



THIS TOURNAMENT IS FOR WT PAN AMERICAN
ATHLETES ONLY

~INFORMATION PACKET~

INTRODUCTION

This outline is designed to be used as a guideline for the coaches and athletes in this 2020 PanAm Online Poomsae Championships. You will find information regarding the general competition (schedule, participation categories, platform) as well as the technical requirements for participation (Hardware, Software, Internet, etc.).

The performances are to be executed from the athlete's location (taekwondo school, house or preferred stage), ensuring an optimal environment for their digital visualization.

This tournament will be held on Zoom with live Facebook and YouTube streaming (link to be posted at www.mastkd.com) for spectators. Information regarding registration, competition rules and format can be found within this packet. For general questions from coaches or athletes, please contact us by the following WhatsApp chat link:

<https://chat.whatsapp.com/EHH6eNYPZdl2N8E1XSwUGf>

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SCHEDULE OF EVENTS

FRIDAY, DECEMBER 18, 2020

TIME	EVENT
7:30 P.M. (EDT)	<p>Technical Meeting:</p> <ul style="list-style-type: none">• Organizing Committee and Referee Chairman will go over all the rules and procedures for this event.• Q&A session for coaches.• Zoom link: <p>Topic: Pan American Online Poomsae Championships Technical Meeting Time: 18 Dec 2020 07:30 PM NYC</p> <p>Join meeting Zoom https://us02web.zoom.us/j/88499485370?pwd=VzI1VXlRTzVmUjhsVVRxZHRWZ2RYUT09</p> <p>ID: 884 9948 5370 Password: 566505</p>

PLEASE NOTE THAT SCHEDULE ARE SUBJECT TO CHANGE. PLEASE CHECK THE COACH WHATSAPP CHAT, WCOMPETITION OR MASTKD WEBSITE FOR UPDATES

SATURDAY, DECEMBER 19, 2020

TIME	EVENT
11:00 A.M. (EDT)	<p>Competition Begins</p> <p>Order of Competition</p> <ul style="list-style-type: none">● Para● Cadet (Male, Female)● Youth 1/8-9 (Male, Female)● Under 30 (Male, Female)● Pairs, Teams <p>Report times will be announced at Technical Meeting</p>

SUNDAY, DECEMBER 20, 2020

TIME	EVENT
11:00 A.M. (EDT)	<p>Competition Begins</p> <p>Order of Competition</p> <ul style="list-style-type: none">● Freestyle● Junior (Male, Female)● Youth 2/10-11 (Male, Female)● Under 40, Under 50, Under 60, Under 65, Over 65 (both male and female)● Pairs, Teams <p>Report times will be announced at Technical Meeting</p>

REGISTRATION

REGISTRATION

All registration for all athletes must be done online through the WT GMS system:

worldtkd.simplycompete.com

- Competitors must hold a passport or birth certificate of the country they will represent. Must have your GAL ID with you on day of tournament for verification.

REGISTRATION FEES & EARLY/LATE REGISTRATION:

	Early Registration End Date	Early Registration Fee (1 st Event)	Late Registration Date	Late Registration Fee (1 st Event)	Each Additional Event (early/late)
RECOGNIZED POOMSAE & FREESTYLE	12/8	\$100	12/9 - 12/15	\$110	\$20
PARA	12/8	\$50	12/9 - 12/15	N/A	N/A

REGISTRATIONS FEES ARE IN U.S. DOLLARS, NON-REFUNDABLE with NO EXCPTIONS

DEADLINE:

- All athletes must register by **TUESDAY, DECEMBER 15, 2020, 12:00 A.M. (EDT)** in order to compete in this event.

PLEASE NOTE THAT ATHLETES MAY ONLY COMPETE IN 2 DIVISIONS (THIS INCLUDES RECOGNIZED POOMSAE DIVISIONS)

DOBOK REQUIREMENTS

WT POOMSAE GUIDELINES WILL BE FOLLOWED

Youth Divisions (Ages 8-9 and 10-11): May wear same dobok as the cadets or a Black V-Neck.

- **Must wear a poom belt (red/black) - Solid black belt not allowed.**

Cadet Division (Ages 12-14): White top with red and black collar, plus blue pants for males and red pants for females.

- **Must wear a poom belt (red/black) - Solid black belt not allowed.**



Junior & Senior Divisions (Ages 15-50): White top with dark blue pants for males and light blue pants for females.



Master Divisions (Ages 51 & up): Yellow top and dark blue pants for both males and females.



Anything not following the WT guideline will result in a **0.6 deduction** from the final score.

Inspection of all athletes will be done before each competitor competes. No ear pieces or taping of the wrist allowed.

