



**세계태권도연맹
품새경기규칙 및 해설**

**WORLD TAEKWONDO FEDERATION
POOMSAE COMPETITION RULES & INTERPRETATION**

To be in force as of January 1, 2014

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Poomsae Competition Rules & Interpretation
Table of Contents

제1조 목적	Article 1. Purpose	1
제2조 적용범위	Article 2. Application	2
제3조 경기장	Article 3. Competition Area	3
제4조 선수	Article 4. Contestant	6
제5조 경기의 종류	Article 5. Classifications of Competition	8
제6조 성별 및 연령에 따른 분류	Article 6. Divisions by gender and age	9
제7조 경기의 방식	Article 7. Methods of Competition	10
제8조 공인 품새 중 부문별 지정품새	Article 8. Designated Compulsory Poomsae by division among Recognized Poomsae	12
제9조 자유품새	Article 9. Free Style Poomsae	13
제10조 경기시간	Article 10. Duration of Contest	14
제11조 추첨	Article 11. Drawing of Lots	15
제12조 금지행위와 벌칙	Article 12. Prohibited Acts/Penalties	16
제13조 경기진행	Article 13. Procedures of Contest	17
제14조 진행원	Article 14. Competition Coordinator	19
제15조 채점기준	Article 15. Scoring Criteria	20
제16조 채점방법	Article 16. Methods of Scoring	22
제17조 점수의 표출	Article 17. Publication of Scoring	26
제18조 경기의 판정	Article 18. Decision and Declaration of Winner	27
제19조 경기중단 상황의 처리	Article 19. Procedures for Suspending the Contest	29
제20조 심판원	Article 20. Refereeing Officials	30
제21조 기록원	Article 21. Recorder	32
제22조 심판원 구성 및 배정	Article 22. Formation and assignment of refereeing officials	33
제23조 본 규칙에 명시되지 않은 사태	Article 23. Other matters not specified in the Rules	34
제24조 소청	Article 24. Arbitration	35
제25조 징계 및 항소	Article 25. Sanctions and Appeal	37
Poomsae Scoring Guidelines		39

제1조 목적 Article 1 Purpose

- 1 이 규칙은 본 연맹과 각 지역연맹, 각국 협회가 주최 및 주관하는 모든 품새 대회를 정해진 경기규칙 아래 원활하고도 공정하게 운영하는데 그 목적이 있다.

The purpose of the Poomsae Competition Rules is to fairly and smoothly manage all matters pertaining to Poomsae competitions at all levels promoted and/or organized by the World Taekwondo Federation, and its Continental Unions and member National Associations, ensuring the application of standardized rules.

(해설)

태권도 품새경기를 전 세계적으로 통일성 있게 운영하기 위하여 경기 운영의 모든 사항이 본 규칙에 의거하여 결정, 진행된다는 뜻이다. 규칙의 근본 취지에 어긋나는 방식으로 이루어지는 품새경기는 태권도 경기로서 인정될 수 없다.

(Interpretation)

The objective of Article 1 is to ensure the standardization of all taekwondo poomsae competitions worldwide. Any competition not following the fundamental principles of these rules cannot be recognized as a taekwondo Poomsae competition.

제2조 적용범위 Article 2 Application

- 1 이 규칙은 본 연맹과 지역연맹, 각국협회가 주최 및 주관하는 모든 품새대회에 적용된다. 단, 각국협회가 이 규칙의 일부를 수정하여 사용코자 할 때는 본 연맹의 사전 승인을 얻어야 한다.

The Competition Rules shall apply to all Poomsae competitions promoted and/or organized by the WTF, each Continental Union and each member National Association. However, any member National Association wishing to modify some part of the Competition Rules must first gain the approval of the WTF.

주-(1)

사전승인:

수정을 원하는 단체가 세계태권도연맹에 승인을 요청하여 최소한 경기 1개월 전에 승인을 받아야 한다.

(Explanation #1)

Amendment approval:

Any organization desiring to make a change in some portion of the existing rules must submit to the WTF the contents of the desired amendment along with the reasons for the desired change. Approval for any change in these rules must be received from WTF one month prior to the scheduled competition.

제3조 경기장 Article 3 Competition Area

- 1 당 연맹 주최대회 개최 시 경기장은 최소 2,000석 이상에 3코트 설치 시 바닥 면적이 최소 30m x 50m이어야 하며, 기술매뉴얼에 관중과 선수를 위한 시청각 장비를 갖추고 있어야 한다. 바닥에서 천정까지는 최소 높이가 10m이어야 하고 조명은 1500 lux에서 1800 lux 사이로서 천정에서 아래를 비추는 형태가 되어야 한다. 당 연맹 주최대회 시 경기장 내의 모든 준비는 기술대표의 최종 승인을 득한 후 대회 개시 2일 전까지 완료되어야 한다. 경기지역은 경기장내에 설치되며 10m × 10m (자유품새 단체의 경우 12m x 12m) 넓이의 정방형으로 장애물이 없는 수평이어야 하고, 바닥은 탄력성 있는 매트 또는 나무 마루로 한다. 단, 필요에 따라 경기장은 높이 0.5m-0.6m의 경기대로 조정 설치 할 수 있으며, 안전도를 고려하여 30도 이내의 경사각이 지도록 한다.

For the organization of WTF-promoted Taekwondo Poomsae Championships, a venue shall require the ability to accommodate a minimum seating capacity of 2,000. The size of the floor shall be at least 30m x 50m based on the use of three (3) courts in which optimum audio-visual information, as mandated in the Technical Manual, to spectators and competitors shall be provided. The height of the venue shall be at least 10m from the floor to the ceiling. The lighting shall be a minimum of 1500 lux to a maximum of 1800 lux, and shall be directed onto the competition area from the top of the competition venue. All arrangement shall be completed at least two days before the start of the championships and shall be subject to approval of the Technical Delegate. The Competition Area shall comprise of the Contest Area measuring 10m×10m (12mx12m for Freestyle Team Competitions) and have a flat surface without any obstructing projections. The Contest Area shall be covered with an elastic mat or wooden floor, and may be installed on a platform 0.5m-0.6m high from the base, if necessary. The outer part of the Boundary Line shall be inclined at a gradient of less than 30 degrees for the safety of the contestants.

(해설)

경기대를 설치할 때 심판석을 고려하여 경기장보다 넓은 지역을 확보해야 한다.

(Interpretation)

In the case of using a platform, the platform must be wider than the competition area, in consideration of the positions of the judges.

2 경기지역의 구분 Demarcation of the Contest Area

- 2.1 10m×10m (자유품새 단체의 경우 12m x 12m) 넓이의 경기장을 경기지역이라고 한다.
The 10m×10m (12mx12m for Freestyle Team Competition) area shall be called the Contest Area.
- 2.2 마루 경기장일 경우 경기지역의 구분은 5cm 넓이의 백색 선을 그어 구분 한다.
The demarcation of the Contest Area shall be distinguished by a white line with 5cm wide in case of wooden competition area.

3 위치 표시 Indication of positions

- 3.1 심판원 위치: 7명의 심판원을 경기선수의 위치로부터 앞쪽에 4명, 뒤쪽 3명의 심판을 위치 하며, 경기지역과 심판원의 간격은 1m 거리이며, 심판원들의 간의 간격은 1m이다. 가까운 경계선은 1번 경계선으로 시계방향으로 차례로 2, 3, 4번 경계선이다. 또한 심판원의 자리 순서는 1번 경계선 왼쪽부터 시계방향으로 차례로 1번 순서로 배치한다. 5심제의 경우, 5명의 심판원을 경기선수 위치로부터 앞쪽에 3명, 뒤쪽에 2명 또는 앞쪽에 5명 배치하되 배치순서는 7심제의 경우와 같다. (참고사항: 기술대표는 대회상황 또는 조건에 따라 심판원의 수 및 위치를 정할 수 있고 사전에 대회요강에 명시토록 한다.)

Position of the Judges: Seven judges shall sit 1m away from the Contest Area and 1m in between each other, with four judges facing the contestants and three facing the back of the contestants. The boundary line adjacent to the four judges shall be deemed boundary line #1, followed by, clockwise, boundary lines #2, #3, and #4. Judges are positioned clockwise from the left of the boundary line #1. In the case of a five-judge system three judges shall be positioned facing the contestants and the other two facing the back of the

contestants or, five judges shall be position facing the contestants(Optional) ; in the same order of the seven-judge system. (Remarks: Technical delegate shall adjust position and number of judges depending on environment of competition area and condition of championships, and this shall be stated at outline of championships prior to championships.)

3.2 주심 위치: 주심은 1번 심판원석 옆자리에 위치한다.

The position of the Referee: The Referee shall be positioned beside Judge No. 1.

3.3 선수 위치: 경기장내의 중앙에서 3번 경계선 쪽으로 2m 뒤로 물러선 자리에 위치한다.

The positions of the contestants: Contestants shall be positioned at 2m back from the center of the Contest Area, toward boundary line #3.

3.4 기록원 위치: 주심으로부터 3m 오른쪽 옆에 위치한다.

The Position of the recorder's desk: It shall be positioned at 3m from the Referee on the right side.

3.5 진행원 위치: 경기장내 2번 모서리와 2번 경계선 바깥부분 1미터 떨어진 곳에 위치한다.

The Position of the competition coordinators: Competition coordinators shall be positioned outside the Contest Area, 1m away from the #2 corner and boundary lines #2.

3.6 선수대기 및 코치 위치: 3번과 4번 모서리 3m 밖에 위치한다.

The Position of standby contestants and coaches: Standby contestants and coaches shall be positioned outside the Contest Area, 3m away from the corner between boundary lines #3 and #4.

3.7 검사대 위치: 경기장 시설에 따라 설치하며 경기장 입구에 위치한다.

The Position of inspection desk: Inspection desk shall be positioned at the entrance of Contest Area outside the corner of boundary lines #3 and #4, in consideration of the facilities of the field of play.

주-(1)

매트: 본 연맹에서 승인한 품새대회에서는 공인매트를 사용해야 한다.

(Explanation #1)

Elastic mat: Only WTF-approved mats shall be used at WTF-sanctioned Poomsae Championships.

주-(2)

색상: 색상은 반사가 심하지 않고 경기장내 관중에게 시각적 피로를 주지 않는 종류로서 경기자의 도복을 비롯한 경기지역 내 제반 색상의 배색이 고려되어야 한다.

(Explanation #2)

Color: The color scheme of the mat's surface must not give off a harsh reflection, or be tiring to the contestants' or spectators' eyesight. The color scheme must also be appropriately matched to the overall look of the venue.

주-(3)

검사대: 검사대의 검사원은 참가선수가 입은 도복이 공인도복인지, 몸에 잘 맞는지 또는 불필요한 물건을 소지, 착용한 것을 점검한다. 부적합할 시에는 재착용을 지시한다.

(Explanation #3)

Inspection Desk: At the inspection desk, the inspector checks whether uniforms worn by the contestants are approved by the WTF, and whether they fit the contestant properly. A contestant will be required to change the uniform if it is found to be inappropriate.

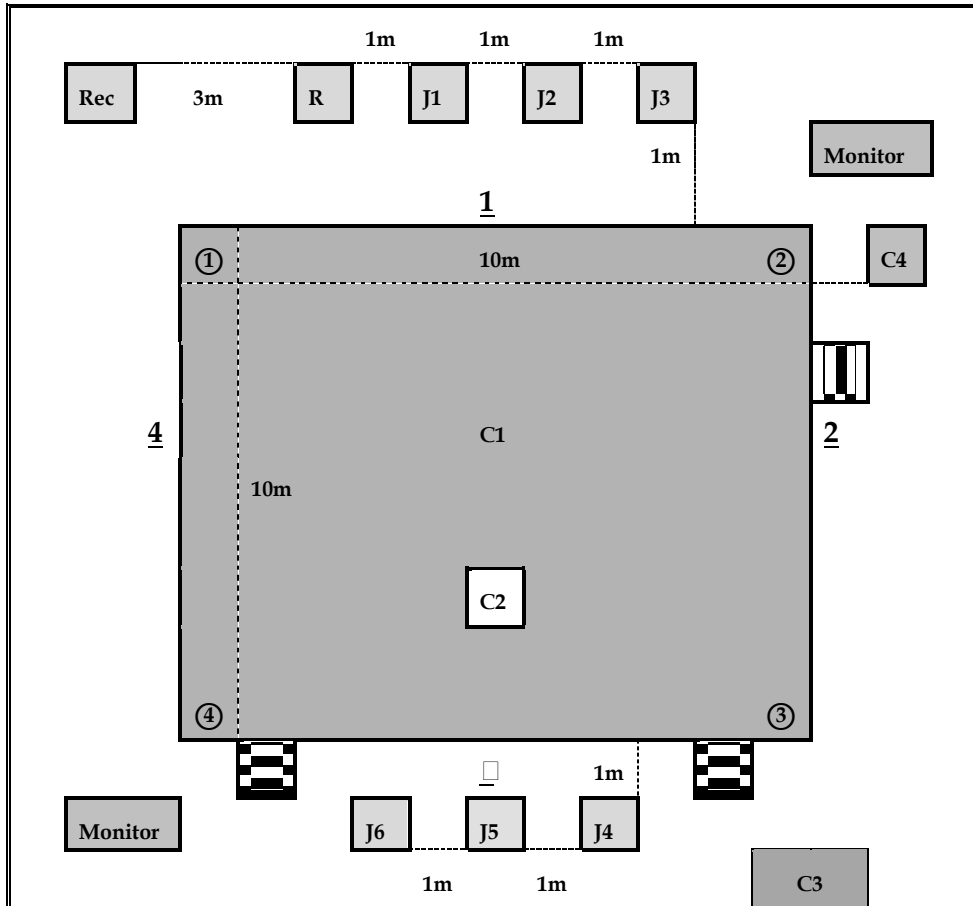
주-(4)

경기대: 다음 그림과 같이 설치할 수 있다.

(Explanation #4)

Competition platform: The platform shall be built according to the following diagram.

Diagram 1. Field of Play (그림 1. 경기장)



Rec : 기록원 / Recorder

R : 주심 / Referee

J1, 2, 3, 4, 5, 6 : 부심 / Judge

C1 : 경기장 / Competition Area

C2 : 선수위치 / Contestants

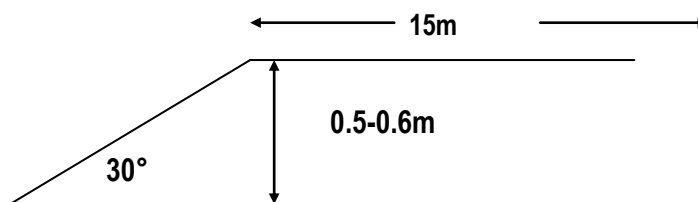
C3 : 코치 및 선수대기 위치 / Standby Spot for Contestants and Coach

C4 : 진행원 / Competition Coordinator

1, 2, 3, 4 : 경계선 / Boundary Line

①, ②, ③, ④ : 모서리 / Corner

Diagram 2. Competition Platform (그림 2. 경기대)



제4조 선수 Article 4 Contestant

1 자격

Qualification of Contestant

1.1 출전국 국적 소지자

Holder of the nationality of the participating team

1.2 출전국 협회가 추천한 자

One recommended by the WTF National Taekwondo Association

1.3 세계태권도연맹 또는 국가원이 발행한 품, 단증 소지자

Holder of Taekwondo Dan certificate issued by the WTF or Kukkiwon

1.4 세계태권도연맹 국제선수등록증 소지자

Holder of the WTF Global Athlete Licence (GAL)

1.5 유소년부 (12세부터 14세까지)

Cadet Division (12-14 years old)

1.6 청소년부 (15세부터 17세까지)

Junior Division (15-17 years old)

1.7 30세 이하 부 (18세부터 30세까지)

Under 30 Division (18-30 years old)

1.8 40세 이하 부 (31세부터 40세까지)

Under 40 Division (31-40 years old)

1.9 50세 이하 부 (41세부터 50세까지)

Under 50 Division (41-50 years old)

1.10 60세 이하 부 (51세부터 60세까지)

Under 60 Division (51-60 years old)

1.11 65세 이하 부 (61세부터 65세까지)

Under 65 Division (61-65 years old)

1.12 65세 초과 부 (66세부터~)

Over 65 Division (66 years old or higher)

(해설)

대회참가 선수 연령은 대회 개최 날짜가 아닌 개최 연도를 기준으로 하며, 청소년부 (15세부터 17세까지) 예를 들면 2013년 7월 29일에 대회가 개최될 경우, 1996년 1월 1일부터 1998년 12월 31일 사이에 태어난 선수에게 참가 자격이 있다.

(Interpretation)

The age limits for the each division is based on the year, not on the date, when the Championships are held. For example, in Junior division, contestants shall be between 15 and 17 years old. In this regard, if the Junior Poomsae Championships are held on 29 July 2013, contestants born between 1 January 1996 and 31 December 1998 are eligible to participate.

2 복장

Contestants' Uniforms

세계태권도연맹이 주최하는 품새대회에서는 세계태권도연맹 공인 품새경기복을 착용한다.

Contestants shall wear only WTF-approved Poomsae competition uniform at WTF-promoted Poomsae Championships.

3 의무사항

Medical control

3.1 본 연맹이 주최 또는 승인 대회 시 본 연맹 금지약물을 사용 또는 복용 해서는 안 된다.

At taekwondo events promoted or sanctioned by the WTF, any use or administration of drugs or chemical substances described in the WTF Anti-Doping Rules is prohibited.

3.2 본 연맹은 필요에 따라 약물 복용 여부를 검사하며, 검사에 불응 하거나 금지약물 복용 사실이 판명되면 징계위원회에 회부되며, 동시에 입상자는 등위가 박탈되고 차하위자가 등위를 승계한다.

The WTF may carry out all medical testing deemed necessary to ascertain if a contestant has committed a breach of the WTF Anti-Doping Rules, and any winner who refuses to undergo this testing or who proves to have committed such a breach shall be removed from the final standings. In this regard, the contestant next in line in the competition standings shall be declared the new winner.

3.3 대회 조직위원회는 필히 약물검사를 할 수 있도록 준비해야 한다.

The Organizing Committee shall be liable for arrangements to carry out medical testing.

3.4 약물금지 규정은 본 연맹의 도핑 규정을 따른다.

All details regarding doping matters shall be handled according to the WTF Anti-Doping Rules.

제5조 경기의 종류 Article 5 Classifications of Competition

성별 또는 나이에 제한을 받지 않는 한 최대 2개의 종목에 참가할 수 있다.
Contestants may compete up to two (2) categories of competition unless he or she is limited by gender or age.

