

## OUTLINE

### Hong Kong 2024 World Taekwondo Poomsae Championships (November 30 – December 4, 2024 / Hong Kong, China)

#### 1 Promoter: World Taekwondo (President: Dr. Chungwon Choue)

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Website: [www.worldtaekwondo.org](http://www.worldtaekwondo.org)

#### 2 Organizing Committee:

Address: Rm 2012, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, HK  
Telephone: 2504 8137  
E-mail: [hk2024wc@outlook.com](mailto:hk2024wc@outlook.com)  
Website: [www.hktda.com](http://www.hktda.com)

#### 3 Date: November 30 – December 4, 2024

#### 4 Venue: Hong Kong Coliseum

#### 5 Qualifications of contestants:

In accordance with Article 4: Qualification of Contestant of the WT Poomsae Competition Rules & Interpretation, the contestant must meet all following requirements:

- 5.1 Holder of nationality of the participating team
- 5.2 Recommended by the WT National Taekwondo Association
- 5.3 Holder of Taekwondo Dan (Poom) certificate issued by the Kukkiwon
- 5.4 Holder of WT Global Athlete License (GAL). Any questions on the WT GAL, please contact your assigned WT GMS Manager
- 5.5 Athlete aged 12 or over

*\* The age limits for the each division is based on the year, not on the date, when the Championships are held. For example, for Junior Division, contestants shall be between 15 and 17 years old. In this regard, if the Championships are held on November 30, 2024, contestants born between 1 January 2007 and 31 December 2009 are eligible to participate in this division.*

#### 6 Classification of Competition

Recognized Poomsae Competition	Free Style Poomsae Competition
Men's individual	Men's Individual
Women's Individual	Women's Individual
Men's Team (3 males)	Pair (1 male & 1 Female)
Women's Team (3 females)	Mixed Team(Composition of 5 members including more than 2 males and 2 females)
Pair (1 male & 1 Female)	

#### 7 Competition Rules

WT Poomsae Competition Rules & Interpretation in force as of June 14, 2024 shall apply.

## 8 Duration of Contest

- 8.1 Recognized Poomsae: Individual, Pair, and Team competitions up to 90 seconds.  
 8.2 Free Style Poomsae: Individual, Pair, and Mixed Team competitions from 90 seconds to 100 seconds.  
 8.3 Break time between 1<sup>st</sup> Poomsae and 2<sup>nd</sup> Poomsae is a minimum of 30 seconds.

## 9 Method of Competition

### 9.1 Grade: G-8

Recognized Poomsae Competition	Free Style Poomsae Competition
<p><b><u>Single Elimination Tournament System:</u></b></p> <p>Top 16 athletes will be seeded based on the WT Poomsae Ranking of November (November 1<sup>st</sup>). If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. An athlete from the host country who is not seeded among the Top-4 athletes will be given the 4<sup>th</sup>-placed seed. Medals shall be awarded to the top four (4) contestants.</p> <p>Competition shall be conducted in a single elimination tournament. Designated Poomsae shall be randomly selected and shown through monitor on Field of Play before the match begins.</p> <p><b>Preliminary to Final:</b> Contestants shall perform two (2) randomly selected Poomsae. Both Chung and Hong player perform designated Poomsae at the same time.</p> <p><b>Pair and Team:</b> Contestants shall perform two (2) randomly selected Poomsae. Chung and Hong player perform designated Poomsae one by one.</p>	<p><b><u>Cut-off system:</u></b></p> <p>Top 16 athletes will be seeded based on the WT Poomsae Ranking of November (November 1<sup>st</sup>). If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. An athlete from the host country who is not seeded among the Top-4 athletes will be given the 4<sup>th</sup>-placed seed. Medals shall be awarded to the top four (4) contestants.</p> <p><b>Preliminaries:</b> In case of nine (9) or more contestants/pairs/teams are participating, the competition shall start from the preliminary round with the division of groups into 2/4/8 groups. The total number of contestants advancing to the final shall be eight(8). Number of contestant advancing from each group depends on the number of groups.</p> <p><b>Final:</b> When eight (8) or less contestants/pair/team are participating, competition shall start from final round. Contestants shall freestyle Poomsae and medals shall be awarded to the top four (4) contestants/pair/team.</p> <p>1) Composition of Free Style Poomsae</p> <p>1.1 Yeon-mu line shall choice of contestants</p> <p>1.2 Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WT Poomsae committee.</p> <p>2) Board breakings in the three technical skills (Gradients of spins in a spin kick, Kyorugi style consecutive kicks, Acrobatic kicking technique) are required for Mixed Team division.</p> <p>- Breaking (Pine) Board (length 300mm, width 220mm, Thickness 9mm, max. 9 boards per team) will be provided by OC.</p> <p>- Board holding sticks prepared by teams are allowed for only the acrobatic board breaking technique.</p> <p>- Holder of the board breaking can only be within the 5 members of the mixed team.</p>

	- Breaking board should be located inside the court(not outside the court).
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**\*\* Freestyle music should be submitted at the Head of team Meeting on a USB with the following details:**

- 1) On the USB, each digital file should contain:
  - A. Name of the country
  - B. Name of the category
  - C. Name of the athlete/athletes
  - D. Number of the WT Global Athlete License
- 2) The USB itself should be marked with the name of the country and should be submitted in an envelope or a bag, with a list of contents of the USB in the same way as described above. Please see the attached picture below.



