

TRADITIONAL EVENT - PARA EVENT - SPORT POOMSAE

# 2022 FLORIDA OPEN INTERNATIONAL ONLINE TAEKWONDO CHAMPIONSHIPS

June 11 - 12, 2022.



**BREAKING - WEAPONS -POOMSAE - SPEED KICKING - VIRTUAL SPARRING**

ONLINE REGISTRATION PLEASE GO TO [INTHETMS.COM](http://INTHETMS.COM) FOR INQUIRY CALL US : 352.804.4120 OR  
EMAIL US: [ONGSTKD@GMAIL.COM](mailto:ONGSTKD@GMAIL.COM) AND MESSAGE US AT FACEBOOK: @ONGSTAEKWONDOOCALA

## SPEED KICKING EVENT

### • Description:

1. Participants are required to kick (with or without a target) as many times possible within a specified time limit, using correctly executed Taekwondo kicking techniques.
2. A body opponent bag (bob), heavy bag and paddles may be used as target.
3. Every properly executed Taekwondo kick will be counted as 1 point.
4. Body kick that is above the players belt will counted as 1 point.
5. Participants with a target will be matched according to the type of target used below:
  - Body opponent bag (Bob)/heavy bag/free standing bag
  - Kickpads

### • Procedure of Video:

1. Must have designated timer who will call commands and mark the time.
2. The timer shall call choonbi, shi-jak then the athlete shall assume a fighting stance and begin kicking the target.
3. At the end of the round, the timer shall call keu-man and stop the watch.
4. The athlete will face the camera and the timer shall call char-yeot, kyung-rye, at which the athlete shall bow thus ending their performance for the judges to score.
5. You must have a computer, tablet, or device in the video frame during the performance.

### Scoring:

Judges will score legal kicks that are executed to same body and head level height as athlete. Three referees will count the number of athlete's kick and we will average score. Every kick will be counted as 1 point.

ROUND TIME	
BELT LEVEL	Time
All colored belts	45 seconds
All black belts	60 seconds

## VIRTUAL SPARRING

- **Description:**

1. Participants use controlled, correctly executed Taekwondo hand and kicking techniques delivered to a heavy bag equipped with head and body level target of the same height as the athlete.
2. You must have a body opponent bag (Bob), or Heavy Bag/ Free Standing Bag with tape marking head level.

### Divisions:

Divisions shall be the same as outlined in the **2022 USATKD Kyorugi Rules**. Athletes shall report their weight. To encourage competition, weight divisions may be combined at the discretion of the tournament directors.

### ULTRA VIRTUAL SPARRING DIVISIONS (33+ year olds):

Classification	Male Divisions Weight Category (kg)	Female Divisions Weight Category (kg)
Fly	Not exceeding 58 kg	Over 49 kg
Light	Over 58 kg & Not exceeding 68 kg	Over 49 kg Not exceeding 57 kg
Middle	Over 68 kg & Not exceeding 80 kg	Over 57 kg & Not exceeding 67 kg
Heavy	Over 80 kg	Over 67 kg

### SENIOR VIRTUAL SPARRING DIVISION (17-32):

Classification	Male Divisions Weight Category ( kg )	Female Divisions Weight Category ( kg )
Fin	Not exceeding 54 kg	not exceeding 46 kg
Fly	Over 54 kg & Not exceeding 58 kg	Over 46 kg & Not exceeding 49 kg
Bantam	Over 58 kg & Not exceeding 63 kg	Over 49 kg & Not exceeding 53 kg
Feather	Over 64 kg & Not exceeding 68 kg	Over 53 kg & Not exceeding 57 kg
Light	Over 68 kg & Not exceeding 74 kg	Over 57 kg & Not exceeding 62 kg
Welter	Over 74 kg & Not exceeding 80 kg	Over 62 kg & Not exceeding 67 kg
Middle	Over 80 kg & Not exceeding 87 kg	Over 67 kg & Not exceeding 73 kg
Heavy	Over 87 kg	Over 73 kg

### JUNIOR VIRTUAL SPARRING DIVISION (15-17):

Classification	Male Divisions Weight Category ( kg )	Female Divisions Weight Category ( kg )
Fin	Not exceeding 45 kg	not exceeding 42 kg
Fly	Over 45 kg & Not exceeding 48 kg	Over 42 kg & Not exceeding 44 kg
Bantam	Over 48 kg & Not exceeding 51 kg	Over 44 kg & Not exceeding 46 kg
Feather	Over 51 kg & Not exceeding 55 kg	Over 46 kg & Not exceeding 49 kg
Light	Over 55 kg & Not exceeding 59 kg	Over 49 kg & Not exceeding 52 kg
Welter	Over 59 kg & Not exceeding 63 kg	Over 52 kg & Not exceeding 55 kg
Light Middle	Over 63 kg & Not exceeding 68 kg	Over 55 kg & Not exceeding 59 kg
Middle	Over 68 kg & Not exceeding 73 kg	Over 59 kg & Not exceeding 63 kg
Light Heavy	Over 73 kg & Not exceeding 78 kg	Over 63 kg & Not exceeding 68 kg
Heavy	Over 78 kg	Over 73 kg

