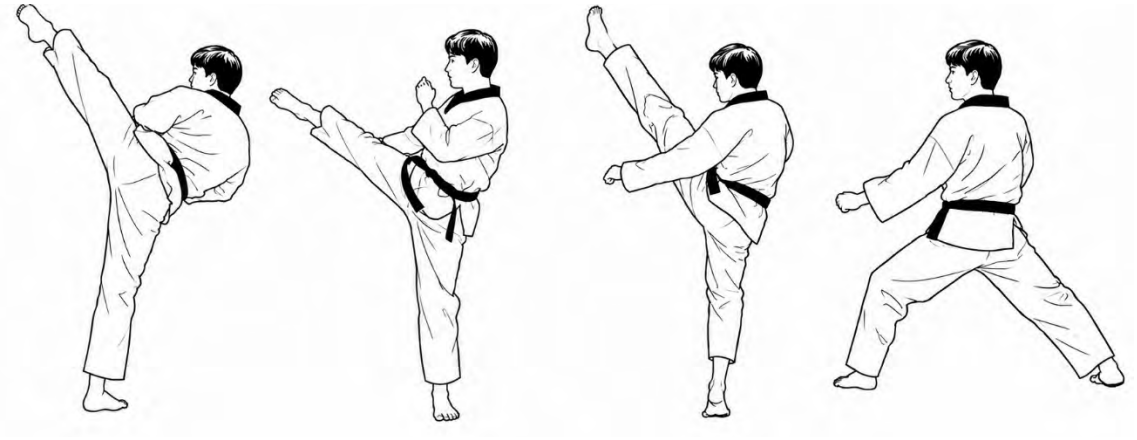
SCORING CONDITIONS

A contestant will receive a **score of zero (0)** for this skill if any of the following occur:

- **Insufficient Rotation**: Performing a turn of less than 540°.
- **Lack of Technique:** Landing without executing any kick.
- **Height Violation:** The kick is performed **below the belt**. For Individual and Pair divisions, targeting below the waist results in a 0 regardless of the spin gradient.

SKILL 4: CONSECUTIVE SPARRING KICKS

Consecutive Sparring Kicks is a mandatory technical component in Freestyle Poomsae that requires the athlete to demonstrate realistic, high-level Kyorugi (sparring) kicking combinations.



Base Score - Consecutive Sparring Kicks (7 - 10)							Low Level	Mid Level	High Level
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
Mastery of the performance - basic score for the performance of 7-10 consecutive sparring techniques ranges between 0.0 and 0.7 points according to the realistic level (80s kyorugi techniques), height, balance, impact and accuracy of the execution.							Add 0.1, 0.2 or 0.3 points to the given skill level according to the performance of more complex and aggressive combinations with increased energy of consecutive sparring kicks.		

TECHNICAL EVALUATION

Judges look for a performance that simulates a **realistic 1:1 sparring match** against a single opponent.

- **Technique Diversity:** The sequence should include a variety of kicks and targets, with a mix of attack, counterattack, footwork, Kihaps and punches.
- **Kyorugi Realism:** Points are awarded for using techniques recognized in the **pre-PSS (Protector and Scoring System) era**, often referred to as "original exciting sparring style". Higher scores should be awarded for creative use of movement directions that demonstrate realistic combat choreography, rather than relying solely on single-direction forward movement patterns.
- **Flow and Impact**: High base scores are given for more speed, a high variety of kick types, and continuous movement without robotic pauses.
- **Execution Quality:** Every kick must be executed with a powerful impact and **prompt retraction**.

SCORING CONDITIONS

A contestant will receive a **score of zero (0)** for this skill if they fail to meet the following standards:

- **Incorrect Kick Count**: Performing **fewer than 7 kicks**.
- **Improper Bounces:** Failing to perform at least **3 bounces** in place before execution, or performing **more than 5 bounces**.
- **Excessive Turning:** Turning the body at an angle **greater than 90 degrees** during the sequence.
- **Invalid Techniques:** Performing **acrobatic kicks** or non-sparring techniques during the consecutive sequence results in a 0.

