



TECHNICAL GUIDELINE

WT DEMONSTRATION & BREAKING CHAMPIONSHIPS

부칙: WT 시범격파대회 기술수칙

In Force as of June 2024

Enacted: June, 2024

© World Taekwondo
Seoul, Korea
All rights reserved
June 2024

Published by the
World Taekwondo
Printed in Korea

Technical Guideline
WT Demonstration & Breaking Championships
Table of Contents

Article 1. Purpose	제 1 조 목적	4
Article 2. Application	제 2 조 적용범위	5
Article 3. Weight category	제 3 조 체급	5
Article 4. Classification and methods of competition	제 4 조 경기의 종류와 방식	6

Article 1 Purpose
제 1 조 목적

- 1 The purpose of the technical guideline is to provide standardized rules for the World Taekwondo Demonstration & Breaking Championships and contains details and rules for operating a smooth event.

Article 2 Application
제 2 조 적용범위

- 1 The technical guideline applies to the World Taekwondo Demonstration & Breaking Championships, and any matters not specified in these rules shall adhere to the competition rules & interpretation set forth by the World Taekwondo.

Article 3 Division
제 3 조 세부종목

- 1 Individual Breaking
 - 1.1 Jumping Multiple Kicks
 - 1.2 Vertical Spinning Kick
 - 1.3 Freestyle Breaking
- 2 Demonstration Performance

Article 4 Classification and methods of competition

제 4 조 경기의 종류와 방식

- 1 Individual Breaking
 - 1.1 Jumping Multiple Kicks
 - 1.1.1 Duration: up to 60 seconds, breaking must be completed within 60 seconds
 - 1.1.2 Breaking Board shall be provided by the Organizing Committee
 - 1.1.3 Sequence of Kicks: Roundhouse Kick– Scissors Kick – side Kick
 - 1.1.4 Breaking Technique
 - 1.1.4.1 Breaking must be made in the air after run-up
 - 1.1.4.2 “Complete break” is the status which the breaking board is split into 2 or more pieces, in consequence of contestant’s kick
 - 1.1.4.3 Breaking board can be located freely within the contest area
 - 1.1.5 Scoring Criteria
 - 1.1.5.1 Accuracy (5.0): Level of Completion – Preparation, Motion in the air, Landing and Balance
 - 1.1.5.2 Presentation (5.0): Height and distance between performances, Presentation of techniques in the air
 - 1.1.6 Deduction
 - 1.1.6.1 3 Points deduction per unbroken board
 - 1.1.6.1.1 Breaking is only permitted with contestant’s feet
 - 1.1.6.1.2 Breaking board using other parts of contestant’s body is not an accepted technique
 - 1.1.6.1.3 Breaking by holders (bending or snapping the board) is not an accepted technique
 - 1.1.6.1.4 Breaking after contestant’s landing is not an accepted technique
 - 1.1.6.2 5 Points deduction for falling
 - 1.1.6.2.1 Contestant’s knee or parts above the knee touching the ground or falling after breaking followed by landing
 - 1.1.6.2.2 In case contestant’s body was in contact with holders
 - 1.1.6.2.3 In case constant receive assistance from holders in landing
 - 1.1.6.3 Maximum 3 points deduction for adjustment(movement) made to board by holder
 - 1.1.6.3.1 3 points deduction for significant adjustment (movement of board and/or holder) by holder
 - 1.1.6.3.2 2 points deduction for moderate adjustment (movement of board and/or holder) by holder
 - 1.1.6.3.3 1 point deduction for minor adjustment (movement of board and/or holder) by holder
 - 1.1.6.4 Deduction on time
 - 1.1.6.4.1 5 points deduction from the final point in case of exceeding 0.1 – 5 seconds
 - 1.1.6.4.2 Additional 5 points deduction for every 5 seconds exceeding (e.g. 10 points deduction for exceeding 10 seconds)
 - 1.1.6.4.3 3 Points deduction from the final point in case both feet of contestant is out of boundary line
 - 1.1.6.5 Disqualification
 - 1.1.6.5.1 Separately mentioned in the event outline Article 6 Disqualification
 - 1.1.6.6 Scoring and Tie-break
 - 1.1.6.6.1 5 Judges system shall be applied, average score after excluding the highest and lowest score is the final score
 - 1.1.6.6.2 In case of tie in the final score, contestant with the highest point in sequence of Roundhouse Kick – Scissors Kick – side Kick shall be declared as winner
 - 1.2 Vertical Spinning Kick
 - 1.2.1 Duration: up to 60 seconds, breaking must be completed within 60 seconds
 - 1.2.2 Breaking Board shall be provided by the Organizing Committee
 - 1.2.3 Sequence of Kicks: Jumping 540, 720, 540 Spinning Hook Kick
 - 1.2.4 Breaking Technique
 - 1.2.4.1 Breaking must be made in the air after run-up
 - 1.2.4.2 “Complete break” is the status which the breaking board is split into 2 or more pieces, in consequence of contestant’s kick
 - 1.2.4.3 Breaking board can be located freely within the contest area
 - 1.2.5 Scoring Criteria
 - 1.2.5.1 Accuracy (5.0): Level of Completion – Preparation, Motion in the air, Landing and Balance

