



THE SCOTTISH NATIONAL TAEKWONDO CHAMPIONSHIPS

NOVEMBER 17TH 2024

GRANGEMOUTH SPORTS CENTRE

ABBOTS ROAD

GRANGEMOUTH

FK3 9JB

POOMSAE INFORMATION PACK

REGISTRATION

WWW.POOMSAE-REG.COM

REFEREE DIRECTOR

GRANDMASTER DAVID BAILEY

MEDICAL PROVISION

WEST COAST EMERGENCY MEDICAL
SERVICES



ORGANISER AND KEY PERSONNEL

COMPETITION DIRECTORS

MASTER LYNDZIE JEFFREY
ATIEF ARSHAD

REFEREE DIRECTOR

GRANDMASTER DAVID BAILEY

REGISTRATION WEBSITE

[HTTPS://WWW.POOMSAE-REG.COM](https://www.poomsae-reg.com)

SCORING MANAGEMENT

RANGE ONLINE SCORING SYSTEM

*****ALL COMPETITORS
MUST BE RESIDENT
IN SCOTLAND AT THE
TIME OF EVENT.
PHOTO ID AND
CURRENT PROOF OF
ADDRESS MUST BE
SHOWN AT
REGISTRATION*****



EVENT TIMELINE

PRIOR TO EVENT

REGISTRATION DEADLINE - SUNDAY 10TH OF NOVEMBER 2024 AT 21:00

PAYMENT DEADLINE - MONDAY 12TH OF NOVEMBER 2024 AT 21:00

COMPULSORY POOMSAE DRAW - FRIDAY 15TH OF NOVEMBER 2024 AT 9:00

DAY OF EVENT

0800 TO 0845 - REGISTRATION

0800 TO 0830 - OFFICIALS BRIEFING

0830 TO 0840 - COACHES MEETING

0900 TO 1300 - COMPETITION

PAYMENT

INDIVIDUAL

£35 PER ATHLETE

PAIR

£40 PER PAIR

TEAM

£45 PER TEAM

PAYMENT TO BE MADE BY CLUB INSTRUCTOR/ADMIN BY BANK TRANSFER TO:

TAEKWONDO SCOTLAND EVENTS

SORT CODE: 82 20 00

ACCOUNT: 30030206

WHEN SENDING YOUR ONLINE PAYMENT, PLEASE STATE: CLUB NAME/COMP FEES

COMPETITORS WHO FAIL THE AUDIT OR WITHDRAW AFTER THE DEADLINE ARE STILL TO PAY

ANY CHANGES TO THE ENTRIES ON THE DAY OF THE COMPETITION WILL ENCORE A £30 ADMIN FEE PER PLAYER.

IF THE COMPETITION CANNOT TAKE PLACE DUE TO UNFORESEEN CIRCUMSTANCES OUT OF THE CONTROL OF THE ORGANISER, THE PAYMENT SHALL IMMEDIATELY VALID FOR THE NEXT PHYSICAL TAEKWONDO EVENT THE ORGANISER CREATES.

SPECTATORS

FREE - 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) FOR SPORT HALL.

COACHES - ONE COACH WILL BE ACCREDITED FOR EVERY FIVE COMPETITORS ENTERED. THERE CAN BE A MAXIMUM OF FIVE COACHES PER TEAM.

ALL COACHES MUST HOLD CURRENT BRITISH TAEKWONDO INSTRUCTOR INSURANCE. THE MINIMUM AGE OF A COACH IS 18 YEARS.

COACHES MUST WEAR SPORTSWEAR AND SPORTS SHOES. COACHES MUST NOT WEAR TAEKWONDO UNIFORMS, SANDALS, FLIP-FLOPS, SHORTS OR HEADWEAR WHILST COACHING, EXCEPT FOR HEAD COVERINGS FOR RELIGIOUS OR CULTURAL REASONS.



ELIGIBILITY FOR PARTICIPATION

ATHLETES MUST BE MEMBERS OF BRITISH TAEKWONDO.

