



# International School Sport Federation

## ISF World Schools Taekwondo Poomsae Virtual Championship 2020

Mount Everest



13-15 AUGUST 2020

TAEKWONDO

[www.isfsport.org](http://www.isfsport.org)



# INTERNATIONAL SCHOOL SPORT FEDERATION

“Education and Sport through school is crucial for the well-being and empowerment of youth, contributing to their development of leadership skills. We must provide youth with equal opportunities, which starts in school and can only be achieved through proper education and includes sport.”



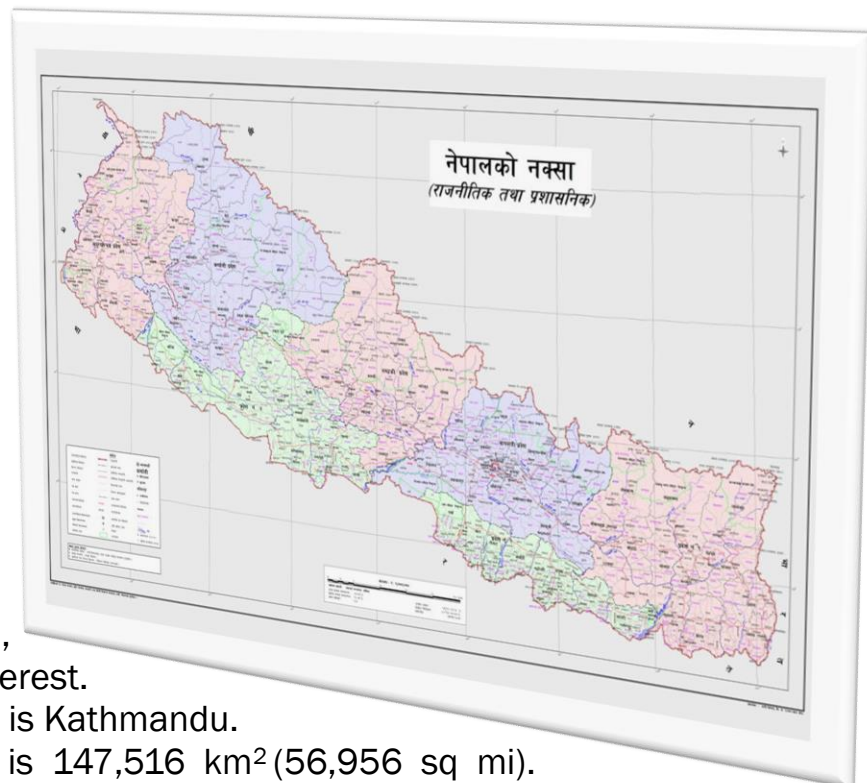
## Nepal

Nepal is a landlocked country located between India to the east, south, and west and the Tibet Autonomous Region of China to the north having population of more than 29 million people. Nepal is the birth place of Lord Gautam Buddha known as light of Asia, lying along the southern slopes of the Himalayan mountain ranges is home to eight out of the ten highest mountains in the world, including Mount Everest.

The capital of Nepal is Kathmandu.

The total land area is 147,516 km<sup>2</sup> (56,956 sq mi).

There are 35,222 elementary and secondary schools and 10 universities with more than 1,400 colleges and campuses throughout Nepal.





## ISF WORLD SCHOOLS TAEKWONDO POOMSAE VIRTUAL CHAMPIONSHIP 2020

#ISFStayActive Campaign

1<sup>st</sup> July 2020

**Dear ISF School Sports Entities / Dear Taekwondo Friends,**

Nepal School Sports Federation with the approval and support of ISF is proud to announce the **“ISF World Schools Taekwondo Poomsae Virtual Championship 2020” (ISFWSTPVC20)** for the very first time in the history of ISF. We would like to extend a formal invitation to all ISF School Sports Entities /Taekwondo Poomsae competitors, to join us for making this online event a grand success.

Please register for participation by 30<sup>th</sup> July 2020 & email us a competitors youtube video link by 8<sup>th</sup> August 2020 at [nepalssf977@gmail.com](mailto:nepalssf977@gmail.com).

