

**1st OCEANIA OPEN  
ONLINE POOMSAE  
& PARA POOMSAE  
CHAMPIONSHIPS  
12 – 14 JULY**



**Closing Date:**  
**23.59 AEST**  
**1 July 2020**

## PROMOTER

### **World Taekwondo Oceania (WTO)**

Email: [admin@worldtaekwondoocania.org](mailto:admin@worldtaekwondoocania.org)

Facebook: <https://www.facebook.com/WorldTaekwondoOceania/>

## COMPETITION DATES

**12<sup>th</sup> – 14<sup>th</sup> July 2020** (Subject to change based on participation numbers)

### **A. Para Poomsae – Male and Female Categories:**

**P20 and P30 (P31, P32, P33, P34) divisions - (Colour Belts (8<sup>th</sup> Gup) to Black belts):**

- Junior (12 -15 years old)
- Under 30 (16 – 29 years old)
- Over 30 (30 years old and older)

### **B. Poomsae – Male and Female Categories:**

- Blue and Red belts Only (6<sup>th</sup> – 1<sup>st</sup> Gup) – (See eligibility age groups)
- Kids (Poom belts)
- Cadets (Poom belts)
- Juniors (black belts)
- Under 30 (black belts)
- Under 40 and Under 50 (black belts)
- Under 60, Under 65 and Over 65 (black belts)

Athletes from all over the world can participate. See eligibility requirements in the relevant sections within this outline.

## COMPETITION RULES

World Taekwondo Poomsae Competition Rules & Interpretation.

Note some exemptions will apply approved by WTO.



## COMPETITION SYSTEM

### Cut off system:

Finals: all athletes shall perform **2 compulsory or chosen Poomsae** with maximum 60 seconds break in between each Poomsae.

## SUBMISSION OF VIDEO RECORDINGS

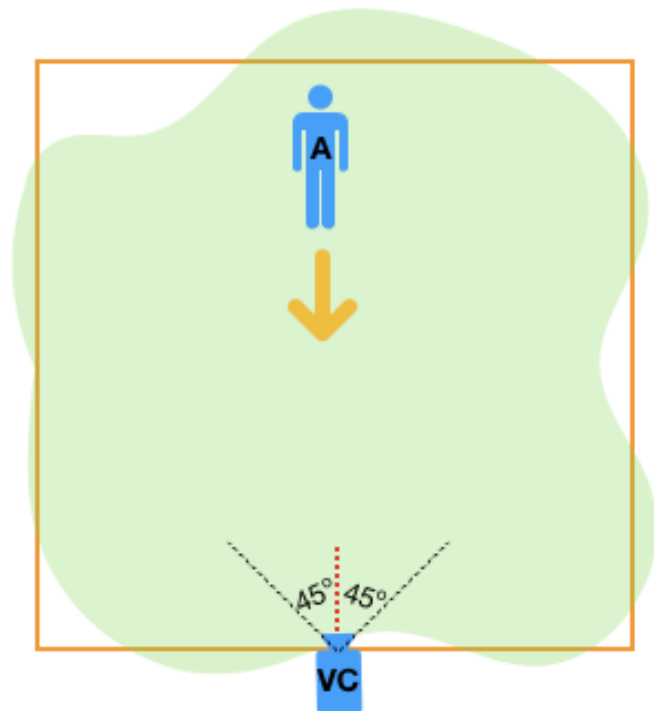
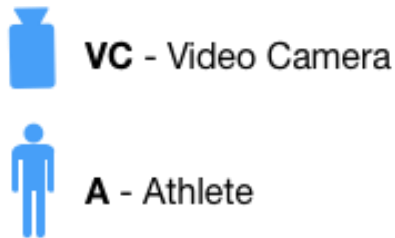
Rules on video recording and submissions:

1. Deadline to send the email with video submissions is:

**7th July 2020, 23:59 AEST**

2. The Poomsae performance can be video recorded indoors or outdoors. **Please ensure you follow the instructions of your local and national health authorities with regard to social distancing and outdoors excursions.**
3. The athlete shall be 100% full body inside the video recording **at all times**. The camera can be moved to facilitate this coverage. (No music)
4. Videos that have been used in any other competitions will NOT be accepted for consideration.
5. The video recording shall be done while the athlete is facing the camera in the start position. The camera must be stationary but may be rotated no more than 45° left and right from its starting point as indicated in Diagram 1. Zooming in and Out during performance is not allowed.

