



**USATKD**

**U.S. OPEN POOMSAE  
CHAMPIONSHIPS**

## Promotor

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## Ranking Points

USATKD is excited to announce that the 2021 Virtual U.S. Open Poomsae Championships.

This is an open tournament for black belt and red belt athletes. The Virtual U.S. Open will be a US 12.0 Tournament. This event will allow all athletes to earn points towards their ranking and for World Class athletes to move a step closer to being chosen for the National Team through the [Poomsae Pathways](#). This event will play a role in National Team Selection Procedures.

The Tusah Poomsae Rankings will be used to seed athletes in the individual divisions for the first round of competition. More information about seeding can be found in the [Poomsae Ranking Rules](#).

## Registration Information

All registration must be done through [USATKD Sport80](#).

If you need assistance registering for the event, please view a short [video](#) that has been provided.

**NO REFUNDS** will be given for any reason. Athletes must register and pay in full by the date listed below to confirm your participation in this event.

***\*\*Registration Deadline ends at 11:59pm (MT)\*\* If an athlete does not pay in full by the final registration date, then they will not be confirmed for this event and will not be eligible to compete.***

USATKD uses the date December 31 of the given year (December 31, 2021) to determine the age of all competitors. Example: an athlete turns 15 on November 27, 2021 they would compete as a 15-year-old in the 2021 Virtual U.S. Open Poomsae Championships, even though they are 14 years old at the time of the event.

USATKD Member Entry Fee	Non-Member Entry Fee	Division Fee
\$75	\$100	\$25

## Method of Competition and Competition Rules

The current USATKD [poomsae rules](#) for all divisions will be used.

### Cut-off System

**Preliminary Round:** All athletes will perform two Designated Poomsae chosen from the Compulsory Poomsae (Color Belts will not have a preliminary round)

**Semi-final Round:** Top 50% of the preliminary round athletes will perform two Designated Poomsae chosen from the Compulsory Poomsae list (Yellow, Green, and Blue Belts will only perform one form)

**Final Round:** Top 8 of the semi-final round athletes will perform two Designated Poomsae chosen from the Compulsory Poomsae (Yellow Belt divisions will only compete one Designated Poomsae)

Five judges will be used for scoring for all divisions.

Designated Poomsae will be posted by 12 p.m. MT the day after registration closes. All Freestyle divisions will only have a finals round. If there are 8 or less athletes in the division, there will only be a finals round.

Each athlete shall video record 3 videos with the camera facing **HORIZONTAL**:

- Video 1 Preliminary Round: Record 2 Poomsae with 30 second break between poomsae
- Video 2 Semi-final: Record 2 Poomsae with 30 second break between poomsae
- Video 3 Final: Record 2 Poomsae with 30 second break between poomsae

**Athletes must keep the video continuously recording and must stay in the video frame during the 30 second break between each poomsae. Leaving the frame or stopping & starting the recording during the 30 second break will be considered out of bounds and receive a 0.3 deduction.**

## **Online Poomsae Rule Additions**

- If an incorrect uniform is worn for the division, there will be a 0.3 deduction. **\*Rule only applied for the online poomsae event**
- Athletes cannot perform the freestyle poomsae divisions on spring loaded floors/mats. Using spring loaded floors/mats in the freestyle divisions will result in disqualification.
- If an incorrect belt color or stripe is worn for the division, there will be a 0.3 deduction.
- No shoes allowed to be worn by athletes while performing poomsae forms.
- If the athlete goes outside of the camera's viewing range, it will be considered out of bounds and there will be a 0.3 deduction per time exiting the screen.
- If a person other than the athlete is in the video, there will be a 0.3 deduction.
- Videos labeled wrong or incorrect form order will receive a 0.3 deduction.
- Athletes must stay in the video frame and keep the video recording during the 30 second break between each poomsae form. Leaving the video frame or stopping and starting the video will receive a 0.3 deduction.
- Athletes that submit videos after the submission deadline will be disqualified.

