

NASTA POOM-SE (Form/Pattern) Rules

General Rules and Regulations for Poom-se (Forms/Patterns) Competition.

I. Competition shall be divided by age, belt and gender in general.

A. All ages and belt divisions

Age Groups	Belt Divisions
5 Male	Novice, Intermediate, Advanced
5 Female	Novice, Intermediate, Advanced
6 & 7 Male	Novice, Intermediate, Advanced
6 & 7 Female	Novice, Intermediate, Advanced
8 & 9 Male	Novice, Intermediate, Advanced, Black
8 & 9 Female	Novice, Intermediate, Advanced, Black
10 & 11 Male	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
10 & 11 Female	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
12 & 13 Male	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
12 & 13 Female	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
14 & 15 Male	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
14 & 15 Female	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
16 & 17 Male	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
16 & 17 Female	Novice, Intermediate, Advanced, Black 1, Black 2 & Up
Senior Male	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3 & Up
Senior Female	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3 & Up
Executive Male	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3 & Up
Executive Female	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3 & Up
Ultra Male	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3 & Up
Ultra Female	Novice, Intermediate, Advanced, Black 1, Black 2, Black 3 & Up

B. In Junior Divisions (ages 5 to 17), where there are 40 or more athletes, that division will be divided into two divisions according to age.

II. **Merits**

Merit will be awarded on the basis of beauty, rhythm, grace, focus, power and technique.

III. **Judging Procedure**

A. All methods of bracketed competition are allowed. At National level competition, the Brazilian Repechage system will be used. Two competitors will perform their form/pattern simultaneously. No competitor may begin his/her pattern a second time (unless both competitors are unable to complete their form during the first time through).

B. When using three judges, they shall be positioned in an equilateral triangle, one on each front corner and one between the two remaining corners. The referee shall abstain from scoring.

C. When using five corners, the judges shall be positioned at the four corners of the competition area and the referee shall be positioned in the rear between the two corner judges. The referee shall represent the fifth scorer.

IV. **Duties of Officials (Referees, Judges, Computer Operators)**

A. Referee

1. Ensure all competitors are doing the correct form prior to the start of the division.
2. Give pre-competition instructions when necessary.
3. Control the entry and exit of the competitors to the mat.
4. Independently state his/her opinion regarding the modification of a form when requested by the National Chief Referee.
5. Announce the match winners.

B. Judges

1. Be positioned in an equilateral triangle-one on each front corner and one between the two remaining corners.
2. Indicate their vote for winner through the use of the flag upon the Referee's command.
3. Stand and offer opinion on modification or alteration of a form prior to the "Call" command.

C. Computer Operator

1. Keep Accurate brackets of each match, ensuring that the correct competitor is a Advanced.
2. Record the winner on the scoreboard.
3. Call the names of the competitors when indicated to do so by the Referee.
4. Complete the bracket sheet correctly showing 1st, 2nd, 3rd, and 4th place winners.

V. **Official Signals and Language**

Officials shall use authorized gestures and terminology, as indicated below during the competition.

A. Referee

1. Before the Start of the Division

The Referee shall line up the competitors at the back of the ring and bow in the division. Next, the Referee shall check all competitors' forms to ensure that they are performing patterns appropriate to their rank and division.

2. Before the Match

Calling the competitors: The Referee stands at his/her mark in the ring, with both arms bent at the elbow at a 45-degree angle and the index fingers extended. He/she then calls the competitors to their marks by saying "Chung" (blue) and pointing the right index finger down to a 45-degree angle and slightly forward towards the athlete's mark, and then repeats the same procedure with the left hand for "Hong" (red).

3. Bow in the Competitors

The Referee shall raise both arms (triceps parallel to the floor), hands open (palms facing inward) and forearms bent vertically at the elbows and says, "char-yeot" (attention), to indicate that the competitors should face one another and come to attention. Next the Referee shall extend the palms downward and parallel to the floor at chest level while saying, kyeong-rye (bow) to indicate that the competitors should bow to one another.

