

Vietnam 2024 Asian Open Police Taekwondo Championships

Outline of competition



**Organizing Committee of
Vietnam 2024 Asian Open Police
Taekwondo Championships**

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VIETNAM 2024 ASIAN OPEN POLICE TAEKWONDO CHAMPIONSHIP

Slogan of the Tournament

The Strength of Police!! Police Taekwondo who protects the Safety of World Citizen!

The Purpose

1. A festival to celebrate the unity of police Taekwondo around the world
2. Raising the profile of the World Police Taekwondo Federation in pursuit of the health, safety and happiness of the world's people
3. The promotion of patriotism and national view of the nation as a self-defense martial art
4. Enhance the educational value of police Taekwondo through Organized education and training
5. Strengthening the status of police taekwondo in Vietnam
6. Strengthen the position and image of the Vietnam People's Police force

Overview of the Tournament

1. Title: Vietnam 2024 Asian Police Taekwondo Championships.
2. Period: December 6th (Friday) to 9th (Monday) 2024
3. Location: Quang Ninh Indoor Gymnasium (Dai Yen, Ha Long, Quang Ninh Province, Vietnam)
4. Promoter: World Police Taekwondo Federation
5. Organizer: Vietnam People's Public Security Sports Association
6. Classification:

Competition categories	Vietnam 2024 Asian Open Police Taekwondo Championships	Vietnam 2024 Asian Police Taekwondo Festival
Participation Qualifications	National Police Officers	Children, Youth, Young Adults, Senior
Category	Kyorugi, Poomsae, Self-Defense, Breaking, Comprehensive Team Competition	Kyorugi, Poomsae(A/B), Freestyle Poomsae, Taekwondo gymnastics, Breaking(Individual, Comprehensive Team Competition

7. Registration

● Application Dates and Methods

1) Registration & Entry Fee Payment Period: Oct ~ Nov. 13th Wednesday 2024

* If the participation fee is not paid, your application may be canceled.

2) Submission documents (Can not be changed after submission)

● Registration Methods

- Online registration: TaekwonSoft (taekwonin.com/policetkd2024)

● Entry Fee

Entry Fee			
Individual		Team	
Domestic	Overseas	Domestic	Overseas
VND 200,000/each	US 30\$/each	VND 500,000/team	US 50\$/team

*Entry fee cannot be refunded after submission for no reasons.

*The OC shall collect the entry fees from the participating national teams. The national team shall pay an entry fee to the Organizing Committee by bank transfer and cash in US\$ at the registration center in the host hotel prior to the Head of Team meeting. Athletes shall not be allowed to compete without unsuccessful payment of entry fee to the Organizing Committee.

* Banking Information

- Account number: 1048568423

- Bank name: VIETNAM JOINT STOCK COMMERCIAL BANK FOR FOREIGN TRADE.

- Account address: No 148 HOÀNG QUỐC VIỆT STREET, NGHIA TAN WARD, CẦU GIẤY DISTRICT, HÀ NỘI, VIỆT NAM

- Beneficiary: Vietnam People's Public Security Sports Association

- Currency: US Dollar (USD)

- Swift code: BFTVVNVX049

8. Main Events:

Date	Event	Location
Oct ~ Nov.13 rd	• Registration & payments	Online Application
Dec 4 th ~ 5 th	• Registration On-site accreditation	Quang Ninh Indoor Gymnasium
Dec 5 th	• Referee refresher course	Quang Ninh Indoor Gymnasium
Dec 5 th	• Representative meeting • Foreign team entry and registration	Quang Ninh Indoor Gymnasium
Dec 6 th (Fri)	• Opening ceremony / performance / Welcome banquet • Competition (individual, group preliminary round)	Quang Ninh Indoor Gymnasium
Dec 6 th (Fri) ~ 9 th (Mon)	• Competition (individual, group preliminary round and individual, group final round)	
Dec 9 th (Mon)	• Competition (individual, group final round) • Awarding ceremony / Closing ceremony	

※ The above schedule may be changed depending on on-site situations.

9. Bracket Draw & Delegate meetings

- Bracket draws: by ONLINE 11/20/2024 (detailed schedule will be posted later)
- Delegation meeting Date: Dec 5th, 2024, Viet Nam time
- Place: Quang Ninh Indoor Gymnasium

10. Awards:

Each event has one first placer or team, one second placer or team, and two third placers or teams.

10.1. Award details:

1) Individual

- First Place (1 person): Certificate, gold medal.
- Second Place (1 person): Certificate, silver medal.
- Third Place (2 persons): Certificate, bronze medal

2) Team

- First Place (1 team) Certificate (team, individual), large trophy(team), gold medal (individual)
- Second Place (1 team) Certificate (team, individual), medium trophy(team), silver medal(individual)
- Third Place (2 teams) Certificate (team, individual), small trophy(team), bronze medal(individual)

11. Appealing

- The athlete is the person registered as the team representative.
 - *Athletes who do not belong to an organization (team) and compete in individual competitions are both representatives and athletes.
- The Appeals Review Process
 - 1) If you want to appeal a decision, you must submit your appeal, along with any supporting documents and evidence, within 10 minutes after the end of the competition. And the Appeals Committee has 30 minutes to complete the results.
 - 2) The appeal fee is US\$500.
 - 3) The deliberation of the appeal shall be decided by a majority of the members of the appeal committee. However, in the event of a tie, the chairperson shall cast the deciding vote.
 - 4) The Appeals Committee may summon and hear the judges involved in the competition as necessary.

The decision of the Appeals Committee is final and may not be challenged by anyone. Athletes or representatives who do not attend the meeting cannot file an appeal.

12. Referees

- 1) The required number of Referees shall be determined in accordance with the Federation Rules.
- 2) Round trip airfare shall be the responsibility of each participating Referee, while the Organizing Committee will cover accommodation from Dec 4th to 9th, 2024.

13. Contact

1) World Police Taekwondo Federation

- ADDRESS : 647 Eonju-ro, 3fl, Gangnam-gu, Seoul, Korea
- TELEPHONE: +82 10-5021-9571
- E-MAIL : wptf2023@gmail.com
- WEB-SITE : www.wptf21.org

2) Vietnam People's Public Security Sports Association

- ADDRESS: 52 Le Dai Hanh, Hai Ba Trung District, Hanoi City, Viet Nam
- TELEPHONE: +84 592189189; +84 994189189.
- E-MAIL: cvphhttcandvn@gmail.com

14. Immigration Information and Accommodation for Foreign Participants

- Shuttle Bus

- Arrival: Dec 4th ~ 5th, 2024 (Wednesday or Thursday) VAN DON international Airport or CAT BI international Airport or NOI BAI international Airport → Quang Ninh Indoor Gymnasium → Accommodation (Check-in)

- Departure: 10th Dec 2024, (Check-out) → VAN DON international Airport or CAT BI international Airport or NOI BAI international Airport

* All International participants must inform the Organizing Committee of their arrival and departure flight arrangements by Friday, 15 November, 2024.

* All International participants who have not notified their arrival and departure flight schedule will be restricted from using the shuttle bus.

