



January 28, 2020

To: Presidents & Secretaries General
Member National Associations

Re: **Herning 2020 World Taekwondo Poomsae Championships
- Invitation & Outline**

Dear taekwondo family members,

It is with great pleasure that I extend a warm invitation to all Member National Associations to participate in the Herning 2020 World Taekwondo Poomsae Championships to be held in Herning, Denmark on May 21 - 24, 2020.

The continuous growth of Poomsae competitions has impressed international sports community. Poomsae was selected as an official sport at the Asian Games, Universiade, Pan Am Games and other multi-sport events. In addition, Poomsae was featured in the Roma 2019 Grand Prix for the first time ever. The Poomsae freestyle event was also highly acclaimed at the inaugural Urban Games held in Budapest, Hungary, last September. In this regard, WT is actively working on the inclusion of the Poomsae discipline in other events, including the continental multi-sports games.

It is therefore my hope that as many Member National Associations as possible will attend the Herning 2020 World Taekwondo Poomsae Championships to showcase the beauty and popularity of our sport.

Thank you and I look forward to seeing you and your teams in Herning.

Sincerely yours,

Chungwon Choue
President



OUTLINE

Herning 2020 World Taekwondo Poomsae Championships (May 21 - 24, 2020 / Herning, Denmark)

1 Promoter: World Taekwondo (President: Dr. Chungwon Choue)

Address: Booyoung Taepyung Building 10th Floor, 55, Sejong-daero, Jung-gu, Seoul, Korea (04513)
Telephone: (82.2) 566 2505 / 557 5446
Fax: (82.2) 553 4728
E-mail: sport@worldtaekwondo.org (Sport & Event Management Department)
Website: www.worldtaekwondo.org

2 Organizing Member National Association: (President: Mr. Søren Holmgård Knudsen)

ADDRESS: **Danish Taekwondo Federation**
Dansk Taekwondo Forbund, Rundhøj Alle 76E, 8270 Højbjerg DENMARK
TELEPHONE: +45 21 22 51 66
FAX: +45 24 66 48 72
E-MAIL: sekretariatet@taekwondo.dk
WEBSITE: www.taekwondo.dk

OC Director: Frank Hyldgaard

Email : bekfh@herning.dk
Phone : 0045 3068 1820
Event Website : www.worldpoomsae2020.com

3 Date: May 21-24, 2020

4 Venue: Herning Ice Stadium (KVIK Hockey Arena) / +45 3068 1820
Herning Isstadion – Holingknuden 1, 7400 Herning, Denmark
The accreditation center is placed at the venue – Herning Ice Stadium.

5 Qualifications of contestants:

In accordance with Article 4: Qualification of Contestant of the WT Poomsae Competition Rules, The contestant must meet all following requirements:

- 5.1 Holder of nationality of the participating team
- 5.2 Recommended by the national taekwondo association of the WT
- 5.3 Holder of the Kukkiwon Poom or Dan certificate
- 5.4 Holder of WT Global Athlete Licence (GAL). Any questions on the WT GAL please contact your assigned WT GMS Manager
- 5.5 Athlete aged 12 or over

The age limits for the each division is based on the year, not on the date, when the Championships are held. For example, in Junior Division, contestants shall be between 15 and 17 years old. In this regard, if the Championships are held on May 21, 2020, contestants born between 1 January 2003 and 31 December 2005 are eligible to participate in this division.

* Poomsae competition uniform: All contestants must wear WT-approved Poomsae competition uniform in accordance with the Article 4.2 of the WT Poomsae Competition Rules. The latest version of WT-recognized manufacturers' list is available at the website of WT (<http://www.worldtaekwondo.org>)

6 Classification of Competition

Recognized Poomsae Competition	Free Style Poomsae Competition
Men's individual Women's Individual Men's Team (3 males) Women's Team (3 females) Pair (1 male & 1 Female)	Men's Individual Women's Individual Pair (1 male & 1 Female) Mixed Team (Composition of 5 members including more than 2 males and 2 females)

7 Competition Rules:

WT Poomsae Competition Rules in force as of May 14, 2019 shall apply.

