



2024 3rd ATV State Poomsae Championships and Black Belt Selection

Sunday 29th September, 2024

9:00 am – 5:00 pm

**Darebin Community Sports Stadium
(857 Plenty Rd, Reservoir VIC 3073)**

**Black Belts (Novice Individual / Pairs / Teams Poomsae) /
WT Poomsae / Freestyle (Black belts) / Para / Power Breaking**

Entries Open: Monday 26th August 2024

Entries Close: Monday 16th September 2024

****NO LATE ENTRIES ARE ACCEPTED****

Online entry: <https://internetentries.com/atvpoomsae>

Dear Victorian Taekwondo competitors, coaches and families,

On behalf of Australian Taekwondo Victoria Poomsae, it is my great pleasure to invite you to participate in the 2024 3rd Australian Taekwondo Victoria State Poomsae Championships & Black Belt Selection at Darebin Community Sports Stadium (857 Plenty Rd, Reservoir VIC 3073) on Sunday 29th September, 2024.

The primary goals for this tournament are;

- to provide competition experience with a fun, safe and productive environment for Victorian athletes
- to promote friendship and cooperation within the Victorian Taekwondo community
- to increase participation of all Taekwondo athletes at state level competition
- to qualify athletes for the 2024 AT National Championships for Black belt athletes.

To participate, competitors must register between 26th August and 16th September, 2024.

Please note: The online registration system is automated and entries cannot be processed after the closing date – Do NOT ask.

Please note

- All athletes must be Australian Taekwondo practitioners & hold a National Athlete License
- All enquiries MUST be made through coaches and instructors;
- We will not respond to any direct enquiries from parents / athletes or any Facebook messages;
- Australian Taekwondo Virtual Membership Cards must be presented at registration. [Athletes can login here with their REVSport Login.](#)
- Participants claiming refunds must do so in writing within 7 days of the competition date;
- Some refunds may not be in full – Please read below before you register;
- All Black Belts who compete will qualify for the 2024 AT National Championships. Athletes representing Victoria at the National Championships are subject to the compulsory uniform and training set by the ATV Board prior to 2024 Nationals as per the ATV Selection Policy;
- Players claiming full refunds will not be eligible to enter the 2024 AT National Championships.

Please check the ATV Facebook page regularly for up-to-date competition updates.

We greatly appreciate the participation of clubs who enter their athletes, as well as the officials and volunteers. Without your ongoing support, our competitions would not be a success.

Dixon Chung

Tournament Coordinator



Coaches, Officials & Clubs Information:

Head Instructors / Coaches are responsible for ensuring that their athletes, parents, coaches and officials adhere to the code of conduct found in this pack. Coaches collecting their coaches' pass must adhere to the following requirements:

- Coaches must have valid AUS TKD Poomsae coach accreditation to receive their coach pass.
- Coaches must register via <https://internetentries.com/atvpoomsae> by 16th September, 2024.
- It is the coach's responsibility to ensure that they and their players are ready when called. Players will be disqualified after 3 calls and no refunds shall be given in this case.

Coaches must nominate a volunteer to poomsae.atv.secretary@gmail.com to be eligible to receive their coach pass. Coaches who do not provide a volunteer will NOT receive their coach pass.

1 Coach – 1 Volunteer

- Coaches must send the **name** and **email address** of their nominated volunteer via email directly to poomsae.atv.secretary@gmail.com by 16th September. Alternatively, coaches can elect to pay a \$100 volunteer allocation fee in order to receive their coach pass.
- Anyone else who is available to volunteer for this competition (marshalling / computer operation / medal podium) please get in touch with Dixon Chung via email at poomsae.atv.secretary@gmail.com. Your help is much appreciated and all volunteers will be provided lunch.

Eligibility:

All athletes must be insured with AUSTKD and hold a National Athlete License. A valid 2024 AUSTKD membership number must be provided at registration.

Registration:

Enter online at <https://internetentries.com/atvpoomsae>. If your club does not appear on the registration page, please ask your Head Instructor to contact us to add it to the list.

Indemnity:

All participants take part at their own risk. The organiser can under no circumstances be held responsible for any damage, injury, or loss to individuals or equipment.

Entry Fees:

Poomsae: \$85 for 1st event, \$35 per additional event.

Board breaking: \$40 plus \$5 for each board.

Uniform:

White V neck or Poom V neck dobok for coloured belts including Cho Dan.

Black V neck or Y neck dobok for Black Belts.

Athletes in WT divisions MUST wear the WT competition Dobok.

No stripes or prominent brand logos.