○ Accompanying international athletes:

Guests travelling with the international team are limited to two per team and must pay a fee of US\$150 per person to cover accommodation, breakfast, lunches, dinners and shuttle bus.

○ Accommodation and meals

- Hotel Information: MUÔNG THANH HOTEL (4 ~ 5 Star)

- Option 1: US\$80 per athlete
- Option 2: US\$100 per athlete
- Option 3: US\$120 per athlete

- Included conditions: Airport shuttle, hotel and competition venue, free Wi-Fi, swimming pool, etc.

- Included: Double/Twin room 5 nights with breakfast, lunch & dinner) / Check-in time: 14:00 p.m. / Check-out time: 12:00 p.m.

○ Conditions for participating teams

Round-trip Airfare and Accommodation: Round trip airfare and accommodation charges of room and board shall be borne by the participating member National Association

VIETNAM 2024 ASIAN OPEN POLICE TAEKWONDO CHAMPIONSHIP

The Outline of the Championship

I. Kyorugi

1. Qualification: Member of National Police Force

2. Competitions: Individual and Team (Male/Female)

a. Individual (Male/Female)

Weight Divisions(kg)

Category	Class	Weight	Category	Class	Weight
Male	-58kg	up to 58kg	Female	-49kg	up to 49kg
	-68kg	58kg~ 68kg		-57kg	49kg~ 70kg
	-80kg	68kg~ 80kg		-67kg	57kg~ 67kg
	-87kg	80kg~ 87kg		-73kg	67kg~ 73kg
	+87kg	over 87kg		+73kg	over 73kg

* Method of competition: Single elimination tournament system for each division.

b. Team event 3-person (Male/Female)

Weight Divisions(kg)

Category	Total Weight	
	3 main players	1 reserve player
Males	below 240kg	below 320kg
Females	below 192kg	below 256kg

3. Competition Rules Individual (Male/Female)

- Competitions follow the Federation Rules.

- Organizing Committee will provide **TS** electronic body protector and electronic headgear. Competitors must bring their own mandatory safety equipment: groin guard, forearm guard, shin guard, gloves, mouthguard, etc.

- All competitors must wear Taekwondo uniform (Dobok) or a Dobok recognized by the World Police Taekwondo Federation.

3.1. Competition Time:

2 minutes 3 rounds with 1 minute break (Apply best-of-three match rules).

- *However, match times may be adjusted by the Organizing Committee.
- The Competition Area: The Competition Area shall be square shaped and the size shall be no smaller than 10mx10m and no larger than 12mx12m. At the center of the Competition Areas shall be the octagonal-shape Competition Area. The Competition Areas shall measure approximately 8m in diameter, and each side of the octagon shall have a length of approximately 3.3m. Between the outer line of the Competition area and the boundary line of the Competition area is the Safety Area. The Competition Area and the Safety Area may be different colors, as specified in the relevant competition's Operational Manual.

4. Competition Rules Team (Male Team and Female Team)

4.1. Each team must enter 3 athletes in minimum and maximum 4 athletes including 1 substitute.

4.2. Each team can designate 3 main athletes. Substitution of competitor(tag) shall be allowed without any limit, but each competitor must fight for 15 seconds or more to be replaced.

4.3. All competitions shall be carried out for 3 rounds – 3 minutes per round with 1 minute break between rounds, based on tag team match format.

- The 1st round shall be conducted based on traditional team match format for 1 minute per competition. It means that the athletes shall compete against his/her counterparts of the opposing team (same numbered athlete) in the order from lighter to heavier. Final score of each team that is total points scored by all athletes of the team shall be accumulated.
- The 2nd round shall be conducted for 3 minutes based on in order of 3 athletes which coach has submitted in half hour prior to the competition. However, the first player of the 2nd round shall be chosen between the number 1st or 2nd player and the 1st player shall not be allowed to compete as 2nd or 3rd player of the 2nd round.
- The 3rd rounds shall be conducted based on tag-team match format.
- The numbers of replacement shall be allowed in maximum of 12 times per round

4.4. Each team must submit to the responsible technical official designated by the Federation the order of participants for the first round of competition according to each athlete's weight (from light to heavy). The order must be marked on each participant's body protector for identification

4.5. The team that reaches 30 “Gam-jeom” (score deduction) in total shall be declared as loser at any time during the competition.

5. Weigh-in.

- Weigh-in of the players shall be completed ONLY on the PREVIOUS DAY of the pertinent competition.
- During weigh-in, the male player shall wear underpants and the female player shall wear

underpants and a brassiere. However, weigh-in may be conducted in the nude if the player wishes to do so. Cadet and Junior players must be weighed with underwear and will be allowed a 100-gram allowance.

- Weigh-in shall be made once, however, one more weigh-in is granted within the time limit to any player who did not qualify the first time.
- All players must bring their ID cards, Failure to present a card will result in disqualification
- Random weigh-in will be held on the morning of the competition for players who have passed the regular weigh-in, up to two hours before the start of the competition

6. Remarks

- The above is subject to change at the Delegate Meeting
- All officials, including managers and coaches of each team, must register as officials and carry an AD card to enter and exit the stadium
- Failure to appear after being called 3 times 30 minutes before the start of the match will result in disqualification.
- Matters not covered in the Competition Rules shall be decided by the Organizing Committee after deliberation.

II. Poomsae

1. Qualification:

- Member of National Police Force
- World Police Taekwondo Federation Dan certificate or Kukkiwon Dan certificate.

2. Competitions: Match Categories (Individual Male, Female, Pair, and Team)

Category	Age group		Designated Poomsae		HR
Individuals (male or female)	Senior 1	34yrs & under (below 1990)	Color-belted	Taegeuk 3 jang / 5 jang	Individuals
			1 st dan	Taegeuk 6 jang / 8 jang	
			2 nd dan	Taegeuk 7 jang / Koryo	
			3 rd dan	Taegeuk8jang /Geumgang	
			over 4 th dan	Koryo / Taebaek	
	Senior 2	over 35yrs (1989 and up)	Color-belted	Taegeuk 3 jang/ 5 jang	
			1 st dan	Taegeuk6jang/8 jang	
			2 nd dan	Taegeuk7 jang / Koryo	
			3 rd dan	Taegeuk8 jang /Geumgang	
			over 4 th dan	Koryo/Taebaek	
Pair (1 male&1 female)	Senior 1	34yrs & under (below 1990)	Color-belted	Taegeuk3jang/5jang	2 ppl per team
			1 st dan	Taegeuk6jang/8 jang	
			2 nd dan	Taegeuk7 jang /Koryo	
			3 rd dan	Taegeuk8 jang /Geumgang	
			over 4 th dan	Koryo/Taebaek	
	Senior 2	over 35yrs (1989 and up)	Color-belted	Taegeuk3jang/5jang	
			1 st dan	Taegeuk6jang/8 jang	
			2 nd dan	Taegeuk7 jang /Koryo	
			3 rd dan	Taegeuk8 jang /Geumgang	
			over 4 th dan	Koryo/Taebaek	
Team (male, female, mix)	Senior 1	34yrs & under (below 1990)	Color-belted	Taegeuk 3 jang / 5 jang	Trio per team
			1 st dan	Taegeuk 6 jang / 8 jang	
			2 nd dan	Taegeuk 7 jang / Koryo	
			3 rd dan	Taegeuk8 jang /Geumgang	
			over 4 th dan	Koryo/Taebaek	
	Senior 2	over 35yrs (1989 and up)	Color-belted	Taegeuk3jang/5jang	
			1 st dan	Taegeuk6jang/8 jang	
			2 nd dan	Taegeuk7 jang /Koryo	
			3 rd dan	Taegeuk8 jang /Geumgang	
			over 4 th dan	Koryo/Taebaek	