COMPETITION METHOD & DESIGNATED POOMSAE

COMPETITION METHOD:

- **Ages 8-9 (Youth 1) & 10-11 (Youth 2), Ages 12-14 (Cadets), Ages 15-17 (Juniors), Under 50, Under 60, Under 65 & Over 65, Pairs & Teams will be using Single Elimination format**
 - Athletes will perform 1 poomsae for the Preliminary (20+) and Semi-Final (9-19) rounds
 - Athletes will perform 2 poomsae in the Final Round (1-8)
- **Ages Under 30 & Under 40 will be using Single Elimination format**
 - Athletes will perform 2 poomsae for each round - Preliminary (20+) and Semi-Final (9-19), and Finals rounds (8)
- **Para athletes will be using Single Elimination format**
 - Athletes will perform 2 poomsae each round
 - P20 will choose their poomsae
 - P30 poomsae will be designated

DESIGNATED POOMSAE AND ORDER OF COMPETITION:

- Will be announced on **FRIDAY, DECEMBER 18, 2020** at the technical meeting. You will also be able to find this information at:
 - www.mastkd.com
 - www.wcompetition.com

AWARDS:

- The top eight athletes of each division (1st, 2nd, 3rd, 3rd) will receive an award certificate.
- This certificate will be sent by email.
- Best female and male athlete for every division
- Best Female and Male Referee
- Best Female and Male Coach

Poomsae Divisions

Organizing committee has the right to change, modify and make official decisions without prior notices.

Individual Divisions	Compulsory Poomsae
YOUTH 8 to 9 & 10 to 11 Years	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo
CADET 12 Years to 14 Years	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
JUNIOR 15 Years to 17 Years	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
UNDER 30 18 Years to 30 Years (G2)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
UNDER 40 31 Years to 40 Years (G2)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
UNDER 50 41 Years to 50 Years	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
UNDER 60 51 Years to 60 Years	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
UNDER 65 61 Years to 65 Years	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
OVER 65 66+ Years Old	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Pair Divisions (Co-ed)	Compulsory Poomsae
YOUTH PAIR 8 to 9 & 10 to 11 Years	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo
CADET PAIR 12 Years to 14 Years	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
JUNIOR PAIR 15 Years to 17 Years	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
UNDER 30 PAIR 18 Years to 30 Years	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
OVER 30 PAIR 31+ Years Old	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Team Divisions	Compulsory Poomsae
YOUTH TEAM 8 to 9 & 10 to 11 Years	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo
CADET TEAM 12 Years to 14 Years	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
JUNIOR TEAM 15 Years to 17 Years	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
UNDER 30 TEAM 18 Years to 30 Years	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
OVER 30 TEAM 31+ Years Old	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

COACH PROCEDURES

COACH PROCEDURES:

- Coaches must be added to the WhatsApp group of the event in order to receive information and guidance in the process of the competition. This will also allow you to reach the tournament committee with any complaints or issues regarding your athlete. Please find the link below:

<https://chat.whatsapp.com/EHH6eNYPZdl2N8E1XSwUGf>

- Before the start of the competition, the coaches and assistant coaches are responsible to add athletes to the WhatsApp group for the event in order to receive information and guidance in the process of the competition.
- Coaches are NOT allowed to enter the zoom competition area to watch their athletes compete. However, if you have multiple students competing at your school, and your students will be using your zoom account, you will be allowed in. You must name your zoom account with the students' GAL numbers.

- Example: USA-2012/2015/1998

This will allow the Ring Coordinator to find your athlete and spotlight them for their performance.

ELIGIBLE PARTICIPANTS

QUALIFICATIONS:

- **All National Team Member**
- **All Wild Cards Received at the Following Events:**
 - **2019 President's Cup**
 - **2019 PanAm Grand Slam**
 - **2020 PanAm Open Poomsae Championship**

TECHNICAL AND SPACE REQUIREMENTS

1. Technical requirements for participation:

A. Hardware:

- HD 1080px 30fps camera, PC or laptop core i5, 1.8MHz or equivalent with microphone
- 3 - 5Mbps upload Internet connection
- If the streaming is done via smartphone, tablet or laptop, you must ensure that the camera is HD 1080px 30fps.

B. Highly recommended to be connected directly to a router using an ethernet cable.

C. Software:

- Zoom, any web browser (i.e., Google Chrome, Internet Explorer, etc.) and WhatsApp.

D. Physical Scenery:

- **Verify the athlete has enough space for the Poomsae to be executed as well as no obstacles in the performance area.**
 - If the athlete takes an extra step due to the above, this will result in 0.3 major deduction for each additional step.
- **Ensure that nothing interferes with the camera view during the performance other than the competitor (e.g. pets, other persons, objects, etc.).**
 - If the athlete is asked to restart his performance due to the above, this will result in 0.6 deduction from accuracy.