No jewellery is to be worn. Allowance is made for wedding bands which cannot be removed.

If found jewellery is worn while performing on the competition mats, the competitor will receive a 0.3 deduction.

Awards:

All divisions 1st Gold, 2nd Silver, 3rd & 4th Bronze.

Spectator:

Tickets must be purchased at the entry.

CASH ONLY (We may not have change, please bring the exact amount)

\$20 single, \$30 Family of two, \$40 Family of three or more. Children under 6 are free.

Canteen:

Available at the venue.

Coaches:

- All coaches must register by 16th September, 2024.
- All coaches must hold a valid AT Poomsae Coach accreditation.
- Coaches must register via <https://internetentries.com/atvpoomsae>.
- Coaching passes will only be issued on the day of competition during the coaches meeting and passes will not be issued if you don't have a valid Australian Taekwondo Poomsae Coach Accreditation or have not provided a volunteer.
- You can apply/renew your Poomsae Coach accreditation via <https://austkd.com.au/education/poomsae/poomsae-coaching/> and any enquiries can be directed to AUSTKD at help@austkd.com.au
- Passes will not be issued after this point/time except to coaches from regional areas who can collect their passes during the day. No additional passes will be given.

Protest:

Only official protests are reviewed by the Competition Supervisory Board. The protest must be made in writing within 10 minutes of the conclusion of the division. The fee is \$200 AUD and is non-refundable. Protests must be submitted to a member of CSB in the marshalling area.

Refunds:

Refunds must be submitted to the Tournament Coordinator within 7 days of the competition with the following information included; competitor's name, amount claimed, reason and bank account details. Competitors obtaining refunds who do not compete at all in this tournament will not be eligible to participate at the National Championships. Refunds will not include transaction fees. Refunds will be processed within 14 days after the competition.

Volunteers:

If you are available to assist in volunteering (marshalling / computer operation / medal podium) for this competition, please get in touch with Dixon Chung (contact details listed below). All volunteers will be provided lunch.

Referees:

If you are available to referee, please contact Pat Petrovski directly (contact details listed below). All referees will be provided judging points and lunch.

Contact:

Tournament Coordinator	Mr. Dixon Chung	poomsae.atv.secretary@gmail.com *All athlete enquiries must come through coaches / instructors.
Referee Director	Ms. Pat Petrovski	patpetrovski@icloud.com
Referee Coordinator	Mr. Muhktar Kadiri	
Competition Supervisory Board	Ms. Yukyung Song Ms. Pat Petrovski Mr. Muhktar Kadiri	
Feedback Officer	Ms. Elysha Weerakkody	

Novice Individual Poomsae:

Gender: Female, Male
Belt Ranks: Black
Age Divisions: 8-9, 10-11, 12-14, 15-17, 18-30, 31-40, 41-50, 51-60, 61+
Patterns:

Belt Level	1 st Pattern	2 nd Pattern	Format
Black 1st Poom/Dan	Taeguek 8	Koryo	Cut-off, Scoring out of 10
Black 2nd Poom/Dan	Koryo	Keumgang	
Black 3rd Poom/Dan	Keumgang	Taebaek	
Black 4th Poom/Dan	Taebaek	Pyeongwon	
Black 5th Dan	Pyeongwon	Sipjin	
Black 6th Dan	Sipjin	Jitae	
Black 7th Dan	Jitae	Chonkwon	
Black 8th Dan	Chonkwon	Hansu	
Black 9th Dan	Hansu	Ilyeo	

Novice Pairs Poomsae (2 members):

Gender: Any gender combination is permitted
Belt Ranks: Black
Age Divisions: 8-11, 12-14, 15-17, 18-30, 31-40, 41+
 Both members of the pair **MUST** be in the same age division.

Patterns:

Belt Level	Choose 1 Pattern from	Format
Black	Taeguek 8 or WT Black Belt pattern	Cut-off, Scoring out of 10

Note: Competitors may only be part of 1 Pair combination.

Novice Teams Poomsae (3-8 members):

Gender: Any gender combination is permitted
Belt Ranks: Black
Age Divisions: 8-11, 12-14, 15-17, 18-30, 31-40, 41+
 All members of the team **MUST** be in the same age division.

Patterns:

Belt Level	Choose 1 Pattern from	Format
Black	Taeguek 8 or WT Black Belt pattern	Cut-off, Scoring out of 10

Note: Competitors may only be part of 1 Team combination.

