



WORLD TAEKWONDO FEDERATION

TECHNICAL GUIDELINE



WTF Global Partners:



1. Rules & Regulation

- A. The World Taekwondo Beach Championships shall be operated and governed by these Technical Guidelines (“Guidelines”) and by WTF Poomsae Competition Rules and Interpretations will be applied.
- B. In case of a conflict between these Guidelines and the WTF Poomsae Competition Rules and Interpretations, the Guidelines will be prevailing.
- C. For matters unspecified by the Guidelines and WTF Poomsae Competition Rules and Interpretations the Technical Delegate will make the final decision.

2. Outfits

- A. Competitors are free to select the outfits of their choice from a range of options: from a traditional Taekwondo competition uniform (Dobok) to conventional beach clothing.
- B. The concept of the beach championships is to present taekwondo in a new environment and in uniquely expressive formats including breaking and freestyle Poomsae. By opening up the choice of outfits it is hope that competitors will be able to more fully express their creativity. (However, outfits will not be considered in scoring.)
- C. Below are the guidelines for outfit selection. There are also some samples on the WTF and OC website, which can be used for reference purposes. But again, competitors are free to choose colors, styles and designs based on the below guidelines.

Male Competitors

TOP:

- Dobok top
- Long-sleeve t-shirt
- Short-sleeve t-shirt
- Sleeveless t-shirt
- Topless (no shirt)

BOTTOM:

- Dobok pants
- Dobok pants, shortened
- Shorts (any style)

Female Competitors

TOP:

- Dobok top
- Long-sleeve t-shirt
- Short-sleeve t-shirt
- Sleeveless t-shirt
- Sports top

BOTTOM:

- Dobok pants
- Dobok pants, shortened
- Shorts (any style)

[Sample Outfits]





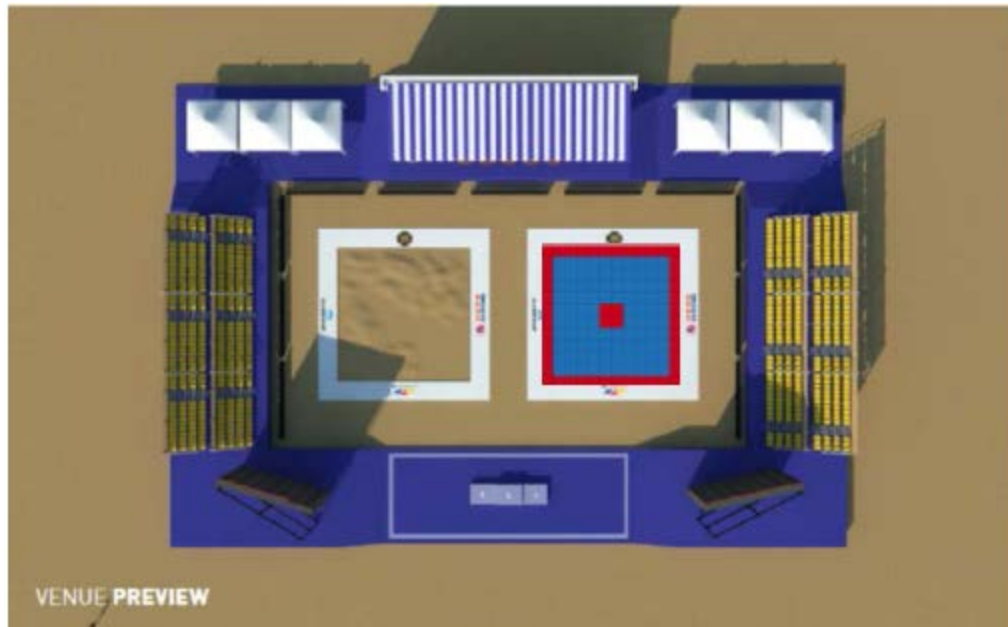




3. Competition Area

- A. Recognized Poomsae & Free Style Poomsae: The competition area will be 12m x 12m on sand surface on the beach, there will be no shade for sun in competition area.