E. **Room Lighting:**

- **Avoid backlighting**
 - No lights behind the athlete – only from the top
- **The lighting shall be a minimum of 500 lux to a maximum of 1200 lux**
 - If the judges are unable to see the competitor's hand and/or feet motion due to the above, this will result in 0.3 major deduction for each hand and/or feet movement.

F. **Streaming:**

- **The camera must be in a horizontal position**
 - Vertical position is not allowed.
- **The camera must be positioned DIRECTLY IN FRONT of the athlete**
 - Camera may not be positioned to the side, above, or behind the athlete.
- **Camera must remain in same position for the duration of the performance (not permitted to zoom in and out or pan left to right).**
 - Will result in a restart and a 0.6 deduction from accuracy.
- **The camera should be positioned 1.5 to 1.8 meters high from the ground**
- **Check that your camera is not set to stream in mirror image**
- **Please make sure that all other streaming devices are shut off during your performance**
 - This will improve your video streaming quality and reduce disturbances and distractions.

- **The poomsae needs to be started far enough from the camera that the athlete does not step out of the camera's view; however, not too far from the athlete given the details of the performance may be lost**
 - Each hand and/or feet movement which cannot be seen by the judges will result in a 0.3 major deduction. This responsibility falls solely on the athlete.
- **At the end of the athlete's performance, each competitor must turn off his/her microphone and camera**
- **Backgrounds & Props:**
 - **No virtual backgrounds**
 - **No religious or political displays**
 - **Only NOC flags are permitted to be displayed**
- **Athlete Support:**
 - **There should be a support person to help the athlete with the live streaming process**
 - For example - turning on and off the microphone, adjusting camera, etc. This person can be the assistant or coach.
 - **Check on WCompetition.com or MasTKD.com the participation schedule information, division information, performance order and poomsae selection. (The posted times are an estimate, so be sure to check for updates.)**
 - **It is highly recommended that the athlete check their system before the competition to ensure that the technical requirements and hardware working properly.**
 - Please check the last page for Zoom instructions

COMPETITION DAY

2. Competition day procedures:

A. Check in:

- **1 hour** before the competition, the athletes must be ready for their performance in Zoom in their respective division.
- If the athlete is not in the Zoom waiting room **15 minutes** before the start of the division (**start time of the division not their poomsae start time**), he or she will be automatically disqualified.
- **To be allowed in to the competition area, each athlete must have their Zoom account identified with their competition ID # to be admitted.**
 - Many athletes use equipment from coaches, etc., so they need to rename their account before entering the competition or they will not be admitted into the competition area.
 - If multiple athletes are using the same account, you must list all of the athletes' GAL #'s to enter.

Example: USA-2004/1987/2005

- You must bring your GAL ID with you to the zoom check in case we need to verify you by your documents during the check in process before the start of the competition.

-

- B. **Additional information to take into account during the performance:**
- Once you have successfully logged into the video chat room, the athlete will then be moved into the Zoom waiting room. The Ring Coordinator will announce the performance order in your division prior to beginning the division so you may monitor the competition order.
 - You must be at your starting position as soon as it is your time slot for the live streaming.
 - After performing the Poomsae, the athlete shall remain in place until the final score is announced.
- C. **It is the coach and athlete responsibility to check the scoring and ranking within their division to verify if you will proceed into the Semifinal and Final rounds.**
- For this, go to Wcompetition.com and MasTKD.com, where the follow up can be seen in real-time. Athlete's ranking will also be displayed through the zoom account after each performance.
- D. **During the competition live streaming, neither the athlete, the coach, nor any other person shall make any questions, turn on the microphone or similar. The WhatsApp group will be used for that function.**
- E. It is important to remember that during the competition (**not before**), both the microphone and the camera must be activated (for kihap and/or stomp).

- If the athlete fails to activate the microphone immediately before the Poomsae and the judges are unable to hear the Kihap and/or stomp, this will result in a 0.3 deduction for each missed kihap and each missed stomp.
- F. If an athlete experiences connection issues during a cut-off system round, the athlete must return within 5 minutes and will be permitted to compete at the end of their round (**unless it is the final round - athlete must immediately come back within 5 minutes since the order of the final round is by ranking order 8-1. If athlete does not regain connection within 5 minutes, the athlete will be disqualified**).
- G. If an athlete experiences connection issues during a single-elimination round, then the athlete will be given **5 minutes** to regain connection. If they do not return to the Zoom room within 5 minutes, then the athlete will be disqualified and the other athlete will advance to the next round.

