

INVITATION- POOMSAE TOURNAMENT



Dear Mr. President,
Dear Sir/Madam,

On behalf of Taekwondo Club HEREYA and the Bulgarian Taekwondo Federation - WT, we are honored to invite you and your athletes to participate in the

***“14th HEREYA OPEN POOMSAE 2023” – INTERNATIONAL SPRING POOMSAE
TOURNAMENT
Sofia, December 2nd 2023***

We are committed to offer a superbly organized and managed competition, based on the principles of transparency, fair play and objective officiation.

Every year we welcome over 1000 athletes from Bulgaria, Albania, Croatia, Cyprus, Finland, Greece, Hungary, Israel, Iran, Italy, Kosovo, Moldova, Montenegro, North Macedonia, Norway, Romania, Serbia, Slovakia, Slovenia, Sweden, Turkey, Ukraine and many more.

We are looking forward to receiving your confirmation of participation for this event no later than **November 25th, 2023**.

Yours sincerely,



Stanimir Lazarov,

[President of the Organizing Committee of HEREYA OPEN]

14TH HEREYA OPEN POOMSAE 2023

INTERNATIONAL POOMSAE TAEKWONDO TOURNAMENT

02.12.2023
SOFIA, BULGARIA

Promoter: Bulgarian Taekwondo Federation – WT

Organizer: Taekwondo team HEREYA

Contact: Mr. Stanimir Lazarov

Mobile: +359886448382

E-mail: tk.hereya@gmail.com

VENUE: Sports Complex “Asics Arena”

Address: Sofia, Bulgaria; street "Manastirska" 35, 1111

Map: <https://goo.gl/maps/i6VT43Aven7o6pjS7>

COMPETITION DATES & SCHEDULE: 02 December 2023 all medal events

REGISTRATION & ACCREDITATION:

01 December 2023, 16:00 – 21:00 at the Official hotel: Ramada by Wyndham Sofia City Center

(<https://goo.gl/maps/Z54i6pQFfiXiLFaBA>)

DRAW SHEETS & BRACKET PUBLICATION:

The Drawing of Lots & draw sheets/brackets will be daily published, one (1) day before the start of competition at 22:00 hrs on the Taekwondo team Hereya page in Facebook

(https://www.facebook.com/TaekwondoTeamHereya/?locale=bg_BG)

SEEDING: WT seeding rules are applicable

COMPETITION RULES & SYSTEM:

The WT Poomsae Competition Rules and Interpretation (in force as of May 14, 2019) The WT Poomsae Ranking Bylaw (November 9, 2021).

ELIGIBILITY REQUIREMENTS:

1. **NOT NECESSARY** - 2023 WT Global Athlete License.
2. The age limits are based on the year 2023, not on the date.

All competitors must prove their age by presenting their passport or identification card at the official weigh-in. For those athletes that are not adults, a written consent must be submitted (please find enclosed on the last pages) at the registration, signed by one of the parents or legal guardians, accepting their participation and all parts of the official invitation.

COACH ELIGIBILITY REQUIREMENTS:

1. Minimum age of 18 years.
2. Coaches are **not** allowed wearing Dobok.

METHOD OF COMPETITION FOR POOMSAE:

Recognized Poomsae Competition

Two (2) Poomsae from designated Compulsory Poomsae will be decided by TD for each division and must be performed for all competitions **"A" class**.

ONLY FOR THE INDIVIDUAL CATEGORIES (M/F) UNDER 30 and UNDER 40:

Single elimination tournament system

ALL OTHER CATEGORIES: Cut-off System

Recognized Poomsae Competition

Cut-off System

- 1) Preliminaries: In case twenty (20) or more contestants/ pairs/teams are participating, the competition shall start from preliminary round with division of groups at different courts. After performing two (2) assigned Compulsory Poomsae, the top half of each group shall advance to semi-final based on the points.
- 2) Semi-final: In case nine (9) to nineteen (19) Contestants / pairs / teams are participating, competition shall start from semi-final. Contestants shall perform two (2) assigned Compulsory Poomsae and the top eight (8) of them shall advance to final based on the points.
- 3) Final: When eight (8) or less contestants/ pairs/teams are participating, competition shall start from final round. Contestants shall perform two assigned Compulsory Poomsae for the final round. Medals shall be awarded to the top four (4) contestants/pairs/teams.

