

AUSTRIAN  
TAEKWONDO  
FEDERATION

# TAEKWONDO AUSTRIAN OPEN



## POOMSAE

28.-29. June 2025



Vienna

KWON 



# 18<sup>th</sup> Austrian Open Poomsae 2025

**Promoter:** Austrian Taekwondo Federation  
Dr. Alexander Hübl, ÖTDV President

**Organizing Committee:** Ramin Rey, Sports Director  
Tel.: +43 699 10000139  
E-Mail.: sportdirektor@otdv.at

**Date:** 28<sup>th</sup> - 29<sup>th</sup> June 2025

**Venue:** Liese-Prokop-Platz 1  
A-2344 Maria Enzersdorf

## Application

(<https://worldtkd.simplycompete.com>)

**Deadline: 11:59 p.m. Austria time on 20<sup>th</sup> June 2025**

## Entry Fee

### REGULAR ENTRY FEE

**150 euro per registered athlete, paid by 31<sup>st</sup> May 2025.**

Individual competition:	€ 150,- Euro	per contestant <u>if paid by bank transfer</u>
Pair competition:	€ 150,- Euro	per pair / per team <u>if paid by bank transfer</u>
Team competition:	€ 150,- Euro	per pair / per team <u>if paid by bank transfer</u>

### LATE PAYMENT

**180 Euro** per registered athlete, **paid after 1<sup>st</sup> June 2025.**

**200 Euro** for each individual/pair/team **if paid in cash at the registration.**

The Entry Fee must be paid in advance, free of charges or deductions, on the following account:

#### Bank details:

Account name: Oesterreichischer Taekwondo Verband  
Name of bank: Sparkasse Schwaz AG  
Address of bank: Franz-Josef-Straße 8 – 10, 6130 Schwaz, Austria  
IBAN: AT312051001000000487  
SWIFT/BIC: SPSCAT22XXX  
Reference: AOP 2025 + name of team

Please keep a copy of the transfer at hand at the registration.

There will be no refund, if a registered competitor fails to show up for the competition

If the athlete registered online (<https://worldtkd.simplycompete.com>) does not take part in the competition for some reason, but he/she has not been removed from the list of participants before the **deadline (20.06.2025)**, his/her team official must fully (100%) pay his/her entry fee for participation. Entry fee is not refundable at any time after the deadline

## Condition for Participation

**WT Global Athlete License (GAL)** is mandatory for all competitors in WT categories. All participants must be prepared to proof their age by presenting their valid passport or ID-card at registration. Starting permission for children and minors lies within the clubs' responsibility (mind the liability exclusion!). By filing the application, the contestants agree that their names will be published on the list of participants and result lists on the internet.

## Coach Eligibility Requirements

1. Minimum age of 18 years old
2. Holder of the **WT Coach License Poomsae Level 1 Coach Certification**
3. Holder of a valid 2025 WT Global Official License
4. Coaches are not allowed to wear Dobok.

## Qualification Requirements

Children 2<sup>nd</sup> Kup and higher  
Cadet athletes and above Holder of 1st Dan/Poom and above (WT regulations)  
Contestants may compete in a **maximum of two** events per WT Competition Rules (in recognized Poomsae and/or freestyle Poomsae).

## Rules

- **Competition Rules:** The WT Poomsae Competition Rules and Interpretation (in force as of September 30, 2024) shall apply.
- Age categories are based on the year of birth.
- **Protective Equipment & Uniform:** The participants shall wear the WT recognized Taekwondo Uniform.

## Timetable

### 27. June 2025 - Friday

16:00 - 18:00 h, Registration for all, Venue

### 28. June 2025- Saturday

Alle individual Divisions

### 29. June 2025 - Sunday

Alle Pair, Team, Freestyle

08:00 h, Opening of the hall

09:00 h, Start of competitions

## Categories – Recognized Poomsae

Individual competition each with male / female	Year of birth	Compulsory Poomsae
Children (8 - 11 years old)	2014 - 2017	Taegeuk 4, 5, 6, 7, 8 Jang
Cadets (12 – 14 years old)	2011 - 2013	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgan, Taebaek
Juniors (15 – 17 years old)	2008 - 2010	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
Division under 30 years (18 – 30 years old)	1995 - 2007	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
Division under 40 years (31 – 40 years old)	1985 - 1994	
Division under 50 years (41 – 50 years old)	1975 - 1984	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Division under 60 years (51 – 60 years old)	1965 - 1974	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Division under 65 years (61 – 65 years old)	1960 – 1964	
Division 66 years and older (Over 65 years old)	1959 and Older	

Pair and Team competition	Year of birth	Compulsory Poomsae
Children (8 - 11 years old)	2014 - 2017	Taegeuk 4, 5, 6, 7, 8 Jang
Cadets (12 – 14 years old)	2011 - 2013	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgan, Taebaek
Juniors (15 – 17 years old)	2008 - 2010	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
Division under 30 years (18 – 30 years old)	1995 - 2007	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
Division under 50 years (31 – 50 years old)	1975 - 1994	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Division under 60 years (51 – 60 years old)	1965 - 1974	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Division over 60 years (61 years and older)	1964 and older	

**Pair competition:** 2 athletes (m+f)

**Team competition:** 3 athletes (m+m+m / f+f+f)

On principle all members of a pair / team must be of the appropriate age.