Mr. Raj Kumar Karki  
ISF TC Coordinator-Taekwondo  
Championship Director(ISFSTPVC20)





## 1. INTRODUCTION

<b>Title:</b>	ISF World Schools Taekwondo Poomsae Virtual Championship 2020
<b>Organized By :</b>	Nepal School Sports Federation (NSSF)
<b>NSSF Founder/President:</b>	Mr. Pradeep Joshi
<b>Organizing Committee Chairman:</b>	Mr. Binod Shrestha
<b>Championship Director:</b>	Master Raj Kumar Karki, ISF TC Coordinator-Taekwondo
<b>Org. Committee Member:</b>	Province Parliament Member Honorable Sita Lama, Mr. Mohan Kumar Karki, Mr. Sudeep Sharma, Mr. Karbir Shah, Master Martin Sanchez, Master Padam Rana, Mr. Uday Thapa
<b>Championship Coordinator:</b>	Master Rakesh Kumar Rai & Master Santiago Escutia
<b>Referee / Jury :</b>	5/7 Person
<b>IT Technicians:</b>	Mr. Sobin Raj Regmee
<b>Registration email:</b>	<a href="mailto:nepalssf977@gmail.com">nepalssf977@gmail.com</a>

## 2. ENTRY AND ELIGIBILITY FOR PARTICIPATION

This competition is an OPEN COMPETITION and is therefore open to everybody (**12 to 14 age group of boys/girls and 15 to 17 age group of boys/girls**) worldwide, however competitors must follow the official World Taekwondo Poomsae Competition Rules in force as May 14th 2019.

## 3. EVENT TIMELINE

Competitor Registration Deadline: Thursday 30<sup>th</sup> of Jul 2020 at 5pm Nepal Time (through [nepalssf977@gmail.com](mailto:nepalssf977@gmail.com)). Registry is done through School entities / head coach of school. Head coach enrolls his/her athletes.

Free registration

Competitor Online Video Submission Deadline: Saturday 8<sup>th</sup> of August 2020, 5pm Nepal Time (email to [nepalssf977@gmail.com](mailto:nepalssf977@gmail.com) ).

Online Competition Dates: 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> of August 2020.

Online Competitions Schedule:

**Wednesday 12<sup>th</sup> of August 2020:** 10 am (Nepal Time) head of team and coaches meeting. Zoom invitation will be sent to head coaches through email. This is an excellent opportunity to ask questions to the competition organizing committee.

Thursday 13<sup>th</sup>, Friday 14<sup>th</sup> and Saturday 15<sup>th</sup> of Aug 2020: Day 1, Day 2 and Day 3 of this competition will all be run on the same schedule. Times shown are based on Nepal time.

9:00am-9:45am: Referees Meeting

9:45am-10:00am: Welcome Speech

10:00am First match will begin

All Matches will be held from 10:00am until 5:00pm

Competition will be broadcast through our YouTube channel: NSSF Youtube/ Facebook/ Twitter and RK Production Youtube.





Competition schedule is approximate and may subject to change by organising committee. Please follow our Facebook Page for the latest updates.

### 3.1 Application

All competitors have mandatory to register through [nepalssf977@gmail.com](mailto:nepalssf977@gmail.com).

## 4. METHOD OF COMPETITION

### 4.1 General rules of competition

Competition will be held under World Taekwondo Poomsae rules & interpretation as in force as of May 14th 2019, and will be run on a Cut Off System of up to 3 rounds (preliminary, semifinal and finals) for Dan/Poom categories.

An exception is made for the color belt categories who should start at Preliminary and directly progress to compete in the Finals. The top 8 (if the category holds more than 10 competitors) will progress to the Finals round. All competitors shall perform 1 Poomsae for each round of competition.

### 4.2 Specific rules of competition online video competition

- Competitors should start their Poomsae facing the camera whilst still performing the necessary Poomsae stances to prepare and begin Poomsae: enter then Charyeot (attention stance), Kyongea (bow), Joonbi (ready stance) and then perform their Poomsae, Once finished they should return to Joonbi stance (facing camera at end). Competitor must stay within the camera view between the Poomsae. During the performance the competitor's full body head to toe must be in camera view and 0.3 deductions will be given if any part of the body goes out of view. See illustration below as set up guideline:

#### Competition Area

Competitors are encouraged to display their country's national flag (or name of country) behind the competitor's competition area in clear view of the camera.