8 Duration of Contest

9.1 Recognized Poomsae: Individual, Pair, and Team competitions up to 90 seconds.

9.2 Free Style Poomsae: Individual, Pair, and Mixed Team competitions from 90 seconds to 100 seconds.

9.3 Break time between 1st Poomsae and 2nd Poomsae is a minimum of 30 seconds.

9 Method of Competition:

Recognized Poomsae Competition	Free Style Poomsae Competition
<p>-Two (2) Poomsae from designated Compulsory Poomsae will be decided by TD for each division must be performed for all competitions.</p> <p><u>ONLY FOR THE INDIVIDUAL CATEGORIES UNDER 30 and UNDER 40:</u> <u>Single Elimination System:</u> From Preliminaries to Finals: All competitions shall be conducted in a single elimination format. All athletes will be seeded based on the WT Poomsae Ranking. If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. An athlete from the host country who is not seeded among the Top-4 athletes will be given the 4th-placed seed. Contestants shall perform two assigned Compulsory Poomsae for each round. Medals shall be awarded to the top four (4) contestants.</p> <p><u>COMBINATION SYSTEM (CUT OFF SYSTEM + ELIMINATION TOURNAMENTS SYSTEM) FOR ALL OTHER CATEGORIES:</u> <u>Cut-off system:</u> 1) Preliminaries: In case 20 or more contestants/pairs/teams are participating, the competition shall start from preliminary round with division of groups at different courts. After performing two (2) assigned Compulsory Poomsae, the top half of each group shall advance to semi-final based on the points. 2) Semi-final: In case nine (9) to 19 contestants/pairs/teams are participating, competition shall start from semi-final. Contestants shall perform two (2) assigned Compulsory Poomsae and top eight (8) of them shall advance to final based on the points.</p>	<p>1) Free Style Poomsae is the performance based on taekwondo techniques with composition of music and choreography.</p> <p>2) Composition of Free Style Poomsae 2.1 Yeon-mu line shall choice of contestant 2.2 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 of free style Poomsae.</p> <p>Note: Music in USB (<u>sound without words</u>) and choreography shall be choice of a contestant, it should NOT contain any <u>political</u>, <u>social</u> and <u>religious</u> and any contents that may harm, discriminate or offend other.</p>

Single Elimination System:

3) Final: When eight (8) or less contestants/pairs/teams are participating, competition shall start from final round. Final shall be conducted in a single elimination format. A draw shall be seeded among the finalists according to the results of the semi-final group. Contestants shall perform two assigned Compulsory Poomsae for each round of the finals (round of 8, semi finals and final). Medals shall be awarded to the top four (4) contestants/pairs/ teams.

10 Entry

10.1 Team Entry: (No. of officials and No. of contestants)

Officials	Members		Remarks
	Max. No. of Members Male	Max. No. of Members Female	
Head of Team	1		Recognized Poomsae (1) & Free Style Poomsae (1) for coaches and trainers
Manager	1		
Coach	3	3	
Trainer	2	2	
Team Doctor	1	1	
MNA Officials	3	3	

Athletes		Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 40 (31-40)	Under 50 (41-50)	Under 60 (51-60)	Under 65 (61-65)	Over 65 (66-)	Total
Recognized Poomsae	Individual 1 Male 1 Female	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	16 (8/8)
		Cadet (12-14)	Junior (15-17)	Under 30	Over 30					Total
	Pair 1 Male 1 Female	2	2	2	2					8
		Cadet (12-14)	Junior (15-17)	Under 30	Over 30					Total
	Team 3 Male 3 Female	3/3	3/3	3/3	3/3					24 (12/12)
		Under 17 (12-17)				Over 17 (18-)				Total
Free Style Poomsae	Individual 1 Male 1 Female	1/1				1/1				4 (2/2)
	Pair 1 Male 1 Female	2				2				4
	Mixed Team 2 Male 3 Female Or 3 Male 2 Female	5+1 (Substitute)				5+1 (Substitute)**				10+2
	Total	66+2								

*** Note:** Contestants may compete in maximum two (2) categories (Recognized Poomsae max 2 or Freestyle Poomsae max 2 or one (1) each of categories) of competition unless he or she is limited by gender or age.

**** 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.

10.2 WT GLOBAL LICENCE & ONLINE REGISTRATION

All Athletes and Team officials must first be registered with a WT Global Athlete Licence (GAL) or Global Official Licence (GOL).

WT Online Registration

National Team Entry will only be accepted through the WT online registration system (<https://worldtkd.simplycompete.com>) and registration is only possible with a valid WT Global Licence. National Team GMS admins will be notified via email once online registration is open.