3. Competition rule:

- Tournament-style
- Stadium: 10m X 10m
- Demonstrate two designated poomsae per division.
- Poomsae is governed by the technical rules of the Federation.
- Pairs and team competitions are free to configure their Poomsae formation.
- The players who will participate in the individual and doubles competitions will be determined by a random electronic draw prior to the competition.
- May run demo matches if divisions don't have enough participants

4. Grading criteria

- Accuracy (4.0): Basic techniques, specific movements for each stance, Balance
- Expressiveness (6.0): Speed and power, Harmony (strong, slow, rhythmic), and Expression of energy force (Chi)
- Score table

Scoring items	Detailed criteria items	Score
Accuracy (4.0)	Basic techniques, specific movements for each stance, Balance	4.0
Expressiveness (6.0)	Speed and power	2.0
	Harmony (strong, slow, rhythmic)	2.0
	Expression of energy force (Chi)	2.0

* The scoring methodology for the grading criteria is based on the Federation's standards.

- Five judges
- The ranking is determined by the average of the three judges' scores, excluding the highest and lowest scores.
- In the event of a tie for the final score, the tie will be broken in the following order: 1) Expressiveness, 2) Accuracy, and 3) Total Score.
- If the score for Expressiveness, Accuracy, and Total Score (including the highest and lowest scores) is also tied, a rematch will be held. (Demonstration of one poomsae as determined by the committee). Rematch if the score is also tied in poetry, the expressiveness portion will be prioritized and the expressiveness will be equalized. The highest and lowest scores that were excluded from the overall score will be added together and the higher scoring athlete will be ranked higher.
- The above is subject to change at the Delegate Meeting

5. Remarks

- The above is subject to change at the Delegate Meeting

- All officials, including managers and coaches of each team, must register as officials and carry an AD card to enter and exit the stadium
- Failure to appear after being called 3 times 30 minutes before the start of the match will result in disqualification.
- Matters not covered in the Competition Rules shall be decided by the Organizing Committee after deliberation.

III. Self-Defense

1. Qualification: Member of National Police Force

2. Classification(Individual competition by age and gender)

- Age groups are based on the year of birth

Category	Age	Contents
Barehanded Self-defense	1. 34yrs & under(below 1990) 2. 35~45yrs(1989~1979) 3. Over 46yrs(1978 & up)	1) Preliminary: Submission technique when molester grabs the waistband 2) Final: The art of subduing an assailant when he hugs you from behind
Weapon Techniques (stick)	1. 34yrs & under(below 1990) 2. 35~45yrs(1989~1979) 3. Over 46yrs(1978 & up)	1) Preliminary: Subduing an attacker with a stick Final: Police officer controls stick on perpetrator
Weapon Techniques (knife)	1. 34yrs & under(below 1990) 2. 35~45yrs(1989~1979) 3. Over 46yrs(1978 & up)	1) Preliminary: subduing an attacker with a knife 2) Final: Police officer subdues perpetrator with knife
Weapon Techniques (handgun)	1. 34yrs & under(below 1990) 2. 35~45yrs(1989~1979) 3. Over 46yrs(1978 & up)	1) Preliminary: Controlling a shooter's threatening motion with a handgun 2) Final: How to subdue a shooter with a handgun during a police confrontation

3. Competition rule:

- The match content should be freely composed with reference to the sample video, aiming for a complete domination. The matches will be held with one preliminary round and one final round.
- It will be conducted in a 4-person, 1-team tournament format.
- It will consist of one slow-motion demonstration and one full-motion demonstration for each event, both within one minute. Exceeding the time limit will result in point deductions.
- One athlete may participate in multiple events.

4. Grading criteria

- Scoring will be based on accuracy and presentation, evaluated according to the federation's rules.
- Accuracy will be assessed based on the precision of movements and techniques, while presentation will consist of skillfulness, expressiveness, and creativity.

5. Obligations

- The weapons used during the match will be training equipment (stick, knife, handgun).
- It must be conducted using the specified techniques.

6. Remarks

- The above details may be subject to change during the representatives' meeting.
- Participants will be called three times starting 30 minutes before the match. If they do not declare their participation after the calls, they will be disqualified.
- Matters not covered by the tournament regulations will be decided after review by the tournament organizing committee.

IV. Breaking Division

1. Qualification: Member of National Police Force

2. Classification

Category	Age		Year
Individuals (M,F)	Senior 1	30yr and under	over 1994
	Senior 2	31yrs ~ 40yrs	1993~1984
	senior3	over 41yrs	below 1983

3. Competition rule:

Classified	Division	Time Limit	Break Targets
Power Breaking	Fist Breaking	Under 20 Sec	Tiles (Ki wha)
	Knife Hand Breaking	Under 20 Sec	Demolition Blocks (Demolition Blocks for knife hand)
	Side Kick/Back Kick Breaking	Under 20 Sec	Pine Board
Record Breaking	High Jump Kick Breaking	30 Sec	Pine Board

4. Game Progress Method:

- All destructions will be provided by the Organizing Committee, and the same destructions will be used for both the preliminary and final rounds.
- All competitions will be conducted on a cut-off basis. If there are fewer than three players in each division, the division will be combined with other divisions.
- Players must request the quantity of breakable targets at their discretion while waiting to compete.
- The break object shall be determined by the Organizing Committee.
- In principle, breaking is a one-time price, and breaking must take place within 30 seconds of the command of the beginning of the breaking.
- The ranking of Power Breaking will be determined by the number of destructions in one round, In the event of a tie, the player with the highest number of applications will be selected, and in the event of a tie, the player with the lower weight will be selected.
- Record breaking will be ranked according to the quantity broken within the time limit, and if the quantity is the same, a rematch will be held. If there is still a tie in the rematch, it will be declared a joint first place.
- The grading methodology for the grading criteria is based on the federation's criteria.

5. Remarks

- The above is subject to change at the Delegates' Meeting
- Failure to show up after being called 3 times 30 minutes before the start of the competition will result in disqualification.
- Matters not covered in the Competition Rules will be decided by the Organizing Committee after deliberation.

V. Comprehensive Team Competition

1. Qualification: Member of National Police Force

2. Competitions: Team vs. Team

3. Competition Method

- Cut-off method
- Duration: Within 5 minutes
- Number of players per team: 9-11 players
- Arena: 12m X 12m
- Scoring per event

Total Score	Requirement subjects(90)	Composition(10)
100	Creative Poomsae (20 points), Self-Defense (20 points), Breaking(50 points: Single Jumping breaking, Spinning breaking, Free-style Team breaking)	Evaluation based on the overall team composition

* Organize freely, including required subjects

4. Specific rules for each event

4.1. Creative Poomsae (20 points)

- Creative Poomsae will be evaluated based on fundamentals, consistency, and composition.

