

WTF - Free Style Poomsae

Scoring Guidelines



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Preface

The availability of scoring guidelines is for a clear understanding of scoring criteria of fundamental importance. This document provides the judges and referees with the information necessary for the scoring of free Style poomsae as well as to support contestants and coaches for better preparation.

Keep in mind that the scoring criteria are modified from time to time. This modified document reflects the last changes of the free style poomsae competition rules (January 1, 2014).

Sincere thanks to Professor Dr. Jung Heon Kim (in charge of referee training for the free style Poomsae) and Grand Master Ki young Jeong (referee chairman) for their valuable support.

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1. General

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

2. Composition of Free Style Poomsae

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

3. Division

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

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

4. Uniform of the participant

Participant shall wear WTF-recognized Poomsae competition uniform.

5. Contest Area

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

6. Duration of the Contest

Duration of the contest in all divisions is between 60 and 70 seconds. Presentations with duration of the contest less than 60 or more than 70 seconds result in a deduction of 0.3 points.

The competitor bows the jury on the commands of the Coordinator "Cha ryeot" and "Kyeong rye". Music start with the "Joon-bi" command of the coordinator and the performance begins.

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

In all divisions, the total duration of the performance should be no more than 4 minutes. This time includes the entrance of competitors in the competition area, the presentation of forms (FSP), the announcement of the scoring and leaving the competition area!

7.0 Scoring the free style poomsae

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

7.1 Technical skills (6.0 Points)

The technical skills are divided into 2 sub-categories and the presentation in 4 sub-categories (see Judge's Score Sheet). WTF Poomsae Committee designates mandatory foot techniques and stances for each World Free Style Poomsae Championships. It is allowed maximum up to five steps run-up for the execution of the mandatory foot techniques. There is 0.1 points deduction for each additional step run-up. The Following mandatory foot techniques are designated by the WTF Poomsae Committee for the 7th and 8th world poomsae Championships. Points for the mandatory foot techniques shall be awarded only if athletes perform the techniques in the given order as below:

7.1.1a Height of jump – Jumping side-Kick (0.1-1.0 Points)

Body			Face			Over Face		
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
lower value	average value	upper value	lower value	average value	upper value	lower value	average value	upper value
Scoring according to balance and accuracy of the execution of the side kick ranges between 0.1 and 0.3 Points.			Scoring according to balance and accuracy of the execution of the side kick ranges between 0.4 and 0.6 Points.			Scoring according to balance and accuracy of the execution of the side kick ranges between 0.7 and 0.9 Points.		

- Depending on the balance, accuracy of execution and the height of the jumping sidekicks in comparison to body, face or over face, it is scored to 0.1 and 0.9 points.
- The middle of the height of the kick foot and the lowest part of the body are taken as a height of jump for the scoring (see Appendix 1).
- Only Yopchagis with at least 80% knee extension are considered for the scoring.
- Side kicks (Yopchagis) should be performed at least above the belt height. There is no point (scoring) for the kicks below the belt height.
- If several jumping side-kicks are performed, the height of the first performed jumping side-kick is taken for the scoring.
- All members of the pair and mixed team must perform jumping side-kick.

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

3 Apchagis			4 Apchagis			5 Apchagis		
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
lower value	average value	upper value	lower value	average value	upper value	lower value	average value	upper value
Scoring according to accuracy of performance of the Apchagis ranges between 0.1 und 0.3 Points.			Scoring according to accuracy of performance of the Apchagis ranges between 0.4 und 0.6 Points.			Scoring according to accuracy of performance of the Apchagis ranges between 0.7 und 0.9 Points.		

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

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

360° up to 540°			540° up to 720°			720° and over		
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
lower value	average value	upper value	lower value	average value	upper value	lower value	average value	upper value
Scoring according to accuracy of performance of the spin kicks ranges between 0.1 and 0.3 Points.			Scoring according to accuracy of performance of the spin kicks ranges between 0.4 and 0.6 Points.			Scoring according to accuracy of performance of the spin kicks ranges between 0.7 and 0.9 Points.		