1 공인품새종목 Recognized Poomsae Competition

- 1.1 남자 개인
Men's Individual
- 1.2 여자 개인
Women's Individual
- 1.3 남자 단체
Men's Team
- 1.4 여자 단체
Women's Team
- 1.5 복식
Pair

2 자유품새종목 Free Style Poomsae Competition

- 2.1 남자개인
Men's Individual
- 2.2 여자개인
Women's Individual
- 2.3 복식
Pair
- 2.4 혼성단체전(남녀 2명 이상을 포함한 5명으로 구성)
Mixed Team (Composition of 5 members including more than 2 males and 2 females)

(주-1)

자유품새 단체전의 경우 1명의 후보 선수를 대동할 수 있다.

(Explanation #1)

One (1) substitute may be accompanied by Free Style Poomsae team.

제6조 성별 및 연령에 따른 분류 Article 6 Divisions by Gender and Age

1 공인품새종목

Recognized Poomsae Competition

1.1 남자, 여자 및 혼성, 또는 연령으로 구분한다.

Men, women and mixed divisions shall be divided according to age.

1.2 성별 및 연령 구분은 다음과 같다.

Male and female & age divisions shall be classified as follows:

구분 Division		유소년부 Cadet	청소년부 Junior	30세이하 Under 30	40세이하 Under 40	50세이하 Under 50	60세이하 Under 60	65세이하 Under 65	65세초과 Over 65
나이 Age		12-14 years old	15-17 years old	18-30 years old	31-40 years old	41-50 years old	51-60 years old	61-65 years old	66 years old and over
개인 Individual	남자 Male	1	1	1	1	1	1	1	1
	여자 Female	1	1	1	1	1	1	1	1
구분 Division		유소년부 Cadet		청소년부 Junior		30세이하 Under 30		30세초과 Over 30	
나이 Age		12-14세 12-14 years old		15-17세 15-17 years old		18-30세 18-30 years old		31세를 포함하여 그 이상의 나이 31 years old and over	
복식 Pair		2		2		2		2	
단체 Team	남자 Male	3		3		3		3	
	여자 Female	3		3		3		3	

2 자유품새종목

Free Style Poomsae Competition

2.1 자유품새 종목 구분은 다음과 같다.

Divisions of Free Style Poomsae Competition shall be classified as follows.

구분 Division		17세 이하 Under 17	17세 초과 Over 17
나이 Age		12-17세 12-17 years old	18세를 포함하여 그 이상의 나이 18 years old and over
개인 Individual	남자 Male	1	1
	여자 Female	1	1
복식 Pair		2	2
단체(혼성) Team (mixed)		5명 + 최대 1명의 후보 5 (+1 substitute max.)	

제7조 경기의 방식 Article 7 Methods of Competition

- 1 본 연맹이 승인하는 모든 국제 품새대회는 4개국 이상, 각 종목별 4인 단체 이상이 참가하는 경우만 인정한다.
All international-level competitions recognized by the WTF shall be formed with the participation of at least four (4) countries with no fewer than four (4) contestants or four (4) teams in each division.
- 2 경기의 방식은 다음과 같이 구분한다. 경기방식은 기술대표가 결정하고 사전에 대회요강에 명시토록 한다.
The systems of competition are divided as follows. Methods of competition shall be decided by Technical Delegate and shall be stated at outline of championships prior to championships.
 - 2.1 일리미네이션 토너먼트 방식
Single elimination tournament system
 - 2.2 라운드 로빈 방식
Round robin system
 - 2.3 컷오프 방식
Cut off System
 - 2.4 혼합방식: 컷오프 방식 + 일리미네이션 토너먼트 방식
Combination System: Cut off system + Elimination tournaments system
- 3 기술대표가 각 부문별로 지정한 지정 품새 중 두가지 품새를 모든 경기의 예선전, 준결승전, 결승전에서 시연한다.
Two (2) Poomsae from the designated Compulsory Poomsae decided by Technical Delegate for each division must be performed for all the preliminary, semi final and final rounds for all competitions.

주-(1)

컷오프 방식은 예선, 본선, 결승전으로 이루어진다.

(Explanation #1)

The cut-off system shall comprise the preliminary, semi-final and final rounds.

주-(2)

컷오프 예선: 20-39명의 선수가 참가했을 경우; 예선부터 진행되며 2개 조가 별도의 코트에서 시연한다. 40명 또는 그 이상의 선수가 참가했을 경우; 예선부터 진행되며 3개 조가 별도의 코트에서 시연한다 (3코트 가용 시에 한하며 불가 시 2개 조가 별도의 코트에서 시연). 선수는 두 가지의 지정 품새를 시연하여 참가선수 중 코트 별로 상위 50%가 높은 점수 순으로 본선에 진출한다. 조별 참가 선수 숫자가 홀수인 경우는 반올림한다. 예)한 조가 13명의 경우 14명으로 간주하며 7명이 본선에 진출한다. 예선에서 코트 별로 다른 심판원들이 배정될 수 있다.

(Explanation #2)

Cut off system preliminary: When the number of contestants reaches 20-39; competition shall start from preliminary round with two (2) groups competed in two (2) courts. When 40 or more contestants are participating; competition shall start from preliminary round divided into three (3) groups competed in 3 different courts. If three courts installation is not available, contestants shall be divided into two (2) groups competed in 2 different courts.

Contestants shall perform the two designated Compulsory Poomsae. Top 50% contestants from each group shall advance to semi-final. In the event that the number of the competing athletes in each group is odd, the next highest contestant right below top 50% shall also advance to semi-final. In preliminary round, each group might be judged by different group of judges.

주-(3)

컷오프 본선: 9명에서 19명까지 선수가 참가 했을 경우 본선부터 진행 되며 연령별로 지정된 품새 중 2개를 시연하여 높은 점수 순으로 8명이 결승에 진출한다.

(Explanation #3)

Cut off system semi-final: When 9 to 19 contestants are participating; competition shall start from semi-final round, Contestants shall perform the two assigned compulsory Poomsae, and, 8 of them shall be advanced to final based on their points.

주-(4)

컷오프 결승: 8명 이하 선수가 참가 했을 경우 결승부터 진행 되며 연령별 지정된 품새 중 2개를 시연하며 높은 점수 순으로 1, 2, 3, 4위(2명/2복식/2단체)를 결정한다. 3위와 4위는 동메달을 수여한다.

(Explanation #4)

Cut off system final: When 8 or fewer contestants are participating; competition shall start from final round.

Contestants shall perform the two assigned compulsory Poomsae, and, the top four contestants / pair/ team shall be awarded prizes based on their points. 3rd and 4th places are awarded with bronze medals.

주-(5)

토너먼트 경기인 경우 상대선수의 결정은 추첨으로 한다.

(Explanation #5)

In elimination tournament system, the opponent shall be decided at drawing of lots.

제8조 공인품새 중 부문별 지정품새
Article 8 Designated Compulsory Poomsae by division among Recognized Poomsae

경기 Competition	분 류 Division	지정품새 Compulsory Poomsae
개인 Individual	유소년부 Cadet Division	태극 4, 5, 6, 7, 8장, 고려, 금강 Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	청소년부 Junior Division	태극4, 5, 6, 7, 8장, 고려, 금강, 태백 Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	30세 이하 Under 30	태극6, 7, 8장, 고려, 금강, 태백, 평원, 십진 Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	40세 이하 Under 40	
	50세 이하 Under 50	태극8장, 고려, 금강, 태백, 평원, 십진, 지태, 천권 Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
	60세 이하 Under 60	고려, 금강, 태백, 평원, 십진, 지태, 천권, 한수 Koryo, Keumgang, Taebak Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	65세 이하 Under 65	
	65세 초과 Over 65	
복식 Pair	유소년부 Cadet Division	태극 4, 5, 6, 7, 8장, 고려, 금강 Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	청소년부 Junior Division	태극4, 5, 6, 7, 8장, 고려, 금강, 태백 Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	30세 이하 Under 30	태극6, 7, 8장, 고려, 금강, 태백, 평원, 십진 Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	30세 초과 Over 30	태극8장, 고려, 금강, 태백, 평원, 십진, 지태, 천권 Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
단체 Team	유소년부 Cadet Division	태극 4, 5, 6, 7, 8장, 고려, 금강 Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	청소년부 Junior Division	태극4, 5, 6, 7, 8장, 고려, 금강, 태백 Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	30세 이하 Under 30	태극6, 7, 8장, 고려, 금강, 태백, 평원, 십진 Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	30세 초과 Over 30	태극8장, 고려, 금강, 태백, 평원, 십진, 지태, 천권 Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon

제9조 자유품새 Article 9 Free Style Poomsae

- 1 자유품새는 태권도의 기술을 바탕으로 안무와 음악과 함께 어우러진 품새를 말한다.
Free Style Poomsae is the performance based on taekwondo techniques with composition of music and choreography.
- 2 자유품새 구성
Composition of Free Style Poomsae
 - 2.1 연무선: 참가 선수가 자유로이 구성
Yeon-mu line shall choice of contestant
 - 2.2 음악 및 안무: 참가 선수가 자유로이 구성
Music & choreography shall be choice of contestant.
 - 2.3 태권도기술이라 볼 수 없는 기술은 감점대상이며 태권도 기술의 정의는 참가 선수가 사전 품새 계획서 제출시 품새위원회가 태권도 기술로 인정하는 기술
Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WTF Poomsae Committee, when contestant submits performance plan of free style poomsae.

제10조 경기시간 Article 10 Duration of Contest

1 각 종목 별 시간

Duration of Contest by Division

1.1 공인품새: 개인전, 복식, 단체전 30초 이상 90초 이내

Recognized Poomsae: Individual, Pair, and Team competitions from 30 seconds to 90 seconds

1.2 자유품새: 개인전, 복식, 혼성단체전 60초 이상 70초 이내

Free Style Poomsae: Individual, Pair, and Mixed Team competitions from 60 seconds to 70 seconds.

1.3 품새 시연 중간 대기 시간은 30초-60 이내로 한다.

The waiting period between 1st poomsae and 2nd poomsae is 30 to 60 seconds.

(해설)

시연중간 대기 시간은 진행원의 퇴장 선언 이후를 말한다.

(Interpretation)

The starting of waiting period between 1st poomsae and 2nd poomsae shall be activated after the competition coordinator has declared a decision.

제11조 추첨 Article 11 Drawing of Lots

- 1 대회 하루 전날 또는 2일 전 대표자회의는 기술대표, 세계태권도연맹 관계자, 대회 참가국의 대표들 참석 하에 추첨을 한다.
The drawing of lots shall be conducted at the Head of Team meeting one day or 2 days prior to the first competition day in the presence of WTF officials, including the WTF Technical Delegate, and representatives of the participating nations.
- 2 대표자회의에 불참한 참가국들은 회의 모든 결정권을 기술대표에게 위임하며, 결정된 사안을 따른다.
Technical delegate shall draw lots on behalf of the officials of participating nations not present at the Head of Team Meeting. Participating nations not present in the Head of Team Meeting shall follow the decisions made at the meeting.
- 3 대표자회의 및 추첨에 관한 사안은 기술대표가 세계태권도연맹 관계자와의 협의 하에 결정한다.
The matters at the Head of Team Meeting and draw shall be decided by Technical Delegate in consultation with the WTF officials.
- 4 혼합방식에서 토너먼트 방식 추첨은 컷오프방식 경기 종료 후 경기장 내에서 기술대표, 세계태권도연맹 관계자, 해당 대회 참가국의 대표들 참석 하에 추첨을 한다.
The drawing of lots for elimination tournament in combination system shall be conducted after completion of cut off competition stage in the presence of WTF officials including the WTF technical delegate and representatives of the pertinent participating nations at the competition venue.
- 5 추첨 방식은 기술대표가 정한다.
The method of drawing shall be decided by technical delegate.
- 6 각 부문별 지정품새는 기술대표가 세계태권도연맹 관계자와의 협의 하에 추첨 시 결정한다.
The Compulsory Poomsae to be assigned for each division shall be decided at the time of drawing of lots by Technical Delegate in consultation with the WTF officials.
- 7 추첨 시 부여 받은 번호는 예선과 본선의 경연 순서를 의미한다. 작은 숫자에서 높은 숫자 순으로 경연한다. 결선의 경연 순서는 본선 성적 기준으로 하며 점수가 낮은 선수에서 높은 선수 순으로 시연한다.
The drawing number of each contestant assigned at the drawing of lots session represents the order of contest for preliminary round and semi-final. Contest shall be held in the order from lower number to higher number at the preliminary round and semi-final. The order of contest at the final shall be decided by the scores from the semi-final in the order from lower scores to higher scores.

제12조 금지행위와 벌칙 Article 12 Prohibited Acts/Penalties

- 1 금지 행위에 대한 벌칙의 선언은 주심이 한다.
Penalties for any prohibited act shall be declared by the Referee.
- 2 벌칙은 감점으로 규정한다.
Penalties are defined as "Gam-jeom" (deduction of points by penalties).
- 3 다음 행위를 금지행위로 인정하여 감점을 부여한다.
"Gam-jeom" shall be declared on the following prohibited acts:
 - 3.1 선수, 코치가 바람직하지 못한 언동을 하는 행위
Uttering undesirable remarks or any misconduct on the part of a contestant or a coach
 - 3.2 심판 판단으로 선수 및 코치가 경기인, 또는 태권도인으로서 하여서는 안되는 행위
According to judgment of the referee, a coach an amateur contestant or taekwondo practitioners should have the manner and respect the code of conduct.
 - 3.3 경기 중 심판 및 진행원의 진행에 방해하는 행위
Athletes or coach should not interrupt or stand in the way of the competition coordinators in the midst of the coordination activity during the competitions.
- 4 2회의 감점을 선언 당하면 감점패 한다.
Should a contestant be assessed two (2) deductions, the referee shall declare the contestant a loser on penalties.

2회의 감점을 선언 당하면 감점패 한다. 또한 여기에서 규정하는 감점은 정확성, 연출성에서 규정하는 동작 감점이 아닌 스포츠 정신에서 위반되는 행위를 말한다.

(Interpretation)

Should a contestant accumulate two "Gam-jeom" (deductions of points by penalties), the Referee shall declare that the contestant lost on penalties. "Gam-jeom," as defined in this Article, refers to deduction of points due to behaviors that disrespect the spirit of sport, rather than due to judges' scoring in terms of accuracy and presentation.

제13조 경기 진행 Article 13 Procedures of contest

- 1 선수의 호출: 선수 연습실로 경기 30분 전부터 3회 호출한다. 경기장에서 진행원의 선수출전 선언 후 선수 부재 시 출전 포기로 간주한다.
Call for contestants: Thirty minutes prior to the scheduled start of the contest, the names of the contestants shall be announced three times to contestants' training area. Any contestant who fails to appear in the competition area after "Chool-jeon" command of the competition coordinator shall be regarded as having withdrawn from and forfeited the match.
- 2 신체 및 복장 점검: 호출 된 선수는 검사대에서 검사원에게 신체 및 복장을 검사 받아야 하며, 상대방 또는 관중들에게 혐오를 주는 용모나 위해를 끼칠 수 있는 물건을 지녀서는 안 된다.
Physical inspection and uniform inspection: After being called, the contestants shall undergo a physical inspection and a uniform inspection at the specified inspection desk by an inspector designated by the WTF. The contestant shall not show any signs of aversion, and shall not bear any object which may cause harm to the other contestant.
- 3 선수 입장: 검사를 마친 선수는 1명의 코치와 같이 지정된 대기석에 입장한다.
Entering the Contest Area: Following the inspection, the contestant shall enter the contestant waiting area with one coach accompanied
- 4 경기 진행의 절차
Pre-contest and post-contest procedures
 - 4.1 선수는 진행원의 "출전", "차려", "경례", "준비" 및 "시작" 구령 후에 품새를 시연한다.
The contest shall begin after the declaration of "Chool-jeon", "Cha ryeot", "Kyeong rye", "Joon-bi" and "Shi-jak" by the competition coordinator.
 - 4.2 선수는 품새가 끝나면 지정된 위치에서 진행원의 "바로", "차려", "경례"에 따라 입례한 후, 바로 서서 진행원의 "표출" 선언을 기다린다.
After the end of the each Poomsae, the contestants shall stand in their respective positions and make a standing bow at the coordinator's command of "Ba-ro, Cha-ryeot, Kyeong-rye." Contestants shall wait until the coordinator's declaration of "Pyo-chul"
 - 4.3 주심의 표출에 의해 승자가 선언된다.
The referee shall declare the winner according to the results of the judges.
 - 4.4 선수 퇴장
Contestant's exit

경기진행요령
(Interpretation)
Method of competition procedure.

주-(1)
선수대기: 선수는 검사대의 검사 후 선수대기석에 대기한다.
(Explanation #1)
Standby: Contestants are to wait at the contestants' waiting area for their physical and uniform inspections.

주-(2)
호출: 진행원의 호출에 의해 선수는 경기장 대기석에 대기한다.
(Explanation #2)
Call: Contestants are to wait at the contestants' waiting area for the competition coordinator's call

주-(3)
출전: 진행원의 "출전" 구령에 의해 출전한다.
(Explanation #3)
Enter: Contestants shall enter upon the competition coordinator's command of "Chool jeon"

주-(4)
입장:

-
- 컷오프방식: 선수는 진행원의 “차려”, “경례” 구령에 의해 입례를 한다.
 - 일리미네이션 토너먼트 방식: 개인전에서 청. 홍의 양선수가 동시 입장하여 입례 후 동시에 시연을 하고 단체전 및 복식은 동시 입장하여 입례 후 홍팀선수는 퇴장 후, 청팀 선수부터 시연한다.

(Explanation #4)

- Cut-off system: Contestants shall face each other and make a standing bow at the competition coordinator's command of “Cha Rueot” and “Kyeong rye.”
- Elimination Tournament: In individual competition, the Chung and Hong enter together. After “Kyeong-rye”, both Chung and Hong perform poomsae at the same time. In pair and team competitions, the Chung team (pair) and the Hong team (pair) enter together. After “Kyeong-rye”, the Hong team (pair) exits and the Chung team (pair) performs first.

주-(5)

시연시작: 진행원의 “준비”, “시작” 구령에 의해 시연하며 동시에 개시한다.

(Explanation #5)

Beginning of the Demonstration: The demonstration begins when the competition coordinator announces “ready (joon-bee)” and “go (shi-jak).”

주-(6)

시연종료:

- 컷 오프 방식: 시연이 끝나면 진행원의 “바로” 구령에 의해 대기 한다.
- 일리미네이션 토너먼트 방식: 홍 선수의 시연이 끝나면 먼저 시연한 청선수도 입장하여 함께 대기한다.

(Explanation #6)

Completion of demonstration:

- Cut-off process: Contestants shall be in a stand-by position when the demonstration ends with the competition coordinator commanding “Back to ready (bah-roh).”
- Elimination tournament process: The blue team contestant demonstrates first. After the red team contestant completes his/her demonstration, both contestants be in a stand-by position together.

