

Official Information Pack
Sanctioned and approved by Estonian Taekwondo Federation

Estonian National Championships 2024

GENERAL INFORMATION

❖ **PROMOTER**

Estonian Taekwondo Federation

Kaera 21a, 10318, Tallinn

estwtftkd@gmail.com

❖ **DATE and Time**

25th of May, 2024 at 10 AM

❖ **PLACE**

Pärnu Kergejõustikuhall, Väike-Kuke 8c, Pärnu, 80019

❖ **REGISTRATION**

Online registration at www.tpss.eu by 20.05.2024 23:59.

Divisions:

Children 1 (2016 and before) – 3 x 1 min (60 second break)

Children 2 (2013, 2014, 2015) – 3 x 1 min (60 second break)

Cadets (2010, 2011, 2012) – 3 x 1 min (60 second break)

Juniors (2007, 2008, 2009) – 3 x 1.30 min (60 second break)

Seniors (2007 and before) – 3 x 1.30 min (60 second break)

Random Weigh-in

Random weigh-in will be conducted according to WT rules. On competition day the randomly selected athletes will be called to random Weigh-in. There is a random 5% selection per weight division. Heavy categories excluded from the procedure.

Random weigh-in list will be published on Estonian Taekwondo Federation Facebook page and TPSS page on 24th of May by 10 PM.

Weigh-in

Weigh-in will be conducted at 9:00 AM at Pärnu Kergejõustikuhall.

Weight categories:

Children 1

Male: -21kg, -23kg, -27kg, -30kg, -33kg, -36kg, -40kg, +40kg

Female: -21kg, -23kg, -28kg, -32kg, -36kg, -40kg +40kg

Children 2

Male: -, -27kg, -30kg, -33kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, +57kg

Female: -27kg, -30kg, -33kg, -36kg, -40kg -44kg, -48kg, -52kg, -57kg, +57kg

Cadets

Male: -33kg, -37kg, -41kg, -45kg, -49kg, -53kg, -57kg, -61kg, -65kg, +65kg

Female: -29kg, -33kg, -37kg, -41kg, -44kg, -47kg, -51kg, -55kg, -59kg, +59kg

Juniors

Male: -45kg, -48kg, -51kg, -55kg, +59kg, -63kg, -68kg, -73kg, -78kg, +78kg
Female: -42kg, -44kg, -46kg, -49kg, -52kg, -55kg, -59kg, -63kg, -68kg, +68kg

Seniors

Male: -54kg, -58kg, -63kg, -68kg, -74kg, -80kg, -87kg, +87kg
Female: -46kg, -49kg, -53kg, -57kg, -62kg, -67kg, -73kg, +73kg

Entry fee for individual participation:

35 EUR per person till **15.05.2024 23:59 (early bird)**

40 EUR per person for competitor adding **after 15.05.2024 23:59.**

System closes at 20.05.2024 23:59.

Player annual member fee is compulsory and should be paid **by 20.05.2024 23:59.**

Athletes who do not belong to official MNA club cannot participate in National Championships.

Equipment for sparring: mandatory equipment: helmet, protector, mouthpiece, groin-protector, the soft protectors on the lower leg and foot, and forearm, as well as sensory socks «Daedo». Electronic chest and helmet protectors «Daedo» will be provided by the organizers of the tournament, the remaining equipment should be personalized for each athlete. The participants shall wear only the WT recognized Taekwondo Uniform. Athletes can only use WT recognized products while participating at the event. See a list of recognized products at: <http://www.worldtaekwondo.org/wtf-partners/recognized/>

Awards ceremony: The winners will be awarded with medals and diplomas after fights.

Individual awards 1st place – gold medal and certificate; 2nd place – silver medal and certificate; two 3rd places – bronze medals and certificates.

Protest: A protest (epistolary objection submitted to the judging committee) must be provided only by the representative of a team within 5 minutes after the match, and with a deposit - 50 euro. The deposit will be returned if protest is accepted, if protest is rejected, the deposit will not be returned.

