



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

## *ETU A-class*

Dear Sir/Madam,

On behalf of the Flemish Taekwondo Union, I am proud to invite You and Your athletes on **May 1<sup>st</sup> 2016** to participate in the 37<sup>th</sup> Belgian Open Poomsae & Free Style 2016 in Hasselt.

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 competition is the perfect preparation for the World Championships 2016 in Peru.

We are looking forward to receive your confirmation of participation for this event before **April, 18<sup>th</sup>**.  
The Flemish Taekwondo Union will be honored to welcome You and Your athletes.

Erik Baert  
President Flemish Taekwondo Union  
President Belgian Taekwondo Union

## 1. ORGANIZATION

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<b>ORGANIZATION</b>	Flemish Taekwondo Union – Belgian Taekwondo Federation H. Van Veldekesingel 150/73, 3500 Hasselt, Belgium Phone: +32 (0) 11 87 09 19 Fax: +32 (0) 11 87 09 17 belgianopen@taekwondo.be www.BelgianTaekwondoFederation.be <a href="https://www.facebook.com/belgianopentaekwondo/">https://www.facebook.com/belgianopentaekwondo/</a> <a href="https://twitter.com/taekwondoVTB">https://twitter.com/taekwondoVTB</a>
<b>PRESIDENT</b>	Mr. Erik Baert
<b>REFEREE DIRECTOR</b>	Mr. Mustapha Moutarazak: m.moutarazak@hotmail.com

## 2. DATE AND PLACE

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<b>COMPETITION DATE</b>	Sunday, May 1 <sup>th</sup> 2016  08h00 – 09h00: Registration at the competition venue 09h30: Start competitions
<b>COMPETITION VENUE</b>	Sporthal Alverberg - Herkenrodesingel 33 - 3500 Hasselt, Belgium

## 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. <b>See attachment 1.</b>
<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
<b>GRADUATION</b>	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.

**CATEGORIES****Individual (1 male or 1 female)**

Pupils division: until 8 years old  
 Aspirant division: 9 to 11 years old  
 Cadet division: 12 to 14 years old  
 Junior division: 15 to 17 years old  
 Under 30 division: 18 to 30 years old  
 Under 40 division: 31 to 40 years old  
 Under 50 division: 41 to 50 years old  
 Under 60 division: 51 to 60 years old  
 Under 65 division: 61 to 65 years old  
 Over 66 division: 66 years old and over

**Pairs (1 male + 1 female)**

Pupils and Aspirants pair division: until 11 years old  
 Cadet pair division: 12 to 14 years old  
 Junior pair division: 15 to 17 years old  
 Pair 1 division: 18 to 30 years old  
 Pair 2 division: 31 years old or over

**Teams (3 male or 3 female)**

Pupils and Aspirants team division: until 11 years old  
 Cadet team division: 12 to 14 years old  
 Junior team division: 15 to 17 years old  
 Team 1 division: 18 to 30 years old  
 Team 2 division: 31 years old or over

**Free Style**

Until 17 year division  
 Plus 18 year division: 18 years old and older

Individual: 1 male or 1 female  
 Pair: 1 male + 1 female  
 Mixed team: 2 male + 3 female OR 3 male + 2 female

**Para-Taekwondo (1 male or 1 female)**

Until 17 year division  
 18 years old or over division

Para TKD rules are applied. Participants are intellectually disabled athletes (P20 classes) and athletes with a neurological impairment (P30 classes). Athletes perform only one poomsae (own choice).

**COMPULSORY POOMSAE**

Five (5) days before the competition the Taegeuk/Poomsae will be published on the website: [www.BelgianTaekwondoFederation.be](http://www.BelgianTaekwondoFederation.be)

**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> round: 2 taegeuks/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).

