

# Free Style Poomsae

## Scoring Guidelines



Prepared by:

Noor (Nuri) M. Shirali

WT - International Referee

## **Preface**

The great interest of the spectators for the free style poomsae competitions during different national and international championships have shown clearly that, the popularity of the free style poomsae will grow rapidly around the world.

Hence, a current availability of scoring guidelines is for a clear understanding of scoring criteria of fundamental importance. The basic idea to prepare the scoring guidelines of the Free Style Poomsae (FSP) was to share my knowledge with other referees in order to contribute for uniformed interpretation and application of the scoring criteria.

This document provides the judges and referees with the information necessary for the scoring of free Style poomsae as well as to support contestants and coaches for better preparation.

Keep in mind that the scoring criteria are modified from time to time. This document based on the Poomsae Competition Rules in force as of March 14, 2019.

Dr. Nuri M. Shirali

Technical University of Darmstadt

Germany

# Contents

	Page
<b>1.0 General</b>	<b>4</b>
<b>2.0 Composition of Free Style Poomsae</b>	<b>4</b>
<b>3.0 Divisions</b>	<b>4</b>
<b>4.0 Uniform of the Participant</b>	<b>4</b>
<b>5.0 Contest Area</b>	<b>4</b>
<b>6.0 Duration of Contest</b>	<b>5</b>
<b>7.0 Scoring the free style poomsae</b>	<b>5</b>
<b>7.1 Technical Skills</b>	
<b>7.1.1a Height of a jump - Jumping side-kick</b>	<b>5</b>
<b>7.1.1b Number of kicks in a jump – Jumping front-Kicks</b>	<b>7</b>
<b>7.1.1c Gradient of spins in a spin-kick</b>	<b>8</b>
<b>7.1.1d Performance level of consecutive sparring kicks</b>	<b>9</b>
<b>7.1.1e Acrobatic actions</b>	<b>11</b>
<b>7.1.2 Basic movements &amp; Practicability</b>	<b>12</b>
<b>7.2 Presentation</b>	<b>13</b>
<b>7.2.1 Creativity</b>	<b>13</b>
<b>7.2.2 Harmony</b>	<b>13</b>
<b>7.2.3 Expression of Energy</b>	<b>13</b>
<b>7.2.4 Music &amp; Chorography</b>	<b>13</b>
<b>7.3 Tie Score</b>	<b>14</b>
<b>7.4 Deductions</b>	<b>15</b>
<b>Appendix</b>	
<b>A1 Examples of the acrobatic actions</b>	<b>16</b>
<b>A2 Guidelines for the Scoring</b>	<b>22</b>
<b>A3 Checklist for the deductions</b>	<b>23</b>
<b>A4 Judge’s score Sheet</b>	<b>24</b>

## 1. General

An important goal in Free Style Poomsae competitions (FSP) is to present an exceptionally high level of taekwondo foot techniques (e.g. jumping yopchagi, 720° spinning kick, kicking with acrobatic actions) which are hardly or even cannot be seen in this form in the recognized Poomsae and Kyorugi competitions. Within defined rule of the WT Poomsae Committee, a great emphasis is set on the creative and harmonious integration of different taekwondo techniques with appropriate music and choreography in a performance.

## 2. Composition of Free Style Poomsae

- Yeon-Mu line shall be choice of the contestant.
- Music and choreography shall be choice of a contestant. However, it should not contain any political, social and religious contents.
- Performed techniques must be within boundary of Taekwondo.

## 3. Division

Those aged 12 years old or older with min. 1. Dan/Poom is eligible to participate as follows:

Division		under 17	over 17
Age		12-17	18 years old or over
Individual	m	1	1
	f	1	1
Pair		2	2
Mixed Team (Composition of 5 members including more than 2 males and 2 females)		5 (+1 substitute)	5 (+1 substitute)

## 4. Uniform of the participant

Participant shall wear WT-recognized Poomsae competition uniform.

## 5. Contest Area

The contest area is **10m X 10m** for the individual and pair competitions. For mixed team competitions, the contest area is **12m X 12m**.

## **6. Duration of the Contest**

Duration of the contest in all divisions is between 90 and 100 seconds. Presentations with duration of the contest less than 90 or more than 100 seconds result in a deduction of 0.3 points.

The competitor bows the jury on the commands of the Coordinator "Charyeot" and "Kyeong rye". With the "Joon-bi" command of the coordinator, competitor takes the ready position to start the performance. As soon as the competitor takes the ready position, the performance begins with the start of the music.

Required time for the completion of the ready position should be given to the competitor before beginning of the music, as Joon-bi stance is the competitor's choice (not standard Joon-bi) and consequently the required time is different until the competitors take the ready position (1 to 5 seconds) in order to start the performance. Music starts after completion of ready position of competitors.

The time is running, once the music starts and stops when the music stops. If performance and music are not adjusted (the competitor stops earlier or later than the music), then this is taken into consideration in the evaluation of the presentation scoring.

In all divisions, the total duration of the performance should be no more than 3 minutes. This time includes the entrance of competitors in the competition area, the presentation of forms (FSP), the announcement of the scoring and leaving the competition area!

## **7.0 Scoring the free style poomsae**

The scoring is carried out according to the rules of the WT. The total score are 10 points and similar to the recognized poomsae, panels of five or seven judges are assembled for the scoring. If five judges, then the highest and lowest scores are discarded and the middle three are summed. In major international events, there are seven judges in which case the highest and lowest scores are again dropped and the middle five are summed.

