DEMONSTRATION TEAM COMPETITION RULES

Effective April 10, 2026

Version 2

Published by USA Taekwondo
April 2026
© 2026 USA Taekwondo
All rights reserved

Table of Contents

1 Overview and General Guidelines 1

2 Scoring Guidelines 3

3 Competition Procedure 6

4 Decision and Declaration of Winner 8

5 Procedures for Suspending the Contest 9

6 Protest and Arbitration 10

7 Other Matters No Specified in the Rules 14

A Official Letter of Protest 15

B Demonstration Team Score Sheet 16

C Demonstration Team Competion Coordinator Sheet 17

Article 1. Overview and 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

1. Judging will be based on two criteria:

Scoring Criteria	Details of Scoring Criteria	Points
Technical Skills	Team Form	5.0
	Acrobatic Breaking	
	Single Jump Break	
	Power Breaking	
	Self-Defense	
Basic movements & practicability of movements		1.0
Presentation	Creativity and Complexity	4.0
	Synchronization and Harmony	
	Taekwondo Spirit	
	Music and Choreography	
Maximum Points		10.0

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

1.1.1. 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.

1.1.2. 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.

1.1.3. 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.

1.1.4. 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.

1.1.5. 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.

1.2. 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.

1.3. Presentation: Points may be awarded from 0.0 up to 4.0 based on the overall performance of the demonstration.

1.3.1. 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.

1.3.2. 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.

1.3.3. 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.

1.3.4. 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.

1.4. Deduction of points

1.4.1. 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.

1.4.2. 0.1 Procedural Deduction each time a contestant crosses the boundary line with two feet during the performance.

1.4.3. 0.3 Procedural Deduction for Head Strikes per attempt per board.

1.5. Score calculation

1.5.1. Technical skills shall be scored separately from presentation.

1.5.2. 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)

1.5.3. The publication of the score shall show the score for Technical Skills, the score for Presentation and the Total Score.

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

Article 3. Competition Procedure

1. The officiating team shall consist of one Referee, four Judges, one Competition Coordinator, and one Recorder.

   1.1. The Referee will be responsible for awarding all Procedural Deductions.

      1.1.1. The Referee will also record his/her scores for Technical and Presentation.

      1.1.2. Each of the Judges will record a score for Technical and Presentation.

   1.2. 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.

   1.3. 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.

      1.3.1. The Competition Coordinator gives the command “Chool-jeon”. The Recorder starts the set-up timer. The team begins set-up.

      1.3.2. The Competition Coordinator gives the command “Bah-roh”. The Recorder stops the set-up timer.

      1.3.3. The Competition Coordinator gives the command “Cha-ryeot - Kyeong-rye”.

      1.3.4. The Competition Coordinator gives the command “Joon-bi”.

      1.3.5. The music starts. The Recorder starts the competition timer.

      1.3.6. The music stops. The Competition Coordinator gives the command “Bah-roh”. The Recorder stops the competition timer.

      1.3.7. The Competition Coordinator gives the command “Shi-ah”.

      1.3.8. The Competition Coordinator gives the command “Tuae-jahng”. The Recorder starts the clean-up timer.

      1.3.9. Once all competitors, props, and boards are no longer in the Contest Area, the Recorder stops the clean-up timer.

      1.3.10. The Competition Coordinator gives the command “Pyo-chul”. Total Score is posted.

   1.4. The Total Score shall be displayed on the computer monitor or announced immediately after totaling the judges’ scores.

1.4.1. 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.

1.4.2. 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.

1.4.2.1. 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 and Declaration of Winner

1. The winner shall be the team who is awarded the highest total score, based on the following computation:

    1.1. The highest and lowest scores are dropped from the Technical score and dividing by 3.

    1.2. 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.

    1.3. In case of a tie, the winner will be the Team having the highest Technical score.

    1.4. In case the scores are still tied, then the Team with the higher total points (including all judge's scores) shall be the winner.

    1.5. If the Teams remain tied after these steps, multiple medals will be awarded.

Article 5. Procedures for Suspending the Contest

1. When a contest is to be stopped during the competition, the referee shall:

    1.1. At the time of suspending the match, the referee shall order the recorder to suspend timekeeping and music. At that time, the competition coordinator is to determine the reason(s) for the stoppage of the competition.

    1.2. In the case in which a performance is stopped due to a medical issue, the referee shall summon the medical team and allow them 90 seconds to determine if the athlete can continue.

        1.2.1. If the athlete can continue then the Team may:

            1.2.1.1. Resume their performance from the moment it was suspended, keeping the scores from the already completed portion.

        1.2.2. If the athlete cannot continue then the Team may:

            1.2.2.1. Resume their performance from the moment it was suspended, keeping the scores from the already completed portion.

            1.2.2.2. End their performance. The referee and judges will then submit scores based on the performance until the point of suspension.