주-(7)

채점:

- 전자채점기 사용시: 심판들은 최종점수를 확인후 전자채점기에 입력한다.
- 채점표 사용시: 심판들은 최종점수를 확인후 채점표를 작성한다.

(Explanation #7)

- When using the electronic scoring device: The judges enter the score into the electronic scoring device after confirming the total score.
- When using the scoring ballot: The judges write the score after confirming the total score.

주-(8)

표출:

- 전자채점기 사용시: 심판들의 입력한 최종점수는 전광판에 자동 표출된다.
- 채점표 사용시: 심판들의 채점표를 기록원에게 전달후 기록원은 최종점수를 표출한다.

(Explanation #8)

- When using the electronic scoring device: The total score entered by the judges appear on the public display board.
- When using the ballot: After the judges' ballots are recorded, the score keeper announces the final result.

주-(9)

선수 퇴장: 선수는 진행원의 “차려”, “경례” 구령에 의해 입례 후 “퇴장” 구령에 의해 퇴장한다.

(Explanation #9)

Retirement of the contestants: After the standing salute following the competition coordinator's commands of "attention (cha-ryuh)" and "bow (kyung-rae)," the contestant exits on the "exit (tuae-jahng)" command.

14조 진행원 Article 14 Competition Coordinator

1 자격 Qualifications

- 1.1 세계태권도연맹 또는 국기원 단증을 소지하고 있으며, 태권도의 전문적인 지식이 있는 자로서 세계태권도연맹 사전승인을 받은 후 조직위원회에서 임명한다.
The Organizing Committee shall nominate WTF-approved competition coordinators who are WTF or Kukkiwon Dan holders and experts in taekwondo.

2 임무 및 구성 Duties and composition

- 2.1 2명의 진행원을 임명할 수도 있다.
Two coordinators can be nominated.
- 2.2 진행요원: 진행원이 선수를 확인하고 선수를 입장 시킨다. 또한 경기의 원활한 운영을 위하여 심판을 보조한다.
Two competition coordinators shall verify the contestants' identities and allow contestants in and out of the venue, and shall assist the refereeing officials to ensure the unimpeded progress of the competition.

(해설)

진행원은 경기 진행에 전반적인 대한 사전교육을 받아야 한다.

(Interpretation)

The competition coordinator has to receive intensive preliminary training in relation to the tournament.

제15조 채점 기준 Article 15 Scoring Criteria

채점기준은 세계태권도연맹 규정을 따른다.
Scoring shall be made in accordance with the rules of the WTF.

1 공인품새 (10.0) Recognized Poomsae (10.0)

- 1.1 정확성 (4.0)
Accuracy (4.0)
 - 1.1.1 기본동작 정확성
Accuracy of basic movements
 - 1.1.2 균형
Balance
 - 1.1.3 품새 별 동작의 정확성
Accuracy of details of each Poomsae

- 1.2 연출 (6.0)
Presentation (6.0)
 - 1.2.1 속도와 힘
Speed and power
 - 1.2.2 강유-완급-리듬
Strength/speed/rhythm
 - 1.2.3 기의 표현
Expression of energy

1.3 공인품새 배점표 Allotted Scoring Chart for Recognized Poomsae

채점항목 Scoring Criteria	세부 기준 항목 Details of Scoring Criteria	점수 Point
정확성 (4.0) Accuracy (4.0)	품새 별 동작의 정확성 Accuracy of details of each Poomsae	4.0
	품새 동작 외 정확성 Other accuracy including basic movements & balance	
연출성 (6.0) Presentation (6.0)	속도와 힘 Speed and power	2.0
	강유-완급-리듬 Strength/speed/rhythm	2.0
	기의 표현 Expression of energy	2.0

2 자유품새 (10.0) Free Style Poomsae (10.0)

- 2.1 기술력 (6.0)
Technical Skills (6.0)
 - 2.1.1 발차기 난이도
Level of difficulty of foot techniques
 - 2.1.2 동작의 정확성
Accuracy of movements
 - 2.1.3 품새 완성도
Degree of completion of Poomsae

2.2 연출성 (4.0)

Presentation (4.0)

2.2.1 창의성

Creativity

2.2.2 조화

Harmony

2.2.3 기의 표현

Expression of energy

2.2.4 음악 및 안무

Music & Choreography

2.3 발차기 난이도 기술의 종류는 매년마다 세계태권도연맹 품새위원회에서 지정한다.

The types of kick in level of difficulty of foot techniques shall be designated by WTF Poomsae Committee every year.

2.4 자유품새 배점표

Allotted Scoring Chart for Free Style Poomsae

채점항목 Scoring Criteria	세부 기준 항목 Details of Scoring Criteria	점수 Point
기술력 (6.0) Technical Skills (6.0)	발차기 난이도 (5.0) Level of difficulty of foot techniques (5.0)	5.0
	뛰어 찬 발차기 수 Number of kicks in a jump	
	회전 수 Gradient of spins in a spin kick	
	연속발차기의 난이도 Performance level of consecutive kicks	
	아크로바틱 동작 Acrobatic actions	
	기본 동작 및 실용성 Basic movements & Practicability	1.0
연출성 (4.0) Presentation (4.0)	창의성 Creativeness	4.0
	조화 Harmony	
	기의 표현 Expression of energy	
	음악 및 안무 Music & choreography	
최대 점수 Maximum Points		10.0

제16조 채점 방법 Article 16 Methods of scoring

1 공인품새 Recognized Poomsae

1.1 종합 점수는 10.0점이다.
Total score is 10.0.

1.2 정확성
Accuracy

1.2.1 기본점수
Basic score 4.0

1.2.2 기본동작 및 해당 품새의 정확성 요구 항목에서 경미한 실수라고 인정될 때, 1회마다 0.1 감점한다.
0.1 point shall be deducted each time a contestant does not perform the basic movements or the pertinent Poomsae accurately.

1.2.3 기본동작 및 해당 품새의 정확성 요구 항목에서 경미한 실수보다 명확하게 큰 실수라고 인정될 때 1회마다 각 0.3 감점한다.
Accuracy in basic actions and the pertinent Poomsae: 0.3 points shall be deducted each time a contestant makes a serious mistake.

주-(1): 정확성 요구 항목에서 경미한 실수 0.1 감점이란 발자세: (앞굽이, 뒷굽이, 범서기 등 모든 서기동작), 손동작: (막기, 지르기, 치기 등 손동작 등) 품새경기채점규정 (별첨)에서 벗어난 경우 0.1감점 대상이다
(Explanation #1):

Deduction of 0.1 point per small mistake in accurate performance: 0.1 point shall be deducted whenever any of the foot postures (Ap-gubi, Dwit-gubi, Beom-seogi and all the other standing movements) or hand movements (Makki, Jireugi, Chigi and all the other hand movements) is not performed as explained in the attached Poomsae Competition Scoring Guidelines.

주-(2): 정확성 요구 항목에서 큰 실수 인정될 때 0.3 감점이란 품새경기채점규정 (첨부)에 없는 동작을 했거나 틀린 동작을 수행 했을 경우를 말한다.

예):

1. 아래 막기를 얼굴 막기로 한 경우
2. 주춤서기를 뒷굽이로 한 경우
3. 기합을 빼먹거나 하지 말아야 할 순간에 한 경우
4. 일시정지 (다음 동작을 잊었거나 3초 이상 지연 상태)
5. 시선을 진행방향으로 보지 않는 경우
6. 학다리서기 발이 지면에 닿은 경우
7. 시작점과 종료점이 한 발 이상 차이가 나는 경우
8. 지찌기 동작에서 충분한 힘과 소리가 결여
9. 선수의 숨소리가 지나치게 클 경우
10. 선수가 동작을 다시 할 경우

(Explanation #2)

Serious mistake in accuracy: 0.3 points shall be deducted when actions not performed in accordance with included in the attached Poomsae Competition Scoring Guidelines or a wrong action is performed.

(Example)

1. Eolgul Makki is performed instead of Arae Makki
2. Dwit-gubi is performed instead of Juchum-Seogi
3. Kihap (yelling) is not made or kihap at wrong moment.
4. Temporary stop during movements (forgetting the next movement for three seconds or longer)
5. Eyesight does not follow the side to which actions are made.
6. When the raised foot touches the ground in performing Hakdari-Seogi.
7. Starting and ending position varies by more than one foot allowance. (kumgang, jitae exception)
8. Jittzikgi movement without enough power and sound.
9. When the contestant makes loud breathing noises.

10. When the contestant restarts his or her performance.

1.3 연출성
Presentation

1.3.1 기본 점수 6.0
Basic score 6.0

주-(3): 연출성 (1. 속도와 힘(2.0), 2. 강유, 완급, 리듬(2.0) 3. 기의 표현 (2.0)등은 작은 실수, 큰 실수를 할 때 마다 감점을 주는 것이 아니라 수행한 품새의 전반을 보고 감점을 부여한다.

(Explanation #3) Presentation

Deduction of point in presentation shall not be made for every small or serious mistake during the performance. Deduction of point in presentation shall be made for the overall performance of Poomsae

- 1. 2.0 points for speed and power
- 2. 2.0 points for control of power, speed and rhythm
- 3. 2.0 points for expression of energy

주-(4): 속도와 힘(배점2.0):

품새 수행력을 측정하며 지르기, 차기 등 공격기술이 최고로 수행되는지, 부드럽게 시작해서 최대한 체중을 이용한 속도와 힘이 완전한 균형과 함께 발휘되었는지, 특수한 동작에서 의도적으로 느린 속도로 수행되는 기술인지 등 동작의 특성에 따라 동작이 수행되었는지를 평가한다.

예1) 동작의 시점에서 힘을 넣어 무리하게 진행하면 동작의 정점에서 속도가 오히려 느려지게 되므로 감점의 대상이다.

예2)힘을 표출하기 위해 과장된 반대동작이나 몸을 억지로 반동을 싣는 동작은 바람직한 힘의 표현이 아니므로 감점의 대상이다.

(Explanation #4): Speed and power (score 2.0):

Ability to perform Poomsae shall be evaluated on whether the movements are performed in accordance with the characteristics of the pertinent movement, for example, whether attacking techniques like Jireugi, Chagi, etc. are best performed, whether the movement is presented with a soft start and with a perfect balance between speed and power utilizing the body weight at the maximum, and whether a special movement is performed slowly intentionally, etc.

(Example 1) Deduction of point shall be made if too much strength is revealed in the beginning of the movements as it slows down the movements at the most important point of the movements.

(Example 2) Deduction of point shall be made if one exaggerates a movement to propel the next movement or utilizes the reaction of the body to express power.

주-(5). 강유, 완급, 리듬(배점2.0)

강유는 힘의 기세로 빠르고, 부드럽게를 통해 정점에 강함을 뜻한다.

완급은 동작의 특성에 따라 적절한 연결과 속도의 조절을 뜻한다.

리듬은 일정한 규칙에 따라 반복되는 움직임, 음의 장단 강, 약의 흐름을 뜻한다.

예1) 시작부터 딱딱한 동작은 힘이 들어간 경우다. 연무선에서 천편일률적인 속도와 힘 그리고 리듬으로 진행되면 감점의 대상이다.

예2)몸이 굳은 상태에서 표현되는 딱딱한 동작, 처음에 강하게 시작되면 정점에서 오히려 느려지고 가속이 되지 않으므로 감점의 대상이다.

(Explanation #5) Control of power, speed and rhythm (score 2.0)

- Control of power means the strongest power shown at the most critical moment of the movement through speed and softness.

- Control of speed means an appropriate connection between actions and changes of speed

- Rhythm means repeated actions according to set rules and length of note, and flow of power.

(Example #1) Too much power makes the movement look stiff from the start. Points shall be deducted if the speed, power and rhythm are presented with no changes from the start to the end of the lines of movements.

(Example #2) Points shall be deducted in case of stiff actions coming from stiff body: A strong start makes it difficult to accelerate, thus slowing down the action at the critical point of movements

주-(6). 기의 표현(배점2.0)

품새동작 특성에 따라 시원스런 동작의 크기, 집중, 기백, 절도, 자신감등 기의 속달에서 나타나는 품격과 위

업 있는 동작의 표현 정도를 뜻한다.

선수의 체형과 특성에 맞게 품새동작 전체에 걸쳐 나타나는 시선, 기합, 태도, 복장, 당당함 등을 평가하는 항목.

예1) 수행동작에 생동감이 없고 선수의 체형보다 단락 사이 동작이 작으며 천편일률적인 리듬으로 품격과 위엄을 충분히 발휘하지 못하고 시선, 기합, 자신감등을 완벽하게 표현하지 못하면 감점의 대상이다.

(Explanation #6) Expression of energy(score 2.0)

- Whether actions are presented with quality and dignity that come from mastering of the energy: size of body action, concentration, courage, sharpness, confidence, etc. according to the characteristics of actions of Poomsae

- Eyesight, kihap (yelling), attitude, costume, confidence, etc. all through the actions of Poomsae based on the performer's physique and characteristics shall be evaluated.

(Example #1) Points shall be deducted if actions are not vivid, connecting actions are not big enough for the performer's physique, performance is made in the same rhythm all the time without quality and dignity, and eyesight, kihap, confidence, etc. are not expressed perfectly.

2 자유품새

Free-style Poomsae

2.1 기술력

Technical Skills

2.1.1 발차기 난이도: 배당 된 점수 총합 최소 0점부터 최대 5.0점까지 점수를 부여한다.

Level of difficulty of foot techniques: Points may be added from 0 up to 5.0 in total in five evaluation areas.

2.1.1.1 뽀 높이: 제자리 뛰기 및 도움 뛰기의 높이를 말하며 높이에 따라 점수를 부여한다.

Height of jump: Points may be added based on the height of jump at the same position and assisted jump.

2.1.1.2 뛰어 찬 발차기 수: 공중에서 찬 발차기 수를 말하며 발차기 수에 따라 점수를 부여한다.

Number of kicks in a jump: Points shall be added based on the number of kicks in a jump.

2.1.1.3 회전 수: 뛰어 찬 발차기 회전 수를 말하며 회전 수 (예: 180도 이상, 360도 이상, 540도 이상 720도 이상 등)에 따라 점수를 부여한다.

Gradient of spins in a spin kick: Points may be added based on the no. of turn (more than 180 degrees, more than 360 degrees, more than 540 degrees and more than 720 degrees, for example)

2.1.1.4 연속발차기의 난이도: 연속발차기의 난이도를 말하며 난이도에 따라 점수를 부여한다. 이때 최대 연속 발차기 수는 5회 이내로 제한한다.

Performance level of consecutive kicks: Points may be added based on the performance level of consecutive kicks. The number of consecutive kicks shall be limited to five (5).

2.1.1.5 아크로바틱 동작: 체조 경기 등에서 사용 되는 모든 아크로바틱 동작을 말하며 난이도에 따라 점수를 부여한다.

Acrobatic actions: Points may be added based on the technical difficulty of all acrobatic actions performed in gymnastics, etc.

2.1.2 기본 동작 및 실용성: 태권도 기본 동작과 지정기술동작의 정확성을 말하며 최소 0점부터 최대 1.0점까지 점수를 부여한다. 자유품새 전반 동작의 실용성과 공방 간의 연결성의 완성도를 이루는지를 평가한다.

Basic & Practicability movements: points may be added from 0 up to 1.0 for accuracy in basic movements of taekwondo and designated technical movements of taekwondo. Whether practicability of Poomsae and connection between attacks and defenses (and/or VICE VERSA) are in perfect harmony shall be evaluated in general performances of the free-style Poomsae.

2.2 연출성: 창작한 품새의 전반을 보고 최소 0점부터 최대 4.0점까지 부여한다.

Presentation Points may be added from 0 up to 4.0 based on the general performance of the free-style Poomsae.

2.2.1 창의성: 수행 품새 전반의 동작의 독창성과 품새 구성 요소에 점수를 부여한다.

Creativeness: Points may be added based on the creativeness of actions and components of Poomsae.

2.2.2 조화: 수행 품새 전반과 그 외 요소 (음악, 안무, 의상 등) 와 의 조화에 따라 점수

를 부여한다. 단체전 및 복식은 팀 구성원간의 조화(예: 일치성) 도 평가한다.

Harmony: Points may be added based on the harmony between different components in general Poomsae (music, choreography, and attire for example). Harmony between performers (unity, for example) shall be also evaluated in case of team and pair contest.

- 2.2.3 기의 표현: 공인품새 기의 표현채점방법 항목을 참고 하며 이에 따라 점수를 부여한다.

Expression of energy: Points may be added in accordance with the evaluation standard in expression of energy in recognized Poomsae.

- 2.2.4 음악 및 안무: 수행 품새의 전반을 보고 음악과 안무가 얼마나 잘 어울려 졌는지를 보고 이에 따라 점수를 부여한다.

Music and choreography: Points may be added on how the music and the choreography go well with each other in general performance of Poomsae.

3 경기 중 벌점 사항

Deduction of points

- 3.1 경기가 시간을 미달 또는 초과 시 최종점수에서 0.3점 감한다.

0.3 points shall be deducted from the final score in case performance is finished earlier or later than the set contest time.

- 3.2 경기장 경계선을 넘을 경우 최종점수에서 0.3점을 감한다.

0.3 points shall be deducted from the final score in case the athlete crosses the border during performance.

4 점수 계산

Score calculation

- 4.1 정확성 (공인품새 시) 또는 기술력 (자유품새 시) 은 연출성과 각각 표시한다.

Accuracy (for recognized Poomsae) or technical skills (for free-style Poomsae) shall be scored separately from presentation.

- 4.2 정확성(공인품새 시) 또는 기술력(자유품새 시) 및 연출성 각각의 최상위, 최하위 점수를 제외한 나머지 점수를 평균으로 산출한다.

Final score shall be the average point of the total points summed up except the highest and lowest points in respective points for accuracy (for recognized Poomsae) or technical skills (for free-style Poomsae) and presentation.

- 4.3 경기 중 발생한 벌점사항은 최종점수에서 감한다.

All penalties accumulated during the competition shall be taken into account and deducted from the final score.

제17조 점수의 표출 Article 17 Publication of scoring

- 1 채점은 심판의 집계가 끝나면 즉시 표출되어야 한다.
The final score shall be announced immediately after collating the judges' total scores.
- 2 전자기기 사용 시
In case of using electronic scoring instruments
 - 2.1 심판은 품새가 끝나면 전자기기에 점수를 입력하고, 집계된 점수는 모니터에 자동표시된다.
Judges shall input points in the electronic scoring instruments after the performance of Poomsae, and total points shall be automatically displayed on the monitors.
 - 2.2 각각의 최상위, 최하위 점수에 대한 것은 자동제외되며, 평균점수가 자동 산출되어 모니터에 표시된다.
The final score (average point) and the individual scores shall be displayed on the monitor following the automatic deletion of the highest and lowest scores among the judges
- 3 수동채점 시
In case of manual scoring
 - 3.1 품새가 끝나면 진행요원은 심판의 채점표를 집계하여 기록원에게 전달한다.
The coordinator shall collect each scoring sheet and convey the results to the recorder immediately after completion of the Poomsae.
 - 3.2 기록원은 최상위, 최하위 제외한 평균점수를 산출하여 그 결과를 주심에게 알리고 표출한다.
The recorder shall report the final score to the Referee, following the deletion of the highest and lowest scores, and announce the final score or have the final score displayed.