WT Poomsae:

Gender:	Individual – Female, Male Pairs – Mixed (1 Female, 1 Male) Teams – Female (3), Male (3)
Belt Ranks:	Black
Age Divisions:	Individual – 12-14, 15-17, 18-30, 31-40, 41-50, 51-60, 61-65, 66+ Pairs and Teams – 12-14, 15-17, U30, U50, U60, O60
Patterns:	WT cut off system Required patterns will be selected from the list of WT patterns applicable to each age division. These will be published on ATV's social media (facebook) and sent via email to head instructors 3 days prior to the competition.

Individual Para (Selection event for Black Belt only):

Gender:	Female, Male
Belt Ranks:	Yellow, Blue, Red, Black
Age Divisions:	8-9, 10-11, 12-14, 15-17, 18-30, 31-40, 41-50, 51-60, 61+
Divisions:	P20 (Intellectual Disabilities) / P30 (Physical Impairments) *Judges will be subjective, using only AT qualified judges, who will consider the performance on the day and the degree of difficulty, based on the severity and type of disability.
Patterns:	A Poomsae(s) of their choice (Taeguek or WT Black Belt patterns). All athletes will be scored under the Cut-off format (out of 10)

Freestyle Poomsae:

Belt Ranks: Black

Divisions: **Individual** - Male and Female

- U 12 yrs
- 12-17 yrs
- 18 yrs +

Pairs - 2 members, any gender combination permitted

- U 12 yrs
- 12-17 yrs
- 18 yrs +.

Teams - 3 to 8 members, any gender combination permitted

- U 12 yrs
- 12-17 yrs
- 18 yrs +

Note: Competitors who enter Freestyle Poomsae in this event will be eligible to enter either WT or Championship Freestyle at 2024 AT National Championships.

Competition Rules

Freestyle will follow the modified format for WT Freestyle with the following adjustments to allow more participation and development.

Under Freestyle rules there are certain compulsory elements

- The three compulsory stances that must be included are:
 - Back stance (Dwitkubi)
 - Crane stance (Hakdari seogi)
 - Tiger stance (Beom seogi)

The routine must have the following compulsory elements. The skills have been modified to allow development:

- * First element is flying side kick and will remain same
- * Second element is aerial multiple jump front kicks.
 - Athletes must do a minimum of three kicks to score. We will allow a single jump front kick as our base score. Athletes will be scored higher if there are more kicks in a single action.
- * Third element is a spinning action measured on angle of spin in the air.
 - We will allow the base level 180 degree turning kick on the ground and athletes will be scored higher if they can perform a larger angle of rotation such as 360, 540 and 720 degree kicks in the air.
- * Fourth element is the execution of consecutive kicks resembling a fight routine. This begins with 3-5 compulsory bounces and is then followed by 3-5 kicking actions moving forward.
- * Fifth element is the acrobatic action.
 - We will allow any acrobatic action even if it does not have kick involved but athletes that perform higher standard of action where action has kick and is aerial will be judged with higher scores.

Music Rules

- Music for the routine shall have no singing or speaking, otherwise the contestant will be disqualified.
- Music must be 90-100 second long.
- Music must have a beep at the start to indicate shijak (start) for the athlete.
- Email music to poomsae.atv.secretary@gmail.com before 22nd September, and a copy of the music brought on USB to Registration (note: please ensure that only one track is on the USB).
- Clearly label your music with your name & Division both on the file and USB.
- USB brought in a plastic bag with name & Division clearly labelled.

Power Breaking:

Gender:	Female, Male
Belt Ranks:	Black
Age Divisions:	15-17, 18+
Techniques:	-Straight punch -Palm heel -Knife hand
Breaking Boards:	\$5 per board Boards will be supplied by ATV 12mm x 300mm x 225mm for 15-17 15mm x 300mm x 225mm for 18+

Notes:

Contestants must nominate the total number of boards to be attempted in the online registration. Spacers will be provided to be placed between the boards. The winner will be decided by the highest score irrespective of the number of boards attempted. In the event of a tie, the lighter player wins. Contestants may keep any unbroken boards.

Rules and regulations:

The contest time limit is 20 seconds. Breaking is conducted only once and must be done within 20 seconds after the command to start. Only 1 attempt is permitted. The contestant can decide on the breaking direction of the breaking target. At least one foot must remain on the ground at all times.

The parts of the hand to use for the breaking:

- Straight punch must be executed with the front two knuckles in a closed fist.
- Palm heel must be executed on the lower palm of the open hand. No part of the fingers or the wrist must touch the target at the point of breaking contact.
- Knife hand must be executed with the part between the side of the first knuckle of the little finger and the side of the wrist. And no part of the fingers or the wrist must touch the target at the point of breaking contact.