    1.3. 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 this Team is Disqualified.

    1.4. 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.

    1.5. All the other problems that may arise shall be resolved through the meeting of the referee and judges of the pertinent competition, Poomsae Committee Chairperson, and the Competition Supervisory Board members.

Article 6. Protest and Arbitration

1. A procedure for protest is provided in case there is a clear erroneous decision from the refereeing officials in identification of the winning contestants, errors in the scoring system, or other administrative errors resulting in the wrong players being named as winners. However, as a first recourse, the coach/team captain should respectfully bring the matter to the attention of the officiating team; if the situation cannot be resolved, then a formal protest may be filed.

   1.1. Note that only procedural and administrative errors are subject to protest (including errors in addition or calculation of winners when an electronic system is not in use). Disagreements about scoring are not protestable.

2. Composition and Authority of the Competition Supervisory Board

   2.1. Qualifications of the members:

      2.1.1. Qualified Competition Supervisory Board members shall be persons with sufficient Taekwondo experience recommended by the USATKD Chief Executive Officer or his/her designee.

   2.2. Composition:

      2.2.1. One Chairman and no more than six members.

         2.2.1.1. One (1) Referee Chair or their designee.

         2.2.1.2. One (1) credentialed coach, selected by the USATKD Performance Department, Coach Advisory Group or onsite USATKD events management lead.

         2.2.1.3. One (1) athlete representative, eligible and participating in the current event.

         2.2.1.4. One (1) USATKD staff member, designated by the USA Taekwondo CEO, USA Taekwondo Managing Director of Operations or designee.

         2.2.1.5. One (1) Medical Staff member, designated by the USATKD Event Managing Director.

      2.2.2. If there are officials from the same state or the same training affiliation, as either contestant involved on the Competition Supervisory Board, those members must be excluded from the Board. In all cases, the number of Board members must be an odd number. If the Chair is one who is ineligible, a temporary chair must be elected by the remaining members.

      2.2.3. The chair and members of the Competition Supervisory Board will be appointed by the USATKD Chief Executive Officer or his/her designee.

2.2.3.1. For USATKD owned, operated or sanctioned events, the CSB for each event will be appointed prior to the beginning of the tournament.

2.3. Responsibility

2.3.1. The Competition Supervisory Board shall adjudicate protests and correct misjudgments if necessary. In their concurrent capacity as the Sanction Committee, the Competition Supervisory Board may also take disciplinary action against the officials committing the infraction. Documented records and results shall be sent to the USATKD Chief Executive Officer.

2.4. Powers and Authority of the Competition Supervisory Board

2.4.1. The CSB shall have the authority to:

2.4.1.1. Review all relevant circumstances and available evidence.

2.4.1.2. Interview involved parties and witnesses.

2.4.1.3. Recommend or implement solutions, remedies, or disciplinary actions, even if those remedies are not explicitly detailed in the existing rulebook, provided they are grounded in fairness, integrity, and the safety and well-being of the athletes.

2.4.1.4. Issue temporary rulings or guidance for the remainder of the event if immediate resolution is required.

2.4.2. The Chair of the Competition Supervisory Board may recommend that the USATKD Referee Chairman for that event or USATKD designee replace referees or judges.

2.5. Guiding Principles of Competition Supervisory Board

2.5.1. Fairness over Formalism: When rules are silent, fairness and athlete protection will prevail.

2.5.2. Transparency and Accountability: All actions taken will be documented and reported post-event for transparency and possible rule amendments.

2.5.3. Inclusivity: Solutions will prioritize the inclusive spirit of taekwondo and consider the diverse needs of all participants.

2.6. Post-Event Review

2.6.1. Decisions made by a CSB during an event will be subject to post-event review by USA Taekwondo leadership, with the opportunity to codify new precedents or propose rulebook amendments for future clarity.

3. Protest Procedure After the Match

3.1. In case there is an objection that cannot be resolved with the officiating team, within 10 minutes after the round in Cut-Off or Modified Cut-Off, the certified coach representing the athlete may submit an application for re-evaluation of decision (protest application) together with the prescribed, non-refundable fee of one hundred dollars ($100.00) to the Event Director.

3.2. Deliberation of re-evaluation shall be carried out excluding those members of the same state or training affiliation as that of either contestant concerned, and resolution shall be made by majority vote.

3.3. The members of the Board of Arbitration (Competition Supervisory Board) may summon the refereeing officials for confirmation of events.

3.4. The resolution made by the Competition Supervisory Board will be final and no further means of appeal will be applied.

4. Deliberation procedures are as follows:

4.1. A coach or head of team representing the protesting player is permitted to make a brief verbal presentation to the Board of Arbitration in support of their position.

4.2. After reviewing the protest application, the content of the protest must be arranged according to the criterion of “Acceptable” or “Unacceptable.”