4.2. Self-Defense (20 points)

- a) Weapons may be freely prepared, but must be imitation.
- b) The attacker may use a weapon, but the defender (performer) is not allowed to use a weapon.
- c) Self-defense techniques will be evaluated based on practicality and proficiency.
- d) Penalties (deductions)
 - Penalties are defined as deductions, and one deduction is 0.5 points.
 - If the defender (performer) used a weapon, 0.5 points shall be deducted.

4.3. Breaking

- a) Breaking techniques must include single jumping breaking, spinning breaking, and free-style team breaking.
- b) Breaking will be evaluated based on the difficulty of the technique and the level of completion.

4.3.1. Single Jumping breaking (20 points)

Breaking many fixed targets with one or more various techniques using the hands and feet

through a single jump.

Example) Scissors Kick - 3 to 5 times, Front Kick in three different levels of height by stepping over a person's back, Roundhouse Kick - 3 steps Jumping Front Kick in three different levels of height, Jumping Side Kick in three different levels of height, etc.

- a) The player can choose the direction and location to install breaking targets for each technique, but the targets must be placed within the boundary lines.
- b) The height and distance of the breaking targets can be determined at the player's discretion, and scoring will be based on these criteria.
- c) An approach run distance cannot exceed 12m.
- d) The referee will score players based on the combination of the success and failure of breaking, installation of breaking sets, the accuracy of technique and program arrangement of technical movements.

4.3.2. Spinning Breaking - Vertical/Horizontal turn breaking (20 points)

- a) Horizontal turn break: Horizontal turn break is breaking the targets by foot with the body spinning horizontally at least once while staying in the air. It can be attempted from a fixed stance without using any assistance or with the eyes covered.
Ex.) blindfolded 540° jumping tornado kick, blindfolded 540° jumping back hook kick, 540°–720° jumping tornado kick, 540° jumping back hook kick ; single to triple
- b) Vertical turn break: It is a breaking technique by springing into the air with the rotating axis being the waist or chest and turning the whole body vertically to strike the target with a foot. This is a breaking technique one can attempt with his/her eyes covered or dashing forward.
Ex.) Jumping flip kick by stepping on a person's chest, jumping flip drawing kick, jumping flip kick, jumping flip drawing kick blindfolded, jumping flip kick blindfolded, jumping flip kick with an object thrown into the air
- c) The player can choose the direction and location to install of breaking targets for each technique, but the targets must be placed within the boundary lines.
- d) In spinning break, the player is required to do each vertical and horizontal turn break.
- e) The player can decide to install breaking targets, such as height and distance, and will be scored based on his/her set targets.
- f) The referee will score players based on the combination of the success and failure of breaking, installation of breaking targets, the accuracy and program arrangement of technical movements.

4.3.3. Free-style Team breaking (20 points)

It is a newly reformed breaking technique in which group use Taekwondo techniques, and refers to the technique in which targets are broken through high-level technical movements using various types of assisted break and freestyle break.

- a) The team can choose the direction and location to install breaking targets, but the targets must be placed within the boundary lines.
- b) Groups must demonstrate break on up to a total of 10 targets through a free member formation.
- c) The breaking techniques can be chosen freely, but the difficulty and the originality of the technique and composition will affect the scoring.
- d) The referee will score players based on a combination of the success or failure of breaking, the difficulty and creativeness of technical composition, and degree of completion.
- e) The last break of the freestyle break must be a break using new techniques, and if the new technique break is impossible, players must demonstrate the highest-level break they can.

5. Grading Method

- If the final scores are tied, the team with the higher breaking score will be determined the winner.
- If the scores are still tied, the team with the higher creative poomsae score will be determined the winner.
- If the scores are still tied, the team with the higher self-defense score will be determined the winner.
- If the scores are still tied, the team with the higher total score of the five participants will be determined the winner.
- If the scores are still tied, it will be declared a tie for first place.

6. Common obligations

- 1) The scoring of the team all-around competition shall be evaluated according to the grading method for each event in the competition outline.
- 2) If the scoring method for the Team comprehension Competition is not specified in the Group Comprehensive Competition Program, the Federation's rules for each discipline shall apply.
- 3) All breaking boards shall be determined by the Organizing Committee and limited to 60 boards.
- 4) The CD or USB memory containing the music files must be submitted to the sound person at the time announced by the Organizing Committee, and the music files must be checked for abnormalities before submission.
- 5) The start must occur within 5 minutes after the command.
- 6) All breaking is limited to one time.

- 7) Attire is free choice.
- 8) No fireworks or real weapons may be used.
- 9) For the sake of dramatization (story) of the work, auxiliary destruction may be performed, but it will not be evaluated as a technical score. However, failure to destroy will be a deduction factor.

7. Penalties (deductions, disqualifications)

- 1) The referee declares the penalty.
- 2) Penalties are defined as deductions and disqualifications, and one point of deduction is - 1.0 point.
- 3) Deductions
 - If the competition time is exceeded, 3.0 points will be deducted from the final score for every 10 seconds.
 - 3.0 points will be deducted for the use of real weapons and fireworks.
 - 10 points will be deducted for any undesirable behavior by a player, coach or manager.
 - 10 points per person will be deducted from the final score for under or over the required number of women.
 - 10 points will be deducted for interfering with the referees and officials.
 - 10 points will be deducted from the final score for critical themes that target countries, politics, or religion.
 - The application of penalty points for each event is the same as the rules for each event.
- 4) Penalty deductions will be deducted from the final score.
- 5) Disqualification
 - If the entry list is different from the player list
 - If the competitor cheats on the destructive objects provided by the Organizing Committee.

8. Substitution of Athletes

- 1) In the case of team competition, only one candidate athlete registered in advance can be replaced.
- 2) The number of substitutes is limited to two (2) in addition to the prescribed number, and the substitute must be registered at the time of entry. However, the overseas division does not impose any restrictions on the mix of nominees.
- 3) Athletes may be substituted in the following cases.
 - In case of injury during the competition
 - If an athlete is unable to participate due to an injury sustained during practice after the entry has been received, a medical certificate must be submitted to the Organizing Committee.

9. Remark

- The above is subject to change at the delegates' meeting

- Failure to appear after calling three times 30 minutes before the start of the competition will result in disqualification
- Any matter not specified in the Competition Rules will be decided by the Organizing Committee.