Each broken board will score 1 point.

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Penalties (Warning, Deduction and Disqualification):

Penalties are given by the referees.

The penalties are warning, deduction, and disqualification

- one warning penalty is equal to 0.5-point deduction.
- two warning penalties are equal to 1.0-point deduction.
- one deduction penalty is equal to 1.0-point deduction.

Warning and deduction:

Unless stated, each of the below infringement will be a warning equal to 0.5-point deduction:

- exceeding the contest time limit of 20 seconds.
- deliberate verbal attacks or movements and disturbing another contestant's breaking routine.
- interfering with the judges or officials during the contest.
- damaging the breaking target before or after hitting the breaking target.
- referees can give deduction penalties for repeating each of the above warning infringements. Referees can give a 1.0-point deduction if any of the above infringements are committed deliberately with clear intent to infringe.
- a 1.0-point deduction will be given if there is any clear violation of the regulations.

Penalty points total will be deducted from the contestant total breaking score.

A contestant will be disqualified:

- when any part of the body above the knees touches the ground after breaking (note: knee/s on the ground is acceptable).
- if breaking has been attempted twice.
- if breaking is using the wrist only in the case of knife hand or palm strike.
- if breaking is using a half-clenched fist or a hammer fist in fist breaking.
- if breaking is conducted in an unfair manner.

Code of Conduct

1.	Respect the rights, dignity and worth of every human being	<ul style="list-style-type: none"> • Within the context of the activity, treat everyone equally regardless of sex, disability, ethnic origin or religion
2.	Ensure the athlete's time spent with you is a positive experience	<ul style="list-style-type: none"> • All athletes are deserving of equal attention and opportunities
3.	Treat each athlete as an individual	<ul style="list-style-type: none"> • Respect the talent, developmental stage and goals of each individual athlete • Help each athlete reach their full potential
4.	Be fair, considerate and honest with athletes	<ul style="list-style-type: none"> • Display high standards in your language, manner, punctuality, preparation and presentation • Display control, respect, dignity and professionalism to all involved with the sport - this includes opponents, coaches, officials, administrators, the media, parents and spectators • Encourage your athletes to demonstrate the same qualities
5.	Be professional and accept responsibility for your actions	
6.	Make a commitment to providing a quality service to your athletes	<ul style="list-style-type: none"> • Maintain or improve your current NCAS accreditation • Seek continual improvement through performance appraisal and ongoing coach education • Provide a training program which is planned and sequential • Maintain appropriate records
7.	Operate within the rules and spirit of your sport	<ul style="list-style-type: none"> • The guidelines of national and international bodies governing your sport should be followed. Please contact Australian Taekwondo for a copy of its rule book, constitution, by-laws, relevant policies, e.g. anti-doping policy, selection procedures, etc. • Coaches should educate their athletes on drugs in sport issues in consultation with the Australian Sports Drug Agency (ASDA)
8.	Any physical contact with athletes should be:	<ul style="list-style-type: none"> • Appropriate to the situation • Necessary for the athlete's skill development
9.	Refrain from any form of personal abuse towards your athletes	<ul style="list-style-type: none"> • This includes verbal, physical and emotional abuse • Be alert to any forms of abuse directed toward your athletes from other sources while they are in your care
10.	Refrain from any form of harassment towards your athletes	<ul style="list-style-type: none"> • This includes sexual and racial harassment, racial vilification and harassment on the grounds of disability • You should not only refrain from initiating a relationship with an athlete, but should also discourage any attempt by an athlete to initiate a sexual relationship with you, explaining the ethical basis of your refusal
11.	Provide a safe environment for training and competition	<ul style="list-style-type: none"> • Ensure equipment and facilities meet safety standards • Ensure equipment, rules, training and the environment are appropriate for the age and ability of the athletes
12.	Show concern and caution toward sick and injured athletes	<ul style="list-style-type: none"> • Provide a modified training program where appropriate • Allow further participation in training and competition only when appropriate • Encourage athletes to seek medical advice when required • Maintain the same interest and support toward sick and injured athletes
13.	Be a positive role model for your sport and athletes	

Please refer to the Harassment-free Sport guidelines available from the Australian Sports Commission for more information on harassment issues

I agree to the following terms:

1. I agree to abide by the ATVI Code of Conduct outlined above;
2. I acknowledge that ATVI may take disciplinary action against me if I breach the code of conduct. (I understand that ATVI are required to implement a complaints handling procedure in accordance with the principles of natural justice, in the event of an allegation against me);
3. I acknowledge that disciplinary action against me may include the disqualification of my player/s.