



SINCE 2010

BULGARIA

HEREYA OPEN

INTERNATIONAL TAEKWONDO
TOURNAMENT



April 21-22nd, 2024

SPARRING - ALL AGE GROUPS

POOMSAE - ALL AGE GROUPS

Place: ASICS Arena

Sofia, Bulgaria



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

***“15th HEREYA OPEN POOMSAE 2024” – INTERNATIONAL SPRING POOMSAE
TOURNAMENT
Sofia, April 21st 2024***

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, Algeria, Bosnia and Herzegovina, 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 **April 13th, 2024**.

Yours sincerely,



Stanimir Lazarov,

[President of the Organizing Committee of HEREYA OPEN]

15TH HEREYA OPEN POOMSAE 2024

INTERNATIONAL POOMSAE TAEKWONDO TOURNAMENT

21.04.2024
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: 21 April 2024 all medal events

REGISTRATION & ACCREDITATION:

20 April 2024, 16:00 – 21:30 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 16:00 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** - 2024 WT Global Athlete License.
2. The age limits are based on the year 2024, not on the date. Poomsae (18 years old or older) contestants in the year 2024.

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

GENERAL ELIGIBILITY REQUIREMENTS:

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

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.)

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, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon |
|--|----------------|---------------------------------------------------------------------------------|

* Note: Contestants may compete in maximum two (2) categories Recognized Poomsae combined) of competition unless he or she is limited by gender or age.!!!

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 | | | |

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 13th of April 2024

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 categories** – 80 euro per registered athlete

Entry fees must be paid by cash during registration.

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 (14.04.2024), 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.

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.

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 2024 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

21 April 2024. 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 |
|------------|--------------|---------------------------------------------------|----------------------------------------|
| 20.04.2024 | 16:00-21:30 | Registration & Accreditation | Ramada by Wyndham Sofia City Center |
| | 22:00 | Publication of Poomsae draw | Facebook page of Taekwondo team HEREYA |
| 21.04.2024 | 08:10 | International Referees meeting | Sports Complex "Asics Arena" |
| | 08:30 | Head of team meeting | |
| | 09:00 | Start competition Hereya Open Poomsae 2024 | |
| | 13:00 | Lunch Break | |
| | 13:30-17:00 | Competitions | |
| | 17:00-19:00 | Semi-finals, Finals and Awarding Ceremony | |
| 22.04.2024 | All day | Departure | |

DECLARATION OF CONSENT

As legal guardian I herewith declare my consent that my son/my daughter may participate as an active player at the following championship:

15th Hereya Open Poomsae 2024

I do know that Taekwondo is a Full Contact Competition Sport, where injuries cannot be excluded. Neither the organizer nor 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.

Name of Guardia

Point of Relationship

.....

.....

Date

Signature

.....

.....