- No scoring for the spin kicks less than 360°
- Spinning-Kicks can be performed body or face level, but a higher spinning-kick execution (over face level) has affect in terms of evaluation for higher presentation score.
- At least one member of the pair and mixed team must perform spinning-kick.
- Examples:

Pandolyo Kicks are accepted as 180° spinning-kick (less than 360°),
Hence it is scored to zero points.

Tornado Kicks are accepted as 360° spinning-kick.

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

Good			Very Good			Excellent		
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
lower value	average value	upper value	lower value	average value	upper value	lower value	average value	upper value
The main criteria are the quality and performance level of the consecutive kicks. The consecutive kicks should be performed in Kyorugi style! Scoring of the kicks is independent of their number (no matter whether these are 3, 4 or 5 kicks).								

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

- At least one member of the pair and mixed team must perform consecutive sparring kicks.

7.1.1e Acrobatic actions (0.0-1.0 Points)

Good			Very Good			Excellent		
0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9
lower value	average value	upper value	lower value	average value	upper value	lower value	average value	upper value
Scoring of the Acrobatic actions takes place according to their degree of difficulty (e.g. flip/Salto forwards, backwards or sideways, Roundoff and flic-flac) and accuracy of the execution which should be performed with a TKD kick.								

- Depending upon degree of difficulty and accuracy of the execution up to 0.9 points are assigned.
- Acrobatics actions are for example:
 - Salto forwards, backwards or sideways. Salto can be performed from one foot or both feet and landing on one foot (the same or the other one) or both feet.
 - Round off / Cartwheel
 - Handspring forwards
 - Back handspring (known also as a Flic-Flac or Flip-Flop)
- All acrobat actions must be performed with a TKD kick (e. g. like Apchagi executions begin with bended knee). The kicks are performed in air and can be executed with swing or jumping leg.
- Performance of acrobatic actions without a taekwondo kick is not scored!
- At least one member of the pair and mixed team must perform acrobatic action.
- In the following are the examples (see appendix 1) of different degrees of difficulty:
 - Low degree of difficulty (LDD / 0.1 – 0.3 Points):
 - Roundoff
 - Aerial Walkover forwards
 - Back handspring (Flic-Flac)
 - Arial Cartwheel
 - Handspring forwards
 - 360° turning in the air such that body longitudinal axis are in the horizontal level
 - Middle degree of difficulty (MDD / 0.4 – 0.6 Points):
 - Standing salto backwards
 - Combination of the roundoff and salto backwards (Roundoff precedes the salto backwards in order to turn horizontal speed into vertical speed to jump higher for a salto). TKD kick is executed during salto backwards.

- High degree of difficulty (HDD / 0.7 – 0.9 Points):
 - Combination of roundoff, back handspring (flic-flac) and salto backwards. The roundoff and flic-flac precede salto backwards in order to develop sufficient momentum for the salto to jump higher. TKD kick is executed during salto.
 - Salto forwards
 - Salto forwards with 180° (1/2) turning around the body longitudinal axis.
 - Combination of the roundoff and/or back handspring (flic-flac) and Salto backwards with 180° (1/2) turning around the body longitudinal axis.

7.1.2 Basic Movements and Practicability (1.0 Points)

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

7.2 Presentation (4.0 Points)

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

7.2.1 Creativity (1.0 Points)

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

7.2.2 Harmony (1.0 Points)

- Harmony of music, rhythm and movements: adjust tempo and rhythm of the techniques to the rhythm of the music (e.g. a speedy and powerful-explosive execution or a slow and powerful execution with

long respiration and facial expression should be performed with appropriate rhythm of the music).

- Harmony and synchronicity of performance in pair and team division. It will be scored lower in the presentation, during a contestant performs a mandatory foot kicks, the other members of the team stand still. The other members of the team should rather continue to perform with appropriate movements.
- In the pair and mixed team competition a deduction of 0.3 points occurs in the presentation scoring if more than two Poom are carried out not synchronically.

