



34th BELGIAN OPEN **KYORUGI & POOMSAE 2013**

European Taekwondo Union Official A - Class Tournament

INVITATION POOMSAE and POOMSAE FREE STYLE

Dear Mr President,
Dear Sir,
Dear Madam,

On behalf of the Flemish Taekwondo Union, I am proud to invite You and Your athletes to participate in the 34th Belgian Open Taekwondo Championships **Kyorugi and Poomsae and Poomsae Free Style** 2013 which will be held in Gent, Belgium, on 6 and 7 April 2013.

We guarantee high quality organization and competition - with only the best international referees worldwide - in order to guarantee high level transparency, fair play & impartiality for the athletes.

We are looking forward to receive your confirmation of participation for this event before 18 March 2013. Hotel bookings must reach the organization no later than 1 March 2013.

The Flemish Taekwondo Union will be honoured to welcome You and Your athletes.

Yours sincerely,

Erik Baert

President Flemish Taekwondo Union

1. ORGANIZATION

Supervisor	Flemish Taekwondo Union
Organization	Vlaamse Taekwondo Bond vzw - Flemish Taekwondo Union H. Van Veldekesingel 150/73 BE-3500 Hasselt Phone: + 32 11 87 09 19 Fax: +32 11 87 09 17 belgianopen@taekwondo.be www.belgianopentaekwondo.be
President	Mr. Erik Baert
Poomsae Referee Director	Mr. Mustapha Moutarazak (IPR) m.moutarazak@hotmail.com

2. DATE AND PLACE

Date	5 and 6 April 2013
Competition date	Saturday 6 April 2013
Competition hall	Topsportal Vlaanderen Zuiderlaan 14, 9000 Gent
<u>Time Table</u>	
Friday 5 April	Registration: 14:00 – 20:00 (local time) Because of organizational concern, teams and individual athletes are encouraged to register on Friday!
Saturday 6 April	08.00-09.00: Registration for competition on Saturday 09.30: Start competition A-cat.: 1 st Dan/Poom and higher
	NOTE: Times are subject to change.

3. CONTESTANTS

Membership	Proof of membership by valid National Federation Passport with ETU/WTF membership. Athletes must show their WTF-license at the registration desk. All competitors have to prove their age and nationality by presenting their passport or identification card at the weigh-in. Those who are not recognized as adults by law in their own country must submit a passport or identification card together with a written consent (liability declaration) at registration signed by parents or lawful guardians, accepting the participation and all parts of the official invitation.
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Graduation **Dangrades A-Cat.: 1st Dan/Poom and higher**
(Belt class according to WTF-regulations)

The age categories are based on the year of birth. For example, if someone is 17 years old on the day of competition and he/she is still to become 18 years, then he/she will participate in the division 18 until 29 years.

A-Class Categories (Saturday 6 April 2013)

(Belt class according to WTF regulations)

One day before the competition the Taegeuk/Poomsae will be published on the VTB-site:
www.taekwondo.be

1st, 2nd and 3rd round (finals): 2 taegeuks/poomsae (1st and 2nd Compulsory Poomsae table).

2 Taegeuk/Poomsae with 30 second pause. For each Taegeuk/Poomsae 2 points will be given (each Taegeuk/Poomsae is judged separately and the points will be announced immediately after the Taegeuk/Poomsae).

Table Individual A-class

Division	Table A-class from 1 st Dan/Poom and higher
	1 st and 2 nd Compulsory Poomsae
until 10 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
11 - 13 year	
14 – 17 year	Taegeuk 4, 5, 6, 7, 8 jang Koryo, Keumgang, Taeback
18 - 29 year	Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taeback, Pyongwon, Shipjin
30 - 39 year	
40 - 49 year	Taegeuk 8 jang, Koryo, Keumgang, Taeback Pyongwon, Shipjin, Jitae, Cheonkwon
50 - 59 year	Koryo, Keumgang, Taeback, Pyongwon Shipjin, Jitae, Chonkwon, Hansu
plus 60 year	

Table Pair (1 male and 1 female) & **Teams** (3 male or 3 female) **A-class**

Pair division	Table A-class from 1 st Dan/Poom and higher
	1 st and 2 nd Compulsory Poomsae
until 13 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
14 – 29 year	Taegeuk 6, 7, 8 Jang, Koryo Keumgang, Taeback, Pyongwon, Shipjin
plus 30 year	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Cheonkwon

Team division	Table A-class from 1 st Dan/Poom and higher
	1 st and 2 nd Compulsory Poomsae
until 13 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
14 – 29 year	Taegeuk 6, 7, 8 Jang, Koryo Keumgang, Taeback, Pyongwon, Shipjin
plus 30 year	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Cheonkwon

All compulsory Poomsae for the 1st, 2nd and final round for A-Categories will be announced 1 day before the competition on the website: www.taekwondo.be

WTF Poomsae Free Style Competition Guideline A-Class Categories

The Free Style competition will be started for only Dan/Poom degrees, age: plus 14 year.

Below an overview of the rules which should be followed:

1. Composition of Free Style Poomsae

- 1.1. Number of Poom: Each performance shall be composed of 20 to 24 poom (Composition of 1 poom shall be no more than 5 motions.)
- 1.2. Music & choreography shall be the choice of the contestant. However, it should not contain any political, social and religious contents.
- 1.3. Performed techniques must be within boundary of taekwondo.

2. Division (age: plus 14 year)

- 2.1. Individual (1): Male or Female.
- 2.2. Pair (2): 1 Male and 1 Female.
- 2.3. Mixed team (5): composition of 5 members including more than 2 males and females.

3. Duration of Contest

- 3.1. Individual, Pair and Team competition from 60 seconds to 70 seconds. (less than 60 or more than 70 seconds -0,1 deduction on every 5 second.)

