



5th Open Poomsae Championships

World Taekwondo Recognised, Freestyle and Para

Sunday 18th September 2022



Conference Centre, Hampshire Court Hotel
1 Centre Drive, Basingstoke RG24 8FY



Foreword from the Bluewave

Dear Taekwondo Friends,

It is my pleasure to welcome you to the 5th Bluewave Poomsae Championships. The event will be run under existing World Taekwondo rules using the excellent facilities provided by Hampshire Court Hotel.

This event has the full support of British Taekwondo. With British Taekwondo's well-trained poomsae officials this will bring the highest quality refereeing and judging.

We look forward to welcoming you all to our friendly town and hope you have an enjoyable and successful day. If you decide to make this a weekend visit, please feel free to email us for advice on the many local attractions.

If you have any questions, please do not hesitate to contact us.

Yours sincerely,

Master Gerry Reilly

Bluewave Korean Martial Arts



1 Host

Bluewave Korean Martial Arts

2 Event Director

Master Lynne Firth

Tel. 07511 436 902 or 0800 860 0043

Email lynne@bluewave.org.uk

3 Date

Sunday, 18th September 2022

4 Venue

Conference Centre, Hampshire Court Hotel, 1 Centre Drive, Chineham, Basingstoke RG24 8FY

Tel. 01256 319700

Website <https://www.thehampshirecourthotel.co.uk/>

5 General

The organisers reserve the right to make any necessary changes to the format or arrangements for this event.

6 Officials

6.1 **Competition Management** Master Lynne Firth

6.2 **Chief Referee** Master Glen Culbert

7 Qualifications

7.1 Competitors

- (a) All competitors must be members of British Taekwondo or the WT-affiliated Member National Federation for the country in which they reside. Members of British Taekwondo should enter their correct membership (M) number when registering. If a false number is entered, the competitor will fail the audit and fees will not be refunded.
- (b) Competitors should enter under their individual clubs and state the names of the club and their country at registration.
 - (i) Clubs may not combine or enter as an association or squad.
 - (ii) Teams and pairs can be from different clubs and will be entered as 'Mixed'. The results will not count towards medal points for the team trophies.
- (c) Coaches should ensure that all memberships are applied for and renewed in plenty of time to ensure that competitors are cleared to compete.

7.2 Coaches

- (a) One (1) coach will be accredited for every five (5) competitors entered. There can be a maximum of five (5) coaches per team.

- (b) All UK coaches must hold current British Taekwondo instructor insurance.
- (c) The minimum age for a coach is 18 years.
- (d) Coaches must wear sportswear and sport shoes. Coaches may not wear taekwondo uniforms, sandals, flip-flops, short trousers or headwear whilst coaching, except for head coverings for religious or cultural reasons.

7.3 Audits (coaches and competitors)

The deadline for submission of entries for audit is 11.59pm on Wednesday 31st August 2022. All competitors sent through audit must be paid for even if they withdraw. All coaches must be registered for the event prior to the audit.

8 Protests

Only the Head Coach will be allowed to protest to the Chief Referee, the protest form must be submitted within 10 minutes of the end of the contest in question. A fee of £75.00 will be paid for each protest lodged. The decision of the Chief Referee is final.

9 Referees

International and National Referees who wish to participate in this event should contact Master Gerry Reilly- gerry@bluewave.org.uk. Preference will be given to referees who are available to referee full time.

10 Entry Fees

- (a) The entry fees are listed in Section 14.1.
- (b) Payment to the Bluewave Bank Account is required from teams within 14 days of being entered in the event online, or immediately should the event become full. Send payments to:

Bank:	HSBC
Sort Code:	40-09-26
Account Number:	02020017

Please put your Club Name as reference for the transfer. Email Master Lynne Firth (lynne@bluewave.org.uk) when payment has been made.

- (c) Competitors who fail the audit or withdraw after the deadline are still to be paid for.

11 Admission

As in previous years, there will not be a charge for spectators. It is our view that parents and friends should be encouraged to attend to provide a positive and supportive atmosphere for all competitors.

Spectators are requested to wear suitable footwear (no high heels) in the sport hall.

12 Refreshments

Coffee, tea and light refreshments will be available for purchase throughout the day. There is also a Tesco Superstore approximately five minutes walk from the venue.

13 Photography and video recording policy

- (a) By registering to compete or coach at the event, you agree to have your image taken by both the press and members of the public while you are in the venue.
- (b) In addition, you are agreeing to have your image shown on video, TV and online.