4.3. If necessary, the Board can hear opinions from the referee or judges.

4.4. If necessary, the Board can review the material evidence of the decision, such as the written records (brackets, competitor lists, score sheets, tally sheets), or electronic records of the match. No videotapes can be used.

4.5. After deliberation, the Board holds a secret ballot to determine a majority decision.

4.5.1. In the event of a tie in CSB decision-making, the CEO of USATKD (or their designated representative) will cast the deciding vote.

4.6. The Chair will make a report documenting the outcome of the deliberation and shall make this outcome publicly known.

4.7. Subsequent process following the decision:

4.7.1. Errors in determining the match results, mistakes in calculating the match score or misidentifying a contestant shall be corrected.

4.8. Errors in application of the rules:

4.8.1. When it is determined by the Board that the officiating team made a clear error in applying the Competition Rules (for example, advancing the wrong number of players) the outcome of the error shall be corrected.

4.9. The Chair of the Competition Supervisory Board may recommend that the USATKD Referee Chairman for that event or USATKD designee replace referees or judges in the event that refereeing officials have been wrongly assigned, or when it is judged that any of the assigned refereeing officials have unfairly conducted the contest or made unjustifiable mistakes.

5. Procedure of Sanction

5.1. The deliberation procedure of Sanction shall correspond to that of Competition Supervisory Board, and the details of sanction will comply with the Regulations on Sanctions.

5.2. The USATKD Executive Director (or in case of his/her absence, the USATKD Referee Chairman for that event or USATKD designee) may request that the Sanction Committee meet to deliberate when any of the following behaviors are committed by a coach, contestant, or official:

5.2.1. Interfering with the management of a contest

5.2.2. Stirring up spectators or spreading false rumor

5.2.3. Aggressive or inappropriate behavior toward any technical officials

5.2.4. Not leaving the contest area after the contest

5.2.5. Throwing any materials and/or equipment

5.3. When judged reasonable, the Sanction Committee shall deliberate and take disciplinary action immediately. The result shall be announced and reported to the USATKD Chief Executive Officer.

5.4. The Sanction Committee may summon involved persons for confirmation of events.

Article 7. Other Matters No Specified in the Rules

1. In the interest of maintaining fairness, integrity, and responsiveness during competitive events, this rule provides a formal mechanism to address any and all matters not explicitly covered by the existing competition rules.

    1.1. Matters relating to a contest shall be decided through consensus by a Competition Supervisory Board

        1.1.1. The Competition Supervisory Board shall be composed and operate according to Article 6.2.2. through Article 6.2.5.

    1.2. Matters not related to a specific contest through the event shall be decided by the USA Taekwondo Managing Director of Operations or their designee.

2. In the case where the competition rules are not clearly addressed in the published competition rules, procedures, or guidelines and cannot be resolved with the officiating team, within 10 minutes of the pertinent content, the certified coach representing the athlete may submit an application for re-evaluation of decision (Official Letter of Protest) together with the prescribed, non-refundable fee of one hundred dollars ($100.00) to the USATKD Event Director.

Article A. Official Letter of Protest

Event Name: _____ Date: _____

Division: _____ Gender: _____ Ring #: _____

Competitor Name: _____

I, _____, do hereby officially submit this protest in accordance with the Code of Operations of the _____ (event name) and Article _____ of the _____ Competition Rules of USA Taekwondo.

Details of Protest:

_____

_____

_____

_____

Decision Delivered by the Competition Supervisory Board:

_____

_____

_____

Name:	Signature:	Title:

NOTE: Protest must be done within ten minutes after the match is complete. A non-refundable $100 protest-filing fee, in cash, must be submitted along with this protest form. The decision of the Competition Supervisory Board is final, and there is no further recourse. You must sign this form with this understanding.

Coach Name (Print): _____

Coach Signature: _____

Article B. Demonstration Team Score Sheet

Demonstration Team Score Sheet

Team:	Ring #:	Round:
Division:		

Category	Sub-Category		Score Allocation											Score
Technical Accuracy	Technical Elements	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 & Practibility		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	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														
Total Score														

Referee: _____ NOC/State: _____ Position: _____ Signature: _____

Article C. Demonstration Team Competion Coordinator Sheet

Demonstration Team Competion Coordinator Sheet

Team:	Ring #:	Round:
Division:		

Category	Score Allocation	Score
Out of Bounds		
Total Out of Bounds		
Total Deductions (-0.1 Total Out of Bounds)		

Referee: _____ NOC/State: _____ Position: _____ Signature: _____

Demonstration Team Competion Coordinator Sheet

Team:	Ring #:	Round:
Division:		

Category	Score Allocation	Score
Out of Bounds		
Total Out of Bounds		
Total Deductions (-0.1 Total Out of Bounds)		

Referee: _____ NOC/State: _____ Position: _____ Signature: _____