## **Video Submission Requirements**

Video Submissions for Preliminary, Semi-Final, and Final Rounds for all Under 30, Under 40, Under 50, Under 60, Under 65, and Over 65 Recognized Individual all belts and 18+ Freestyle black belt divisions due:  
**11:59 p.m. MT, Sunday, February 21**

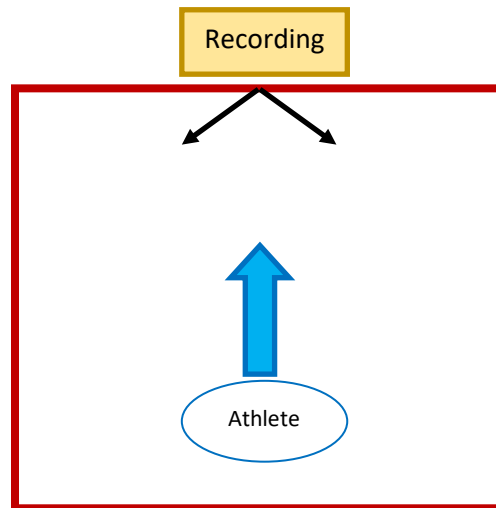
Video Submissions for Preliminary, Semi-Final, and Final Rounds for all Cadet and Junior Recognized Individual all belts and 12 – 17 Freestyle black belt divisions due:  
**11:59 p.m. MT, Sunday, March 7**

Video Submissions for Preliminary, Semi-Final, and Final Rounds for all Para, Dragon, Tiger, and Youth Recognized Individual all belt divisions due:  
**11:59 p.m. MT, Sunday, March 21**

## Video Instructions

- The poomsae recording can take place inside or outside. All locations must strictly follow the instructions of the local and national health authorities.
- During the recording, the athlete must always keep 100% of their full body inside the screen. If the athlete goes outside of the camera's viewing range, it will be considered out of bounds and there will be a 0.3 deduction.
- **During the Freestyle recording we recommend turning off the autofocus and do not move the camera and use the 4K Camera settings.**

The camera can only move to the right or left. See diagram:



- Each video should have an introduction that includes:
    - Name
    - Age
    - State
    - Club that you train with
    - Coach
    - At the end of the second poomsae, the video should capture the “Kyeong-rye” command.
  - **If using an Android, please make sure the camera is set to 1920 x 1080 and if using an iPhone set camera to 1880HD @ 30fps.**
  - The recording must retain a stable recording foundation. We recommend recording the video horizontally.
  - During the video, no coaches or person other than the athlete shall be in the video.
  - Please ensure that the recording is done in a quiet area to avoid any background noise. Be sure there is good lighting so that the referees can clearly see you in the video.
  - Each athlete must upload the videos separately to Dropbox. The title of each video shall be in the following format:
    - Online US Open – Full Name – Division/Belt
- To sign up for a Dropbox account:**
- Create an account on [dropbox.com](https://www.dropbox.com).
  - Type your name and email address (your email address is the username for your **Dropbox** account).
  - Create a unique password.
  - Click the box to agree to the **Dropbox** terms.
  - Click Create an account.

Following the video upload please share the Dropbox link and email it to [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us) using the following email templates.

- If competing in multiple events, please send separate emails.

#### **How to share with a link from Dropbox.**

- Sign in to [dropbox.com](https://www.dropbox.com).
- Hover your cursor over the file or folder to **share** and click **Share** when it appears.
- If a **link** has not been created, click Create a **link**. If a **link** was already created, click Copy **link**.
- The **link** will be copied to your clipboard.

#### **Email Submissions:**

Please see the following examples on how to submit your videos to USATKD.

We may be highlighting select athletes throughout the online tournament for each age and belt division. If you would like to have the opportunity to be highlighted during the event, please include an interesting fact about yourself. We may be in touch with you about putting this online. This can include the number of years you have been competing, how you got started in taekwondo, taekwondo accomplishments, volunteer activities with school and/or teammate, an interesting hobby you have outside of taekwondo, or a family story. You do not have to submit any information if you do not want to share any information.

#### **Recognized Individual Email Example:**

To: [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us)

Subject: 2021 Virtual US Open – Jane Doe – Individual Female Under 40/Black

Name: Jane Doe

Date of Birth: 1/1/1990

Age: 31

USATKD Member #: 999000111

State: CO

Club: National Center

Coach: First Name Last Name

Division: Female Under 40 Black Belt

Preliminary Link: <https://www.dropbox.com/h>

Semi-Final Link: <https://www.dropbox.com/h>

Final Link: <https://www.dropbox.com/h>

Interesting Fact: If you want to submit (not required). Keep to 2 – 4 sentences.

