

# 2021 ONLINE POOMSAE GRAND PRIX

INFORMATION PACKAGE



TAEKWONDO CANADA

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## ORGANIZATION

### EVENT ORGANIZER

Taekwondo Canada  
2451 Riverside Drive, Ottawa, Ontario  
K1H 7X7

Email: [events@taekwondo-canada.com](mailto:events@taekwondo-canada.com)

Telephone: (613) 695-5425

## EVENT DATES

June 12, 2021 – December 12 2021, 2021

- 2021 Online Poomsae Grand Prix Qualifying Events:
  - 2021 Online Poomsae Grand Prix I - June 12-13, 2021
  - 2021 Online Poomsae Grand Prix II - September 11-12, 2021
  - 2021 Online Poomsae Grand Prix III - November 13-14, 2021
- 2021 Online Poomsae Grand Prix Final - December 11-12, 2021 → Invitation only

## PLATFORM

Online platform through YouTube to collect video submissions.

## ELIGIBILITY

### ATHLETES

- Must be in good standing with their P/TSOs and Taekwondo Canada
- Black Belt athletes must have a Kukkiwon certificate

## POOMSAE COMPETITION

Athletes do not have to remain in the same division for each event. Athletes are permitted to change divisions as they advance to higher belt levels throughout the year.

Due to differences in scoring/deductions:

- Black Belt athletes are not permitted to change divisions between the Recreational Black Belt division and the High-Performance Black Belt division
- Colour Belt athletes moving into a Black Belt division during the event will only be permitted to compete in the Recreational Black Belt Division

———— **RECOGNIZED POOMSAE: INDIVIDUAL MALE OR INDIVIDUAL FEMALE** ————

Division	Born	Compulsory Poomsae
10-8 Gup	2014+	Taegeuk 1 or 2
	2012-2013	
	2010-2011	
	2007-2009	
	2004-2006	
	1991-2003	
	1981-1990	
	1971-1980	
	1961-1970	
	1956-1960	
	1955 and earlier	

Division	Born	Compulsory Poomsae
7-5 Gup	2014+	Taegeuk 3, 4, or 5
	2012-2013	
	2010-2011	
	2007-2009	
	2004-2006	
	1991-2003	
	1981-1990	
	1971-1980	
	1961-1970	
	1956-1960	
	1955 and earlier	

Division	Born	Compulsory Poomsae
4-1 Gup	2014+	Taegeuk 6, 7, or 8
	2012-2013	
	2010-2011	
	2007-2009	
	2004-2006	
	1991-2003	
	1981-1990	
	1971-1980	
	1961-1970	
	1956-1960	
	1955 and earlier	

Division	Born	Compulsory Poomsae
Black Belt	2014+	Koryo, Keumgang, or Taebaek
	2012-2013	
	2010-2011	
	2007-2009	
	2004-2006	
	1991-2003	
	1981-1990	
	1971-1980	
	1961-1970	
	1956-1960	
	1955 and earlier	

Division	Born	Compulsory Poomsae
High-Performance Black Belt	2014+	Koryo, Keumgang, or Taebaek
	2012-2013	
	2010-2011	
	2007-2009	
	2004-2006	
	1991-2003	
	1981-1990	
	1971-1980	
	1961-1970	
	1956-1960	
	1955 and earlier	

## REGISTRATION

Registration will be through an online form located on the [Taekwondo Canada website](#).

### REGISTRATION FEES

Category	Registration Rate (CAD)
Individual Recognized Poomsae	\$50 CAD

### REGISTRATION TIMELINE

Event	Registration Window for ALL DIVISIONS	Access to Registration Form
2021 Online Poomsae Grand Prix I	Monday, May 31, 2021 to Tuesday, June 8, 2021	<a href="#">Link to registration form</a>

2021 Online Poomsae Grand Prix II	Monday, August 30, 2021 to Tuesday, September 7, 2021	<a href="#">Link to registration form</a>
2021 Online Poomsae Grand Prix III	Monday, November 1, 2021 to Tuesday, November 9, 2021	<a href="#">Link to registration form</a>
2021 Online Poomsae Grand Prix Final	To be Determined (TBD)	Invitation Only

**\* Registration windows will open at 12:00 AM ET and close 11:59 PM ET for each event. \***

Athletes do not have to remain in the same division for each event. Athletes are permitted to change divisions as they advance to higher belt levels throughout the year.