제18조 경기의 판정 Article 18 Decision and Declaration of Winner

- 1 최종점수가 높은 선수가 승자이다.
The winner shall be the contestant who is awarded more points in total.
- 2 최종점수가 동점일 경우 지정품새에서는 연출성에서 높은 점수를 부여 받은 자를 승자로 하고 자유품새에서는 기술점수에서 높은 점수를 부여 받은 자를 승자로 한다. 그래도 동점일 경우, 최소득점과 최고득점을 포함한 심판전체 총점으로 하고 그래도 동점일 경우 주심이 지정한 품새 1회를 실시한다.
In case of a tied score, the winner shall be the contestant who has more points in presentation (for Recognized Poomsae) or in technical skills (for Free Style Poomsae). In case the score are 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's still tied then a rematch shall be conducted to determine the winner. The referee will decide on the Poomsae to be assessed.
- 3 재경기 시 지정품새 하나만 하되 이전에 실시한 품새는 재경기의 점수에 영향을 주지 못한다.
The rematch will feature one compulsory Poomsae. The previous score will not affect the score from the rematch.
- 4 재경기 시에도 동점이 나오는 경우 연출성 부분을 우선으로 하고 연출성 또한 동일시 종합점수 중 제외되었던 최상, 최하 점수를 더하여 높은 점수 선수를 상위로 한다.
In case of a tied score after the rematch, the winner shall be the contestant who is awarded more points in total, including the highest and lowest scores that were not included in collection of scores.
- 5 경기결과 판정
Decisions
 - 5.1 판정승
Win by score
 - 5.2 심판직권승
Win by Referee Stop the Contest (RSC)
 - 5.3 기권승
Win by withdrawal of opponent
 - 5.4 실격승
Win by disqualification of opponent
 - 5.5 감점승
Win by opponent's penalties

주-(1)
판정승:
경기 내용에 따른 채점이 높은 자에게 선언되는 승리.
(Explanation #1)
Win by score:
The winner is determined by having the higher total points.

주-(2)
심판직권승:
심판의 판단으로나 또는 의사의 자문에 의해 선수가 경기를 더 이상 속행할 수 없다고 판단했을 때, 또는 1분 제시 이후에도 경기 속행이 불가능 했을 때, 또는 주심의 경기 속행 지시를 다르지 않을 때 선언하는 승리.
(Explanation #2)
Referee's stopping of the Contest:
In the event that the referee or commission doctor determines that a contestant is unable to continue, even after (1) a minute of recovery period, (2) or a contestant disregards the referee's command to continue, the referee shall declare the contest stopped and the opposing contestant shall be declared the winner.

주-(3)

기권승:

상대방이 경기 포기로 인하여 얻는 승리.

(가) 참가선수가 부상 또는 기타 이유로 혹은 자의로 경기를 포기하였을 때.

(나) 코치가 임의로 자기 소속 선수가 경기를 더 이상 속행시킬 필요가 없다고 판단하여 기권을 선언할 때.

(Explanation #3)

Win by withdrawal of opponent:

The winner is determined by the withdrawal of the opponent

- a. When a contestant withdraws from the match due to injury or other reasons
- b. When a coach throws a towel into the court to signify forfeiture of the match

주-(4)

실격승:

경기에 참가하는 선수가 선수 자격의 결격으로 실격함으로써 내려지는 승리

(Explanation #4)

Win by disqualification of opponent:

Should a contestant lose his or her contestant status before the competition begins, the opposing contestant shall be declared the winner.

주-(5)

감점승:

제 12조 3항의 금지행위와 벌칙 사항으로 2회 감점을 받았을 때 내려지는 승리.

(Explanation #5)

Win by opponent's penalties:

- i. In the event that a contestant accumulates two "Gam-jeom" (deduction of points by penalties), as prescribed in Article 12.3, the opponent shall be declared the winner.

제19조 경기중단 상황의 처리 Article 19 Procedures of suspending the contest

시연 중 경기중단 상황이 발생할 경우 다음과 같이 조치한다.

When a contest is to be stopped during the competition, the referee shall take the measures prescribed in this Article.

- 1 시연도중 중단 시, 주심의 지시에 의해 기록원은 시연시간을 정지시킨후 정지된 시간을 기록한다. 이때 진행원은 경기중단의 문제점을 확인한다.
At the time of suspending the match, the referee shall order the recorders to suspend timekeeping. At this time, the competition coordinator is to examine the reason(s) for the stoppage of the competition.
- 2 선수개인에 의해 경기가 중단될 경우 90초 안에 재시연 의사를 표하지 못할 경우 패자로 한다. 또한 선수개인에 의한 경기중단이 아닌 경기운영상 경기 중단된 경우 빠른 문제해결 후, 선수에게 재 시연 기회를 준다.
In the case whereby a contest is stopped due to problems related to a contestant, and should a contestant not demonstrate the will to continue the contest within 90 seconds, the referee shall declare the opposing contestant as the winner. In the case whereby the stoppage of a contest is not related to the contestants, the problem shall be resolved quickly and another chance of performance shall be given to pertinent contestants.
- 3 그 밖에 발생한 문제점들은 해당심판들, 품새위원장, 경기감독위원들과 회의를 통하여 결정한다.
All the other problems that may arise shall be resolved through the meeting of the judges of the pertinent competition, Poomsae Committee chairperson, and the Competition Supervisory Board members.

제20조 심판원 Article 20 Refereeing Officials

1 자격

Qualifications

1.1 본 연맹에 등록된 국제품새심판자격증 소지자

Judges: Holder of an International Poomsae Referee Certificate registered by the WTF.

1.2 주심: 1급 국제품새심판자격증 소지자

Referee: Holder of 1st class International Poomsae Referee Certificate registered by the WTF

2 임무

Duties

2.1 주심

Referee

2.1.1 선수의 품새를 채점한다.

The Referee shall document all valid points.

2.1.2 경기의 승패 선언, 감점 선언등을 한다. 모든 선언은 확인 후 선언한다.

The referee shall declare the winner and issue “Gam-jeom” (deduction of points by penalties). The referee shall declare only after the judges’ decision has been confirmed.

2.1.3 심판들의 의견이 필요시 주심은 경기중 소집 할 수 있다.

The referee is permitted to summon the judges during the competition, if the need arises.

2.2 심판

Judges

2.2.1 선수의 품새를 채점한다.

The judges shall document all valid points.

2.2.2 주심이 의견을 물었을때 자기의 소견을 진술한다.

The judges shall state their opinions forthrightly when requested to do so by the referee.

3 심판원 구분

Classification of refereeing officials

3.1 심판은 국제품새심판관리규정 승급 규정 및 세계태권도연맹 또는 국기원 단에 따라 다음과 같이 구분한다.

Based on promotion article of the regulations on the administration of the international poomsae referees and Dan grade of World Taekwondo Federation or Kukkiwon, refereeing officials shall be classified into the following categories.

- 1급: 세계태권도연맹 또는 국기원 9단 혹은 8단 보유자 또는 2급 자격을 5년 이상 보유한 자 중 세계태권도연맹 주최/승인대회에서 8차례 이상 심판을 수행한 자

Class 1: (1) Holder of 9th or 8th dan issued by either the WTF or Kukkiwon or (2) holder of the Class 2 more than 5 years with at least 8 times refereeing experiences in WTF-recognized international championships

- 2급: 세계태권도연맹 또는 국기원 7단 혹은 6단 보유자 또는 3급 자격을 3년 이상 보유한 자 중 세계태권도연맹 주최/승인대회에서 5차례 이상 심판을 수행한 자

Class 2: (1) Holder of 7th or 6th dan issued by either the WTF or Kukkiwon or (2) holder of the Class 3 more than 3 years with at least 5 times refereeing experiences in the WTF-recognized international championships

- 3급: 세계태권도연맹 또는 국기원 5단 혹은 4단 보유자로서 세계태권도연맹 품새 심판세미나를 성공적으로 이수한 자

Class 3: (1) Holder of 5th or 4th dan issued by either the WTF or Kukkiwon and (2) the one who successfully passed the WTF Poomsae Referee Seminar

4 복장

Uniform of the refereeing officials

4.1 심판원은 본 연맹이 정한 복장을 착용하여야 한다.

Refereeing officials shall wear uniforms designated by the WTF.

4.2 심판원은 경기에 방해가 되는 물건을 휴대할 수 없다.

Refereeing officials shall not carry or take any materials to the arena that might interfere with the contest.

(해설)

심판 배정에 오류가 있거나 심판의 불정공한 경기 운영 발생 시 혹은 납득하기 어려운 실수 연발 시, 경기감독위원장은 현장에서 심판 교체를 기술대표에게 권고할 수 있다.

(Interpretation)

The Chairman of the Competition Supervisory Board may request that the Technical Delegate replace refereeing officials in the event that refereeing officials have been improperly assigned, or when it is judged by the Competition Supervisory Board that any of the assigned refereeing officials have unfairly conducted the contest or made unreasonable mistakes.

제21조 기록원
Article 21 Recorder

- 1 기록원은 정지 시간 등을 계측하고 심판의 채점을 산출, 기록, 표출한다.
The recorder shall time the contest, including suspended time during the contest. The recorder shall also calculate, record and announce or display the total score.

제22조 심판원 구성 및 배정 Article 22 Formation and assignment of refereeing officials

- 1 심판원 구성은 다음과 같다.
Composition of refereeing officials shall be as follows.
 - 1.1 7심제: 주심 1명, 심판 6명
Seven-judge system: 1 Referee, 6 Judges
 - 1.2 5심제: 주심 1명, 심판 4명
Five-judge system: 1 Referee, 4 Judges
- 2 심판원 배정
Assignment of refereeing officials
 - 2.1 심판원 배정은 대전표 작성 후에 한다.
The assignment of the referees and judges shall be made after the contest schedule is fixed.
 - 2.2 대전 선수와 동일한 국적소지자는 심판으로 배정될 수 없다. 단 경우에 따라 심판이 부족 시 주심이 아닌 심판은 예외로 한다.
Referees and judges with the same nationality as that of either contestant shall not be assigned to such a contest. However, an exception shall be made for the judges when the number of refereeing officials is insufficient, as the case may be.

제23조 본 규칙에 명시되지 않은 사태 Article 23 Other matters not specified in the Rules

본 규칙에 명시되지 않은 사태가 발생하였을 경우, 다음과 같이 처리한다.
Matters not specified in the Rules shall be dealt with as follows:

- 1 경기에 관한 사태는 경기감독위원회와 기술대표가 협의하여 결정한다.
Matters related to the competition shall be decided through a consensus of the competition supervisory board members and technical delegate.
- 2 경기 이외에 관한 사태는 품새위원회에서 처리한다.
Matters not related to the competition shall be decided by the Poomsae committee.
- 3 대회 조직위원회는 경기 기록, 보관을 위해 각 코트마다 비디오 기록장치를 준비한다.
The Organizing Committee shall prepare a video recorder at each court for recording and preservation of the competition.

제24조 소청 Article 24 Arbitration

- 1 경기감독위원회는 대회 개최 전에 다음과 같이 구성한다.
Composition of the Competition Supervisory Board
 - 1.1 자격: 경기감독위원은 집행위원 또는 태권도에 풍부한 경험이 있으며 세계태권도연맹 또는 국기원 6단 이상인자로서 총재 그리고 사무총장이 추천한 자로 구성하며 대회 기술대표로 임명된 1명을 당연직으로 포함한다.
Member qualifications: Competition supervisors of the WTF or persons with sufficient taekwondo experience holding at least a 6th WTF or Kukkiwon Dan recommended by the WTF President, Secretary General. One Technical Delegate shall be the ex-officio member.
 - 1.2 구성: 위원장 1인과 7인 이내의 위원, 그리고 당 대회 기술대표
Composition: One Chairman and no more than Seven members plus the Technical Delegate
 - 1.3 구성절차: 위원장 및 위원은 사무총장의 재청에 의하여 총재가 임명한다.
Procedure of Appointment: The Chairman and members of the Competition Supervisory Board shall be appointed by the WTF President on the recommendation of the WTF Secretary General
- 2 책임: 경기감독위원회는 소청 심의에 의해 판정에 대한 정정 및 비위 관계자에 대한 징계 처분을 하여 세계태권도연맹 사무총장에게 통보하며 또한 경기장 내에서 대회 운영에 관한 사항에 대한 현장상벌위원을 겸임한다.
Responsibility: The Competition Supervisory Board shall make corrections of misjudgments according to their decision regarding protests and take disciplinary action against the officials who committed the misjudgment or other illegal behavior, the results of which shall be notified to the WTF Secretary General. The Competition Supervisory Board shall also be entitled the on-spot Sanction Committee concurrently at the competition for the matters in relation to competition management.
- 3 소청심의절차
Procedure of Protest
 - 3.1 판정에 이의가 있을 때는 소정의 소청신청서와 US\$200의 소청료를 경기 종료 후 10분 이내에 제출해야 한다. 그리고 경기감독위원회는 30분 이내로 소청결과를 완료한다.
In case there is an objection to a referee judgment, an official delegate of the team shall submit a WTF-developed protest sheet, along with the protest fee of US\$200, to the Competition Supervisory Board within 10 minutes after the end of pertinent contest, so as to ensure that a decision on the result may be announced after 30 minutes.
 - 3.2 경기감독위원회의 심의는 해당국가 경기감독위원은 제외하며 의결은 과반수를 결정한다.
Deliberation of a protest by the Competition Supervisory Board shall be carried out; excluding those members with the same nationalities as the contestants concerned. A majority is required for resolution of the deliberation.
 - 3.3 경기감독위원은 필요에 따라 해당 경기에 관련된 심판원을 소환, 진상을 문의할 수 있다.
In order to ascertain the facts, the members of the Competition Supervisory Board may summon the refereeing officials of the contest concerned and question them.
 - 3.4 경기감독위원회의 의결은 최종적인 것이며 어느 누구도 이의를 제기할 수 없다.
The resolution made by the Competition Supervisory Board shall be final and no further means of appeal is possible.

(해설)

경기감독위원회는 최소한 5명의 유자격 위원들을 구성되어야 하며, 5명 이상으로 구성할 경우 전체 위원 수는 반드시 홀수가 되어야 한다.

(Interpretation)

The Competition Supervisory Board shall be composed of at least five eligible members and the number of members must be an odd number if it exceeds five.

주-(1)

해당국가 경기감독위원회는 제외하며: 소청을 신청한 당사국과 동일 국적 위원이 있을 때는 심의에서 제외되며, 나머지 위원 중에서 홀수의 심의위원단을 구성해야 한다. 위원장이 제외될 경우에는 임시위원장을 호선에 의해 선출한다.

(Explanation #1)

Members with the same nationalities: Any member of the On-site Sanction Committee that has the same nationality as either the contestant or coach involved shall be excluded from the deliberation. In all cases, the number of committee members shall be an odd number. If the Chairman is the one who is ineligible, a temporary Chairman must be elected by the remaining members.

주-(2)

경기감독위원장은 현장에서 심판 교체를 기술대표에게 요청할 수 있다. 기술대표는 경기감독위원장의 요청에 따라 심판위원장에게 심판교체를 지시할 수 있다.

(Explanation #2)

Replacement of refereeing officials: The Chairman of the Competition Supervisory Board may recommend the Technical Delegate to replace refereeing officials. In this regard, the Technical Delegate may instruct the Referee Chairman to replace the refereeing officials concerned.

주-(3)

의결: 의결을 위한 심의 절차는 다음과 같다.

- 1) 경기감독위원회는 소청 사유를 검토하여 우선 심의 수용 여부를 가부로 결정한다.
- 2) 필요한 경우, 주부심의 소견을 청문할 수 있으며, 필요한 청문 대상의 결정을 소청위원회가 한다.
- 3) 필요하다고 판단될 경우, 판정 기록이나 경기 내용의 비디오 기록 등을 검토 한다.
- 4) 토의가 끝나면 위원단의 무기명 투표에 의해 다수결로 가부를 결정한다.
- 5) 위원장이 소청심의 결과보고서를 작성, 발표한다.
- 6) 경기감독위원회 결정에 따른 처리

(1) 경기 결과 처리의 착오: 점수 계산의 착오에 의한 경우는 그 결과를 반복한다.

(Explanation #3)

Deliberation procedures: Procedures for deliberation to make a resolution are as follows:

- 1) After reviewing the reasons for a protest, the Competition Supervisory Board shall first decide whether the protest is "Acceptable" or "Unacceptable" for deliberation.
- 2) If necessary, the Board can hear opinions from the referee or judges; who to be summoned shall be decided by the Board.
- 3) The Board shall review the written records on decision of visual recorded data of the competition, etc., if deemed necessary.
- 4) After deliberation, the Board shall hold a secret ballot to determine a majority decision.
- 5) The Chairman of the Board shall make a report documenting the outcome of the deliberation and shall make this outcome publicly known.
- 6) Necessary actions shall be taken according to the decision by the Board.

(1) Errors in determining the match results: mistakes in calculation of the match score or misidentifying a contestant shall result in the decision being reversed.

