

15th Yushan Cup Poomsae International Invitational Tournament, 2025

GOALS

- Inviting outstanding athletes from around the world to participate, enhancing their competitive skills and tactical proficiency.
- Increasing international visibility for Taipei City and New Taipei City.

BASIC AIMS

- Globalization of local Taekwondo brands through the operation of competition with the participation of the citizens.
- Revitalization of the local economy by connecting the event with tourism and culture.
- Establishing itself as a popular sport through the development of Taekwondo competition culture.

GENERAL INFORMATION

- Date: April 04, 2025 (1 day)
- Venue: Taipei Municipal LongShan Junior High School
(No. 46, Nanning Road, Wanhua District, Taipei City)
- Events: Recognized Poomsae, Freestyle Poomsae
- Supervisor by: Taekwondo martial art Association, Taipei City Taekwondo Committee official
- Hosted by: Yushan Taekwondo Team
- Co-organizer by: Taipei Municipal LongShan Junior High School

Main Event(draft)

Time Table

Date		Detail	Remarks
2025.01.20(Mon) ~ 2025.03.15(Sat)	~18:00	Regular Registration	Online
2025.03.29(Sat)	11:00~12:00	Drawing lots (Draw conducted by the competition committee on behalf of the event.)	Online
2025.04.04(Fri)	08:00~08:30	Head of Team meeting	TBD
	08:30~09:00	Referee meeting	
	09:00~10:30	Recognized Poomsae	Air Dome
	10:30~11:30	Free Style Poomsae	
	13:00~17:00	Recognized Poomsae	

* The schedule above is subject to change due to circumstances.

Outline / Poomsae

1. QUALIFICATIONS

- a. Individual (Black belts and color belts)
- b. Pair (Black belts)
- c. Team (Black belts)
- d. Freestyle Poomsae (Black belts)

2. COMPETITION RULES

- a. The latest rules of the World Taekwondo Federation Poomsae Competition shall be implemented.
- b. Age for registration is based on the age as of January 1 to December 31 of the current year.
- c. The order of appearance in each group shall be determined by drawing lots.
- d. In the individual categories, groups of 6-8 participants (A, B, C, D, etc.) will be arranged based on the number of registrations. Black belt competitors will then compete for the championship within their respective groups.
- e. Color belts divisions will compete using a Single Elimination System format for the same Poomsae.
- f. Black belts divisions will compete using a Single Elimination System format for two poomsae.
- g. Competition Attire: Black belt athletes must wear competition poomsae uniforms certified by the World Taekwondo Federation (WT); color belt divisions have no restrictions on attire.

3. DURATION OF COMPETITION

- a. Recognized Poomsae: up to 90 seconds
 - b. Freestyle Poomsae: 90 seconds to 100 seconds
- ※ Break time: within 30 seconds to 60 seconds / Exceeding the time, deduction shall be applied.

4. DETAILS OF EACH COMPETITION (Male & Female)

(1) Recognized Poomsae

Division	Age	Remark
Individual	Over 65	
	U65	
	U60	
	U50	
	U40	
	U30	
	Junior	
	Cadet	
	11-12yrs	
	9-10yrs	
	7-8yrs	
	Under 7	
Pair/Team	O60	
	U60	
	U50	
	U30	
	Junior	
	Cadet	
	U12	
Inherency		2-5 players that contain 1 contestant under 12yrs and 1

Division	Age	Remark
		contestant over 30yrs

* The age limits for each category are based on the year of competition.

a. The competition area for Recognized Poomsae: 10m×10m.

b. METHODS OF COMPETITION

- The drawing number of each contestant is assigned at the drawing of lots session represents the order of contests.
- Each individual division shall be divided into several sub-divisions, each sub-division will contain 6-8 contestants.

(2) Freestyle Poomsae

Division	Age	Remark
Individual	Over 17	
	U17	
Pair	Over 17	
	U17	
Team	Over 17	5 players (including 2 male and 2 female contestants)
	U17	

* The age limits for each category are based on the year of competition.

a. METHODS OF COMPETITION

- Cut-Off System shall be applied to the Freestyle Poomsae Competition.
- Freestyle Poomsae is the performance based on Taekwondo techniques with composition of music and choreography

- Composition of Freestyle Poomsa
 - Yeon-mu line shall be the choice of contestant (s).
 - Music and choreography shall be the choice of contestant (s).
- Performed techniques must be within boundary of Taekwondo. The definition of Taekwondo techniques shall be determined by WT Poomsae Committee, when contestant submits performance plan.
- Competitors should be wearing WT Recognized Poomsae uniform.
- Music (sound without words, USB) should NOT contain any political, social and religious and any contents that may harm, discriminate or offend others.
- The competition area for Freestyle Poomsae
 - Individual/Pair 10m x 10m
 - Mixed Team 12m x 12m
- Freestyle music should be submitted at the Competition Headquarters by April 4, 2025, 08:30 A.M

5. REGISTRATION

(1) DEADLINE

a. Regular Registration Deadline Mar 15 (Wed), 2025 (18:00 Taiwan Standard Time)

b. CORRECTION PERIOD: Mar 21 (Fri), 2025 (09:00 - 17:00 Taiwan Standard Time)

※ During the correction period, you must check the omission of participating players, participating divisions, etc. Any corrections cannot be made after the correction period, and responsibility for all matters caused by not checking lies on the relevant team, not the Organizing Committee.