### CADET VIRTUAL SPARRING DIVISION (12-14):

Classification	Male Divisions Weight Category ( kg )	Female Divisions Weight Category ( kg )
Fin	Not exceeding 33 kg	not exceeding 29 kg
Fly	Over 33 kg & Not exceeding 37 kg	Over 29 kg & Not exceeding 33 kg
Bantam	Over 37 kg & Not exceeding 41 kg	Over 33 kg & Not exceeding 37 kg
Feather	Over 41 kg & Not exceeding 45 kg	Over 37 kg & Not exceeding 41 kg
Light	Over 45 kg & Not exceeding 49 kg	Over 41 kg & Not exceeding 44 kg
Welter	Over 49 kg & Not exceeding 53 kg	Over 44 kg & Not exceeding 47 kg
Light Middle	Over 53 kg & Not exceeding 57 kg	Over 47 kg & Not exceeding 51 kg
Middle	Over 57 kg & Not exceeding 61 kg	Over 51 kg & Not exceeding 55 kg
Light Heavy	Over 61 kg & Not exceeding 65 kg	Over 55 kg & Not exceeding 59 kg
Heavy	Over 65 kg	Over 59 kg

### YOUTH VIRTUAL SPARRING DIVISION (10-11):

Classification	Male Divisions Weight Category ( kg )	Female Divisions Weight Category ( kg )
Fin	Not exceeding 30 kg	not exceeding 30 kg
Light	Over 30 kg & Not exceeding 35 kg	Over 30 kg & Not exceeding 35 kg
Middle	Over 35 kg & Not exceeding 40 kg	Over 35 kg & Not exceeding 40 kg
Heavy	Over 40 kg	Over 40 kg

### TIGER VIRTUAL SPARRING DIVISION (8-9):

Classification	Male Divisions Weight Category ( kg )	Female Divisions Weight Category ( kg )
Fin	Not exceeding 21 kg	not exceeding 21 kg
Light	Over 21 kg & Not exceeding 25 kg	Over 21 kg & Not exceeding 25 kg
Middle	Over 25 kg & Not exceeding 30 kg	Over 25 kg & Not exceeding 30 kg
Heavy	Over 30 kg	Over 30 kg



## DRAGON VIRTUAL SPARRING DIVISION (6-7):

Classification	Male Divisions Weight Category ( kg )	Female Divisions Weight Category ( kg )
Fin	Not exceeding 19 kg	not exceeding 19 kg
Light	Over 19 kg & Not exceeding 23 kg	Over 19 kg & Not exceeding 23 kg
Middle	Over 23 kg & Not exceeding 27 kg	Over 23 kg & Not exceeding 27 kg
Heavy	Over 27 kg	Over 27 kg

### Competition Equipment:

The athlete must wear the following mandatory equipment:

- Dobok
- Belt
- Hogu
- Helmet (hogu and helmet colors must match/white headguard)
- Instep protectors
- Gloves for Black belts 12 years and older

### Procedure of the Contest:

- Must have designated timer who will call commands and mark the time.
- The timer shall call cha-ryeot, kyeong-rye while the athlete facing the camera with helmet in the left hand before facing the target.
- The timer shall call choonbi, shi-jak, upon which the athlete shall assume a fighting stance and begin sparring the heavy bag.
- On the shijak call, timer shall also start their stopwatch to ensure the athlete follows the time constraints as described below.
- At the end of the first round, the timer shall call keu-man (time's up), reset their stopwatch, and begin timing the rest period.

- The athlete may remove their helmet during the rest period and have access to a towel and water as one would have ringside.
- The athlete may not receive medical attention during the rest period, except treatments that are prescribed by a doctor (such as an inhaler).
- At the end of the rest period, the timer shall call choonbi, shijak, upon which the athlete assumes a fighting stance and resumes sparring the heavy bag.
- On the shi-jak call, the timer shall begin timing the second round.
- At the end of the second round, the timer shall call keu-man. The athlete shall face the camera and remove their helmet.
- The timer shall call cha-ryeot, kyung-rye, at which the athlete shall bow, thus ending their performance for the judges to score.
- The "BOB" (body opponent bag) should have the opposite color hogu and helmet the athlete is wearing.
- The athlete may also use a white helmet if no red/ blue one is available.
- Only the Heavy Bag/ Free Standing Bag must be marked with tape to show the height level of athlete. The heavy bag must be free standing or hanging without human assistance (i.e. a coach cannot hold up, or otherwise support the bag).
- The timer does not stop the clock when body opponent bag, heavy bag or standing bag needs adjustment.
- You must have a computer, tablet, or device in the video frame during the performance.

