

# **- TECHNICAL GUIDELINES -**

## **1st World Taekwondo Beach Championships**

(May 5-6, 2017, Rhodes Island, Greece)

### **I. Rules & Regulation**

1. The World Taekwondo Beach Championships shall be operated and governed by this technical guidelines and the outline of 1<sup>st</sup> WTF World Taekwondo Beach Championships, and otherwise WTF Poomsae Competition Rules and Interpretations will be applied.
2. If there is matter(s) unspecified by the technical guidelines and/or the outline of 1st WTF World Beach Championships, and/or WTF Poomsae competition rules and interpretations, the Technical Delegate shall make decision(s).

### **II. Poomsae Events**

1. WTF Poomsae competition rules shall be applied to scoring criteria and methods for Recognized Poomsae events and Free Style Poomsae events.
2. Five judges will score the all Poomsae events.
3. All levels of Recognized Poomsae events shall be played in the single elimination tournament format. And judge will make instant decision at the end of the match by raising the blue or red flag.
4. Free-Style Poomsae events shall be played in cut-off system. Top five contestants (teams) will compete in the final round. However, there will be only final round if there are 12 or less contestants (teams) competing.

### **III. 『Technical Breaking』**

#### **1. Technical Breaking event as composed of four sub-breaking events.**

- 1) Event 1: High Jumping Kick Breaking
- 2) Event 2: Jumping Kick Multiple Breaking
- 3) Event 3: Spinning Kick Breaking
- 4) Event 4: Free Set-up Breaking

#### **2. Competition Methods**

- 1) The Top three contestants of event 1, event 2, event 3, and event 4 will be awarded as 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place respectively.
- 2) Breaking Boards shall be provided by O.C.
- 3) The contestant may accompany board holder(s), however in case of need board holder(s) may be provided by O.C.
- 4) Contestant shall perform breaking on barefoot, not be allowed to wear shoes.
- 5) Breaking shall be performed in the mat of 12(m) by 12(m).

## **IV. Technical and Scoring Guidelines of Technical Breaking Events**

### **1. Breaking Event 1: High Jumping Kick Breaking**

- 1) Contestant shall submit his/her chosen height of breaking for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> breaking before the competition starts.
- 2) Contestant shall be allowed 3-times trials in each breaking.
- 3) Contestant may perform any type of kicking techniques, and the evaluation shall be based on the breaking the board with any part of his/her foot.
- 4) For the case of tie, there may be additional tie-breaking round.
- 5) In the case of tie after the tie-breaking round the short contestant in the height shall be winner.

### **2. Breaking Event 2: Jumping Kick Multiple Breaking Event**

#### **1) Breaking 1: Jumping Triple Yup-Chagi (Side Kick)**

- ① 3 Boards as basic required numbers of boards, 10 points per a broken Board
- ② Additional 3 points for one additional Board Broken after 3 boards.
- ③ 5 points for Technical Evaluation

#### **2) Breaking 2: Jumping Multiple-Dollyeo-Chagi (Round Kick)**

- ① 3 Boards as basic required numbers of boards, 10 points per a broken Board
- ② Additional 3 points for one additional Board Broken after 3 boards.
- ③ 5 points for Technical Evaluation

#### **3) Breaking 3: Jumping Gawi-Chagi (Scissors-Kick)**

- ① 3 Boards as basic required numbers of boards, 10 points per a broken Board
- ② Additional 3 points for one additional Board Broken after 3 boards.
- ③ 5 points for Technical Evaluation
- ④ Any Punch technique is NOT allowed in Gawi-Chagi Breaking

#### **4) Technical evaluation for the above three breakings will be based on**

- ① height of board(s)
- ② distance among boards,
- ③ Magnitude, Power and Articulation of Kicking Motions
- ④ Balance of Landing
- ⑤ Time limit: Each breaking of above all three tasks shall be completed in 90 seconds including set-up