14 Championships Registration

- (a) Online registration at <https://www.poomsae-reg.com>.
- (b) The deadline for registrations is the 31st August 2022.
- (c) The entry fee are as follows:

Individual	£35
Pair (per pair)	£34
Team (per team of 3)	£39
Para-Division	£35
Freestyle	£40
Freestyle Pair (per pair)	£40
Freestyle Team (per team of 5)	£50
- (d) The deadline for payments of entry fees is Wednesday 31st August 2022.
However, should the event reach its competitor limit all entry fees will become immediately payable to allow for competitors from the waiting list to be added should there be withdrawals.
- (e) Please ensure that all details entered online are correct.
- (f) All emails will be sent to club coaches and not individual competitors.
 - (i) Any corrections/amendments must be made by 10 days before the event.
 - (ii) The final competitor list will be emailed out 7 days before the event.
 - (iii) Any subsequent changes before event will incur a £20 administration cost.

14.1 Information needed for online registration

For your online registration you will need to have the following information:

- (i) Coaches' details (maximum of 5 per club)
(Coaches of UK Competitors must have valid BT instructor's indemnity insurance for students to enter)
- (ii) Competitor's full name
- (iii) Competitor's correct date of birth
- (iv) Competitor's correct grade/belt
- (v) For UK competitors only: Student's British Taekwondo membership (M) number.
(Competitor's membership must be current.)

14.2 Method of competition

Cut-Off System will be used.

Compulsory Poomsae will be drawn for all Dan, K1 and P30 division. K2, K3 and other Para division must perform poomsae from within the specific ranges for their divisions.

Two Poomsae will be required to be performed in each round. Poomsae cannot be repeated in the same round.

1st Round If there are 20 or more competitors in a division then the competition will start in this round.

2nd Round The top 50% of the competitors with the highest scores from the 1st round will qualify for this 2nd round (including competitors with equal scores).

Note: All K3 divisions with 10 or more competitors will start from this round. This will apply even if there are over 20 competitors in the division.

Final Round The top 8 competitors (with the highest scores) from the 2nd round will qualify for this round.

Final Divisions will start in the final if there are 10 competitors or less.

Compulsory Poomsae All competitors must perform the compulsory Poomsae and if they cannot do so they will be disqualified.

All compulsory Poomsae shall be drawn and announced by the Organising Committee 3 days before the competition.

14.3 Competition Rules & Method

- (a) World Taekwondo Competition Rules will be used, implemented following the British Taekwondo 2021 Sanctioned Poomsae Championships Policy.
- (b) WT-recognised uniform will be worn. Poomsae doboks are encouraged but, in the interests of promoting new clubs/competitors, standard WT doboks are allowed. Doboks must be appropriate to the division entered. Kup competitors will not be permitted to wear poom/dan doboks.
- (c) Age categories are based on year of birth, not the actual age at the time of the competition. See Sections 13.5 and 13.6.
- (d) Participating teams will be informed about the compulsory poomsae by e-mail before 11.59pm on Wednesday 14th September 2022.

14.4 Dan/Poom Divisions

		Division		Poomsae Range
Individual (Male & Female)p	Children	Under 12	Born 2011 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang
	Cadet	12–14 years	Born 2008–2010	
	Junior	15–17 years	Born 2005–2007	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	U30	18–30 years	Born 1992–2004	Taegeuk 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	U40	31–40 years	Born 1982–1991	
	U50	41–50 years	Born 1972–1981	Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	U60	51–60 years	Born 1962–1971	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	U65	61–65 years	Born 1961–1957	
	+66	66 years+	Born 1956 or before	
Pairs (1 Male & 1 Female)	Children	Under 12	Born 2011 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang
	Cadet	12–14 years	Born 2008–2010	
	Junior	15–17 years	Born 2005–2007	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	1st Pair	18–30 years	Born 1992–2004	Taegeuk 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	2nd Pair	31 years+	Born 1991 or before	Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Teams (3 Males or 3 Females)	Children	Under 12	Born 2011 or later	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang
	Cadet	12–14 years	Born 2008–2010	
	Junior	15–17 years	Born 2005–2007	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	1st Team	18–30 years	Born 1992–2004	Taegeuk 6,7,8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	2nd Team	31 years+	Born 1991 or before	Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

14.5 Kup Divisions

Grades	K1	2nd to 1st kup	Red belt to black tag
	K2	6th to 3rd kup	Green belt to red tag
	K3	10th to 7th kup	White belt to green tag

Divisions	Peewee	Under 11 years	Born prior to 2011
	Cadet	12–14 years	Born 2008–2010
	Junior	15–17 years	Born 2005–2007
	1st Senior	18–35 years	Born 1987–2004
	2nd Senior	36-50 years	Born 1972-1986
	3rd Senior	51 years and over	Born 1971 or before

Division	Poomsae Range		
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Individual (Male & Female)	K1	Taegeuk 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2	Taegeuk 1, 2, 3, 4, 5, 6	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.
	K3	Taegeuk 1, 2, 3	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.