### **7.1 Technical skills (6.0 Points)**

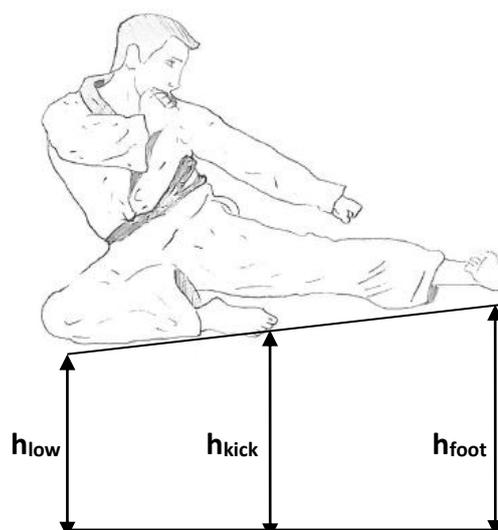
The technical skills are divided into 2 sub-categories and the presentation in 4 sub-categories (see Judge's Score Sheet). WT Poomsae Committee designates mandatory foot techniques and stances for each World Free Style Poomsae Championships. It is allowed maximum up to five steps run-up for the execution of the mandatory foot techniques. There is 0.1 points deduction for each additional step run-up. The Following mandatory foot techniques are designated by the WT Poomsae Committee for the world poomsae Championships. Points for the mandatory foot techniques shall be awarded only if athletes perform the techniques in the given order as below:

### 7.1.1a

### Height of jump – Jumping Side-Kick (0.0-1.0 Points)

Average basic score for the performance of jumping side kick is 0.3 – 0.5 points.						Body	Face	Over Face
0.1	0.2	0.3	0.4	0.5	0.7	0.1	0.2	0.3
Basic score for the performance of jumping side-kick ranges between 0.1 and 0.7 points according to the balance and accuracy of the execution (Mastery of the performance).						Add 0.1, 0.2 or 0.3 points to the given basic score according to the height of the jumping sidekick.		

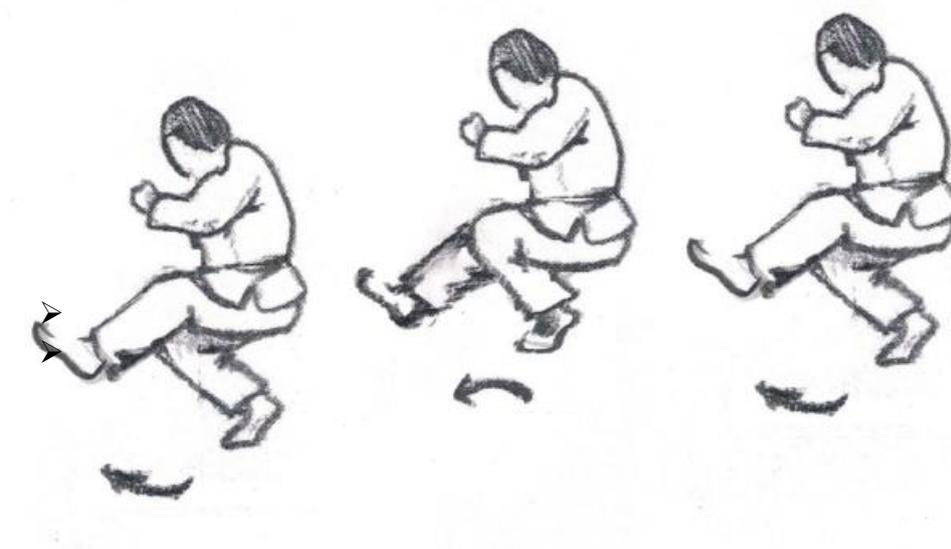
- Basic score for the performance of jumping side-kick ranges between 0.1 and 0.7 points depending on the balance and accuracy of the execution of the sidekicks. The average basic score ranges between 0.3 – 0.5 points.
- Add 0.1, 0.2 or 0.3 points to the given basic score according to the height of the jumping sidekicks in comparison to body, face or over face.
- The middle of the height of the kick foot ( $h_{\text{foot}}$ ) and the lowest part of the body ( $h_{\text{low}}$ ) are taken as a height of jump ( $h_{\text{kick}}$ ) for the scoring (see figure 1).
- Only Yopchagis with at least 80% knee extension are considered for the scoring.
- Side kicks (Yopchagis) should be performed at least above the belt height. There is no point (scoring) for the kicks below the belt height.
- If several jumping side-kicks are performed, the height of the first performed jumping side-kick is taken for the scoring.
- All members of the pair and mixed team must perform simultaneously jumping side-kick.



**Figure 1:** The middle of the height of the kick foot ( $h_{\text{foot}}$ ) and the lowest part of the body ( $h_{\text{low}}$ ) are taken as a height of jump ( $h_{\text{kick}}$ ) for the scoring.

**7.1.1b Number of kicks in a jump – Jumping front kicks (Apchagi) (0.0-1.0 Points)**

Average basic score for the performance of 3 to 5 apchagis is 0.3 – 0.5 points.						3 Apchagis	4 Apchagis	5 Apchagis
0.1	0.2	0.3	0.4	0.5	0.7	0.1	0.2	0.3
Basic score for the performance of jumping front kicks ranges between 0.1 and 0.7 points according to the balance and accuracy of the execution (Mastery of the performance).						Add 0.1, 0.2 or 0.3 points to the given basic score according to the number of the jumping front kicks.		