제25조 징계 및 항소 Article 25 Sanctions and Appeal

- 1 코치, 선수 및 임원 또는 해당 국가협회 소속인 자가 다음 사유에 해당하는 행위를 했을 시 총재, 사무총장 또는 기술대표가 현장상벌위원회에 징계를 요청할 수 있다.
- 1 The WTF President or Secretary General or the Technical Delegate may request that the on-spot Extraordinary Sanctions Committee should be convened for deliberation when any of the following behaviors is committed by a coach, a contestant, an official, and/or any member of the pertinent member national association.
 - 1.1 경기 운영을 방해하는 행위
1.1 Interfering with the competition management
 - 1.2 관중을 선동하거나 사실이 아닌 것을 유포하는 행위
1.2 Agitating the spectators or spreading false rumor
- 2 징계위원회는 사실 확인을 위해 관련 당사자를 소환, 진상을 문의할 수 있다.
- 2 The Extraordinary Sanctions Committee may summon the person concerned for confirmation of events.
- 3 상벌위원회는 발의 내용이 이유 있다고 판단 시 심의 절차를 걸쳐 징계 처분을 하며 징계 내용은 즉시 발효된다. 심의 내용은 공식적으로 발표하고 해당 사실과 징계 이유를 본 연맹 총재 또는 사무총장에게 추후 서면으로 보고한다.
- 3 When judged reasonable, the Extraordinary Sanctions Committee shall deliberate the matter and take disciplinary action with immediate effect. The result of deliberation shall be announced to the public and reported in writing with relevant facts and rationale to the WTF President and/or Secretary General afterwards.
- 4 징계의 종류는 행위의 정도에 따라 달라진다. 다음과 같은 징계가 선수, 팀 임원, 협회 임원 또는 협회 자체에 부여될 수 있다.
- 4 Decision on disciplinary actions may vary dependent upon the degree of the violation. The following penalties may be awarded to athletes, any of team officials, MNA officials and MNA
 - 경고
· Warning
 - 대회로부터의 실격
· Disqualification from the tournament
- 5 대회로부터의 실격 징계 시에는 차기 본 연맹 주최대회 출전 자격이 자동 박탈된다.
- 5 Decision of disqualification from the tournament will automatically result in ineligibility for the next WTF promoted championships.
- 6 징계위원회는 벌금 부과, 참가 박탈 기간 연장, 협회 자체의 자격정지 등 추가 징계를 본 연맹에 권고할 수 있다.
- 6 Extraordinary Sanctions Committee may recommend to the WTF additional disciplinary actions including monetary fine, long term suspension and suspension of the pertinent MNA.
- 7 징계위원회의 결정에 대해 이의가 있을 시 본 연맹 총재, 사무총장 혹은 기술대표에게 징계 발표 직후 24시간 내에 서면으로 이의를 제기할 수 있다.
- 7 Appeal to the disciplinary action taken by Extraordinary Sanctions Committee may be made in writing to President or Secretary General or Technical Delegate in writing within 24 hours after the announcement of sanction.
- 8 이의 신청이 접수되면 총재 또는 사무총장 (총재 부재 시)이 심사위원회를 구성하여 결정된 징계의 수위를 검토하고 이의 신청 접수 시부터 12시간 내로 검토 의견을 통보한다. 심사위원회의 결정은 최종적이며 본 연맹 내에서 더 이상 이의를 제기할 수 없다.
- 8 If an appeal is received, the President or Secretary General (in the absence of President) shall form a Review Panel to review the degree of sanction and respond to the appeal. The Review Panel shall respond to the appeal within 12 hours from the time of receipt of the appeal. The decision of Review Panel is final and no further appeal shall be accepted within the WTF.
- 9 심사위원회는 총재 또는 사무총장 (총재 부재 시)이 본 연맹 집행위원 또는 협회장 중에서 임명할 수 있다.

- 9 Review Panel shall be appointed by the President or Secretary General (in the absence of President) among WTF Council members or President of WTF Member National Associations.
-

(해설)

“경기 운영을 방해하는 행위”란 기술임원에 대한 폭력적이고 부적절한 언사, 경기 후 경기지역을 떠나지 않는 행위, 장비 등을 던지는 행위 등을 포함한다.

(Interpretation)

“Interfering with the competition management” refers to the behaviors including but not limited to aggressive or inappropriate behavior toward any technical officials, not leaving the contest area after the contest, throwing any materials and/or equipment, etc.

주-(1) 현장징계위원회:

현장징계위원회의 징계 의결을 위한 심의 절차와 세부 사항은 당 연맹 징계규정이 따른다.

(Explanation#2)

Extraordinary Sanctions Committee: Deliberation procedures of a sanction shall correspond to that of Arbitration, and the details of a sanction will comply with the Regulations on Sanctions.

POOMSAE SCORING GUIDELINES

FOR INTERNATIONAL REFEREES



Stance (*Seogi*)

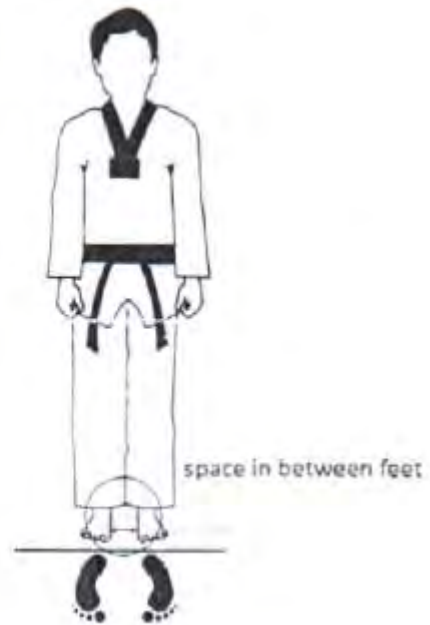
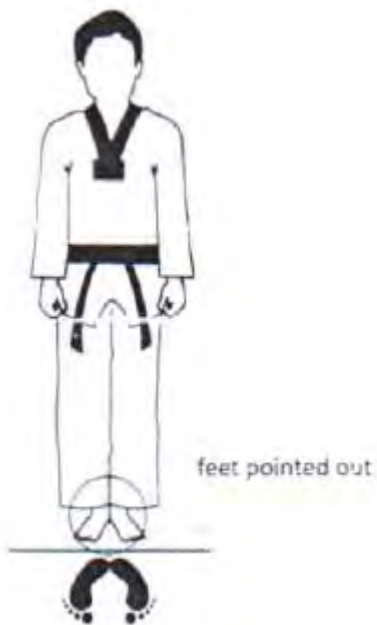
Closed stance (*Moa seogi*)

- Feet together
- Toes Facing straight forward
- Stand upright
- Legs straight

Correct
Movement



Deduction Factors (-0.1)



Parallel stance (*Naranhi seogi*)

- Inner edge of both feet should be 1 foot-length apart
- Toes facing straight forward
- Legs straight

Correct
Movement



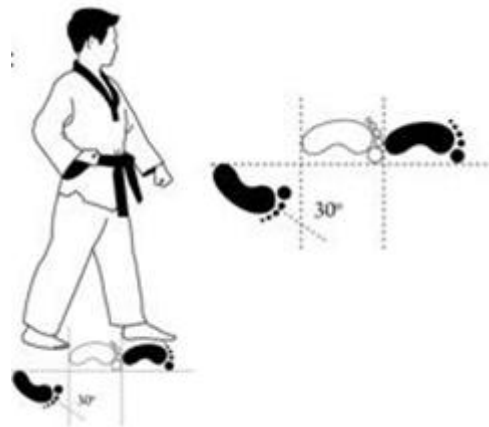
Deduction Factors (-0.1)



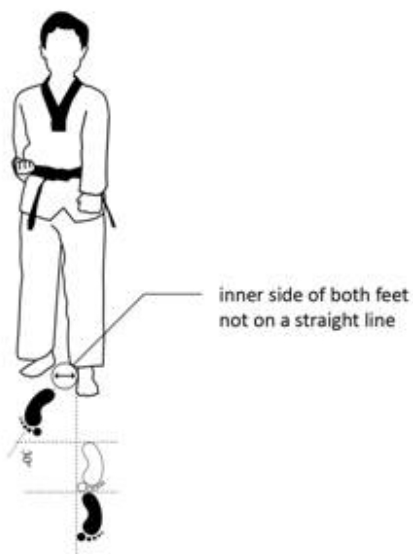
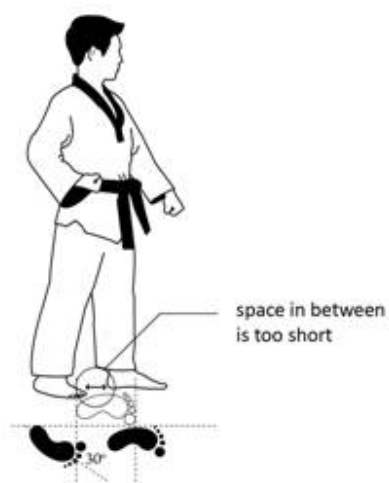
Walking Stance (Ap seogi)

- 3 foot-length from origin
- Front foot facing straight forward
- Back foot 30 degrees
- Both legs straight
- Inner sides of both feet should be on a straight line
- Body turned 45 degrees (natural angle)
- Weight evenly distributed on both legs

Correct Movement



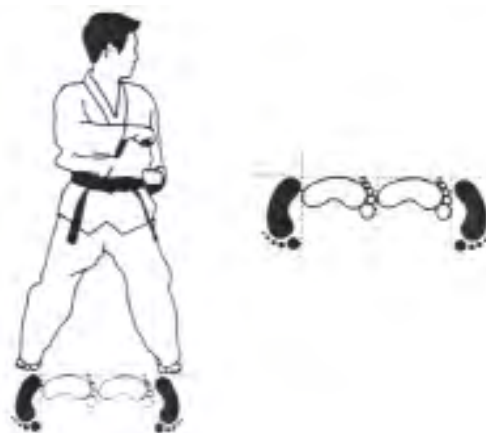
Deduction Factors (-0.1)



Riding stance (*Juchum seogi*)

- Distance between feet approximately (2) foot-length
- Toes facing straight forward
- Weight equally distributed on both legs but concentrated inwardly
- Knees bent

Correct
Movement



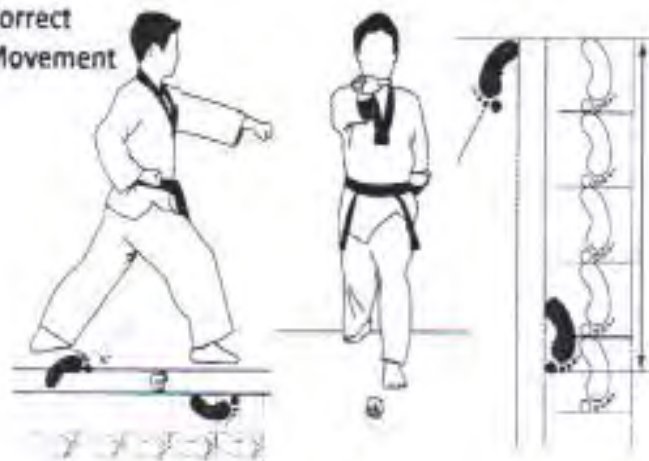
Deduction Factors (-0.1)



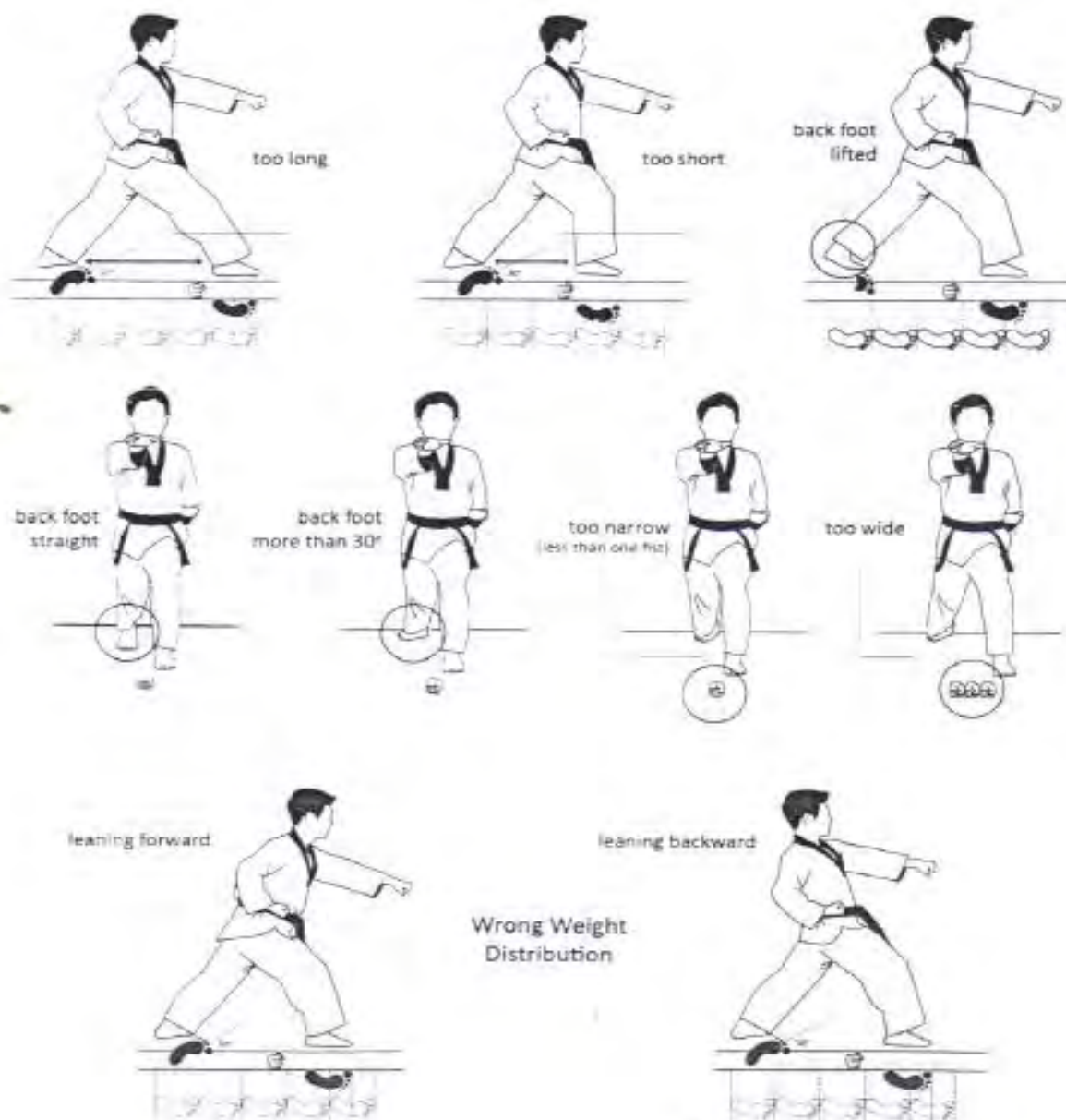
Forward stance (Apkubi)

- 4~4½ foot-length from origin
- Front foot facing forward
- Back foot angled at 30 degrees
- Weight : 70% in front, 30% at the back
- When you look down towards the front foot, you should only see the tip of your toes
- Distance between the inside edges of both feet should be between one(1) to two(2) fists apart
- Standing upright, body is naturally angled at 30 degrees

Correct Movement



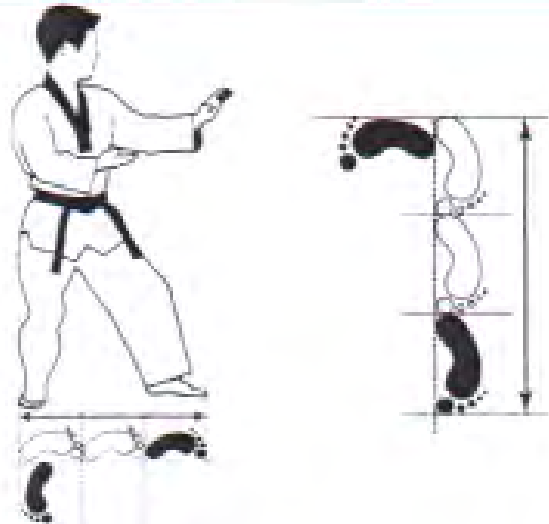
Deduction Factors (-0.1)



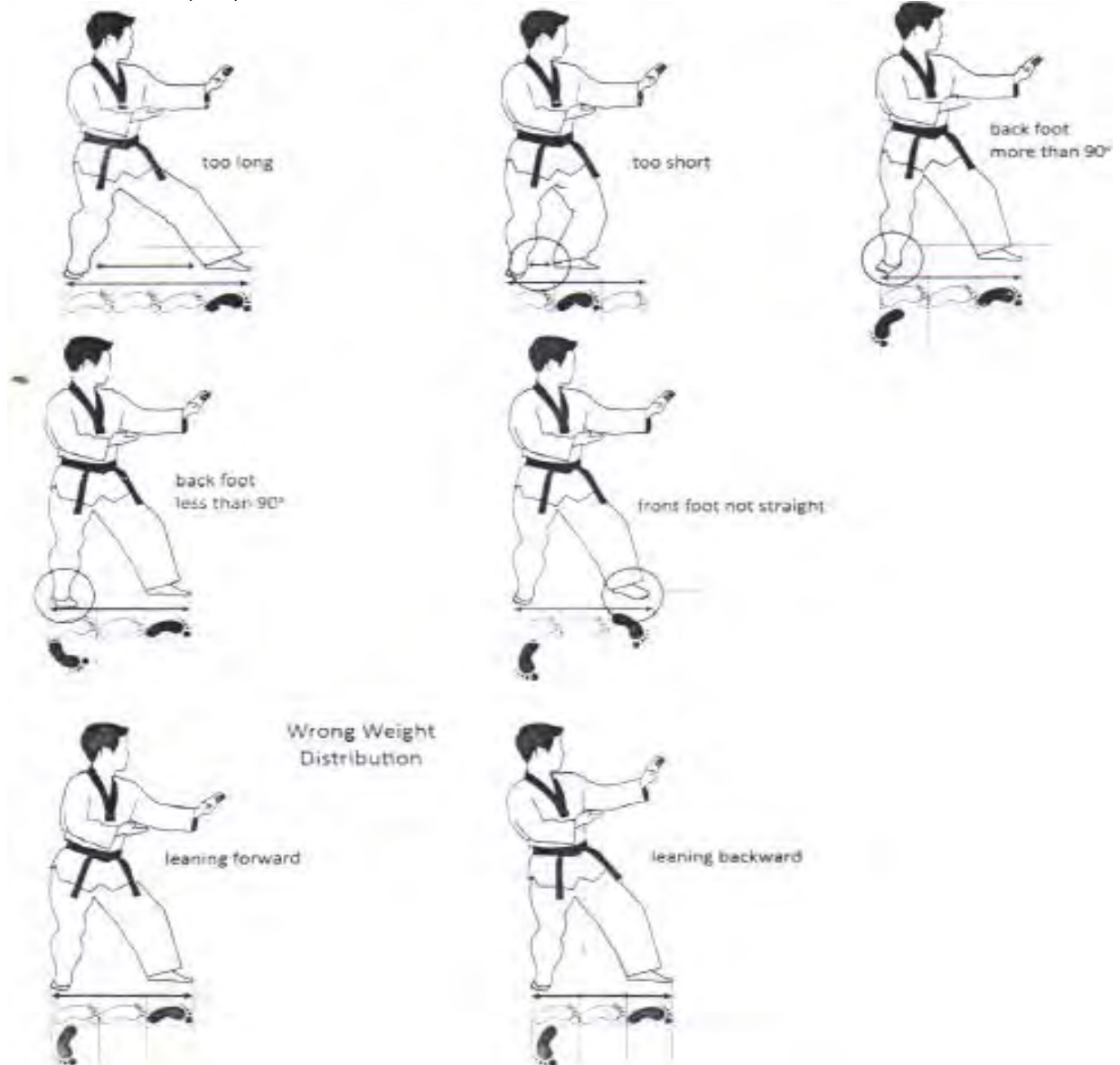
Back stance (*Dwitkubi*)