7.2.3 Expression of energy (1.0 Points)

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

7.2.4 Music & Choreography (1.0 Points)

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

7.3 Tie Score

In the case of tie score between 2 or more participants, the winner shall be the contestant who has more points in technical skills. In case the score 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 is still tied then a rematch shall be conducted to determine the winner.

7.4 Deductions

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

- Mandatory stances for the 7th and 8th World Poomsae Championships:

1) Hakdari Seogi 2) Beom Seogi 3) Dwitkubi

0.3 points deduction for each missed mandatory stances during performance.
- For the execution of mandatory foot techniques (jumping side-kicks, Jumping front kicks, spinning kicks and kicks with acrobatic action), contestants may run at most up to 5 steps. For every additional step 0.1 points are subtracted.
- The number of mandatory bouncing before execution of the consecutive sparring kicks is 3 to 5. Deduction for extra bouncing:

0.1 Points deduction for additional bouncing up to 3 times (6 – 8)
0.3 Points deduction for additional bouncing more than 3 times (>8)
- Crossing the boundary line with both feet.
0.3 points deduction for each crossing of the boundary.
The contest area is 10m X 10m for the individual and pair competitions. For mixed team competitions, the contest area is 12m X 12m.
- Confusion (e.g. mess or short break) of contestant in pair and team divisions are penalized with 0.3 points deduction
- Restart
Deduction for the restart is 0.6 Points
(2*0.3= 0.6 similar to recognized poomsae)
- Music:
No Performance without music
- The duration of contest in all divisions is between 60 and 70 seconds. Deduction for the Performances outside of the allowed time is 0.3 points.

Appendix 1 – Examples of the Acrobatic actions

➤ All the acrobat actions must be performed with a TKD kick in order to be considered for the scoring!

- Low degree of difficulty:

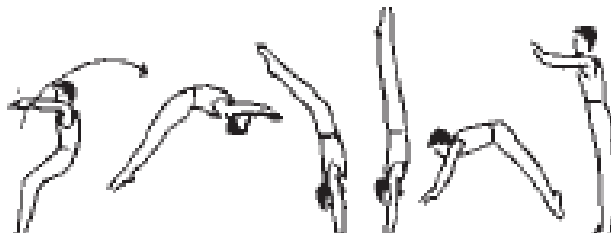
- Roundoff



- Aerial Walkover forwards



- Back handspring (Flic-Flac)