## Freestyle Individual Email Example:

To: [events@usa-taekwondo.us](mailto:events@usa-taekwondo.us)

Subject: 2021 Virtual US Open – Jane Doe – Freestyle Female Over 18

Name: Jane Doe

Date of Birth: 1/1/1990

Age: 31

USATKD Member #: 999000111

State: CO

Club: National Center

Coach: First Name Last Name

Division: Female Over 18

Freestyle Link: <https://www.dropbox.com/h>

Interesting Fact: If you want to submit (not required). Keep to 2 – 4 sentences.

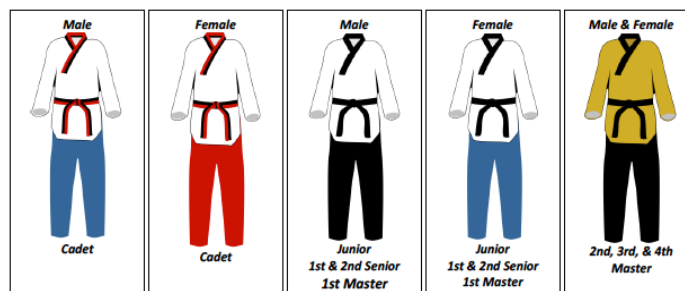
## Dobok Standards

To view all Dobok and Equipment Standards view the [Competition Rules](#) for most up to date information. If the dobok standards or belt colors are not met, a 0.3 deduction will occur for each.

All contestants must wear a white Taekwondo V-neck USATKD/WT uniform (dobok) in good condition. Black belts must wear black-collared uniforms. Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms. Patches, embroidery, logos, team names, country names, athlete names, and stripes are permitted on the uniform; they can be up to 12" x 4" on each leg or arm for a total of four. Logos or names on the back of the uniform and patches on the chest area of the uniform are also allowed.

**No tape will be allowed on any part of the uniform.**

**Poomsae contestants** may wear either the standard V-neck USA/WT uniform (as specified above) or WT-designated Y-neck competition poomsae uniforms appropriate to the contestant's division.



## Poomsae Selection

- Designated Poomsae will be posted by 12 p.m. MT the day after registration ends. Athletes will only need to submit the videos for their division's posted designated poomsae. See schedule for dates each designated poomsae will be posted.
- If there are 8 or less athletes in a division, that division will only have a finals round.
- Color belt divisions will not have preliminary round.
- Freestyle divisions will only have a finals round.

### COLOR BELTS

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
<b>Yellow (7th &amp; 8th Geup)</b> All ages	Taegeuk 1, 2 Jang
<b>Green (5th &amp; 6th Geup)</b> All ages	Taegeuk 1, 2, 3, 4 Jang
<b>Blue (3rd &amp; 4th Geup)</b> All ages	Taegeuk 3, 4, 5, 6 Jang
<b>Red (1st &amp; 2nd Geup)</b> All ages	Taegeuk 4, 5, 6, 7, 8 Jang

### PARA

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
<b>Junior (12 – 15)</b>	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
<b>Under 30 (16 – 30)</b>	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang, Koryo, Taebaek, Pyongwon, Shipjin
<b>Over 30 (31+)</b>	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 Jang, Koryo, Taebaek, Pyongwon, Shipjin, Jitae, Chonkown, Hansu

\* Each athlete will select two poomsae forms to perform for the tournament from the above list.



# BLACK BELTS

INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
Dragon (6-7)	Taegeuk 2,3, 4, 5, 6, 7, 8 Jang, Koryo
Tiger (8-9)	
Youth (10-11)	
Cadet (12-14)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Junior (15-17)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Under 30 (18-30)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Under 40 (31-40)	
Under 50 (41-50)	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60 (51-60)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkown, Hansu
Under 65 (61-65)	
Over 65 (66+)	

## Club Awards

The Virtual US Open tournament will offer club awards. The top eight athletes in each division will earn points towards their club's overall total. For a club to be eligible for this award the club must be active in Sport80 and the athlete must have the club name listed in their Sport80 profile. If a club is not listed in their profile, no points will be awarded to a club.

Points will be awarded as follows:

Place	Points
1st	10
2nd	8
3rd	6
4th	6
5th	4
6th	3
7th	2
8th	1

## Athlete Awards

Certificates will be given to the top 4 individual athletes in each division.