- 3 foot-length from origin
- Front foot facing straight forward
- Back foot at 90 degrees (letter L)
- Weight : 30% in front, 70% at the back
- Shoulder, hip, knee and ankle of back leg should be aligned

Correct Movement



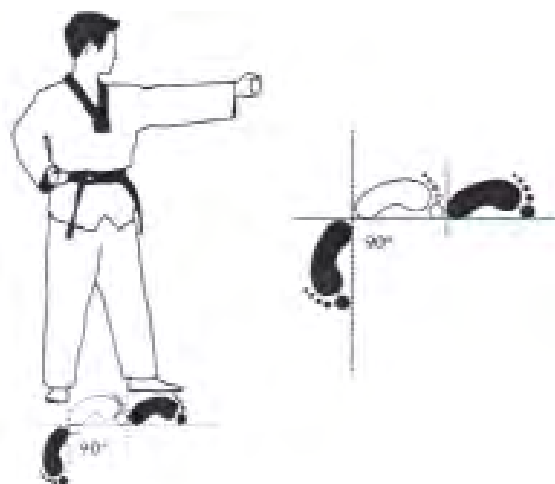
Deduction Factors (-0.1)



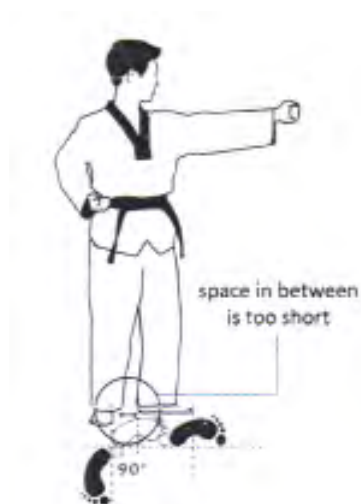
Left stance (*Wen seogi*)

- From parallel stance, pivot left heel to face left
- Right foot facing straight forward
- Left foot and right foot forming an angle of 90 degrees (letter L)

Correct Movement



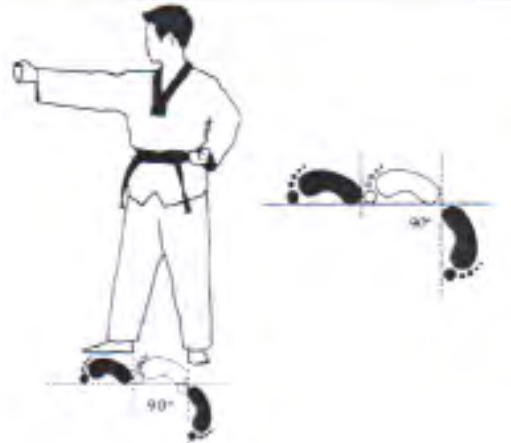
Deduction Factors (-0.1)



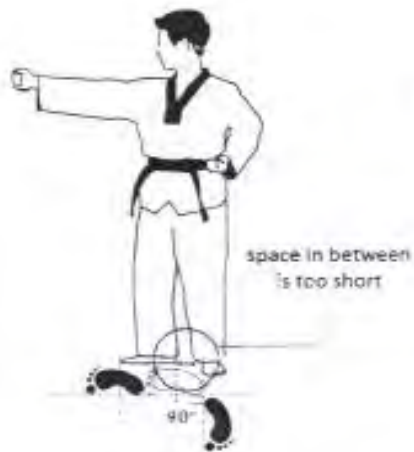
Right stance (*Oreun seogi*)

- From parallel stance, pivot left heel to face right
- Left foot facing straight forward
- Right foot and left foot forming an angle of 90 degrees (letter L)

Correct Movement



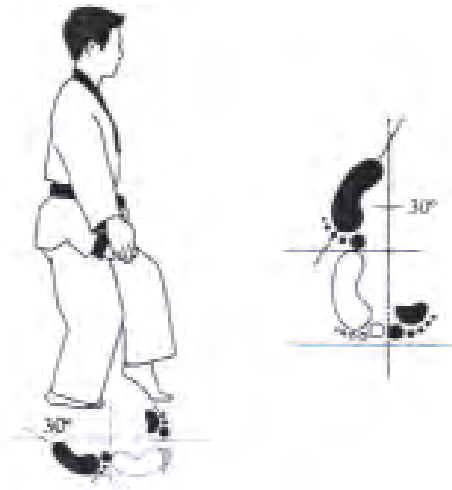
Deduction Factors (-0.1)



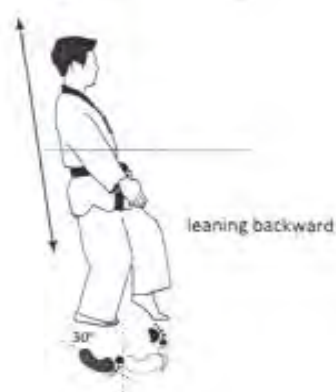
Tiger stance (*Beom seogi*)

- Back foot angled at 30 degrees
- Weight: 90% at the back, 10% in front (Feels like 100% at the back)
- Front foot should be supported by ball of foot (like wearing high heels)
- Heel of front foot should be aligned at the tip of the back foot's toes
- Knees bent
- Butt out, body naturally upright

Correct Movement



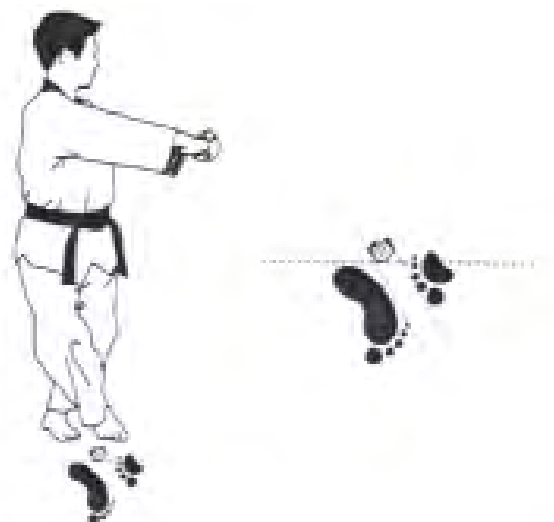
Deduction Factors (-0.1)



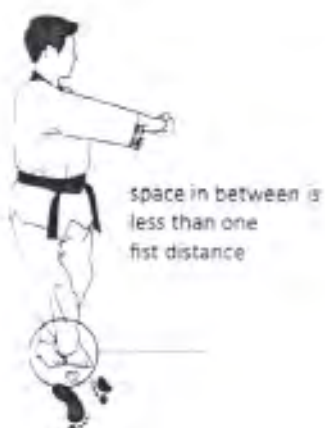
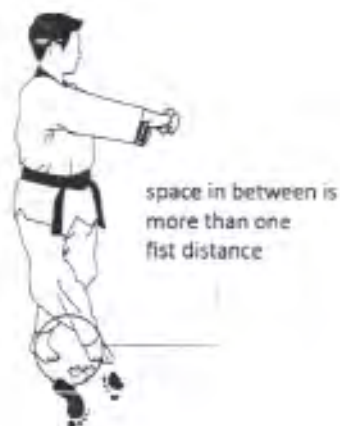
Forward crossed stance (*Apkkoa seogi*)

- Front leg supported by ball of foot
- Back foot around 30 degrees
- Shin of back leg touching calf of front leg
- Distance between feet is one(1) fist apart

Correct
Movement



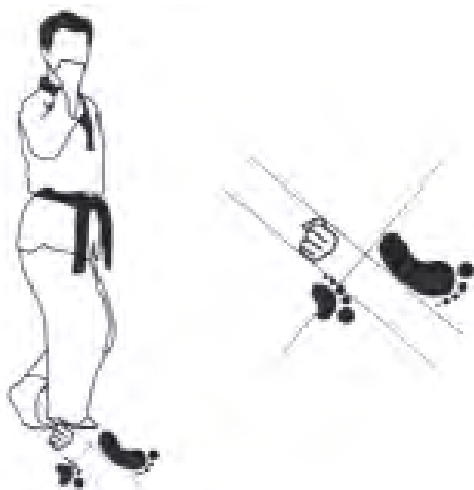
Deduction Factors (-0.1)



Back crossed stance (*Dwikkoo seogi*)

- Front foot 45 degrees
- Back leg supported by ball of foot
(like wearing high heels)
- Shin of back leg touching calf of front leg
- Distance between feet is one(1) fist apart

Correct
Movement



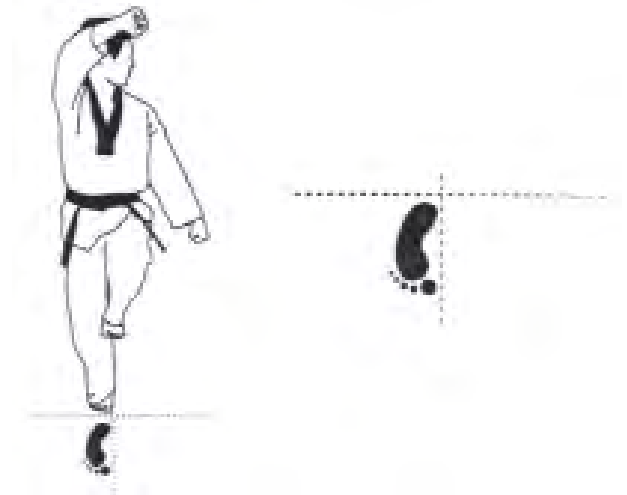
Deduction Factors (-0.1)



Crane stance (*Hakdari seogi*)


- Standing on one leg with supporting foot facing straight forward
- Knees of standing leg is bent
- Other leg is bent and raised with arc of foot touching the side of the standing leg's knee
- Raised foot should be facing forward

Correct Movement



Deduction Factors (-0.1)





Block (*Makki*)

Low block (*Arae makki*)

Preparatory position

- Blocking hand starts from opposite shoulder (Hammer fist touching the shoulder)
- Pulling arm across the abdomen over the belt with fist facing downward

Final position

- Blocking hand should be two(2) fists away from the leg(thigh)
- Arm should be straight(elbow not bent)
- Arm should be aligned to the side of the leg
- Pulling arm placed on side of waist

Correct Movement



Deduction Factors (-0.1)



High block (*Olgul makki*)

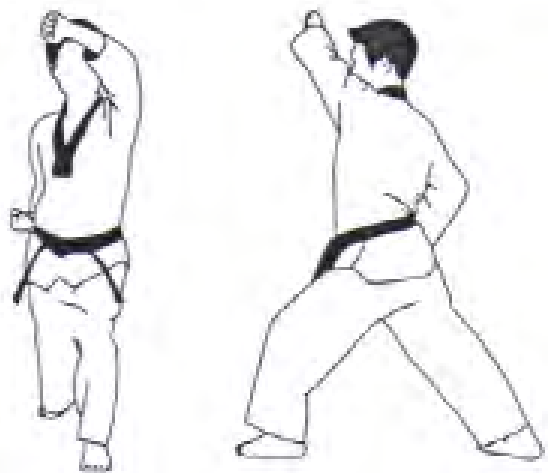
Preparatory position

- Blocking arm starts across the abdomen over the belt (fist facing upward)
- Hand of pulling arm placed across the chest at shoulder level with fist facing downward

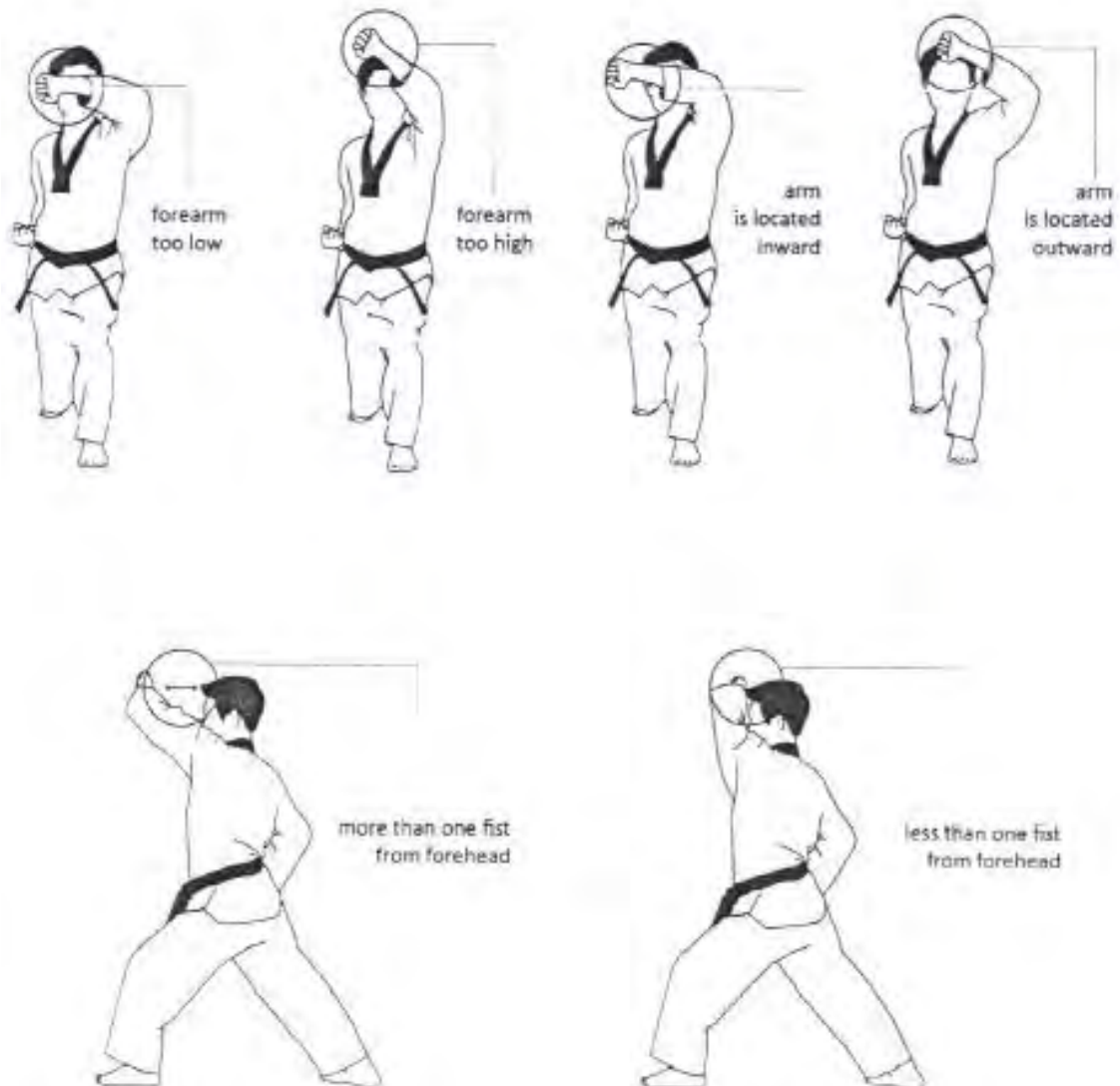
Final position

- Wrist of the blocking hand should be one (1) fist away from the center of the forehead (elbow facing up)
- Pulling arm's hand placed on side of waist

Correct
Movement



Deduction Factors (-0.1)



Middle block (Momtong makki)

Preparatory position

- Fist of blocking arm lifted a little above shoulder height, arm around 90 degrees (elbow pointing down)
- Chest open
- Pulling arm positioned in front along center line of the body

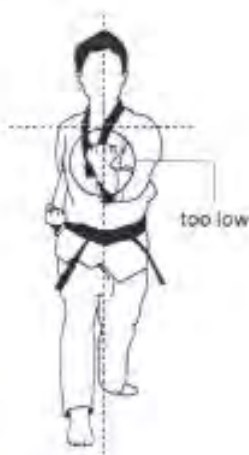
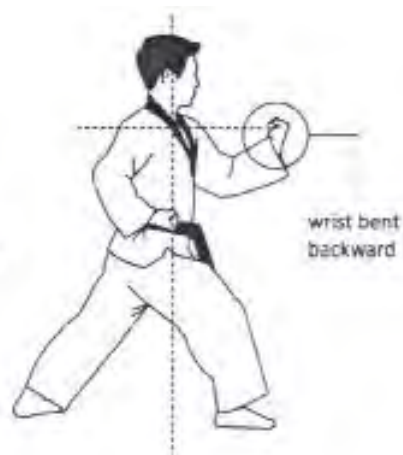
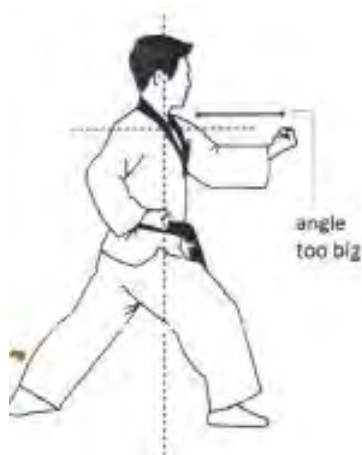
Final position

- Hand and wrist of blocking arm aligned to the center of the body(solar plexus) with the blade of the arm facing inward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)



Outer middle block (*Momtong bakkat makki*)

Preparatory position

- Fist of blocking arm placed near the elbow of pulling arm with fist facing upward
- Pulling arm placed across the chest with fist at shoulder level with fist facing downward

Final position

- The blocking fist must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Elbow of blocking arm naturally pointing down
- Pulling arm's hand placed on side of waist

Correct
Movement



Deduction Factors (-0.1)



Single knifehand block (*Hansonnal makki*)

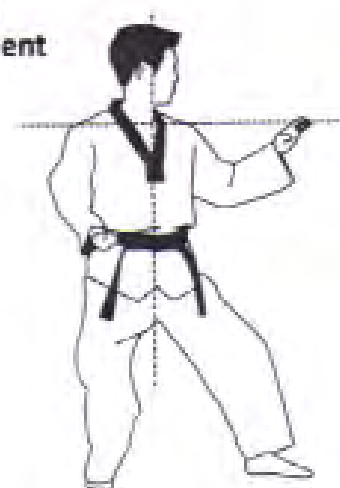
Preparatory position

- Blocking hand placed ear the elbow of the pulling arm in knifehand form with palm facing upward
- Pulling arm placed across the chest with fist facing downward on shoulder area