- Aerial Cartwheel



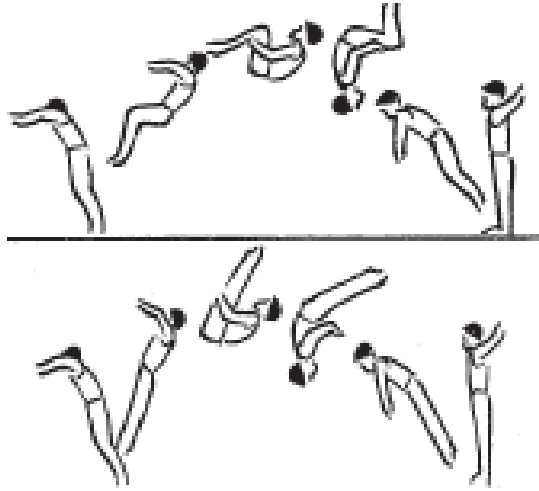
- Handspring forwards



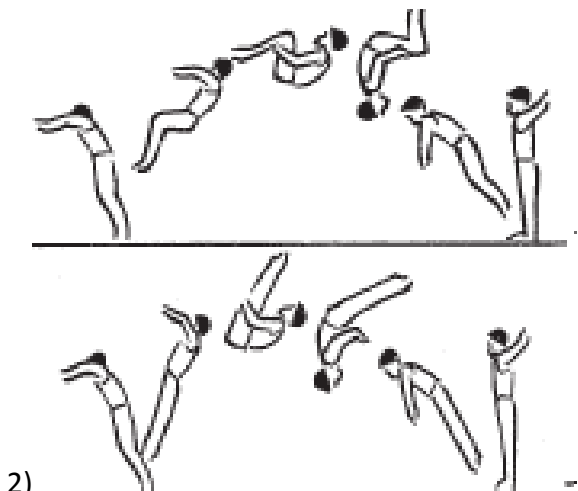
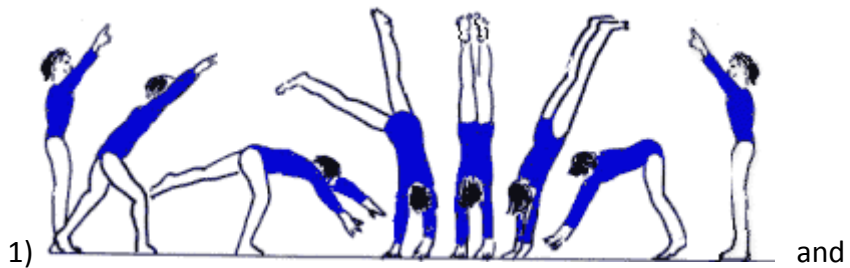
- 360° turning in the air such that body longitudinal axis are in the horizontal level

- **Middle degree of difficulty:**

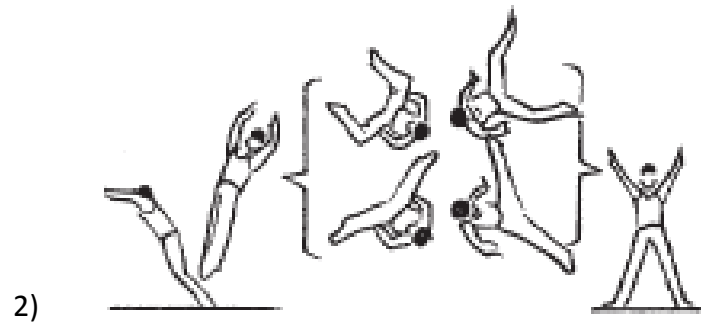
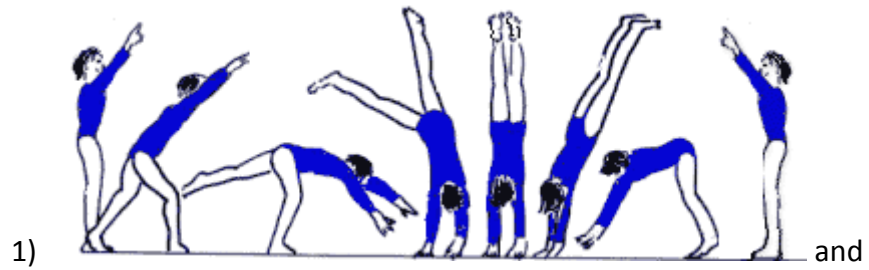
- Standing salto backwards



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

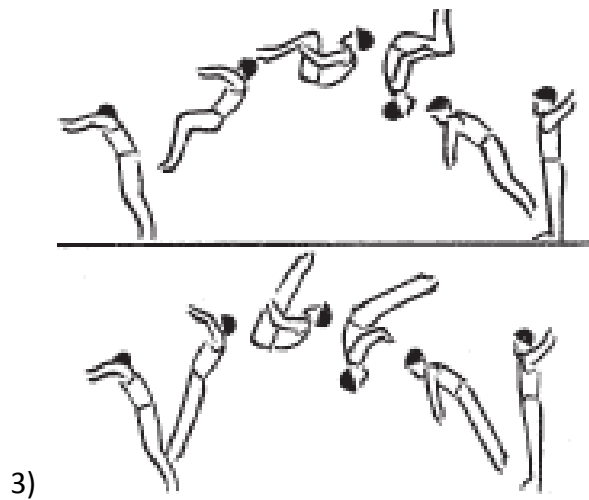
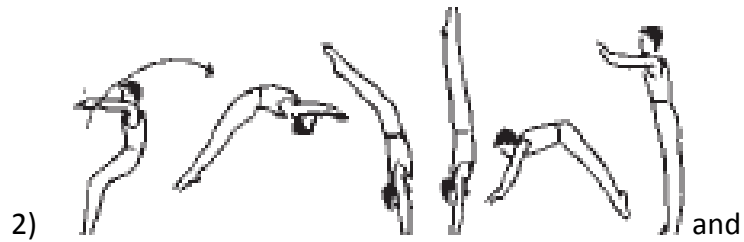


- Combination of the roundoff and salto sideways (Roundoff precedes the salto sideways in order to turn horizontal speed into vertical speed to jump higher for a salto). TKD kick is executed during salto sideways.