FREESTYLE GUIDELINES

COMPETITION METHOD:

- **Divisions:**
 - **Individual - Male & Female**
 - Ages 12-17 and 18 Years & Over
 - **Pair (One Female/One Male)**
 - Ages 12-17 and 18 Years & Over
 - **Team (mixed)**
 - Ages 12 & above
 - 5 (+1 substitute max)

All competitors will compete in 1 final round no matter how many competitors in a division

- **Duration:**
 - **90 to 100 seconds**

VIDEO SUBMISSION DEADLINE:

- **All videos must be uploaded and emailed to WCompetition by**
 - **December 12, 2020 at: wcompetition2@gmail.com**
- **All participants must submit 2 videos with a different YouTube Link:**
 - In case there is a tie, we will use your 2nd video for a tie breaker. You may submit the same video twice or you may submit a new routine for the tie breaker. If you submit the same video twice, you must still provide 2 separate YouTube links.
 - Please label 1st video as competition video
 - Please label 2nd video as tie breaker

**PLEASE NOTE THAT ATHLETES MAY ONLY COMPETE IN 2 DIVISIONS
(THIS INCLUDES RECOGNIZED POOMSAE DIVISIONS)**

FREESTYLE TECHNICAL & SPACE REQUIREMENTS

1. Technical requirements for participation:

F. **Hardware:**

- Minimum HD 1080px up to 4k at 60fps camera

G. **Competition Area:**

- **Freestyle Poomsae must be performed inside or outside on taekwondo mats or grass (any flooring that is not a springboard or will allow an advantage)**
 - No springboards allowed
 - No shoes allowed
- **Ensure that nothing interferes in the immediate competition area with the camera view during the recording of the performance other than the competitor(s) (e.g., pets, other persons, objects, etc)**
- **No boundary limits will be set**

H. **Room Lighting:**

- **Avoid backlighting**
 - No lights behind the athlete – only from the top
- **The lighting shall be a minimum of 500 lux to a maximum of 1200 lux**

F. **Recording:**

- **The camera must be in a horizontal position**
 - Vertical position is not allowed.
- **The camera must be positioned DIRECTLY IN FRONT of the athlete**

- Camera may not be positioned to the side, above, or behind the athlete.
- **Athlete MAY pan left to right 45 degrees.**
 - No zooming in or out
- **The camera should be positioned 1.5 to 1.8 meters high from the ground**
- **Make sure the distance of the camera is appropriate so that the judges can see all the techniques**

G. **Sound:**

- **The selected music must have an adequate decibel level for listening clearly**
- **Avoid echo and reverberance**
Make sure no lyrics or counting in the music
 - This will result in a DQ
- **It is required to have the coach or athlete's assistant give the commands "charyeot, kyeong-ye, joon bi, shi-jak."**
Although freestyle does not usually start the competition with "Shi-jak", for this online competition, it will alert the RC the music will start so the RC can start the time accordingly

H. **Uploading of Video:**

- **Video must be uploaded to www.youtube.com**
- **The publication of the video should be in unlisted option (only the people who have the link should be able to view it)**
- **The video should be named as follows:**
 - NOC and name of competitor (e.g., USA - Jane Smith)

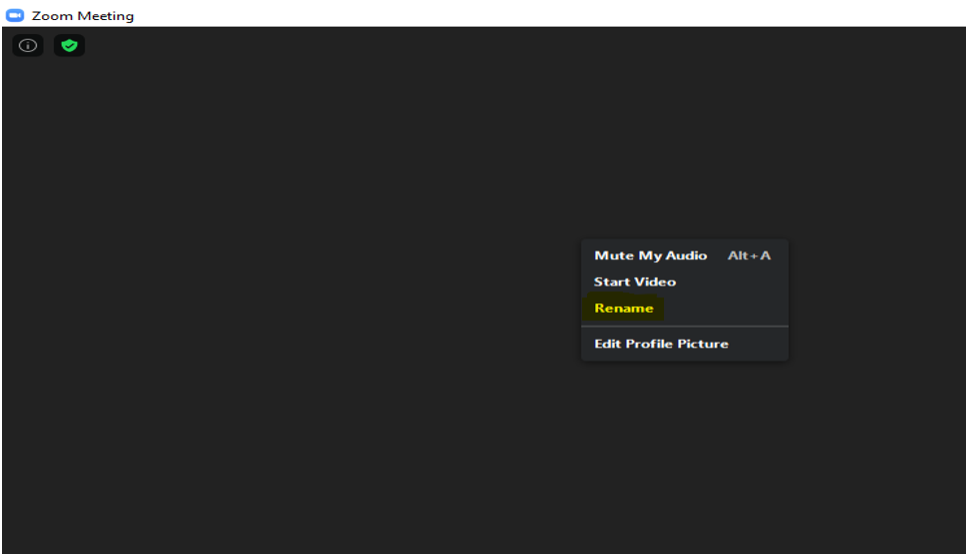
- Video description should contain category & name of the championship & distinguish between competition or tie breaker video
- The thumbnail of the video must be the competitor(s) picture
- **Video must be uploaded one week prior to the competition date - DEADLINE 12/12/2020 (PLEASE NOTE IF YOU REGISTER AFTER THIS DATE, YOU STILL NEED TO SUBMIT YOUR VIDEO BY THE 12/12/2020 DATE)**
 - No late submissions will be accepted.
- **Youtube link must be emailed to:**
 - wcompetition2@gmail.com
 - Be sure to submit your video early. This will give WTPA time to notify you of any technical errors. We will allow you to resubmit your video 1 TIME ONLY as long as it can be resubmitted before the deadline. If there is still an error in your video - you will be DQ'd
 - If your video is submitted on the last day, and there is an error causing you to resubmit your video, there will be a \$500 fine for the resubmission after the deadline.
- **Backgrounds & Props:**
 - **No religious or political displays**
 - **Only NOC flags are permitted to be displayed**

