



## ABOUT

### 2021 WEST COAST TAEKWONDO ONLINE -INTERNATIONAL CHAMPIONSHIPS

QUEST Taekwondo proudly present its first INTERNATIONAL competition in an online platform due to COVID-19. Open to athletes all over the world for all ages and levels for a fantastic opportunity to challenge and motivate all participants.

## REGISTRATION INFORMATION

Registration Website: [intheims.com](http://intheims.com)

*Video Tutorials* are available for teams/athletes that are not registered yet in the system

Registration Period: April 23, 2021 -11:59 pm (EST) Early Registration Deadline

May 7, 2021 -11:59 pm (EST) Regular Registration Deadline

May14, 2021 -11:59 pm (EST) Late Registration Deadline - 11:59 PM Eastern Time

Video Submission Deadline: **May 14, 2021 – 11:59 PM Eastern Time (EST)**

Tournament Fee*:	Registration Time	First Event	Succeeding Event/s
	Early Registration	\$55/ athlete	\$20 for each additional event and athlete
	Regular Registration	\$65/ athlete	\$25 for each additional event and athlete
	Late Registration	\$75/ athlete	\$35 for each additional event and athlete

\* The system will calculate total fees based on the number of events entered and the date of registration

Notes:

Teams/ Athletes may register first according to the registration options stated above, and submit video entry/ies on or before May14, 2021

Registration fees are nonrefundable and will be used to cover international level judges, e-certificates, medals, and e-tournament operations

## TOURNAMENT INFORMATION

- Traditional Poomsae Class: For all belts and ages who do world Taekwondo poomsae
- Sports Poomsae Class: For more experienced competitors of all ages  
Colored belts and black belts who do world Taekwondo poomsae
- Para Poomsae Class: For athletes with special needs of all belts and ages  
To build tournament experience and gain confidence  
Available only for individual event
- Open Poomsae Class: For athletes of all belts and ages who do old Taekwondo forms/ ITF forms. Available only for individual event

**Traditional and Sports Poomsae Classes will hold THREE events:** Individual, Pairs, and Team

Traditional Poomsae Class:

- Open to all ages and belt level: Individual, Pairs and Team
- No gender restrictions in forming pairs or teams
- No age restrictions in forming of the pairs and teams
- All belt combinations are allowed in forming of the pairs and teams
- Pairs consists of only 2 members
- Teams can consist of 3 members
- Individual: must perform designated poomsae for your belt level
- Pairs/Team: Must perform designated poomsae based on level (Novice, Advanced, Black belt)

Sports Poomsae Class:

- Open to all ages, colored belts and black belts: Individual, Pairs and Team
- Pair has to be a female and male athlete of the same age group (17 years old and under OR 18 and above)
- Team will compose of only 3 members of the same gender, age group (17 years old and under OR 18 and above)
- Must perform designated poomsae per round (Preliminary, Semi-Final, Final)
- ONLY THE TOP 4 PARTICIPANTS will be awarded with medals ( only in sport Poomsae )

## Scoring:

Traditional Class: Scoring will be in the following order of importance:

- Individual: Presentation, Accuracy, TKD spirit
- Pair: Presentation, Accuracy, TKD Spirit, Synchronization, Teamwork
- Team: Presentation, Accuracy, TKD Spirit, Synchronization, Teamwork

Sports Poomsae Class: Will follow WT standards and rules

## General Information:

- Each competitor may register up to 7 events
- Individual Division will be separated into male and female competitors.
- If there are not enough registrants within one grouping (age, level, etc.), that group will be combined with another appropriate group closest to the level/age group.
- Correct AGE is calculated as follows: the year of the tournament, 2021 minus your birth year no matter which month you were born, i.e.  $2021 - 1971 = 50$
- Due to COVID-19 situation, masks can be worn when the competitor sees a need to wear them in any of the events: Individual, Pair, or Team
- Depending on the number of entries, they may be classified and grouped into a maximum of 4 players per group. They will be judged by selected International referees and be live streamed on YouTube platform. **ALL PARTICIPANTS IN THIS EVENT WILL BE AWARDED WITH MEDAL!**
- Due to various belt systems used worldwide, coaches/ athletes are expected to register in accordance to the respective poomsae prepared.
- If deemed necessary, the organizer reserves the right to change or modify tournament provisions not stated in the guidelines.

