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**DEMONSTRATION TEAM COMPETITION RULES**

**May 1, 2024**

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# USA Taekwondo Demo Team Competition Rules

## Demonstration Team Rules

Article 1.	Overview & General Guidelines.....	4
Article 2.	Scoring Guidelines .....	3
Article 3.	Competition Procedure.....	6
Article 4.	Decision & Declaration of Winner .....	8

## Article 1. Overview & General Guidelines

1. Demonstration Team Competition is a performance highlighting the many aspects of the Taekwondo art, such as poomsae, breaking, acrobatic kicks, and self-defense techniques, with the addition of music and choreography.
  - 1.1. The performance must be confined to the 12m x 12m Contest Area. There will be a 0.1 Procedural Deduction each time a contestant crosses the boundary line with two feet during the performance. Any performance outside of the boundary line will not be scored.
  - 1.2. All contestants must wear appropriate sport attire, such as V-neck Taekwondo uniform of any color, WT Poomsae Competition Uniform or team track suit.
  - 1.3. The maximum set-up time is 1 minute.
  - 1.4. The maximum time to complete the performance is 6 minutes.
  - 1.5. The maximum clean-up time is 1 minute.
  - 1.6. All music must be submitted for approval prior to the competition.
    - 1.6.1. The tournament committee shall set the deadline for submissions.
    - 1.6.2. The deadline shall be a minimum of 1 week before the start of the event.
  - 1.7. The machine to play music shall be provided by the Tournament Committee.
  - 1.8. There will be no chairs or tables, and no use of tumbling boards or any similar devices.
  - 1.9. Use of poles and similar devices to hold boards for high jumping breaks is permitted. These must be approved in advance for safety.
    - 1.9.1. No Cinder Blocks or Bricks may be used for any purpose.
  - 1.10. Due to safety and liability issues, absolutely no weapons (i.e. swords, staves, fans, etc.), pyrotechnics, fireworks or flame breaks.
  - 1.11. Any Taekwondo striking or kicking technique may be used, apart from head strikes which are prohibited.
    - 1.11.1. Performing a head strike will result in a 0.3 Procedural Deduction per attempt per board.
    - 1.11.2. Performing a head strike will result in the Referee calling the medic for an examination of the athlete after the cleanup time is complete, or during the performance if there is a clear injury.

- 1.12. All props used in the performance will be provided by the Demonstration Team, except for boards.
  - 1.12.1. Boards must be purchased from USATKD or a USATKD designated vendor at the competition venue.
- 1.13. Competitors are cautioned to stage the performance so that flying boards do not endanger officials, spectators or other competitors.
- 1.14. There will be no limit on the number of Team members. Teams are allowed 1 alternate team member to replace an injured athlete.

## Article 2. Scoring Guidelines

2. Judging will be based on two criteria:

Technical Skills (6 points)	a) Team form b) Acrobatic breaking c) Single jump breaking d) Power breaking e) Self-defense f) Basic movements & practicability of movements:
Presentation (4 points)	a) Creativity and complexity b) Synchronization and harmony c) Taekwondo spirit d) Music and choreography

2.1. Technical Skills: Points may be awarded from 0.0 up to 5.0 in total in the following five evaluation areas:

2.1.1. Team Form: Points may be added from 0.0 up to 1.0 for a newly created Poomsae incorporating various hand and foot techniques. All team members must perform in Team Form; otherwise, the team will be given 0.0 points for Team Form.

2.1.2. Acrobatic Breaking: Points may be added from 0.0 up to 1.0 for a breaking technique executed by jumping into the air with the rotation along a horizontal axis - to strike the target with a foot. Only one team member is required to perform this skill. There is a 0.1-point deduction per unbroken board for this skill.

2.1.3. Single Jump Break: Points may be added from 0.0 up to 1.0 for breaking 3 or more fixed targets with one or more various techniques using the hands and feet through a single jump. Only one team member is required to perform this skill. There is a 0.1-point deduction per unbroken board for this skill.

