



## **European Universities Combat Championships 2023**

### **Taekwondo - Competition Information**

**Total courts – Kyorugi** 2 competition areas  
**Total courts – Poomsae** 1 competition area

**Poomsae competition** 21st of July  
**Kyorugi Competition** 22nd & 23rd of July

#### **PSS – System**

Daedo PSS electronic body protectors with E-helmet (GEN 2) will be provided from OC. All athletes must bring their own E-Sensor socks. All athletes must bring their own full equipment according to WT competition rules.

**Duration of Contest - Kyorugi** 3 rounds of 2 min each, with 1 min rest period  
Preliminary to Final Competitions  
(Alterations reserved without notice)

#### **Video Replay (IVR) - Kyorugi**

#### **Mode of competitions**

Recognized Poomsae Single Elimination System  
Free Style Poomsae Cut- off system  
Kyorugi Single elimination system – Best of Three

#### **Draw and Seeding**

Electronic drawing shall be organised by the OC under supervision of the EUSA Technical Delegates. A certain number of athletes may be seeded based on their ranks in the WT world ranking, according to the guidelines stipulated in the WT world ranking.

#### **General TECHNICAL MEETING**

**Place** University of Zagreb - Faculty of Kinesiology  
**Date** July 20th, 2023  
**Time** 14:00 to 15:00 h

# **Recognized Poomsae Competition Guideline**

## **Classification of Competitions:**

Men's Individual & Women's Individual

## **Compulsory Poomsae for Individual (Male & Female):**

### **Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin**

Every performed Poomsae will be drawn by lot. Required Poomsae from the corresponding compulsory Poomsae shall be drawn by TD and announced by the organising committee on Thursday 20<sup>th</sup> of July, 2023.

The Poomsae have to be presented in the same order as they were drawn. In each round two different Poomsae will be performed.

The TD & organizer reserves the right to reduce the number of Poomsae to be performed in the preliminary and the semi-final rounds to one (1) Poomsae. In the final two Poomsae are presented.

## **Competition Rules:**

Latest WT Poomsae competition rules in force shall apply.

## **Method of competitions:**

Single Elimination system (alterations reserved without notice).

Two Poomsae from designated Compulsory Poomsae for each division must be performed for all rounds.

## **Duration of Contest:**

Recognized Poomsae: Individual competitions from 30 seconds to 90 seconds.

Break time between 1st Poomsae and 2nd Poomsae is 30 to 60 seconds.

# Free Style Poomsae Competition Guideline

(Alterations reserved without notice)

## 1. Composition of Free Style Poomsae

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

## 2. Division

- 2.1 Individual: Male / Female

## 3. Duration of Contest

- 3.1. 90 to 100 seconds.

## 4. Scoring Criteria

- 4.1. Scoring shall be made in accordance with the rules of the WT.

- 4.2. The types of foot techniques designated by WT Poomsae Committee are as follows:

- 4.2.1. Heights of jump – Side kick **(in case of pair and team division, entire team members must perform this technique)**

- 4.2.2. Number of kicks in a jump – **Front kick (at least one member of the team must perform this technique)**

- 4.2.3. Gradient of spins in a spin kick - **Spinning hook kick or turning kick (at least one member of the team must perform this technique)**

- 4.2.4. Performance level of consecutive kicks – **Kyorugi style kick (at least one member of the team must perform this technique) \*3~5 bouncing steps is mandatory before executing the Kyorugi style kicks.**

- 4.2.5. Acrobatic actions – **Any acrobatic action performance with TKD style kick(s) (at least one member of the team must perform this technique).** TKD kick (s) must be performed with the knee extension (example: Apchagi)

- 4.3. Point shall be awarded only if athletes perform the techniques in the above order (Article 4.2). For the performance of each foot technique could have up to five run-ups.

- 4.4. All of the following stances must be included in the performance at least once **(in case of pair and team division, entire team members must perform these stances):**

- Dwitkubi (Backward inflection stance)
- Beom-seogi (Tiger stance) &
- Hakdari-seogi (Crane stance)

## 5. Music

- 5.1. The music for the free style Poomsae competition has to be brought by the competitors as MP3 on a USB (with name & division of contestant) and is submitted to TD on the Poomsae competition Day. No Performance without music! The music should not have any Words/Lyrics!

- 5.2 Only one round (final round), independent of the number of athletes.