Diagram 1:



6. Video recording submissions should be sufficient quality to enable referees to judge all movements. Suggested video quality should be 720p @ 60fps or 1080p @ 60fps where possible.
7. Each athlete shall video record max. 1 video.
8. Video's should be uploaded to a video sharing platform such as YouTube, and the link entered in the "Enter video link" box in your online registration. You may update your registration and change this link at any time before the closure date.
9. **For the Final**: video record 2 Poomsae with maximum 60 seconds break between the Poomsae, ensure the camera is running during the rest period.
10. Links to Video submission are to be entered in the "Enter video link" box when registering via the InternetEntries.com registration system.

## MEDAL EVENTS

### Male and Female separated:

- Blue and Red belts Only (6<sup>th</sup> – 1<sup>st</sup> Gup) – (See eligibility age groups)
- Kids (poom belts)
- Cadets (poom belt)
- Juniors (black belt)
- Under 30 (black belt)
- Under 40 and Under 50 (black belt)
- Under 60, Under 65 and Over 65 (black belt)

## ELIGIBILITY REQUIREMENTS

1. Member of a Member National Association of World Taekwondo;
2. An athlete in order to be eligible for participation must be born in

### ***Blue and RED belts Only (6<sup>th</sup> – 1<sup>st</sup> Gup) divisions:***

- Kids (birth year: 2009 – 2011)
- Cadet (birth year: 2006 – 2008)
- Junior (birth year: 2003 – 2005)
- Under 30 (birth year: 1990 – 2002)
- Under 40 (birth year: 1980 – 1989)
- Under 50 (birth year: 1970 – 1979)
- Over 50 (birth year: 1969 or earlier)

### ***Black belt divisions:***

- Kids – poom belt (birth year: 2009 – 2011)
- Cadet – poom belt (birth year: 2006 – 2008)
- Junior (birth year: 2003 – 2005)
- Under 30 (birth year: 1990 – 2002)
- Under 40 (birth year: 1980 – 1989)
- Under 50 (birth year: 1970 – 1979)
- Under 60 (birth year: 1960 – 1969)
- Under 65 (birth year: 1955 – 1959)
- Over 65 (birth year: 1954 or earlier)

## EVENT TIMELINES

05 July:	multiple:	online International Referee instruction sessions for scoring system use
01 July:	23:59AEST:	Application deadline
01 July:	23:59AEST:	Deadline for entry fee payments
02 July:	10:00AEST:	Announcement of <b>all</b> Designated Compulsory Poomsae
03 July:	10:00AEST:	Video link submissions Open
07 July:	23:59AEST:	Deadline for submitting video link
11 July:	17:00AEST:	Publication of participation lists per division

## INTERNATIONAL REFEREES

All athletes will be evaluated by a jury of 5 WT International Referees - selected from all continents - with an active WT IR-license. A list of selected WT International Referees shall be published before start of the event.

## AWARDS

### *Individual awards*

Medals and Certificates will be awarded to all medalists and shall be sent to each medal winner's home address.

1 <sup>st</sup> place:	gold medal and certificate
2 <sup>nd</sup> place:	silver medal and certificate
3 <sup>rd</sup> place:	bronze medal and certificate

## LIST OF POOMSAE TO BE PERFORMED

**Blue and Red belts only(6<sup>th</sup> – 1<sup>st</sup> Gup): Free of Choice Poomsae from (Taegeuk 3,4,5,6,7 and 8)**



The **Blue and Red belts Only** (6<sup>th</sup> – 1<sup>st</sup> Gup) categories can choose their own 2 Poomsae from below table. All athletes shall perform two (2) **different** Poomsae free of choice for their event.

**Black belt: Designated Compulsory Poomsae**

Two (2) Poomsae from designated Compulsory Poomsae decided for each division must be performed for the competitions. Compulsory Poomsae to be assigned for each division shall be decided at the time of drawing of lots by Technical Delegate in consultation with the WTO officials.

BLACK BELT DIVISIONS		
Competition	Medal events	Compulsory Poomsae
Individual	Kids	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Cadets	
	Juniors	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65	
	Over 65	

**Publication**

Taekwondo Oceania will announce the **all** Designated Compulsory Poomsae on:

**2 July 2020, 10:00 AEST**

**All** Designated Compulsory Poomsae will also be published on our social media platform – Facebook: @WorldTaekwondoOceania.