<b>ROUND TIME</b>	
<b>BELT LEVEL</b>	<b>ROUNDS X TIME</b>
Colored belt	2 Rounds x 45 Seconds (20 Seconds Rest)
Black belt (including poom belt)	2 Rounds x 60 Seconds (20 Seconds Rest)

### **SCORING:**

- Athletes shall be awarded points according to the number of techniques, difficulty of techniques, skill in combining movements and techniques, focus, and showmanship.
- Points are awarded on technical merit and presentation. Penalties shall reflect current sparring guidelines as detailed in the 2021 USATKD rules.

- The total score shall be given on a 10-point scale from 0.0 to 10.0 and athletes ranked based on their total score.

**Judging will be based on two criteria:**

**(40%) Technical: Number of attacks to legal scoring areas of the heavy bag**

**(60%) Presentation: Difficulty and variety of technique**

**TECHNICAL:**

**Points per Valid Attack:**

One (1) point for a valid punch to the trunk protector

Two (2) points for a valid kick to the trunk protector

Three (3) points for a valid kick to the head

Four (4) points for a valid turning kick to the trunk protector

Five (5) points for a valid turning kick to the head

- The technical score shall be tallied by a consensus of a majority of voting judges for each valid attack.
- Attacks that cannot be clearly seen in the video will not be scored.
- The maximum number of points by attacking shall be capped according to the table below.
- Techniques delivered after the cap is reached shall be scored for presentation only.
- Divide the total scored points by the divisor shown in the table below for the final technical score.

**Example 1: Colored Belt**

<b>TECHNICAL SCORING</b>		
<b>BELT LEVEL</b>	<b>POINT CAP:</b>	<b>DIVISOR</b>
Colored Belts	120	30
Black belts (including poom belt)	160	40

24 kicks to the body = 48 pts

5 kicks to the head = 15 pts

10 turning kicks to the body = 40 pts

7 punches = 7 pts

Total points: 110 pts

Technical score: 3.67 (110/ 30)

#### Example 2: (All black belts)

5 kicks to the body = 10 pts

15 kicks to the head = 45 pts

10 turning kicks to the body = 40 pts

5 turning kicks to the head = 25 pts

11 punches = 11 pts

Total points: 141 pts

Technical score: 3.53 (141/40)

#### PRESENTATION:

Judges Criteria based on the following:

- a. Difficulty and Skill
  - b. Creativity Sparring
  - c. Competition Spirit
- The presentation score shall be the average of the scores of the judges, rounded to two decimals.
  - If the court has 3 judges, all presentation scores shall be counted. If the court has 5 or 7 judges, the highest and lowest presentation score shall be dropped.

#### Difficulty and Skill:

Scale: 0.5 = Minimal difficulty/skill level, 2.0 = Most difficult/skill level

A skill represents a specific knowledge, and an individual's level of proficiency in a skill demonstrates an understanding and execution based on their mastery of that knowledge. Difficulty is individually assessed by each judge on a scale of 0.0 to 2.0, based on the judge's consideration of the difficulty of the overall performance. The guidelines for assessing difficulty in order of superiority are as follows:

1. **Difficulty of kicking techniques will be assessed on the following order of superiority:**
  - a. **Standing kick technique**
  - b. **Kicking technique with turning motion**
  - c. **Jumping kick**
  - d. **Jumping kick with turning motion**
2. **Height of the target (body, head)**
3. **Consistency in execution**
4. **Control and Power**
5. **Balance**

### **Creativity:**

Scale: 0.5 = Minimal creativity, 2.0 = Most creative

Skill is assessed by each judge on a scale of 0.5 to 2.0, based on the judge's evaluation of the choice and combinations of technical skill in the competitors performance.

The guidelines for assessing skill are as follows:

- a. **Variety of footwork and techniques**
- b. **Combinations of footwork and techniques**
- c. **Variety of combinations (avoid repetitiveness)**
- d. **Variety of targets, unpredictability**

### **Sparring Competition Spirit:**

Scale: 0.5 = Movements not found in sparring, 2.0 = Movements useful in sparring

Sparring competition spirit is assessed by each judge on a scale of 0.5 to 2.0, based on the judge's evaluation of the similarity of technique and footwork selection to an actual sparring competition.

The guidelines for assessing sparring competition spirit are as follows:

- a. **Flow of techniques during competition, intention of movements**
- b. **Evasive footwork**
- c. **Footwork to gain the positional advantage or create different openings**
- d. **Cut kicks, cancels, and other combination setups**

## **Penalties:**

Penalties shall deduct 0.3 from the final score. Penalties are as follows:

- Stepping partially or wholly out-of-frame, allowing the heavy bag to be kicked or fall partially or wholly out-of-frame, or making an attack while the contestant or heavy bag is obscured by a third party

These rules shall be held to similar interpretations as published in the 2020 USATKD Kyorugi rules, adjusting for the video format, safety concerns, and sparring a passive target.

## **Publication of Score:**

The score shall be calculated immediately after the judges have submitted their scores to the scoring system and the result displayed in the broadcast.

## **Tie-Breaker:**

In the event of a tied final score between two or more placing athletes, the criteria for resolving the ranking shall be:

1. Total technical score
2. Presentation
3. Judges vote

## **Video Guidelines for Action Kicking and Sparring:**

1. Videos must be one continuous take for each performance; no splicing or editing allowed.
2. The athlete shall begin directly in front of the camera and facing the camera.
3. Camera location must be fixed (e.g. on a camera tripod, clamped to a stable object, or resting on a stable surface).
4. Horizontal and vertical rotation (i.e. panning and tilting) are permitted.
5. Video must be in wide (landscape) orientation.
6. You must have a computer, tablet, or device in the video frame during the performance.

Examples Include:

**Computer**



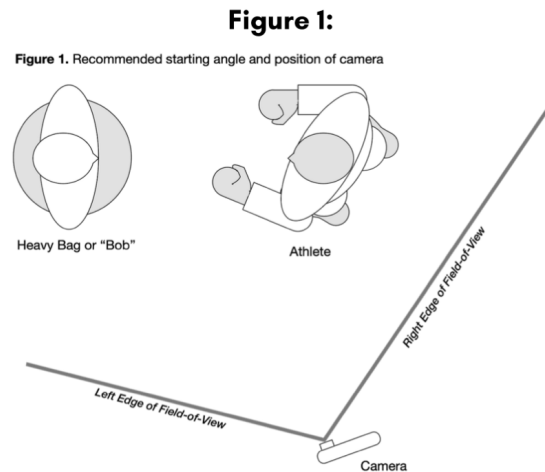
**Phone**



7. For only Virtual Sparring Heavy Bag/ Free Standing Bag must have tape marking head level.
8. Uniform must be appropriate.
  - a. Correct belt color for division (Refer to Belt Divisions TKD uniform)
  - b. No shoes
  - c. No socks
9. No religious or political displays.
10. Only IOC recognized flags are permitted to be displayed.
11. The video must be filmed such that the athlete and the heavy bag (Virtual Sparring) or target/pad holder (Speed Kicking) must be completely in-frame of the video at all times (see Figure 1).
12. Must include Shi-jak and Keu-man calls.

- a. Missing these elements will result in -0.3 deductions for each missing element.

13. The camera operator may pan (side-to-side rotation) or tilt (up-or-down rotation) the camera but may not otherwise move the camera



## BOARD BREAKING:

Competitors will use powerful, correctly executed Taekwondo hand and kicking techniques to break pine boards. Competitors are expected to display technical skill and proper Taekwondo manner, as well as showmanship and creativity.

## Rules:

- Competitors may choose the kind of techniques and number of boards to break, up to a maximum of 10 boards and a minimum of 5 boards.
- Presentation must be within the 1-minute time limit.
- Any Taekwondo striking or kicking technique may be used. No head strikes (head butts).
- Mechanical board holders are allowed but no props such as chairs, trampolines, tables, etc. may be used.
- Holders may be used as "human launch pads" for jumping techniques



## **Boards:**

- Competitors provide their own boards.
- Any size boards will be allowed for any age or division.
- No spacers may be used, including fingers. Holders may not attempt to “help” the competitor by bending, moving, or pushing the boards; any attempt to do so will result in deduction for each instance.
- No bricks, cinder blocks, or any materials other than approved wooden boards and approved mechanical holders

## **Scoring:**

The competitor will be judged based on three criteria's:

- **Degree of Technique**
  - **Difficulty and Skill**
  - **Consistency in execution of breaking boards**
- **Creativity**
  - **Variety of combinations**
  - **Unpredictability**
- **Competitive Spirit**
  - **Fluidity of Performance**
  - **Projection of Martial Arts Spirit**

## **WEAPON FORMS:**

Competitors are allowed to use any martial art approved weapons given that they perform it within the specified time constraints. The form must be at least 30 seconds and a maximum of 45 seconds.

## **Scoring:**

The competitor will be judged based on three criteria:

- **Degree of Technique**
  - **Difficulty and Skill**
  - **Consistency in execution**
- **Creativity**
  - **Variety of combinations**
  - **Unpredictability**

- **Competitive Spirit**

- Fluidity of Performance
- Projection of Martial Arts Spirit

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