



AUS TKD
South Australia

SOUTH AUSTRALIA

State Selections

ENTER NOW

**Sunday August 18th 8:30pm – 5.00pm
John Mcveity Centre (“JMC”)
182 Peachy Rd, Smithfield Plains SA, 5114**

Sparring | Poomsae

**ENTRIES CLOSE:
Tuesday 11:59pm August 13th**

All entries to be completed online at:
<https://internetentries.com/atsa/>

Enquiries to:
management@austkdsa.com.au

2024 South Australian State Selections



Dear Taekwondo practitioner,

It gives us great pleasure on behalf of Australian Taekwondo SA Division to invite all Australian Taekwondo practitioners to participate in the South Australian State Selections. The event will be held at the John Mcveity Centre and serves as the qualifying selection event to enter the Australian National Championships.

The event aims to serve the Australian Taekwondo Community on many levels:

- Create a prestigious and competitive event for younger players of all skill levels to build athlete interest and encourage personal development in Taekwondo.
- Provide Open Black Belt competitors with the optimum competitive environment - encouraging athletes to maintain and improve the top tier standard.
- To compete at the Australian National Championships all competitors must enter State Selections into the event they wish to enter – both colour and black belts. I.e. to enter Poomsae at Nationals you must enter Poomsae at State Selections and to enter Sparring at Nationals you must enter Sparring at State Selections. The exception is board breaking as no event will be held at State Selections.
- **Competitors entering National Championships having not registered for their respective State Selections event will have their entries withdrawn.**

The KPNP Electronic Protector System will be used at this event. Please ensure you have KPNP E-Socks prior to the competition.

Note that Head Kicks apply to Cadets Red Belt and above, and Junior/Senior Blue Belt and above.

Child divisions of 7yrs and below will be using a manual scoring method with corner judges so they will need to bring their own chest guard.

We look forward to a positive and successful event!

Yours Sincerely

Ben Hock
Australian Taekwondo
SA Division Management Board
management@austkdsa.com.au

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General Information

All ages are at 31st December 2024:

CHILD	YOUTH	CADET	JUNIOR	SENIOR	MASTER
7 and under	8-11	12-14	15-17	17-30	31+
Born 2017 or later	Born 2013 to 2016	Born 2010 to 2012	Born 2007 to 2009	Born 1994 to 2007	Born 1993 and prior

- Eligible Competitors:** Competitors MUST hold a 2024 Australian Taekwondo NAL (“National Athlete Licence”) to be checked off attendance to weigh-in and to the competition venue on the day. Players without NAL registration will not be permitted to compete.
- Registration:** All competitors MUST present their competition entry confirmation at the door to the competition venue.
- Selection Criteria:** To be selected for the South Australian state team and therefore be eligible to enter the proceeding National Championships, participants must achieve a result of Gold, Silver or Bronze in their official division of entry. In case participants are uncontested in their official division the result for selection purposes is Gold regardless of their exhibition fight result.
- Competition Schedule:**
- | | |
|---------|---|
| 8:00 am | Officials and Volunteers Arrive
Finalise setup court and desks |
| 8:30 am | Weigh In for all sparring athletes |
| 9:00 am | Weigh In closure |
| 9:30 am | Competition starts as follows
– Crt1: Youth Sparring followed by all Poomsae events
– Crt2: Cadet/Jnr/Snr Sparring (KPNP) |
| 5:00 pm | Competition Finish (subject to entries) |
- Indemnity:** All participants in the tournament take part at their own risk. The organiser can under no circumstances be held responsible for any damages, injuries, or loss to individuals or equipment.
- Privacy:** Personal details collected are solely for the purpose of the competition involved. Health information (regarding existing conditions/allergies etc) is for our records only and will only be disclosed to first-aid personnel on a need to know basis.
- Competition Entry Fees:**
- Sparring** - \$75
 - Individual Poomsae** - \$75
 - Pairs / Teams / Family / All Freestyle Poomsae:** \$45 each
- ** please note late entries will not be accepted **
- Spectators:** To encourage audience and atmosphere spectators will be permitted for free to this event.
- Draw:** The draw will be posted online on the day of competition.
- Food:** A public Café will be available on the day, but you may also bring your own food supplies.
- Awards:** All events recognise 1st and 2nd and (equal) 3rd place with Gold, Silver and Bronze awards.