## COMPETITION FORMAT

### POOMSAE COMPETITION – INDIVIDUAL RECOGNIZED POOMSAE

Competition will be held through pre-recorded videos. All videos must abide by the video recording technical specifications published by World Taekwondo (See [Rules](#) section).

Poomsae videos will be uploaded using a single video to the personal or club YouTube channel. Video YouTube links must be submitted at the time of registration prior to each event's deadline on the registration form.

**Athletes will select one compulsory poomsae of their choice from those listed in their division outlined in the [Poomsae Competition Section](#).**

### SCORING

A minimum of three (3) judges will score both presentation and accuracy. The average of the three (3) scores will be the athlete's final score.

The maximum possible score based on presentation and accuracy is 10.0.

In the event of a tie, the athlete with the higher presentation score will determine the winner. If the score is still tied, then the two videos shall be scored by a panel of at least three (3) different judges.

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## JUDGING

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Poomsae YouTube links must be uploaded at the time of registration prior to each applicable event deadline. Judging will occur over the Saturday and Sunday (competition dates), with results being determined by the highest average score. Poomsae judging will not be live or streamed online.

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## RESULTS

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Results will be determined using the highest average scores. Results will be posted on the Taekwondo Canada website on the Tuesday following the competition dates (ie. Online Poomsae Grand Prix I scheduled on June 12-13, 2021 – Results will be posted Tuesday, June 15, 2021).

# RULES

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## DEDUCTIONS

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### HIGH PERFORMANCE BLACK BELT DIVISION

- – 0.3 points deduction from accuracy:
  - Each extra step taken to move around object or due to inadequate space
  - Each hand and/or feet movement that cannot be seen by the referee as the participant moves beyond the camera's view
  - Each hand and/or feet movement that cannot be seen by the referee due to poor lighting (ie. Backlighting, lighting too bright/dim, etc.)
  - Each kihap and/or stomp that cannot be heard by the referee
- – 0.3 points deduction from the final score will be given for the following
  - Overtime (at more than 90 seconds)
- – 0.6 points deduction from the final score will be given for the following:
  - Wearing incorrect dobok
  - Wearing incorrect belt
  - Wearing footwear and/or hand coverings (ie. shoes, socks, gloves, etc.)
  - Wearing jewelry
  - Object, person, or pet coming into view during poomsae
  - A restart
- Disqualification will be issued for the following:
  - Video does not comply with the recording guidelines provided by World Taekwondo (see [Video Requirements](#))
  - Video has been edited or shows proof of editing
  - Display of political, religious and non-recognized NOC flags
  - Movement of camera during performance (up/down and zoom in/out)
  - Athlete performs a poomsae other than the designated poomsae for his/her division

## ALL OTHER DIVISIONS

- Major accuracy deductions (-0.3) will apply for the following at each instance:
  - Extra step taken to move around object or due to inadequate space
  - Missing kihap and/or stomp
  - Hand and/or foot movement out of the camera's view or due to poor lighting
- A one-time -0.6 deduction will apply for each of the following occurrences:
  - Camera moving during performance (no zooming in/out or panning left/right permitted)
  - Object, person, or pet coming into view during poomsae
  - Wearing footwear and/or hand coverings (ie. shoes, socks, gloves, etc.)
  - Restart
- Disqualification:
  - Athlete performs a poomsae other than the designated poomsae for his/her division
  - Video does not comply with the recording guidelines provided by World Taekwondo (see [Video Requirements](#))

