

**2019 NYS GOVERNOR'S CUP**  
**8th MANHATTAN INTERNATIONAL OPEN TKD CHAMPIONSHIP**  
**Baruch College of New York, NY Saturday December 14<sup>th</sup>, 2019**

**2019 NYS GORVERNOR'S CUP**  
**Competitors' Registration Form**

Please send this form along with your participation fee **(NON-REFUNDABLE)**

No Registration will be accepted after NOV 30<sup>th</sup> .2019 *(No Fax registration)*  
 Mail to: **NYS TKD ASSOCIATION**  
**553 2<sup>ND</sup> Ave (Ground FL) NY NY 10016**

**Deadline, DEC 8<sup>th</sup>, 2019**

Make *certified check* or *money order* payable to **NYS TKD ASSOCIATION**  
*Register online. We will e-mail your I.D. card! (If you register online, NO waiting time for I.D. pick-up)*

<b>IMPORTANT: IF ANY INFORMATION IS MISSING APPLICATION WILL NOT BE PROCESSED</b>										
Last Name: <input style="width:100%; height: 20px;" type="text"/>  First Name: <input style="width:100%; height: 20px;" type="text"/>  Date of Birth: ____/____/____ (mm/dd/yyyy)  Age: ____ Weight: ____lbs. Height: ____  Sex:    Male (   )    Female (   )	Please check the appropriate box accordingly  <table style="margin-left: auto; margin-right: auto;"> <tr> <td colspan="3"><b>Black Belt</b></td> </tr> <tr> <td><u>1<sup>st</sup> Dan (   )</u></td> <td><u>2<sup>nd</sup> . Dan (   )</u></td> <td><u>3<sup>rd</sup> . Dan (   )</u></td> </tr> <tr> <td><u>4<sup>th</sup> . Dan (   )</u></td> <td><u>5<sup>th</sup> . Dan (   )</u></td> <td><u>6<sup>th</sup> . Dan (   )</u></td> </tr> </table>	<b>Black Belt</b>			<u>1<sup>st</sup> Dan (   )</u>	<u>2<sup>nd</sup> . Dan (   )</u>	<u>3<sup>rd</sup> . Dan (   )</u>	<u>4<sup>th</sup> . Dan (   )</u>	<u>5<sup>th</sup> . Dan (   )</u>	<u>6<sup>th</sup> . Dan (   )</u>
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Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone #: (   ) \_\_\_\_\_ Evening Phone #: (   ) \_\_\_\_\_

**E-mail:** \_\_\_\_\_

TKD School/Club Name: \_\_\_\_\_

TKD School phone number: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ e-mail \_\_\_\_\_

Please Check Event(s) World Class / Sports Poomsae / pair poomsae : First event is \$145, any additional event one of these adding \$20  Please check the appropriate box accordingly World Class <input type="checkbox"/> Sports Poomsae <input type="checkbox"/> Pair Poomsae <input type="checkbox"/>
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**LIABILITY WAIVER**

In consideration of your acceptance of my registration, I do hereby, for my-self, heirs, executors and administrators waive, release and forever discharge any and all rights claims for damages which I may have, or which may occur to me, against The **NYS TKD ASSOCIATION** Inc. and for its state and district associations, 2019 nys taekwondo association, and all members of the tournament, or their respective officers, agents, representatives, successors, and/or assigns, Baruch College, NY and against any competitors for any and all damages which may be sustained by me in connection with my association with my participation in or entry in the above athletic meet and competition, and in connection with any medical service I may be provided in connection with any such injury or illness. I understand that TaeKwonDo is a body contact sport and I further understand all contents of the 2019 rules and regulations and general information which was published by the sponsors and I agree with them in their entirety. I further understand that I may be dismissed from the premises without compensation or refund if my conduct is not courteous and cooperative for the successful operation of the championships.

Contestants Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Legal Guardian's Signature (Age under 18) \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

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**1. WORLD CLASS SPARRING**  
**2. SPORTS POOMSE**

1. Combined division winners from **World Class Cadet** Sparring (12 - 14 yrs.) will receive a gift voucher towards a **2019 US Open Air Line Ticket**.  
**gift voucher worth up to \$250**

*Example: Fin weight winner and Fly weight winner will have a match against each other to determine the final winner for the **flight ticket to US OPEN**. If there are no competitors in the class above/below the weight-class winners for them to compete against for the plane ticket prize, then there will be no ticket awarded—however there will be a full refund of competition fees given in such cases to individuals under these circumstances.*

**\*If there is no one for you to compete against in YOUR weight class period, you will be given a full refund.**

(Note: **No** Scholarships/prizes for any other divisions)

2. Sports Poomsae – All divisions of 1<sup>st</sup> place will be eligible for a **gift voucher worth up to \$250** to fund a plane ticket to US OPEN 2020.