Free Style Poomsae Competition

Cut-off System (All Freestyle- categories (single Final Round))

- 1) FreeStyle Poomsae is a performance based on taekwondo techniques with composition of music and choreography.
- 2) Composition of FreeStyle Poomsae
 - 2.1 Yeon-mu line shall choice of contestant
 - 2.2 Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WT Poomsae Committee when contestant submits performance plan.
 - 2.3 Music and choreography shall be the choice of contestants.

Note: Music in USB (sound without words) should NOT contain any political, social, and religious and any contents that may harm, discriminate, or offend others.

Note: Music in USB (sound without words) should NOT contain any political, social and religious and any contents that may harm, discriminate or offend others.

GENERAL ELIGIBILITY REQUIREMENTS:

Contestants may compete in a maximum of two (2) categories (Recognized Poomsae & Freestyle Poomsae combined) of competition unless he or she is limited by gender or age.

Ex) Recognized Poomsae max 2, or Freestyle Poomsae max 2, or 1 each of categories.

Duration of Contest:

- Recognized Poomsae: Individual, Pair and Team competitions up to 90 seconds. (Break time between 1st Poomsae and 2nd Poomsae is 30 to 60 seconds.)
- FreeStyle Poomsae: Individual, Pair and Mixed Team competitions from **90 seconds to 100 seconds**.

MEDAL EVENTS:

The following medal events are applicable:

Recognized Poomsae Competition and Class groups:

"A" class - 2-1 Gup, 1 Poom/Dan and higher

- Men's individual
- Women's Individual
- Pair (1 male & 1 Female)
- Men's Team (3 males)
- Women's Team (3 females)

LIST OF POOMSAE TO BE PERFORMED:

Competition	Division	Compulsory Poomsae
Individual	Children 8-11 Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo
	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taebak Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65	
Over 65		
Pair	Children 8-11 Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo
	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
Team	Children 8-11 Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo
	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon

Recognized Poomsae Competition and Class groups:

"C" class - 10-9-8-7-6 Gup,

"B" class - 6-5-4-3-2 Gup

"C" class - Individual, Pair and Team - 10-9-8-7-6 Gup			
	1st Round - Elimination	2nd round - Semi-final	3rd Round - Final
	1 poomsae of your choice	1 poomsae of your choice	1 poomsae of your choice
Children 6-8 years 1 group Individual	Taegeuk 1, 2	Taegeuk 1, 2	Taegeuk 1, 2, 3
Children 9-11 years 2 group Individual			
Children 6-11 years Pair and Team			
Cadets 12-14 years old. Individual, Pair and Team			
Juniors 15-17 years Individual, Pair and Team			
Men/Women +18 years Individual, Pair and Team			
"B" class - Individual, Pair and Team - 6-5-4-3-2 Gup			
	1st Round - Elimination	2nd round - Semi-final	3rd Round - Final
	1 poomsae of your choice	1 poomsae of your choice	2 poomsae of your choice
Children 6-8 years 1 group Individual	Taegeuk 2, 3, 4, 5	Taegeuk 2, 3, 4, 5, 6	Taegeuk 3, 4, 5, 6
Children 9-11 years 2 group Individual			
Children 6-11 years Pair and Team			
Cadets 12-14 years old. Individual, Pair and Team			Taegeuk 4, 5, 6, 7
Juniors 15-17 years Individual, Pair and Team			
Men/Women +18 years Individual, Pair and Team			

FreeStyle Poomsae Competition

- Men's Individual
- Women's Individual.
- Pair (1 male & 1 Female)
- Mixed Team (Composition of 5 members including more than 2 males and 2 females)

FREESTYLE POOMSAE	YEAR OF BIRTH	
INDIVIDUAL UNDER 17 YEARS	2006 – 2011 12 – 17 years old	1 athlete (Male or Female)
INDIVIDUAL OVER 18 YEARS	– 2005 18 years and older	1 athlete (Male or Female)
PAIR UNDER 17 YEARS	PAIR UNDER 17 YEARS	2 athletes (1 Male + 1 Female)
PAIR OVER 18 YEARS	PAIR OVER 18 YEARS	2 athletes (1 Male + 1 Female)
MIXED TEAM UNDER	-2011 12 years and	5 athletes (3 Male + 2 Female or 2 Male + 3 Female)

SPORT ENTRIES – ONLINE REGISTRATION:

Registration is only possible with a <http://tpss.eu> , <http://tpss2021.eu> website.