## PARA TAEKWONDO POOMSAE - ELIGIBILITY REQUIREMENTS

1. Member of a Member National Association of World Taekwondo;
2. Provision of evidence, by email, that the contestant has been assigned a Para Taekwondo Sport Class and Sport Class Status;
3. An athlete in order to be eligible for participation must be born in:

### ***P20 and P30 (P31, P32, P33, P34) divisions - (Colour Belts (8<sup>th</sup> Gup) to Black belts):***

- Junior (birth year: 2005 – 2008)
- Under 30 (birth year: 1991 – 2004)
- Over 30 (birth year: 1990 or earlier)

## PARA TAEKWONDO POOMSAE - MEDAL EVENTS

### **Male and female separated:**

### ***P20 and P30 (P31, P32, P33, P34) divisions - (Colour Belts (8<sup>th</sup> Gup) to Black belts):***

- Junior (12 -15 years old)
- Under 30 (16 – 29 years old)
- Over 30 (30 years old and older)

## PARA TAEKWONDO POOMSAE - COMPETITION DATES

**12<sup>th</sup> – 14<sup>th</sup> July 2020** (Subject to change based on participation numbers)

### ***P20 and P30 (P31, P32, P33, P34) divisions: (Colour Belts (8<sup>th</sup> Gup) to Black belts)***

- Junior (12 -15 years old)
- Under 30 (16 – 29 years old)
- Over 30 (30 years old and older)

Athletes from all over the world can participate. See eligibility requirements.



## PARA TAEKWONDO POOMSAE - COMPETITION SYSTEM

### Cut off system:

Finals: **P20** Sport Classes athletes shall perform **2 free-choice Recognized Poomsae** (Taegeuk 1 to Shipjin) with maximum 60 seconds break in between each Poomsae.

**P30** Sport Classes athletes Compulsory Poomsae:

P30 Sport Classes Compulsory Poomsae		
Medal events	Compulsory Poomsae	
Junior	Taegeuk 4 to Koryo	
Under 30	Taegeuk 5 to Shipjin	(except Keumgang)
Over 30	Taegeuk 8 to Hansu	(except Keumgang)

## PARA TAEKWONDO POOMSAE - GENERAL INFORMATION

**P20** - Para Taekwondo Poomsae (P20) competitions for Intellectually Impaired athletes.

Intellectually Impaired athletes competing in Para Taekwondo Poomsae must first establish INAS provisional or full eligibility through the INAS member in the pertinent country.

**P30** - Para Taekwondo Poomsae (P30) competitions for Motor Impairments.

P31: diplegia, asymmetric diplegia, double hemiplegia or triplegia

P32: dyskinesias athetosis, dystonia, ataxia, mild spastic quadriplegia or a combination of the above

P33: spastic hemiplegia or very mild spastic dystonia

P34: very mild hemiplegia, diplegia, athetosis, dystonia, hemi-dystonia and very mild ataxia

**The 1<sup>st</sup> Oceania Open Online Para Poomsae Championships is NOT a WT Para Taekwondo World ranking event.**



## PARA TAEKWONDO POOMSAE - COMPETITION RULES

World Taekwondo Para Taekwondo Poomsae Competition Rules.

Note some exemptions will apply approved by WTO.

## POOMSAE COMPETITION UNIFORM

**Doboks:** Athletes are free to use the standard white dobok or the official competition dobok. **Jewelry and footwear is not permitted.**

**Belts:** Athletes in Blue and Red Belts (6<sup>th</sup> to 1<sup>st</sup> gup) categories must wear coloured belts only (no poom or black belts).

Athletes may use WT recognized products while participating at the event. If the official WT Competition dobok is used, see a list of recognized products at:

<http://www.worldtaekwondo.org/wtf-partners/recognized/>

## ENTRIES

This competition is open for all MNA members (WT license holders as well as non-WT license holders).

Please register via <http://internetentries.com/register> , click on the WTO logo and follow the instructions on the website.

## REGISTRATION DEADLINE

**1 July 2020, 23:59 AEST**

This deadline is applicable for all sport entries, payments and admitting all required documents.