	INDIVIDUAL
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
31 - 40 year	Keumgang, Taeback, Pyongwon, Sipjin
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 + 1 female)	TEAM A-class (3 male or 3 female)
Pup. & Asp. until 11 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
Cadet 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Junior 15 - 17 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taeback, Pyongwon, Sipjin	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin
plus 31 year	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon	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 round for A-Categories will be announced 5 days before the competition on the website: [www.BelgianTaekwondoFederation.be](http://www.BelgianTaekwondoFederation.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, Pair division, Team 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><u>Final:</u> When 8 or less contestants/pairs/teams are participating, competition shall start from final round. Contestants shall perform two assigned Compulsory Poomsae.</p>
<b>DOPING CONTROL</b>	<p>Some contestants chosen at random will be tested. 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>	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.
<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 April 18<sup>th</sup> 2016**

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 after the deadline or if paid in cash at the registration.

#### PAIR

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

**€ 75 (Euro)** for each contestant if paid after the deadline or if paid in cash at the registration.

#### TEAM

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

**€ 85 (Euro)** for each contestant if paid after the deadline or if paid in cash at the registration.

**Entry fees must be paid by bank before the deadline of April 18 to enjoy early bird fee!**

#### Bank account:

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 2016 + 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!**

### 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 sportswear (no dobok). All coaches must be 18 years or older!

### SPECTATORS

Up to 10 years old: admission is **free**

10 years and older: **€ 10**

## 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 30<sup>th</sup> until May 2<sup>nd</sup> 2016 will be provided by the organization for international referees.

## 7. ACCOMMODATION AND TRANSPORT

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

## 8. OTHERS

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### 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: [belgianopen@taekwondo.be](mailto:belgianopen@taekwondo.be)

### VISA

[Click here](#) for information about VISA requirements  
If you need a VISA request, fill in attachment 2 and send it back to [belgianopen@taekwondo.be](mailto:belgianopen@taekwondo.be)



**ATTACHMENT 1: Declaration of consent from the parents or legal guardians for under aged participant**

As legal guardian, .....(First name + surname) Date of birth: ... /... / .....

Address: ....., Point of relationship: .....

I hereby declare with my consent that my son/daughter, ..... (First name + surname)

Date of birth: ... /... / ....., Address: .....

may participate as an active player at the 37<sup>th</sup> Belgian Open Poomsae 2016 on May, 1<sup>st</sup> in Hasselt (Belgium).

I do know that in Taekwondo injuries cannot be excluded. Neither the organizer or the promoter of the event can be held responsible for any damages or injuries and therefore.

I declare that there exists a valid insurance that will cover costs of possible injuries for my son/my daughter or that I will accept all costs in Connection with possible injuries or damages by myself.

I have read the competition conditions which are according to rules and regulation of the Flemish Taekwondo Union.

I have read the outline of the championships and all of the items of this outlines are known for me.

I recognize explicitly all the points of the outline.

In particular, I recognize unconditionally the liability of the organizer.

.....  
Place Date Signature of legal guardian

As legal guardian, .....(First name + surname) Date of birth: ... /... / .....

Address: ....., Point of relationship: .....

I hereby declare with my consent that my son/daughter, ..... (First name + surname)

Date of birth: ... /... / ....., Address: .....

may participate as an active player at the 37<sup>th</sup> Belgian Open Poomsae 2016 on May, 1<sup>st</sup> in Hasselt (Belgium).

I do know that in Taekwondo injuries cannot be excluded. Neither the organizer or the promoter of the event can be held responsible for any damages or injuries and therefore.

I declare that there exists a valid insurance that will cover costs of possible injuries for my son/my daughter or that I will accept all costs in Connection with possible injuries or damages by myself.

I have read the competition conditions which are according to rules and regulation of the Flemish Taekwondo Union.

I have read the outline of the championships and all of the items of this outlines are known for me.

I recognize explicitly all the points of the outline.

In particular, I recognize unconditionally the liability of the organizer.

.....  
Place Date Signature of legal guardian