4. To Start the Match

After bowing in the two competitors, the referee shall indicate for them to face the front by turning his/her hands forward. Once facing the front the referee will tell the competitors to move to their starting positions. The Referee will then announce "joon-bi" (ready). After the announcement of "joon-bi" (ready) the referee shall announce "shi-jak" (begin).

5. **The Referee shall exit** the back of the ring and stand at the edge of the mat.

6. To End the Match and Vote for the Winner

The Referee will return to the center of the ring, and call competitors back to the starting position. The Referee will then bow out the competitors following the same procedure used to bow in the competitors. Next, with both arms parallel to the floor, palms down and fingertips touching the Referee will command, "Judges, Call". The Referee shall remain with both arms parallel to the floor, palms down and fingertips touching and calculate the votes of the three judges.

7. To Award the Winner

Next, still standing between the two competitors and facing the head table, he/she will command both competitors to face the head table and then drop both hands to his/her side, raise the right arm with a closed fist to the sternum, continuing to raise the right arm in a knife-hand up at a 45-degree angle with the palm facing upward and declare "Chung-sung" if Blue is the winner. If Red is the winner, follow the same procedure with the left hand and declare "Hong-sung".

8. To Award the Medal Places

At the end of the competition, the Referee will line up the top 4 place winners by calling the names of the winners from 1st to 4th place, indicating where they should stand. The Referee will then announce the places starting with 4th place and ending with 1st place while extending the appropriate number of fingers over each competitor's head to indicate the place they won.

B. Judges

1. To make a call

Upon the referee's command, "judges", each judge shall the flag at chest level parallel to the floor. Upon the Referee's command "call" each judge shall flip the flag perpendicular to the floor with the color of the flag corresponding to the player that the judge feels performed the superior pattern, according to the criteria of Article II (Merits), point upward.

2. To indicate that a form may have been modified

Prior to the Referee making the "judges-call" command, if a judge feels a form may have been modified, he/she shall stand up and kihap. Upon being questioned by the Referee, the judge will state their opinion as to why the form was modified.

VI. **Recognized Forms/Patterns**

A. The official Forms/Patterns accepted for competition shall be:

Divisions	ITF	WTF	TSD/MDK
Novice White Yellow Orange	Chon-Ji Dan-Gun Do-San	Pal Gwe 1-2 Taeguek 1-2	Ki-Cho (Ki-bon) 1-3 Pyung-An/Pinan 1 Basic Form 1-3
Intermediate Green Purple Blue	Won-Hyo Yul-Gok Joong-Gun Toi-Gye	Pal Gwe 2-6 Taeguek 2-6	Ki-Cho (Ki bon) 3 Pyung-An/Pinan 1-4
Advanced Red Brown	Hwa-Rang Choong-Moo	Pal Gwe 6-8 Taeguek 6-8	Pyung-An/Pinan 4-5 Passaai (Bassai)
1st Dan	Kwang-Gae Po-Eun Ge-Baek	Koryo	Jin do Jit-Te
2nd Dan	Eui-Am Choon-Jang Ko-Dang Juche	Keumgang	Ro-Hai
3rd Dan	Sam-Il Yoo-Sin Choi-Yong	Taebaek	Kong San Kun
4th Dan	Ton-Gae Ul-Ji Moon-Moo	Pyongwon	Wan Shu
5th Dan	So-San Se-Jong	Sip Jin	Ji-On
6th Dan	Tong-IL	Jitae	O Sip Sa Bo Tae Guik Kwon
7th Dan		Chonkwon	Sei-Shan So Rim Jang Kwon
8th Dan		Hansu	Sip Soo
9th Dan		Ilyeo	

- B. **Forms/Patterns Can Not Be Altered or Modified.** Do not add or leave out kicks or movements. Doing so can result in disqualification. No Variation from the above list will be accepted.
- C. Players may do ANY Form/Pattern listed for their division or one division **below up to their current rank.**