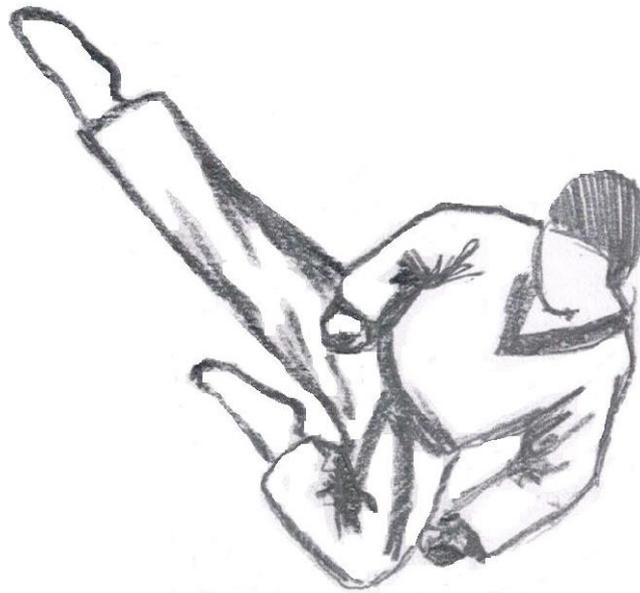


**Figure 2:** Jumping front kicks

- No scoring for less than 3 Apchagis (Figure 2).
- Front kicks (Apchagis) should be performed at least above the belt height. There is no point (scoring) for the kicks below the belt height.
- The apchagis can be performed body or face level, but a higher apchagi execution (over face level) has affect in terms of evaluation for higher presentation score.
- Only Apchagis with at least 80% knee extension are considered for the scoring.
- At least one member of the pair and mixed team must perform jumping front-kick.

### 7.1.1c Gradient of spins in a spinning kick (0.0-1.0 Points)

Average basic score for the performance of spinning Kicks (360° up to 720° and over) is 0.3 – 0.5 points.						360° up to 540°	540° up to 720°	720° and over
0.1	0.2	0.3	0.4	0.5	0.7	0.1	0.2	0.3
Basic score for the performance of spin kicks ranges between 0.1 and 0.7 points according to the balance and accuracy of the execution (Mastery of the performance).						Add 0.1, 0.2 or 0.3 points to the given basic score according to the gradient of turn in a spinning kick.		

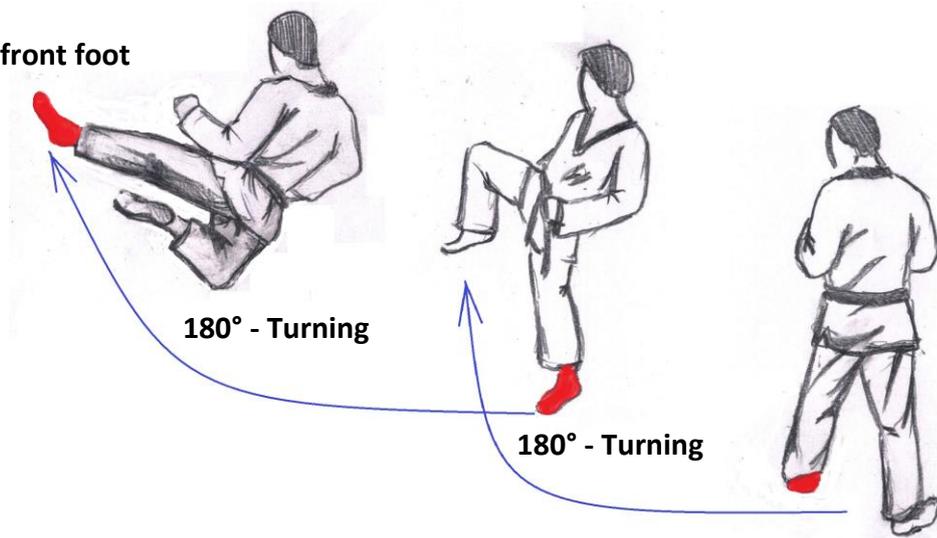


**Figure 3:** Spinning kicks

- No scoring for the spinning kicks less than 360°
- Spinning-Kicks (see Figure 3) can be performed body or face level, but a higher spinning-kick execution (over face level) has affect in terms of evaluation for higher presentation score.
- At least one member of the pair and mixed team must perform spinning-kick.
- Examples:
  - 1) Pandolyo Kicks are accepted as 180° spinning-kick (less than 360°), hence it is scored to zero points.