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Coach Registration:

Clubs may register a total of 3 coaches, who must be registered before the event. **Please register for a free coaches pass online at the entry page.** This is to ensure door entry is covered and sufficient coaches are known to be attending the competition.

Please consider that your club provides sufficient coaches to avoid the possibility of athletes being disqualified due to unavailability of a coach when the player is called. Please note that, under WT rules, a maximum of three (3) calls to the field of play will be given. Athletes not in attendance with their coach will be disqualified. Coaches are required to attend briefings.

Volunteers:

Each participating club is asked to provide at least 1 volunteer or more to help run the competition. Head instructors are to provide a list of volunteers to the Tournament Director at closure of entries by messaging the ATSA Board via Facebook or email.

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Sparring (Kyorugi)

Gender: Male, Female

Age Divisions: Child (-8), Youth (8-11), Cadet (12-14), Junior (15-17), Senior (17+), Master (31+)

Weight Divisions: **Players may only compete in 1 weight division per age category.**

Belt Divisions: Yellow, Blue, Red, Black

Child (-8) divisions will be developed based on closest matching weight, belt and age.

Youth (8-9 and 10-11) (all weights in kg)

Male	<19	19-22	22-25	25-28	28-31	34-38	38-42	42-46	46-50	50-55	55-60	60-65	65-70	70+
Female	<19	19-22	22-25	25-28	28-31	34-38	38-42	42-46	46-50	50-55	55-60	60-65	65-70	70+

Cadet (12 – 14)

Male	<33kg	33-37kg	37-41kg	41-45kg	45-49kg	49-53kg	53-57kg	57-61kg	61-65kg	65+kg
Female	<29kg	29-33kg	33-37kg	37-41kg	41-44kg	44-47kg	47-51kg	51-55kg	55-59kg	59+kg

Junior (15 – 17)

Male	<45kg	45-48kg	48-51kg	51-55kg	55-59kg	59-63kg	63-68kg	68-73kg	73-78kg	78+kg
Female	<42kg	42-44kg	44-46kg	46-49kg	49-52kg	52-55kg	55-59kg	59-63kg	63-68kg	68+kg

Seniors Belts (17+), Masters (31+)

Male	<54kg	54-58kg	58kg	63-68kg	68-74kg	74-80kg	80-87kg	87+kg
Female	<46kg	46-49kg	49-53kg	53-57kg	57-62kg	62-67kg	67-73kg	73+kg

Head Kicks: No head kicks for 11 and under, Yellow Belts (all ages), and Blue Belt Cadets (12-14).

Format: Sparring bouts will be based on the new “**Best of 3**” format. Please ensure you are familiar with the latest rules.

Weigh In: **Sunday morning 8:30am-9am at the venue of the competition**

All competitors MUST present their current Australian Taekwondo NAL (electronically or paper print). Minimum acceptable dress during Weigh-In will be T-shirt and shorts with a 0.5kg allowance. If the competitor fails weigh in after 2 attempts they may change division and pay an administration fee of \$30.

Safety Equipment:

Sparring competitors must wear WT approved equipment -

- Trunk protector – the full colour style (KPNP fights provided)
- Groin protector, Shin and Arm guards
- Head guards (matching colour or white, KPNP fights provided)
- E-foot protector (all players 8yrs and above)
- Gloves - Compulsory for athletes 12 years and over
- Mouth guards are compulsory and must be **white or clear** (to ensure blood is visible).

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Individual Poomsae

- Gender:** Male, Female
- Belt Ranks:** Yellow, Blue, Red, Black
- Age Division:** 6 – 8, 9 – 11, 12 – 14, 15 – 17, 18 – 30, 31 – 39, 40+
- Attire:** Regular white Taekwondo dobok and belt (WT uniform OK and optional; but if worn must be complete and correct to WT specification). Cho Dan Bo players must wear a wholly red belt optionally with white/black tape tip stripes (i.e. no half red/black belts).

Patterns:

Belt Level	1 st Pattern	2 nd Pattern	Format
Yellow	Taeguk 1	Taeguk 2	Scoring
Blue	Taeguk 3	Taeguk 4	
Red (inc Cho Dan Bo)	Taeguk 6	Taeguk 7	
1 st Dan and above	Taeguk 8	Koryo	

Pairs Poomsae

- Gender:** Any gender combination is permitted
- Belt Ranks:** Yellow, Blue, Red, Black. Pairs compete in the division of the HIGHEST belt level.
- Age Division:** 6 – 8, 9 – 11, 12 – 14, 15 – 17, 18 – 30, 31 – 39, 40+
Both members of the pair **MUST** be in the **same age division**
- Attire:** Regular white Taekwondo dobok and belt (WT uniform OK and optional; but if worn must be complete and correct to WT specification). Cho Dan Bo players must wear a wholly red belt optionally with white/black tape tip stripes (i.e. no half red/black belts).