ZOOM INSTRUCTIONS

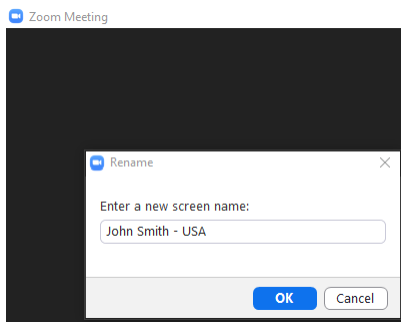
- Once logged in to your Zoom Room, please be sure to change the name on your screen to your full name (eg. John Smith - USA). A guide to how to change your name can be found here:

<https://support.zoom.us/hc/en-us/articles/201363203-Customizing-your-Profile>

Right click anywhere on your Zoom Meeting window, select “rename”

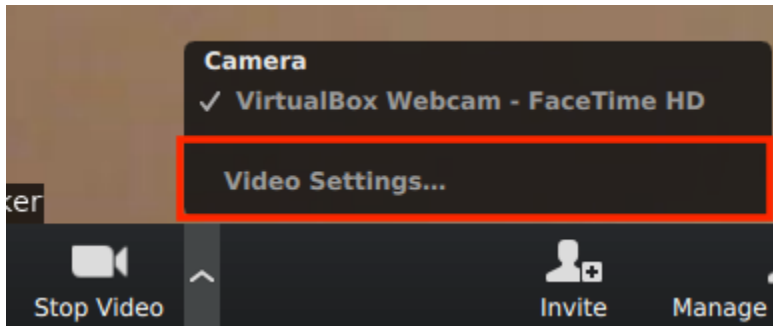


then type your full name in the “Enter a new screen name” box.