## Belt

- Athletes in Colored Belt categories MUST wear their appropriate corresponding colored belts for his/ her designated poomsae being performed. For athletes from a country with a different belt system, athletes may wear the belt color nearest their Geup.
- Pair and Team members can each wear their own level belts

## TRADITIONAL CLASS POOMSAE INFORMATION

AGE GROUPS: Under 5 | 6 – 7 | Tiger 8 – 9 | Youth 10 – 11 | Cadet 12 – 14 | Junior 15 – 17 | Senior 18 – 30  
Under 40 | Under 50 | Under 60 | 61 – 65 | Over 66

DIVISION	POOMSAE
White (9 <sup>th</sup> Geup)	H-Form, Basic One, Special Forms
Yellow Belt (7 <sup>th</sup> and 8 <sup>th</sup> Geup) All Ages	Taegeuk 1 or 2 Jang
Green Belt (5 <sup>th</sup> and 6 <sup>th</sup> Geup) All Ages	Taegeuk 3 or 4 Jang
Blue Belt (3 <sup>rd</sup> and 4 <sup>th</sup> Geup) All Ages	Taeguek 5 or 6 Jang
Red Belt (1 <sup>st</sup> and 2 <sup>nd</sup> Geup) All Ages	Taeguek 7 or 8 Jang
1 <sup>st</sup> Degree Black	Koryo
2 <sup>nd</sup> Degree Black	Keumgang
3 <sup>rd</sup> Degree Black	Taebaek
4 <sup>th</sup> Degree Black and Up	Pyungwon/ Shipjin/ Jitae/ Chunkwon

### PAIRS EVENT:

**All levels will have no age and gender restriction.**

**Matches will be according to level and poomsae performed.**

LEVEL	DESIGNATED POOMSAE
Novice	Taeguek 1, 2, 3, <b>OR</b> 4 Jang (may wear any colored belt)
Advanced	Taeguek 5, 6, 7, <b>OR</b> 8 Jang (may wear any colored belt)
Black Belt	Koryo, Keumgang, Taebaek, Pyungwon, Shipjin, Jitae, <b>OR</b> Chunkwon

### TEAM EVENT:

**All levels will have no age and gender restriction.**

**Matches will be according to level and poomsae performed.**

LEVEL	DESIGNATED POOMSAE
Novice	Taeguek 1, 2, 3, <b>OR</b> 4 Jang (may wear any colored belt)
Advanced	Taeguek 5, 6, 7, <b>OR</b> 8 Jang (may wear any colored belt)
Black Belt	Koryo, Keumgang, Taebaek, Pyungwon, Shipjin, Jitae, <b>OR</b> Chunkwon

## SPORTS CLASS POOMSAE INFORMATION

### INDIVIDUAL EVENT: Colored Belt

Class competitors have to submit 3 separate videos

AGE GROUPS: Under 5 | 6-7 | 8-9 | 10-11 | 12-14 | 15-17 | 18-30 | Under 40 | Under 50 | Under 60 | 61-65 | Over 66

LEVEL	DESIGNATED POOMSAE		
Belt and Rank	Preliminary	Semi-Final	Final (with 30 second interval between the 2 Poomsae)
Yellow and Orange (7 <sup>th</sup> and 8 <sup>th</sup> Geup) All Ages	Taegueuk 1 Jang	Taegueuk 2 Jang	Taegueuk 2 AND 1 Jang
Green and Purple (5 <sup>th</sup> and 6 <sup>th</sup> Geup) All Ages	Taegueuk 4 Jang	Taegueuk 3 Jang	Taegueuk 2 AND 4 Jang
Light Blue and Dark Blue (3 <sup>rd</sup> and 4 <sup>th</sup> Geup) All Ages	Taegueuk 4 Jang	Taegueuk 5 Jang	Taegueuk 6 AND 5 Jang
Brown and Red (1 <sup>st</sup> and 2 <sup>nd</sup> Geup) All Ages	Taegueuk 5 Jang	Taegueuk 7 Jang	Taegueuk 8 AND 6 Jang

### PAIRS EVENT: Colored Belts

LEVEL	DESIGNATED POOMSAE		
Age	Preliminary	Semi-Final	Final (with 30 second interval between the 2 Poomsae)
Under 17	Taegueuk 5 Jang	Taegueuk 4 Jang	Taegueuk 6 AND 7 Jang
18 and up	Taegueuk 6 Jang	Taegueuk 7 Jang	Taegueuk 5 AND 8 Jang

### TEAM EVENT: Colored Belts

LEVEL	DESIGNATED POOMSAE		
Age	Preliminary	Semi-Final	Final (with 30 second interval between the 2 Poomsae)
Under 17	Taegueuk 3 Jang	Taegueuk 4 Jang	Taegueuk 7 AND 5 Jang
18 and up	Taegueuk 5 Jang	Taegueuk 4 Jang	Taegueuk 8 AND 6 Jang

