



ABOUT

2021 UTAH INTERNATIONAL TAEKWONDO OPEN E-CHAMPIONSHIP

MOD would like to invite you to its first INTERNATIONAL competition in an online platform due to COVID-19. This competition is open to athletes all over the world for all ages and levels for a fantastic opportunity to challenge and motivate all participants.

REGISTRATION INFORMATION

Date: March 20-21, 2021 (Saturday – Sunday). Detailed schedule to follow after the last day of registration. Last day of registration and deadline of video submissions: March 12, 2021.

Registration website: inhetms.com

Registration deadlines and fees schedule:

- **February 5, 2021:** Early registration deadline. \$55/athlete for the first event; \$20 for each additional event and athlete
- **February 28, 2021:** Regular registration deadline. \$65/athlete for the first event; \$25 for each additional event and athlete
- **March 12, 2021:** Late registration deadline until 5pm Eastern Time (EST). \$75/athlete for first event; \$35 for each additional event and athlete. This will also be the last day of video submission.
- May register first according to the deadlines specified above before the submission of videos. Video recordings must be sent no later than March 12, 2021. All nonrefundable registration fees will be used to cover international level judges, e-certificates, medals and all e-tournament operations.

For questions/inquiries, please call 352-438-9455 or email ongstk@gmail.com.

TOURNAMENT INFORMATION

- **Traditional Poomsae Class:** for all belts and ages who do world taekwondo poomsae
- **Sports Poomsae Class:** for more experienced competitors for all ages, colored belts and blackbelts who do world taekwondo poomsae.
- **Para Poomsae Class:** for athletes with special needs of all belts and ages to build tournament experience and gain confidence. Available only for individual event.

- **Open Poomsae Class:** for athletes of all belts and ages who do old taekwondo forms or ITF forms. Available only for individual event.

Traditional and Sports Poomsae Classes will hold THREE events: Individual, Pairs and Team with the following rules:

- **Traditional Poomsae Class:**
 - Open to all ages and belt level: Individual, Pairs and Team
 - No gender restrictions in forming pairs or teams
 - No age restrictions in forming of the pairs and teams
 - All belt combinations are allowed in forming of the pairs and teams
 - Pairs consists of only 2 members
 - Teams can consist of 3-5 members
 - Individual: must perform designated poomsae for your belt level
 - Pairs/Team: Must perform designated poomsae based on level (Novice, Advanced or Blackbelt)
- **Sports Poomsae Class:**
 - Open to all ages, colored belts and blackbelts: Individual, Pairs and Team
 - Pair has to be a female and male athlete of the same age group (17 years old and under OR 18 and above)
 - Team will compose of only 3 members of the same gender, age group (17 years old and under OR 18 and above)
 - Must perform designated poomsae per round (Preliminary, Semi-Final, Final)

Scoring:

- **Traditional Class:** scoring will be in the following order of importance:
 - Individual: Presentation, Accuracy, TKD spirit
 - Pair: Presentation, Accuracy, TKD Spirit, Synchronization, Teamwork
 - Team: Presentation, Accuracy, TKD Spirit, Synchronization, Teamwork
- **Sports Poomsae Class:** Will follow WT standards and rules

General Information:

- Each competitor may register up to 7 events
- Individual Division will be separated into male and female competitors.
- If there are not enough registrants within one grouping (age, level, etc.), that group will be combined with another appropriate group closest to the level/age group.
- Correct AGE is calculated as follows: the year of the championship, 2021 minus your birth year no matter which month you were born, i.e. 2021 – 1971 = 50
- Due to COVID-19 situation, masks can be worn when the competitor sees a need to wear them in any of the events: Individual, Pair, or Team

TRADITIONAL CLASS POOMSAE INFORMATION

Individual Event: athletes will be separated into the following age groups:

(5 and under, 6 - 7, 8 - 9, 10 - 11, 12 - 14, 15 - 17, 18 - 30, 31 - 40, 41 - 50, 51 - 60, 61 - 65, 66 over)

Level	Designated Poomsae
White (9th Geup)	H-form, Basic one or Special forms
Yellow and Orange (7th & 8th Geup) All ages	Taegeuk 1 or 2 Jang
Green and Purple (5th & 6th Geup) All ages	Taegeuk 3 or 4 Jang
Light Blue and Dark Blue (3rd & 4th Geup) All ages	Taegeuk 5 or 6 Jang
Brown and Red (1st & 2nd Geup) All ages	Taegeuk 7 or 8 Jang
1st Degree Black	Koryo
2nd Degree Black	KeumGang
3rd Degree Black	TaeBaek
4th Degree Black and up	PyunWon or ShipJin or JiTae or ChunKwon

Pairs Event: All levels no age and gender restriction. Matches will be according to your level and poomsae performed.