- 1.2.5.2 Presentation (5.0): Height and distance between performances, Presentation of techniques in the air
- 1.2.6 Deduction
 - 1.2.6.1 3 Points deduction per unbroken board
 - 1.2.6.1.1 Breaking is only permitted with contestant's feet
 - 1.2.6.1.2 Breaking board using other parts of contestant's body is not an accepted technique
 - 1.2.6.1.3 Breaking by holders (bending or snapping the board) is not an accepted technique
 - 1.2.6.1.4 Breaking after contestant's landing is not an accepted technique
 - 1.2.6.2 5 Points deduction for falling
 - 1.2.6.2.1 Contestant's knee or parts above the knee touching the ground or falling after breaking followed by landing
 - 1.2.6.2.2 In case contestant's body was in contact with holders
 - 1.2.6.2.3 In case constant receive assistance from holders in landing
 - 1.2.6.3 Maximum 3 points deduction for adjustment(movement) made to board by holder
 - 1.2.6.3.1 3 points deduction for significant adjustment (movement of board and/or holder) by holder
 - 1.2.6.3.2 2 points deduction for moderate adjustment (movement of board and/or holder) by holder
 - 1.2.6.3.3 1 point deduction for minor adjustment (movement of board and/or holder) by holder
 - 1.2.6.4 Deduction on time
 - 1.2.6.4.1 5 points deduction from the final point in case of exceeding 0.1 – 5 seconds
 - 1.2.6.4.2 Additional 5 points deduction for every 5 seconds exceeding (e.g. 10 points deduction for exceeding 10 seconds)
 - 1.2.6.4.3 3 Points deduction from the final point in case both feet of contestant is out of boundary line
 - 1.2.6.5 Disqualification
 - 1.2.6.5.1 Separately mentioned in the event outline Article 6 Disqualification
 - 1.2.6.6 Scoring and Tie-break
 - 1.2.6.6.1 5 Judges system shall be applied, average score after excluding the highest and lowest score is the final score
 - 1.2.6.6.2 In case of tie in the final score, contestant with the highest point in sequence of 540 Spinning Hook Kick, 720, Jumping 540 shall be declared as winner
- 1.3 Freestyle Breaking
 - 1.3.1 Duration: up to 120 seconds, breaking must be completed within 120 seconds
 - 1.3.2 Maximum 15 Breaking Board shall be provided by the Organizing Committee
 - 1.3.3 Sequence of Kicks can be decided freely by contestants
 - 1.3.4 Breaking Technique
 - 1.3.4.1.1 Breaking must be made in the air after run-up
 - 1.3.4.1.2 "Complete break" is the status which the breaking board is split into 2 or more pieces, in consequence of contestant's kick
 - 1.3.4.1.3 Breaking board can be located freely within the contest area
 - 1.3.4.1.3.1 In case of Vertical Spinning kick, the kick must be made above the waist
 - 1.3.5 Scoring Criteria
 - 1.3.5.1 Accuracy (40): Level of Completion – Preparation, Motion in the air, Landing and Balance
 - 1.3.5.2 Presentation (40): Height and distance between performances, Presentation of techniques in the air
 - 1.3.5.3 Level of Performance Skill (20): Technique done by contestant
 - 1.3.6 Deduction
 - 1.3.6.1 5 Points deduction for falling
 - 1.3.6.1.1 Contestant's knee or parts above the knee touching the ground or falling after breaking followed by landing
 - 1.3.6.1.2 In case contestant's body was in contact with holders
 - 1.3.6.1.3 In case constant receive assistance from holders in landing
 - 1.3.6.2 Maximum 3 points deduction for adjustment(movement) made to board by holder
 - 1.3.6.2.1 3 points deduction for significant adjustment (movement of board and/or holder) by holder
 - 1.3.6.2.2 2 points deduction for moderate adjustment (movement of board and/or holder) by holder
 - 1.3.6.2.3 1 point deduction for minor adjustment (movement of board and/or holder) by holder
 - 1.3.6.3 Deduction on time
 - 1.3.6.3.1 5 points deduction from the final point in case of exceeding 0.1 – 5 seconds
 - 1.3.6.3.2 Additional 5 points deduction for every 5 seconds exceeding (e.g. 10 points deduction for exceeding 10 seconds)

