



Message from Tournament Director of the 2021 North Carolina International Taekwondo Open

Dear Coaches/Masters:

It is with great pleasure that I invite you to the 2021 North Carolina International Taekwondo Open in an online platform given the COVID 19 Pandemic. We have organized this tournament to inspire our athletes to never give up and to continue to train the martial art taekwondo that we all love in spite of current events. Since this is an online competition, this is open to all athletes worldwide from as young as 3 years old.

Together as a team comprising of Ryu's Taekwondo, O cube and Inthetms, we are committed to providing you an exciting, fun and fair competition. Our internationally recognized and USAT referees will be judging your prerecorded videos. It is our goal to make this a memorable event as much as you would have on an in-person competition.

We thank everyone for your support and we wish all of the athletes good luck!

Regards,

Master Ryu

Ryu's Taekwondo



REGISTRATION INFORMATION

Date: APRIL 17-18, 2021 (Saturday – Sunday). Detailed schedule to follow after the last day of registration. Last day of registration and deadline of video submissions: April 4, 2021.

Registration website: inthetms.com

Registration deadlines and fees schedule:

- **February 21, 2021:** Early registration deadline until 11:59pm Eastern Time (EST).
 - \$55/athlete for the first event
 - \$20 for each additional event and athlete
- **April 23:** Regular registration deadline until 11:59pm Eastern Time (EST).
 - \$65/athlete for the first event
 - \$25 for each additional event and athlete
- **April 30:** Late registration deadline until 11:59pm 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.
- Athlete must register first according to the deadlines specified above before the submission of videos. Video recordings must be sent no later than April 30, 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 consist of only 2 members
 - Teams can consist of 3 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 (Cadet, Juniors, Under 30 and Over 30)
 - Team will compose of only 3 members of the same gender, age group (Cadet, Juniors, Under 30 and Over 30)
 - Must perform designated poomsae per round (Preliminary, Semi-Final, Final)
 - All divisions will use WT Cut-Off Format
 - Preliminary Round: Divisions with 20 or more athletes
 - Semi-Final Round: Divisions with 9 to 19 athletes
 - Final Round: Divisions with 8 or less athletes

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

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 North Carolina 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 ongstkd@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.

2021
MAY 8 - 9, 2021

WWW.INTHETMS.COM DMGSTD@GMAIL.COM

NORTH CAROLINA International Taekwondo Open

REGISTER ONLINE : WWW.INTHETMS.COM




CERTIFIED INTERNATIONAL REFEREES LIVE STREAMING



2020 ONLINE FLORIDA OPEN TAEKWONDO POOMSAE CHAMPIONSHIP Court 1 # 656

Division: Cadets (12 - 14yo) | MALE

Rank	Name	Score	Country
1	Jacob Varney (13)	6.800	USA
2	Fong Ranen (14)	6.800	INA
3	Lawrenc Kang (13)	6.700	USA
4	Ryan Bae (14)	6.400	USA
	Bruno Sanada (14)	0.000	USA
	John Da Balajad (13)	0.000	PHL

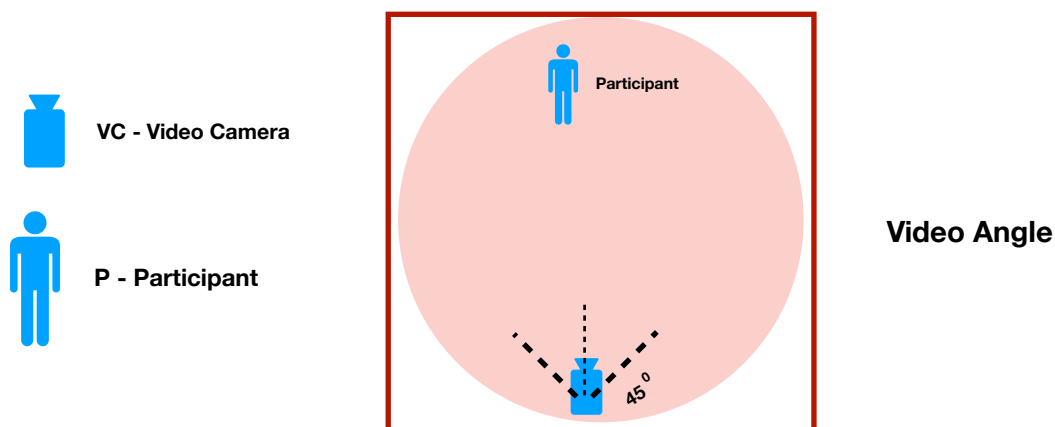
MALE - Cadets (12-14)

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

VIDEO FORMAT

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

- 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. 0.3 points will be deducted from accuracy for every movement performed with any part of the athlete's body out of the video frame. No music or avoidable noise is allowed.