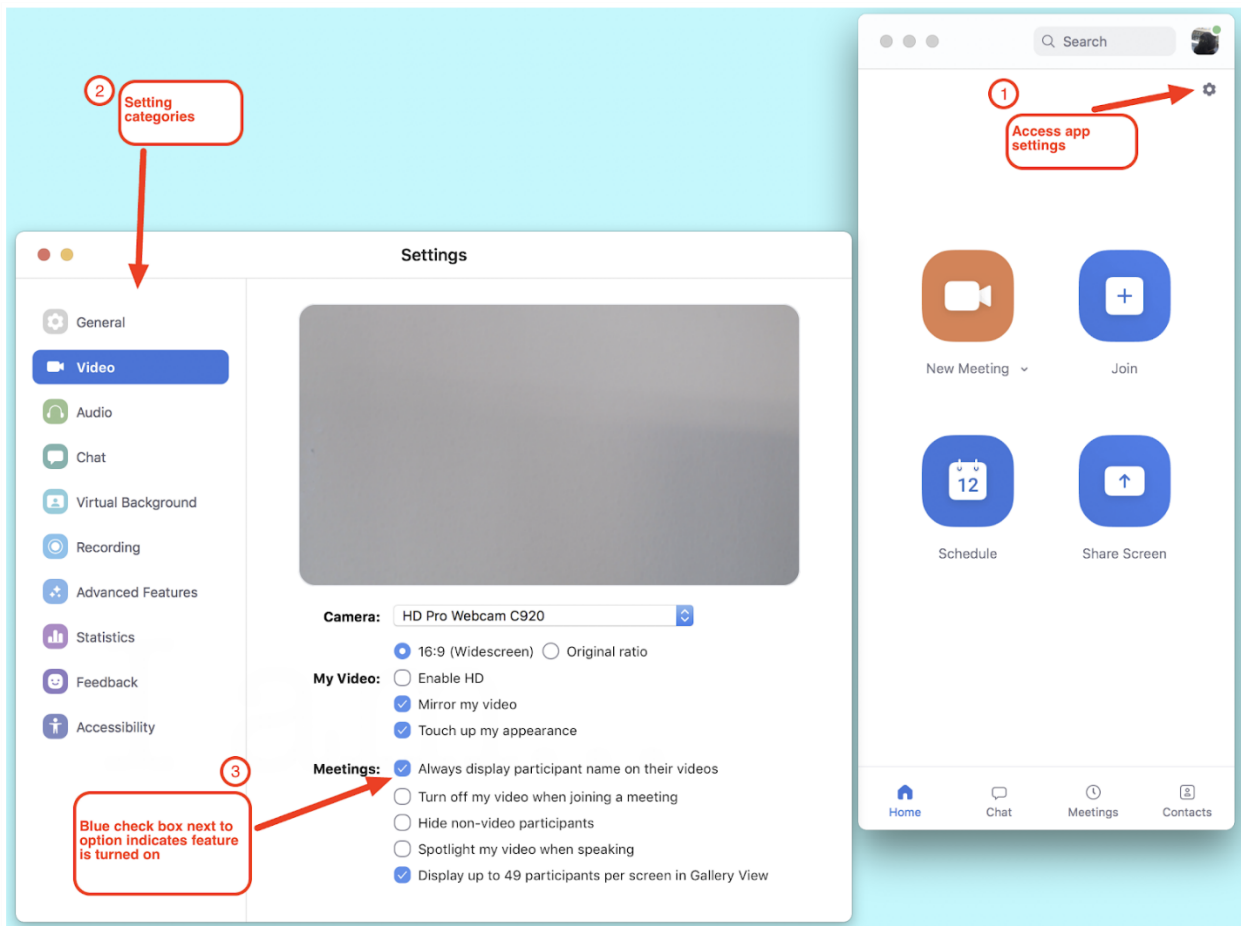


Link for video settings: <https://support.zoom.us/hc/en-us/sections/200521865-Video>

Video Settings Shortcut can be found by clicking on the arrow next to Video.



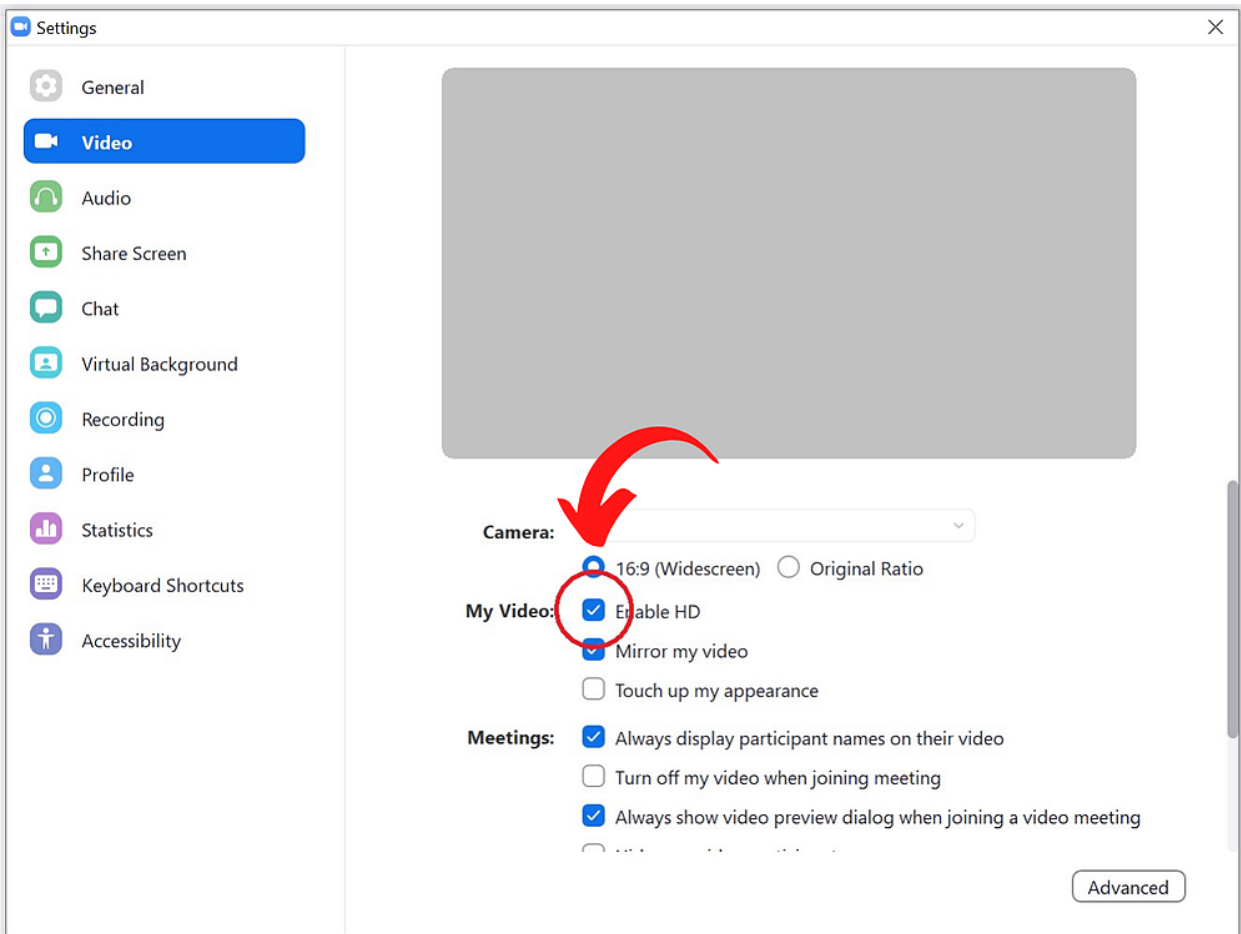
Or open Video Settings before the meeting