Competitors whole body must be always be visible during the performance video footage, for fair and proper competition judging to be carried out according to the poomsae competition rules set in place. Videos which do not meet this standard may be removed from competition.

It is not mandatory to perform the poomsae on mats. The competitor can choose his/her surroundings as long as during recording the whole body is visible at all times. For example, one can record in a living room, in a hotel lobby or on a grass field.

Competitors are to treat this competition as they would any other Poomsae competition they would attend to the best of their ability whilst making the best of the circumstances they are in performing at home. We understand that due to these difficult circumstances that performance conditions may not be ideal and we will take that into consideration when scoring competitors, as well as competing for medals, we want competitors to understand that this is still supposed to be a very challenging and enjoyable experience. Your video must be created after 15<sup>th</sup> July 2020. Videos from any other event or previous competitions are not permitted. Any editing to the video will result in disqualification. Example, the joining of two video recordings.



If your video has been edited, with the exception of adding graphics to display your national flag and your name, it will be rejected.

Videos must be uploaded to a competitor's personal YouTube channel and be set on visible to all. Links of all videos must be emailed before 8<sup>th</sup> August 2020 (5:00 pm Nepal time). Links to videos received after this date will not be allowed and registered as a DSQ (disqualified). We urge competitors to upload well in advance as to not run into technical upload difficulties hours before the deadline entry.

It is not allowed to show any religious, political, or any other symbol negatively targeting a group or an individual in the video recording. Videos not following this rule are subject to immediate rejection.

#### 4.3 Cut off system:

**Preliminary:** Only categories of over 20 players will have a Preliminary round, Competitors are to take maximum 30 seconds break before performing the next Poomsae. Top 50% of competitors will progress to the Semi-Finals round, Semi-Finals: not applicable for color belt Categories of less than 20 players will go straight to Semi-Finals round. Competitors are to take a maximum 30 seconds break before performing the next Poomsae, Competitors will compete to progress to the Finals. The top 8 competitors will progress to the Finals round.

**Finals:** Categories of 10 competitors or less will go straight to Finals. Competitors are to take a maximum 30 seconds break before performing the next Poomsae. The top 3 will receive a medal depending on their finishing position.

#### 4.4 Rounds of competition

Depending on the number of entries for each category, the organiser will structure the competition as follows:

**Preliminary:** Not all categories will have a Preliminary round (depending on number of entries). Competitors must submit one poomsae videos clearly specified for the Preliminary round and meets Compulsory Poomsae requested for the Preliminary round. (if Compulsory Poomsae is a requirement for that category)

**Semi-Final:** not applicable to color belt category. Not all categories will have a SemiFinal round (depending on the number of entries). Competitors must submit one poomsae videos for that is clearly specified for the Semi-Final round and meets Compulsory Poomsae requested for the Semi-Final round. (if Compulsory Poomsae is a requirement for that category)

**Final:** Every category will have a Final round, competitors must submit one poomsae videos clearly specified for the Final round and meets Compulsory Poomsae requested for the Final round. (if Compulsory Poomsae is a requirement for that category)

#### 4.5 Video uploading

All colour belt competitors have to submit 2 video links (preliminary and for finals) and all Dan/Poom competitors have to submit 3 video links (preliminary, semi-final and finals) with each link being a link to a YouTube film of the competitor showing one poomsae in this video. Please make sure the video is set to visible to all on YouTube. If





it is private or hidden, the organiser will not contact the competitor but will put the video as disqualified.

#### 4.5.1 Entry example

The contents of your entry email should contain the following information in the order shown below, (See example email)

- 1) Competitors First Name and Surname
- 2) School Name
- 3) Grade
- 4) Date of Birth
- 5) Category
- 6) Nationality
- 7) Your Preliminary Video Link
- 8) Your Semi-Final Video Link
- 9) Your Final Video Link

Email to [nepalssf977@gmail.com](mailto:nepalssf977@gmail.com)

For An example:

Dear Sir,

Please see my entry details and video links for the ISF World Schools Taekwondo Poomsae Virtual Championship 2020.

