

# Virtual Range Open Poomsae & Para Poomsae Championships 2020



**Individual K3, K2, K1, PARA, DAN**

**Online Registration**

**[www.poomsae-reg.com](http://www.poomsae-reg.com)**

**Date: 3rd to 5th July 2020**

Tel: +44 (0) 7944 988806

Email: [info@range-sports.co.uk](mailto:info@range-sports.co.uk)

Entry open to  
Competitors  
from all regions  
of the world



## 1. INTRODUCTION

Dear Taekwondo Friends,

24th May 2020

Harrogate KTA and Premier Taekwondo, are proud to announce the Virtual Range Open Poomsae and Para-Poomsae Championships 2020 (VROPC20). We would like to extend a formal invitation to all Taekwondo Poomsae competitors, to join us from 3<sup>rd</sup> to 5<sup>th</sup> July 2020 in making this a fantastic online event.

Master Kambiz Ramzan Ali  
VROPC20 Director

## 2. ORGANISATION

<b>Organisers:</b>	Harrogate K.R.Ali Taekwondo Academy (KTA Great Britain) in partnership with Premier Taekwondo.
<b>Sponsors:</b>	Range Sports, Jcalicu UK (JC UK)
<b>Competition Director:</b>	Master Kambiz Ramzan Ali
<b>Contact:</b>	+44 (0)7944988806
<b>E-Mail:</b>	<a href="mailto:rangesportsuk@gmail.com">rangesportsuk@gmail.com</a>
<b>Competition Co-Host:</b>	Master Mosy Bagherzadeh
<b>Competition Chairman:</b>	Grandmaster Ik Pil Kang
<b>Referee Director:</b>	Grandmaster Tong Wan Shin
<b>IT Technicians:</b>	Martin Squiers, Gazell R.Ali, Sabine Sudraba, Aaron Leith
<b>Registration Website:</b>	<a href="http://www.poomsae-reg.com">www.poomsae-reg.com</a>

## 3. ENTRY AND ELIGIBILITY FOR PARTICIPATION

This competition is an **OPEN COMPETITION** and is therefore **open to everybody worldwide**, however competitors must follow the official World Taekwondo Poomsae Competition Rules in force as May 14<sup>th</sup> 2019. **All contestants must have their own insurance as Harrogate KTA (GBR) and its partners/representatives will not be held responsible for any sustained injuries or injury costs.**





## 4. EVENT TIMELINE

- Competitor Registration Deadline: **Thursday 18<sup>th</sup> of June 2020 at 5pm UK Time** (through [www.poomsae-reg.com](http://www.poomsae-reg.com)). Registry is done through head coach of club or national team. Head coach enrolls his/her athletes.
- Competitor Payment Deadline: **Tuesday 23<sup>rd</sup> of June 2020 at 5pm UK Time**. (all outstanding Payments must be received by this date).
- Competitor Online Video Submission Deadline: **Sunday 28<sup>th</sup> of June 2020 9pm UK Time** (email to [rangesportsuk@gmail.com](mailto:rangesportsuk@gmail.com) , timestamp as proof of submission)
- Online Competition Dates: **Friday 3<sup>rd</sup>, Saturday 4<sup>th</sup> and Sunday 5<sup>th</sup> of July 2020**.

Compulsory Poomsae shall be drawn, set and announced by the organising committee 10 days (Tuesday 23<sup>rd</sup> Jun 2020 at 9pm UK time) before the competition on Facebook (search (for [Virtual Range Open Poomsae Championship 2020](#)) and sent via Email. Schedule for the 3 days of competition will go ahead as shown below.

### Online Competitions Schedule:

**Thursday 2<sup>nd</sup> of July 2020:** 5pm until 6pm (UK Time) head of team and coaches meeting. Zoom invitation will be sent to head coaches through email. This is an excellent opportunity to ask questions to the competition organising committee.