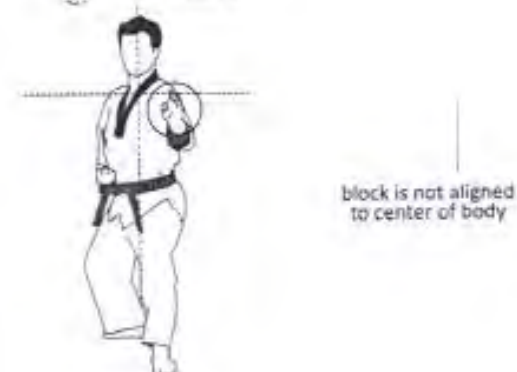
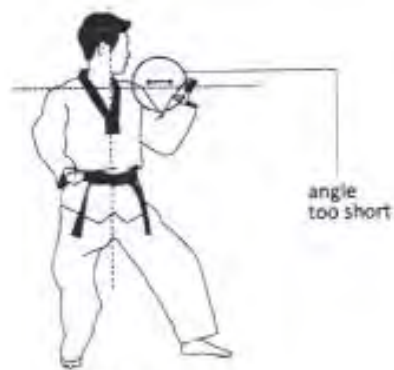
Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fingers as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Pulling arm's hand placed on side of waist

Correct Movement



Deduction Factors (-0.1)



Knifehand middle block (*Sonnal makki*)

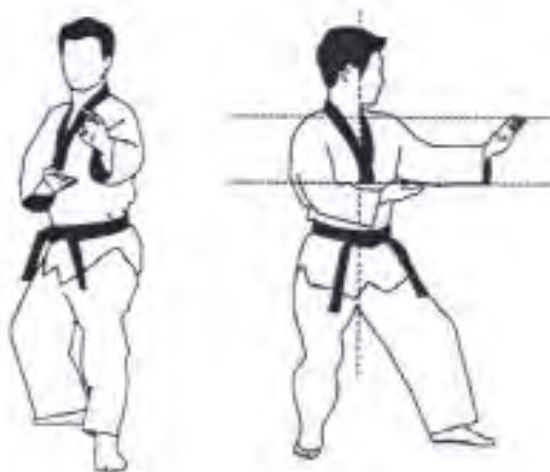
Preparatory position

- Blocking hand placed over the waist in knifehand form with palm facing upward
- Supporting hand positioned backward in knifehand form and aligned to shoulder height with arm naturally bent

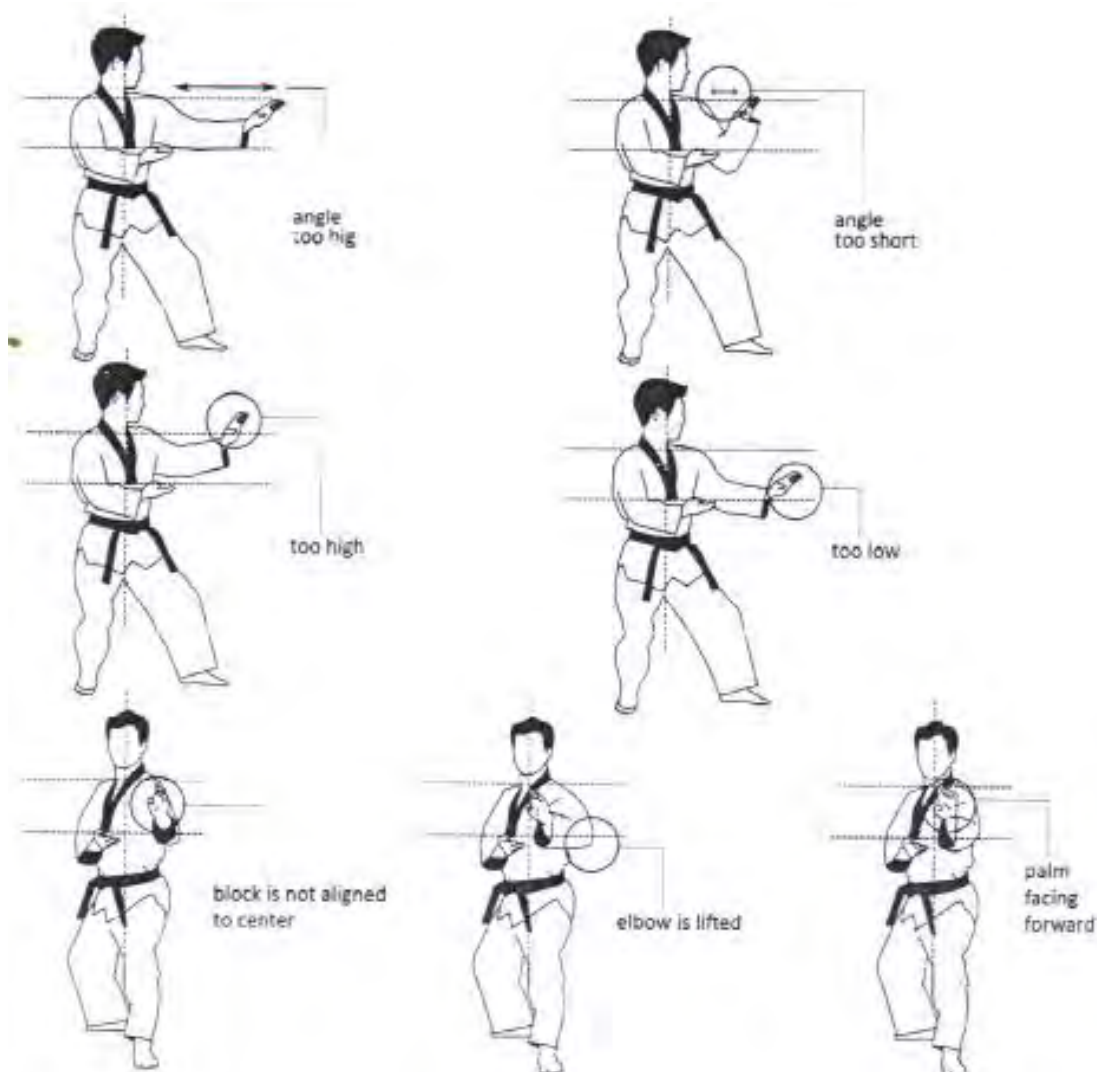
Final position

- The blocking hand-blade must be directed towards the body with the blade of the arm facing outward
- Tip of the fist as high as the shoulder
- Wrist of the blocking hand should not be bent
- Blocking arm is angled at 90-120 degrees
- Assisting arm's hand placed one fist below the solar plexus with wrist aligned to center of the body

Correct
Movement



Deduction Factors (-0.1)



Punching (*Jireugi*)

Punch (*Baro jireugi* / *Bandae jireugi*)

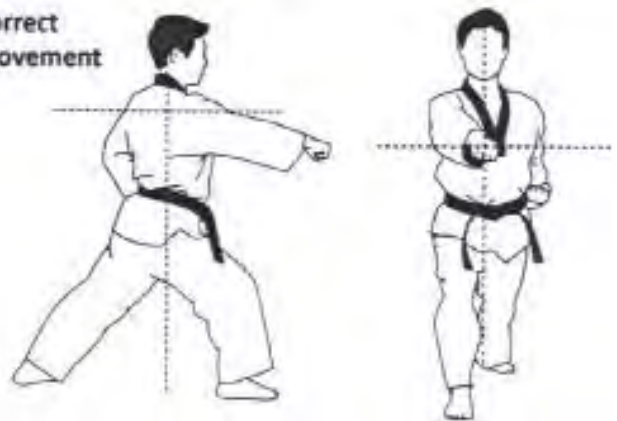
Preparatory position

- Punching arm starts from the waist with fist facing upward
- Pulling arm is extended forward towards the solar plexus

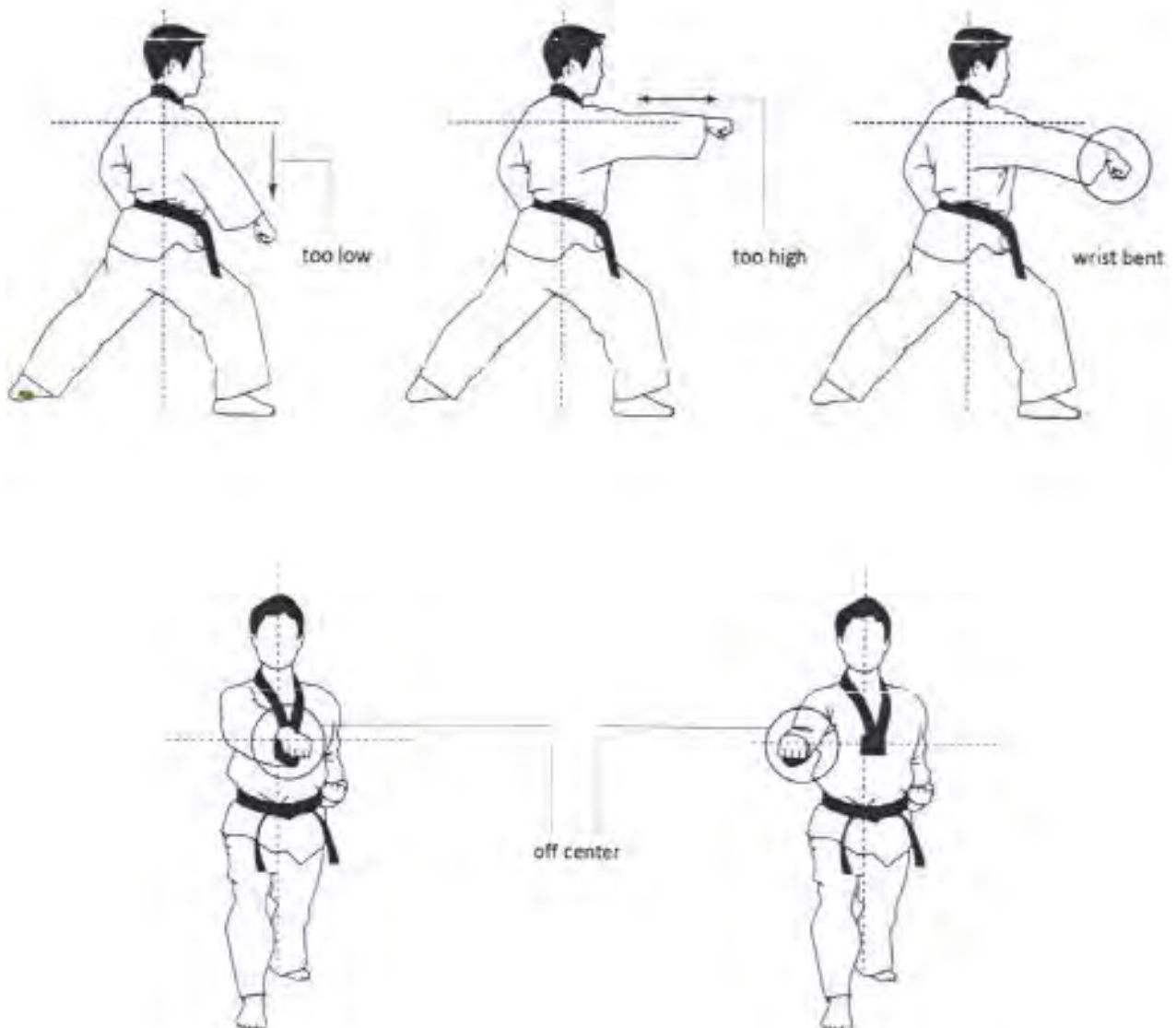
Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist

Correct Movement



Deduction Factors (-0.1)



High punch (*Olgul jireugi*)

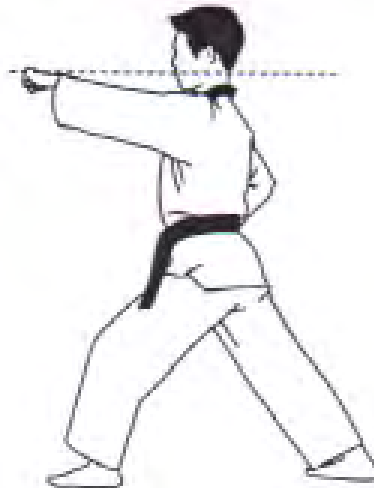
Preparatory position

- Punching arm starts from the waist with palm facing upward
- Pulling arm is extended forward towards the philtrum (base of the nose)

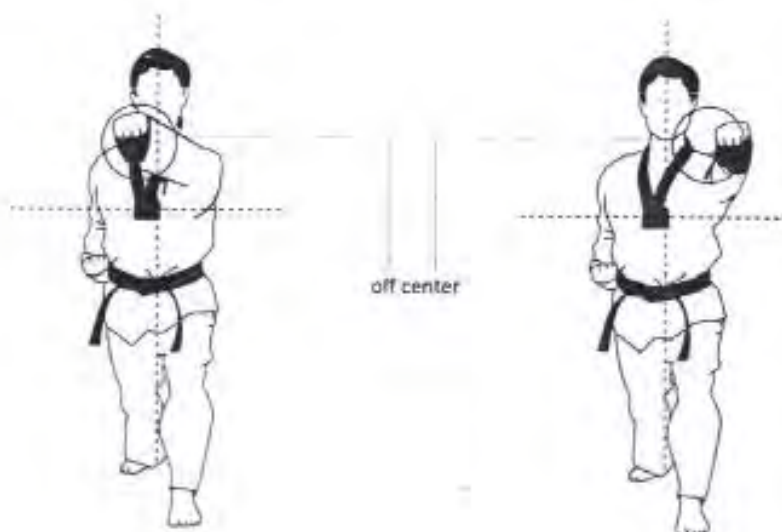
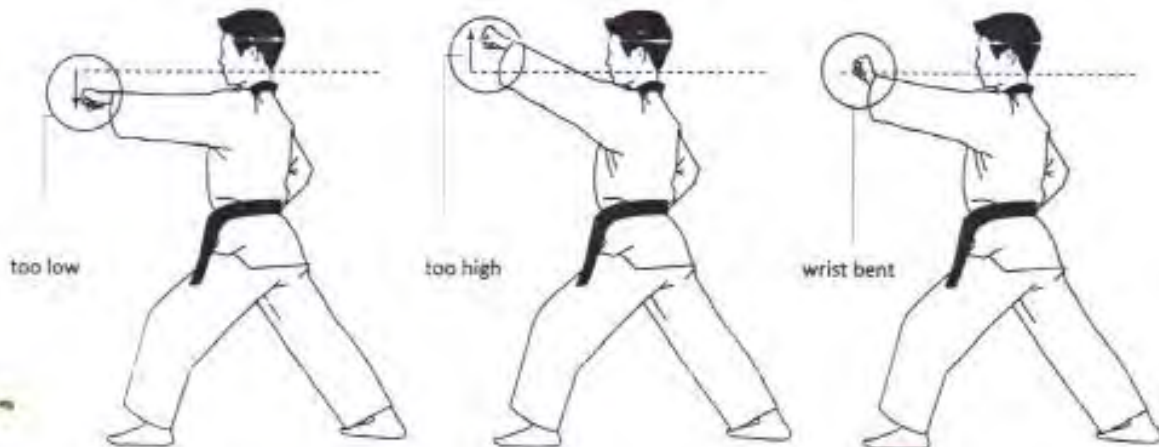
Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting the face with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist

Correct
Movement



Deduction Factors (-0.1)



Side punch (Yop jireugi)

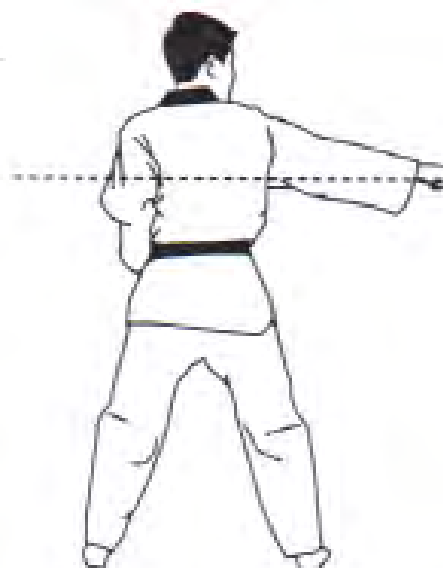
Preparatory position

- Punching arm starts from the waist with palm facing upward
- Pulling arm is extended forward towards the solar plexus

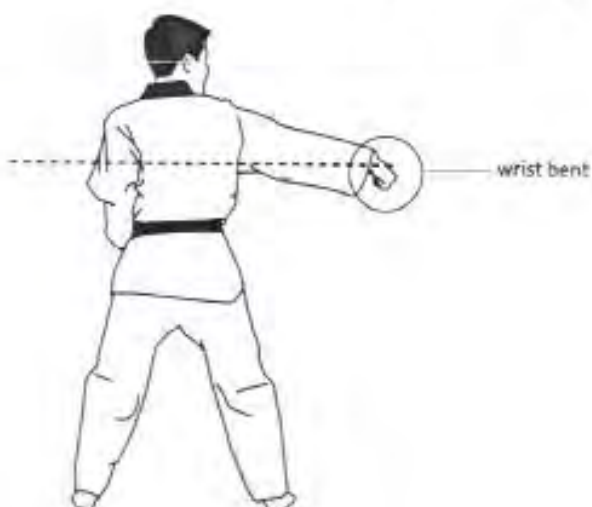
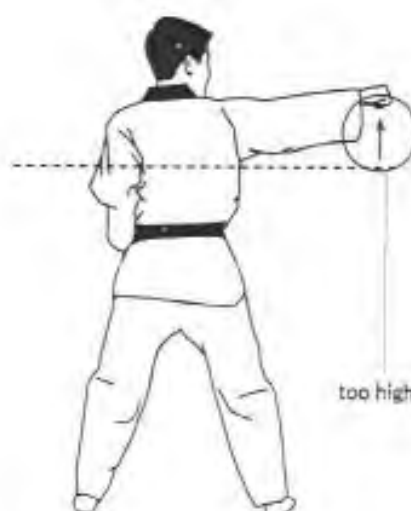
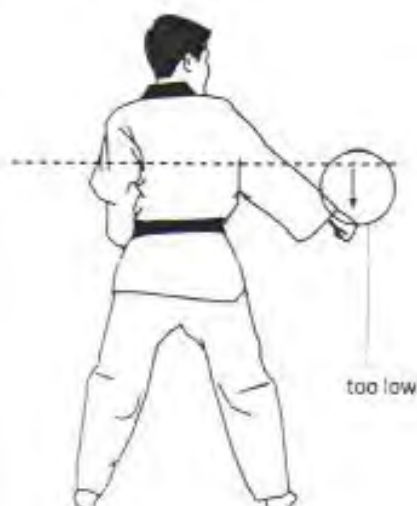
Final position

- Punching arm is extended forward. Turn the fist only at the last moment hitting solar plexus with the two big knuckles. Wrist should be straight and palm should be facing down
- Pulling arm placed on side of waist
- Side punch is usually executed together with riding stance
- Face should be in the direction of the punch

Correct Movement



Deduction Factors (-0.1)



Double middle uppercut (*Dujumeok jecho jireugi*)

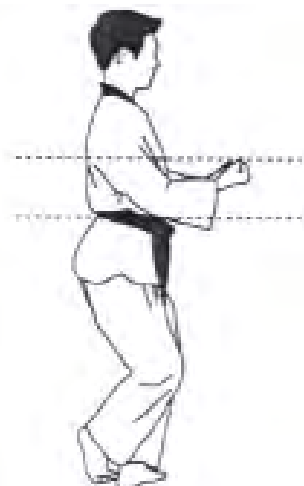
Preparatory position

- Punching arm starts from the waist with fist facing upward

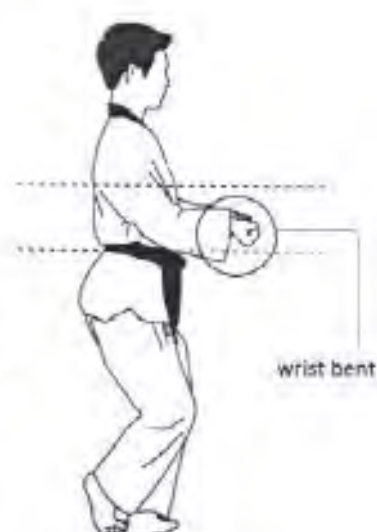
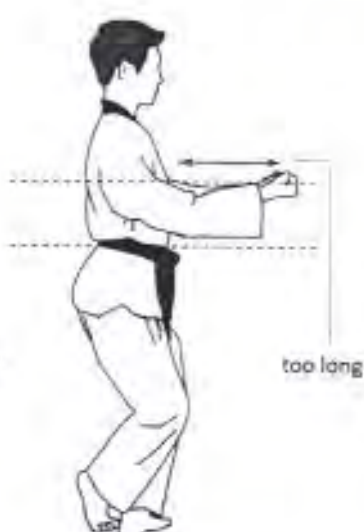
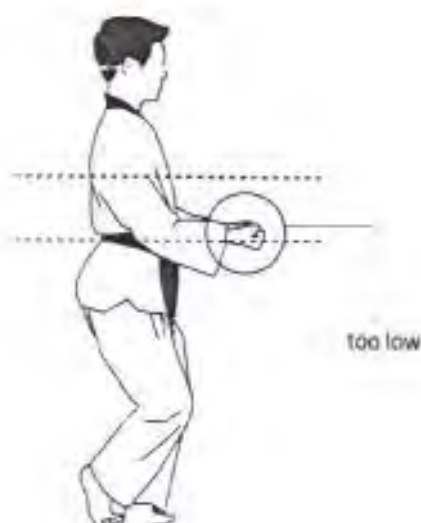
Final position


- Punching arms move forward turning the fist only at the last moment hitting the floating ribs with the two big knuckles.
- Final angel of arms should be around 120 degrees.
- Wrist should be straight and fist should be facing upward.