REGISTRATION DEADLINE:

23:59 Bulgarian time (GMT +2) on 25th of November 2023

This deadline is applicable for all sport entries, payments and admitting all required documents.

APPLICABLE FEES:

- o **One category – 50 euro** per registered athlete
- o **Two or more categories – 70 euro** per registered athlete

Entry fees must be paid per bank no later than November 27th ,2023 to the following bank account:

Bank: First Investment Bank
Account holder: Taekwondo club Hereya:
IBAN:BG07FINV91501214774844,
BIC: FINVBGSF
Reason: POOMSAE23 + Team Name

If an athlete registered online through the registration system does not take part in the competition for some reason, but he/she has not been removed from the list of participants before the deadline (25.11.2023), his/her team official must fully (100%) pay his/her entry fee for participation. Entry fee is not refundable at any time after the deadline.

All payments by bank transfer must be made without any deduction of expenses. When you set the wire transfer, mark the option "OUR". Any costs of the bank transfer must be paid by the sender otherwise will be charged at registration.

A copy of the bank transfer must be sent to:

E-Mail: tk.hereya@gmail.com

Applications without a copy of the transfer are invalid.

NO REFUND:

The Organizing Committee does not refund entry fees paid. In case the athlete has not been removed from the list of participants before the deadline his/her team or official must fully (100%) pay the entry fee(s) for participation. In case of no show the invoice will be sent to the team after the tournament.

PROTEST FEE:

In case the WT Competition Rules allow a protest, a non-refundable fee of **200 euro** shall be paid.

SPORT EQUIPMENT:

Dobok

Athletes can only use WT recognized products while participating at the event. See a list of recognized products at: <http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>

"C" and "B" class – Taekwondo V dobok or WT approved poomsae competition uniforms:

"A" class: compulsory

1. **Cadet Division** (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.



2. **Junior and Senior Division** (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females.



3. **Master Division** (Ages 51 and up): Yellow top and dark blue pants for both males and females.



FIELD OF PLAY REGULATIONS

By accepting an accreditation card, all accredited persons agree to comply with the Field of Play regulations applicable at Taekwondo events. Only the competitors and their coaches will have admittance with valid accreditations to the contest areas.

AWARDS

Individual awards

"C" class:

- 1st place – certificate
- 2nd place – certificate
- 3rd place – two certificates

"A" and "B" class:

- 1st place – gold medal and certificate
- 2nd place – silver medal and certificate
- 3rd place – two bronze medals and certificate

ACCESS TO FIELD OF PLAY

Only one (1) coach, one (1) athlete and one (1) officially licensed Medical Doctor are allowed to enter the Field of Play with their official accreditation. The OC has the right to refuse participants access to the Field of Play.

MEDICAL AND ANTI-DOPING

Applicable doping rules

The WT Anti-Doping Rules and the WADA Anti-Doping Code are applicable. Compulsory random doping tests may be conducted among all athletes. World Taekwondo and/or WADA may carry out random out-of-competition testing prior to the event. Therefore, all participating contestants are required to submit their latest and most accurate Athlete Location (Whereabouts Info) Forms to WT.

Therapeutic Use Exemption

Athletes who take any substance or medicine listed in the "Prohibited List" of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to visit the website of WADA and make online filing of their TUE applications on ADAMS. Report TUE applications also to the WT Sport Department via sport@worldtaekwondo.org.

ADAMS login

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or WT Sport Department at marcoienna@worldtaekwondo.org

For more details, please visit <http://www.wada-ama.org/en/ADAMS/>
<http://www.worldtaekwondo.org/medical-antidoping/anti-doping/therapeutic-use-exemptions-tues/>

Some contestants chosen at random may be tested.