**Friday 3<sup>rd</sup> to Sunday 5<sup>th</sup> of July 2020:** Day 1, Day 2 and Day 3 of this competition will all be run on the same schedule. *Times shown are based on UK time.*

- 8:00am-8:45am: Referees Meeting
- 8:45am-9:00am: Welcome Speech
- 9:00am First match will begin
- All Matches will be held from 9:00am until 9:00pm

Competition will be Livestreamed through our **YouTube channel:**  
**Range Sports UK Ltd**

Competition schedule is approximate and may subject change by organising committee. Please follow our Facebook channel for the latest updates

## 5. ENTRY FEES

Due to social distancing measures currently in place within the UK and other nations across the world, we are not holding any Pair or Team events, and encourage competitors to uphold measures as much as possible whilst producing their competition material. Competition entries





are for individual Poomsae and Para Poomsae categories only. **Competitors may only enter a category once.**

**Individual Entry:** UK Residents £15 (Non UK Residents 20 Euro)

**Para Entry:** UK Residents £15 (Non UK Residents 20 Euro)

Please note, all payments are non-refundable once they have been processed. Proof of payment will also be required during the entry process, which should be provided in form of a bank transfer screen shot or payment confirmation which clearly shows the payment reference as well as the specified amount.

## 6. APPLICATION AND PAYMENT INFORMATION

### 6.1 Application

All competitors have to mandatory register and through [www.poomsae-reg.com](http://www.poomsae-reg.com). On the website the competitor(s) register(s) through selecting the event and entering into the correct category. By registering the competitor(s) agree to the site's privacy policy

### 6.2 Payment

All entry fees are through online bank transfer payment only: (Credit Card payments also available by WorldPay link, contact us for details).

Bank name:	Barclays Bank
Account name:	Range Sports UK
Sort code:	209898
Account number:	23821889
IBAN:	GB41BUKB20989823821889
SWIFTBIC:	BUKBGB22

When sending your online payment, please state:

**Name of the entering club and VROPC20.** (Example: Harrogate KTA, VROPC20)

A single transfer is possible for separate competitors as long as the statement clearly mentions all competitor names.

All club fees must be received by **23<sup>rd</sup> of June 2020** at **5pm** UK time to be entered into the competition. We will endeavour to send a confirmation email of your entry within two days of receiving them.

**Note:** charges for entry must be paid by the deadline that has been set, video entries that are received without payments will not be scored or be eligible for medal draws.



## 7. METHOD OF COMPETITION

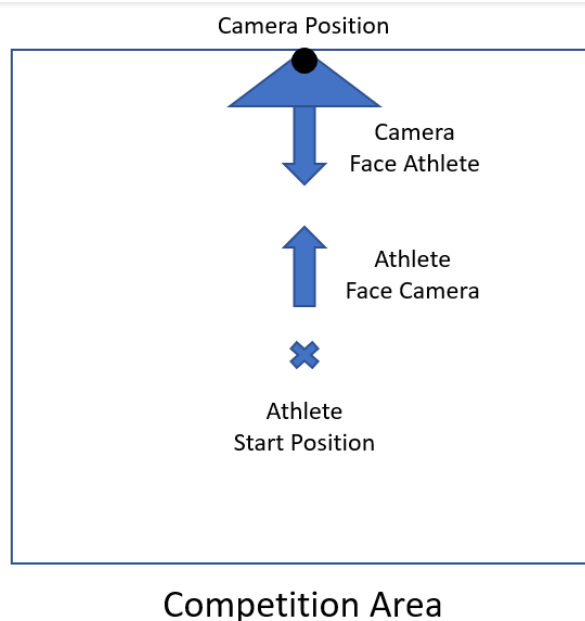
### 7.1 General rules of competition

Competition will be held under World Taekwondo Poomsae rules & interpretation as in force as of May 14<sup>th</sup> 2019, and will be run on a **Cut Off System** of up to 3 rounds (preliminary, semi-final and finals) for Dan/Poom categories.

