

Sport Poomsae Competition format (notable points)

1.1. Single elimination tournament format

1.1.1. In the single elimination tournament, a competitor is eliminated from competition after one loss.

1.1.2. Competitors are matched with opponents randomly or by seeding.

1.1.3. Competitors perform one or two forms in each round randomly selected from the Compulsory

Poomsae by the Tournament Committee and observed by the Referee Chair(s) or designee

prior to the competition.

1.1.3.1. The Poomsae may be drawn at the Contest Area for each contest and displayed by monitor.

1.1.4. Competitors may perform simultaneously or one at a time as determined by the Tournament Committee.

Link to USA Taekwondo Sport Poomsae Rules

https://assets.contentstack.io/v3/assets/blteb7d012fc7ebef7f/bltd745ba31b6148846/67f407c7e359cc16458b0ed1/2025_USATKD_Poomsae_Rules.pdf

Kyorugi Competition Format (notable points)

- The Daedo PSS (Gen 2) will be utilized. A small number of Daedo socks will be available for purchase at the event.
- The first fighter to win two (2) of the three (3) two-minute rounds will be declared the winner.
- In the case of a tie, determination of a winner will default to the process expressed in the USA Taekwondo Kyorugi Rules (Article 15, section 5).

Link to USA Taekwondo Kyorugi Rules

https://assets.contentstack.io/v3/assets/blteb7d012fc7ebef7f/blt18952dcbc6109846/65fc44a3f2a2920e2ebf720f/2024_USATKD_Kyorugi_Rules_v2_3_21_24.pdf