VIETNAM 2024 ASIA POLICE TAEKWONDO FESTIVAL

The Outline

I. Kyorugi

1. Qualification:

- Taekwondo practitioners belonging to a national federation (school)
- Not physically or mentally disqualified

2. Competitions: Individual and Team (Male/Female)

2.1. Individual (Male/Female) Weight Divisions(kg)

Category	Junior 1 (under 12 years)		Junior 2 (12–14 years)	
	Male	Female	Male	Female
Fin	Under 32kg	Under 30kg	Under 41kg	Under 40kg
Fly	32~34kg	30~32kg	41~45kg	40~43kg
Bantam	34~36kg	32~34kg	45~49kg	43~46kg
Feather	36~39kg	34~37kg	49~53kg	46~49kg
Light	39~42kg	37~40kg	53~57kg	49~52kg
L-Welter	42~45kg	40~43kg	57~61kg	52~55kg
Welter	45~49kg	43~47kg	61~65kg	55~58kg
L-Middle	49~53kg	47~51kg	65~69kg	58~62kg
Middle	53~57kg	51~55kg	69~73kg	62~66kg
L-heavy	57~61kg	55~59kg	73~77kg	66~70kg
Heavy	Over 61kg	Over 59kg	over 77kg	over70kg

Category	Junior 3 (15–17 years)		Senior (over 17 years)	
	Male	Female	Male	Female
Fin	Under 45kg	Under 42 kg	Under 54kg	Under 46kg
Fly	45~48kg	42~44kg	54~58kg	46~49kg
Bantam	48~51kg	44~46kg	58~63kg	49~53kg
Feather	51~55kg	46~49kg	63~68kg	53~57kg
Light	55~59kg	49~52kg	68~74kg	57~62kg
L-Welter	59~63kg	52~55kg		
Welter	63~68kg	55~59kg	74~80kg	62~67kg
L-Middle	68~73kg	59~63kg		
Middle	73~78kg	63~68kg	80~87kg	67~73kg
Heavy	Over 78kg	Over 68kg	Over 87kg	Over 73 kg

3. Competition rule:

- Best-of-three (round robin system)
- No video referee
- Junior 1 and 2 will use regular sparring equipment, while Junior 3 and Senior will use **TS** electronic sparring equipment (provided by the organizers)
- 1 minute of competition, 20 seconds of intermission
- All competitors must wear Taekwondo uniform (Dobok) or a Dobok recognized by the World Police Taekwondo Federation.
- In the event of a tie, a fourth round of 1 minute with a 20-second intermission and a golden point will be awarded.
- If 5 points are deducted between rounds, the round shall be declared lost.
- Players must bring their own personal equipment, such as headgear, groin guards, hand and foot guards, sensing socks, mouthguard, etc.
- If there are less than four competitors in each weight class, the upper and lower weight classes may be combined.

4. Weigh-in

- Players participating in the competition will be weighed the day before and on the day of the competition. (to be announced)
- The weighing will be carried out in a men's and women's top and trousers (up to 600g for men and women)
- The weighing will be carried out once, and if the weight is not met or exceeded, one more weighing may be carried out within the prescribed time.
- At the time of weighing, players must present the AD card or certificate issued by the Organizing Committee.

*However, the above is subject to change at the Delegates' Meeting.

5. Remark

- The above is subject to change at the delegates' meeting
- Failure to appear after calling three times 30 minutes before the start of the competition will result in disqualification
- Any matter not specified in the Competition Rules will be decided by the Organizing Committee.

II. Poomsae division (Certified Poomsae A-Match)

1. Qualification:

- Those who are not disqualified in mind or body
- At least one black belt/dan practicing in a Dojang (school) affiliated with each national association.

2. Classification

2.1. Category: Individuals, 2 pairs (1 male, 1 female), 3 teams (male, female, mixed)

2.2. Designated Poomsae by age

Category	Age		Designated poomsae
Individuals (male / female)	Child 1 (under 12 yrs old)	Over 2012	Taegeuk 5 jang, 7jang
	Junior 1 (12~14)	2012-2010 yrs	Taegeuk 7 jang, Koryo
	Junior 2 (15~17)	2009-2007 yrs	Taegeuk 8 jang, Geumgang
	Senior 1 (18~30)	2006-1994 yrs	Koryo, Taebaek
	Senior 2 (31~40)	1993-1984 yrs	Geumgang, Pyongwon
	Senior 3 (41~50)	1983-1974 yrs	Taebaek, Sibjin
	Master 1 (51~60)	1973-1964 yrs	Taebaek, Jitae
	Master 2 (61~65)	1963-1959 yrs	Sibjin, Chonkwon
	Master 3 (66 yrs or older)	~1958 yrs	Sibjin, Chonkwon
Pair (1 male & 1 female)	Junior 1 (12~14)	2012-2010 yrs	Taegeuk 7 jang, Koryo
	Junior 2 (15~17)	2009-2007 yrs	Taegeuk 8 jang, Geumgang
	Senior 1 (18~30)	2006-1994 yrs	Koryo, Taebaek
	Senior 2 (31 yrs or older)	1993 yrs over	Geumgang, Pyongwon
Team (male, female, mix)	Junior 1 (12~14)	2012-2010 yrs	Taegeuk 7 jang, Koryo
	Junior 2 (15~17)	2009-2007 yrs	Taegeuk 8 jang, Geumgang
	Senior 1 (18~30)	2006-1994 yrs	Koryo, Taebaek
	Senior 2 (31 yrs or older)	1993 yrs over	Geumgang, Pyongwon

3. Competition Method

- The competition will be held in a tournament format

- Two demonstrations will be held per division.
- Individuals compete in groups of four, organized by age and gender.
- Each group will perform two Poomsae consecutively, and the final will be the single Poomsae.
 - All competitors must wear Taekwondo uniform (Dobok) or a Dobok recognized by the World Police Taekwondo Federation.
- Poomsae will be based on the technical regulations established by the federation
- The formation of the pairs and team competitions can be freely configured
- Demonstration matches may be held if there are not enough participants in each division.
- Competitors in the individual and pair competitions will be determined by random electronic draw before the competition
- Stadium: 10m X 10m
- The first-place players in each competition, age group, and gender may voluntarily apply to participate in the Games. Participants must submit an application to the Organizing Committee within the time limit on the day of the event and pay the registration fee. On the day of the tournament, Participants will be drawn into a bracket and will demonstrate one (1) of the Federation's recognized Poomsae.

4. Grading Methods

- Three-judge system, determined by the average of the scores of three judges
- In the event of a tie, the final score will be: 1) expressiveness, 2) accuracy, and 3) total score.
- If the average score, and total score (including the highest and lowest scores) are also tied, a rematch will be held (demonstrating one poomsae as determined by the committee). If the rematch score is still tied at the time, the tie will be declared a co-winner.

5. Grading Criteria

- Accuracy (4.0): Basic technique, specific movements for each form, balance
- Expressiveness (6.0): speed and power, harmony (strong, slow, rhythmic), and expression of energy force
- Score card

Scoring items	Detailed criteria items	Score
Accuracy (4.0)	Basic techniques, specific movements for each stance, balance	4.0
Expressiveness (6.0)	Speed and Power	2.0
	Harmony (strong, slow, rhythmic)	2.0
	expression of energy force	2.0

* The scoring methodology for the grading criteria is based on the Federation's standards.

6. Remarks

- The above is subject to change at the Delegates' Meeting
- All officials, including managers and coaches of each team, must register as officials and carry an AD card to enter the stadium.
- Failure to appear after being called 3 times 30 minutes before the start of the match will result in disqualification.
- Matters not covered in the Competition Rules shall be decided by the Organizing Committee after deliberation.