PROOF OF MEMBERSHIP BY MEANS OF A VALID LICENCE, INSURANCE AND GRADE WILL BE REQUIRED AT REGISTRATION.

ALL COMPETITORS MUST BE RESIDENT IN SCOTLAND AT THE TIME OF EVENT.

PHOTO ID AND CURRENT PROOF OF ADDRESS MUST BE SHOWN AT REGISTRATION

AUDIT - COACHES AND COMPETITORS - THE DEADLINE FOR SUBMISSION OF ENTRIES FOR AUDIT IS 21:00 PM ON sunday 10TH NOVEMBER 2024. 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.

OFFICIALS - ALL CLUBS ENTERING 10 OR MORE COMPETITORS WILL BE REQUIRED TO PROVIDE AT LEAST ONE OFFICIAL TO SUPPORT THE EVENT. IF A CLUB DOES NOT HAVE A POOMSAE QUALIFIED REFEREE AS A MEMBER OF THE CLUB, THEY CAN PROVIDE SOMEONE WHO CAN SUPPORT THE EVENT IN ANOTHER WAY E.G. COMPUTER OPERATOR, COMPETITION ASSISTANT/VOLUNTEER.

DIVISIONS

DAN

1ST DAN / POOM AND HIGHER, KUKKIWON HOLDER

(A CLASS: COMPETITORS MUST BE MINIMUM 1ST DAN/POOM GRADE & KUKKIWON OR NATIONAL HOLDER.)

K1

2ND KUP (RED BELT) - 1ST KUP (BLACK TAG)

K2

6TH KUP (GREEN BELT) - 3RD KUP (RED TAG)

K3

10TH KUP (WHITE BELT) - 7TH KUP (GREEN TAG)

* KUP DIVISIONS MAY BE COMBINED IF LESS THAN 3 COMPETITORS IN A DIVISION

PARA - KUP GRADE AND DAN GRADE, FURTHER INFORMATION ON PAGE 8

MAXIMUM OF 120 ENTRIES



METHOD OF COMPETITION

CUT OFF SYSTEM: **SUBJECT TO CHANGE**

1ST ROUND:

IF THERE ARE 21 COMPETITORS OR MORE IN A DIVISION THEN THE COMPETITION WILL START IN THIS ROUND. TWO ASSIGNED COMPULSORY POOMSAE WILL BE REQUIRED TO BE PERFORMED WITH A ONE MINUTE REST PERIOD IN BETWEEN.

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). TWO ASSIGNED COMPULSORY POOMSAE WILL BE REQUIRED TO BE PERFORMED WITH A ONE MINUTE REST PERIOD IN BETWEEN.

FINAL ROUND:

THE TOP 8 COMPETITORS (WITH THE HIGHEST SCORES) FROM THE 2ND ROUND WILL QUALIFY FOR THIS ROUND. TWO ASSIGNED COMPULSORY POOMSAE WILL BE REQUIRED TO BE PERFORMED WITH A ONE MINUTE REST PERIOD IN BETWEEN.

FINAL:

DIVISIONS MAY START IN THE FINAL IF THERE ARE 10 ENTRANTS OR LESS. 11 ENTRANTS OR MORE WILL START IN THE 2ND ROUND.



COMPULSORY POOMSAE:

ALL COMPETITORS MUST PERFORM THE SET POOMSAE AND IF THEY CANNOT THEY WILL BE DISQUALIFIED. ALL COMPULSORY POOMSAE SHALL BE DRAWN, SET AND ANNOUNCED BY THE ORGANISERS THROUGH SOCIAL MEDIA CHANNELS 3 DAYS BEFORE THE START OF THE COMPETITION.