MEDIA AND PRESS

Registered media and press officials or official photographers are entitled to receive a media and press accreditation card.

ACCOMMODATION:

The Organizing Committee offers assistance for the accommodation of teams for the championship at preferential rates for the official hotel of the championship.

Please contact tk.hereya@gmail.com

Official hotel for the tournament:



Ramada by Wyndham Sofia City Center 4*

	Price per room BB	Price per room HB
Single room	55 eur	70 eur
Double room	70 eur	100 eur

Also included in the price: Wi-Fi, Fitness, Spa, Sauna, Indoor pool, Steam bad.

TRANSPORTATION:

If you need transportation that includes all transfers: airport – Ramada hotel – ASICS Arena – Ramada hotel – Airport, please book via email: tk.hereya@gmail.com

INDEMNITIES

It is the responsibility of each registering team to ensure that their athletes and team officials have filled out the indemnification forms correctly and have duly signed them, thereby indemnifying BTF, WT, ETU, the Organizing Committee and all other officials and athletes from any claims of injuries, losses or otherwise arising during participation at the Hereya Open Poomsae 2023 or any activities linked therewith.

It is the responsibility of each registered team to ensure and guarantee that sufficient insurance coverage has been arranged for all athletes, team officials and other participants. Without sufficient insurance coverage, teams will not be allowed to compete.

Please fill out the Personal Indemnity Forms and return them to the Organization Committee before

2 December 2023. Each participant (athletes, team officials, etc.) must fill out the indemnification form.

MEDICAL INSURANCE

All participating athletes, coaches and team officials shall have mandatory medical insurance that covers medical care and in case of emergency repatriation to home country. All relevant documents proving that such an insurance is present, including insurance policy papers, should be taken to the event in case a medical situation occurs.

TIMETABLE

(Subject to change)

DATE	TIME	PROCEDURE	PLACE
01.12.2023	16:00-21:00	Registration & Accreditation	Ramada by Wyndham Sofia City Center
	22:00	Publication of draw sheets Hereya Open Poomsae 2023	Facebook page of Taekwondo team HEREYA
02.12.2023	08:10	International Referees meeting	Sports Complex "Asics Arena"
	08:30	Head of team meeting	
	09:00	Start competition Hereya Open Poomsae 2023	
	13:00	Lunch Break	
	13:30-17:00	Competitions	
	17:00-19:00	Semi-finals, Finals and Awarding Ceremony	

PERSONAL INDEMNIFICATION FORM

THIS INDEMNIFICATION, HOLD HARMLESS, RELEASE AND CONSENT NOT TO SUE executed this

on: _____ (insert date of signing).

I, the undersigned, certify that I will indemnify, hold harmless and release the Organizing Committee of Hereya Open from and against any and all damages, injuries, penalties, fines, claims, suits, liabilities, costs, attorneys' fees court costs and expenses of every kind and nature suffered by or asserted against the Indemnatee as a direct or indirect result of participating in the Hereya Open Poomsae 2023 on 02 December 2023 in the broadest sense of the word. By signing and submitting the form below, I accept and agree to the terms and covenants contained in this Indemnification, hold harmless, release and consent not to sue. I verify that by signing and submitting this form, that I have read and agree to all of the terms and conditions provided above.

Name:

Date:

Signature:

In case the person involved is a minor, the legal guardian has to sign:

Name:

Relation towards the minor:

Date:

Signature:

LIABILITY DECLARATION

(only for under aged athletes)

My name:

I live in:

I am the parent/guardian of:

Date of birth (competitor): ____/____/____

I declare that I accept the participation of _____ at the Hereya Open Poomsae 2023 on 02 December 2023 and that I accept all parts of the official invitation of this tournament.

For physical reasons nothing speaks against the participation of the athlete, and I understand that all competitors are considered to participate at their own risk. The Organizing Committee assume no responsibility for any damage, injuries, or losses. All athletes must bring their own documents and the forms or any medical insurance in Bulgaria.

Place: _____

Date: _____

Signature of the parents/legal guardian:
