



## FEDERAȚIA ROMÂNĂ DE TAEKWON-DO I.T.F.

PERSOANĂ JURIDICĂ DE DREPT PRIVAT, DE UTILITATE PUBLICĂ

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# INVITATION

**Romanian Taekwon-do ITF Federation and P.U.M.A. Sports Club Association from Sibiu** have the great pleasure and honour to invite you to participate in the **Taekwon-do Balkan Open Cup for juniors III (kids, 5-12 years), juniors II (cadets, 12-14 years), juniors I (14-18 years) and seniors (18+ years)**, between 17<sup>th</sup> and 20<sup>th</sup> of November, 2022 in Sibiu, Romania.

The organizing committee makes special efforts to offer you the best competition conditions and is looking forward to welcoming as many athletes as possible at this sporting event.

Yours in Taekwon-do,



Cosmin Oprescu, 4 Dan

President

of Romanian Taekwon-do I.T.F. Federation

# A. General information

## Organizers

	<p><b>Romanian Taekwon-do I.T.F. Federation</b></p> <p>Str. Bradului, 15-A-12 Călan, Hunedoara County, Romania</p> <p>Tel: +40 766 800 330 Email: <a href="mailto:secretary@taekwondo-itf.ro">secretary@taekwondo-itf.ro</a></p>
	<p><b>Asociația Club Sportiv P.U.M.A. Sibiu</b></p> <p>Tel: +40 741 996 324</p> <p>Email: <a href="mailto:cipi_banea@yahoo.com">cipi_banea@yahoo.com</a></p>

## Date

17<sup>th</sup> – 20<sup>th</sup> of November 2022

## Venue

Sala Sporturilor Sibiu, Str. Octavian Goga, Nr. 1 (Sala Polivalentă), Sibiu, Jud. Sibiu

Google Maps:

<https://www.google.com/maps/place/Strada+Octavian+Goga+1,+Sibiu+557260/@45.7829026,24.1435531,17z/data=!3m1!4b1!4m5!3m4!1s0x474c5d7d3ce03417:0x679592a7b436deb9!8m2!3d45.7828989!4d24.1457418>

# B. Rules and Regulations

## 1. Participants

Foreign sporting clubs, associations, groups practicing Taekwon-do I.T.F. and Romanian sporting structures with C.I.S. issued by the Ministry of Sports which are affiliated to the Romanian Taekwon-do I.T.F. Federation.

**Only athletes who are licensed and with degrees issued / recognized by the I.T.F. (in the case of the foreign guests) or by Romanian Taekwon-do I.T.F. Federation (in the case of all Romanian participants), unlimited number of competitors / category / club.**

The athletes born in 2004 are juniors (participate in Juniors I even if they turn 18 years old) but can opt to participate in seniors (not both!!) in both individual and team divisions.

**Minimum accepted grade: 8 GUP for all the categories.**

In Junior and Senior teams, male and female, the team consists of at least 5 and 3 athletes per category and must be according to the age category to which the team is enrolled.

## **2. Competition divisions**

**JUNIORS III (5-12 years), Juniors II (12-14 years) (male and female) PATTERN, SPARRING, SPECIAL TECHNIQUES, POWER MEASUREMENT – dynamometer system, SPEED KICK, PRE-ARRANGED SPARRING**

**Pattern (M/F):**

- **-6 years:** one group
- **-8 years:** one group
- **-10 years, -12 years:** two groups
  - 8-5 GUP
  - 4-1 GUP
- **-14 years:** three groups
  - 8-5 GUP
  - 4-1 GUP
  - 1 DAN

**Sparring (M/F):**

- **-8 years:** -24 kg, +24 kg
- **-10 years:** -25 KG, -30 kg, -35 kg, -40 kg, -45 kg, +45 kg
- **-12 years:** -30 kg, -35 kg, -40 kg, -45 kg, - 50 kg, +50 kg
- **-14 years:** -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, +55 kg

**NOTE:** When less than 3 competitors are enrolled, the smaller category is merged to the next higher available.

**Special techniques:**

- Twimyo nopi yop cha jirugi (**-6 years, -8 years, -10 years, -12 years, -14 years**)

## **POWER MEASUREMENT – dynamometer system:**

- **M/F: -6 years, -8 years, -10 years, -12 years, -14 years:** Yop joomuk and dollyo chagi
- **Procedure:** the competitor executes each technique twice (2x) and the final result is the cumulation of the highest value for each technique. Example: yop joomuk 1 = 300, yop joomuk 2 = 320, dollyo chagi 1 = 400, dollyo chagi 2 = 380. The final result will be 320 + 400 = 720.

**SPEED KICK** – dollyo chagi: kicks on a target vest with sensors counting the number of hits in 20 seconds.

- **M/F: -6 years, -8 years, -10 years, -12 years, -14 years** – point system (table)

## **PRE-ARRANGED SPARRING:**

- maxim **2 teams / club**
- execution time: **25-35 sec**
- mixed teams (male & female) are accepted.

## **JUNIORS I (14-18 years)**

Juniors I who turned 18 years old during the current year can opt for either Junior I or Senior categories, not both.

- M / F individual pattern: coloured belts, I DAN, II DAN;
- Male individual sparring:
  - 8-3 Gup (draw system): -50 kg; -56 kg; -62 kg; -68 kg; -75 kg; + 75 kg;
  - 2 Gup-6 Dan (draw system): -50 kg; -56 kg; -62 kg; -68 kg; -75 kg; + 75 kg;
- Female individual sparring:
  - 8-3 Gup (draw system): -45 kg; -50 kg; -55 kg; -60 kg; -65 kg; + 65 kg;
  - 2 Gup-6 Dan (draw system): -45 kg; -50 kg; -55 kg; -60 kg; -65 kg; + 65 kg;
- M / F Team sparring (min 3 competitors);
- M/ F Power Breaking: 2 trials – one by hand and one by foot;
- M / F Special Techniques: 2 trials - Twimyo nopi chagi, Twimyo Nopi Yop Chagi
- Pre-arranged sparring: minimum grade 2 Gup; mixed female - male teams are accepted, only juniors.

## **SENIORS (18+ years)**

Juniors I who turned 18 years old during the current year can opt for either Junior I or Senior categories, not both.

- M / F Individual pattern: coloured belts, black belts I DAN, II DAN, III DAN, IV – VI DAN
- Individual male sparring:
  - 8-3 Gup (draw system): -57 kg; -63 kg; -70 kg; -78 kg; -85 kg; +85 kg;
  - 2 Gup-6 Dan (draw system): -57 kg; -63 kg; -70 kg; -78 kg; -85 kg; +85 kg;

- Individual female sparring:
  - 8-3 Gup (draw system): -50 kg; -56 kg; -62 kg; -68 kg; -75 kg; +75 kg;
  - 2 Gup-6 Dan (draw system): -50 kg; -56 kg; -62 kg; -68 kg; -75 kg; +75 kg;
- M / F Team Sparring (minimum 3 competitors);
- M / F Individual Power Breaking: 2 trials, one by hand, one by foot;
- M / F Individual Special Techniques: Twimyo nopi chagi, twimyo Nopi Yop Chagi
- Pre-arranged sparring: minimum grade 2 Gup. Mixed male – female teams are accepted.

**OLD-BOYS sparring (35+ years) two categories: -75 kg; +75 kg (when less than 3 competitors are enrolled in any category, the categories will be merged).**

### MALE SPECIAL TECHNIQUES

Technique	Juniors I	Seniors
TWIMYO NOPI AP CHA BUSIGI	250 cm	260 cm
TWIMYO NOPI YOP CHA JIRUGI	130 cm	140 cm

### FEMALE SPECIAL TECHNIQUES

Technique	Juniors I	Seniors
TWIMYO NOPI AP CHA BUSIGI	210 cm	220 cm
TWIMYO NOPI YOP CHA JIRUGI	110 cm	120 cm

### MALE POWER BREAKING

Technique	Juniors	Seniors
AP-JOOMUK JIRUGI	2	3

SONKAL TAERIGI	2	3
YOP CHA JIRUGI	3	4
DOLLYO CHAGI	2	3
BANDAE DOLLYO CHAGI	2	3

### FEMALE POWER BREAKING

Technique	Juniors	Seniors
SONKAL TAERIGI	1	2
YOP CHA JIRUGI	2	3
DOLLYO CHAGI	1	2

## 3. Equipment

- The official equipment is the one approved by A.E.T.F. and I.T.F.
- The equipment of each athlete will be checked by a designated referee at her / his entrance to the competition surface.
- The athletes will have access to the competition surface only accompanied by a Taekwon-do ITF instructor or coach, based on the ID card, respecting the corner colour, 2 minutes before the start of the match, according to the competition draws.

## 4. Protests

Shall be made based on the rules and regulations. In the case of a protest, the coach must present the money and fill in the protest form on the spot, at the Jury President's table of the respective ring, within 5 minutes from the end of the match in question.

## 5. Weighting

The weighting of the competitors will take place **at registration on Thursday from 17:00 to 19:00 for all the categories, or on every morning from 8:00 to 8:30 for the categories planned for that day, in the Sports Hall.**

**WHEN WEIGHTING, THE MAXIMUM LIMIT OF THE CATEGORY CANNOT BE EXCEEDED!**

The sparring competitors will appear in dobok pants and t-shirt. These will be deducted as 0.5 kg.