CLASS A (DAN/POOM)

DIVISION Individual (Contestants can only enter a division once)

DAN/POOM GRADES 2024	COMPULSORY POOMSAE
U11 peewee age 9-11 years (born 2015 - 2013)	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
U14 (Cadet) age 12-14 years (Born 2012 - 2010)	Taegeuk 4, 5, 6, 7, 8,Koryo, Keumgang
U17 (Junior) age 15-17 years (Born 2009 - 2007)	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebeak
U30 age 18-30 years (Born 2006 - 1994)	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebeak,Pyongwon,Sipjin
U40 age 31-40 years (Born 1993 - 1984)	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebeak,Pyongwon,Sipjin
U50 age 41-50 years (Born 1983 - 1974)	Taegeuk 8, Koryo, Keumgang, Taebeak ,Pyongwon, Sipjin ,Jitae, Chonkwon
U60 age 51 - 60 years (Born 1973 - 1964)	Koryo, Keumgang, Taebeak, Pyongwon,Sipjin,Jitae, Chonkwon,Hansu
U65 age 61 - 65 years (Born 1963 -1959)	Koryo, Keumgang, Taebeak, Pyongwon,Sipjin,Jitae, Chonkwon,Hansu
U70 age 66 - 70 years (Born 1958 - 1954)	Koryo, Keumgang, Taebeak,Pyongwon,Sipjin,Jitae, Chonkwon,Hansu
71+ age over 71 years(Born 1953 or before)	Koryo, Keumgang, Taebeak,Pyongwon,Sipjin,Jitae, Chonkwon,Hansu

Division Pair (male/female athlete) // Division Team (3 male / 3 female)

DAN pairs / teams must all be of the correct age division (no mixed age teams for DANs)

DAN/POOM GRADES 2024	COMPULSORY POOMSAE
U11 peewee age 9-11 years (born 2015 - 2013)	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
U14 (Cadet) age 12-14 years (Born 2012 - 2010)	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
U17 (Junior) age 15-17 years (Born 2009 - 2007)	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebeak
U30 age 18-30 years (Born 2006 - 1994)	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebeak,Pyongwon,Sipjin
31+ age 31 years and older (Born 1993 or before))	Taegeuk 8, Koryo, Keumgang, Taebeak ,Pyongwon, Sipjin ,Jitae, Chonkwon

KUP GRADES

	Belt Divisions
K1 = 2nd KUP & 1st KUP	red belt & Black tag
K2 = 6th KUP & 3rd KUP	green belt to red tag
K3 = 10th KUP & 7th KUP	white belt to green tag

AGE DIVISION (MALE/FEMALE)
U9 (Mini Peewee) Age 8 yrs and younger (Born later than 2015)
U11 (Peewee) Age 9 yrs - 11 yrs (Born 2015- 2013)
U14 (Cadet) Age 12 yrs - 14 yrs (Born 2012 - 2010)
U17 (Junior) Age 15 - 17 yrs (Born 2009 - 2007)
1st Senior Age 18 yrs - 35 yrs (Born 2006 - 1989)
2nd Senior Age 36 + (Born 1988 or before)

Kup Rules

	Individual	Pair	Team
K1	Compulsory Poomsae (Taegeuk 4,5,6,7,8)	Compulsory Poomsae (Taegeuk 4,5,6,7,8)	Compulsory Poomsae (Taegeuk 4,5,6,7,8)
K2	Competitor's Choice (Taegeuk 3,4,5,6) Must do 2 different poomsae in 1 round	Competitor's Choice (Taegeuk 3,4,5,6) Must do 2 different poomsae in 1 round	Competitor's Choice (Taegeuk 3,4,5,6) Must do 2 different poomsae in 1 round
K3	Competitor's Choice (Taegeuk 1,2,3) Can repeat same Poomsae	Competitor's Choice (Taegeuk 1,2,3) Can repeat same Poomsae	Competitor's Choice (Taegeuk 1,2,3) Can repeat same Poomsae

It is allowed to make a combination of pair/team between K2&K3 athlete

PARA CATEGORY

Para Event Para Categories will also be split into Male / Female and Kup / Dan Grades. Para competitors should enter into the Para category online and e-mail full details and reasons for Para qualification to the event management to: taekwondoscotland1@gmail.com

Para-taekwondo Poomsae Categories and Format:

Male Individual Dan & Kup Divisions

Female Individual Dan & Kup Divisions

Age Groups will be 11 and under, 12-14, 15-17, 18-30 and over 31 years

For the Kup divisions, the competitors may perform two different poomsae of their choice.