Level	Designated Poomsae
Novice	TaeKeuk 1, 2, 3, or 4 Jang (may wear any colored belt)
Advanced	TaeKeuk 5, 6, 7, or 8 Jang (may wear any colored belt)
Black Belt	Koryo, KeumGang, TaeBaek, PyungWon, ShipJin, JiTae, or ChunKwon

Team Event: All levels no age and gender restriction. Matches will be according to your level and poomsae performed.

Level	Designated Poomsae
Novice	TaeKeuk 1, 2, 3, or 4 Jang (may wear any colored belt)
Advanced	TaeKeuk 5, 6, 7, or 8 Jang (may wear any colored belt)
Black Belt	Koryo, KeumGang, TaeBaek, PyungWon, ShipJin, JiTae, or ChunKwon

SPORT CLASS POOMSAE INFORMATION

Individual Event: Colored Belts

(5 and under, 6 - 7, 8 - 9, 10 - 11, 12 - 14, 15 - 17, 18 - 30, 31 - 40, 41 - 50, 51 - 60, 61 - 65, 66 over)

Level	Designated Poomsae		
BELT AND RANK	Preliminary	Semi-Final	FINAL
Yellow and Orange (7th & 8th Geup) All ages	Taegeuk 2 Jang	Taegeuk 1 Jang	Taegeuk 1 & 2 Jang
Green and Purple (5th & 6th Geup) All ages	Taegeuk 3 Jang	Taegeuk 4 Jang	Taegeuk 3 & 4 Jang
Light Blue and Dark Blue (3rd & 4th Geup) All ages	Taegeuk 6 Jang	Taegeuk 5 Jang	Taegeuk 5 & 6 Jang
Brown and Red (1st & 2nd Geup) All ages	Taegeuk 7 Jang	Taegeuk 8 Jang	Taegeuk 7 & 8 Jang

Pair Event: Colored Belts

Age	Preliminary	Semi-Final	Final
Age	Preliminary	Semi-Final	Final
17 Under	Taegeuk 4	Taegeuk 6 Jang	Taegeuk 6 & Taegeuk 4
18 and up	Taegeuk 8 Jang	Taegeuk 7 Jang	Taegeuk 7 & Taegeuk 8

Team Event: Colored Belts

Age	Preliminary	Semi-Final	Final
Age	Preliminary	Semi-Final	Final
17 Under	Taegeuk 6 Jang	Taegeuk 5 Jang	Taegeuk 6 & Taegeuk 5
18 and up	Taegeuk 4 Jang	Taegeuk 6 Jang	Taegeuk 4 & Taegeuk 6

SPORTS POOMSAE CLASS DESIGNATED POOMSAE LIST

Individual Event: Blackbelt

Age	Preliminary	Semi-Final	Final
6-7	Taegeuk 5 Jang	Taegeuk 4 Jang	Taegeuk 5 & 4 Jang
Tiger 8 – 9	Taegeuk 4 Jang	Taegeuk 6 Jang	Taegeuk 6 & 4 Jang
Youth 10 – 11	Taegeuk 6 Jang	Taegeuk 7 Jang	Taegeuk 7 Jang & Koryo
Cadet 12 – 14	Taegeuk 8 Jang	Koryo	Taegeuk 8 Jang & Koryo
Junior 15 – 17	Koryo	Keumgang	Keumgang & Taebaek
Senior 18 – 30	Taegeuk 8 Jang	Koryo	Taebaek & Koryo
Under 40	Taebaek	Taegeuk 8 Jang	Taegeuk 8 Jang & Taebaek
Under 50	Pyungwon	Shipjin	Shipjin & Jitae
Under 60	Shipjin	Jitae	Jitae & Shipjin
Under 65	Jitae	Chunkwon	Chunkwon & Hansoo
Over 65	Jitae	Chunkwon	Chunkwon & Hansoo

Pair Event: Blackbelt

Age	Preliminary	Semi-Final	Final
Age	Preliminary	Semi-Final	Final
8 - 17	Taegeuk 7 Jang	Taegeuk 6 Jang	Taegeuk 6 & Koryo
18 and up	Taegeuk 8 Jang	Keumgang	Taebaek & Koryo

Team Event: Blackbelt

Age	Preliminary	Semi-Final	Final
Age	Preliminary	Semi-Final	Final
8 - 17	Taegeuk 6 Jang	Taegeuk 5 Jang	Taegeuk 8 & Koryo
18 and up	Koryo	Keumgang	Koryo & Taebaek

CREATING YOUR SCHOOL/CLUB ACCOUNT

School/club owners, instructors, and coaches must first create a school/club account. Students will then be able to easily find their school/club they will represent at the 2021 UTAH International Taekwondo Open Poomsae e-Championships. The live streaming will post the student's name with images of the school/club name, logo, their representative national flag, their recorded tournament performances, scoring and their award placing. By creating a school account, instructors and coaches can login at any time into the system and be able to view and manage their students' accounts. This system will also let you use various data to see how everyone is doing individually as well as together as a school/club.