An exception is made for the K1, K2, K3 categories who should start at **Preliminary** and directly progress to compete in the **Finals**. The top 8 (if the category holds more than 10 competitors) will progress to the Finals round. All competitors shall perform 2 Poomsae for each round of competition.

### 7.2 Specific rules of competition online video competition

- Competitors should start their Poomsae facing the camera whilst still performing the necessary Poomsae stances to prepare and begin Poomsae: enter then Charyeot (attention stance), Kyongea (bow), Joonbi (ready stance) and then perform their Poomsae, Once finished they should return to Joonbi stance (facing camera at end) and then bow before resting for 30 seconds to perform next poomsae or finish the recording after the second Compulsory Poomsae. **Competitor must stay within the camera view between the Poomsae's**. The competitor is allowed to drink, stretch, walk around during the break between poomsae, but remains fully visible during the break. During the performance the competitors full body head to toe must be in camera view and **0.3 deduction** will be given if any part of the body **goes out of view**. See illustration below as set up guideline:





- Competitors are encouraged to display their country's national flag (or name of country) behind the competitor's competition area in clear view of the camera.
- Competitors whole body must be always be visible during the performance video footage, for fair and proper competition judging to be carried out according to the poomsae competition rules set in place. Videos which do not meet this standard may be removed from competition.
- It is not mandatory to perform the poomsae on mats. The competitor can choose his/her surroundings as long as during recording the whole body is visible at all times. For example, one can record in a living room, in a hotel lobby or on a grass field.
- Competitors are to treat this competition as they would any other Poomsae competition they would attend to the best of their ability whilst making the best of the circumstances they are in performing at home. We understand that due to these difficult circumstances that performance conditions may not be ideal and we will take that into consideration when scoring competitors, as well as competing for medals, we want competitors to understand that this is still supposed to be a very challenging and enjoyable experience.
  - Your video **must be created after 23<sup>rd</sup> May 2020**. Videos from any other event or previous competitions are not permitted. Any editing to the video will result in **disqualification**. Example, the joining of two video recordings.
  - If your video has been edited, with the exception of adding graphics to display your national flag and your name, it will be rejected.
  - Videos must be uploaded to a competitors personal YouTube channel and be set on visible to all. Links of all videos must be emailed by **Friday 28<sup>th</sup> June 2020 (9pm UK time)**. Links to videos received after this date will not be allowed and registered as a DSQ (disqualified). We urge competitors to upload well in advance as to not run into technical upload difficulties hours before the deadline entry.
- It is not allowed to show any religious, political, or any other symbol negatively targeting a group or an individual in the video recording. Videos not following this rule are subject to immediate rejection.

### 7.3 Cut off system:

- **Preliminary:** Only categories of over 20 players will have a Preliminary round, Competitors are to take maximum 30 seconds break before performing the next Poomsae. Top 50% of competitors will progress to the Semi-Finals round,
- **Semi-Finals:** (**NOT applicable to K1, K2 & K3**) Categories of less than 20 players will go straight to Semi-Finals round. Competitors are to take a maximum 30 seconds break before performing the next Poomsae, Competitors will compete to progress to the Finals. The top 8 competitors will progress to the Finals round.





- **Finals:** Categories of 10 competitors or less will go straight to Finals. Competitors are to take a maximum 30 seconds break before performing the next Poomsae. The top 3 will receive a medal depending on their finishing position.