Pairs (1 Male & 1 Female)	K1	Taegeuk 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2/3	Taegeuk 1, 2, 3, 4, 5, 6	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.

Teams (3 Males or 3 Females)	K1	Taegeuk 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2/3	Taegeuk 1, 2, 3, 4, 5, 6	Competitor's choice of 2 poomsae per round. Poomsae cannot be repeated within the same round.

14.6 Notes on Pairs and Teams

- K2 & K3 Pairs and Teams are combined into one belt category for each age group.
- K1 Teams & Pairs must all be K1 and of the correct age division.
- All competitors must be from the correct category. (No mixing of categories).
- Teams and pairs can be from different clubs and will be entered as '*Mixed*'. The results will not count towards medal points for the team trophies.
- 2nd and 3rd Senior will be combined as a single age group for pairs and teams.
- If you have any queries, please contact us for advice.

14.7 Freestyle Poomsae Competition

Freestyle Poomsae is the performance based on Taekwondo techniques with composition of music and choreography. The Freestyle Championships has strict rules, and mandatory elements. Full details can be found on the British Taekwondo website or you may email the organiser for a copy of the rules. Please review these before submitting your entry.

Ages under 17 years	Individual Male
	Individual Female
	Mixed Pair
Ages 18+ years	Individual Male
	Individual Female
	Mixed Pair
Ages 12+ years	Mixed Team (5 people)

14.7.1 Guidelines for Freestyle Poomsae

- (a) Music and choreography shall be the competitor's choice but must include the requirements listed in the full rules.
- (b) Music track must be appropriate and must not contain explicit lyrics.
- (c) The duration of the music track should be 90-100 seconds.
- (d) Competitors must be fit, able and competent to perform all the movements of their routine.
- (e) Music shall be supplied by the competitor in MP3 format.
- (f) The track must be emailed to the organiser when requested.

14.8 Para-taekwondo Poomsae

14.8.1 Categories and Format

- (a) Male Individual Dan & Kup Divisions
- (b) Female Individual Dan & Kup Divisions
- (c) Age Groups will be under 15, 16-29 and over 30 years
- (d) For the Kup divisions, the competitors may perform two different poomsae of their choice.
- (e) As far as is possible, whilst maintaining competition, all Para sub classification categories will be run.
- (f) Formal sport class classification will not be required; however, clubs are expected to accurately enter competitors in the right sport class.
- (g) For more information, please contact Master Lynne Firth (lynne@bluewave.org.uk) before registering entry.

Dan Category	Format
P10 – Visual Impairments	Competitor’s choice any poomsae from Taegeuk 1, 2, 3... & higher
P20 – Intellectually Impaired	The coach can give the commands, competitor’s choice of poomsae
P30 – Physical Impairments	Compulsory Poomsae will be specified
P40 – Limb Deficiency	Competitor’s choice of poomsae
P50 – Wheelchair Classes	Competitor’s choice of poomsae
P60 – Deaf	Taegeuk 6 to Keumgang
P70 – Short Stature	Competitor’s choice of poomsae

14.9 Awards

Awards will be given for 1st, 2nd, 3rd and 4th places.

14.10 Situations not covered by the Rules

Where any situation arises, which is not covered by these rules, it shall be dealt with and the decision given by the Chief Referee.

15 Venue Rules

Only the competitors and registered coaches will be allowed to enter the competition area.

16 Liability

The Organising Committee can decide to alter the competition. Any overseas contestants must bring their own documents and forms for any medical treatment in the United Kingdom.

17 Transport & accommodation

17.1 Travel

The venue is 2 miles from Junction 6 of the M3, 2.5 miles from Basingstoke train station.

17.2 Air Travel

The venue is 25 miles from Southampton Airport and 35 miles from Heathrow Airport.

17.3 Parking

There is limited parking at the Conference Centre and will be available to Officials and Blue Badge holders. Main parking will be across Centre Drive at Absolutely Offices.

17.4 Hotel Information

Budget Hotels

There are two Premier Inn hotels (www.premierinn.com) and a Travel Lodge hotel (www.travelodge.co.uk) in Basingstoke.

3* and above Hotels

There are several options in Basingstoke including a Holiday Inn, Crowne Plaza, Village Hotel, Apollo Hotel as well as limited numbers of rooms at the venue itself.

Please contact Master Lynne Firth (lynne@bluewave.org.uk) if you need additional information about local hotels or transport.

18 Draft Timetable

DATE	TIME	LOCATION	ITEM
Sunday 18 th September 2022	08.30 – 09.15	Hampshire Court	Registration
	09.30 – 13.00	Hampshire Court	Competition
	13.00 – 14.00	Hampshire Court	Freestyle
	13.00 – 14.00	Hampshire Court	Lunch Break
	14.00 – 18.00	Hampshire Court	Competition

Please be aware that all timing will be subject to change.