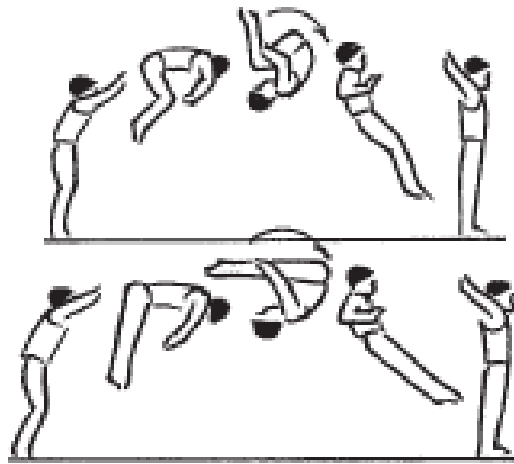


- **High degree of difficulty:**

- Combination of roundoff, back handspring (flic-flac) and salto backwards. The roundoff and flic-flac precede salto backwards in order to develop sufficient momentum for the salto to jump higher. TKD kick is executed during the salto.



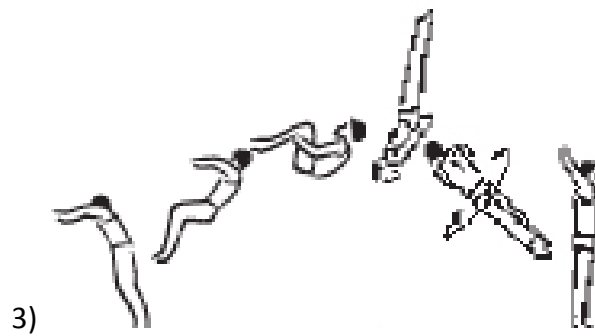
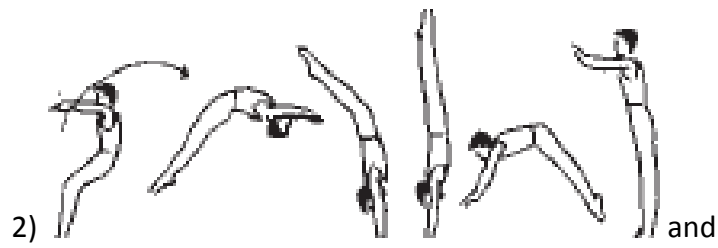
- Salto forwards



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

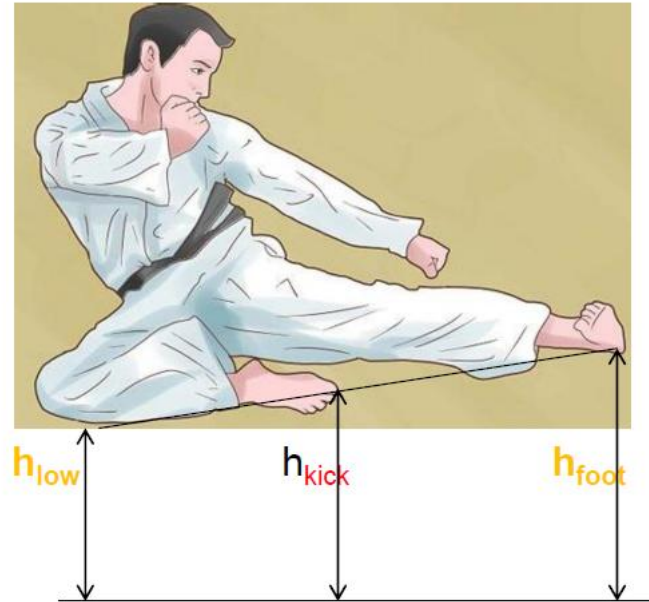


- Combination of the roundoff and/or back handspring (flic-flac) and Salto backwards with 180° (1/2) turning around the body longitudinal axis. TKD kick is executed during salto.



Jumping side-kick

- The middle of the height of the kick foot (h_{foot}) and the lowest part of the body (h_{low}) are taken as a height of jump for the scoring.





Guidelines for the Scoring

WTF Free Style Poomsae

Technical Skills (6.0 Points)	<p>Height of jumping side-kicks (0.0-1.0 Points) All members of the pair and mixed team must perform jumping side-kick</p>	<ul style="list-style-type: none"> Depending on the height of the jumping sidekicks in comparison to body, face or over face, it is scored between 0.1 and 0.9 points. The height of the jumping Sidekicks is defined as the middle of the height of the kick foot and the lowest part of the body! Only Yopchagis with at least 80% of knee extension are considered for the scoring. Check the knee extension & the accuracy of the execution of the Yopchagis. If several jumping side-kicks are performed, the height of the first performed jumping side-kick is taken for the scoring.
	<p>Number of jumping front kicks in a jump (0.0-1.0 Points) At least one member of the pair and mixed team must perform jumping front-kick</p>	<ul style="list-style-type: none"> It is scored between 0.1 and 0.9 points according to number of the Apchagis (3 to 5 kicks). No scoring for less than 3 Apchagis Front kicks (Apchagis) should be performed at least above the belt height. There is no point (scoring) for the kicks below the belt height. Only Apchagis with at least 80% knee extension are considered for the scoring. Check the knee extension and accuracy of the execution of the Apchagis.
	<p>Gradient of Spins in a Spin Kick (0.0-1.0 Points) At least one member of the pair and mixed team must perform spinning-kick.</p>	<ul style="list-style-type: none"> It will be scored between 0.1 and 0.9 points according to gradient of spin Kicks. No scoring for less than 360 ° spin kicks Spinning-Kicks can be performed body or face level, but a higher spinning-kick execution (e. g. over face level) has affect in terms of evaluation for higher presentation score. Check the knee extension and accuracy of the execution of the spin kicks.
	<p>Performance level of consecutive Sparring Kicks (0.0-1.0 Points) At least one member of the pair and mixed team must perform consecutive sparring kicks</p>	<ul style="list-style-type: none"> The main criteria are the level of performance. Scoring of the kicks is independent of their number (no matter whether these are 3, 4 or 5 kicks). The consecutive kicks should be performed in Kyorugi style! No scoring for less than 3 consecutive kicks Check the number of Bouncing. It is mandatory to bounce 3 to 5 times before execution of consecutive sparring kicks. No Bouncing --> no scoring
	<p>Acrobatic actions (0.0-1.0 Points) At least one member of the pair and mixed team must perform acrobatic action.</p>	<ul style="list-style-type: none"> Depending on the difficulty level of the Performance, Acrobatic actions are scored between 0.1 and 0.9 points Acrobatic actions include acrobatic jumping kicks (e.g. forwards, backwards or sideways flip) which must be performed with a Taekwondo kick. Performance of acrobatic actions without a taekwondo kick is not scored!
	<p>Basic Movements & Practicability (1.0 Points)</p>	<ul style="list-style-type: none"> Accuracy of the basic movements, techniques and stances are scored in this section. Practicable arrangement and meaningful transition between attack and defense techniques with a good balance. Execution of kihap and stamping are optional. There is no height restriction in the execution of foot techniques.
Presentation (4.0 Points)	<p>Creativity (1.0 Points)</p>	<ul style="list-style-type: none"> Creativity in the poomsae-line, music, choreography and connectivity between movement sequences It is not considered as creative, if the performance is a compilation from various part of the recognized poomsae
	<p>Harmony (1.0 Points)</p>	<ul style="list-style-type: none"> Harmony of music, rhythm and movements Using all parts of the body (left and right, foot and hand and fore and back within poomsae directions)
	<p>Expression of Energy (1.0 Points)</p>	<ul style="list-style-type: none"> Expression of energy like in the recognized poomsae (e.g. confidence, eye focus, facial expression, emotion, mind concentration, nice manner and attitude)
	<p>Music & Chorography (1.0 Points)</p>	<ul style="list-style-type: none"> Adaptation of the music and the choreography to the contents of the poomsae
Total score - Technical Skills + Presentation		



Checklist for the deductions

WTF Free Style Poomsae

Contestant Nr.