## 7.4 Rounds of competition

Depending on the number of entries for each category, the organiser will structure the competition as follows:

- **Preliminary:** Not all categories will have a Preliminary round (depending on number of entries). Competitors must submit two videos clearly specified for the Preliminary round and meets Compulsory Poomsae requested for the Preliminary round. (if Compulsory Poomsae is a requirement for that category)
- **Semi-Final:** (**NOT applicable to K1, K2 & K3**) Not all categories will have a Semi-Final round (depending on the number of entries). Competitors must submit two videos for that is clearly specified for the Semi-Final round and meets Compulsory Poomsae requested for the Semi-Final round. (if Compulsory Poomsae is a requirement for that category)
- **Final:** Every category will have a Final round, competitors must submit two videos clearly specified for the Final round and meets Compulsory Poomsae requested for the Final round. (if Compulsory Poomsae is a requirement for that category)

## 7.5 Video uploading

All K1, K2, & K3 competitors have to **submit 2 video links** (preliminary and for finals) and all Dan/Poom competitors have to **submit 3 video links** (preliminary, semi-final and finals) with each link being a link to a YouTube film of the competitor showing **2 poomsae** in this video. Please make sure the video is set to visible to all on YouTube. If it is private or hidden, the organisation will not contact the competitor but will put the video as disqualified.





### 7.5.1 Entry example

The contents of your entry email should contain the following information in the order shown below, (See example email)

- 1) Competitors First Name and Surname
- 2) Grade
- 3) Date of Birth
- 4) Category
- 5) Nationality
- 6) Your Preliminary Video Link (including 2 poomsae as per outline)
- 7) Your Semi-Final Video Link (including 2 poomsae as per outline)
- 8) Your Final Video Link (including 2 poomsae as per outline)

To rangesportsuk@gmail.com

Aaron Leith - Dan U30 M - GBR - VROPC20 - Video Links

Dear Sir,

Please see my entry details and video links for the Virtual Range Open Poomsae Championships 2020.

Name: Aaron Leith

Date of Birth: 08/06/1993

Category: Dan U30 M (M for Male and F for Female)

Nationality: GBR

Mobile Number: (+44) 7944988806

YouTube Video Link 1: Preliminary - Aaron Leith - Dan U30 M - GBR - VROPC20

YouTube Video Link 2: Semi-Final - Aaron Leith - Dan U30 M - GBR - VROPC20

YouTube Video Link 3: Final - Aaron Leith - Dan U30 M - GBR - VROPC20







### 7.5.2 YouTube video name

By registering to compete in this event you are agreeing to upload your videos onto **YouTube** and that you will send us the links to your uploaded videos through your entry email to us so that videos may be viewed by our judges and by members of the public. Your uploaded videos on YouTube should contain the following information in the order requested:

- 1) State round of completion first ( For example: Preliminary, Semi-Final or Final)
- 2) Competitors First Name and Surname
- 3) Category
- 4) Sex (M for Male, F for Female)
- 5) Nationality in short format (GBR instead of Great Britain)
- 6) Competition name in short format (VROPC20 instead of Virtual Range Open Poomsae Championships 2020)

**Example:** Preliminary- Aaron Leith- Dan U30 M- GBR- VROPC20

## 7.6 Competition Divisions and Poomsae Selection

- All K1 and Dan/ Poom grade competitors must perform the set Compulsory Poomsae for their competition category. Competitors unable to do so will be disqualified.
- K2 competitors may choose any Poomsae from Taeguek 3 up to 6. K2 competitors must choose 2 **different** poomsae per round. Example for preliminary competitor performs Taeguek 3 and 4, for the final competitor must run 5 and 6 as they have not been selected in the previous round.
- K3 competitors may choose from any Poomsae from Taeguek 1 up to 3. They can choose to perform the same two poomsae each round or even one and the same poomsae twice each round. Example, competitor chooses to perform Taeguek 1 in the preliminary. He records his video running this poomsae twice. For the final the competitor decides to record Taeguek 1 and 2.
- All compulsory Poomsae shall be drawn, set and announced by the organising committee **6 days** before the competition on Tuesday 23<sup>rd</sup> of June 2020. (please be aware video entries have to be submitted by the 28<sup>th</sup> of June 9pm UK Time)
- Contestants can only enter a division once.
- Category entry is decided by year of birth, not date of birth. For example a competitor born on 15<sup>th</sup> of December 2008 has to enter in the 12-14 category.