III. Poomsae division (Certified Poomsae B-Match)

1. Qualification:

- Those who are not disqualified in mind or body
- At least one color-belt practicing in a Dojang (school) affiliated with each national association.

2. Classification

2.1. Category: Individuals (male/female)

2.2. Designated Poomsae by age

Category	age		designated poomsae
Individual (male / female)	Child 1 (6 years old)	Born to 2018 yrs	Taegeuk 1 jang, 3 jang
	Child 1 (7 years old)	2017 yrs	Taegeuk 1 jang, 3 jang
	Child 1 (8 years old)	2016 yrs	Taegeuk 1 jang, 3 jang
	Child 1 (9 years old)	2015 yrs	Taegeuk 2 jang, 4 jang
	Child 1 (10 years old)	2014 yrs	Taegeuk 2 jang, 4 jang
	Child 1 (11 years old)	2013 yrs	Taegeuk 2 jang, 4 jang
	Junior 1 (12~14 yrs)	2012-2010 yrs	Taegeuk 3 jang, 5 jang
	Junior 2 (15~17 yrs)	2009-2007 yrs	Taegeuk 3 jang, 5 jang
	Senior 1 (18~30 yrs)	2006-1994 yrs	Taegeuk 4 jang, 6 jang
	Senior 2 (31~40 yrs)	1993-1984 yrs	Taegeuk 4 jang, 6 jang
	Senior 3 (41~50 yrs)	1983-1974 yrs	Taegeuk 4 jang, 6 jang
	Senior 4 (51~60 yrs)	1973-1964 yrs	Taegeuk 5 jang, 7 jang
	Senior 5 (61~65 yrs)	1963-1959 yrs	Taegeuk 5 jang, 7 jang
	Senior 6 (66 yrs over)	1958 yrs over	Taegeuk 5 jang, 7 jang

3. Competition Method

- The competition will be held in a tournament format
- In principle, two demonstrations will be held per division
- Individuals will compete in groups of four, organized by age and gender
- Each group will compete in two consecutive poomsae, and the final will be the top one.
- Competitors will wear Taekwondo Dobok or a Taekwondo uniform recognised by the World Police Taekwondo Federation
- Poomsae will be based on the technical regulations established by the federation
- If each division has less than 3 participants, it will be combined with another division.
- Competitors in the individual and pair competitions will be determined by random electronic

draw before the competition

- Stadium: 10m X 10m

- The first-place players in each event, age group, and gender may voluntarily apply to participate in the championship. Participants who enter the championship must submit their application and pay the participation fee to the organizing committee within the designated time on the day of the event. Participants registered for the championship will draw tournament brackets on the day of the competition and demonstrate one (1) officially recognized poomsae designated by the federation.

4. Grading Methods

- Three judges system, determined by the average of the scores of three judges
- Ranking is determined by the average of the scores of the three judges, excluding the highest and lowest scores
- If the production and total score (including the highest and lowest scores) are also tied, a rematch will be held (the rematch will be determined by demonstrating one Poomsae), rematches will be declared co-winners if the score is still tied at the time.

5. Grading Criteria

- Accuracy (4.0): Basic technique, specific movements for each form, balance
- Expressiveness (6.0): speed and power, harmony (strong, slow, rhythmic), and expression of energy force
- Score card

Scoring items	Detailed criteria items	Score
Accuracy (4.0)	Basic techniques, specific movements for each stance, balance	4.0
Expressiveness (6.0)	Speed and Power	2.0
	Harmony (strong, slow, rhythmic)	2.0
	expression of energy force	2.0

* The scoring methodology for the grading criteria is based on the Federation's standards.

6. Remarks

- The above is subject to change at the Delegates' Meeting
- All officials, including managers and coaches of each team, must register as officials and carry an AD card to enter the stadium.
- Failure to appear after being called 3 times 30 minutes before the start of the match will result in disqualification.
- Matters not covered in the Competition Rules shall be decided by the Organizing Committee after deliberation.

IV. Free style Poomsae

1. Qualification:

- At least one black belt/dan practicing in a Dojang (school) affiliated with each national association.
- Not physically or mentally disqualified.

2. Classification

2.1. Category: Individuals, Pairs (1 male, 1 female)

2.2. Designated Poomsae by age

Free style Poomsae is a choreographed and musical form based on the technical movements of Taekwondo.

Category	Age			Required kicks
Individual (Male / Female)	Junior	30 & under	~ 1994 yrs	1. Jumping side kick (height jumped) 2. Jumping forward kick (number of kicks) 3. Spinning kick (angle of rotation) 4. Continuous kick, 5. Acrobatic movements.
	Senior	31 & over	1993 yrs ~	
Pair (1 male & 1 female)	Junior	30 & under	~ 1994 yrs	
	Senior	31 & over	1993yrs ~	

**The required kicks must be demonstrated in the order of 1 through 5.

3. Competition Method

- Cut-off
- No less than 90 seconds and no more than 100 seconds
- Stadium: 12m X 12m
- Poomsae formation can be freely configured
- Players participating in individual and pair competitions will be determined by a random electronic lottery before the competition.
- Music and choreography will be freely organized by the competitors
- Poomsae will be conducted and scored according to the technical regulations established by the Federation.
- Demonstration matches may be held if the number of participants in each category is insufficient.
- The CD or USB memory containing the music files must be submitted to the sound person at

the date announced by the organizing committee, and the music files must be checked for abnormalities before submission.

4. Scoring Method

- The judges are composed of 5 judges
- The ranking is determined by the average of the scores excluding the best and worst scores of each item scored by the 5 judges
- In the event of a tie, the final score will be determined in the following order: 1) Skills, 2) Choreography, and 3) Total score.
- If the score and total score (including high and low scores) are also tied, a rematch will be held. If the rematch is still tied on points, it will be declared a joint winner.
- Each one second under or over the time limit will result in a 0.1 point deduction from the total score
- Deduct 0.3 points for two feet outside the playing area boundaries
- If any part of the body other than the soles of the feet accidentally touches the floor during the competition, 0.3 points will be deducted from the total score.

5. Scoring Criteria

- Skills (6.0): Kicking Difficulty (5.0), accuracy of movements and completeness of poomsae (1.0)
- Choreography (4.0): Creativity, Harmony, Expression of energy force, Music and Choreography
- Maximum score (10.0)
- Scoring Table

Scoring Items	Detailed criteria items		score
Skills (6.0)	Kicking Difficulty (5.0)	Jump Side kick (jumping height)	1.0
		Jump Leaping Kick (number of kicks)	1.0
		Spinning Kick (Rotation Angle)	1.0
		Continuous Kick	1.0
		Acrobatic	1.0
	Accuracy of movements and completeness of Poomsae		1.0
Choreography (4.0)	Creativity		4.0
	Harmony		
	Expression of energy force		
	Music and Choreography		
Maximum score(10.0)			10.0

6. Remarks

- The above is subject to change at the Delegates' Meeting
- All officials, including managers and coaches of each team, must register as officials and carry an AD card to enter the stadium.
- Failure to show up after being called 3 times 30 minutes before the start of the competition will result in disqualification
- Anything not in the competition rules will be decided by the organizing committee.