Additionally, the following **criteria** are used when counting kicks:

- **Insufficient Extension**: Kicks with less than 80% knee extension are not counted.
- **Double & Triple Kicks:** Double, triple (or more) kicks count as one (1) kick towards the 7-kick requirement. Any kicks below the belt reduce the base score or presentation score.
- **Kicks Below the Belt**: Any individual kick executed below belt level is not counted.

SKILL 5: ACROBATIC KICKING TECHNIQUE

Acrobatic Kicking Technique is the final mandatory technical requirement in Freestyle Poomsae, evaluating the athlete's ability to integrate high-level acrobatic maneuvers with traditional Taekwondo kicking skills.

Base Score - Acrobatic Kicking Technique							Low Level	Mid Level	High Level
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3
Mastery of the performance - basic score for the performance of acrobatic action ranges between 0.0 and 0.7 points according to the balance, quality of landing, motion variation in the air, 80% knee extension and accuracy of the execution.							Add 0.1, 0.2 or 0.3 points to the given base score according to the degree of difficulty of acrobatic performance (e.g. flip forwards, backwards or sideways).		

TECHNICAL EVALUATION

Acrobatic techniques are defined by specific physical characteristics and sequences:

- **Definition:** An acrobatic technique is any spin where the **head dips below the waist**, or any action where the **hand touches the floor** followed by a tricking or spinning kick.
- **Acrobatic Sequence:** This refers to any combination of acrobatic techniques performed in a **continuous flowing motion**.
- **Focus of Evaluation:** Scoring is not based on the quantity of kicks performed in the air, but rather the **technical level and mastery** of the acrobatic action itself.
- **Kicking Standard:** All actions must be ended with a clear Taekwondo-style knee extension, representing a valid kick.

SCORING CONDITIONS

A contestant will receive a **0 score** for this skill if they fail to meet these minimum standards:

- **No Kicking Technique:** Performing an acrobatic maneuver (like a flip) without including a Taekwondo kick in sequence results in a score of 0.
- **Duck Feet:** Executing the kicking portion with "Duck Feet" (flipper-style).
- **Insufficient Extension:** Failing to demonstrate at least **80% knee extension** during the kick while inverted.

BASIC MOVEMENTS & PRACTICABILITY

Basic Movements & Practicability is the final sub-category of technical scoring in Freestyle Poomsae, evaluating an athlete's foundational Taekwondo skills and their ability to apply them realistically throughout the performance.

SCORING SCALE AND INTEGRATION

Unlike the five mandatory kicking skills, which are scored using a base score plus additional points, Basic Movements & Practicability is evaluated on a single scale of **0.0 to 1.0 point**.

- **Evaluation Range:** Judges award points based on the quality of performance, ranging from "Very Poor" (0.0) to "Perfect" (1.0).
- **Performance Period:** This category covers all Taekwondo techniques performed **before, between, and after** the five required technical kicking skills.

TECHNICAL EVALUATION CRITERIA

Judges assess this area based on three primary quality indicators:

- **Accuracy:** The technical precision of fundamental Taekwondo stances, blocks, and strikes.
- **Practicability:** The performance must feature realistic techniques that demonstrate a logical understanding of Taekwondo as a martial art.
- **Balanced Composition:** Athletes must show a **balanced combination of offensive and defensive movements**. This includes meaningful transitions between attacks and defenses while maintaining good body balance.
- **Non-Taekwondo Movements**: Adding movements that are not recognizable as Taekwondo is allowed, but they must be connected to traditional techniques. If they are disconnected, it results in a lower score in Basic Movements & Practicability or presentation.

CHAPTER 12

FREESTYLE POOMSAE PRESENTATION

In Freestyle Poomsae, the **Presentation** category accounts for **4.0 points** of the total 10.0 scale. Unlike the Technical Skills category, which primarily focuses on deductions for errors, Presentation points are **awarded** by judges based on the artistry and overall impression of the performance.

