# 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.

The Poomsae and Free Style competition will be held for only Poom/Dangrades on Saturday 6 April.

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
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BE-3500 Hasselt
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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**
Topsporthal Vlaanderen
Zuiderlaan 14, 9000 Gent

**Time Table**

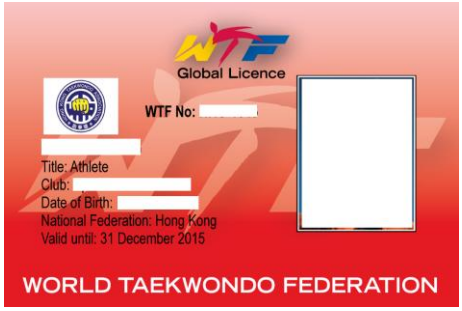
**Friday 5 April**
Registration: 14:00 – 20:00 (local time)
Because of organizational concern, teams and individual athletes are encouraged to register on Friday!

**Saturday 6 April**
08.00-09.00: Registration for competition on Saturday
09.30: Start competition A-cat.: 1st Dan/Poom and higher

NOTE: Times are subject to change.

## 3. CONTESTANTS

**Membership**
Participants must be member of a National Taekwondo Federation, affiliated to the W.T.F. This membership must be proved by the (GAL) Global Athlete Membership identification from the W.T.F. for **ALL** athletes.
NB: WTF GAL application can **ONLY** be made through the WTF Member National Association (MNA) and WTF GAL's will only be approved and cards shipped to the WTF MNA once all required information, documents and payment has being made.
**ONSITE** registration for **WTF GAL** is **NOT POSSIBLE** and registration must be done **IN ADVANCE**. A Global Athlete Licence check will be done at onsite registration before any individual is allowed to compete. Any questions on the WTF GAL should be directed to your respective WTF Member National Association.



All competitors have to prove their age and nationality by presenting their passport or identification card at the registration.
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.

**Uniform** Contestants shall wear **WTF-approved Poomsae competition uniforms**. There will be a selling stand at the competition.

**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 Belgian Open website: www.belgianopentaekwondo.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 1st Dan/Poom and higher<br>1st and 2nd 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<br>Koryo, Keumgang, Taeback |
| 18 - 29 year | Taegeuk 6, 7, 8 jang, Koryo<br>Keumgang, Taeback, Pyongwon, Shipjin |
| 30 - 39 year | |
| 40 - 49 year | Taegeuk 8 jang, Koryo, Keumgang, Taeback<br>Pyongwon, Shipjin, Jitae, Cheonkwon |
| 50 - 59 year | Koryo, Keumgang, Taeback, Pyongwon<br>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 1st Dan/Poom and higher<br>1st and 2nd Compulsory Poomsae |
|---|---|
| until 13 year | Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo |
| 14 – 29 year | Taegeuk 6, 7, 8 Jang, Koryo<br>Keumgang, Taeback, Pyongwon, Shipjin |
| plus 30 year | Taegeuk 8 Jang, Koryo, Keumgang, Taeback,<br>Pyongwon, Shipjin, Jitae, Cheonkwon |

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

**1)** Athletes shall be allowed to compete in more divisions:
**Individual Division (1), Team Division (3), Pair Division (2)**.

**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

**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 1st, 2nd and 3rd 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 before the deadline of 18 March 2013!
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
**Reference: Poomsae 2013 + club name or team name**

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:**

Met steun van de Vlaamse overheid

Provincie Oost-Vlaanderen Voor ieder van ons

gent: sport

Topsport Vlaanderen