



CENTRAL POLICE TAEKWON-DO CLUB



„Taekwon-Do For The Rights“, Project № 101133552

GENERAL INFORMATION

Project Taekwon-Do for the Rights, Competition in Bulgaria

INTRODUCTION:

The competition in Bulgaria will be the culmination of the Project ‘Taekwon-Do for the Right’ It will be conducted by the ITF rules and there will be 9 competition disciplines: Individual Pattern, Team Pattern, Individual Sparring, Team Sparring, Special Techniques, Team Special Techniques, Power Test, Team Power Test and Pre-Arranged Sparring.

1. DATES, VENUE AND ACCOMMODATION

1.1 Dates

The **Rights competition** will be held on **17 - 20 October 2024** in “Asics Arena” Sports Hall, Sofia City, Bulgaria. Delegations must arrive in Sofia before or on Thursday, October 17, 2024 and will proceed to the hotel for accommodation. They will be able to register there.

1.2 Organiser:

Central Police Taekwon-Do Club

www.cptk.com

Main Organiser:

Vencislav Ignatov – President of Central Police Taekwon-Do Club

Contact Details:

Gergana Finan – 00359878323554

g.finan@taekwondo.bg

<https://www.facebook.com/taekwondofortherights>

1.3. Eligibility

This is a competition for the 10 associated partners that are part of the project “Taekwon-Do for the Rights” with number 101133552. The competitors must be registered on the BeValueR platform. The competitors will be holders of 10 Gup and above, Pre-Junior (12-14 years) – 10 competitors from each country and Juniors (15-17 years) – 5 competitors from each country. From Bulgaria there will be 150 competitors between 12-17 years old.



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NB: For taking part in the competition disciplines competitor age will be calculated – we will accept the exact date of birth on 17th of October 2024 for taking part in the competition disciplines.

Competition Disciplines

Individual Pattern: Pre-Junior (12-14 years) and Junior (15-17 years)

Team Pattern: Pre-Junior (12-14 years) and Junior (15-17 years)

Individual Sparring: Pre-Junior (12-14 years) and Junior (15-17 years)

Team Sparring: Pre-Junior (12-14 years) and Junior (15-17 years)

Special Techniques: Pre-Junior (12-14 years) and Junior (15-17 years)

Team Special Techniques: Pre-Junior (12-14 years) and Junior (15-17 years)

Power Test: Pre-Junior (12-14 years) and Junior (15-17 years)

Team Power Test: Pre-Junior (12-14 years) and Junior (15-17 years)

Pre-Arranged Sparring: Pre-Junior (12-14 years) and Junior (15-17 years)

1.4. Online Registration

Registration will be done through the BeValueR platform.

Deadline for registration of teams and competitors: **10.07.2024**

Deadline for changes in registration of teams and competitors: **01.10.2024.**

1.5 Venue

“Asics Arena” Sport Hall

Address: g.k. Geo Milev, ul. "Manastirska" 35, 1111 Sofia, Bulgaria

<https://maps.app.goo.gl/dTnMEWVCLYozmNr6>

- Dimension – 2000 m²
- Seat capacity – 2270 seats
- Venue of many international events



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1.6 How to reach Sofia



✓ By plane

Sofia Airport

<https://www.sofiaairport.bg/en>

✓ By train

Railway Station Sofia

<https://www.bdz.bg/en>



✓ By bus

Central Bus Station Sofia

<http://www.centralnaavtogara.bg/index.php>

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1.7 Accommodation and transport

The accommodation and the transport details will be sent to you at a later date.

1.8.1 Accommodation application and payment deadlines:

- ❖ The accommodation of 20 members from each country, associated partner, will be organised, arranged and covered by the Project ‘Taekwon-Do for the Rights’.
- ❖ The transport will be organized and covered by the Project ‘Taekwon-Do for the Rights’.

2. TIMETABLE

17 October 2024 (Thursday)

14:00 - 16:00 Arrival and weight in (hotel check in – after 14:00 hours)
16:00 - Visit to the Police Museum in Sofia

18 October 2024 (Friday)

08:00 - 09:00 Introduction of Green Event Policy
09:00 - 11:00 Visit to the MOI Academy and RIGHTS RoundTable
11:00 - 12:00 Demonstration of Sport Trainings
12:00 – 13:00 Lunch Break
13:00 – 16:00 Visit to Rakovski Stadium - observation of specialized police forces
17:00-18:30 Umpire and Coach meeting

19 October 2024 (Saturday)

09:00 - 10:00 Start of the Competition
10:00 - 10:30 Opening Ceremony of Taekwon-Do for the Rights Competition
10:30 - 13:00 Competition
13:00 - 14:30 Lunch Break
14:30 - 19:00 Competition
19:00 Dinner and free time

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20 October 2024 (Sunday)

09:00 - 11:00	Finals (games) and Awarding ceremony
11:00 - 13:00	Attending Children competition
13:00 - 14:30	Lunch (Break)
14:30 - 17:00	Cultural programme – Sofia World Capital of Sport 2024
18:00 - 20:00	Steering Committee meeting

21 October 2024 (Monday)

09:00-11:00	Check out and Departure
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22 October – (Tuesday)

All day	Late departure
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3. COMPETITION DISCIPLINES

❖ **Pattern rules highlights:**

All individual pattern categories (pre-juniors and juniors, male and female) will be carried out according to pyramid system of elimination.