SCORING PHILOSOPHY

The fundamental approach to scoring Presentation is additive rather than deductive. Judges do not start at a perfect 4.0 and subtract points for mistakes; instead, they **start with an average score** and adjust it higher or lower based on the quality of the performance they witness.

The standard allocation for each sub-category follows this scale:

- **0.0:** Very Poor
- **0.1 – 0.3**: Poor
- **0.4 – 0.5:** Average
- **0.6 – 0.7:** Good
- **0.8 – 0.9:** Excellent
- **1.0:** Perfect

SUB-CATEGORY BREAKDOWN

The 4.0 points are divided into **four distinct sub-categories**, each worth a maximum of **1.0 point**:

Freestyle Poomsae Presentation (4.0)
Creativity
Harmony
Expression of Energy
Music and Choreography

1.CREATIVITY

Creativity is one of the four sub-categories of Presentation in Freestyle Poomsae, accounting for **1.0 point** of the total 10.0 score. Unlike technical scoring, which is deductive, Creativity points are **awarded** by judges who start at an "average" score and adjust higher or lower based on the originality and artistic design of the performance.

CORE EVALUATION CRITERIA

Judges evaluate Creativity based on the originality of the actions and the overall composition of the routine. Key areas include:

- **Path of Performance (*Yeon-mu Line*):** The choice and design of the path moved across the contest area.
- **Choreography and Music:** The act of designing movement sequences that are unique and well-integrated with the chosen music.
- **Connectivity:** The natural and creative flow between movement sequences.
- **Distribution of Movements:** Techniques should be balanced between left and right sides of the body, hand and foot techniques, and forward and backward directions.

INDICATORS OF HIGH CREATIVITY

Performances earn higher Creativity scores when they include innovative and high-difficulty components:

- **Extreme Difficulty:** Executing spins of more than 900°, complex acrobatic twisting techniques, or double flips.
- **Narrative and Emotion:** Adding **storytelling** or distinct emotional expressions to the routine.
- **Audience Engagement:** Including specific "key points" or actions designed to engage the spectators.
- **Technique Combinations:** Unique sequences, such as a double body-level front kick followed immediately by a face-level roundhouse and back kick.
- **Complex Transitions:** Integrating difficult maneuvers, such as performing horizontal twist kicks immediately after vertical kicks.

2. HARMONY

Harmony is a sub-category of the Freestyle Poomsae presentation score, worth a maximum of **1.0 point**. It evaluates how well the different components of the performance—music, choreography, and physical action—work together as a unified whole.

CORE EVALUATION CRITERIA

Judges award Harmony points based on the "overall impression" of three primary areas:

- **Harmony of Music, Rhythm, and Movement:** Athletes must adjust the tempo and rhythm of their techniques to match the chosen music.
    - **High Harmony:** Explosive, speedy techniques should align with fast, powerful musical beats. Slow-motion techniques with controlled respiration and facial expressions should match calmer, melodic segments of the music.
- **Connectivity:** This refers to the natural flow between movement sequences.
    - **Natural Transitions:** Movements should connect immediately without unnecessary pausing after each action. Demonstrating smooth transitions before or after technical skills is essential for a high score.
- **Emotional Integration:** The athlete's facial expressions and eye contact should align with the mood and tone of the music and the poomsae.

DIVISION-SPECIFIC HARMONY (PAIR AND MIXED TEAM)

In multi-athlete divisions, Harmony heavily emphasizes **unity and synchronization**:

- **Synchronization of Execution:** Pair or team members should execute technical skills (like kicks) at the **same height, timing, impact, and rhythm** as one another, all in coordination with the music.
- **Continuous Performance:** If one member is performing a solo technical skill, the other members **must not stand still**. They should continue to perform appropriate, synchronized movements to maintain the "sense of unity".