- 1.3.6.3.3 3 Points deduction from the final point in case both feet of contestant is out of boundary line
 - 1.3.6.4 Disqualification
 - 1.3.6.4.1 Separately mentioned in the event outline Article 6 Disqualification
 - 1.3.6.5 Scoring and Tie-break
 - 1.3.6.5.1 5 Judges system shall be applied, average score after excluding the highest and lowest score is the final score
 - 1.3.7 In case of tie in the final score, contestant with the highest point in Accuracy, Presentation, and Level of Performance shall be declared as winner
- 2 Demonstration Performance
- 2.1 Duration: up to 5 minutes, allowing up to 10 seconds
 - 2.2 Maximum 50 Breaking Board shall be provided by the Organizing Committee
 - 2.3 Sequence of performance can be decided freely by contestants
 - 2.4 Composition of Team
 - 2.4.1 Each team must consist of 7 members including more than 2 male and 2 female
 - 2.4.2 Scoring Criteria
 - 2.4.2.1 Yeonmu (20): Technique, composition of yeonmu
 - 2.4.2.2 Self-Defense (20): Practicality, Proficiency
 - 2.4.2.3 Breaking (50): Level of technique, completeness, composition of breaking
 - 2.4.2.4 Composition (10): Composition of team
 - 2.4.3 Deduction
 - 2.4.3.1 Deduction on time
 - 2.4.3.1.1 5 points deduction from the final point in case of exceeding 0.1 – 5 seconds
 - 2.4.3.1.2 Additional 5 points deduction for every 5 seconds exceeding (e.g. 10 points deduction for exceeding 10 seconds)
 - 2.4.3.1.3 3 Points deduction per person from the final point in case the team fails to meet the required number of team members
 - 2.4.3.2 Disqualification
 - 2.4.3.2.1 Separately mentioned in the event outline Article 6 Disqualification
 - 2.4.3.3 Scoring and Tie-break
 - 2.4.3.3.1 In case of tie in the final score, team with the highest point in breaking shall be declared winner
 - 2.4.3.3.2 In case 2.2.6.3.1. persists, team with the highest point in Yeonmu shall be declared winner
 - 2.4.3.3.3 In case 2.2.6.3.2 persists, team with highest point in Self-Defense shall be declared winner
 - 2.4.3.3.4 In case 2.2.6.3.3 persists, team with highest point from 5 judges shall be declared winner