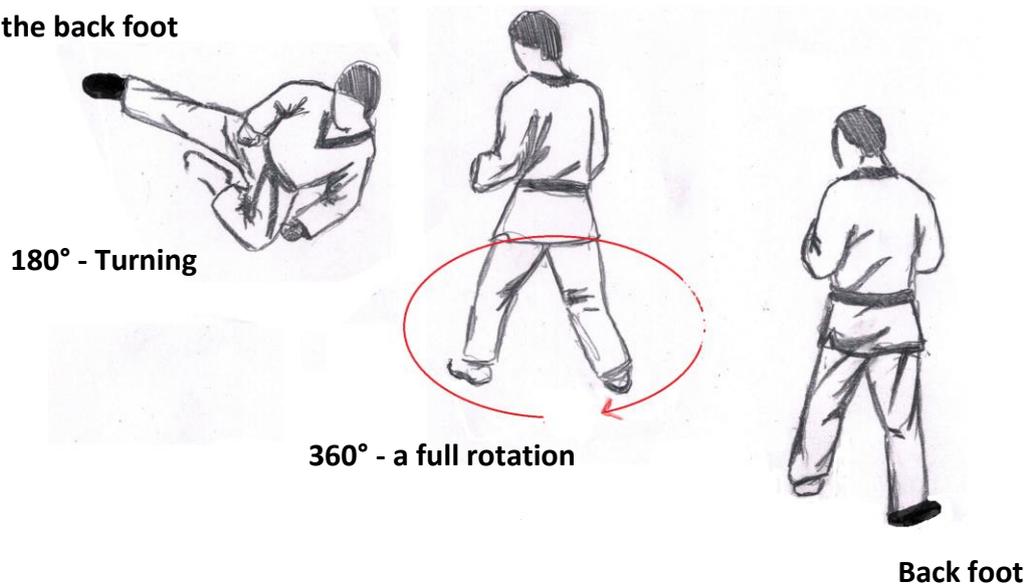
## 2) 360° spinning-kick

Kick with the front foot



## 3) 540° spinning-kick

Kick with the back foot



**7.1.1d Performance level of the consecutive sparring Kicks (0.0-1.0 Points)**

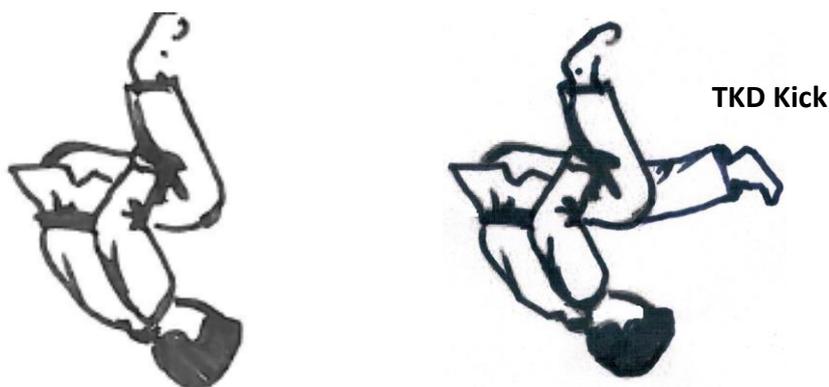
Average basic score for the performance of 3 – 5 consecutive sparring kicks is 0.3 – 0.5 points.						Low level	Middle level	High level
0.1	0.2	0.3	0.4	0.5	0.7	0.1	0.2	0.3
Basic score for the performance of consecutive sparring kicks ranges between 0.1 and 0.7 points according to the balance and accuracy of the execution of the consecutive sparring kicks (Mastery of the performance).						Add 0.1, 0.2 or 0.3 points to the given basic score according to the performance level of the consecutive sparring kicks (Kyorugi style).		



- The Kicks should be performed in Kyorugi style and represent a sparring competition. The main criteria are the quality and level of performance of the consecutive kicks. The numbers of consecutive sparring kicks are between 3 and 5. Scoring of the kicks is independent of their number (no matter whether these are 3, 4 or 5 kicks).
- No scoring for less than 3 consecutive kicks
- It is mandatory to bounce 3 to 5 times before execution of consecutive sparring kicks. This means that, if the competitors who forget to bounce, execution of the consecutive sparring kicks is not scored!
- There are also deduction points for the bouncing more than 5.  
0.1 Points deduction for additional bouncing up to 3 times (6 – 8)  
0.3 Points deduction for additional bouncing more than 3 times (>8)
- At least one member of the pair and mixed team must perform consecutive sparring kicks.

### 7.1.1e Acrobatic Actions (0.0-1.0 Points)

Average basic score for the performance of acrobatic action with TKD kicks is 0.3 – 0.5 points.						Low level	Middle level	High level
0.1	0.2	0.3	0.4	0.5	0.7	0.1	0.2	0.3
Basic score for the performance of acrobatic actions which should be performed with a Taekwondo kick ranges between 0.1 and 0.7 points according to the balance and accuracy of the execution of the kicks.						Add 0.1, 0.2 or 0.3 points to the given basic score according to the degree of difficulty of acrobatic actions (e.g. flip/Salto forwards, backwards or sideways).		



**Figure 4: Acrobatic action with TKD kick. TKD Kick should be performed with the knee extension.**

- Basic score for the performance of acrobatic actions which should be performed with a Taekwondo kick (Figure 4) ranges between 0.1 and 0.7 points according to the balance and accuracy of the execution of the kicks.
- Add 0.1, 0.2 or 0.3 points to the basic score depending upon degree of difficulty of the execution of the acrobatic actions.
- Acrobatics actions are for example:
  - Salto forwards, backwards or sideways. Salto can be performed from one foot or both feet and landing on one foot (the same or the other one) or both feet.
  - Round off / Cartwheel
  - Handspring forwards
  - Back handspring (known also as a Flic-Flac or Flip-Flop)
- All acrobat actions must be performed with a TKD kick (e. g. like Apchagi executions begin with knee extension). The kicks are performed in air and can be executed with swing or jumping leg.
- Performance of acrobatic actions without a taekwondo kick is not scored!
- At least one member of the pair and mixed team must perform acrobatic action.

- In the following are the examples (see appendix 1) of different degrees of difficulty:
  - Low degree of difficulty (LDD / add 0.1 Points to the basic score):
    - Roundoff
    - Aerial Walkover forwards
    - Back handspring (Flic-Flac)
    - Aerial Cartwheel
    - Handspring forwards
    - 360° turning in the air such that body longitudinal axis are in the horizontal level
  - Middle degree of difficulty (MDD / add 0.2 Points to the basic score):
    - Standing salto backwards
    - Combination of the roundoff and salto backwards (Roundoff precedes the salto backwards in order to turn horizontal speed into vertical speed to jump higher for a salto). TKD kick is executed during salto backwards.
  - High degree of difficulty (HDD / add 0.3 Points to the basic score):
    - Combination of roundoff, back handspring (flic-flac) and salto backwards. The roundoff and flic-flac precede salto backwards in order to develop sufficient momentum for the salto to jump higher. TKD kick is executed during salto.
    - Salto forwards
    - Salto forwards with 180° (1/2) turning around the body longitudinal axis.
    - Combination of the roundoff and/or back handspring (flic-flac) and Salto backwards with 180° (1/2) turning around the body longitudinal axis.

### **7.1.2 Basic Movements and Practicability (1.0 Points)**

- Accuracy of the basic movements, techniques and stances are scored in this section.
- There is no upper height restriction in the execution of foot techniques. Anyhow, minimum height is belt level.
- Execution of “Kihap” and stamping are optional.
- Performance containing practicable techniques and a balanced combination of offensive and defensive movements.
- Practicable arrangement and meaningful transition between attack and defense techniques with a good balance.
- Well-mixed state of techniques as a whole.
- Overall impression of the performance of the techniques (basic movements) is scored in this section!

## **7.2 Presentation (4.0 Points)**

For the scoring of the presentation, the overall impression of the poomsae performance is considered. Main criteria for the scoring are creativity, harmony, music & choreography and expression of energy.

### **7.2.1 Creativity (1.0 Points)**

- Creativity in the poomsae-diagram, music, choreography and connectivity between movement sequences.
- It is not considered as creative, if the performance is a collection from various part of the recognized poomsae.
- The movements are distributed among all parts of the body between left and right, between foot and hand and fore and back within poomsae directions.

### **7.2.2 Harmony (1.0 Points)**

- Harmony of music, rhythm and movements: adjust tempo and rhythm of the techniques to the rhythm of the music (e.g. a speedy and powerful-explosive execution or a slow and powerful execution with long respiration and facial expression should be performed with appropriate rhythm of the music).
- Harmony and synchronicity of performance in pair and team division. It will be scored lower in the presentation, during a contestant performs a mandatory foot kicks, the other members of the team stand still. The other members of the team should rather continue to perform with appropriate movements.
- In the pair and mixed team competition a deduction of 0.3 points occurs in the presentation scoring if more than two Poom are carried out not synchronically.
- In the pair and mixed team competition, it is not allowed to help each other during the Performance. For example, one member performs acrobatic with the help of other members in order to jump higher.

### **7.2.3 Expression of energy (1.0 Points)**

- Expression of energy like in the recognized poomsae (e.g. confidence, eye focus, facial expression, emotion, mind concentration, nice manner and attitude)

#### **7.2.4 Music & Choreography (1.0 Points)**

- In Poomsae performance, choreography is the act of designing sequences of the movements and composition of the free style poomsae. It involves the specification of basic TKD movements within the given order of the mandatory foot techniques. Movements may be characterized by dynamics, such as fast, slow, hard and soft.
- Fitting of the music (music's rhythm, melody and mood) being played to the performance.
- Adaptation of the music and the choreography to the contents of the poomsae.

#### **7.3 Tie Score**

In the case of tie score between 2 or more participants, the winner shall be the contestant who has more points in technical skills. In case the score is still tied, then the one who has higher total points (total points of all judges, including highest and lowest points) is the winner. If it is still tied, then a rematch shall be conducted to determine the winner.

## 7.4 Deductions

The following deductions should be taken into consideration in the evaluation of the scoring. Deductions are subtracted from total scoring.

➤ Mandatory stances:

1) Hakdari Seogi      2) Beom Seogi      3) Dwitkubi

0.3 points deduction for each missed mandatory stances during performance.

➤ For the execution of mandatory foot techniques (jumping side-kicks, jumping front kicks, spinning kicks and kicks with acrobatic action), contestants may run at most up to 5 steps. For every additional step 0.1 points are subtracted.

➤ The number of mandatory bouncing before execution of the consecutive sparring kicks is 3 to 5. Deduction for extra bouncing:

0.1 Points deduction for additional bouncing up to 3 times (6 – 8)

0.3 Points deduction for additional bouncing more than 3 times (>8)

➤ Crossing the boundary line with both feet.

0.3 points deduction for each crossing of the boundary.

The contest area is **10m X 10m** for the individual and pair competitions. For mixed team competitions, the contest area is **12m X 12m**.

➤ Confusion (e.g. mess or short break) of contestant in pair and team divisions are penalized with 0.3 points deduction.

➤ In the pair and mixed team competition a deduction of 0.3 points occurs in the presentation scoring if more than two Poom are carried out not synchronically.

➤ Restart

Deduction for the restart is 0.6 Points

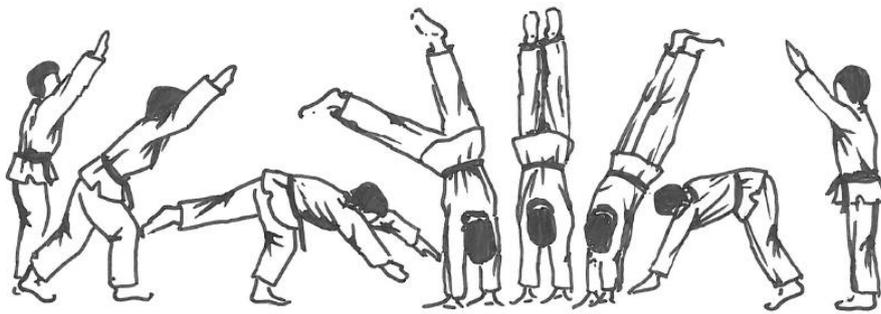
(2\*0.3= 0.6 similar to recognized poomsae)

➤ Music: No Performance without music

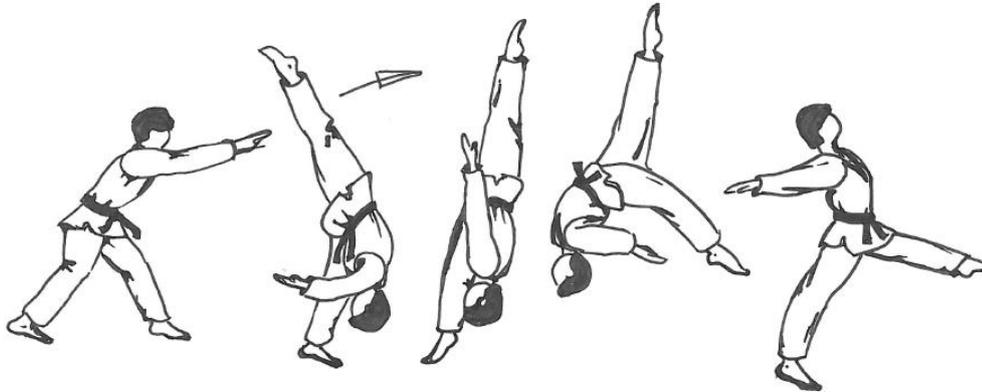
➤ The duration of contest in all divisions is between 90 and 100 seconds. Deduction for the Performances outside of the allowed time is 0.3 points per 5 seconds.

## Appendix 1 – Examples of the Acrobatic actions

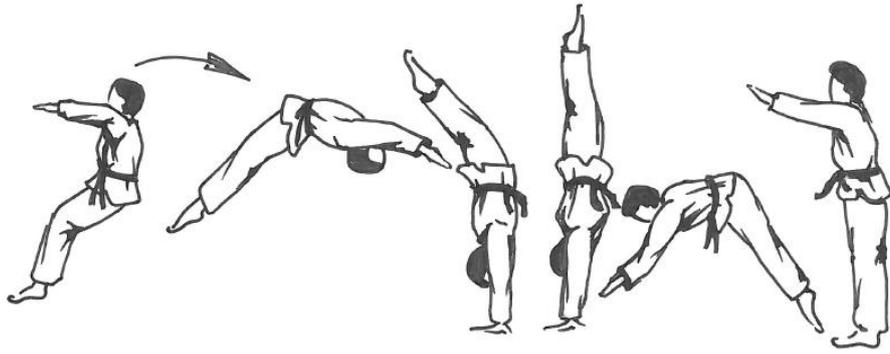
- All the acrobat actions must be performed with a TKD kick with the knee extension in order to be considered for the scoring!
- Low degree of difficulty (LDD / add 0.1 Points to the basic score):
  - Roundoff



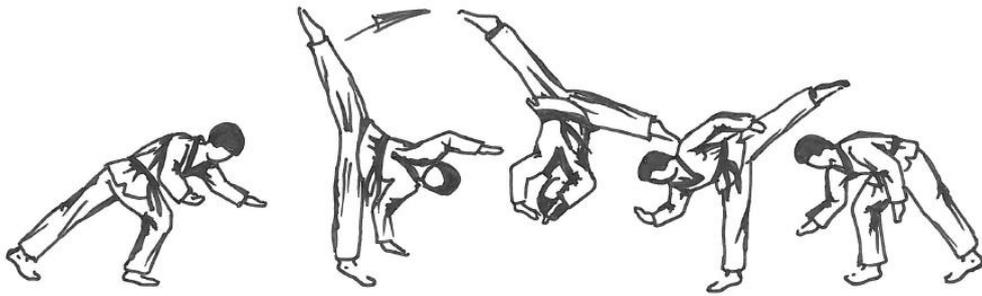
- Aerial Walkover forwards



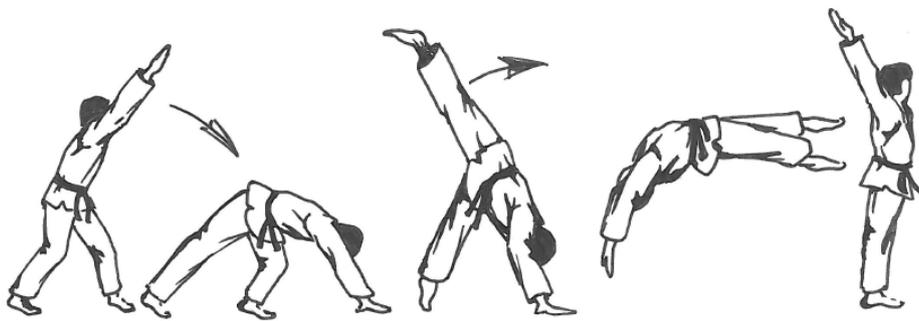
- Back handspring (Flic-Flac)



- Arial Cartwheel

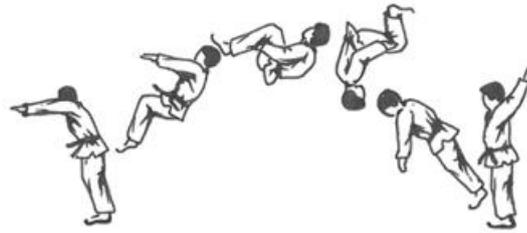


- Handspring forwards



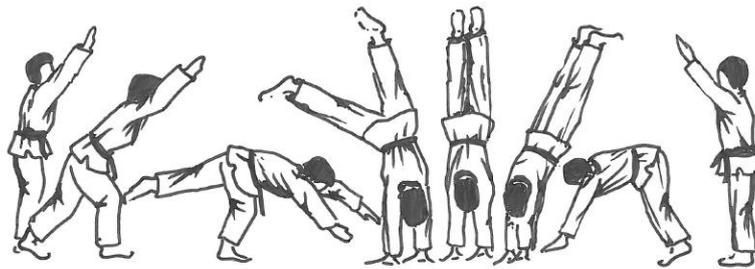
- **Middle degree of difficulty (MDD / add 0.2 Points to the basic score):**

- Standing salto backwards



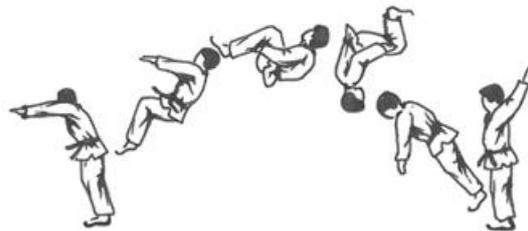
**Salto backwards with TKD Kicks**

- Combination of the roundoff and salto backwards (Roundoff precedes the salto backwards in order to turn horizontal speed into vertical speed to jump higher for a salto). TKD kick is executed during salto backwards.