#### **5) Calculation of Score**

- ① Five Judges: Cross out the highest and lowest scores
- ② Sum of effective three judges' score will be the final points

6) In the case of tie, the winner will be decided by the order of the following

- ① Who has more points in the sum of all five judges' scores
- ② Who scored more points in technical evaluation from all five judges
- ③ Who scored more points from Gawee Chagi Breaking, if tied then Yup-Chagi Breaking

### 3. Event 3: Spinning Kick Breaking Event

1) Breaking 1: Horizontal Spinning Kick: Jumping Duihureo-Chagi/Dolgae-Chagi

- ① Point Allocation to spinning angles
  - a) 360 degree                      30 points
  - b) 540 degree                      45 points
  - c) 720 degree                      50 points
  - d) 900 degree                      65 points
  - e) 1080 degree                      80 points
- ② Point allocation to boards broken
  - a) one board                      10 points
  - b) two boards                      20 points
  - c) three boards                      30 points
  - d) four boards                      40 points
- ③ 10 Points for Technical Evaluation

2) Breaking 2: Vertical Spinning Kick – Neomeodola-Chagi: Jumping Flip Kick

- ① 40 points for one board broken
- ② 55 points for two boards broken
- ③ 70 points for three boards broken
- ④ 85 points for four boards broken
- ⑤ 10 Points for Technical Evaluation
- ⑥ In case contestant broke boards at same time regardless of the numbers of the boards it shall be counted as one board broken.

3) Technical evaluation for the above two breakings will be based on

- ① height of board(s)
- ② distance among boards,
- ③ Magnitude, Power and Articulation of Kicking Motions
- ④ Balance of Landing
- ⑤ Time limit: Each breaking of above all three tasks shall be completed in 90 seconds including set-up

#### 4) Calculation of Score

- ① Five judges will score and highest and lowest score shall be ignored.
- ② Sum of effective three judges' score will be the final points

#### 5) In the case of tie, the winner will be decided by the order of the following

- ① Who has more points in the sum of all five judges' scores
- ② Who scored more points in technical evaluation from all five judges

### **4. Event 4: Free Set-up Breaking**

#### 1) Free Set-up

2) Maximum 10 Boards are allowed for a free set-up Breaking.

3) Time Limit: 120 seconds including set-up

#### 4) Technical Evaluation

- |  |           |
|--|-----------|
| ① Creativity & Difficulty of Tasks                             | 40 Points |
| ② Composition & Setup  | 30 Points |
| ③ Quality of Kicking Movements                                 | 30 Points |
| ④ Numbers of boards broken will not be counted for the scoring |           |

#### 5) Calculation of Score

- ① Five judges will score and highest and lowest score shall be ignored.
- ② Sum of effective three judges' score will be the final points

#### 6) In the case of tie, the winner will be decided by the order of the following

- ① Who has more points in the sum of all five judges' scores
- ② Who scored more points in technical evaluation of Quality of kicking movements, and then Creativity and Difficulty of tasks

## **V. 『Free Style Dynamic Kicks & Breaking Challenge』**

### **1. Competition Format:**

- 1) Individual Competition and single elimination tournament format
- 2) Three rounds, Maximum one minute per Each Round
- 3) Round System: Any contestant who wins the first two rounds of his match will be deemed to have won the match and the third round will not take place.

### **2. Technical Contents**

- 1) First round: Free Style Dynamic Kicks - acrobatic and/or tracking movements, jumping kicks, or/and combination kicks
- 2) Second round: Free Style Breaking
- 3) Third round: Combination Techniques: Free Style Dynamic Kicks and Free Style Breaking

### **3. Judging and Scoring Methods**

- 1) 5 judges will score the match. At the end of the Match judges will declare the winner by raising blue or red flag. The winner will be the contestant majority of judges are favored.
- 2) When a contestant won first two rounds, the third round shall not be played.
- 3) Other detailed technical criteria will be announced during the Head of Team Meeting.