

# WTF Poomsae Free Style Competition Guideline

1. Composition of Free Style Poomsae
  - 1.1. Yeon-mu line shall choice of contestant.
  - 1.2. Music & choreography shall be choice of a contestant. However, it should not contain any political, social and religious contents.
  - 1.3. Number of Poom: Each performance shall be composite of 20 to 24 poom (Composition of 1 poom shall be no more than 5 motions).
  - 1.4. Technique: Each performance shall be composite of attacking and defending techniques of Taekwondo with 60% foot techniques and 40% hand techniques.
  - 1.5. Performed techniques must be within boundary of Taekwondo.
  
2. Division
  - 2.1. Individual : Male / Female
  - 2.2. Pair
  - 2.3. Mixed Team: Composition of 5 members including more than 2 males and females
  
3. Uniform of the participant
  - 3.1. Participant shall wear WTF-recognized Poomsae competition uniform.
  
4. Duration of Contest
  - 4.1. Individual, Pair and Team competition from 60 seconds to 70 seconds.
  
5. Scoring Criteria
  - 5.1. Scoring shall be made in accordance with the rules of the WTF.
  - 5.2. The types of foot techniques designated by WTF Poomsae Committee for 10<sup>th</sup> WTF World Poomsae Championships are as follows;
    - 5.2.1. Heights of jump – Side kick (**in case of pair and team division, entire team members must perform this technique**)
    - 5.2.2. Number of kicks in a jump – **Front kick (at least one member of the team must perform this technique)**
    - 5.2.3. Gradient of spins in a spin kick - **Spinning hook kick or turning kick (at least one member of the team must perform this technique)**
    - 5.2.4. Performance level of consecutive kicks – **Kyorugi style kick (at least one member of the team must perform this technique) \*3~5 bouncing steps in a spot is mandatory before executing the Kyorugi style kicks.**
    - 5.2.5. Acrobatic actions – **Any acrobatic action performance with kick(s). (at least one member of the team must perform this technique)**
  - 5.3. Point shall be awarded only if athletes perform the techniques in the above order (Article 5.2).
  - 5.4. Each foot technique shall be up to five run-up.
  - 5.5. One of the following stances must be included in the performance at least once
    - Dwitkubi (Backward inflection stance), Beom-seogi (Tiger stance), Hakdari-seogi (Crane stance)
  
6. Timeline

Action	Date	Remarks
To submit performance plan	September 15, 2016	To be submitted to WTF Sport Department at <a href="mailto:sport@wtf.org">sport@wtf.org</a>
To submit performance music	September 25-27, 2016	Accreditation center