(2) Registration site

<https://tinyurl.com/27lc4woo>

6. ENTRY FEES

Entry fees are not refundable. All entry fees must be paid in New Taiwan Dollars (NT\$).

Division	Individual	Pair	Team
Recognized Poomsae/ Freestyle Poomsae	NT\$800	NT\$1,400	NT1,800

* Entry fee cannot be refunded for any reason.

* Bank transfer is the only accepted payment method.

7. BANK ACCOUNT

1. Non-Taiwanese contestants shall pay on site in case. Wire-transfer is not available.

8. Representatives' Meeting and Drawing of Lots

1. The drawing of lots shall be conducted electronically by the organizing committee.
2. The representatives' meeting will be held at **11am, Saturday August 10nd**, at the 2F., No. 94, Sec. 5, Minsheng E Rd., Songshan Dist., Taipei City.
3. No further notice will be made regarding the meeting. Participants not present in the meeting shall follow the decisions made at the meeting.

9. Procedures of Contest

1. Athletes and coaches are required to be present for check-in before 8 am on the date of competition.
2. Athletes shall present valid Taekwondo certificates, or will be denied participation of the contest.
3. Calls for contestants: twenty minutes prior to the scheduled start of the pertinent contest, the names of the contestants shall be announced three times to the contestants' training area. Any contestant who fails to appear during the roll-call check shall be regarded as having withdrawn from and forfeited the match.

10. Referees

The organizing committee shall hire qualified referees, national champions or senior coaches to serve as the referees for this tournament.

11. Awarding

1. The top four contestants in each sub-division per competition shall be awarded certificates and medals based on the points. 3rd and 4th places are awarded with bronze medals.
2. The total group score is based on the total score of each team. The first to third place in each group will be evaluated. Each team will be awarded a trophy and a prize of NT\$10,000 for the first place, NT\$8,000 for the second place, and NT\$5,000 for the third place. .
3. The organizing committee will select one team for the Spirit of Excellence Award Trophy, and two best athletes, two best referees and two best coaches

with memorial medals for each.

12. Insurance

The organizing committee effects accident insurance for all competitors during the competition only.

13. Arbitration

1. The Competition Supervisory Board will be set up by the organizing committee for arbitration during the tournament.
2. In case there is an objection to a referee judgement, an official delegate of the team shall submit a protest sheet developed by the organizing committee, along with the protest fee of NT\$5,000, to the Competition Supervisory Board within 10 minutes after the end of pertinent contest, to ensure that a decision on the result may be notified in paper before the beginning of the next contest.
3. The protest fee is refundable only when the complaint lodged by the delegate of the team is accepted and ratified. Otherwise the fee shall be forfeited.
4. The resolution made by the Competition Supervisory Board shall be final and no further means of appeal is possible.
5. Any contestant, staff member or coach interfering with the competition management shall be removed from the final standings.
6. Any contestant found out to be an impostor or compete in a lower/upper class contest, shall be removed from the final standings.
7. No participant shall confront referees face to face in the midst of an ongoing contest. Serious aggressions on referees will be panelized by the Competition Supervisory Board.

14. Details not specified in this outline can be modified or added by the organizing committee.

Designated Compulsory Poomsae by Division

1. Individual (Black Belt)

Division	Poomsae
Over 65	Koryo, Keumgasng, Taeback, Pyongwon, Shipjin, Jitae, ChonKwon, Hansu
U65	
U60	
U50	Taegeuk 8, Koryo, Keumgasng, Taeback, Pyongwon, Shipjin, Jitae, ChonKwon
U40	Taegeuk7, 8, Koryo, Keumgasng, Taeback, Pyongwon, Shipjin,Jitae
U30	
Junior	Taegeuk 5, 6, 7, 8, Koryo, Keumgasng, Taeback, Pyongwon
Cadet	Taegeuk 4, 5, 6, 7, 8, Koryo,Keumgasng, Taeback
11-12yrs	Taegeuk 4, 5, 6, 7, 8, Koryo,Keumgasng
9-10yrs	
7-8yrs	

Under 7	
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2. Individual (Color Belts)

Belt	Poomsae
Red Belt	Taegeuk 6
Blue Belt	Taegeuk 4
Yellow Belt	Taegeuk 2

3. Pair and Team, Inherency Team

Division	Poomsae
U60	Koryo, Keumgasng, Taeback, Pyongwon, Shipjin, Jitae, ChonKwon, Hansu
O60	
U50	Taegeuk 8, Koryo, Keumgasng, Taeback, Pyongwon, Shipjin, Jitae, ChonKwon
U30	Taegeuk 7, 8, Koryo, Keumgasng, Taeback, Pyongwon, Shipjin, Jitae
Junior	Taegeuk 5, 6, 7, 8, Koryo, Keumgasng, Taeback, Pyongwon, Shipjin
Cadet	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgasng, Taeback
-12yrs	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgasng
Inherency	Taegeuk 3, 4, 5

4. Freestyle Poomsae: Duration of contest 90~100 seconds.