\*Note: Music in USB (**Music without lyrics**) and choreography shall be choice of a contestant, it should NOT contain any political, social, and religious and any contents that may harm, discriminate or offend other.

## 10 Entry

Officials	Members	
	Max. No. of Members Male	Max. No. of Members Female
Head of Team	1	
Manager	1	
Coach	3	3
Trainer	2	2
Team Doctor	1	1
MNA Officials	3	3

Athletes		Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 40 (31-40)	Under 50 (41-50)	Under 60 (51-60)	Under 65 (61-65)	Over 65 (66~)	Total
Recognized Poomsae	Individual 1 Male 1 Female	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	16 (8/8)
	Pair 1 Male 1 Female	Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 50 (31-50)		Under 60 (51-60)		Over 60 (61~)	Total
		2	2	2	2		2		2	12
	Team 3 Male 3 Female	Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 50 (31-50)		Under 60 (51-60)		Over 60 (61~)	Total
		3/3	3/3	3/3	3/3		3/3		3/3	36 (18/18)
		Under 17 (12-17)				Over 17 (18-)				Total
Free Style Poomsae	Individual 1 Male 1 Female	1/1				1/1				4 (2/2)
	Pair 1 Male 1 Female	2				2				4
	Mixed Team 2 Male	5+1 (Substitute)				5+1 (Substitute)				10+2

	3 Female Or 3 Male 2 Female			
	Total		82+2	

**\* Note: Contestants may compete in maximum two (2) categories (Recognized Poomsae & Freestyle Poomsae combined) of competition unless he or she is limited by gender or age. i.e.) Recognized Poomsae max 2, or Freestyle Poomsae max 2, or 1 each of categories**

**\* Note: Only for Free Style Poomsae Mixed Team of Over 17, if the age of a team's each member does not consist of 18 years old or older, the Mixed Team can be formed with up to maximum two of members under the age of 18 (12-17).**

#### 10.1 WT Global License & Online Registration

All Athletes and Team officials must first be registered with a WT Global Athlete License (GAL) or Global Official License (GOL).

##### WT Online Registration

National Team Entry will only be accepted through the WT online registration system (<https://worldtkd.simplycompete.com>) and registration is only possible with a valid WT Global License. National Team GMS admins will be notified via email once online registration is open.

#### 10.2 Entry Fee

The entry fees from the participating athletes are collected **onsite with US Dollar only**. Athletes shall not be allowed to compete without successful payment of entry fee.

Entry fee shall be various according to the timing and situation of the submission of entry. Please read carefully the following guidelines.

**EARLY BIRD DISCOUNTED REGISTRATION FEES:** National Teams that complete their registration during this period will be charged a discounted registration fee.

- Registration Fee : \$75 per athlete per category
- Registration Period: **7<sup>th</sup> August 2024, 17:00 to 28<sup>th</sup> August 2024, 17:00 Local Swiss Time.**

**REGULAR REGISTRATION FEES:** National teams that complete their registration during this period will be charged the regular registration fee.

- Registration Fee : \$100 per athlete per category
- Registration Period: **28<sup>th</sup> August 2024, 17:01 to 23<sup>rd</sup> October 2024, 17:00 Local Swiss Time.**

##### LATE REGISTRATION FEES:

In the case that the WT decide to implement a late registration period, national teams that complete their registration during this period will be charged the late registration fee.

- Registration Fee : \$150 per athlete per category
- Registration Period : **23<sup>rd</sup> October, 2024, 17:01 to 31<sup>st</sup> October, 2024, 17:00 Local Swiss Time.**

#### 11. Conditions for participation / Entry & Entry deadline/ On-spot accreditation :

11.1 Round trip airfare and accommodation charges of room and board shall be borne by the participating national team.

11.2 Athletes and team officials registered online may be replaced without penalty until the regular registration closes (23<sup>rd</sup> October, 2024, 17:00 Local Swiss Time)

11.3 Registration fee will not be charged in case of cancellation of participation until the regular registration closes (23<sup>rd</sup> October, 2024, 17:00 Local Swiss Time)

11.4 Registration fee must be paid in full in case of the notice of cancellation of participating athletes after the regular registration deadlines or in case of no-show.