10.3 ENTRY FEES

The OC shall collect the entry fees from the participating national teams. The national team shall pay an entry fee to the Organizing Committee either:

by cash in USD\$ only, at the accreditation center in Herning, Denmark prior to the start of the Championships. Athletes shall not be allowed to compete without successful payment of entry fee to the Organizing Committee.

Or

by bank transfer in USD\$ only, to

Sydbank, Torvegade 11, 6870 Olgod, Denmark

Bank account: 7703 0001047749
IBAN: DK1477030001047749
SWIFT / BIC code: SYBKDK22

Dansk Taekwondo Forbund / Danish Taekwondo Federation DTaF Events
Rundhoj Allè 76E, 8270 Hojbjerg, Denmark

Entry fee shall be various according to the timing and situation of the submission of entry. Please read carefully the following guidelines.

DISCOUNTED REGISTRATION FEES: A discount will be given to national teams that complete their registration during this period.

US\$75 per athlete/event

Discounted entry fee period will begin on 29th January 2020, 17:00 Local Swiss Time.

Discounted entry fee period will end on 12th February 2020, 17:00 Local Swiss Time.

REGULAR ENTRY FEES: The national teams completing their registration during this period will be charged the regular registration fee.

US \$100 per athlete/event

Regular entry fee period will begin on 12th February 2020, 17:01 Local Swiss Time

Regular entry fee period will end on 18th March 2020, 17.00 Local Swiss Time.

LATE ENTRY FEES:

In the case that the WT decide to implement a late registration period, the national teams completing their registration during this period will be charged the following fee.

US \$125 per athlete/event
 Late registration fee period can begin on 18th March, 2020, 17:01 Local Swiss Time
 Late registration period will end **(if implemented)** on 31st March 2020, 17:00 Local Swiss Time.

LATE REGISTRATION PERIOD ONLY APPLIES IF THE WT AND OC DECIDE TO IMPLEMENT THIS AND IF SO, THIS WILL BE INFORMED BY THE WT OR OC IN AN OFFICIAL COMMUNICATION.

11 List of Poomsae to be performed:

- Designated Compulsory Poomsae

Two (2) Poomsae from designated Compulsory Poomsae decided for each division must be performed for all the preliminarily, semi-final and final rounds for all competitions. Compulsory Poomsae to be assigned for each division shall be decided at the time of drawing of lots by Technical Delegate in consultation with the WT officials.

Competition	Division	Compulsory Poomsae
Individual	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taebak Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65	
	Over 65	
Pair	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
Team	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon

Competition	Free Style Poomsae	
<i>Individual</i>	Under 17 and Over 17 divisions	<i>Athletes shall perform Free style Poomsae based on taekwondo techniques with composition of music and choreography.</i>
<i>Pair</i>		<i>Performed techniques must be within the boundary of taekwondo.</i>
<i>Mixed Team</i>		<i>The definition of taekwondo techniques shall be determined by WT Poomsae Committee when contestants submit performance plan of free-style Poomsae.</i>

12 Award presentation:

12.1 Medals & Certificates:

- 1st place: Gold medal(s) and certificate(s)
- 2nd place: Silver medal(s) and certificate(s)
- 3rd place and 4th place: Bronze medal(s) and certificate(s)
- 5th – 8th place: Certificate

12.2 Trophies:

- MVP: one male and one female in Recognized Poomsae
one male and one female in Free-Style Poomsae