V. Taekwondo Gymnastics

Taekwondo gymnastics is a form of gymnastics that combines Taekwondo movements with music and choreography.

1. *Qualification:*

- At least one black belt/dan practicing in a Dojang (school) affiliated with each national association.
- Not physically or mentally disqualified.

2. *Competition Category*

- Team competition with 7-9 players (can be male, female, mixed),

Category	Age	Specify skill behavior
Team Competition	Under 18yrs	Jumping side kick, 540 degree turning back hook kick, Acrobatic
	19yrs & up	

3. *Competition Method*

- Cut-off method(4 teams per group)
- Stadium: 12m X 12m
- Time is within 2 minutes
- Music and choreography are freely composed by the participants.
- Dress code: Free attire
- Props and costumes may be worn for the Taekwondo performance portion of the competition, but will not affect scoring.
- The CD or USB memory containing the music files must be submitted to the sound person at the date announced by the organizing committee, and the music files must be checked for abnormalities before submission.

4. *Scoring Criteria & Method*

4.1. *Accuracy (5.0 points)*

- Accuracy of Movement: Accuracy of Taekwondo movements
- Designated technical moves specified in the competition guidelines

4.2. *Directing (5.0 points)*

- Proficiency: Harmonization of rhythm and movement
- Expressiveness: Dynamic expression and harmony with music

- Creativity: Original direction and artistry

4.3. Scoring

Scoring Items	Detailed criteria items	score
Accuracy (5.0)	Accuracy of movement	5.0
	Specify skill movement	
Directing (5.0)	Proficiency	5.0
	Expressiveness	
	Creativity	

4.4. Deductions

- Disqualification and deduction of points shall be declared by the chief judge.
- The following emotions will be deducted from the final score.
- 3 points will be deducted for undesirable behavior.
- 3 points will be deducted for interfering with the judges and officials during the competition.
- Deduct 0.1 point for every second under or over the match time.

4.5. Disqualification.

- When the entry list is different from the list of players
- When imitating or performing another team's taekwondo gymnastics work (music and movement)
- When you do not follow the dress code

5. Remarks

- The above is subject to change at the Delegates' Meeting
- All officials, including managers and coaches of each team, must register as officials and carry an AD card to enter the stadium.
- Failure to show up after being called 3 times 30 minutes before the start of the competition will result in disqualification
- Anything not in the competition rules will be decided by the organizing committee.
- If the required number of participants is not met, there will be no penalty.

VI. Breaking Division

1. Qualification:

- Practitioners training at a Dojang (school) affiliated with each national federation
- Not physically or mentally disqualified

2. Classification

a. Individual (Male/Female)

Category	Category	Time limit	Breaking target	Age classification
Power Breaking	Fist breaking	20 sec	Mock breaking tiles	1. 16~18yrs (2006-2008) 2. 19~29yrs (1995-2005) 3. Over 30yrs (before 1994)
	Knife Hand breaking	20 sec	Mock breaking brick	1. 16~18yrs (2006-2008) 2. 19~29yrs (1995-2005) 3. Over 30yrs (before 1994)
	Side kick/ Back kick breaking	20 sec	Mock breaking object	1. 13~15yrs(2009-2011) 2. 16~18yrs(2006-2008) 3. 19~29yrs(1995-2005) 4. Over 30yrs(before 1994)
Record Breaking	High Jumping breaking	30 sec	Mock breaking object	1. 13~15yrs(2009-2011) 2. 16~18yrs(2006-2008) 3. 19~29yrs(1995-2005) 4. Over 30yrs(before 1994)
Technical Breaking	Single Jumping breaking Horizontal turn breaking Vertical turn breaking	40 sec	Pine board	1. Under 12yrs (after 2012) 2. 13~15yrs(2009-2011) 3. 16~18yrs(2006-2008) 4. 19~29yrs(1995-2005)
	All-round breaking	60 sec		5. Over 30yrs(before 1994)

*Participants in the under 12 can only compete in technical breaking (All-round breaking)

*In the under 18, the use of stepping breaking techniques is restricted in technical breaking (All-round breaking)

b. Team event

Event		Time Limit	Number of participants	Breaking target	Age classification
Technical Breaking	Comprehensive Team Competition	Within 5 min	9-11	Pine board (Within 60 boards)	1. Under 18 2. Over 19

3. Competition Method

- Cut-off system(4 teams per group)
- Stadium: 12m X 12m
- Dress code: Dobok
- Specific details regarding the competition format and operation may be changed during the representative meeting.
- All breaking materials will be provided by the organizing committee, and only the boards supplied by the organizing committee may be used.
- Power breaking will be ranked according to the number of destructions in a single round, and if the number of destructions is the same, the competitor with the higher number of applications will be selected, and if the number of applications is also tied, the competitor with the lower weight will be selected.
- Record breaking will be ranked according to the number of destructions in a limited time, and if the number of destructions is the same, the competitor with the lower weight will be selected.
- For technical breaking, participants may register individually for their desired event from the four available categories.

4. Competition progress

- Upon entering, the player will proceed to the designated waiting area with an assistant. The process will follow the recording official's start commands: 'Entry(Chul-jeon)', 'Attention(Cha-ryeot)', 'Bow(Gyeong-nye)', 'Ready(Jun-bi)', and 'Start(Shi-jak)'. The time will be measured from the 'Start(Shi-jak)' command until the 'Landing after breaking'.
- Scoring is based on evaluating the performance actions from 'Ready(Jun-bi)' to 'Finish(Ba-ro)'.
- After the breaking is complete, the player will exit immediately after performing 'Finish(Ba-ro)', 'Attention(Cha-ryeot)', and 'Bow(Gyeong-nye)' at the designated position in accordance with the recording official's sound cues.

5. Deductions

5.1. Technical breaking deduction criteria

- A deduction of 3 points (-3) will be applied for each breaking material that is not fully broken (All-round breaking does not apply).
- Any breaking performed by parts of the body other than the athlete's foot will not be recognized.
- Breaking performed by the assistant (the act of bending the breaking material) will not be recognized
- Breaking after landing will not be recognized.
- If any part of the body above the knee touches the ground or falls during landing after breaking, a deduction of 5 points (-5) will be applied for each occurrence.
- If the athlete receives assistance from the assistant during the landing after breaking (if the assistant makes contact with any part of the athlete's body), it will be considered a fall, resulting in a deduction of 5 points (-5).
- The act of the assistant moving the breaking material to assist in the strike will result in a deduction of 3 points (-3).
- After the starting command, the breaking must be completed within the specified time limit for each event. If the time exceeds the limit by 0.1 to 5 seconds, a deduction of 5 points will be applied to the final score (e.g., exceeding 10 seconds results in -10 points).
- If the athlete's two feet cross the boundary line, a deduction of 3 points (-3) will be applied to the final score.