Name: .....

School Name:.....

Date of Birth: .....

Category: .....

Nationality: .....

Mobile Number: .....

YouTube Video Link 1: Preliminary - .....

YouTube Video Link 2: Semi-Final - .....

YouTube Video Link 3: Final - .....

#### 4.5.2 You Tube video name

By registering to compete in this event you are agreeing to upload your videos on YouTube and that you will send us the links of your uploaded videos through your entry email to us so that videos may be viewed by our judges and by members of the public. Your uploaded videos on YouTube should contain the following information in the order requested:

- 1) State round of completion first (For example: Preliminary, Semi-Final or Final)

Competitors First Name and Surname

Category

Sex (M for Male, F for Female)

Nationality in short format (NEP instead of Nepal)

Competition name in short format (ISFWSTPVC20) instead of ISF World School Taekwondo Poomsae Virtual Championships 2020.

Example: Preliminary- Rakesh- Poom U14 M- NEP- ISFWSTPVC20





#### 4.6 Competition Divisions and Poomsae

All Colour and Dan/ Poom grade competitors must perform the set Compulsory Poomsae for their competition category. Competitors unable to do so will be disqualified.

**Colour belt (12-14)** year Male/Female competitors have to do Taeguek 4 Jang for Preliminary and Taeguek 5 Jang for Final round.

**Colour belt (15-17)** Male/Female competitors have to do Taeguek 5 Jang for Preliminary and Taeguek 7 Jang for Final round.

**Poom/Dan (12-14)** Male/Female competitors have to do Taeguek 5 Jang for Preliminary round and Taeguek 7 Jang for Semi Final round and Taeguek 8 Jang for Final Round.

**Poom/Dan (15-17)** Male/Female competitors have to do Taeguek 6 Jang for Preliminary round and Taeguek 8 Jang for Semi Final round and Koryo for Final Round.

(Please be aware video entries have to be submitted by the 8<sup>th</sup> of August 5pm Nepal Time) • Contestants can only enter a division once.

Category entry is decided by year of birth, not date of birth. For example a competitor born on 15<sup>th</sup> of December 2008 has to enter in the 12-14 categories.

### **5. JUDGES/ OFFICIALS**

Poomsae performances submitted to us will be judged and scored by qualified Referees over the course of the 3 days in which the virtual championships are held to ensure the carrying out of fair and quality competition scoring in accordance to the official World Taekwondo Poomsae competition rules.

#### **5.1 SITUATIONS NOT COVERED BY THE RULES**

Where any situation arises which is not covered by these rules, it shall be dealt with and decision given by the referee after consultation with the organizing committee.

### **6. AWARDS**

Certificates will be awarded to the top 3 scoring competitors from each category.

Certificate will be mailed for winners and all participants.

### **7. ADDITIONAL INFORMATION**

For more information about ISFWSTPVC20 contact:

Mr. Raj Kumar Karki (Championship Director)

Mobile: +9779851073388

Email: rajntu@gmail.com

Mr. Rakesh Kumar Rai (Championship Coordinator)

Mobile: +9779840057663

Email: romior9@gmail.com

### **8. COVID-19**

By entering this competition, competitors understand acknowledge they are abiding by local/national COVID- 19 regulations and compete at their own risk.

Competitors may record their videos inside or outside so long as they are satisfied of their general safety and space. Additionally all Covid-19 precautions are adequate to perform their Poomsae and complete their video recordings for the competition.







## 9. HASHTAGS

We are looking forward to seeing you all at the event; please support us and the event by using the following hash tags on your social media.

#ISFStayActive #ISFWSTPVC2020 #Covid19 #TaekwondoPoomsae #Taekwondo4All

## 10. DISCLAIMER

The process of entry and competition is carried out at the competitors own risk, therefore Nepal School Sports Federation will not be held responsible for any injuries sustained during recording or competition process. By entering this competition, competitors understand and accept that they are entering this competition at their own risk.

All Taekwondo members are competing at their own risk and all responsibility and liability lays with the participants themselves NOT organizers.

# “We are School Sport”

[www.isfsport.org](http://www.isfsport.org)