13 Conditions for participation / Entry & Entry deadline/ On-spot accreditation :

- 13.1 Round trip airfare and accommodation charges of room and board shall be borne by the participating national team.
- 13.2 Entry deadline is 18th March 2020, 17:00 Local Swiss Time. Entry submission after this date will be not accepted under any circumstances.
- 13.3 In case of replacement of an injured athlete, an MNA may replace this athlete no later than
- 13.4 31st March 2020. The registered athletes or team officials may be replaced without any penalty until 18th March 2020.
- 13.5 Entry fee of US\$100 per athlete will not be charged in case of cancellation of participation until 18th March 2020
- 13.6 Entry fee must be paid in case of the cancellation of participating athletes after 18th March 2020 or no-show.
- 13.7 Team officials: Member national association can register online for maximum one (1) Head of team per country, one (1) manager per team, two (2) coaches per team, one (1) team doctor per team, two (2) trainers per team.
- 13.8 MNA officials: three (3) Member National Association (MNA) officials per country can be registered by online.
- 13.9 Penalty: Penalty of US\$100 per person shall be paid to the Organizing Committee at the accreditation center in Herning city in the following cases.
 - 1) Any team official who is not registered online wants to be accredited at the accreditation center in Herning city although the total number of team officials does not exceed the designated number,
 - 2) In case of exceeding designated number of MNA officials wants to be accredited at the accreditation center in Herning city or any MNA official who is not registered online wants to be accredited at the accreditation center in Herning city.
 - 3) Any changes or additions that are made to a national team list after the published online registration deadlines will be charged a \$100 USD penalty in addition to the registration fees. This penalty will be considered the onsite fee for approved additions or changes to the national team list.
 - 4) Any WT Global Licence registration completed onsite will be charged a \$30 USD onsite processing fee for each WT Global Licence required.
- 13.10 Entry registration: Team registration method (online registration or email submission) will be informed to all Member National Associations in due time.
- 13.11 Entry deadline: 18th March 2020, 17:00 Local Swiss Time
- 13.12 Accreditation Check In:
On-spot accreditation in Herning: Participating teams are requested to finish on-spot accreditation in

Herning by no later than May 20th, 2020 as Head of Team Meeting & Drawing of Lots will take place on May 20th, 2020.

** Freestyle music should be submitted at the Head of Team Meeting on a USB with the following details:

1) On the USB each digital file should contain:

- a) Name of the country
- b) Name of the category
- c) Name of the athlete / athletes

2) The USB itself should be marked with the name of the country and should be submitted in an envelope or a bag, with a list of contents of the USB in the same way as described above. Please see the attached picture.



14 International Referees:

14.1 The WT will appoint the required number of Poomsae International Referees.

14.2 Roundtrip airfare shall be borne by each participating International Referee, while the Organizing Committee will cover accommodation of room and board for the designated period, including the period for referee meeting and training.

Check-in: May 18 / Check-out: May 25 (7 nights 8 days)

14.3 The Organizing Committee will provide the participating referees with daily allowances of US\$100 for the competition days.

14.4 Participating teams are not allowed to stay at the hotel where International Referees are to stay.

15 WT-recognized Poomsae Competition uniform:

15.1 Participating contestants must wear the WT-recognized Poomsae Competition uniform. Any contestants who do not wear WT-approved Poomsae competition uniform will not be permitted to compete. The latest version of WT-recognized manufacturers' list is available at the website of WT (<http://www.worldtaekwondo.org>).

15.2 Standardization for Poomsae Competition Uniforms : The mandatory poomsae competition uniforms for competitors, have been standardized into three categories:

15.3 **Cadet Division** (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.



- 15.4 **Junior and Senior Division** (Ages 15-49): White top with dark blue pants for males; white top with light blue pants for females.



- 15.5 **Master Division** (Ages 50 and up): Yellow top and dark blue pants for both males and females.



16 Identification of NOC Code and Manufacturer

- 16.1 National flag shall be located between 3.5cm below the right shoulder line of upper garment. Flag size should be 10cm width x 7cm height. Please see attached guidelines on NOC code and national flag.



16.2 NOC Code is a three-letter National Olympic Committee abbreviation, and it shall be printed at the back of the upper garment of Poomsae competition uniform in black color and centered 12cm from the top line of the upper garment within the size of 30cm width x 12cm height. The font of the letters shall be in bold "Verdana". Please see attached guidelines on NOC code and national flag.



* For those MNAs who do not have IOC-recognized NOCs, please contact WT GMS Team for three-letter MNA code at sarvar.gms@worldtaekwondo.org or WT Sports &Event Management Department at sport@worldtaekwondo.org.

16.3 The number of manufacturer's identification (name, designation trademark, logo or any distinctive sign of the manufacturer) shall be one per garment within 20cm² except at the location of the WT logo according to the related WT guidelines in force as of this event.

16.4 The end of the belt must be at least 10cm or higher above the knee.

17 Medical control:

17.1 The WT Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions.

17.2 Compulsory anti-doping tests will be carried out for all medalists, while random tests will be conducted to the rest of the athletes. The WT and/or WADA may carry out random out-of-competition testing prior to the championships.