## SPORTS CLASS POOMSAE INFORMATION

### INDIVIDUAL EVENT: Black Belt

Class competitors have to submit 3 separate videos

AGE GROUPS: Under 5 | 6-7 | 8-9 | 10-11 | 12-14 | 15-17 | 18-30 | Under 40 | Under 50 | Under 60 | 61-65 | Over 66

LEVEL	DESIGNATED POOMSAE		
Age	Preliminary	Semi-Final	Final <small>(with 30 second interval between the 2 Poomsae)</small>
6 – 7 years old	Taegeuk 3	Taegeuk 5	Taegeuk 6 AND 4 Jang
Tiger: 8 – 9 years old	Taegeuk 7	Taegeuk 8	Taegeuk 7 AND 4 Jang
Youth: 10 – 11 years old	Taegeuk 6	Taegeuk 7	Koryo AND Taegeuk 5
Cadet: 12 – 14 years old	Taegeuk 8	Keumgang	Taegeuk 6 AND Koryo
Junior: 15 – 17 years old	Koryo	Taegeuk 6	Keumgang AND Taebaek
Senior: 18 – 30 years old	Taegeuk 8	Koryo	Taebaek AND Taegeuk 6
Under 40 years old	Koryo	Taegeuk 8	Sipjin AND Taebaek
Under 50 years old	Pyungwon	Keumgang	Koryo AND Pyungwon
Under 60 years old	Shipjin	Koryo	Jitae AND Shipjin
Under 65 years old	Jitae	Chunkwon	Chunkwon AND Hansoo
Over 65 years old	Jitae	Koryo	Shipjin AND Hansoo

### PAIR EVENT: Black Belt

LEVEL	DESIGNATED POOMSAE		
Age	Preliminary	Semi-Final	Final <small>(with 30 second interval between the 2 Poomsae)</small>
12 – 14 Cadet	Taegeuk 5	Taegeuk 8	Taegeuk 6 AND Koryo
15 – 17 Junior	Taegeuk 8	Taegeuk 5	Koryo AND Taegeuk 6
18 – 30 Senior	Taegeuk 7	Koryo	Pyungwon AND Koryo
31 Yrs Old and Up	Koryo	Pyungwon	Kumgang AND Shipjin

## TEAM EVENT: Black Belt

LEVEL	DESIGNATED POOMSAE		
Age	Preliminary	Semi-Final	Final <small>(with 30 second interval between the 2 Poomsae)</small>
12 – 14 Cadet	Taegeuk 4	Taegeuk 8 Jang	Koryo AND Taegeuk 7 Jang
15 – 17 Junior	Taegeuk 8	Taegeuk 6	Taegeuk 7 Jang AND Koryo
18 – 30 Senior	Keumgang	Taegeuk 7	Keumgang AND Koryo
31 Yrs Old and Up	Koryo	Shipjin	Pyungwon AND Taebaek

## COMPETITION UNIFORM

### Traditional Poomsae Class

- Standard white dobok OR
- Competition dobok approved by the sponsoring school master



### Sports Poomsae Class (ages 8 – 14)

- WT approved uniform
- Male Cadet: white top with red and black collar, blue pants
- Female Cadet: white top with red and black collar, red pants



## Sports Poomsae Class (ages 15 & up)

- Age appropriate individual WT approved uniform



## CREATING A SCHOOL/ CLUB ACCOUNT



Rank	Name	Score
1	Jacob Varney	6.800
2	Fong Ranen	6.800
3	Lawrenc Kang	6.700
4	Ryan Bae	6.400
	Bruno Sanada	0.000
	John Da Balajad	0.000

Rank	Name	Score
1	John Da Balajad (13)	5.800
2	Dimitri Hudz (12)	4.833
3	Arkin J Rosales (12)	4.733

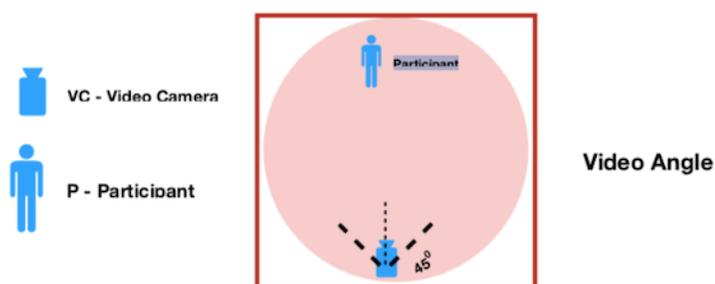
During the tournament live streaming, the athlete's name with images of the school/club name, logo, national flag, video entry, scores, and award are reflected. By creating a school/club account, team representative can log in at any time and be able to view and manage their participants' data. Once a school/club has created an account, this will serve as the school/club's account in every competition managed by inthetms.com. Athletes' information is saved and can be updated any time.