Following are some steps for you to take advantage of the above benefits:

- Before students can register, all instructors and coaches must email your school/club name, school/club logo and your country along with your school/club email address to Master Ong, the general manager of our online tournament at ongstk@gmail.com or by text at 352-438-9455.
- You will then receive your User ID and Password for your school/club within 48 hours so that you will be able to login to the system and manage your school/club participants.
- For schools/clubs with multiple locations with one logo, please register for each school/club separately and include the city of your location. For example, Ong's Taekwondo - Ocala, FL, USA or Ong's Taekwondo - Sebring, FL, USA, etc.
- Athletes with no affiliation to any school/club will be able to register individually by making an individual account directly on our tournament website at www.inthetms.com and choose "No School" for the school selection.

To help you understand better, see the pictures below for how the information will be used.

The image displays two screenshots from the 2020 Online Florida Open Taekwondo Poomsae Championship website. The left screenshot shows a tournament results table for the 'Division: Cadets (12 - 14yo) | MALE' on 'Court 1 # 656'. The table lists participants with their names, national flags, and scores. The right screenshot shows a podium for 'MALE - Cadets (12-14)' with three winners: John Da Balajad (1st place, 5.800), Dimitri Hudz (2nd place, 4.833), and Arkin J Rosales (3rd place, 4.733).

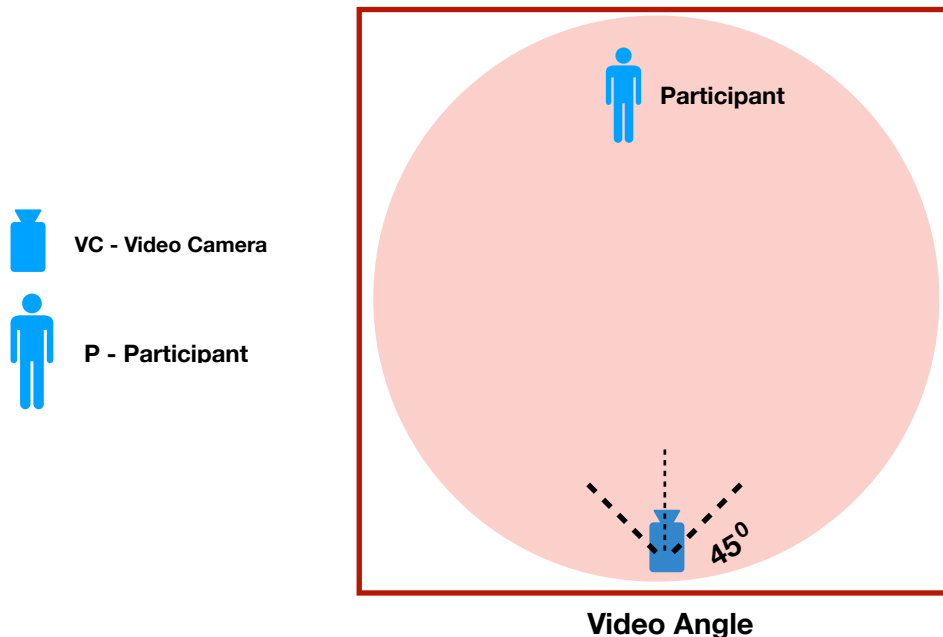
Rank	Name	Score
1	Jacob Varney (USA)	6.800
2	Fong Ranen (USA)	6.800
3	Lawrenc Kang (USA)	6.700
4	Ryan Bae (USA)	6.400
	Bruno Sanada (USA)	0.000
	John Da Balajad (PHL)	0.000

Rank	Name	Score
1	John Da Balajad (13) (PHL)	5.800
2	Dimitri Hudz (12) (USA)	4.833
3	Arkin J Rosales (12) (PHL)	4.733

TOURNAMENT FORMAT

Pre-recorded performance of the designated Poomsae according to each category will have the following ruled:

- The Poomsae performance can be video recorded anywhere where there is space allowed for the performance of the poomsae. **Please ensure you follow the instructions of your local and national health authorities regarding social distancing and outdoor excursions.**
- The athlete must be 100% full body inside the screen of the recording for the entire poomsae performance. The camera can be moved to facilitate this coverage. (No music)
- Videos that have been used in any other competitions will NOT be accepted for consideration. 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 degrees left and right from its starting point as indicated in Diagram 1. Zooming in and out during performance is not allowed.
- [Video tutorial click here](#)



- For Pair and Teams, be sure that everyone in the team can always be seen on the screen of the recording.
- Video recording submissions should be of sufficient quality to enable referees to judge all movements. Suggested video quality should be 1080p @ 60fps where possible.
- Each athlete shall video record 1 video for each event between 60-90 seconds.
- Pair and teams will only need to upload one video per team to the registering site.