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## VIDEO REQUIREMENTS

- All videos must abide by the video recording technical specifications published by World Taekwondo (See technical specifications [here](#)).
- **Entirety of the Poomsae must be captured in one continuous recording**
  - **\*Beginning from *Charyeot* (attention) stance and ending at *Shi-o* (rest).** Any video that is not one continuous recording and begins partway through the poomsae will not be scored and marked disqualified.\*
- Video editing is prohibited
- Displays of political, religious and non-recognized NOC flags are prohibited

## QUALIFYING FOR ONLINE POOMSAE GRAND PRIX FINAL

An athlete will be invited to the Poomsae Grand Prix Final if:

- The athlete competes in all three (3) Online Poomsae Grand Prix Qualification Events prior to the Finals (Online Poomsae Grand Prix I, Online Poomsae Grand Prix II, and Online Poomsae Grand Prix III)

### OR

- The athlete earns a medal in at least one Online Poomsae Grand Prix Qualification event and competes in two Online Poomsae Grand Prix Qualification Events prior to the finals

Online Poomsae Grand Prix Final invitations will be sent via email following the completion of the Online Poomsae Grand Prix III Event. Athletes that have qualified for the Online Poomsae Grand Prix Final should expect to have their invitations by the end of November 2021.



## AWARDS

For each Online Poomsae Grand Prix Event:

Certificates of Achievement will be awarded to the top four (4) individuals in each division. These certificates will be printed as hardcopies and will be shipped to each individual.

Certificates of Participation will be sent to all individuals that compete and will be delivered via email.

## EQUIPMENT

### HIGH PERFORMANCE BLACK BELT DIVISION

**Cadet Division (Ages 12-14):** White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.



**Junior and Senior Division (Ages 15-49):** White top with dark blue pants for males; white top with light blue pants for females.



**Master Division (Ages 50 and up):** Yellow top and dark blue pants for both males and females.



### ALL OTHER DIVISIONS

Any World Taekwondo (WT) style uniform

## LIABILITY AND WAIVERS

As a requirement for event registration, participants must agree to the terms and conditions listed in [Appendix A](#).

PARTNERS



Canada 

SPONSORS



## APPENDIX A

### PARTICIPANT AGREEMENT/WAIVER

Thank you for your interest in the Online 2021 Poomsae Grand Prix. As a requirement for event registration, you must agree to the following terms and conditions:

I declare that I am over the age of 18 years old or I am a parent/guardian of a participant under the age of 18 years old.

1. I understand that as a condition of event participation, I must have insurance coverage in the event that I require emergency medical treatment. I may be asked to provide proof of my insurance information to the event organizers as a condition of participation.
2. I am fully aware of the risks involved and the degree of fitness required in taking part in this event. I accept that the event organizers and their agents cannot be held responsible for any injury or loss, however caused.
3. I have not suffered a concussion for which I have not been medically cleared to compete, or suffered a concussion for which I have not been treated in the last 30 days.
4. I understand that I am expected to have completed Making Head Way in Sport and have familiarized myself with concussion return to play steps.
5. I agree to allow Taekwondo Canada and their agents to capture myself on still image or video for the purposes of promotion.
6. I understand that all fees are NON-REFUNDABLE.
7. I understand that all athletes and their clubs are required to register with Taekwondo Canada prior to registration.
8. I have reviewed and understand the anti-doping policies of Taekwondo Canada, WADA and CCES.
9. Athletes and coaches must adhere to the policies of the World Anti-Doping Agency (WADA). I understand that as a participant, I, or my athlete, may be subject to anti-doping testing.
10. I have reviewed the list of prohibited substances recognized by WADA found on the Prohibited List.
11. I understand that an athlete is required to declare a Therapeutic Use Exemption (TUE) for medication used for illness or other medical reasons if the medication is on [WADA's 2021 Prohibited List](#). More information on TUE can be found [here](#).