Patterns:

Belt Level	Choose 1 Pattern from
Yellow	Taeguk 1, 2 or 3
Blue	Taeguk 3, 4 or 5
Red	Taeguk 6, 7 or 8
Black	Taeguk 8, Koryo or Keumgang

** Players may only be part of 1 Pair combination. **

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Teams Poomsae

- Gender:** Any gender combination is permitted
- Belt Ranks:** Yellow, Blue, Red, Black. Teams compete in the division of the HIGHEST belt level.
- Age Division:** 6 – 8, 9 – 11, 12 – 14, 15 – 17, 18 – 30, 31 – 39, 40+
All members of the team **MUST** be in the **same age division**
- Attire:** Regular white Taekwondo dobok and belt (WT uniform optional; but if worn must be complete and correct to WT specification). Cho Dan Bo players must wear a wholly red belt optionally with white/black tape tip stripes (i.e. no half red/black belts).

Patterns:

Belt Level	Choose 1 Pattern from
Yellow	Taeguk 1, 2 or 3
Blue	Taeguk 3, 4 or 5
Red	Taeguk 6, 7 or 8
Black	Taeguk 8, Koryo or Keumgang

** Players may only be part of 1 Team combination **

Family Poomsae

- Gender:** Any gender combination is permitted
- Belt Ranks:** Yellow, Blue, Red, Black. All families compete in the one division and choose a pattern from the list below.
- Age Division:** Members may be mixed age divisions.
- Attire:** Regular white Taekwondo dobok and belt (WT uniform optional; but if worn must be complete and correct to WT specification). Cho Dan Bo players must wear a wholly red belt optionally with white/black tape tip stripes (i.e. no half red/black belts).

Patterns:

Belt Level	Choose 1 Pattern from
Yellow	Taeguk 1, 2 or 3
Blue	Taeguk 3, 4 or 5
Red/Black	Taeguk 6, 7 or 8
Black	Taeguk 8, Koryo, Keumgang

Freestyle Poomsae - Individual / Pair / Team

- Gender:** Any gender combination is permitted for a pair or team.
- Belt Ranks:** All belt ranks are suitable.
- Pair/Team Age Division:** Youth (Under 12), Cadet (Under 14), Junior (Under 17), Senior (17+). Players in pairs and teams may be mixed aged but enter the highest age player division.
- Attire:** Regular white Taekwondo dobok and belt (WT uniform optional; but if worn must be complete and correct to WT specification). Cho Dan Bo players must wear a wholly red belt optionally with white/black tape tip stripes (i.e. no half red/black belts).
- Music:** Music for the routine shall have no singing or speaking, otherwise the contestant will be disqualified. All music must be supplied in an MP3 format on a USB storage drive or on a Bluetooth music device at the competition.
- Pattern Time:** 60 to 70 seconds.
- Compulsory Elements: Presented in this order:**
1. Flying Side Kick.
 2. Aerial Kicks - Athletes must do minimum of two kicks in the air to score, as a minimum jumping front kick(s). The more kicks executed in the air before landing shall score higher.
 3. Spinning Kicks – Athletes must perform a spinning action measured on angle and spin in air. Base level allowed is 180 degrees turning kick on ground, with higher scores for 360/540/720 degree kicks in air.
 4. Consecutive Kicks – resembling a fight routine. This begins with 3-5 bounces and then 3-5 kicking actions forward.
 5. Acrobatic Action – Any acrobatic action not requiring a kicking action (e.g. cartwheel, front/back walk over, round-off, flips and saults). Scoring shall be higher if an aerial Taekwondo technique is incorporated.
- At least one Kihup sound must be included in the performance.

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To complete entry process please proceed to

internetentries.com/atsa/

Checklist

- Entered online at internetentries.com/atsa/
- Have current Australian Taekwondo NAL membership
- Planned to weigh in at the nominated venues and times
- Ensured you have E-socks for KPNP divisions
- Ensured your coach(es) and club volunteers have registered

VENUE:

John Mcviety Centre

182 Peachey Road, Smithfield Plains South Australia 5114