- B. Technical Breaking & Free Style Dynamic Kicks & Team Demonstration: The competition area will be 12m x 12m on the mat on the beach, there will be no shade for sun in competition area.
- C. For certain events, including some technical breaking events, jumping plate(s) may be installed in the competition area.



4. Poomsae Events

- A. The contestant will perform Poomsae on the sand court in bare feet.
- B. There will be five judges from the preliminary rounds to quarterfinals; there will be seven judges for semi-finals and final match.
- C. Judges will make instant decisions at the end of each match by raising a blue or red flag. There will be no written or recorded scoring.
- D. All Poomsae events shall use a single elimination tournament format.

5. Technical Breaking Events

- A. Technical Breaking Events consist of four different sub-events.
 - i. Event 1: Jumping Kick Multiple Breakings
 - ii. Event 2: Spinning Kick Breakings
 - iii. Event 3: Step on Jumping Kick Breakings
 - iv. Grand Champion Event: Free Setup Breakings + Event 1-3

- B. The Top three contestants of event 1, event 2, and event 3 will receive awards.
- i. In the case of a tie, the winner will be the contestant who broke the most boards in total; or if there is still a tie, the winner will be the contestant who had the highest score in the final breaking event; or if there is still a tie, then contestant who had the highest score in the second to breaking event; or if there is still a tie, then the highest score in the first event.
 - ii. If there is a tied score in all areas, the judges will decide the winner(s) by vote.
- C. Each contestant is eligible to participate in one or more of Technical Breaking Events 1, 2 and 3.
- D. Contestants to compete in the Grand Champion Event must have scores from all three individual breaking events.
- E. Selection of contestants to compete in the Grand Champion Event will be decided by the total scores obtained in all three individual breaking events. The top 8 scored contestants in total shall compete in the Grand Champion Event.
- F. If there is tie scores among competitors, the tie will be broken by the order of scores of Event 3 and then Events 2. If scores of each three event are all same the judges will decide the contestant(s) by vote who will compete in the Grand Champion event
- G. The Grand Champion Event will not be awarded as an individual break event. The winner will be decided by the sum of scores from the Free Setup Breaking event combined and scores from breaking events 1-3. Awards will be given to 1st, 2nd, 3rd places.
- H. For the Free Setup Breakings for the Grand Champion Event, the lowest scored contestant in the previous three events will perform first, and then the next lowest, so on.

6. Technical & Scoring Guidelines for Technical Breaking Events

A. Event 1: Jumping Kick Multiple Breaking Event

- i. Breaking 1: Jumping Triple Yup-chagi Breaking 43 points
(Jumping Triple side-kick Breaking)
 - ① 3 Boards, 10 points per Board broken
 - ② 10 points for Technical Evaluation
 - ③ Plus 3 points for each additional board breaking, deduction of 3 points for a missed board when set up 4 boards or more.
- ii. Breaking 2: Jumping Triple-Dollyeo-chagi Breaking 43 points
(Jumping Triple Roundhouse-kick Breaking)
 - ① 3 Boards, 10 points per Board broken
 - ② 10 points for Technical Evaluation
 - ③ Plus 3 points for one additional board breaking, deduction of 3 points for a missed board when set up 4 boards or more.
- iii. Breaking 3: Jumping Gawi-chagi Breaking 43 points
(Jumping Scissors-kick Breaking)

- ① 3 Boards, 10 points per Board broken
 - ② 10 points for Technical Evaluation
 - ③ Plus 3 points for one additional board breaking, deduction of 3 points for a missed board when set up 4 boards or more.
 - ④ No punch allowed with Gawi-Chagi
- iv. There shall be a wooden plate provided to use as step to jump.
- v. Technical Evaluation:
- ① Height of & distance among Boards
 - ② Magnitude, Power, & Articulation of Kicking Motions
 - ③ Balance of Landing
 - ④ NOT the number of boards broken_