### Procedure:

1. Email your school/club name, email address, complete address, and logo to [ongstk@gmail.com](mailto:ongstk@gmail.com) or send the complete information via text to +1 (352) 438 9455 or +1 (352) 804 4120. For schools/clubs with multiple locations but with one logo, please register each school/club separately and indicate their respective addresses.
2. You will receive your User ID and password for your school/club within 48 hours. After which, you can log in and manage your team participants.

## VIDEO GUIDELINES

1. The Poomsae performance can be video recorded anywhere where there is space allowed for the performance of the Poomsae. Please ensure you follow the instructions of your local and national health authorities regarding social distancing and outdoor excursions.
2. Athlete must be 100% full body inside the screen of the recording for the entire Poomsae performance. 0.3 points will be deducted from accuracy for every movement performed with any part of the athlete's body out of the video frame.
3. Music is not allowed.
4. The video recording shall be done while the athlete is facing the camera in the start position. The camera must be stationary but may be rotated no more than 45 degrees left and right from its starting point as indicated in the diagram below. Zooming in and out during the performance is not allowed.



5. Videos that have been used in any other competitions will be disqualified.
6. Poor quality videos that are unable to be judged by the referees will result in the minimum score of 1.5 per Poomsae. Minimum video quality should be 720p @ 60fps. Suggested video quality is 1080p @ 60fps where possible. Video must be in LANDSCAPE orientation.
7. Performance should start with the correct Taekwondo etiquette before each performance. This will reflect in the final scoring as an element within Taekwondo Spirit criteria.
  - Procedure at the start of performance: Charyot, Kyungrae, Choonbee, Shijak
  - Procedure at the end of performance: Baro, Charyot, Kyungrae
  - Masters may help with announcing the actions for the students
8. Traditional Poomsae competitors shall record 1 video for each event between 30 – 90 seconds. Sports Poomsae competitors will make 3 separate videos for each event: one preliminary video, one semi-final video, and one continuous video with two designated Poomsae for the finals with approximately 30 seconds separating the two performances. Both performances for the finals should start and end with the correct Taekwondo etiquette.
9. Title of video entry/ies should follow this format:  
2021 WC ATOP – Athlete's Name – Poomsae – Gender and Division  
example: Individual 2021 WC ATOP – Jane Doe – Taegeuk 8 – Female Cadet  
Sports Pair 2021 WC ATOP – John and Jane Doe – Preliminary – M/F 18 and up
10. Videos must be uploaded on YouTube and saved as unlisted or PUBLIC setting. Paste the video YouTube link in the designated box of the event management page of inthetms.com.
11. A video with wrong player/s or registered in the wrong division will be disqualified.

## AWARDS

1 <sup>st</sup> Place	1 <sup>st</sup> Place E-certificate and Medal
2 <sup>nd</sup> Place	2 <sup>nd</sup> Place E-certificate and Medal
3 <sup>rd</sup> Place	3 <sup>rd</sup> Place E-certificate and Medal
4 <sup>th</sup> Place	4 <sup>th</sup> Place E-certificate and Medal

The E-certificates will be available as soon as the results are final. Medals will be sent to each Taekwondo school address or home address by regular shipment at no extra cost. Additional fee will be required if you want the medal shipment to be expedited with trace and tracking number.

## LIABILITY WAIVER

*Quest Taekwondo shall waive all liability in the broadest sense of the word with regard to the participation of athletes and by participating, the athlete shall indemnify Quest Taekwondo and all other officials and athletes from any claims of injuries, losses or otherwise arising in the course of participation at the 2021 West Coast Taekwondo Online International Championships or any activities linked therewith. Furthermore, the athlete or his/her representative is giving permission for the competitor's name and video to be aired on YouTube or published on social media accounts. It is the responsibility of each registered athlete to ensure and guarantee that sufficient insurance coverage has been arranged for themselves.*

## FOR INQUIRIES AND CONCERNS

**Master Angelito Ong**

ONLINE TOURNAMENT GENERAL MANAGER

Email: [ongstk@gmail.com](mailto:ongstk@gmail.com)

**Robert Vargas**

TOURNAMENT DIRECTOR

Email: [westcoastopentkd@gmail.com](mailto:westcoastopentkd@gmail.com)