## Event Shirts

Event shirts will be available for purchase. You will need to select your shirt size when registering. If you would not like a shirt, please select NO Shirt when registering. The last day to order a shirt is March 14.

All shirts will be mailed to the participants.

## Referees

Registration must be completed through [USATKD Sport 80](#) online registration system. Selection for the event will be done with priority given Referee Certification Level and recent evaluation. Total number of referees needed each week will be determined by the number of registered athletes.

There will be two sessions of competition for this online event. Referees selected will receive an honorarium. Those referees who are selected to judge will be expected to work all days of the session, which should be two – three days for each session, which will be determined by the final number of registered athletes. You will be notified once appointments are made if you have been selected to judge a session.

A [video](#) has been created to assist with registration.

## Schedule

Date	Event	Time	Division
<b>February 15</b>	Registration Deadline	11:59 p.m. MT	Under 30 Recognized Individual - All Belts
			Under 40 Recognized Individual - All Belts
			Under 50 - Recognized Individual - All Belts
			Under 60 Recognized Individual - All Belts
			Under 65 Recognized Individual - All Belts
			Over 65 Recognized Individual - All Belts
			18+ Freestyle Individual - Black Belts
<b>February 16</b>	Designated Poomsae Posted	12 p.m. MT	Under 30 Recognized Individual - All Belts
			Under 40 Recognized Individual - All Belts
			Under 50 - Recognized Individual - All Belts
			Under 60 Recognized Individual - All Belts
			Under 65 Recognized Individual - All Belts
			Over 65 Recognized Individual - All Belts
<b>February 21</b>	Video Submission Due	11:59 p.m. MT	Under 30 Recognized Individual - All Belts
			Under 40 Recognized Individual - All Belts
			Under 50 - Recognized Individual - All Belts
			Under 60 Recognized Individual - All Belts
			Under 65 Recognized Individual - All Belts
			Over 65 Recognized Individual - All Belts
			18+ Freestyle Individual - Black Belts
<b>February 28</b>	Registration Deadline	11:59 p.m. MT	Cadet Recognized Individual - All Belts
			Junior Recognized Individual - All Belts
			12 - 17 Freestyle Individual - Black Belts
<b>March 1</b>	Designated Poomsae Posted	12 p.m. MT	Cadet Recognized Individual - All Belts
			Junior Recognized Individual - All Belts
			12 - 17 Freestyle Individual - Black Belts
<b>March 7</b>	Video Submission Due	11:59 p.m. MT	Cadet Recognized Individual - All Belts
			Junior Recognized Individual - All Belts
			12 - 17 Freestyle Individual - Black Belts
<b>March 14</b>	*Broadcast Begin	TBD	Under 30 Recognized Individual - All Belts
			Under 40 Recognized Individual - All Belts
			Under 50 - Recognized Individual - All Belts
			Under 60 Recognized Individual - All Belts
			Under 65 Recognized Individual - All Belts
			Over 65 Recognized Individual - All Belts
			18+ Freestyle Individual - Black Belts

## Schedule

Date	Event	Time	Division
<b>March 14</b>	Registration Deadline	11:59 p.m. MT	Para Recognized Individual - All Belts
			Dragon Recognized Individual - All Belts
			Tiger Recognized Individual - All Belts
			Youth Recognized Individual - All Belts
<b>March 15</b>	Designated Poomsae Posted	12 p.m. MT	Para Recognized Individual - All Belts
			Dragon Recognized Individual - All Belts
			Tiger Recognized Individual - All Belts
			Youth Recognized Individual - All Belts
<b>March 28</b>	*Broadcast Begin	TBD	Cadet Recognized Individual - All Belts
			Junior Recognized Individual - All Belts
			12 - 17 Freestyle Individual - Black Belts
<b>March 21</b>	Video Submission Due	11:59 p.m. MT	Para Recognized Individual - All Belts
			Dragon Recognized Individual - All Belts
			Tiger Recognized Individual - All Belts
			Youth Recognized Individual - All Belts
<b>April 11</b>	*Broadcast Begin	TBD	Para Recognized Individual - All Belts
			Dragon Recognized Individual - All Belts
			Tiger Recognized Individual - All Belts
			Youth Recognized Individual - All Belts
<b>*Broadcast date listed is the estimated start for each session.</b>			
<b>A detailed broadcast schedule will be posted before the start of each broadcast date.</b>			