FACTORS THAT RESULT IN A LOWER HARMONY SCORE

Judges will give a lower Harmony score if they observe the following:

- **Big Pauses:** Jumping from one skill to another without a transition or with a **significant pause** between skills, especially before **Gradient of Spin** or **Acrobatic Kicking Technique**.
- **Audible Communication:** In the Mixed Team division, any talking or audible communication between players (often occurring during board breaking setups) results in a lower Harmony score.
- **Mismatched Energy:** Performing explosive techniques during a soft musical segment, or vice versa, shows a lack of rhythmic harmony
- **Non-Taekwondo Movements:** Adding movements that are not recognizable as Taekwondo is allowed, but they must be connected to traditional techniques. If they are disconnected, it results in a lower score in Basic Movements & Practicability or harmony.

3. EXPRESSION OF ENERGY

In Freestyle Poomsae, **Expression of Energy** is a presentation sub-category worth **1.0 point** of the total score. This score is **awarded** based on the judge's overall impression of the athlete's spirit and confidence. Judges typically start at an **average score of 0.4–0.5** and adjust it based on the performance quality.

CORE EVALUATION CRITERIA

Judges look for a consistent "confident appearance" and "strong focus and concentration" throughout the routine. Key visual markers include:

- **Visual Conveyance of Power:** Energy must be clearly visible, with power expressed until the very end of every individual technique.
- **Stability and Control:** Movements and stances must be firm; any **shakiness or wobbling** results in a lower score.
- **Intensity and Eyesight:** Strong eye expression is required to emphasize intensity, particularly during direction changes.
- **Kihap (Yells):** Must be strong and well-controlled.
- **Impact and Accuracy:** Every technique, especially kicks, must end with visible impact and proper flexion.

TECHNICAL EXECUTION STANDARDS

Specific execution styles within the routine directly contribute to this score:

- **Strong Impact:** After executing a powerful movement, there should be a **brief, clear impact** to demonstrate control and completion.
- **Controlled Slow-Motion Kicks:** The routine may include slow-motion kicks with impact, involving controlled respiration and facial expressions.
- **Volume of Movement:** Techniques should be performed with the correct "volume" (size and range of motion) appropriate for the athlete's physique.
- **Professionalism:** Athletes must demonstrate respect through **good competition manners**, a clean and tidy uniform, and a composed, dignified posture rather than a nervous appearance.

4.MUSIC/CHOREOGRAPHY

In Freestyle Poomsae, **Music and Choreography** is a sub-category of the Presentation score worth a maximum of **1.0 point**. The scoring methodology is **additive**, meaning judges award points based on the quality of the performance rather than deducting for mistakes.

CORE EVALUATION COMPONENTS

Scoring is based on how effectively the athlete integrates auditory and visual elements. Judges focus on four key areas:

- **Choreography Design:** Evaluates the act of designing movement sequences and the overall artistic composition of the Poomsae.
- **Movement Dynamics:** Points are awarded for routines characterized by varied dynamics, such as **fast, slow, hard, and soft**.
- **Musical Fitting:** This assesses how well the performance fits the **rhythm, melody, and mood** of the music.
- **Adaptation:** Evaluates the adaptation of the music and choreography to the specific contents and technical requirements of the Poomsae.

INDICATORS FOR SCORING ADJUSTMENTS

Judges adjust the score higher or lower based on specific execution markers within the performance:

- High Score Indicators:
    - Using **strong movements** that align perfectly with **strong beats** in the music.
    - Ensuring movements match the music consistently, including the **transitions between techniques**.
    - Creating music and movement combinations that successfully **capture the audience's attention**.
    - Demonstrating a high level of **artistry** in how the choreography is adapted to the Poomsae contents.
- Low Score Indicators:
    - A lack of connection between the music's rhythm and the athlete's tempo.
    - Failing to adjust movement dynamics to match segments of the music (e.g., performing explosive moves during soft melodic segments).
    - Poorly designed "Yeon-mu line" (path of movement) or disconnected choreography that does not flow with the track.

INTERACTION BETWEEN PRESENTATION AND TECHNICAL SKILLS

Use the below matrix as a reference for how each **presentation category** interacts with each **technical element**. Look out for these specifics while scoring each technical element.

