XIII WARSAW CUP 2010

At cooperation of Polish Taekwondo Federation

This Warsaw Cup edition will be great opportunity for preparation to European Junior and Cadets Championship 2011 as it will be played in age groups of year 2011

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1. **Date:** November 26-28, 2O10
2. **Organizer:** Warsaw Taekwondo Organizations
3. **Place:** Academy of Physical Education, Marymoncka Street 34, Warsaw, Poland
4. **Competitions rules:** Contestants must hold license recognized by their own national federation. Participants must have a valid medical certificate and grades according to the ETU statute.
5. **Events: (all categories will be played in age groups of years 2011)**

Juniors	(1994 – 1997)	min. 4 geup	kyorugi / poomse
Cadets	(1997-1999)	min. 6 geup	kyorugi / poomse / nare chagi 10 s
Children	(2000 and younger)	min. 9 geup	poomse / nare chagi 10 s / twio ap

Saturday 27.11

Juniors

F -44 kg, -49 kg, -55 kg, -63 kg, +68 kg / poomse 1 kup / 1 dan (poom) +

M -48 kg, -55 kg, -63 kg, -73 kg, +78 kg

Cadets

F -33 kg, -41 kg, -47 kg, -55 kg, +59 kg / poomse 3 kup / 2 kup +

M -37 kg, -45 kg, -53 kg, -61 kg,+65 kg

Special cadets competition - 10 seconds nare chagi

Children

Special children competition - 10 seconds nare chagi / twio ap nopi chagi / poomse

Sunday 28.11

Juniors

F -42 kg, -46 kg, -52 kg, -59 kg, -68 kg

M -45 kg, -51 kg, -59 kg, -68 kg, -78 kg / poomse 1 kup/1 dan (poom) +

Cadets

F -29 kg, -37 kg, -44 kg, -51 kg, -59 kg

M -33 kg, -41 kg, -49 kg, -57 kg, -65 kg / poomse 3 kup/2 kup +

Special cadets competition - 10 seconds nare chagi

Children

Special children competition - 10 seconds nare chagi / twio ap nopi chagi / poomse

6. **Awards:** Medals for places 1-3, participant certificate for all contestants, award for the best contestant, gifts. Team kyorugi classification.

7. **Entry:** http://www.tpss.nl/ **deadline - November, 19**

8. **Fees**: entry fee €10 / contestant

9. **Referee:** All referees will be contacted and invited by the organizers, if you want to bring a referee, please let us know in advance.

10. **Accommodation:** Hotel ARAMIS, ul. Mangalia 3b www.starthotel.com (triple room/per night - €40 not including breakfasts). We ensure three meals at the event spot breakfast €4, lunch €5, dinner €4. Reservation form for hotel and meals must be ordered directly through the Organizer's Office impos@konto.pl with application form (available on www.warsawcup.com).
Hotel reservation deadline 10 of October! Meals reservation deadline - 21 of November.

11. **Other:** Teams are obliged to insure their contestants. The organizer does not take the responsibility for any accidents and the consequences of not having said insurance. According to Polish Taekwondo Federation and ETU regulations the organizer has the right to change given categories depending on actual calls.

1. **Equipment:** All players will be provided with a Daedo electronic body protector at the time of competition. All players must supply their own Daedo sensor socks. Sensor socks will also be on sale at the event. Players must also provide and wear WTF recognized head guard, groin guard, shin guards, arm guards, hand gloves and clear or white gum shields for the competition. Equipment for children nare chagi 10 sec – look at www.youtube.com/watch?v=V9qROVVC05k&feature=related

12.

13. **Timetable:**

Friday November 26

12.00 am - 8.00 pm	Registration at the competition office, weigh-in for all players

Saturday November 27

7.00 am – 8.30 am	Breakfast (at the event spot)
9.00 am	Start of the competition
7.00 pm	Opening ceremony, Finals

Sunday November 28

7.00 am – 8.30 am	Breakfast (at the event spot)
9.00 am – 5.00 pm	Start of the competition
5.00 pm	Closing ceremony

14. **Organizator contact:**

Organizational director:	Sport director:	Office director:
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