## Method of Competition – Recognized Poomsae

- **Single Elimination Tournament System:** 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.
- **Individual Categories:** Contestants shall perform two (2) randomly selected Poomsae. Both Chung and Hong players perform their assigned Poomsae simultaneously (**side by side**).
- **Pair and Team Categories:** Contestants shall perform two (2) randomly selected Poomsae. Chung and Hong players perform designated Poomsae **one by one (not side by side)**.
- Before each match starts, two (2) designated Compulsory Poomsae will be displayed on the monitor at the Field of Play. All divisions must perform these for the preliminary, semi-final, and final rounds in all competitions.
- **Note: The organizer reserves the right to reduce the number of Poomsae to be performed in the preliminary rounds to one (1) Poomsae.**
- A certain number of athletes may be seeded based on their ranks in the WT world ranking, according to the guidelines stipulated in the WT World Poomsae Ranking. If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. Medals shall be awarded to the top four (4) contestants.
- **Ending Position:** The new WT rules and regulations stipulate that there are no deductions in Poomsae performance for ending positions that differ from the starting position.

## Categories – Freestyle

Category	Year of birth	
Individual under 17 years (12 – 17 years old)	2008 - 2013	1 athlete (Male <b>or</b> Female)
Individual over 17 years (18 years and older)	2007 and older	1 athlete (Male <b>or</b> Female)
Pair under 17 years (12 – 17 years old)	2008 - 2013	2 athletes (1 M + 1 F)
Pair over 17 years (18 years and older)	2007 and older	2 athletes (1 M + 1 F)
Mixed Team under 17 years (12 – 17 years old)	2008 - 2013	5 athletes +1 (substitute) (2 M + 3 F <b>or</b> 3 M + 2 F)
Mixed Team over 17 years (18 years and older) *	2007 and older	5 athletes +1 (substitute) (2 M + 3 F <b>or</b> 3 M + 2 F)

Age categories are based on the year of birth.

\* 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)

## Method of Competition – Freestyle Poomsae

**Cut-off system** for all Freestyle categories: Single Final Round (only 1 round), independent of number of athletes

## Freestyle Poomsae – General Information

- Each performance shall have a duration from 90 seconds to 100 seconds.
- Performed techniques must be within the boundaries of taekwondo.
- Scoring shall be made in accordance with the rules of the WT.
- Music & choreography shall be the choice of the contestant.
- Freestyle athletes will also be required to submit their music in a USB-Stick to OC on the day of registration
- All Acrobatic techniques must incorporate Taekwondo kicks.
- It is allowed to include **max. 3 acrobatic combinations** during the whole performance (Note: this is new, after World Poomsae championships in Hong Kong)
- Every extra acrobatic technique or combination will lead to a deduction of 0.3 points from the total score.
- An acrobatic combination can be a single acrobatic action (such as Salto forwards, backwards or sideways) or combination of consecutive single acrobatic actions. Each of them will be considered as one acrobatic combination.
- Each simultaneous acrobatic performance of team/pair members will be considered as one acrobatic action/combination!
- If each member of the team or pair performs their acrobatics after the others (not simultaneously), it will not be considered as a single acrobatic combination/action.
- Consecutive sparring kicks (7 – 10 kicks)
- Minimum number of consecutive sparing Kicks (7 Kicks) should be performed by the same athlete in one direction. It is not allowed to change direction more than 90 degrees.
- It is not scored for turnaround (change direction by 180 degrees)
- It is not allowed to perform 1-1 sparring (face to face).
- Punches are not counted for “minimum 7 consecutive sparing kicks”
- Double kicks are only counted as 1 kick.
- Triple and more are counted as 2 kicks.
- It is mandatory to bounce min. 3 to max. 5 times in place (clearly) before execution of consecutive sparring kicks. This means that, if the competitors who forget to bounce, execution of the consecutive sparring kicks is not scored!