	Creativity	Harmony	Expression of Energy	Music & Choreography
Jumping Side Kick	Rewarded for the difficulty of the approach or path taken (*Yeon-mu line*).	**Synchronization:** Pair/Team members must execute at the exact same time.	Rewarded for significant **"hang time"** (airtime) and the quality of the leg tuck.	Height and impact should align with a musical beat.
Multiple Kicks in the Air	Points increase with the **number and variety** of kicks (e.g., combining Front, Side, and Roundhouse).	Smooth connection between the jump sequence and the preceding/following movements.	Higher kicks (face level to above head) demonstrate greater internal power and mastery.	Rhythm of kicks must match the tempo and "beat" of the chosen music.
Jumping Turning Kick	Points awarded for extreme rotations beyond 540° (e.g., **720° or 900°** kicks).	Natural transitions; avoiding "big pauses" before or after the spin sequence.	Achieving more **"hang time"** during the rotation directly increases this score.	Rotation speed and the impact of the kick/break must fit the music's mood.
Consecutive Sparring Kicks	Rewarded for **realism** and high diversity of targets/counterattacks.	Rhythm of bounces (at least 3) must coordinate with the music's rhythm.	Inclusion of at **strong, short Kihaps** (yells) during the sequence.	Speed of execution and continuous movement must adapt to the music's dynamics.
Acrobatic Kicking Technique	Rewarded for **complex combinations**, such as horizontal twist kicks immediately following vertical ones.	**Unity:** Team members must perform acrobatic actions simultaneously without waiting.	Evaluation of **mastery**, including balance, motion variation in the air, and landing quality.	Mixed Team **boosting/piggybacking** support must be integrated into the choreography.
Basic Movements & Practicability	Originality in the *Yeon-mu line* and distributing movements between left/right and hand/foot.	Evaluates **connectivity** and smooth transitions between all movements before/after skills.	Mastery of Taekwondo techniques based good control of breathing, strong balance, focus and impact.	General foundational movements must fit the melody, rhythm, and mood of the track.

CHAPTER 13

FREESTYLE MIXED TEAM & BOARD BREAKING

In Freestyle Poomsae, the **Mixed Team** division and its **Mandatory Board Breaking** requirements are designed to showcase power, precision, and team coordination. This division has unique rules regarding team composition, the competition area, and physical support during breaking techniques.

TEAM COMPOSITION AND QUALIFICATIONS

- **Member Count:** A Freestyle Mixed Team consists of **five performing members** and **one substitute**, with a total composition of **3 males** and **3 females**.

PERFORMANCE AND SYNCHRONIZATION STANDARDS

The evaluation of a Mixed Team heavily emphasizes the ability of the five members to move as a single unit:

- **Mandatory Simultaneous Actions:** All five performing members must execute the **Jumping Side Kick (Skill 1)** at the exact same time.
- **Mandatory Stances:** The three required stances, **Crane Stance** (*Hakdari-seogi*), **Tiger Stance** (*Beom-seogi*), and **Back Stance** (*Dwit-gubi*), must also be performed **simultaneously** by all team members.
- **Minimum Participation per Skill:** While Skill 1 requires the whole team, for Skills 2 through 5, at least **one member** of the team must perform the required technique to receive a technical score.
- **Unity of Movement:** Throughout the performance, members are expected to maintain a "sense of unity," adjusting their tempo, rhythm, and formation changes in exact synchronization with the music.

MANDATORY BOARD BREAKING

In Freestyle Poomsae, mandatory board breaking is a requirement exclusive to the **Mixed Team** division and is integrated into three of the five mandatory technical skills to demonstrate power and precision.

BOARD SPECIFICATIONS

- **Material:** Boards that are recognized by World Taekwondo and provided by the Organizing Committee (OC).
- **Dimensions**: Each board is 300mm long, 220mm wide, and 9mm thick. The Organizing Committee (OC) may select different dimensions if **approved** by World Taekwondo Poomsae Committee.
- **Success Criteria:** A break is considered successful if the board is broken.