### 7.6.1 DAN / POOM DIVISIONS

<b>Individual (Male &amp; Female)</b>	
<b>Dan/ Poom Division</b>	<b>Compulsory Poomsae</b>
U11 Years (Peewee) Age 11yrs & below	Taeguk 4,5,6,7, 8 Jang, Koryo, Keumgang
U14 Years (Cadet) Age 12yrs - 14yrs	
U17 Years (Junior) Age 15yrs – 17yrs	Taeguk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebaek
U30 Years Age 18yrs - 30yrs	Taeguk 6,7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin
U40 Years Age 31yrs – 40yrs	
U50 Years Age 41yrs – 50yrs	Taeguk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Years Age 51yrs – 60yrs	Koryo, Keumgang, Taebeak , Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65 Years Age 61yrs - 65yrs +	
+66 Years Age 66yrs +	

### 7.6.2 K1 DIVISIONS (2<sup>nd</sup> Kup Red Belt to 1<sup>st</sup> Kup Black Tag)

<b>Individual (Male &amp; Female)</b>	
<b>K1 Division</b>	<b>Compulsory Poomsae</b>
U9 Years (Mini Peewee) Age 9yrs and below	<p style="text-align: center;"><b>Compulsory Poomsae</b> Selected from Taegeuk 4 to Taegeuk 8  (Preliminary then Final)</p>
U11 Years (Peewee) Age 10 - 11yrs	
U14 Years (Cadet) Age 12 -14yrs	
U17 Years (Junior) Age 15 – 17yrs	
U35 Years Age 18 - 35yrs	
+36 Years Age 36yrs and over	



**7.6.3 K2 INDIVIDUAL DIVISIONS (6th Kup Green Belt to 3rd Kup Red Tag)**

Individual (Male & Female)	
Division	Poomsae
U9 Years (Mini Peewee) Age 9yrs and below	<p align="center"><b>Competitor's choice of Poomsae</b></p> <p align="center">From Taeguk 3 to Taeguk 6</p> <p align="center">Can <b>NOT</b> repeat Poomsae, <b>MUST</b> perform two different poomsae each round!</p> <p align="center">(Preliminary then Final)</p>
U11 Years (Peewee) Age 10 - 11yrs	
U14 Years (Cadet) Age 12 -14yrs	
U17 Years (Junior) Age 15 – 17yrs	
U35 Years Age 18 - 35yrs	
+36 Years Age 36 – 49yrs	
+50 Years Age 50yrs	

**7.6.4 K3 INDIVIDUAL DIVISIONS (10th Kup White Belt to 7th Kup Green Tag)**

Individual (Male & Female)	
Division	Poomsae
U9 Years (Mini Peewee) Age 9yrs and below	<p align="center"><b>Competitor's choice of Poomsae</b></p> <p align="center">From Taeguk 1 to Taeguk 3</p> <p align="center"><b>Can repeat poomsae! (but mandatory to make a new video for each round)</b></p> <p align="center">(Preliminary then Final)</p>
U11 Years (Peewee) Age 10 - 11yrs	
U14 Years (Cadet) Age 12 -14yrs	
U17 Years (Junior) Age 15 – 17yrs	
U35 Years Age 18 - 35yrs	
+36 Years Age 36 – 49yrs	
+50 Years Age 50yrs	





**7.6.5 PARA CATEGORIES Individual (Male & Female)**

Para Categories will be split as per World Taekwondo and will also be split into Male / Female and Kup / Dan Grades.