2.1.4. Power Breaking: Points may be added from 0.0 up to 1.0 for 2 to 4 contestants breaking targets set on vertical board holders with various hand techniques. Breaking boards used for power breaking must be purchased from the vendor, with at least three 1x10x12-inch pine boards for each power break, without using any spacers. (Sizes may be modified to accommodate the designated vendor's stock.) There is a 0.1-point deduction per unbroken board for this skill.

2.1.5. Self-Defense: Points may be added from 0.0 up to 1.0 for simulated fighting with bare hand and foot. (Example: Striking, kicking, punching, thrusting, locking, grabbing, and throwing downs are examples of defensive techniques that can be used to dominate an opponent.) The use of breaking boards during Self-Defense routine is not permitted, and the team will be awarded 0.0 points for Self-Defense.

- 2.2. Basic movements & practicability of movements: Points may be added from 0.0 up to 1.0 for accuracy in basic movements of Taekwondo and designated technical movements of Taekwondo. Whether the movements appear to be practicable in the Team Form, whether there is practicality in the attacks and defenses during Self-Defense, and whether the movements are in harmony during the demonstration.
- 2.3. Presentation: Points may be awarded from 0.0 up to 4.0 based on the overall performance of the demonstration.
- 2.3.1. Creativity and Complexity: Points may be added from 0.0 up to 1.0 based on the creativity and complexity of the actions and components of the demonstration.
- 2.3.2. Synchronization and Harmony: Points may be added from 0.0 up to 1.0 based on the harmony and balance between different components of the demonstration (music, choreography, and attire for example). Harmony, balance, or synchronicity between or among the performers (unity, for example) shall also be evaluated.
- 2.3.3. Taekwondo Spirit: Points may be added from 0.0 up to 1.0 for accurate expression of energy in the demonstration. Also, the audience's involvement and fun generated from the team will be awarded in this category.
- 2.3.4. Music and Choreography: Points may be added from 0.0 up to 1.0 based on how the music and the choreography contribute to the performance of the demonstration.
- 2.4. Deduction of points
- 2.4.1. 0.3 Procedural Deduction shall be deducted from the final score for each 10 seconds, or fraction thereof, when the team has exceeded each of these time limits: (a) set-up time, (b) performance time, and (c) clean-up time.
- 2.4.2. 0.1 Procedural Deduction each time a contestant crosses the boundary line with two feet during the performance.
- 2.4.3. 0.3 Procedural Deduction for Head Strikes per attempt per board.
- 2.5. Score calculation
- 2.5.1. Technical skills shall be scored separately from presentation.
- 2.5.2. The final score shall be the average of the judges' scores for technical skills (the highest and lowest judge scores dropped before calculating the average) and the average of the judges' scores for presentation (the highest and lowest judge scores dropped before calculating the average)
- 2.5.3. The publication of the score shall show the score for Technical Skills, the score for Presentation and the Total Score.