Competitors will perform at the same time, 1 designated pattern, randomly chosen by the electronic system, being one of the last 3 (2 for 10 to 7 gup) patterns. In case of a draw, the competitors will perform an additional pattern, chosen from all the required patterns for their technical grade/degree.

Individual categories:

Pre-Junior (12-14 years)

Male: 10-9 gup; 8-7 gup; 6-5 gup; 4-3 gup; 2-1 gup; I dan, II dan, III (– VI) dan.

Female: 10-9 gup; 8-7 gup; 6-5 gup; 4-3 gup; 2-1 gup; I dan, II dan, III (– VI) dan.

Junior (15-17 years)

Male: 10-9 gup; 8-7 gup; 6-5 gup; 4-3 gup; 2-1 gup; I dan, II dan, III (– VI) dan.

Female: 10-9 gup; 8-7 gup; 6-5 gup; 4-3 gup; 2-1 gup; I dan, II dan, III (– VI) dan.

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❖ Range of designated patterns according to technical grade/degree:

10-9 Gup	Saju Jirugi, Saju Makgi
8-7 Gup	Chon-Ji – Dan-Gun
6-5 Gup	Chon-Ji – Won-Hyo
4-3 Gup	Chon-Ji – Joon-Gun
2-1 Gup	Chon-Ji – Hwa-Rang
I Dan	Chon-Ji – Ge-Baek
II Dan	Chon-Ji – Juche
III (- VI) Dan	Chon-Ji – Choi-Yong

❖ Team Pattern (-)

All team pattern categories (pre-juniors and juniors) will be carried out according to pyramid system of elimination.

- Competitors will perform one 1 OPTIONAL pattern, one after another.
- In case of a draw, the competitors will perform an additional OPTIONAL pattern.
- Teams will consist of 5 competitors **regardless of their gender**.
- In Pre-Juniors (12-14 years) category - The number of teams who may enter is restricted to two (2) from each country.
- In Juniors (15-17 years) category - The number of teams who may enter is restricted to one (1) from each country.

NB: A category for Team Pattern consists of color and black belts. There is no separation of categories according to technical grade/degree.

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❖ Sparring rules highlights

All sparring categories (pre-juniors and junior, male and female) will be carried out according to pyramid system of elimination.

All bouts for Pre-Junior (12-14 years) and Junior (15-17 years) will consist of 1 round of 2 minutes.

NB: The Individual Sparring categories will be separated according to the technical grade/degree of the competitors – color belts (category) and black belt (back) categories.

Minimum requirement for sparring is 8 gup.

Sparring categories for color belts:

Pre-Junior (12-14 years)

Male: -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, +65 kg;

Female: -32 kg, -36 kg, -40 kg, -44 kg, -48 kg, -52 kg, -56 kg, -60 kg, +60 kg;

Junior (15-17 years)

Male: -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, +75 kg;

Female: -45 kg, -49 kg, -53 kg, -57 kg, -61 kg, -65 kg, +65 kg;

Sparring categories for black belts:

Pre-Junior (12-14 years)

Male: -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, +65 kg;

Female: -32 kg, -36 kg, -40 kg, -44 kg, -48 kg, -52 kg, -56 kg, -60 kg, +60 kg;

Junior (15-17 years)

Male: -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, +75 kg;

Female: -45 kg, -49 kg, -53 kg, -57 kg, -61 kg, -65 kg, +65 kg;

❖ **In case of only one competitor in a category, they will be moved to up to 2 categories upwards.**

❖ **Safety equipment and protective gear**

➤ Competitors **must** wear:

Red or blue colored hand and feet safety equipment of an ITF approved trademark and type; groin guards must be worn inside the dobok trousers – male only; red or blue colored safety helmet of an approved model; mouth guards being of a transparent colour.

➤ Competitors may, **optionally**, wear the following:

Shin protectors, breast protectors (must be worn **INSIDE** the dobok jacket) (female only), groin guards must be worn inside the dobok trousers – female only.