**\*All World Class / Sport Poomse competitors must arrive  
On the floor by 8:30 AM**

**Detailed schedule will be announced on [www.nystaekwondo.com](http://www.nystaekwondo.com)**  
**\*KP&P is the official Electronic Chest Gear for Our World Class Competition**

World Class INFO:  
**All Male and Female Competitors**

\* Must be 10 - 32 years old

\* Black belts only.

\* Must have KP&P electronic foot gear  
(May be available for purchase at the venue)

\* Will follow strict WTF rules and regulations for the competition  
**(No exceptions)**

**Sponsored by New York State Taekwondo Association.**

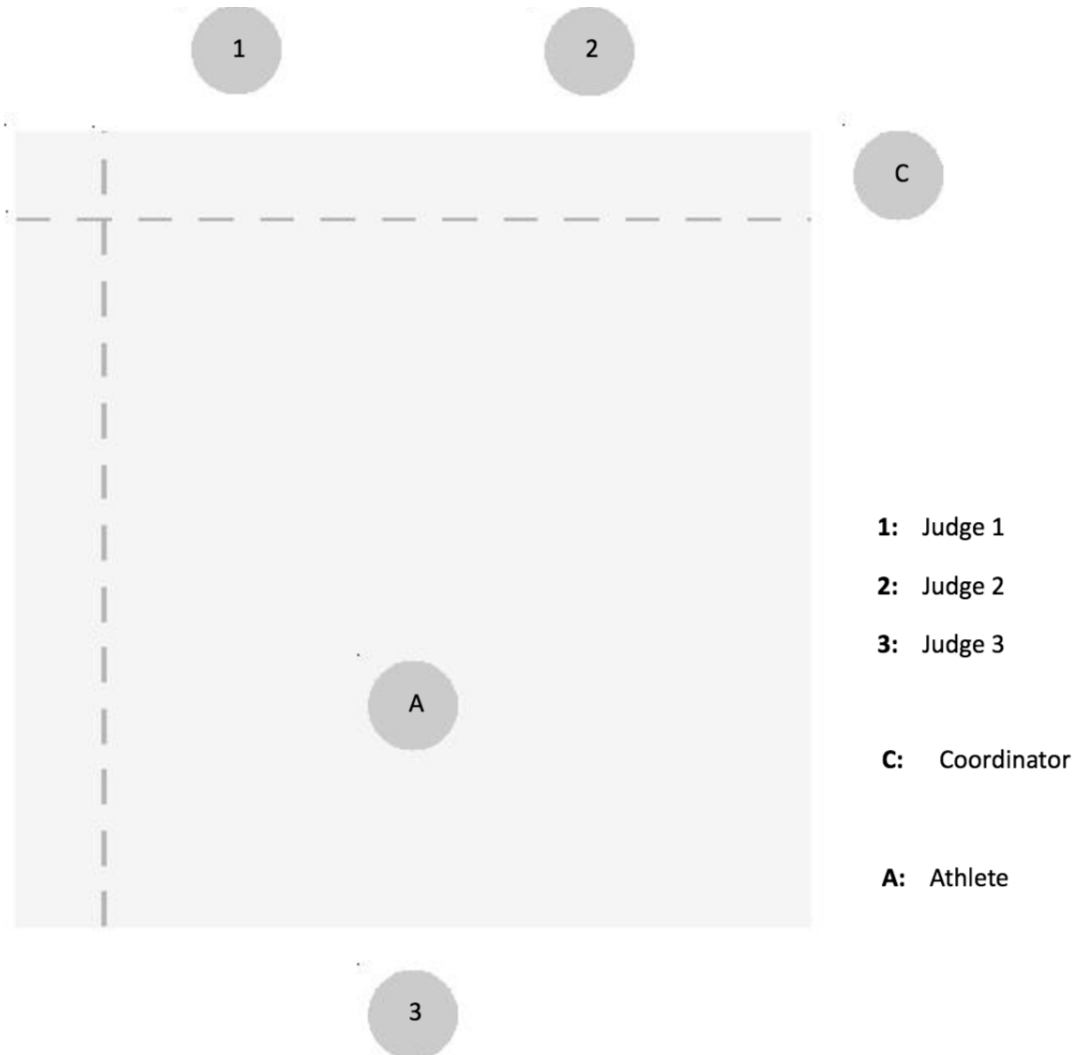
## SPORTS POOMSAE RULES & GUIDELINES

Revised August 2019

### I. REFEREE FORMAT

**Poomsae competitions will be refereed with a three-judge format. Judges will be seated at the front and center of the ring.**

- a. front and center of the ring.



- b. Scoring

i. Poomsae competitions will be scored using the PoomsaePro electronic scoring system.

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## **II. UNIFORM**

- a. Athletes will be required to wear a white uniform – color belts must have a white collar, and black belts must have a black collar. Official WTF Poomsae Uniforms are also acceptable in competition.
- b. Accessories
  - i. Athletes will not be allowed to wear any sort of clothing accessories, such as shoes, hats, jewelry, etc., with the exception of religious coverings or soft ties to contain long hair.

