



ONLINE RIGA OPEN POOMSAE AND PARA POOMSAE CHAMPIONSHIP 2020

OUTLINE

Organizer	<p>Latvian Taekwondo Federation Address: Raunas iela 44 k-1, Rīga, LV-1039 Telephone: +371 29 557 526 www.taekvondo.lv</p>
Contact Person	<p>Sabine Sudraba Telephone – +371 26454029. E-mail - sabinesudraba@inbox.lv</p> <p>Sandris Radzins Telephone – +371 29473987. E-mail - sandris.radzins@lspa.lv</p>

Venue	Stay Home, Be Online
Date	19.12.2020 – 20.12.2020
Competition Rules	World Taekwondo Poomsae Competition Rules & Interpretation, in force as of May 14, 2019
Registration Deadline	Until 14.12.2020, 23:59 (fill out the google docs form)
Payment Deadline	Until 16.12.2020, 23:59
Deadline Video Submission Date	Until 16.12.2020, 23:59 (fill out google docs form)

Support	   <p>Izglītības un zinātnes ministrija LATVIJAS OLIMPIŠKĀ KOMITEJA LATVIJAS SPORTA FEDERĀCIJU PADOME</p>
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Poomsae Divisions

	B class - color belt	A class - black belt
	male / female	male / female
	Semi-finals	Semi-finals
Kids 1 (2015 - 2012)	Taegeuk 1,2,3 Can repeat poomsae! (but mandatory to make a new video for each round)	— —
Kids 2 (2011 - 2009)	Taegeuk 1,2,3 Can repeat poomsae! (but mandatory to make a new video for each round)	— —
Cadet (2008 - 2006)	Taegeuk 2,3 Jang	Taegeuk 4,5 Jang
Junior (2005 - 2003)	Taegeuk 2,3 Jang	Taegeuk 4,5 Jang
Senior (18+)	Taegeuk 2,3 Jang	Taegeuk 4,5 Jang
	Final	Final
Kids 1 (2015 - 2012)	Taegeuk 1,2,3 Can repeat poomsae! (but mandatory to make a new video for each round)	— —
Kids 2 (2011 - 2009)	Taegeuk 1,2,3 Can repeat poomsae! (but mandatory to make a new video for each round)	Taegeuk 1,2,3 Can repeat poomsae! (but mandatory to make a new video for each round)
Cadet (2008 - 2006)	Taegeuk 4,5 Jang	Taegeuk 5,6 Jang
Junior (2005 - 2003)	Taegeuk 4,5 Jang	Taegeuk 5,6 Jang
Senior (18+)	Taegeuk 4,5 Jang	Taegeuk 5,6 Jang

Para Poomsae Divisions

Kup Divisions	Dan Divisions
Age of contestant: 1) Kids (2015-2009), 2) Cadet(2008-2006), 3)Senior(18+)	Age of contestant: 1) Kids (2015-2009), 2) Cadet(2008-2006), 3)Senior(18+)
Must Perform any standard recognized WT Poomsae	Must Perform any standard recognized WT Poomsae

P11/P12/P13 – 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)
P31/P32/P33/P34 – Physical Impairments (Compulsory Poomsae will be specified)
P40 – Limb Deficiency (Competitor’s choice Poomsae)
P50 – Wheelchair Classes (Competitor’s choice Poomsae)
P60 – Deaf (Competitor’s choice Poomsae)
P71/P72M - Short Stature (Competitor’s choice Poomsae)

All Para participants submit one video with two poomsae for the final!

<p>Competition System</p>	<p>Cut off system. All competitors start at Semi-Finals and directly progress to compete in the Final. The top 8 (if the category holds more than 12 competitors) will progress to the Final round. All competitors shall perform 2 Poomsae for each round of competition.</p> <ul style="list-style-type: none"> • Semi-Finals: 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: Dan 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.
	<p>Poomsae competition uniform: All contestants may wear WT-approved Poomsae competition uniform. If contestants don’t have WT-approved Poomsae competition uniform, contestants are able to wear any white colored uniform with the logo covered. Competition will be livestreamed through our YouTube channels during event days. Competition schedule is approximate and may subject change by organizing committee. Please follow our Facebook channel for the latest updates.</p> <p>All competitors have to mandatory register through https://bit.ly/3qe2L25</p>
<p>Specific rules of online video competition</p>	<p>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</p>

	<p>0.3 deduction will be given if any part of the body goes out of view. See illustration below as set up guideline:</p> <ul style="list-style-type: none"> • 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. • If your video has been edited, with the exception of adding graphics to display your national flag and your name, it will be rejected. <ul style="list-style-type: none"> • 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. • Videos must be set on visible to all. We urge competitors to upload well in advance as to not run into technical upload difficulties hours before the deadline entry.
<p>Awards</p>	<p>Virtual participation certificate and medals winner certificate will be awarded to the top 3 scoring competitors from each category. 1st place: will be awarded a Gold Medal Certificate. 2nd place: will be awarded a Silver Medal Certificate. 3rd place: will be awarded a Bronze Medal Certificate.</p> <p>A physical medal is available for all top 3 competitors. Coaches will receive the option for their athletes to opt in on this medal one week after the competition. By opting in the coach accepts to pay for postage for sending out the medal(s) for his club. The organization will inform the coach of the total postage cost for his/her team.</p>
<p>Payment entry</p>	<p>Individual - 10 EUR</p> <p>Must be paid until 16.12.2020, 23:59 via bank transfer</p> <p>Latvijas Taekvondo Federacija Bank - Luminor DNB IBAN - LV91RIKO0000084868132 SWIFT - RIKOLV2X Online Riga Open 2020 + (Name)</p> <p>Registrations are only valid when payments have been received and can be confirmed by the Bank and the Organizer. Starting fee is not refundable.</p>