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❖ **Team Sparring rules highlights**

- All team sparring categories (pre-juniors and juniors, male and female) will be carried out according to pyramid system of elimination.
- Teams may consist of a minimum of 3 competitors and maximum of 6 competitors (5 + 1 reserve). Teams with less than 5 competitors will start the round with 4 points assigned to the opponent team for every missing competitor.
- For Juniors, the team can be mixed however the male competitors from one team can only spar (play) with male competitors from the other team and (vice versa) the same for the female competitors.
- The match winner will be the team that collects the most umpire votes from all the rounds.

NB: A category for Team Sparring consists of color and black belts. There is no separation of categories according to technical grade/degree.

Minimum requirement for sparring – 8 gup.

❖ **Individual Special Techniques highlights**

- These are the minimal heights for the special technique.
- A competitor will have to perform both kicks and the scoring will be done by the accumulated points.
- In case of a draw, the competitors will perform an additional kick (one of the two kicks below) chosen randomly but at a higher level.

Age divisions:	Twimyo Nopi Ap Cha Busigi	Twio Nomo Yop Chagi
Pre-Junior Male (12-14 years)	220 cm	110 cm
Pre-Junior Female (12-14 years)	190 cm	90 cm
Junior Male (15-17 years)	240 cm	120 cm
Junior Female (15-17 years)	210 cm	100 cm

❖ **Team Special Techniques highlights**

- These are the minimal heights for the special technique.
- One team for each gender will consist of 2 people plus one (in) reserve.
- One team competitor will have to perform one of the kicks and the other will perform the other and the scoring will be done by the accumulated points.

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- In case of a draw, one of the competitors will perform an additional kick (one of the two kicks below) chosen randomly but at a higher level.

Age divisions:	Ap Cha Busigi	Yop Chagi
Pre-Junior Male (12-14 years)	220 cm	110 cm
Pre-Junior Female (12-14 years)	190 cm	90 cm
Junior Male (15-17 years)	240 cm	120 cm
Junior Female (15-17 years)	210 cm	100 cm

❖ Individual Power Test rules

- In the individual power test discipline for all Pre-Junior (12-14 years), as well as for Junior (15-17 years) up to 7 gup inclusive, a dynamometer will be used.
- Techniques – Sonkal Taerigi and Dollyo Chagi.
- For Junior – male and female with a minimum technical grade - 6 gup, there will be the following breaking boards counts.

	Ap-joomuk Jirugi (Ap Palkup Taerigi for female)	Sonkal Taerigi	Yopcha Jirugi	Dollyo Chagi	Bandae Dollyo Chagi
Junior Male (15-17 years)	1 white and 1 black	1 white and 1 black	2 white and 1 black	1 white and 1 black	1 white and 1 black
Junior Female (15-17 years)	1 white	1 white	1 white and 1 black	1 white	1 white

NB: Each competitor will choose only one hand strike and only one kick to perform and the winner will be the competitor with the most points.

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❖ Team Power Test rules

- In the team power test discipline for all Pre-Junior (12-14 years), as well as for Junior (15-17 years) up to 7 gup inclusive, a dynamometer will be used.



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- One team will consist of 2 people plus one (in) reserve for each gender.
- One team competitor will have to perform one of the techniques and the other will perform the other and the scoring will be done by the accumulated points.
- Techniques – Sonkal Taerigi and Dollyo Chagi. One competitor will perform Sonkal Taerigi and the other - Dollyo Chagi.
- For Junior – male and female with a minimum technical grade - 6 gup, there will be the following breaking boards counts.

	Ap-joomuk Jirugi (Ap Palkup Taerigi for female)	Sonkal Taerigi	Yopcha Jirugi	Dollyo Chagi	Bandae Dollyo Chagi
Junior Male (15-17 years)	1 white and 1 black	1 white and 1 black	2 white and 1 black	1 white and 1 black	1 white and 1 black
Junior Female (15-17 years)	1 white	1 white	1 white and 1 black	1 white	1 white

NB: One competitor from team will choose only one hand strike and the other competitor will choose only one kick to perform and the winner will be the team with the most points accumulated by the two competitors.

❖ Pre-Arranged Sparring

- In the team discipline Pre-Arranged Sparring for Pre-Junior (12-14 years) and Junior (15-17 years) the pyramid system of elimination will be carried out.
- One team will consist of two (2) competitors, which can be either of the same or different gender (two males; two females; male and female).
- **Minimum requirement for Pre-Arranged sparring - 4 gup**

Pre-Arranged Sparring categories:

Pre-Junior (12-14 years)

Color belts (blue and red belts);
Black belts;

Duration of bout: minimum 30 seconds, maximum 45 seconds.

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Junior (15-17 years)

Color belts (blue and red belts);
Black belts.

