

Freestyle poomsae scoring guidelines

Technical Score (6 points, 1 point for each category)

Height of jump: Jumping side kick	Body:	0.5 (average)	0.6 (good)	0.7 (excellent)
	Head:	0.6 (average)	0.7 (good)	0.8 (excellent)
	Above Head:	0.7 (average)	0.8 (good)	0.9 (excellent)
	● Teams/Pairs: All members must do jumping side kick, score the best one			
Number of jumping kicks: Jump front kick	3 kicks:	0.5 (average)	0.6 (good)	0.7 (excellent)
	4 kicks:	0.6 (average)	0.7 (good)	0.8 (excellent)
	5+ kicks:	0.7 (average)	0.8 (good)	0.9 (excellent)
	● > 80% knee extension ● Any kick other than front kick: no score			
Gradient of Turn: Jump spin kick	>360:	0.5 (average)	0.6 (good)	0.7 (excellent)
	>540:	0.6 (average)	0.7 (good)	0.8 (excellent)
	>720:	0.7 (average)	0.8 (good)	0.9 (excellent)
	● < 360: 0 point			
Number of consecutive kick (kyorugi style kicks)	<ul style="list-style-type: none"> ● Score between 0.1 – 0.9 based on performance level <ul style="list-style-type: none"> ○ 0.1-0.2: Poor ○ 0.3-0.4: Fair ○ 0.5-0.6: Average ○ 0.7-0.8: Very good ○ 0.9: Excellent ● 3-5 kicks <ul style="list-style-type: none"> ○ double kicks count as 1, triple kicks count as 2 ○ less than 3 kicks: no score ○ score is independent of the number of kicks performed ● Must start with 3-5 bounces, see “other deductions” below for too many/few bounces. <ul style="list-style-type: none"> ○ No bounce: no score 			
Acrobatic action	1 kick:	0.5 (average)	0.6 (good)	0.7 (excellent)
	2 kicks:	0.6 (average)	0.7 (good)	0.8 (excellent)
	3+ kicks:	0.7 (average)	0.8 (good)	0.9 (excellent)
	<ul style="list-style-type: none"> ● No kick: 0 point ● Kick(s) must be performed in the air with both hands off the ground ● Kick(s) must be taekwondo kicks (usually front kick or roundhouse kick), with knee bent while chambering, and at least 80% knee extension while kicking 			
Basic movements and practicality	<ul style="list-style-type: none"> ● Score between 0.1 – 0.9 based on performance level <ul style="list-style-type: none"> ○ 0.1-0.2: Poor ○ 0.3-0.4: Fair ○ 0.5-0.6: Average ○ 0.7-0.8: Very good ○ 0.9: Excellent 			

- Music shall be choice of a contestant. However, it should not contain any political, social and religious contents.
- Mandatory kicking techniques must be performed *in sequence* starting with jumping side kick.
- Loss of balance while performing any mandatory technique is deducted in the technical score of the corresponding category (-0.1 or -0.2 depends on severity). Points *may* further be deducted if it affects the performance of the technique (e.g., an otherwise excellent technique with poor balance may be dropped to good, in addition to the -0.1 or -0.2 deduction for balance).
- For teams and pairs, all members must do jumping side kicks. For all other techniques, only one member is required to perform. If more than one member performs a technique, score the best one in technical score. The performance of all members are considered in presentation.
- If a mandatory technique is performed multiple times, only the first one is scored in technical score. All performance of the same technique are considered in the presentation score.

Presentation (4 points, 1 point for each category)

1. **Creativity:** Points may be awarded based on the creativity of the actions and components of the Poomsae.
2. **Harmony:** Points may be awarded based on the harmony and balance between different components of the Poomsae (music, choreography, and attire for example). Harmony, balance, or synchronicity between or among the performers (unity, for example) shall be also evaluated in the case of team and pairs contests.
3. **Expression of energy:** Points may be awarded for accurate expression of energy in the Poomsae.
4. **Music and choreography:** Points may be awarded based on how the music and the choreography contribute to the performance of the Poomsae.

The performance of each category is scored as follows:

- 0.1-0.2: Poor
- 0.3-0.4: Fair
- 0.5-0.6: Average
- 0.7-0.8: Very good
- 0.9: Excellent

Other Deductions (“Deductions and Penalties” on the score sheet, from the overall score):

Too many run up steps (>5)	-0.1 for each run up step after the fifth step
Too few/many bouncing steps for kyorugi style kick (<3 or >5 bouncing steps)	1-2 bounces (too few): -0.1 5-8 bounces (<=3 bounces too many): -0.1 9+ bounces (>3 bounces too many): -0.3
Missing mandatory stance	-0.3 for each missed mandatory stance: (a) dwitkubi (b) beom seogi (c) hakdari seogi
Over/Under time limit (<60 or >70 seconds)	-0.1 for every 5 seconds

Crossing boundary line	-0.3 each time any member has <i>both feet</i> out of the competition area any technique done outside of competition area is not scored
Failed to synchronize for more than 2 movements (by mistakes or intentionally)	-0.3 for each movement failed to synchronize
Restart	-0.6, no deduction if the restart is caused by technical issues (e.g., problem with playing the music)
No music	Disqualified



World Taekwondo Federation

Judge's Score Sheet

(WTF Free Style Poomsae)
(New version, to be used from 2014)

Court

Category	Sub-Category	Score Allocation												Score
Technical Skills (6.0)	Level of Difficulty of Foot Techniques (5.0)	- Height of Jump	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
		- Number of Jumping Kicks	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
		- Gradient of Turn	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
		- Performance level of consecutive kicks	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	
	- Acrobatic Actions	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Basic Movements & Practicability (1.0)	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
Presentation (4.0)	Creativeness	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Harmony	0.0	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0		
	Expression of Energy	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		
Sub-total Score (10.0)														
Deductions and penalties														
Total Score														

▪ Judge's Name : _____

▪ Judge's Nation : _____ ▪ Signature : _____