2.5.4. All Procedural Deductions accumulated during the competition shall be deducted from the final score.



## Article 3. Competition Procedure

3. The officiating team shall consist of one Referee, four Judges, one Competition Coordinator, and one Recorder.
  - 3.1. The Referee will be responsible for awarding all Procedural Deductions.
    - 3.1.1. The Referee will also record his/her scores for Technical and Presentation.
    - 3.1.2. Each of the Judges will record a score for Technical and Presentation.
  - 3.2. The Recorder is responsible for operating the computer (if using an electronic scoring system) or managing the scoring paperwork (if using a manual scoring system). The Recorder will also start and stop the timer and will alert the Referee if a team has exceeded the allowed time for set-up, performance and clean-up.
  - 3.3. The Competition Coordinator will be responsible for out of bounds deductions. The Competition Coordinator will also call out all commands and the Recorder will start the timer as designated below.
    - 3.3.1. The Competition Coordinator gives the command “Chool-jeon”. The Recorder starts the set-up timer. The team begins set-up.
    - 3.3.2. The Competition Coordinator gives the command “Bah-roh”. The Recorder stops the set-up timer.
    - 3.3.3. The Competition Coordinator gives the command “Cha-ryeot - Kyeong-rye”.
    - 3.3.4. The Competition Coordinator gives the command “Joon-bi”.
    - 3.3.5. The music starts. The Recorder starts the competition timer.
    - 3.3.6. The music stops. The Competition Coordinator gives the command “Bah-roh”. The Recorder stops the competition timer.
    - 3.3.7. The Competition Coordinator gives the command “Shi-ah”.
    - 3.3.8. The Competition Coordinator gives the command “Tuae-jahng”. The Recorder starts the clean-up timer.
    - 3.3.9. Once all competitors, props, and boards are no longer in the Contest Area, the Recorder stops the clean-up timer.
    - 3.3.10. The Competition Coordinator gives the command “Pyo-chul”. Total Score is posted.

- 3.4. When a contest is to be stopped during the performance, the referee shall:
- 3.4.1. At the time of suspending the match, the Referee shall order the Recorder to suspend timekeeping. At that time, the Competition Coordinator is to determine the reason(s) for the stoppage of the competition.
  - 3.4.2. In the case in which a contest is stopped due to problems related to a team, and should a team not demonstrate the will to continue the contest within 90 seconds, the referee shall declare the team Disqualified. In the case where the stoppage of a contest is not related to the teams, the problem shall be resolved quickly and another chance to perform shall be given to pertinent teams.
  - 3.4.3. All the other problems that may arise shall be resolved through the meeting of the judges of the pertinent competition, Poomsae Committee Chairperson, and the Competition Supervisory Board members.
- 3.5. The Total Score shall be displayed on the computer monitor or announced immediately after totaling the judges' scores.
- 3.5.1. When using an **electronic scoring system**, the Referee and Judges shall input Technical and Presentation scores into the electronic scoring instruments after the performance and Total Score shall be automatically displayed on the monitors.
  - 3.5.2. When using **manual scoring**, the Referee or Competition Coordinator shall collect all scoring sheets and convey the results to the Recorder immediately after completion of the performance. The Recorder shall report the score to the Referee and have the Total Score displayed or announced.
    - 3.5.2.1. In order to avoid waiting while scores are tallied, a team's score may be announced after the next team's performance.

## Article 4. Decision & Declaration of Winner

4. The winner shall be the team who is awarded the highest total score, based on the following computation:
  - 4.1. The highest and lowest scores are dropped from the Technical score and dividing by 3.
  - 4.2. Then, the highest and lowest scores are dropped from the Presentation score and dividing by 3. This subtotal is added to the Technical Execution total, above, giving a total combined Technical and Presentation score.
  - 4.3. In case of a tie, the winner will be the Team having the highest Technical score.
  - 4.4. In case the scores are still tied, then the Team with the higher total points (including all judge's scores) shall be the winner.
  - 4.5. If the Teams remain tied after these steps, multiple medals will be awarded.

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*Notes*

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## Demonstration Team Score Sheet

Event:

Date:

Team Name:

Ring Number:

Category	Sub-Category	Score Allocation												Score
Technical Accuracy (6.0)	Team Form	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Acrobatic Breaking	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Single Jump Break	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Power Breaking	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Self-Defense	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Basic Movements & Practicality	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
Total Technical Score														
Presentation (4.0)	Complexity and Creativeness	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Synchronicity and Harmony	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Taekwondo Spirit	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Music & Choreography	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
Total Presentation Score														

Judge's Name:

Judge's Signature:



## Demonstration Team Competition Coordinator Sheet

Event:

Date:

Team Name:

Ring Number:

<b>Category</b>	<b>Score Allocation</b>	<b>Score</b>
Out of Bounds		
	Total Out of Bounds	
	<b>Total Deductions</b> (-0.1 x Total Out of Bounds)	