Court Nr.

Deduction Criteria	Deduction
<p>Mandatory stances for the 7th World Poomsae Championships:</p> <p>1) Hakdari Seogi 2) Beom Seogi 3) Dwitkubi</p> <p>0.3 points deduction for each missed mandatory stance. Deduction = N * 0.3 = (N: Number of the missed mandatory stances)</p>	
<p>For the execution of mandatory foot techniques (jumping side-kicks, Jumping front kicks, spinning kicks and kicks with acrobatic action), contestants may run at most up to 5 steps. For every additional step 0.1 points are subtracted. Deduction = N * 0.1 = (N: Number of the additional run up steps)</p>	
<p>The number of mandatory bouncing before execution of the consecutive sparring kicks is 3 to 5. Deduction for extra bouncing: 0.1 Points deduction for additional bouncing up to 3 times (6 – 8) 0.3 Points deduction for additional bouncing more than 3 times (>8)</p>	
<p>Crossing the boundary line with both feet: 0.3 points deduction for each crossing of the boundary The contest area is 10m X 10m for the individual and pair competitions. For mixed team competitions, the contest area is 12m X 12m. Deduction=N * 0.3 (N: Number of crossing boundary line)</p>	
<p>Pair and Mixed Team divisions: Confusion (e.g. mess or short break) of contestant in pair and team division are penalized with 0.3 points deduction. Deduction= N * 0.3 = (N: Number of the confusion)</p>	
<p>Restart: Deduction for the restart is 0.6 Points (2*0.3= 0.6 similar to recognized poomsae).</p>	
<p>Music: No Performance without music.</p>	
<p>Duration of contest: The duration of contest in all divisions is between 60 and 70 seconds. Deduction for the Performances outside of the allowed time is 0.3 points.</p>	
Total deductions	

	<h1 style="margin: 0;">Judge's Score Sheet</h1> <h2 style="margin: 0;">WTF Free Style Poomsae</h2>												
	<h3 style="margin: 0;">Mandatory Stances</h3>										Court Nr.		
	Hakdari Seogi <input type="checkbox"/>	Beom Seogi <input type="checkbox"/>	Dwitkubi <input type="checkbox"/>										Contestant Nr.

Category	Sub-Category	Score Allocation											Score
		poor	good	good	good	very good	very good	very good	excellent	excellent	excellent	Perfect	
Technical Skills (6.0 Points)	Level of Difficulty of Foot Techniques (5.0 Points)	Height of jumping side-kick (1.0 Points)	below Belt	body			face			over face			
			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 front kick in a jump (1.0 Points)	< 3	3 Apchagis			4 Apchagis			5 Apchagis			
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
		Gradient of Spins in a Spin Kick (1.0 Points)	< 360°	360° up to 540°			540° up to 720°			720° and over			
			0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0
		Performance level of consecutive Sparring Kicks (1.0 Points)	< 3	3 – 5 Kicks Low performance level			3 – 5 Kicks Middle performance level			3 – 5 Kicks High performance level			
	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Acrobatic actions (1.0 Points)	No TKD kick	Low degree of difficulty			Middle degree of difficulty			High degree of difficulty				
		0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
	Basic Movements and Practicability (1.0 Points)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
Technical Skills													
Presentation (4.0 Points)	Creativity (1.0 Points)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
	Harmony (1.0 Points)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
	Expression of energy (1.0 Points)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
	Music & Chorography (1.0 Points)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
Presentation													
Total score - Technical Skills + Presentation													
Deductions (see checklist for deductions)													
Final Score													

Judge's Name:

Judge's Nation:

Signature :