B. Event 2: Spinning Kick Breaking Event

- i. Break 1(Horizontal Spinning Kick): 540° Triple Duiwhoreo-Chagi Breaking 43 points
(540° Triple Spinning Kick Breaking)
- ① 3 Boards, 10 points per Board broken
 - ② 10 points for Technical Evaluation
 - ③ Plus 3 points for one additional board breaking, deduction of 3 points for a missed board when set up 4 boards.
- ii. Breaking 2 (Vertical Spinning Kick): Jaebidolah-chagi Breaking 33 points
(Jumping Flip kick Breaking)
- ① 2 Boards, 10 points per Board broken
 - ② 10 points for Technical Evaluation
 - ③ Plus 3 points for one additional Board breaking, Deduction of 3 points for a missed board when set up 3 boards.
- iii. Technical Evaluation:
- ① Height of & distance among Boards
 - ② Magnitude, Power, & Articulation of Kicking Motions
 - ③ Balance of Landing

C. Event 3: Step on Jumping kick Breaking

- i. Breaking 1: Step on Jumping Multiple Kicks 43 points
- ① 3 Boards, 10 points per Board broken
 - ② 10 points for Technical Evaluation

- ③ Plus 3 points for one additional Board Breaking, deduction of 3 points for a missed board when set up 4 boards.

ii. **Breaking 2: Step on Jumping flip/spinning/twist flip Kicks** **50 points**

- ① If the contestant fails to break any board, he/she may still receive maximum 40 points and minimum 20 points based on technical quality of the movement.
- ② If the contestant breaks more than one board, the judges shall not considered the numbers of boards broken into scoring. Judges shall evaluate only technical quality of the movement.

iii. **Technical Evaluation**

- ① Height,
- ② Type of kick,
- ③ Power of kick
- ④ Balance of landing

D. Grand Champion Event: Free Setup Breaking

- i. Free setup: The contestant may be free to set up the breaking boards and to choose breaking techniques.
- ii. Maximum 10 Boards: The number of boards is limited in 10 boards per contestant.
- iii. Technical Evaluation

- ① Creativity & Difficulty of Tasks 40 points
- ② Composition & Setup 30 points
- ③ Quality of kicking movements 30 points

E. Content Time

All the Technical breaking events shall be completed in 1 minute 30 seconds. Every 5 seconds over time shall be 5 point deduction.

7. Team Demo Contest

- A. Composition of Team: Between 5 to 12 persons (no points for numbers of Members)
- B. All gender compositions allowed (all Male; all Female; or a Male & female combination)
- C. Contents of Performance: should include Poomsae, Breaking, Hoshinsul(Self-defense). Contestants are free to choose other technical contents.
- D. Breaking materials: free selection except toxic or dangerous materials
- E. Duration of Performance: within 5 minutes (for every 5 seconds overtime there shall be a 5 point deduction)
- F. Music & Stage material, if any, must be prepared by the Team

G. Evaluation

i.	Creativity of Setup	30 points
ii.	Difficulty of Tasks	30 points
iii.	Quality of kicking movements	20 points
iv.	Overall Composition & Flow	20 points

8. Dynamic Kicks Contest - Extreme Kicks & Breakings

A. Preliminary Stage:

- i. Individual contestant performs dynamic kicking combination with free style movements in 30 seconds.
- ii. Top 8 highest scoring contestants will qualified to compete in the final stage

B. Final Stages:

- i. Final stages shall be in single-elimination tournament format.
- ii. After completion of the preliminary stage, there will be a random drawing of lots.
- iii. Each match in final stage consists of three rounds of performance
 - ① 1st Round: Free Dynamic Kicking Combination Performance
 - ② 2nd Round: Creative Breaking
 - ③ 3rd Round: Combination of Free Dynamic Kicking Combination & Creative Breaking
- iv. Evaluation shall be made at the end of each round by Judges
- v. The winner will be the contestant who gets the winning decision in two rounds. If a contestant wins round 1 & 2 consecutively, there will be no 3rd round.

9. Others

- A. All the breaking boards shall be provided by organizing committee.
- B. Each athlete and teams are responsible for bring their own staff(s) to assist their performance such as holding the board ...etc.
- C. Any ambiguity on technical guidelines shall be clarified during the head of team meeting.