6. Disqualification

- If an unregistered athlete of this federation competes
- If the athlete competes using another person's name.
- If the athlete or assistant is unable to enter the competition area within the designated time.
- If the breaking material is not provided by the organizing committee or has been modified.
- If the number of assistants in the individual technical breaking exceeds 8.
- If the athlete or assistant wears clothing other than the official uniform.
- If the technical breaking, excluding comprehensive breaking, is not performed in the specified order (except for those under 12 years old).
- If the designated specific event is not conducted.
- If any additional aids other than the breaking material are used.
- If the breaking technique is performed with the assistance of an assistant.

7. Remarks

- The above is subject to change at the Delegates' Meeting
- Failure to show up after being called 3 times 30 minutes before the start of the competition will result in disqualification

- Anything not in the competition rules will be decided by the organizing committee.

- ***Technical Breaking Detailed Technical Guidelines***

1. Individual

Division	Category	Specific Designated Events
Male	Single Jumping Breaking	1. Roundhouse Kick 3 times 2. Scissors Kick 3 times 3. Side Kick 3 times
	Horizontal Turn Breaking	1. Single leg Tornado kick 1 time 2. Jumping 540 degree Roundhouse Kick 1 time 3. 540 degree Back Hook Kick 1 time
	Vertical Turn Breaking	1. Stationary Back Flip Front Kick 1 time 2. Stationary Back Flip Front Kick 2 times 3. Side Step Back Flip Front Kick 1 time
	All-Round Breaking	Single Jumping Breaking Horizontal Turn Breaking Vertical Turn Breaking Breaking while stepping on an obstacle -The elementary division is co-ed, allowing for free combination of breaking techniques (repetitions allowed)
Female	Single Jumping Breaking	1. Jumping Back Kick 1 time 2. Front Kick 3 times 3. Roundhouse 3 times
	Horizontal Turn Breaking	1. Jumping Back Hook Kick 1 time 2. Jumping 540 degree Roundhouse Kick 1 time 3. 540 degree Back Hook Kick 1 time
	Vertical Turn Breaking	1. Stationary Back Flip Front Kick 1 time 2. Side Step Back Flip Front Kick 1 time
	All-Round Breaking	Single Jumping Breaking Horizontal Turn Breaking Vertical Turn Breaking Breaking while stepping on an obstacle -The elementary division is co-ed, allowing for free combination of breaking techniques (repetitions allowed)

1.1. Single Jumping Breaking

- Single jumping breaking refers to a competition where participants break targets sequentially while in a state of suspension.
- The breaking must be performed in the order listed among the three breaking techniques.

The breaking technique must be performed after a running start and while in a state of suspension.

- The scoring criteria are divided into completeness and expressiveness.
- Completeness includes preparatory movements, aerial movements, landing actions, and balance
- Expressiveness includes the height and distance of the breaking targets, as well as the technical expression during the state of suspension.
- If hand techniques are used during breaking, the participant will be disqualified.
- The judging panel consists of five members, and the final score is calculated by averaging the total scores after excluding the highest and lowest scores.
- If the final scores are tied, the ranking is determined by the highest scores in the three events in order.
- If the scores are still tied, the ranking is determined by the total scores of the five judges in descending order.
- If the scores are still tied, a rematch will be held.

1.2. Horizontal Turn Breaking

- Horizontal turn break is breaking the targets by foot with the body spinning horizontally at least once while staying in the air.
- The breaking must be performed in the order listed among the three breaking techniques
- The breaking technique must be performed after a running start and while in a state of suspension
- The scoring criteria are divided into completeness and expressiveness.
- Completeness includes preparatory movements, aerial movements, landing actions, and balance
- Expressiveness includes the height and distance of the breaking targets, as well as the technical expression during the state of suspension.
- The judging panel consists of five members, and the final score is calculated by averaging the total scores after excluding the highest and lowest scores.
- If the final scores are tied, the ranking is determined by the highest scores in the three events in order.
- If the scores are still tied, the ranking is determined by the total scores of the five judges in descending order.
- If the scores are still tied, a rematch will be held

1.3. Vertical Turn Breaking

- It is a breaking technique by springing into the air with the rotating axis being the waist of chest and turning the whole body vertically to strike the target with a foot.
- The breaking must be performed in the order listed among the three breaking techniques.

- The breaking technique must be performed after a running start and while in a state of suspension.
- The scoring criteria are divided into completeness and expressiveness.
- Completeness includes preparatory movements, aerial movements, landing actions, and balance
- Expressiveness includes the height and distance of the breaking targets, as well as the technical expression during the state of suspension.
- The judging panel consists of five members, and the final score is calculated by averaging the total scores after excluding the highest and lowest scores.
- If the final scores are tied, the ranking is determined by the highest scores in the three events in order.
- If the scores are still tied, the ranking is determined by the total scores of the five judges in descending order.
- If the scores are still tied, a rematch will be held.

1.4. All-Round Breaking

- It refers to a competition that encompasses all breaking techniques.
- The breaking targets are limited to a maximum of 15 boards, but it is not required to break all 15 boards.
- Breaking must be completed within 60 seconds after the command to start breaking.
- The order of breaking can be performed freely.
- The under-12 division can be composed freely without restrictions on techniques, and overlapping techniques are allowed.
- The breaking technique must be performed after a running start and while in a state of suspension
- The scoring criteria are divided into completeness and expressiveness.
- Completeness includes preparatory movements, aerial movements, landing actions, and balance
- Expressiveness includes the height and distance of the breaking targets, as well as the technical expression during the state of suspension.
- If hand techniques are used during breaking, the participant will be disqualified.
- The judging panel consists of five members, and the final score is calculated by averaging the total scores after excluding the highest and lowest scores.
- If the final scores are tied, the ranking is determined by the highest scores in the completeness and expressiveness.
- If the scores are still tied, the ranking is determined by the total scores of the five judges in descending order.
- If the scores are still tied, a rematch will be held

2. Team Competition

Age classification	Number of participants	Essential techniques	Time Limit	Breaking Board
Under 18	9-11	Creative Poomsae, Self-Defense(include weapon techniques), Breaking(Single Jumping Breaking, Horizontal Turn Breaking, Vertical Turn Breaking, Breaking while stepping on an obstacle, Multiple Direction Breaking)	Within 5 min	Within 60 boards
Over 19				

- The breaking targets will be determined by the organizing committee (up to 60 pieces).
- The start must occur within 5 minutes after the command.
- Dress code: Free attire
- The team can consist of up to 11 members, including one female athlete, and two substitute athletes can be registered in case of injury.
- The audio must be submitted on a USB drive.
- Scoring criteria: Creative Forms 20 points, Self-defense Techniques 20 points, Breaking 50 points, Composition 10 points, for a total of 100 points.
- Creative Forms are evaluated based on fundamentals, consistency, and composition.
- Self-defense Techniques are evaluated based on practicality and skill level.
- Breaking is evaluated based on the difficulty, completeness, and composition of techniques.
- Composition is conducted as a team overall.
- There will be no point deductions for not meeting the required number of participants.
- In the case of a tie in the final score, the team with the higher breaking score will be determined as the winner.
- If still tied, the team with the higher creative forms score will be determined as the winner.
- If still tied, the team with the higher self-defense techniques score will be determined as the winner.
- If still tied, the team with the higher total score of the five members will be determined as the winner.
- If still tied, there will be a joint championship.