BREAKING REQUIREMENTS PER SKILL

Teams must break a **minimum of 5 boards** and a **maximum of 9 boards** across the entire performance.

Technical Skill	Minimum Boards	Execution Requirements
Skill 3: Jumping Turning Kick	1 board	Evaluated based on the successful break combined with the gradient of rotation (540° or more).
Skill 4: Consecutive Sparring Kicks	3 boards	At least one athlete must break **3 boards consecutively** while moving in a single direction during a sequence of 7–10 kicks.
Skill 5: Acrobatic Kicking	1 board	Evaluated based on the performance level of the acrobatic maneuver combined with the successful break.

MIXED TEAM FREESTYLE DEDUCTIONS FOR MISSED BOARDS

	Freestyle Mixed Team Breaking *Technical Skills 3, 4, 5*
Miss when attempting minimum # of boards	0 additional score
Miss when attempting more than minimum # of boards and breaks fewer than the minimum	0 additional score -0.1 base score for each board over minimum
Miss when attempting more than minimum # of boards and breaks at least the minimum	-0.1 from base score per miss

AUTHORIZED PERSONNEL AND EQUIPMENT

Piggybacking is permitted only among the five performing team members. A team member may sit (not stand) on another team member's shoulders to hold a board.

The team **substitute is strictly prohibited** from participating in these support roles or holding boards.

Mixed Teams are allowed to use **board-holding pole(s)** approved by the World Taekwondo Poomsae Committee.

- These poles are permitted **only for the Acrobatic Kicking** technical skill.
- No additional accessories or materials are allowed on these board-holding pole(s).

TEAM ASSISTANCE RULES

Skill	Individual/Pair	Mixed Team
Height of a Jumping Side Kick	Not Allowed	Not Allowed
Multiple Kicks in the Air	Not Allowed	Not Allowed
Gradient of Spins in a Spin Kick	Not Allowed	**Allowed** - *Piggyback only*
Kyorugi Style Consecutive Kicks	Not Allowed	Not Allowed
Acrobatic Kicking Technique	Not Allowed	**Allowed** - *Piggybacking and the use of board-holding poles*

CHAPTER 14

FREESTYLE SCORING DEDUCTIONS

Use the below chart for a reference guide to Freestyle deductions. Please note that this is not an exhaustive list of deductions, and should only serve as a **quick reference guide** for important deductions to remember.

Action	Category	Subcategory	Deduction
General Freestyle			
Any contestant steps two feet out-of-bounds	Total score		-0.3
Performance finishes before 90s (undertime) or after 100s (overtime)	Total score		-0.3
Any athlete forgets their routine, causing a pause/hesitation of more than 3 seconds	Total score		-0.3
An athlete intentionally pauses for more than 3 seconds before performing a technical skill.	Presentation	Harmony	Lower score
General Technical Skills			
Missing mandatory stance (Back Stance, Crane Stance, Tiger Stance)	Technical skills	Total	-0.3 each
More than 3 acrobatic sequences	Technical skills	Total	-0.3 each time
Any acrobatic sequence without kick	Technical skills	Total	-0.3 each time
Falling (in sequence)	Technical skills	Relevant Skill	-0.3 base score
Falling (out of sequence)	Technical skills	Total	-0.3
Poor landing and losing balance during performance	Presentation	Harmony	-0.1
Technical Skills 0 Score Conditions			
Jumping Side Kick			
Jumping side kick <80% knee extension	Technical skills	Jumping Side Kick	0 score
Jumping side kick lower than belt height	Technical skills	Jumping Side Kick	0 score
Multiple Kicks			
<3 kicks at or above the belt level	Technical skills	Multiple Kicks	0 score
Jumping Turning Kick			
Jumping turning kick below the belt	Technical skills	Jumping Turning Kick	0 score
Jumping turning kick <540°	Technical skills	Jumping Turning Kick	0 score
Jumping turning kick land before kick	Technical skills	Jumping Turning Kick	0 score
Consecutive Sparring Kicks			
< 7 kicks	Technical skills	Consecutive Sparring Kicks	0 score
< 3 or > 5 bounces in place before starting skill	Technical skills	Consecutive Sparring Kicks	0 score