<i><b>Kup Divisions</b></i>	<i><b>Dan Divisions</b></i>
Age of contestant: 1) Under 15 years 2) Under 30 years, 3) Over 30 years,  <b>Must Perform any standard recognised WT Poomsae</b>	Age of contestant: 1) Under 15 years 2) Under 30 years, 3) Over 30 years,  <b>Must Follow the WT Para Poomsae Rules</b>
P10 – Visual Impairments (Competitor’s choice any Poomsae from Taegeuk 1, 2, 3... & higher) P20 – Intellectually Impaired (The coach is allowed to give the commands, competitor’s choice) P30 – Physical Impairments (Compulsory Poomsae will be specified) (P31, P32) (P33, P34) P40 – Limb Deficiency (Competitor’s choice Poomsae) P50 – Wheelchair Classes (Competitor’s choice Poomsae) P60 – Deaf (Competitor’s choice Poomsae) P70 – Short Stature, achondroplasia dwarfism (Competitor’s choice Poomsae)	

**8. JUDGES/ OFFICIALS**

Poomsae performances submitted to us will be judged and scored by qualified International Referee (IR) over the course of the 3 days in which the virtual championships are held to ensure the carrying out of fair and quality competition scoring in accordance to the official World Taekwondo Poomsae competition rules.

**9. ARBITRATION**

**9.1.1 PROCEDURE OF PROTEST**

Only the official head coach is allowed to protest to the Competition Director. This must be made within 10 minutes of the end of the contest. A protest fee of £100 will be payable immediately to the competition board. This will be refunded if the protest is accepted and won

**9.1.2 SITUATIONS NOT COVERED BY THE RULES**

Where any situation arises which is not covered by these rules, it shall be dealt with and decision given by the referee after consultation with the organizing committee.





## 10. AWARDS

Medals will be awarded to the top 3 scoring competitors from each category.

**1st place:** will be awarded a Gold Medal.

**2nd place:** will be awarded a Silver Medal.

**3rd place:** will be awarded a Bronze Medal.

Medals will be posted to winning competitors home address details which are received during the registration process. The organiser cannot be held responsible for lost medals through posting or incorrectly entered home address.

## 11. SPONSORS

**Jcalicu UK**, Official supplier of World Taekwondo Approved Taekwondo Equipment, global distributor offering top quality Taekwondo Equipment for WT Poomsae and Kyorugi competition.



Website: [www.jcalicu.co.uk](http://www.jcalicu.co.uk)

**Range Sports** is a UK based quality and reliable Taekwondo equipment supplier that is an official supplier of Jcalicu equipment and Taekwondo exclusive brand.



Website: [www.range-sports.co.uk](http://www.range-sports.co.uk)





## 12. ADDITIONAL INFORMATION

For more information about Range Sports & JC United Kingdom contact

**Master Kambiz R.Ali** BSc (Hons), MSc, MRSC, Honorary Professor  
7th Dan Kukkiwon Black Belt  
Range Sports & JC UK Director

Mobile: +44 (0)7944988806

Email: [info@range-sports.co.uk](mailto:info@range-sports.co.uk)

## 13. COVID-19

By entering this competition, competitors understand acknowledge they are abiding by local/national COVID-19 regulations and compete at their own risk.

Competitors may record their videos inside or outside so long as they are satisfied of their general safety and space. Additionally all Covid-19 precautions are adequate to perform their Poomsae and complete their video recordings for the competition.

## 14. HASHTAGS

We are looking forward to seeing you all at the event, please support us and the event by using the following hashtags on your social media.

**#VROPC20 #Covid19 #StayAlert #RangeSports #JCUK #TaekwondoPoomsae #Taekwondo4All**

## 15. DISCLAIMER

The process of entry and competition is carried out at the competitors own risk, therefore Harrogate KTA and its partners/representatives will not be held responsible for any injuries sustained during recording or competition process. By entering this competition, competitors understand and accept that they are entering this competition at their own risk and all responsibility and liability lays with the participants themselves NOT organisers.

By entering to this competition, you are giving the organising committee the permission to share any content submitted during the competition and after for marketing and promotional purposes.