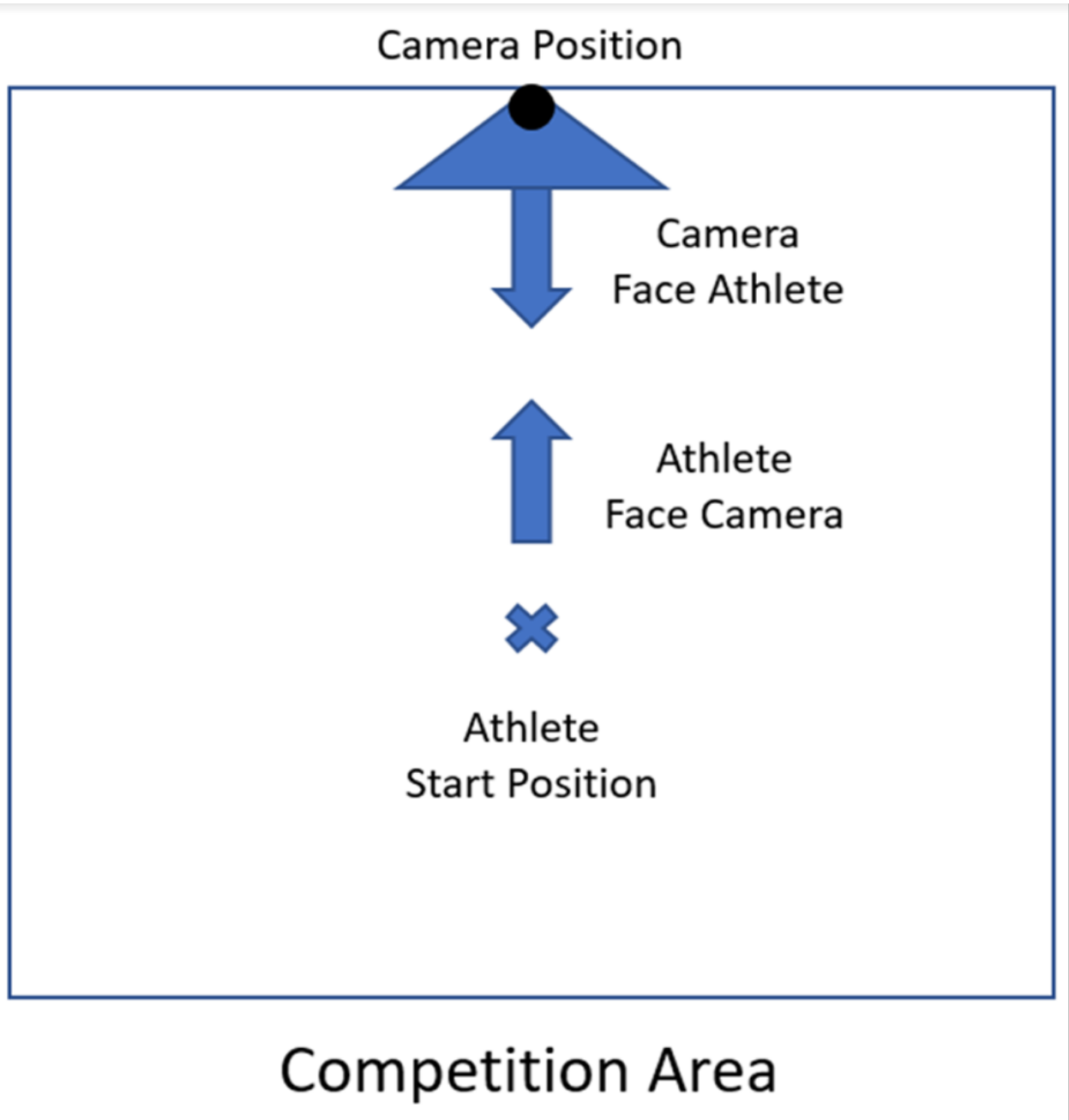


16:9 (Widescreen) is recommended and Enable HD and Touch up my appearance is also recommended for better video quality. Please make sure mirror my video is turned off.