The competitors exceeding the allowed limit have 1 hour available to lose some more weight (only on Thursday, Nov. 17<sup>th</sup>). If after the second weighting they still exceed the allowed weight, they will be disqualified from the sparring category.

## C. Registration

### 1. Delegations

Each delegation may consist of:

- 1 delegation head
- 1 or more coaches
- competitors – juniors III, II, I and seniors, male and female
- 1 or more referees

### 2. Enrolment

The enrolment will be done in the [Sport Data system](#). **Due date: Sunday, Nov. 13<sup>th</sup>, 22:59 (CET) / 23:59 (Romania's Time (CET+1)). No changes are accepted after the deadline.**

The registration will be completed **on Thursday, Nov 17<sup>th</sup> from 17:00 – 19:00 at the Sports Hall (conference room)**, according to the schedule which will be announced in advance or on Friday, Nov 18<sup>th</sup> at 8:30.

The registration will be done the delegation head, who will present the table with the accidents waiver and will pay the competition fees.

Any issue will be clarified with Mr. Cristian Popa – Registration Head ([cristian.popa@taekwondo-itf.ro](mailto:cristian.popa@taekwondo-itf.ro), Tel: +40 771 382 773 (Romanian) / +41 76 639 04 59 (Swiss), WhatsApp: +41 76 639 04 59).

**Note: delegation heads have the obligation to present the accidents waiver or their competitors cannot compete.**

### 3. Deadlines

The clubs / groups will request **accommodation for referees no later than Nov 5<sup>th</sup>, 2022** by email at [cipi\\_banea@yahoo.com](mailto:cipi_banea@yahoo.com).

The clubs / groups who miss the deadline will take care about their umpires' accommodation and meals on their own.

**Contact person:** Ciprian Banea, Tel: +40 741 996 324, email: [cipi\\_banea@yahoo.com](mailto:cipi_banea@yahoo.com).

**The draws will be published on [www.taekwondo-itf.ro](http://www.taekwondo-itf.ro) website on Monday, Nov 14<sup>th</sup>, 2022.**

### 4. Participation fees

- Individual fee: **€15 per division / competitor** (example 1: **only sparring = €15**, example 2: **sparring + power breaking = €15 + €15**).
- Team fee: **€50 / team**.
- Umpiring fee:
  - Clubs with **no referee: €150 / club**,
  - Clubs with **1 referee: €100 / club**,
  - Clubs with **2+ referees: €50 / club**.
- Romanian competitors will pay also annual fee in case it expired, as stated on [www.taekwondo-itf.ro/taxe/](http://www.taekwondo-itf.ro/taxe/).

All the fees will be invoiced after the drawing and the clubs are required to pay the fees for all the registered competitors even if they withdraw after Nov 13<sup>th</sup>.

### 5. Umpires

The local organizer will pay the accommodation for 1 REFEREE / club for the clubs that register in the competition up to 10 athletes, 2 REFEREES / club for the clubs that register 11-19 athletes in the competition and 3 REFEREES / club for the clubs that register more than 20 athletes in the competition.

The referees have the obligation to participate in the umpire meeting, official referee suit, at the Sibiu Sports Hall, the Conference Room. Those who are not present at the umpires' meeting will be excluded from the list and will lose their accommodation rights.

Should the number of referees be higher than required, a selection will be made and communicated in advance no later than Nov 8<sup>th</sup>, 2022.



## 6. Coaches

Coaches must be dressed in tracksuits, sports shoes and have a towel.

Only one person (coach / instructor) is allowed to accompany the athlete to the competing space. The coaches of the clubs will designate an assistant instructor to go with the athlete if two athletes from the same club compete simultaneously.

## D. Other

### 1. Rewards

Rewards for each weight and gender category as follows:

- The athletes will be awarded with diplomas and medals for the first, second and third places according to the regulation;
- Trophies will be awarded for the general classification at: juniors III-II, I and seniors

### 2. Doping control

Romanian Taekwon-do I.T.F. Federation will ask coaches to come with athletes for doping control if requested by ANAD (Romanian National Anti-Doping authority).

### 3. Accommodation

- an informative note will be published about the accommodation.

**Bookings are made by each club on their own, without penalty.**

### 4. Other information

At the awarding ceremony, it is mandatory to wear sports shoes and dobok / tracksuits by athletes (the awarding in other equipment is not accepted).

The competition schedule will be posted on the website and communicated to the clubs no later than Nov 15<sup>th</sup>, 2022.

The registration of the clubs in the competition and the scales of the athletes will be made by appointment, and the clubs will be consulted on the time of arrival in order to establish the schedule.