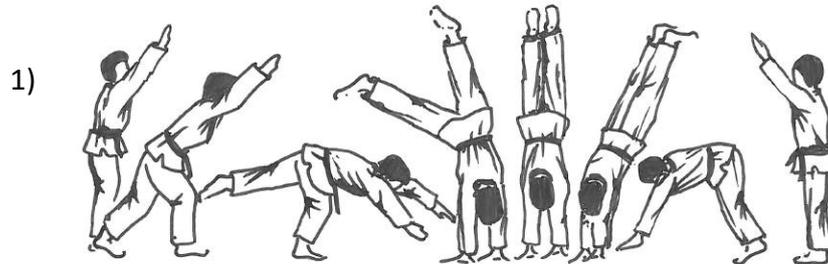
**Roundoff**

+



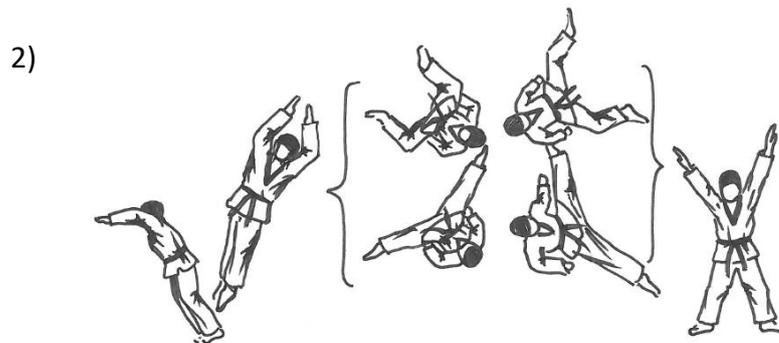
**Salto backwards with TKD Kicks**

- Combination of the roundoff and salto sideways (Roundoff precedes the salto sideways in order to turn horizontal speed into vertical speed to jump higher for a salto). TKD kick is executed during salto sideways.



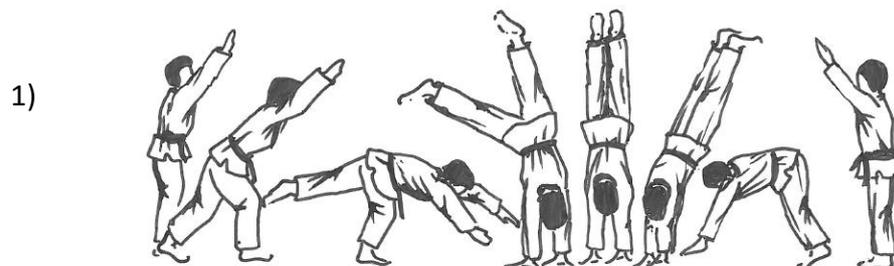
**Roundoff**

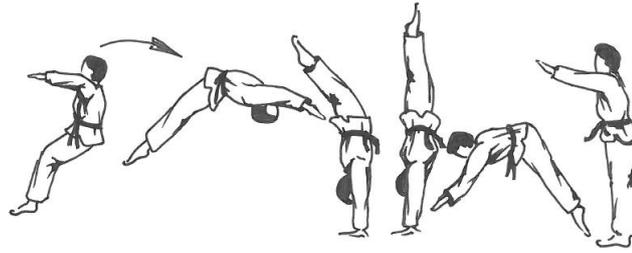
+



**Salto backwards with TKD Kicks**

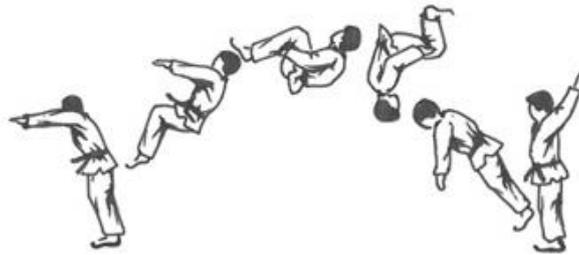
- **High degree of difficulty (HDD / add 0.3 Points to the basic score):**
  - Combination of roundoff, back handspring (flic-flac) and salto backwards. The roundoff and flic-flac precede salto backwards in order to develop sufficient momentum for the salto to jump higher. TKD kick is executed during the salto.





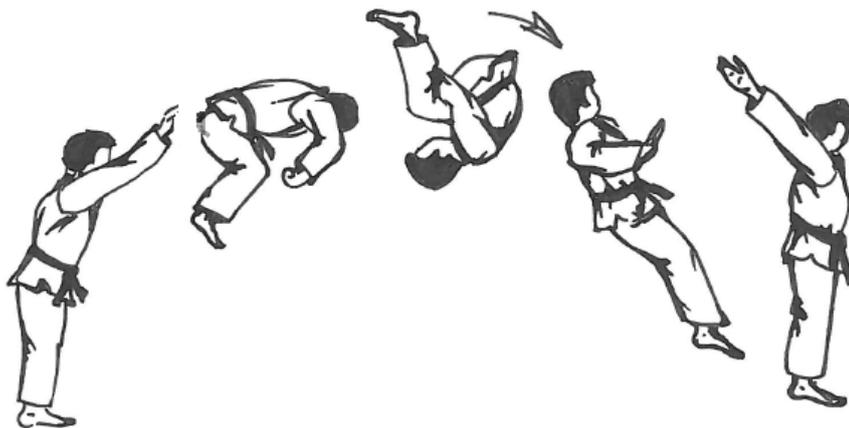
2)