- All video performances should start with the correct taekwondo etiquette before each performance. NOTE: This can be reflected in the final scoring as an element within TKD spirits. Procedure for the start of performance: charyot, kyungrae, choonbee, shijak. Procedure for the end of performance: baro, charyot, kyungrae. Masters may help with announcing the actions for the students.
- **Sport poomsae** Class competitors will make 3 separate videos for each event: one preliminary video, one semi-final video and one continuous video with two designated poomsae for the finals with 30 seconds separating the two performances. Both performances for the finals should start with the correct etiquette before each start.
- Videos should be uploaded to your **YouTube** account. Copy the link of your video then enter it in the “Enter video link” box in your online registration via **intheims.com**. You may update your registration and change this link at any time before the closure date.
- **Video Title** example: 2021 UTAH International Open Poomsae E-Championships – Jane Doe – Taegeuk 1 – Female Over 18.

Creating a YouTube Account

Create a new channel:

With a **Google Account**, you can watch and like videos and subscribe to channels. However, without a YouTube channel, you have no public presence on YouTube. Even if you have a Google Account, you need to create a YouTube channel to upload videos, comment, or make playlists. You can use a computer or the YouTube mobile site to create a new channel.

[Try watching this video on www.youtube.com](http://www.youtube.com)

Create a personal channel:


Follow these instructions to create a channel that only you can manage using your Google Account.

1. Sign into YouTube on a computer or using the mobile site.
2. Try any action that requires a channel, such as uploading a video, posting a comment, or creating a playlist.
3. If you do not yet have a channel, you will see a prompt to create a channel.
4. Check the details (with your **Google Account name and photo**) and confirm to create your new channel

TO SHARE VIDEOS

1. Sign in to YouTube on a computer or using the mobile site.
2. Try any action that requires a channel, such as uploading a video, posting a comment, or creating a playlist.
3. If you don't yet have a channel, you'll see a prompt to create a channel.
4. Check the details (with your [Google Account name and photo](#)) and confirm to create your new channel.

Share videos :

1. Start watching a video on youtube.com.
2. Under the video, click Share .
3. A panel will appear, presenting different sharing options:
 - Message on YouTube: Select the YouTube friend(s) you'd like to send the video to a private conversation is created where the recipient(s) can view and discuss the video. Click Messages on the top right of the page to find the private chat. You can watch the shared videos and chat at the same time.
 - Social networks: Click on a social network icon (for example, Facebook, Twitter) to share the video there.
 - Email: Choose the email icon to send an email using the default email software on your computer.
 - Embed: Click the Embed button to generate a code you can use to [embed the video](#) in a website.
 - Copy the link: Click the Copy button to copy a link to the video that you can paste somewhere else, like in an email message.
 - Start at: To link to a specific part of the video, check this box and enter the start time before you copy the link. For example, to start the video at 2 minutes and 30 seconds, check the box and enter "2:30."
 - Community post: If you have access to the Community tab, you can share a video in a public post.
 - Put all video in a unlisted or public setting.

AWARDS

All awards will be in the form of an e-Certificate and a medal. E-certificate will be available for upload in your registered TMS account www.inthetms.com as soon as the results are final. Medals will be sent to your taekwondo school address or to your personal address if you have no representing school.

1st Place: 1st Place e-Certificate & Medal

2nd Place: 2nd Place e-Certificate & Medal

3rd Place: 3rd Place e-Certificate & Medal

4th Place: 4th Place e-Certificate & Medal

POOMSAE COMPETITION UNIFORM

Doboks:

- **Traditional Class competitors:** standard white dobok or the official competition dobok that is approved by the sponsoring school master.



- **Sports Poomsae Class competitors ages 8 – 14:** WT approved uniform for the Cadet Division: White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.



- **Sports Poomsae Class competitors 15 and up:** Age appropriate individual WT-approved uniform



- Jewelry and footwear are not permitted.

Belts:

- Athletes in Colored Belts categories **MUST** wear their appropriate corresponding colored belts for his/her designated poomsae being performed.
- Pair and Team members can each wear their own leveled belts.

LIABILITY WAIVER

MOD 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 MOD and all other officials and athletes from any claims of injuries, losses or otherwise arising in the course of participation at the 2021 Utah International Open Taekwondo Poomsae E-Championships 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 2021 Utah International Open Taekwondo Poomsae E-Championships 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. MOD nor the 2021 Utah International Open Taekwondo Poomsae E-Championships 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.