4. Scoring Criteria

- 4.1. Scoring shall be made in accordance with the rules of the WTF.
- 4.2. The types of foot techniques designated by WTF Poomsae Committee are as follows:
 - 4.2.1. Heights of jump – Jumping side-kick (**in case of pair and team division, entire team members must perform this technique**).
 - 4.2.2. Number of kicks in a jump – Jumping front-kick (**at least one member of the team must perform this technique**).
 - 4.2.3. Gradient of spins in a spin kick – Spinning hook-kick or turning kick (**at least one member of the team must perform this technique**).
 - 4.2.4. Number of consecutive kicks – Kyorugi style kick (**at least one member of the team must perform this technique**) *3-5 bouncing steps in a spot is mandatory before execute the kyorugi style kicks. (exceeded bouncing of 6-8 -1 and over 8 -0,3 deduction)
 - 4.2.5. Acrobatic action – Any acrobatic action performance with taekwondo kick. (**at least one member of the team must perform this technique**).
- 4.3. Each foot technique shall be less than 3 step run-up. (**exceeded each step run-up -0,1 deduction point**)
- 4.4. One of the following stances must be included in de performance at least once:
 - **Dwitkubi**
 - **Beom-soegi**
 - **Hakdari-soegi**

4. COMPETITION RULES

Competition Rules	WTF competition rules
Forms	Taegeuk and higher WTF/Kukkiwon poomsae
Mode	<p>1) Athletes shall be allowed to compete in more divisions: Individual Division (1), Team Division (3), Pair Division (2).</p> <p>2) Cut off system: 1st round: all competitors (+20 competitors) 2nd round: at least 50% of the competitors (9-19) (including participants with equal scores) (possibility for extra rounds in case of equal scores to qualify for the finals) 3rd round: maximum of 8 competitors (highest scores) can qualify for this round. 4th round: after equal score: between 1 – 2 – 3 – 4 ranking</p>
Doping Control	Some contestants chosen at random will be tested. The list of prohibited products will be equal to the list of the IOC.
Awards	To all winners of 1 st , 2 nd and 3 rd place, cups will be awarded.
Hall Rules	Only the competitors and their coaches have admittance with their registration cards to the contest areas.
Protest	Must be made by the official coach within 10 minutes of the end of the contest to the Poomsae Referee Director. Protest fee is €100.
Liability	All competitors participate at their own risk. The organizers or the VTB shall not accept responsibility for any damages, injuries or losses sustained or incurred.

5. ENTRY

Applications	Subscriptions via Taekoplan Tournament Subscription Site (TPSS) To register and login to the service please use this link: www.tpss.nl
Deadline	Monday 18 March 2013 Entries after this deadline will not be accepted
Entry Fee	€ 50 (Euro) for each individual/pair/team if paid by bank Entry fees must be paid by bank <u>before the deadline of 18 March 2013!</u> The entry fee must be paid and specified to the bank account of the Vlaamse Taekwondo Bond vzw: Bank: Dexia, Havermarkt 36-38, B-3500 Hasselt Account: BE21 0682 3723 0503 Swift Code: GKCCBEBB

The costs of the bank transfer (non-Euro zone) will be charged. There will be no refund if a registered competitor fails to show up for the competition!

NOTE: Registrations are only valid when payments have been received and can be confirmed by the Bank and the Organizer.

€ 60 (Euro) for each individual/pair/team/mix team if paid in cash at the registration

Modifications

For all modifications that are to be made after the deadline, an administration fee of **€ 20,-** will be charged. This must be paid in cash at the registration.

Coach

For every 5 contestants within the same team, one coach is granted free admission, with a maximum of 3 coaches.

Only competitors and coaches have admittance to the competition areas.

Coaching is only allowed in sports wear (NO DOBOK!). All coaches must be 18 years or older!

All coaches need to register on www.tpss.nl and are obliged to upload a photograph. An amount of **€ 5 (Euro)** has to be paid when this is not done or if a photograph of another person was uploaded. In case you didn't upload a photo you can take a photo at the registration desk but it will cost 5 euro.

Spectators

Up to 7 years old:	admission is free
8 years and older:	1 day-ticket € 5,-

6. INTERNATIONAL REFEREES POOMSAE

Invitations for International Poomsae Referees will be made by the Referee Director.

Hotel and full board accommodation from **5 April** until **7 April 2013** will be provided by the organization for international referees.

7. ACCOMMODATION AND TRANSPORT

Hotels in Gent are quickly fully booked in this period because this competition is situated in the middle of two weeks holiday (Easter) for children in Belgium! Moreover, Gent is a major sought-after tourist destination and offers a lot of cultural, business and sport possibilities.

We learned from the past that it is necessary to offer **cheap hotel accommodation**. Therefore, the organization is holding an allocation of rooms in Gent from 5 until 7 April 2013 at very reasonable prices! (National) Teams are encouraged to book their required number of rooms early through the organization of the Flemish Taekwondo Union vzw to guarantee cheap prices and enough hotel rooms.

To find all the information and to book hotel accommodation or transport, you can visit our website www.belgianopentaekwondo.be There you will find the options we offer under the heading "Hotels". **Deadline is 1 March.**

8. OTHERS

First Aid	Will be provided by the organization and is only to be used in case of an emergency!
Insurance	The organization and supervisor assume no responsibility for teams, any damages, violence, losses and injuries during the stay in Belgium. All contestants must bring their own documents and forms for any medical treatment in Belgium. If not, this will have to be paid in cash.
Press	Filming and photographing is not allowed on the competition area, unless for press members. Recording from the public stands is only allowed for handy cam-type cameras. If you want to bring a photographer or a journalist, please mention it by email.

This tournament is supported by:

