



Rules of World Taekwondo Style Forms Competition

Competition Area

Taekwondo Forms (Poomsae) competition must take place in a square area with approved padded mats on the floor. The contest area should be approximately 10m x 10m.

Uniform

Competitors must wear approved uniforms and appropriate belts. Jewelry, with the exception of religious items, is prohibited.

Types of Competition

Competitors may participate in the following events: Individual Poomsae, Team Poomsae, Pairs Poomsae and Freestyle Poomsae.

Divisions

Competitors are divided by gender, age and belt rank. Specific divisions may vary based on the tournament.

Scoring Criteria for Individual Poomsae

Judges will evaluate individual competitors based on a score of 10 total points, which break down as follows:

Accuracy - 4 points (40% of total score)

- Accuracy of basic movements
- Accuracy of specific movements
- Balance

Presentation - 6 total points (60% of total score)

- Speed & Power (2 points)
- Rhythm & Tempo (2 points)
- Expression of energy (2 points)

Accuracy Deductions

Minor mistakes - 0.1 point shall be deducted any time a contestant makes the following error:

- Slight loss of balance
- Incorrect angle of feet in stances
- Poor chamber or re-chamber of kicks
- Poor chamber or finished position of blocks
- Blocking/punching at the incorrect target
- Finishing a stance and the hand technique at different times



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Major mistakes - 0.3 point shall be deducted any time a contestant makes the following error:

- Clear loss of balance
- Omitting a movement or adding an extra movement
- Omitting a yell (ki-hap) or yelling at the wrong movement
- Looking in the wrong direction
- The starting position differs from the ending position by more than one foot
- Pausing for more than 3 seconds during the performance

Restarting - 0.6 point shall be deducted when the contestant restarts Poomsae regardless of the number of movements performed.

Presentation Deductions

Minor mistakes - 0.1 point shall be deducted any time a contestant makes the following error:

- Slight hesitation
- Lack of rhythm
- Lack of alternating relaxation and tension
- Slight lack of flexibility
- Slight lack of energy or power
- Incorrect uniform

Major mistakes - 0.3 point shall be deducted any time a contestant makes the following error:

- Breathing does not correspond to the movement
- Clear lack of flexibility
- Clear lack of energy or power
- Exceeding the time limit
- Crossing the boundary Line

Declaration of a Winner

The winner shall be the contestant who is awarded the highest total points. In the case of a tied score, the winner shall be the contestant with the higher total score in presentation. If the contestants are still tied, a rematch round may be conducted until a winner is declared.

This guide is based on the USATKD Poomsae (forms) Competition Rules (effective 1/1/20)

Check back on these rules often as they are periodically updated:

<https://www.teamusa.org/usa-taekwondo/v2-events/competition-rules>

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