For Dan Divisions please check the table below for the Poomsae requirements. For All Sport Classes there is a free choice of one poomsae from Group 1 and one poomsae from Group 2, for each round.

All Para sub classification categories (as specified in the World Taekwondo Para Poomsae Rules – August 2023) will be run.

World Taekwondo classification is not required for this event. However, clubs are expected to enter competitors into the appropriate Sport Class. Clubs may be requested prior to the competition, or on the day of the competition, to provide to the Competition Manager and the Chief Referee written evidence from a medical professional that shows that an entry is appropriate for the Sport Class.

If more information is required, please contact Master Lyndzie (taekwondoscotland1@gmail.com) before registering an entry.

DAN GRADE

Age Category	Group 1	Group 2
Pee wee 11 yrs and below	Taegeuk 4-6	Taegeuk 7-8, Koryo
Cadet 12-14 yrs	Taegeuk 4-7	Taegeuk 8, Koryo, Keumgang
Junior 15-17 yrs	Taegeuk 4-7	Taegeuk 8, Koryo, Keumgang, Taebaek
Senior 1 - 18-30 yrs	Taegeuk 4-8	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin
Senior 2- 31 yrs and older	Taegeuk 4-8	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin

Note: Poomsae Keumgang shall be excluded from range for P30 sport classes

KUP GRADE

For the Kup divisions, the competitors may perform two different poomsae of their choice.

ARBITRATION

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 £75 WILL BE PAYABLE IMMEDIATELY TO THE COMPETITION BOARD. THIS WILL BE REFUNDED IF THE PROTEST IS ACCEPTED AND WON.

SITUATIONS NOT COVERED BY THE RULES - WHERE ANY SITUATION NOT COVERED BY THIS OUTLINE ARISES, IT SHALL BE DEALT WITH BY THE COMPETITION CHAIRMAN AND REFEREE DIRECTOR. THIS DECISION IS FINAL.

AWARDS

1ST, 2ND AND TWO 3RD PLACE MEDALS SHALL BE AWARDED IN EACH CATEGORY. THERE SHALL ALSO BE 1ST, 2ND AND 3RD PLACE OVERALL TEAM TROPHIES BASED ON NUMBER OF MEDALS WON BY EACH TEAM. 9 PTS FOR GOLD, 6 PTS FOR SILVER, 3 PTS / 2 PTS BRONZE.

COMPETITION RULES & METHOD:

WORLD TAEKWONDO COMPETITION RULES WILL BE USED.

WT - RECOGNISED UNIFORM TO BE WORN.

POOMSAE DOBOKS ARE ENCOURAGED BUT STANDARD DOBOKS ARE ALLOWED.

DOBOKS MUST BE APPROPRIATE TO THE DIVISION ENTERED. KUP COMPETITORS WILL NOT BE PERMITTED TO WEAR POOM/DAN DOBOKS.

AGE CATEGORIES ARE BASED ON YEAR OF BIRTH, NOT THE ACTUAL AGE AT THE TIME OF THE COMPETITION.

JEWELLERY IS STRICTLY NOT PERMITTED

INSURANCE

ALL ATHLETES MUST HAVE THEIR OWN INSURANCE AS THE GOVERNING BODY, EVENT

ORGANISERS OR THEIR REPRESENTATIVES WILL NOT BE RESPONSIBLE FOR ANY INJURY OR COSTS INCURRED. ALL COMPETITORS ENTER THIS EVENT AT THEIR OWN RISK.