17.3 Any contestant who requires TUE is required to submit the TUE Application Form to antidoping@worldtaekwondo.org at least 30 days before the start of the championships. Please see at the WT website WT Anti-doping Session:

Rules: http://www.worldtaekwondo.org/wp-content/uploads/2017/04/WT_Anti-Doping_Rules_In-force-as-of-January_-2015.pdf

TUE: <http://www.worldtaekwondo.org/wp-content/uploads/2017/04/2020-WT-TUE-Application-form.pdf>

18 Head of Team Meeting and Drawing of Lots:

The Head of Team Meeting and the Drawing of Lots session shall be conducted one (1) day prior to the start of the championships that is **May 20th, 2020**, in the presence of the Technical Delegate, WT officials and the representatives of the participating nations.

19 Visa / Accommodation / Local transportation:

The participating teams are required to submit the hotel reservation only via the WT GMS registration system – <http://worldtkd.simplycompete.com> by no later than March 18th, 2020. No other registration method will be accepted. The hotel information is available on the WT GMS platform.

Please watch video below on HOW to register your team's accommodation and flight details (for transportation) [HERE](#).

Once you (your WT GMS National Team Admin) register your team's accommodation detail on the WT GMS you need to wait to receive an official invoice from Organizing Committee with the total amount to pay before paying the total to the bank account of OC.

OC will provide separate cancellation policy.

Ground transportation will be provided for national teams on arrival and departure free of charge, only for teams who book via the WT GMS booking platform and include the date, time, airline & flight number of the national team's arrival and departure at the latest by the designated deadline (March 18th, 2020).

Daily local transportation is also provided in Herning between official hotels and venue for athlete training, registration, head of team meeting and competition days.

20 Visa Information

The visa recommendation letters will be automatically generated from WT GMS platform if the visa is requested during the registration for the event. All the members who needs entry visa to Denmark must be registered in GMS. The deadline for visa request in GMS platform is March 31st, 2020. Please watch the video below on HOW to request visa invitation letter from GMS [HERE](#).

You can find the countries who need Visa to visit Denmark on the following link:

https://nyidanmark.dk/en-GB/Words%20and%20Concepts%20Front%20Page/US/Visum/Must_have_a_visa_countries_and_countries_with_visa_exemption?anchor=63F86BF9BAE84296B40028C26E06EF02&callbackItem=E78CEA7D3E5D4B05AFC8A8FABCCE46DC&callbackAnchor=7008F276B88243D8A0D6CDE8F6A5B597

21 Others:

21.1 Each participating team should bring **two national flags (size: 90cm x 130cm)** as well as **USB(No CD only USB) of its national anthem** and give them to the Organizing Committee at the on-spot accreditation center in Herning

21.2 All contestants and officials participating in the Herning 2020 WT Poomsae Championships will receive a diploma co-signed by the WT President and the Chairman of the Organizing Committee.

PROVISIONAL EVENT SCHEDULE (Subject to Change)

Herning 2020 World Taekwondo Poomsae Championships May 21-24, 2020 / Herning, Denmark

Date	Time	Event	Place
May 18	All day	Arrival International Referees	Referee Hotel
	All day	Arrival National Teams	TBD
	1000-1800	On- spot accreditation of teams	Herning Ice Stadium
May 19	1000-1800	On- spot accreditation of teams	Herning Ice Stadium
	1000-1800	International Referees Training	Referee Hotel / Hotel Eyde
	0900-1900	Team Training	TBD / Herning Ice Stadium
May 20	1000-1800	International Referees Training	Referee Hotel / Hotel Eyde
	0900-1900	Team Training	TBD / Herning Ice Stadium
	1000- 1200	On- spot accreditation (final day)	Herning Ice Stadium
	1400 - 1600	Head of team meeting & Drawing of lots	Herning Ice Stadium
May 21	0900-	Competitions	Herning Ice Stadium
	17.00 – 18.00	Welcome Banquet Separate invitation will be sent	Herning Ice Stadium
	18:00	Opening Ceremony	Herning Ice Stadium
	TBC	Medal Ceremony	Herning Ice Stadium
May 22	0900-	Competitions	Herning Ice Stadium
	TBC	Medal Ceremony	Herning Ice Stadium
May 23	0900-	Competitions	Herning Ice Stadium
	TBC	Medal Ceremony	Herning Ice Stadium
May 24	0900-	Competitions	Herning Ice Stadium
	1300 – 1500	VIP Dinner Separate invitation will be sent	Herning Ice Stadium
	TBC	Medal Ceremony	Herning Ice Stadium
	TBC	Closing Ceremony (TBC)	Herning Ice Stadium
	TBC	Farewell Party	Sports center Herning (next to Herning Ice Stadium)
May 25		Departure	Airport