- 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.
- Poor quality videos that are unable to be judged by the referees will result in the minimum score of 1.5 per poomsae



- Athletes performing the wrong poomsae will receive the minimum score of 1.5 per poomsae
 - [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 **inthetms.com**. You may update your registration and change this link at any time before the closure date.
 - **Video Title** example: **2021 North Carolina International Taekwondo Championships**– Jane Doe – Taegeuk 1 – Female Over 18.
1. For video recording, the floor is limited to a flat surface with a minimum of 6x6 in open space as specified in the regulations. We recommend indoors where possible. Best in DOJANG.
 2. The body should be in 100% angle and record with the best image quality.
 3. Race, politics, or religious content or displays are automatically disqualified.
 4. When recording, the brightness should be bright enough to not see the shadow and see the whole body.
 5. When the location is limited and recording is restricted, make sure to keep at least 2 meters of space at the end of the activity distance so that a part of the body is not visible, or stops or interferes with the progress line.
 6. Video recording is highly recommended to be as high as the Solar Plexus from the front, aligning with the center line of the body as much as possible.
 7. It is forbidden to zoom in or out, especially not recording diagonally.



8. You shouldn't record from high to the bottom.
9. During the break, the athlete cannot escape from the camera angle and, if off, can be disqualified as 'edit' or other 'cheat'. During the break between 1 Poomsae and 2 Poomsae and in between, the athlete must remain in the camera angle.
10. 1 Poomsae and 2 Poomsae must be recorded in the same place, and if you change the location and edit it after recording, you will be automatically disqualified. However, it is allowed to move the starting point within the same place to another starting point.
11. There are a lot of movements that require 'combine' or 'stomping' in many movements, so the minimum speaker system should be low and rear if possible.
12. If 'Picture in Picture' can be recorded, one of the two screens must be 'Front' or 'Back'.
13. When recording and submitting a video, it is highly recommended to engrave the name, country, and poomsae name if possible.
14. Before starting Poomsae, it is recommended that players say loudly 'Poomsae name' in case the speaker system is not working properly.
15. Athletes must proceed to Poomsae in the order of the submitted videos and disqualified if the order is changed or wrong. However, Color Belt Acc 1.5 / Pre1.5, Black Belt are applied according to WT rules.
16. When kicking, the gaze must see the kicking feet according to the new rules, and if you look at the front, -0.3 points will be applied. High quality recording is highly recommended in order to avoid any disadvantages caused by gaze.
17. When recording a poomsae, you cannot wear any protective equipment, taping, shoes, etc. Any violation of this will result in disqualification.
18. WT Dress Code is applied when recording Poomsae. However, color belts are allowed to wear Poom uniforms, but the belts must be color belts.
19. When recording Poomsae, the surrounding noise may be disadvantageous for 'Kihap' or 'stomping'. It is strongly recommended to record in a quiet place.
20. If you make an accent or edit for a sound effect, you will be disqualified. In particular, no acoustic or visual assistance for 5 or 8 seconds of motion is used.
21. Designated Poomsae is determined through Draw, and the color belt can be selected by the user. However, the Organizing Committee can record and disclose the Draw process if requested.
22. New rules or rules not published in the rulebook will be released at the delegates' meeting to ensure that all players are treated equally.
23. There is no major deduction (-0.3) for shorter than 5 second or 8 second Technic, it is only -0.1 deduction disregarding 5/8 second rule, however, it will be affected to Presentation up to all 3 categories. Power and speed, rhythm and tempo, energy



24. If cannot see the 'Ankle' or 'Wrist' will deduct -0.1, it more than 'Elbow' or 'Knee' will deduct -0.3, if more than ½ body is out angle then DSQ
25. It is acceptable when the player will not go back to same spot after Poomsae is Done, also, will be omitted 'under time' or 'over time' rule.
26. both rules are determined at the TD's meeting.
27. The Arbitration board member is composed of five members: the association chairman, referee chairman, TD, coach chairman, and player representative.
If you wish to file a protest, submit the US\$200 fee within 10 minutes of the announcement or score publishing. Only MAJOR deductions can be made, and the judge's scores or rules cannot be appealed. The ring consists of 7 judges, 2 of which are backup judges.

AMENDMENT

28. For location and safety reasons, 'Stomping' does not apply to deductions as long as the action is made.
29. 60 seconds of break time or 90 seconds of poomsae time do not give a penalty unless delayed for a very long time. if player are late for 30 seconds or more than 1 minute, you can set the penalty of -0.3.
30. The reasons for the disqualification are: (1) wrong belt, (2) wrong uniform, (3) no video, (4) video that was already used in other matches, (5) video is excluded when the music is recorded, except for the break time, (6) cut the break time and skip directly to the next item, (7) any footwear, (8) compete wrong division, (9) Politic, race, religious etc displaying, (10) profanity imagine gesture or displaying,
31. Additional points for deduction: (1) poor quality: acc 0.0 Pres 1.5. (2) wrong poomsae order: acc 0.0, pres 1.5. (3) any part of body out of frame: -0.3 including hand and foot. (4) out of frame during the rest period: -0.3. (5) Color Belt minimum score: acc 1.0, pres 1.5
32. REFEREE: please do not SKIP the rest time in video when you are judging, it causes DSQ involving by player's EDIT the video

2. Division

A). Color Belt

1. The color belt is limited to 'green belt' depending on age.
2. Two poomsae are conducted during the preliminary, semifinal, and final rounds, and duplicate poomsae or poomsae in a different order from the submitted video will be disqualified.
3. Poomsae designation is selected and recorded between 1 and 8.
4. 'Red Belt' cannot use 'Poom Belt' except in certain regions.
5. If you use a black belt in the color belt division, you will be disqualified.



6. If you execute 'Black Belt Poomsae' in Color Belt Division, you will be automatically disqualified.

7. If a 'coaching' is found in or out of an angle during Poomsae, it is automatically disqualified.

B). Black Belt Division

1. WT rule applies.

2. WT Dress Code is applied.

Cadet divisions are not allowed to use the Black Belt except in certain areas recognized by WT.

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

Medals will be sent by regular shipment at no extra cost. No tracking or trace number. The package is not insured. Your signature is not required.

LIABILITY WAIVER

Ryu's Taekwondo 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 Ryu's TKD and all other officials and athletes from any claims of injuries, losses or otherwise arising in the course of participation at the **2021 North Carolina 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 North Carolina 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. Ryu's TKD nor the **2021 North Carolina 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.


WWW.INTHETMS.COM
ONGSTKD@GMAIL.COM

NORTH CAROLINA International Taekwondo Open

REGISTER ONLINE : WWW.INTHETMS.COM

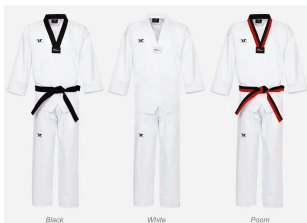



 CERTIFIED INTERNATIONAL REFEREES LIVE STREAMING

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.



If you want your shipment to be expedited with trace and tracking number, please email ongstkd@gmail.com or call 352-438-9455 This will entail additional costs.

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)

Divisions	Colored belts must choose one of the compulsory Poomsae for their belt level.
White (9th Geup)	H-form, Basic one or Special forms
Yellow belt (7th & 8th Geup) All ages	Taegeuk 1 or 2 Jang
Green belt (5th & 6th Geup) All ages	Taegeuk 3 or 4 Jang
Blue belt (3rd & 4th Geup) All ages	Taegeuk 5 or 6 Jang
Red belt (1st & 2nd Geup) All ages	Taegeuk 7 or 8 Jang
1 st Degree Black	Koryo
2 nd Degree Black	KeumGang
3 rd Degree Black	TaeBaek
4 th 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	Choose one of the Poomsae assigned to your Level of expertise.
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	Choose one of the Poomsae assigned to your Level of expertise.
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
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
17 Under	Taegeuk 6 Jang	Taegeuk 7 Jang	Koryo & Taegeuk 8 jang
18 and up	Keumgang	Koryo	TaeBaek & Koryo



SPORTS POOMSAE CLASS DESIGNATED POOMSAE LIST

Individual Event: Blackbelt

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

Pair Event: Blackbelt

Age	Preliminary	Semi-Final	Final
12-14 Cadet	Taegeuk 7 Jang	Taegeuk 6 Jang	Taegeuk 6 & Koryo
15-17 Junior	Taegeuk 8 Jang	Keumgang	Taebaek & Koryo
18-30 senior	Taegeuk 6 Jang	Taegeuk 5 Jang	Taegeuk 8 & Koryo
31+ Over	Koryo	Keumgang	Koryo & Taebaek

Team Event: Blackbelt

Age	Preliminary	Semi-Final	Final
12-14 Cadet	Koryo	Taegeuk 5 Jang	Taegeuk 8 & taegeuk 7
15-17 Junior	Keumgang	Taegeuk 6 Jang	Koryo & Taebaek
18-30 senior	Taebaek	Taegeuk 5 Jang	Taebaek & Keumgang
31+ Over	Shipjin	Pyongwon	Shipjin & Koryo