### Mixed Team Divisions – Board Breaking

- Board breakings in the following three technical skills are required:
  - Gradients of spins in a spin kick      minimum **1** board
  - Kyorugi style consecutive kicks      minimum **3** boards
  - Acrobatic kicking technique      minimum **1** board
- **Minimum number of boards breaking during a Performance: 5 (1+3+1) boards.**
- **Each compulsory foot technique is awarded a maximum of 0.7 (basic score) if the required minimum number of board breaking is not successfully performed.**
- **0.1 points are deducted for each unsuccessful board breaking.**

**Board Breaking:** The **pine board** has the following measurements:

- **Length**        **300 mm**
- **Width**        **220 mm**
- **Thickness**    **9 mm (ca. 1/4 inch)**

**Notice: The required number of boards that fit the given dimensions must be brought by the mixed teams (participants) on their own (5 to 9 boards).**

- Board holding sticks prepared by teams are allowed for only the acrobatic board breaking technique.
- Gradients of spins in a spin kick (Jump Turn Kick): Only piggybacking allowed.
- Piggyback refers to the action of sitting on a teammate's shoulders (not standing) to hold a board.
- Acrobatic kicking technique (Acrobatic Kick): Both support/boosting and piggyback are allowed. Support/Boosting means assisting a teammate's jump.
- Holder of the board breaking can only be within the 5 members of the mixed team. Any of the five performing members (not substitute) can execute board breakings.
- The required boards are placed inside the court (within the boundary line); Otherwise, 0.3 points will be deducted for each crossing of the boundary line to get the board.

#### **Mandatory Stances:**

- Hakdari Seogi, Beomseogi, and Dwitgubi
- All stances must be performed clearly and accurately. For pair and mixed teams, athletes must **perform the stances at the same time.**

#### **Music freestyle:**

- athletes must bring their music (sound without lyrics/words) in MP3 format on USB-stick. Apple audio format is not allowed. The music and choreography shall be the choice of the contestant. It should not contain any political, social and religious or any content that may harm, discriminate or offend others.
- Music should be submitted on the USB stick at the Head of team Meeting with the following details:
  - Name of the country
  - Name of the category
  - Name of the athlete/athletes

## Awards

### Individual awards:

1st place	gold medal and certificate
2nd place	silver medal and certificate
3rd place	bronze medal and certificate
3rd place	bronze medal and certificate

### Team awards

The Team Standings is determined by the sum of the results of the individuals in a team.

Points are calculated as follows:

GOLD	7 POINTS
SILVER	3 POINTS
BRONZE	1 POINT

**Team awards will be given to the top three (3) teams.**

## Anti-Doping

The competitor accepts the Anti-Doping rules of the World Taekwondo Federation and the National Anti-Doping Agency Austria (NADA), [www.nada.at/en](http://www.nada.at/en).

The list of prohibited products can be reviewed on the web page of the World Anti-Doping Agency (WADA) under the following link: <http://list.wada-ama.org>.

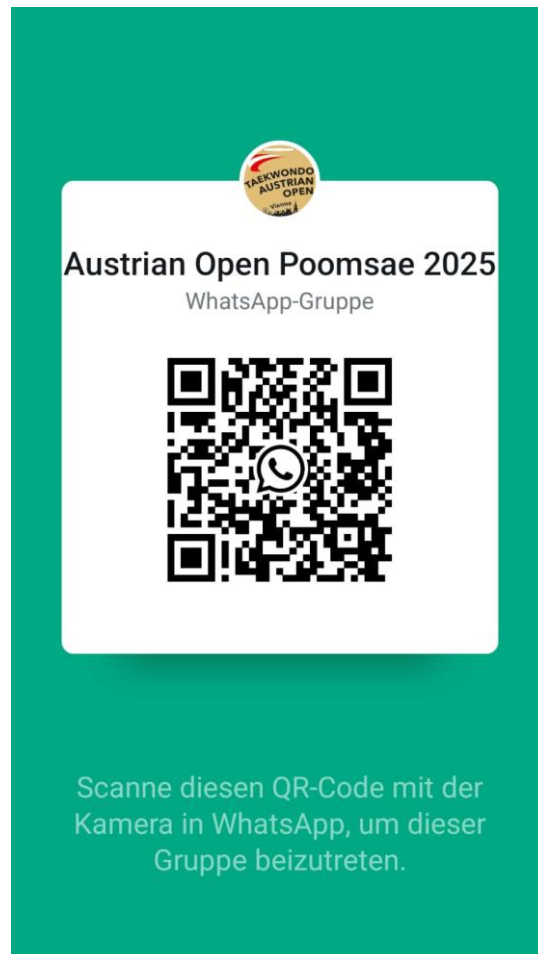
With the application all athletes commit themselves to refraining from all actions which are incompatible with the principles of fairness in sport and ensuring by all means at their disposal that no prohibited substances enter their body tissue or body fluids and no prohibited methods are used on them.

## Liability

All participants take part at their own risk. No liability of any kind will be assumed by the promoter or organiser. By handing over the registration form the competitors and the coaches expressly agree with the liability exclusion. The sole responsibility for informing the competitor's responsibility their legal guardians about this liability exclusion as well as for adequate discipline of the competitors at the tournament lies with the coach.



## WhatsApp



### WhatsApp Group Link:

<https://chat.whatsapp.com/LOjzuvm5JUQ9qNUIwsVIWr>

To participate in WhatsApp Group, please enter in WhatsApp application and scan QR Code or just click the link above.

All updates will be published in the group.