Duration of bout: minimum 60 seconds, maximum 75 seconds

- Teams shall compete according to the following rules and regulations:
 - a. Pre-Arranged free sparring shall consist of movements as shown in the ITF Encyclopaedia, Manuals or CD ROM, and as taught during the International Instructor Courses.
 - b. Protective equipment may be worn. (Helmet, Shin guards).
 - c. Attacking techniques must be blocked and/or avoided and must be performed with realism. No unblocked contact is permitted with exception of a final incapacitating attack.
 - d. Bout duration shall consist of one (1) round:
Pre-Junior - minimum thirty (30) seconds, maximum forty-five (45) seconds.
Junior - minimum sixty (60) seconds, maximum seventy-five (75) seconds.
 - e. Teams that perform less than the required minimum of seconds shall receive zero (0) points.
 - f. Teams that exceed the maximum seconds duration of bout shall receive zero (0) points.
 - g. Each Team of Competitors may perform up to, but not more than, a total of three (3) acrobatic sequences of technique, (Techniques that are not part of the Taekwon-Do syllabus), during the bout.
 - h. Teams performing more than three (3) acrobatic sequences of technique during the bout shall receive zero (0) points.
 - i. The team having obtained the majority of umpire votes and with a minimum of two (2) Umpire votes in his favor, shall be declared the winner and shall advance to the next round of competition.
 - j. In the case of a draw an extra bout must be performed until the places are decided.
 - k. Teams may be Blue, Red and Black Belts from I to III degree, and can be Male, Female or mixed couples.
- **All rules and clarifications which are not stated here will be according to the Official ITF Rules of Competition (acting rules of ITF).**

4. COMPETITORS

4.1 Dresscode

- Weigh In - all competitors must wear official dobok trousers and polo shirt / T-shirt.
 - During the competition - all competitors must wear official dobok and protection gear currently approved by the ITF.
- Awarding dress code – no competitors will be admitted to awarding ceremony wearing shorts, casual pants, flip flops or bare foot. They can wear full dobok or full track suit.

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4.2 Insurance

- The Organizers and the Promotor of the event will not be responsible for any accidents and/or injuries caused during the competition however all competitors will have insurance coverage by the organizer, which will be covered by the Project “Taekwon-Do for the Rights”. Every competitor is free to make their own insurance if they wish to do so.

5. COACHES

At least 1 coach from participating country must attend the official Coaches Meeting on Friday 18th of October 2024 from 17.00 hours.

- ❖ During competition they must wear either a training suit or a T-shirt and trousers and running shoes while coaching.
- ❖ Only one (1) coach of a team is allowed entering the coaching zone at the same time. Only a coach can present an official protest.

6. UMPIRES, VOLUNTEERS AND LEAS

Umpires must attend the official Umpires Meeting on Friday November 15th 2024 from 17:00 till 18:30 hours.

(Umpires will wear the dress requirements as laid down in the ITF Umpire rules.)

All participating teams need to bring 3 umpires as follows: 1 umpire, one of the coaches and either the LEA or the Volunteer will be used as an additional umpire.

Umpires will wear the dress requirements as laid down in the Official ITF Rules of Competition (ITF Umpire rules).

6.1 Umpire scoring system - BulScore. The system has been developed only for the needs of Taekwon-Do ITF umpires and for the last 12 years is fully in accordance with the active ITF Competition Rules.

BulScore is developed in the form of three hardware variants, which are: wired version, wireless version and mixed version in which the umpire's joystick can work either with cable or without cable.



7. AWARDING

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- The winners from first to third place, from each category will be awarded with medals and a certificate. In the team categories, each team member will be awarded with a medal and a certificate.
- There will be two Nation classifications: for Pre-Juniors and Juniors.
- The first, second and third country will be awarded with trophies. The ranking will be made by the amount of gold medals, silver medals and bronze medals, each country has won.

8. ADDITIONAL INFORMATION

➤ **Currency** – Bulgarian lev /BGN/

1,00 € = 1,95583 BGN

➤ **Visa**

Please contact Organising Committee **at least one month prior** the competition in case you need any assistance

➤ **Speed limit:**

- for **cars**:

50 km/h within towns; 90 km/h outside towns; 140 km/h on motorways

- for **motorcycles, buses and trucks without trailers**:

50 km/h within towns, 80 km/h outside towns, 100 km/h on motorways

- for **cars, buses and trucks with trailers**:

50 km/h within towns, 70 km/h outside towns, 100 km/h on motorways

➤ **Vignettes**

Vignettes are obligatory for all vehicles and are on expense of the arriving delegations.

➤ **Lights and seatbelts**

- In Bulgaria is obligatory to have the lights on during daytime.

- All seatbelts must be used where available.

➤ **Emergency calls number – 112**

➤ **Voltage**

Electrical appliances work on 220 V

DEADLINES SUMMARY

- ✓ Changes of teams and competitors – **01.10.2024.** (online)

WAITING TO SEE YOU IN BULGARIA!

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