11.5 Penalty: Penalty of US\$100 per person shall be paid to the Organizing Committee at the accreditation center in Hong Kong in the following cases.

- 1) Any team official (any position listed above except for contestants) who is not registered online but seeks accreditation at the accreditation center, even if the total number of team officials does not exceed the designated limit.
- 2) Any team official (any position listed above except for contestants) who seeks to be accredited, online or onsite, exceeding the designated number of entries.
- 3) Any changes or additions that are made to a MNA officials list after the published online registration deadlines will be charged a \$100 USD penalty in addition to the registration fees. This penalty will be considered the onsite fee for approved additions or changes to the MAN official list in team entry list.  
 \* Any WT Global License registration completed onsite will be charged a \$50 USD onsite processing fee for each WT Global License required.

**12. List of Poomsae to be performed:**

- Randomly selected Poomsae
- Two (2) randomly selected Poomsae decided for every match must be performed for all competitions.
- Designated Poomsae will be shown through monitor on Field of Play.

Competition	Division	Compulsory Poomsae
Individual	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Junior Division	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon
	Under 30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65	
	Over 65	
Pair	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Over 60	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Team	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin

	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Over 60	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Competition	Free Style Poomsae	
Individual	Under 17 and Over 17 division	<p><i>Athletes shall perform Free style Poomsae based on Taekwondo techniques with composition of music and choreography.</i></p> <p><i>Performed techniques must be within the boundary of Taekwondo.</i></p> <p><i>The definition of Taekwondo techniques shall be determined by WT Poomsae Committee.</i></p>
Pair		
Mixed Team		

### 13. Award Presentation

#### 13.1 Medals & Certificates:

- 1<sup>st</sup> place: Gold medal(s) and certificate(s)
- 2<sup>nd</sup> place: Silver medal(s) and certificate(s)
- 3<sup>rd</sup> place and 4<sup>th</sup> place: Bronze medal(s) and certificate(s)

#### 13.2 Trophies:

- Top five (5) teams
- MVP: one (1) male and one (1) female in Recognized Poomsae  
: one (1) male and one (1) female in Free Style Poomsae
- other prizes such as the “Good Fighting Spirit Prize”, “Active Participation Prize” and Best Referees and Best Coaches will be awarded to selected teams and individuals.

### 14. WT-recognized Poomsae Competition uniform:

14.1 Participating contestants must wear the WT-recognized Poomsae Competition uniform. Any contestants who do not wear WT-approved Poomsae competition uniform will not be permitted to compete. The latest version of WT-recognized manufacturers’ list is available at the website of WT(<http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>).

14.2 Standardization for Poomsae Competition Uniforms: The mandatory poomsae competition uniforms for competitors, have been standardized into three categories:

14.3 **Cadet Division** (Ages 12-14): White top with red and black collar, blue pants for male; red pants for female. (**Only Poom belt shall be permitted**)



- 14.4 Junior and Senior Division** (Ages 15-50): White top with dark blue pants for male; white top with light blue pants for female.



- 14.5 Master Division** (Ages 51 and up): Yellow top and dark blue pants for both male and female.



## **15. Identification of NOC Code and Manufacturer**

- 15.1** National flag shall be located between 3.5cm below the right shoulder line of upper garment. Flag size should be 10cm width x 7cm height. Please see attached guidelines on NOC code and national flag.



- 15.2** NOC Code is a three-letter National Olympic Committee abbreviation, and it shall be printed at the back of the upper garment of Poomsae competition uniform in black color and centered 12cm from the top line of the upper garment within the size of 30cm width x 12cm height. The font of the letters shall be in bold "Verdana". Please see attached guidelines on NOC code and national flag.





*\* For those MNAs who do not have IOC-recognized NOCs, please contact WT GMS Team for three-letter MNA code at [sarvar.gms@worldtaekwondo.org](mailto:sarvar.gms@worldtaekwondo.org) or WT Sport & Event Management Department at [sport@worldtaekwondo.org](mailto:sport@worldtaekwondo.org).*

15.3 The number of manufacturer's identification (name, designation trademark, logo or any distinctive sign of the manufacturer) shall be one per garment within 20cm<sup>2</sup> except at the location of the WT logo according to the related WT guidelines in force as of this event.

15.4 The end of the belt must be at least 10cm or higher above the knee.

## 16. Medical Control:

16.1 The WT Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions.

16.2 Compulsory anti-doping tests will be carried out for selected medalists, while random tests will be conducted to the rest of the athletes. The WT and/or WADA may carry out random out-of-competition testing prior to the championships.

16.3 TUE (Therapeutic Use Exemption)

Athletes who take any substance or medicine listed in the "Prohibited List" of the WT Anti-Doping Rules and Anti-Doping Code of World Anti-Doping Agency (WADA) for therapeutic purposes are requested to submit TUE applications via ADAMS, together with the required medical information. If you do not have an ADAMS account yet, please contact [tue@ita.sport](mailto:tue@ita.sport) to have it set up.

Otherwise, please download the TUE Application Form [HERE](#) and once duly completed and signed, send it together with the required medical file to [tue@ita.sport](mailto:tue@ita.sport) with copy to [antidoping@worldtaekwondo.org](mailto:antidoping@worldtaekwondo.org) by at least 30 days before the first competition day.

For more details, please see the following page of the WT website:

[http://www.worldtaekwondo.org/anti\\_doping-wt/therapeutic.html](http://www.worldtaekwondo.org/anti_doping-wt/therapeutic.html)

## 17. Head of Team Meeting and Drawing of Lots:

The Head of Team Meeting and the Drawing of Lots session shall be conducted one (1) day prior to the start of the championships that is **November 29<sup>th</sup>, 2024**, in the presence of the Technical Delegate, WT officials and the representatives of the participating nations.

## 18. Accommodation / Local transportation:

The participating teams are required to submit the hotel reservation only via the official link provided by OC by no later than **31st October, 2024**. No other registration method will be accepted. The hotel information is available on the WT GMS platform.

Once you (your WT GMS National Team Admin) register your team's accommodation detail on the Hotel website. Please settle the payment immediately through the link, no invoice will be provided by OC.

The flight information of the participating teams should be submitted via the WT GMS registration system –



worldtkd.simplycompete.com. Please watch video below on HOW to register your team's flight details (for transportation) [HERE](#).

Ground transportation will be provided for national teams on arrival and departure free of charge, only for teams who booked the Official at the latest by the designated deadline (**31<sup>st</sup> October, 2024**).

Daily local transportation is also provided in Hong Kong between official hotels and venue for athlete training, registration, head of team meeting and competition days.

For any question relating to accommodation and transportation, please contact the OC at [hk2024wc@outlook.com](mailto:hk2024wc@outlook.com) and detailed information will be uploaded on WT website by no later than **31<sup>st</sup> October, 2024**.

#### **19. Visa Information**

The visa recommendation letters will be automatically generated from WT GMS platform if the visa is requested during the registration for the event. All the members who need entry visa to China must be registered in GMS. The deadline for visa request in GMS platform is **31<sup>st</sup> October, 2024**. Please watch the video below on HOW to request visa invitation letter from GMS [HERE](#).

For any question relating to visa, please contact the OC at [hk2024wc@outlook.com](mailto:hk2024wc@outlook.com) and detailed information will be uploaded on WT website.

## Provisional Event Schedule (Subject to Change)

### Hong Kong 2024 World Taekwondo Poomsae Championships November 30 – December 4, 2024 / Hong Kong, China

Date	Time	Event	Place
November 27	All day	Arrival International Referees	TBD
	All day	<b>Arrival National Teams</b>	TBD
	0900-1800	On-spot accreditation of teams	TBD
November 28	0900-1900	<b>Team Training</b>	TBD
	0900-1800	On-spot accreditation of teams	TBD
	1000-1200	Internation Referees Training	<b>Class Room - Venue</b>
	1400-1800	Internation Referees Training	<b>FOP-Venue</b>
November 29	0900-1900	<b>Team Training</b>	TBD
	1000-1200	On-spot accreditation of teams	TBD
	1000-1200	Internation Referees Training	<b>Class Room - Venue</b>
	1300-1500	<b>Head of team meeting &amp; Drawing of lots</b>	<b>Regal Kowloon Hotel</b>
	1900	Welcome Dinner	<b>Kowloon Shangri-La</b>
November 30	0900	Competition	<b>Hong Kong Coliseum</b>
	1700	Opening Ceremony	<b>Hong Kong Coliseum</b>
	TBC	Medal Ceremony	<b>Hong Kong Coliseum</b>
December 1	0900	Competition	<b>Hong Kong Coliseum</b>
	TBC	Medal Ceremony	<b>Hong Kong Coliseum</b>
December 2	0900	Competition	<b>Hong Kong Coliseum</b>
	TBC	Medal Ceremony	<b>Hong Kong Coliseum</b>
December 3	0900	Competition	<b>Hong Kong Coliseum</b>
	TBC	Medal Ceremony	<b>Hong Kong Coliseum</b>
December 4	0900	Competition	<b>Hong Kong Coliseum</b>
	TBC	Medal Ceremony	<b>Hong Kong Coliseum</b>
	TBC	Closing Ceremony (TBC)	<b>TBD</b>
December 5		Departure	<b>Airport</b>