and

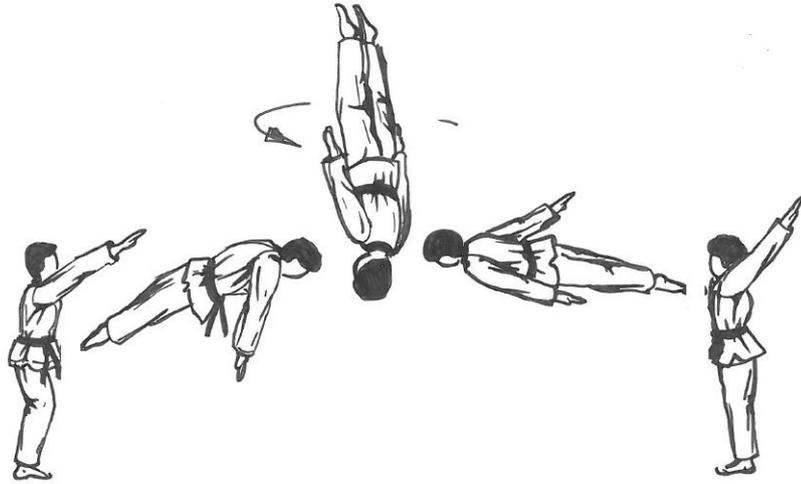


3)

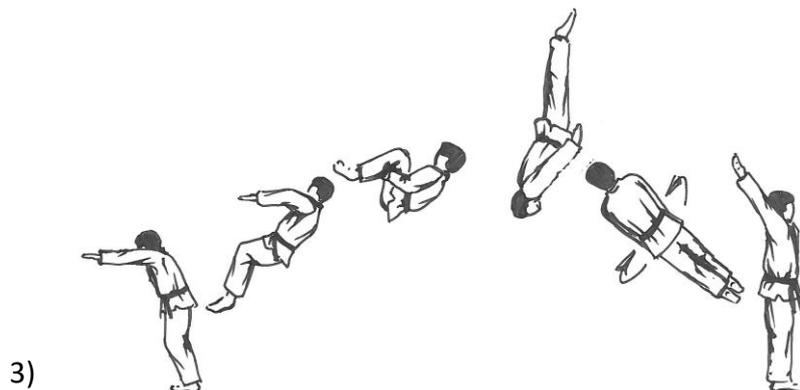
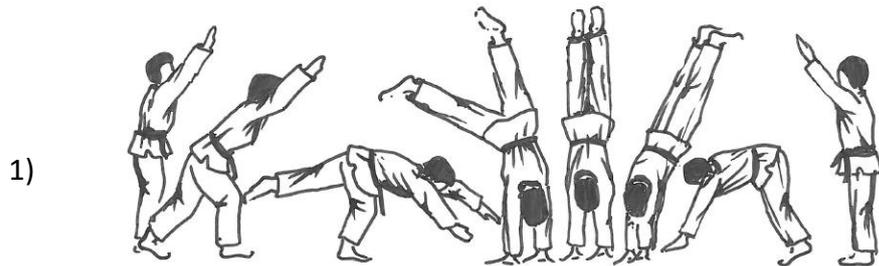
- Salto forwards



- Salto forwards with 180° (1/2) turning around the body longitudinal axis.



- Combination of the roundoff and/or back handspring (flic-flac) and Salto backwards with 180° (1/2) turning around the body longitudinal axis. TKD kick is executed during salto.





EUROPEAN UNIVERSITIES  
COMBAT CHAMPIONSHIPS  
ZAGREB 2023

EUSA

# Judge's Score Sheet

## Free Style Poomsae

### Mandatory Stances

Hakdari Seogi

Beom Seogi

Dwitkubi

Court Nr.

Contestant Nr.

Category	Sub-Category	Score Allocation										Score			
		Very poor	Poor	Poor	Good	Good	Good	Very good	Very good	Excellent	Excellent		Perfect		
		0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0			
		Basic score for the mandatory foot techniques ranges between 0.1 and 0.7 according to balance and accuracy of execution of the kicks (mastery of performance).								Add 0.1, 0.2 or 0.3 points to the basic score according to the following criteria					
Technical Skills (6.0 Points)	Level of Difficulty of Foot Techniques (5.0 Points)	Height of jumping side-kick (1.0 Points)	below Belt	Average basic score for the performance of jumping side kick is 0.3 – 0.5 points.								body	face	over face	
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3		
		Number of jumping front kick in a jump (1.0 Points)	< 3 Apch.	Average basic score for the performance of 3 to 5 apchagis is 0.3 – 0.5 points.								3 Apch.	4 Apch.	5 Apch.	
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3		
		Gradient of Spins in a Spin Kick (1.0 Points)	< 360°	Average basic score for the performance of spin Kicks (360° up to 720° and over) is 0.3 – 0.5 points.								360° up to 540°	540° up to 720°	720° and over	
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3		
			Performance level of consecutive Sparring Kicks (1.0 Points)	< 3 Kicks	Average basic score for the performance of 3 – 5 consecutive sparring kicks is 0.3 – 0.5 points.								Low level	Mid. level	High level
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3		
		Acrobatic actions (1.0 Points)	No TKD kick	Average basic score for the performance of acrobatic action with TKD kicks is 0.3 – 0.5 points.								Low level	Mid. level	High level	
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.1	0.2	0.3		
		Basic Movements and Practicability (1.0 Points)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
Presentation (4.0 Points)		Creativity (1.0 Points)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
		Harmony (1.0 Points)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
		Expression of energy (1.0 Points)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
		Music & Chorography (1.0 Points)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
Sub-total score → Technical Skills + Presentation															
Deductions (see checklist for the deductions)															
<b>Total Score = Subtotal score - Deductions</b>															

Judge's Name: -----

Judge's Nation: -----

Signature: -----