Correct
Movement



Deduction Factors (-0.1)





Strike (*Chigi*)

Backfist front strike (*Deungjumeok ap chigi*)

Preparatory position

- Striking fist starts under the armpit of the pulling arm
- Pulling arm is naturally folded with palm facing downward

Final position

- Hit the target by using the back of the fist at the area of the index and middle finger. Target area is the philtrum (base of the nose)
- Pulling arm is pulled back to the waist with palm facing upward
- Angle of hitting arm should be approximately 100 degrees

Correct Movement



Deduction Factors (-0.1)



High outer strike (*Olgul bakkat chigi*)

Preparatory position

- Striking fist starts at shoulder area fist facing downward
- Pulling arm starts under the striking arm, naturally folded with fist facing downward

Final position

- Hit the target sideways by using the back of the fist at the area of the index and middle finger. Target area is the temple.
- Pulling arm is pulled back to the waist with palm facing upward
- This strike is usually done with backward stance

Correct Movement



Deduction Factors (-0.1)



Elbow hook (*Palkup dollyo chigi*)

Preparatory position

- Striking arm starts from the waist
- Pulling arm is naturally bent and positioned in front of the chest

Final position

- Strike the target(jaw) by twisting the waist while throwing the elbow forward. Bring the palm towards the chest, fist facing downward.
- Pulling arm is pulled back to the waist with fist facing upward
- This strike is usually done with forward stance

Correct
Movement



Deduction Factors (-0.1)



Elbow strike (*Palkup yop chigi*)

Preparatory position

- Striking arm is positioned across the waist (fist facing the body) and the knuckles of the fist rested on the palm of the supporting hand

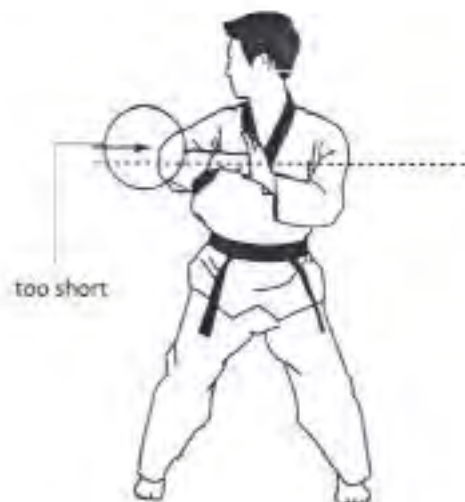
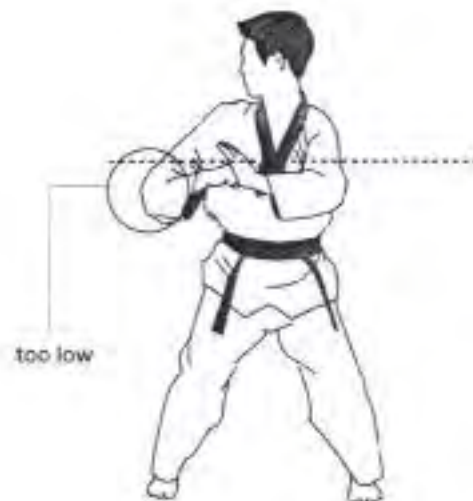
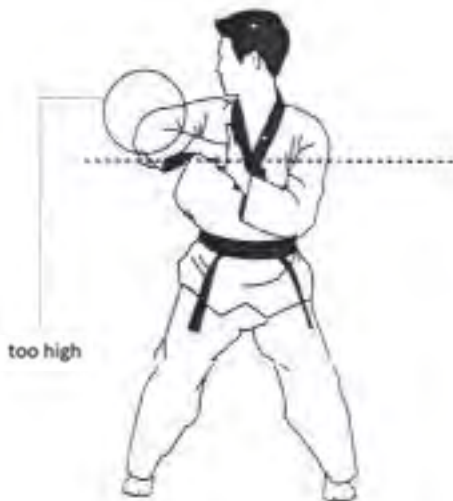
Final position

- Attack sideways by twisting the striking arm together with the supporting hand towards the target. Fist of striking arm facing downward and fingers of supporting hand naturally angled upward.(fingers together)
- Is usually done with riding stance

Correct
Movement



Deduction Factors (-0.1)



Kicking (*Chagi*)

Front kick (*Ap chagi*)

- Raise the kicking leg up, folding the knee up to chest height and quickly push the foot forward, fully stretching the leg.
- The path of the kicking leg should be on a straight line towards the target
- The target must be hit by the ball of the foot, instep straight with the toes pulled backward
- The supporting foot must naturally pivot using the ball of the foot during the kick
- To recover, the kicking foot is pulled back to the folded knee position with the knee still at chest level then smoothly bring the foot down with balance

Correct Movement



Deduction Factors (-0.1)



Roundhouse kick (*Dollyo chagi*)

- Putting the weight on the pivoting foot, raise the kicking leg by folding the knee and immediately turning the body and lifting the hip upward at an angle towards the face target. As the knee stretches, make the kicking foot circle horizontally towards the face target hitting with the instep or ball of the foot
- The supporting leg must be kept straight with the supporting foot pivoting properly during the kick. The toes of the supporting foot faces backward at the final extension of the kicking leg
- To recover, the kicking foot is pulled back to the folded knee position with the knee still at chest level then smoothly bring the foot down with balance

Correct Movement



Deduction Factors (-0.1)



bent knee
of kicking leg



bent knee
of supporting leg



improper pivoting
of supporting foot



target is off center

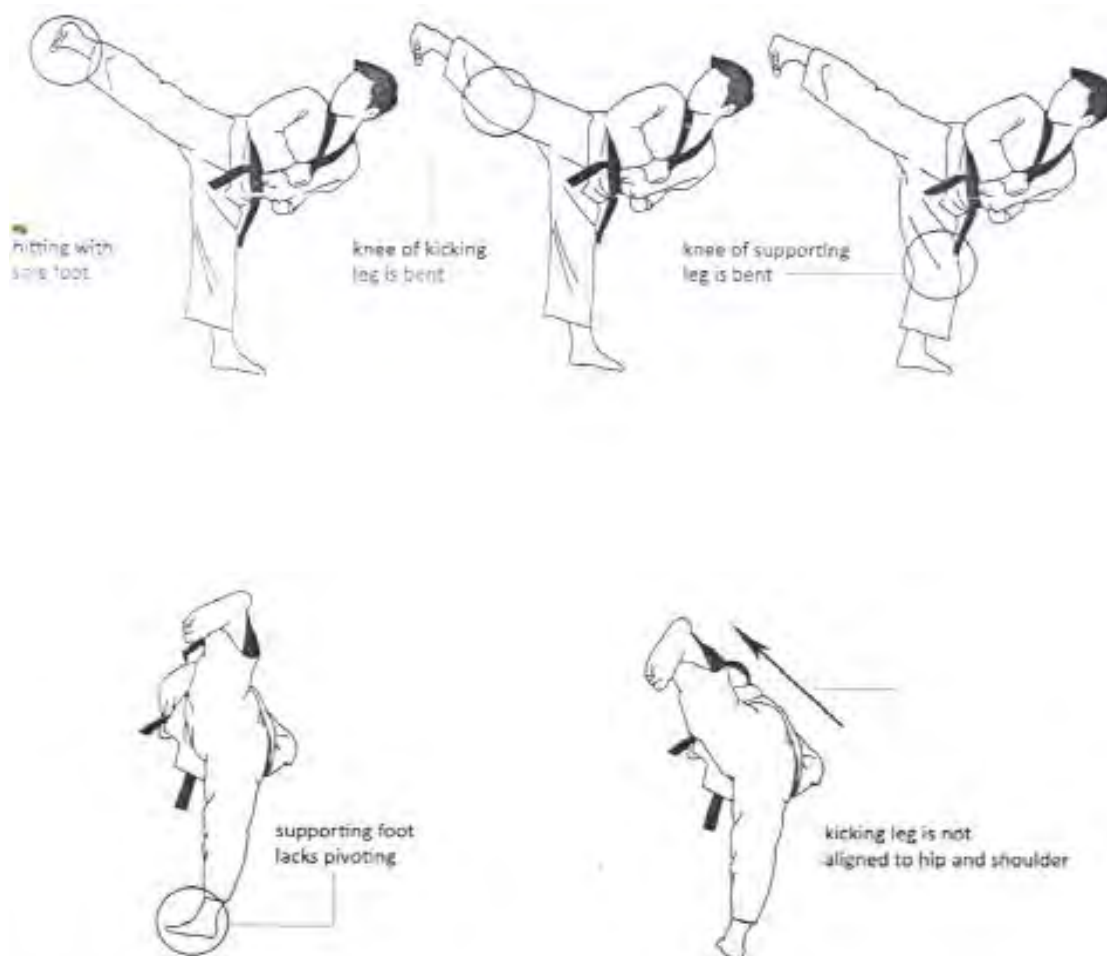
Side kick (Yop chagi)

- Raise the kicking leg up, folding the knee, kick forward by stretching the leg and simultaneously turning the hip forward
- Turn the body in the opposite direction of the target and hit the target using the blade or knife foot
- The supporting leg must be kept straight with the supporting foot pivoting properly during the kick. The toes of the supporting foot faces backward at the final extension of the kicking leg
- To recover, the kicking leg is drawn back to its original folded position and brought down smoothly
- During the kick, the upper body should be kept as high as possible ideally forming the letter "Y" shape

Correct Movement



Deduction Factors (-0.1)



Korean Translation of Basic Movements

SEOGI (Stance)

1. Naranhi seogi – parallel stance
2. Ap seogi – walking stance
3. Ap kubi – forward stance
4. Dwitkubi – back stance
5. Oreun / Wen seogi – right / left stance
6. Kkoa seogi – crossed stance
 - a. Dwikkoa seogi – back crossed stance
 - b. Apkkoa seogi – forward crossed stance
7. Beom seogi – tiger stance
8. Moa seogi – closed stance
9. Juchum seogi – riding stance
10. Hakdari seogi – crane stance
11. Kyotdari seogi – assisting stance
12. Ogeum seogi – crossed crane stance

MAKKI (BLOCK)

1. Arae makki – Low block
2. Momtong makki –Middle block
3. Momtong anmakki – Middle block
4. Olgul makki – High block
5. Momtong bakkat makki –outer middle block
6. Sonnal makki – knifehand middle block
7. Sonnal arae makki – knifehand low block
8. Hansonnal makki – single knifehand block
9. Hannsonal olgul bitureo makki – single knifehand high twist block
10. Hannsonal arae makki – single knifehand low block
11. Olgul bakkatmakki – high outer block
12. Batangson momtong makki – palm hand middle block

13. Batangson momtong an makki – palm hand middle block
14. Batangson momtong keodureo an makki
– supported palm hand middle block
15. Kawi makki – Scissors block
16. Momtong hecho makki – double outer middle block
17. Anpalmok momtong hecho makki – double inside forearm middle block
18. Otkoreo arae makki – X low block
19. Kodureo bakkat makki – Supported outer middle block
20. Wesanteul makki – Single mountain block
21. Kodureo arae makki – Supported low block
22. Batangson nullo makki – palm pressing block
23. Keumgang momtong makki – Diamond middle block

JIREUGI (PUNCHING)

1. Baro jireugi / Bandae Jireugi – Punch
2. Jecho jireugi – Uppercut
3. Dujumeok jecho jireugi – Double middle uppercut
4. Dankyo teok jireugi – pulling uppercut
5. Olgul jireugi – high punch
6. Yop jireugi – Side punch
7. Momtong dubeon jireugi – Double middle punch

CHAGI (KICKING)

1. Ap chagi – Front kick
2. Dollyo chagi – Roundhouse kick
3. Yop chagi – Side Kick
4. Yopchago palkup pyojeokchigi – Side kick and elbow target strike
5. Pyojeok chagi – Target kick
6. Dubal dangsang ap chagi – Double front kick
7. Momdollyo yop chagi – Turning side kick

CHIGI (STRIKE)

1. Ap chigi – Front strike
2. Olgul bakkat chigi – High outer strike
3. Deungjumeok bakkat chigi – Backfist outer strike
4. Deungjumeok ap chigi – backfist front strike
5. Deungjumeok olgul ap chigi – High backfist front strike
6. Palkup dollyo chigi – Elbow hook
7. Palkup yop chigi – Elbow strike (Koryo)
8. Hansonnal mok chigi – Knifehand neck strike
9. Sonnal Bakkat chigi – Knifehand outer neck strike
10. Jebipoom mok chigi – Swallow neck strike
11. Mejumeok naeryo chigi – Hammer strike
12. Mureup chigi – Knee strike
13. Palkup pyojeok chigi – Target elbow strike

TZIREUGI (THRUSTING)

1. Pyonsonkeut sewo tzireugi – Erected spearhand
2. Pyonsonkeut upeo tzireugi – Spearhand
3. Pyonsonkkeut jeochon tzireugi – Turned over spearhand

BASIC MOVEMENT (14 kinds)

1. Joon bi - Ready stance
2. Juchum seogi momtong jireugi – Riding stance with middle punch
3. Ap kubi arae makki – Forward stance with low block
4. Ap kubi momtong bandae jireugi – Forward stance with punch
5. Ap kubi ap chagi – Forward stance and front kick
6. Dwitkubi momtong bakkat makki – Back stance with outer middle block
7. Ap kubi deungjumeok ap chigi – Forward stance with backfist front strike
8. Ap kubi yop chagi – Forward stance and side kick
9. Dwitkubi momtong makki – Back stance with middle block
10. Dwitkubi sonnal makki – Back stance with knifehand middle block
11. Ap kubi dollyo chagi – Forward stance and roundhouse kick
12. Ap kubi olgul makki – Forward stance with high block
13. Ap kubi hansonnal mok chigi – Forward stance with knifehand neck strike
14. Dwitkubi momtong baro jireugi – Back stance with punch



Judge's Score Sheet

1. Recognized Poomsae

2. Free Style Poomsae

A. Previous version, in use until Dec. 31, 2013

B. New version, to be used from 2014

Judge's Score Sheet

Contest No.	Court

Category	Sub-Category	Score Allocation																Score
Accuracy (4.0)	Accuracy in basic Movement	4.0 (deduct -0.1, -0.3)																
	Accuracy in individual Movement of the Poomsae																	
	Balance																	
Presentation (6.0)	Power & Speed	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	
	Coordination of rhythm & Tempo and Softness & Power	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	
	Expression of Energy	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	
	Total Score (10.0)																	

Judge's Name : _____

Judge's Nation : _____ Signature : _____

Judge's Score Sheet (A)

(WTF Free Style Poomsae)
(Previous version, in use until Dec.31, 2013)

Court

Category	Sub-Category		Score Allocation												Score		
Technical Skills (6.0)	Level of Difficulty of Foot Techniques (3.0)	Difficulty of Foot Techniques	- Height of Jumping kick						0.1	0.2	0.3						
			- Number of Kicks in a Jump						0.1	0.2	0.3						
			- Number of Rotations						0.1	0.2	0.3						
			- Level of Consecutive Kicks						0.1	0.2	0.3						
			- Acrobatic Actions						0.1	0.2	0.3						
		Degree of Completion of Foot Techniques	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5				
	Accuracy of Movements (1.5)	Basic Movements / Technical Movements	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5				
	Degree of Completion of Poomsae (1.5)	Practicability / Connectivity between Offensive and defensive Movements	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5				
	Presentation (4.0)	Creativeness / Harmony		1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0			
		Music & Chorography / Expression of Energy		1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2.0			
Total Score (10.0)																	

▪ Judge's Name : _____

▪ Judge's Nation : _____ ▪ Signature : _____

Judge's Score Sheet

(WTF Free Style Poomsae)
(New version, to be used from 2014)

Court

Category	Sub-Category		Score Allocation												Score
Technical Skills (6.0)	Level of Difficulty of Foot Techniques (5.0)	- Height of Jump	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
		- Number of Jumping Kicks	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
		- Gradient of Turn	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
		- Performance level of consecutive kicks	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
		- Acrobatic Actions	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Basic Movements & Practicability (1.0)		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)	Creativeness		0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Harmony		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		0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Music & Choreography		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 (10.0)															
Deductions and penalties															
Total Score															

▪ Judge's Name : _____

▪ Judge's Nation : _____ ▪ Signature : _____