Additional details about Head – to – Head Format at the U.S. Poomsae Champions Cup

Note: Only Official Black Belt Divisions will use Head-To-Head format. All Color Belts and All Pair & Team Divisions will use Cut-Off Format

Head – to – head format starts with up to eight contestants. In the event of less than eight contestants, byes will be randomly drawn to fill vacant slots. Nationally/Internationally ranked poomsae contestants will be seeded. All others will be randomly placed in the bracket of eight. In the event there are over eight contestants in a division, a semi-final round consisting of two poomsae will be conducted to determine the eight contestants that will compete in the head – to – head format.

Two contestants face off doing two poomsae. The first contestant (chung) performs the first of two poomsae and is scored. The second contestant (hong) performs the first of two poomsae and is scored. After both contestants have performed the first poomsae, the scores are shown. Chung then performs the second poomsae followed by Hong. Scores of the second poomsae are then posted along with a final score to determine the winner. This process continues through three rounds (Final 1, Final 2, Final 3) see below.

There are three rounds (finals) of two poomsae each in Head-to-Head format. The starting round of eight contestants is known as "Final 1". Once four contestants are eliminated, the remaining four advance to the second round known as "Final 2". Once Final 2 is contested, only two contestants remain and advance to "Final 3".

- The winner of Final 3 is the Gold Medalist (1st Place)
- The loser of Final 3 is the Silver Medalist (2nd Place)
- The two contestants that do not advance to Final 3 are Bronze Medalists (3rd Place)
- The four contestants that do not advance to Final 2 are considered 5th Place (no medals awarded)

No two poomsae are repeated in Head-to-Head Format. Each Final (Final 1, Final 2, Final 3) consists of two poomsae.