## APPLICABLE FEES

- 1) \$35 USD per registered individual athlete for countries **not** appearing in Attachment 1 – Developing MNA listing.
- 2) \$10 USD per registered individual athlete from countries listed in Attachment 1 – Developing MNA listing.
- 3) FREE registration for all individual athlete from (THF) Taekwondo Humanitarian Foundation.

All Payment received by bank transfer (date transfer slip) before 1 July 2020

## PAYMENT ENTRY

All entry fees shall be paid in advance to the Organising Committee.

Payments can be made via direct deposit to WTO bank accounts or via Paypal.

### PAYMENTS BY BANK

All bank transfer shall be paid to the following bank account:

**Beneficiary:** Oceania Taekwondo Incorporated.  
**Name of the bank:** ANZ Bank  
**Swift code:** ANZBAU3M  
**BSB:** 013132  
**Acc:** 265766909  
**Bank Address:** Bourke Street Mall

### PAYMENTS BY PAYPAL

All paypal transfer should be made to: [admin@worldtaekwondoceania.org](mailto:admin@worldtaekwondoceania.org)

Paypal is accepted by the via the InternetEntries.com portal.

### Payment reference

FULL NAME AND WT LICENCE NUMBER

Example: Joe Black: EGY-2611



## PROOF OF PAYMENT REQUIREMENT

All entries via bank transfer are required to send proof of payment (copy of bank transfer) to [admin@worldtaekwondoceania.org](mailto:admin@worldtaekwondoceania.org) within five (5) days after registration is completed. World Taekwondo Oceania has the right to delete sport entries from teams that do not send proof of payment from the system in order for other athletes to register and to prevent 'ghost athletes'.

## NO REFUND

World Taekwondo Oceania does not refund entry fees paid. Fees will cover IR Fees, Medals, Postage and Handling.

## LIABILITY WAIVER

World Taekwondo Oceania shall waive all liability in the broadest sense of the word with regard to the participation of athletes and by participating, the athlete shall indemnify WTO and WT and all other officials and athletes from any claims of injuries, losses or otherwise arising in the course of participation at the 1<sup>st</sup> Oceania Open Online Poomsae & Para Poomsae Championships Open 2020 or any activities linked therewith. It is the responsibility of each registered athlete to ensure and guarantee that sufficient insurance coverage has been arranged for themselves.

## MEDICAL INSURANCE

All participating athletes at WTO events shall have mandatorily a medical insurance that covers medical care and in case of emergency, repatriation to the country of origin, valid on the days present in the host country of the event. WTO nor the Organizing Committee shall be responsible to cover any medical costs incurred for medical treatment before, on or during the competition or repatriation in the broadest sense of the word. All relevant documents proving that such an insurance is present, including insurance policy papers, should be taken to the event in case a medical situation occurs.

### **Attachment 1 – WT Developing MNA listing**

<b>No</b>	<b>Country</b>
1	Afghanistan
2	Armenia
3	BELIZE
4	Benin
5	Bhutan
6	Burkina Faso
7	Burundi
8	Cabo Verde
9	Cambodia
10	Cameroon
11	Central African Republic
12	Chad
13	Comoros
14	CONGO
15	Democratic Republic Of The Congo
16	Djibouti
17	DOMINIQUE
18	Eswatini
19	FEDERATED STATES OF MICRONESIA
20	Fiji
21	GAMBIA
22	GRENADA
23	GUINEA-BISSAU
24	Guyana
25	Haiti
26	Honduras
27	Kiribati
28	Kosovo
29	Kyrgyz Republic
30	Lao People's Democratic Republic
31	Lesotho
32	Liberia
33	Madagascar
34	Malawi
35	Mali
36	MARSHALL ISLANDS
37	Mauritania
38	Mongolia
39	Mozambique

40	NAURU
41	Nepal
42	Nicaragua
43	Niger
44	PALAU
45	Palestine
46	Papua New Guinea
47	Republic of GUINEA
48	Republic Of Moldova
49	Rwanda
50	SAINT LUCIA
51	SAINT VINCENT AND THE GRENADINES
52	Samoa
53	Sao Tome And Principe
54	Senegal
55	Sierra Leone
56	Solomon Islands
57	Somalia
58	South Sudan
59	Suriname
60	Syrian Arab Republic
61	Tajikistan
62	Timor-Leste
63	Togo
64	Tonga
65	TUVALU
66	Uganda
67	Vanuatu
68	Yemen
69	ZAMBIA
70	Zimbabwe

