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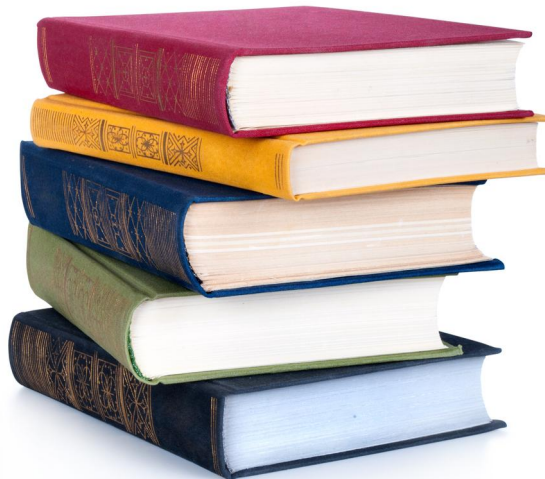


24th - 29th December, 2013

Ramsheth Thakur International Sports Complex, Plot No. 1 & 2,
Sector 16A, Ulwe Node, Navi Mumbai, Maharashtra, India.

Open Invitational Taekwondo Championship

Previously known as



Taekwondo Poomsae Competition Rules & Interpretation

01 Purpose

The purpose of the Poomsae Competition Rules is to fairly and smoothly manage all matters pertaining to Poomsae competitions at all levels promoted and /or organized by Jalnawala, ensuring the application of rules.

02 Competition Area

The Competition Area shall comprise of the Contest Area measuring 8m x 8m in metric system and have a flat surface without any obstructing projections. The Contest Area shall be covered with an elastic mat or wooden floor. The 8m x 8m area shall be called the Contest Area.

03 Contestant

Qualifications of contestants

Individual:

- Sub Junior Division 1 (Upto 9 years old) - Those born 01/01/2004 onwards
- Sub Junior Division 2 (10- 13 years old) - Born between 01/01/2000 to 31/12/2003
- Junior Division (14-18 years old) - Born between 01/01/1995 to 31/12/1999
- 1st Senior Division (19-30 years old) - Born between 01/01/1983 to 31/12/1994
- 2nd Senior Division (31-40 years old) - Born between 01/01/1973 to 31/12/1982
- Masters Division (41 years and above) - Those Born upto 01/12/1972

Pair and Team:

- Below 14 years old - Born 01/01/2000 Onwards
- 14-30 years old – Born between 01/01/1983 to 31/12/1999
- 30 years old or higher – Born upto 31/12/1982

The age limits for the Sub Juniors, Junior, Senior and Masters Divisions are based on the calendar year, not on the date, when the Championships are held. There should be at least 5 competitors/ pairs/ teams in each category or else the same will be merged with higher category.

04 Contestant Uniform and Protective Equipment

Contestants may compete in more than one category of competition unless he or she is limited by gender or age.

- Men's Individual
- Women's Individual
- Men's Team
- Women's Team
- Pair

Divisions by Gender and Age

- 1) Men, women and mixed divisions shall be divided according to age.
- 2) Male and female divisions shall be classified as follows:

Division		Sub Juniors (1 & 2)	Junior	1 st Senior	2 nd Senior	Master
Age		1 st - Upto 9 years 2 nd – 10 to 13 years	14-18 years	19-30 years	31-40 years	41 years & over
Individual	Male	1	1	1	1	1

	Female	1	1	1	1	1
Division		1st	2nd		3rd	
Age		Below 14 years	14-30 years old		30 years old or higher	
Pair (MM or FF or MF)		2	2		2	
Team (MMM or FFF or MMF or MFF)		3	3		3	

Recognized Poomsae – Sub Juniors, Juniors & Seniors.

Division		1st Compulsory Poomsae	2nd Compulsory Poomsae
Sub Junior Division 1 (Upto 9 years old)		Any one Taegeuk from 2 or 3	Any one Taegeuk from 4 or 5
Sub Junior Division 2 (10-13 years old)		Any one Taegeuk from 4 or 5	Any one Taegeuk from 7 or 8
Junior Division (14-18 years old)		Any one Taegeuk from 5 or 6	Taegeuk 8 Jang or Koryo
1 st Senior Division (19-30 years old)		Any one Taegeuk from 7 or 8	Koryo or Keumgang
2 nd Senior Division (31-40 years old)			
Masters Division (41 years & over)		Koryo or Keumgang	Taeback or Pyongwon
Pair	Below 14 years old	Taegeuk 5 or 6	Taegeuk 7 or 8

	14-30 years old	Taegeuk 7 or 8	Koryo or Keumgang
	30 years old or higher	Taegeuk 8 Jang or Koryo	Keumgang or Taeback
Team	Below 14 years old	Taegeuk 5 or 6	Taegeuk 7 or 8
	14-30 years old	Taegeuk 7 or 8	Koryo or Keumgang
	30 years old or higher	Taegeuk 8 Jang or Koryo	Keumgang or Taeback

05 Contestant

Accuracy of Poomsae Technique

- Accuracy of basic movements
- Details of each Poomsae

Presentation

- **Skill**
 - Accuracy of range of movements
 - Balance
 - Speed and power
- **Expression**
 - Strength/speed/rhythm
 - Expression of energy

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