Action	Category	Subcategory	Deduction
Turn >90° during skill performance	Technical skills	Consecutive Sparring Kicks	0 score
Acrobatic Kicking Technique			
Acrobatic kicks without kicking technique	Technical skills	Acrobatic Kicking Technique	0 score
Team & Pair Freestyle Deductions			
Not all members perform jumping side kick at the same time	Technical skills	Jumping Side Kick	0 score
Providing support for landing (in sequence)	Technical skills	Relevant Skill	-0.3
Providing support for landing (out of sequence)	Technical skills	Total	-0.3
Pair Freestyle Deductions			
Support/boost or Piggyback during skill	Technical skills	Relevant Skill	0 score
Support/boost or Piggyback between skills	Total Score		-0.3 each time
Mixed Team Freestyle Deductions			
<1 board attempted for jumping turning kick	Technical skills	Jumping Turning Kick	0 additional score
<3 boards attempted for consecutive sparring kicks	Technical skills	Consecutive Sparring Kicks	0 additional score
<1 board attempted for acrobatic kicking technique	Technical skills	Acrobatic Kicking Technique	0 additional score
Support/boost during non-allowed skill	Technical skills	Relevant Skill	0 score
Piggyback during non-allowed skill	Technical skills	Relevant Skill	0 score

CHAPTER 15

FREESTYLE MUSIC REGULATIONS

In Freestyle Poomsae, music is a fundamental component that defines the rhythm, mood, and choreography of the performance. The regulations governing its use are strict and intended to maintain the integrity and focus of the sport.

MUSIC SELECTION AND CONTENT

- **Contestant Choice:** The selection of music and the accompanying choreography is entirely the **choice of the contestant**.
- **Prohibited Content:** Music must not contain any political, social, or religious content.
- **Sound Restrictions:** The use of human words, lyrics, or weapon sounds is strictly forbidden.
- **Permitted Sounds:** Music may include nature sounds.
- **Originality:** Contestants are prohibited from duplicating the music or choreography of other competitors. Violations of this rule are handled by the Competition Supervisory Board (CSB).

SUBMISSION AND APPROVAL PROCESS

- **Pre-Event Review:** Athletes are required to send their chosen music to the Tournament Committee at the **Head of Team meeting**.
- **Approval:** A delegate from the Tournament Committee will review the track to either **approve it** or request that the contestant provide different music if it fails to meet the regulations.
- **Backup Responsibility:** It is the responsibility of each coach to provide a **backup copy** of the music on a flash drive at the competition.

PENALTIES AND DISQUALIFICATIONS

- **Disqualification (DSQ):** A contestant will lose by disqualification if their music contains **prohibited content** (political, religious, etc.) or includes **lyrics/human words**.

TECHNICAL TROUBLESHOOTING

- **System Errors:** If the **wrong music starts** due to a technical error with the music system, the Referee will stop the contest. The issue will be resolved by the technician, and the contestant will be allowed to **restart without penalty**

CHAPTER 16

REFEREE PROCEDURES

The following videos are provided for reference on **common situations** that may arise during competition.

Video Demonstration

Misconduct

CHAPTER 17

ARBITRATION & PROTEST

In World Taekwondo Poomsae, **Arbitration and Protest** procedures are managed by the **Competition Supervisory Board (CSB)** to ensure fairness and correct technical or administrative errors that may affect the outcome of a match.

COMPOSITION AND QUALIFICATIONS OF THE CSB

The CSB is a formal body constituted before the start of the competition:

- **Membership:** It consists of one Chairman, no more than seven members, and the Technical Delegate as an ex-officio member.
- **Member Count:** The board must have at least five eligible members, and the total must be an **odd number** if it exceeds five.
- **Qualifications:** Members must be WT executive officials or persons with extensive Taekwondo experience holding at least a **6th WT or Kukkiwon Dan**.

PROCEDURE FOR FILING A PROTEST

If a team objects to a referee's judgment, they must follow a strict administrative protocol:

- **Who Files:** Only an **official delegate of the team** (typically the coach) is authorized to submit a protest.
- **Time Limit:** The protest must be submitted within **10 minutes** after the end of the pertinent contest.
- **Required Documentation and Fee:** The delegate must submit a WT-developed protest sheet along with a non-refundable **protest fee of US$200**.
- **Response Time:** The goal is to reach and announce a decision within **30 minutes** of the filing.

THE DELIBERATION PROCESS

The CSB follows a structured review process to maintain neutrality and accuracy:

- **Neutrality:** Any board member with the **same nationality** as the involved contestant or coach is **excluded** from the deliberation.
- **Acceptability Review:** The board first determines if the protest is "Acceptable" or "Unacceptable" for further review.
- **Evidence Gathering:** The board may **summon the refereeing officials** of the contest to question them and will review the **recorded video footage** of the performance if necessary.
- **Voting:** After discussion, the board holds a **secret ballot** to determine a majority decision.

GROUNDS FOR DECISION REVERSAL

The CSB is empowered to correct misjudgements or illegal behaviour. A match decision will only be reversed in specific instances, such as:

- Errors in Determining Results: This includes mistakes in the calculation of the final match score.
- **Identification Errors:** Misidentifying a contestant during the scoring process.
- **Official Misconduct:** Taking disciplinary action against officials who committed illegal behaviour or unreasonable mistakes.

FINALITY OF DECISION

Once the CSB makes a resolution, it is considered **final and binding**. No further means of appeal are permitted within the WT framework for that specific match result. All results are formally documented by the Chairman and reported to the WT Secretary General.

Resource

WT Poomsae Protest Form

CHAPTER 18

TECHNICAL TROUBLESHOOTING

Technical troubleshooting in World Taekwondo Poomsae involves specific protocols for equipment malfunctions, system failures, and procedural errors to ensure the fairness of the competition.

TECHNICAL SYSTEM FAILURES

When electronic systems fail, referees and judges must follow these steps:

- **Scoring System Outage:** If the entire scoring system goes down, the referee must **stop the contest** and send contestants back to their coaches. Competition only resumes once the technician restores the system.
- **Judge Controller Malfunction:** If a single judge's tablet fails but others are working, the judge must **continue keeping the score mentally or on paper** (referees are encouraged to always have a pen and clipboard ready). At the end of the performance, the judge raises their hand to provide the score to the technician.
- **Incorrect Score Display:** If a judge notices their score is displayed incorrectly, they must **stand up and raise their hand** to alert the technician for guidance on re-entering the data.

EMERGENCY AND SAFETY SCENARIOS

- **Athlete Injury:** The referee stops the contest, calls for medical assistance, and starts a **90-second timer**. If the athlete cannot resume after 90 seconds, the opponent is declared the winner; if they continue, a 0.3 deduction is applied for each missing technique.
- **Power or Lighting Outage:** The referee must ensure the safety of all participants and judges. If the issue is resolved quickly, contestants are given another opportunity to perform **without deduction**.

SCORING DISCREPANCIES

If a judge's scores are consistently higher or lower than the rest of the panel, they must **not let other judges' scores bias theirs**. Instead, they should continue scoring consistently and seek feedback from their ring captain in a **private, secure room** only after the entire division is completed.

APPENDIX

AUTHORIZATION & RATIFICATION

This handbook has been created and edited by **Dr. Jun Yoon**, *World Taekwondo Poomsae Referee Chairman*, along with the **WT Poomsae Handbook Committee**.

This handbook has been authorized and ratified by **Dr. Jungheon Kim**, *World Taekwondo Poomsae Committee Chairman*.