## **III. CLASSIFICATION OF COMPETITION**

- a. There will be three top tier levels of classification for poomsae competitions: i. Male Individual ii. Female Individual
- b. Divisions
  - i. Athletes will be divided within the main classification, according to gender and age, as such:
    1. Male & Female Individual: 12-14, 15-17, 18-30, 31+
  - ii. Divisions for which you are eligible will be determined by your date of birth through online registration.

## **IV. FORMAT OF COMPETITION**

- a. If the division contains more than 18 athletes, the competition begins with the preliminary round where athletes perform one (1) form. After the preliminary round, the competition is cut to 18 competitors and the semi final round will begin where athletes perform two (2) forms. After the semi final round, the competition is cut to 8 competitors and the final round will begin where athletes perform two (2) forms.
- b. If the division contains less than 18 and more than 8 competitors, the competition begins at the semi final round where athletes perform two (2) forms. After the semi final round, the competition is cut to 8 competitors and the final round will begin where athletes perform two (2) forms.
- c. If the division contains less than 8 competitors, the competition begins in the final round.

## **VI. RING PRESENCE**

- a. All athletes must enter the Competition Area alone.
- b. Competition Process for Two Poomsae
  - i. The competition coordinator begins the process for the 1<sup>st</sup> poomsae by commanding “Chool-jeon” and motioning with his/her hand directing the athlete(s) into the ring. The 1<sup>st</sup> poomsae performance begins as the competition coordinator announces “Char-yeot” (attention), “Kyeong-rye” (bow), “Junbi”, and “Shi-jak” (start).
  - ii. At the end of the first Poomsae, the competition coordinator announces “Bah-roh” (junbi), “Shi-ah” (relax), and finally “Tuae-jahng” (exit), at which point the athlete(s) may return to

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the sideline to consult with the coach during the waiting time between the 1<sup>st</sup> and 2<sup>nd</sup> poomsae.

1. Waiting time between poomsae will be 30 to 60 seconds. iii. At the end of waiting time, the competition coordinator will command “Chool-jeon” and motion with his/her hand directing the athlete(s) into the ring. The 2<sup>nd</sup> poomsae performance begins as the competition coordinator announces “Char-yeot” (attention), “Junbi”, and “Shi-jak” (start). There is no bow before the 2<sup>nd</sup> poomsae.

## VII. SCORING CRITERIA (10 PTS)

- a. Athletes will be scored on two major areas of poomsae: accuracy and presentation. A breakdown of each area is provided below.

Criteria	Details of Criteria	Points
Accuracy (4.0)	Accuracy of details of each poomsae	4.0
	Accuracy of basic movements and balance	
Presentation (6.0)	Speed and power	2.0
	Strength/speed/rhythm	2.0
	Expression of energy	2.0

## VIII. DEDUCTIONS

- a. Major mistakes will result in a 0.3 deduction from the athlete's total score. Finishing before or after the 30 to 90 second time allotted to the athlete's performance will result in a major deduction.
- b. Minor mistakes will result in a 0.1 deduction from the athlete's total score.

## IX. DECISION OF WINNER

- a. The winner shall be the athlete who earns the highest total score at the end of the final round. b. Tied Score
- i. In the case of a tied score, the winner shall be the athlete who earned the highest presentation score.
  - ii. In the case that the scores are still tied, the winner shall be athlete who earned the highest total, inclusive score – the score resulting without dropping the highest and lowest judge scores.
  - iii. In the case that the scores are still tied, a rematch shall be conducted to determine the winner.
    1. The rematch will consist of one compulsory poomsae, designated by the referee. Previous scores will not affect the scores of the rematch.

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2. In the case of a tied score after the rematch, the winner shall be the athlete who earned the highest total, inclusive score. In the case of a tie, another rematch is conducted. The rematch process will be repeated until there is a winner.

## **X. COMPULSORY POOMSAE**

- a. Poomsae to be performed at competition will be selected randomly according to each age division. Refer to the chart below to see which poomsae should be known for each age division.

<b>Age Division</b>	<b>Compulsory Poomsae</b>
Cadet (12 – 14)	Taeguk 4, 5, 6, 7, 8, Koryo, Keumgang
Junior (15 – 17)	Taeguk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek
Senior I (18 – 30)	Taeguk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
Senior II (31+)	

## **XI. DESIGNATED POOMSAE**

- a. Designated poomsae will be announced online one month prior to the competition.

## **XII. AWARDS**

- a. Six total winners will be selected to receive a Taekwondo Scholarship worth **Senior 1 only US Open Air Line Ticket** to an Open Championship Competition outside the United States, sponsored by the New York State Taekwondo Association.
  - i. One winner will be selected per division.
    1. One male and one female from 12-14
    2. One male and one female from 15-17
    3. One male and one female from 18-30
    4. One male and one female from 31+