

# 36<sup>th</sup> BELGIAN OPEN POOMSAE & FREE STYLE

## ETU A-class

Dear Mr President,  
Dear Sir/Madam,  
Dear Trainer/Coach/Athlete,

On behalf of the Flemish Taekwondo Union, I am proud to invite You and Your athletes on April 4<sup>th</sup> to participate in the 36<sup>th</sup> Belgian Open Poomsae & Free Style 2015. This championship will be held in our new location in Hasselt, Belgium.

The Poomsae and Free Style competition will be held for only Poom/Danggrades.

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.

**This top Poomsae & Free Style competition is the perfect preparation for the World Championships 2015 in Vietnam.**

We are looking forward to receive your confirmation of participation for this event before 23<sup>th</sup> March 2015.

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

Yours sincerely,

Erik Baert

President Flemish Taekwondo Union

## 1. ORGANIZATION

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

## 2. DATE AND PLACE

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<b>Competition date</b>	Saturday April 4 <sup>th</sup>
<b>Competition venue</b>	Sporthal Alverberg - Herkenrodesingel 33 - 3500 Hasselt <b>(New)</b>
<b><u>Time Table</u></b> <b>Friday April 3<sup>th</sup></b>	Registration: 14:00 - 20:00 (local time) Because of organizational concern, teams and individual athletes are encouraged to register on Friday!
<b>Saturday April 4<sup>th</sup></b>	08.00 - 09.00: Registration 09.30: Start competition <b>Note: Times are subject to change.</b>

## 3. CONTESTANTS

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<b>Membership</b>	All participants (athletes and officials!!!!) require a WTF Global License and must be member of a WTF national taekwondo federation. Holder of the nationality of the participating country. <b>This membership must be proved during registration by providing a valid WTF Global license.</b>  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. A draft of this letter can be provided through the organization.
<b>Uniform</b>	Contestants shall wear WTF-approved Poomsae competition uniforms.  <b>Cadet Division</b> (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.  <b>Junior and Senior Division</b> (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females  <b>Master Division</b> (Ages 51 and older): Yellow top and dark blue pants for both males and females

- Graduation** Dangrades A-Cat.: 1<sup>st</sup> Dan/Poom and higher  
(Belt class according to WTF-regulations)
- Age** The age categories are based on the year of birth. For example, if someone is 17 years old on the day of competition but he/she is still to become 18 years, then he/she will participate in the division 18-30yr.
- Compulsory poomsae** Five (5) days before the competition the Taegeuk/Poomsae will be published on the website: [www.taekwondo.be](http://www.taekwondo.be)
- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> round (QF – SF – F): 2 taegeuks/pomsae**  
(1<sup>st</sup> and 2<sup>nd</sup> Compulsory Pomsae table).
- 2 Taegeuk/Pomsae with 30 second pause. For each Taegeuk/Pomsae 2 points will be given (each Taegeuk/Pomsae is judged separately and the points will be announced immediately after the Taegeuk/Pomsae).

#### Individual A-class

	Compulsory Pomsae
Pupils until 8 year	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 jang
Aspirants 9 - 11 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
Cadets 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Juniors 15 – 17 year	Taegeuk 4, 5, 6, 7, 8 jang Koryo, Keumgang, Taeback
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taeback, Pyongwon, Sipjin
31 - 40 year	
41 - 50 year	Taegeuk 8 jang, Koryo, Keumgang, Taeback Pyongwon, Sipjin, Jitae, Chonkwon
51 - 60 year	Koryo, Keumgang, Taeback, Pyongwon Sipjin, Jitae, Chonkwon, Hansu
61 - 65 year	
plus 66 year	

**Pair A-class (1 male and 1 female)**

<b>Compulsory Poomsae</b>	
Pup. & Asp. until 11 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
Cadet 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Junior 15 - 17 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taeback, Pyongwon, Sipjin
plus 31 year	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon

**Team A-class (3 male or 3 female)**

<b>Compulsory Poomsae</b>	
Pup. & Asp. until 11 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
Cadet 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Junior 15 - 17 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin
plus 31 year	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon

All compulsory Poomsae for the 1<sup>st</sup>, 2<sup>nd</sup> and final (QF – SF – F) round for A-Categories will be announced 5 days before the competition on the website:

[www.taekwondo.be](http://www.taekwondo.be)

## WTF Poomsae Free Style Competition Guideline A-Class Categories

The Free Style competition will be started for only Dan/Poom degrees.

Below an overview of the rules which should be followed:

### 1. **Composition of Free Style Poomsae**

- Music & choreography shall be the choice of the contestant. However, it should not contain any political, social and religious contents.
- You may only bring the **usb stick** and then report to head off the table before the start competition
- Performed techniques must be within boundary of taekwondo.

### 2. **Divisions (age: until 17 year and plus 18 year)**

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

### 3. **Duration of Contest**

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**

- Scoring shall be made in accordance with the rules of the WTF.
- The types of foot techniques designated are as follows in sequence:
  - **Heights of jump** – Jumping side-kick (in case of pair and team division, entire team members must perform this technique).
  - **Number of kicks in a jump** – Jumping front-kick (at least one member of the team must perform this technique).
  - **Gradient of spins in a spin kick** – Spinning hook-kick or turning kick (at least one member of the team must perform this technique).
  - **Performance level of consecutive kicks** – Kyorugi style kick shall be limited to five (5) (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)
  - **Acrobatic actions** – Based on the technical difficulty of all acrobatic actions (with taekwondo kick) performed in gymnastics. (at least one member of the team must perform this technique).
- Each foot technique shall be less than 3 step run-up. (exceeded each step run-up -0,1 deduction point)
- One of the following stances must be included in de performance at least once:
  - Dwitkubi (Backward inflection stance)
  - Beom-soegi (Tiger stance)
  - Hakdari-soegi (Crane stance)

## 4. COMPETITION RULES

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<b>Competition Rules</b>	WTF competition rules
<b>Forms</b>	Taegeuk and higher WTF/Kukkiwon poomsae
<b>Mode</b>	<p>1) Athletes shall be allowed to compete in more divisions: Individual Division, Team Division, Pair Division.</p> <p>2) <b>Cut off system:</b></p> <p><u>Preliminaries:</u> In case 20 or more contestants/pairs/teams are participating, the competition shall start from preliminary round with division of groups at different courts. After performing 2 assigned Compulsory Poomsae, the top half of each group shall advance to semi-final based on the points.</p> <p><u>Semi-final:</u> In case 9 to 19 contestants/pairs/teams are participating, competition shall start from semi-final. Contestants shall perform 2 assigned Compulsory Poomsae and top 8 of them shall advance to final based on the points.</p> <p>3) <b>Single Elimination System:</b></p> <p><u>Final:</u> When 8 or less contestants/pairs/teams are participating, competition shall start from final round. Final shall be conducted in a single elimination format. Contestants shall perform two assigned Compulsory Poomsae for each round of the finals (round of 8, semi finals and final). Medals shall be awarded to the top 4 contestants/ pairs/teams.</p>
<b>Doping Control</b>	<p>Some contestants chosen at random will be tested.</p> <p>The list of prohibited products will be equal to the list of the IOC.</p>
<b>Awards</b>	To all winners of 1 <sup>st</sup> , 2 <sup>nd</sup> and two 3 <sup>rd</sup> places, cups will be awarded.
<b>Hall Rules</b>	Only the competitors and their coaches have admittance with their registration cards to the contest areas.
<b>Protest</b>	<p>Must be made by the official coach within 10 minutes after the end of the pertinent contest to the Poomsae Referee Director. Protest fee is <b>€150</b>, so as to ensure that a decision on the result may be announced after 30 minutes.</p>
<b>Liability</b>	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

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### Applications

Subscriptions through Taekoplan Tournament Subscription Site.  
To register and login to the service please use this link:

[www.tpss.eu](http://www.tpss.eu)

### Deadline

**Monday March 23<sup>th</sup> 2015**

Entries after this deadline will not be accepted.

### Entry Fee

#### INDIVIDUAL

**€ 55 (Euro)** for each contestant if paid by bank

**€ 65 (Euro)** for each contestant if paid in cash at the registration OR if paid after the registration.

#### PAIR

**€ 65 (Euro)** for each pair if paid by bank

**€ 75 (Euro)** for each pair if paid in cash at the registration OR if paid after the registration.

#### TEAM

**€ 75 (Euro)** for each team if paid by bank

**€ 85 (Euro)** for each team if paid in cash at the registration OR if paid after the registration.

Entry fees must be paid by bank before the deadline of March 23<sup>th</sup>!

The entry fee must be paid and specified to the bank account of:

Vlaamse Taekwondo Bond vzw

Address: H. Van Veldekesingel 150/73, B-3500 Hasselt

Bank: Belfius, Havermarkt 36-38, B-3500 Hasselt

Account: BE21 0682 3723 0503

Swift Code: GKCCBEBB

**Reference: Poomsae 2015 + 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.

### Modifications

For all modifications that are to be made after the deadline, an administration fee of **€ 25** 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.

An extra coach costs **€ 25**.

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!

### Spectators

Up to 7 years old: admission is free

10 years and older: **€ 10** (2 days)

## 6. INTERNATIONAL REFEREES

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

Hotel and full board accommodation from April 3<sup>th</sup> until 5<sup>th</sup> April 2015 will be provided by the organization for international referees.

## 7. ACCOMMODATION AND TRANSPORT

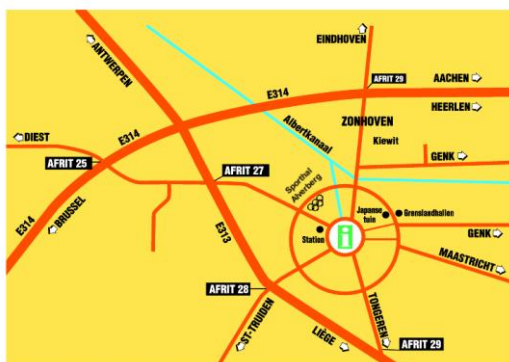
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Check our website [www.taekwondo.be](http://www.taekwondo.be) for the latest information or send an email to the organization committee: [belgianopen@taekwondo.be](mailto:belgianopen@taekwondo.be)

## 8. SPORTS VENUE

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“Sporthal Alverberg” - Herkenrodesingel 33 - 3500 Hasselt



## 9. OTHERS

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<b>First Aid</b>	Will be provided by the organization and is only to be used in case of an emergency!
<b>Insurance</b>	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.
<b>Press</b>	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 Vlaamse Overheid, Afdeling Sport en Jeugd and the city of Hasselt.