Six Ways To Instantly Improve Video Quality On Zoom

<https://www.chipcreative.co.uk/post/improve-video-quality-on-zoom>





POOMSAE DEDUCTIONS

The following will receive a 0.3 major deduction from accuracy:

- If the athlete does not have adequate space to perform the poomsae and takes an extra step to get around any objects in the room, this will result in 0.3 major deduction for each additional step.
- Each hand and/or feet movement which cannot be seen by the judges due to stepping outside the camera's view will result in a 0.3 major deduction
- Each hand and/or feet movement which cannot be seen by the judges due to poor lighting (i.e., backlighting, lighting too bright/dim, etc.) will result in a 0.3 major deduction
- Each stomp and/or kihap which cannot be heard by the judges due to competitor not turning on his microphone before his performance

A 0.3 deduction from the final score will be given for the following:

- Overtime

Any restart due to the following will receive a 0.6 deduction from accuracy:

- Performing incorrect poomsae
- Object, person or pet coming into the field of play while executing poomsae
- Someone moving the camera during the performance to capture the athlete (left/right or zoom in/out).

A 0.6 deduction from the final score will be given for the following:

- Wearing incorrect dobok
- Wearing incorrect belt
-

There will be no deduction for a restart due to being disconnected from the internet and having to rejoin the competition. However, if athlete is disconnected a 2nd time, this will result in a DQ.

FREESTYLE DEDUCTIONS

The following will receive a 0.3 major deduction from accuracy:

- Any out-of-frame movements

A 0.3 deduction from the final score will be given for the following:

- Under time/Over time

LIABILITY WAIVER

ALL Participants must PRINT & SIGN THIS WAIVER (signed by Parent or Legal Guardian if under 18 Years) and email back to WTPA. (patutc2020@gmail.com)

Signed Liability Waiver must be received **NO LATER** than December 16, 2020.

PLEASE EMAIL EXECUTED LIABILITY WAIVER

CHAMPIONSHIP PARTICIPATION WAIVER

World Taekwondo Pan America

COMPETITOR WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT AND INDEMNITY AGREEMENT

In consideration of your acceptance of my entry for the 2020 PanAm Online Poomsae Championship to be held on December 19-20, 2020, I do hereby, for myself, my heirs, executors, and administrators waive, release and forever discharge any and all rights and claims for damages, including bodily injury which I may have or which may occur to me against the referees, medical staff and all members of this championships or their respective officers, representatives, successors, volunteers, sponsors and/or assigns and against any competitor for any and all damages which may be sustained by me in connection with my associates with or entry into this championship event, or which may arise out of traveling to, participating in and returning from this tournament event. Therefore, any type of lawsuit or legal action will be my responsibility in all risks and economical means, including attorney fees, damages or responsibilities, caused by legal actions.

I am not entering this competition in reliance or any written or oral representation by the World Taekwondo Pan Am (WTPA) and World Taekwondo regarding the application rules and qualification of the judges and referees. I am in good health and physical condition to participate in this tournament. **I fully understand that my entry fee is non-refundable.** I consent that any picture furnished by me or any pictures taken of me in connection with the championships can be used for publicity, promotion or television showing, and I waive all compensation in regard thereto. I understand that martial arts is a physical sport, and I further understand all the contents of the rules and general information which was published by the organizing committee, and I agree to them in their entirety.

- I understand the nature of the 2020 PanAm Online Poomsae Championship activities and believe that my experience and capabilities, or that the minor child, to be qualified to participate these events which are to be held virtually. I UNDERSTAND THAT WORLD TAEKWODO PAN AM (WTPA) AND WORLD TAEKWODO TOURNAMENT ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING **PERMANENT DISABILITY, PARALYSIS AND DEATH**. These risks and dangers may be caused by me or the minor child's own action, or inaction, and/or the actions or inactions of others participating in the championship.
- I have read this agreement, fully understand its terms. I understand that I or the minor child have given up substantial rights by signing it, and have signed it freely and without inducement or assurance of any nature, and understand it to be a complete and unconditional release of all liability to the greatest extent allowed by the law. I also agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.

_____	_____	____/____/____
Athlete's Name	Signature	Date

_____	_____	____/____/____
Guardian's Name for Minors	Signature	Date