Participants: only members of MNA official clubs are allowed to participate.

Coaches: Minimum age of 16 years. Only one person is permitted to accompany the athlete to the fight. He or she should be dressed in sportswear and sports shoes, and must participate in the coach meeting.

Umpires: Each team may provide two referees. Umpire uniform includes dark pants, white shirt and sport shoes.

Insurance and medical admission: All athletes must have no medical restrictions for participation in the competition. Every competitor should have medical insurance. The team representative is responsible for veracity of medical insurance documents.

Injuries: All competitors take part in competitions at their own risk. The organizers do not assume responsibility for any injuries of participants. Athletes will be provided with necessary medical first aid.

EOC procedure: min of 4 athletes in the weight category to reveal the Estonian champion. Weight categories up to 4 athletes compete for Martial Arts Games medal, not for Estonian champion title.
3 athletes or less will be counted competing for Martial Arts Games medal.

POOMSAE TOURNAMENT

❖ PROMOTER

Estonian Taekwondo Federation

Kaera 21a, 10318, Tallinn

estwtftkd@gmail.com

❖ DATE and Time

25th of May, 2024 at 9 AM

❖ PLACE

Pärnu Sports Hall, Riia mnt 129, Pärnu, 80042

❖ REGISTRATION

Online registration at www.tpss.eu by **20.05.2024 23:59**.

Entry fee for individual participation:

35 EUR per person till **15.05.2024 23:59 (early bird)**

40 EUR per person for competitor adding **after 15.05.2024 23:59**.

System closes at 20.05.2024 23:59.

Player annual member fee is compulsory and should be paid by 20.05.2024 23:59.

Athletes who do not belong to official MNA club cannot participate in National Championships.

NB! Kyrogi and Poomsae/2 fights in Kyrogi both events participation entry fee together is 35+15 eur (in Total: 50 eur, not 35+35).

If registration is after deadline Poomsae + Kyrogi 40+40 eur.

❖ **Awards ceremony:** The winners will be awarded with medals and certificates.

❖ **Protest:** A protest (epistolary objection submitted to the judging committee) must be provided only by the representative of a team within 5 minutes after the match, and with a deposit - 50 euro. The deposit will be returned if protest is accepted, if protest is rejected, the deposit will not be returned.

❖ **Coaches:** Minimum age of 18 years. Only one person is permitted to accompany the athlete to the fight. He or she should be dressed in sportswear and sports shoes, and must participate in the coach meeting.

- ❖ **Umpires:** Each team may provide two referees. Umpire uniform includes white pants, white shirt and sport shoes. The referees will be paid for their work.
- ❖ **Insurance and medical admission:** All athletes must have no medical restrictions for participation in the competition. Every competitor should have medical insurance. The team representative is responsible for veracity of medical insurance documents.
- ❖ **Injuries:** All competitors take part in competitions at their own risk. The organizers do not assume responsibility for any injuries of participants. Athletes will be provided with necessary medical first aid.

Article 1 Contestant

1. Contestants' uniforms

Contestants shall wear WT uniform only.

Article 2 Classifications of Competition

Contestants may compete up to two (2) categories of competition unless he or she is limited by gender or age.

1. Recognized Poomsae Competition

1-1 White belt – green stripe belt Individual

1-2 Green belt – red stripe belt Individual

1-3 Red belt – black belt Individual

1-4 White belt – green stripe belt Team

1-5 Green belt – black belt Team

Article 3 Divisions by Gender and Age

| Division | | Under 11 | Cadet | Junior | Under 30 | Over 30 |
|------------|--------------------------------|----------------|-----------------|-----------------|-----------------|-----------------|
| Age | | 6-11 years old | 12-14 years old | 15-17 years old | 18-30 years old | 31-65 years old |
| Individual | White belt – green stripe belt | 1 | 1 | 1 | 1 | 1 |
| | Green belt – red stripe belt | 1 | 1 | 1 | 1 | 1 |
| | Red belt – | 1 | 1 | 1 | 1 | 1 |

| | | | | | |
|----------|--------------------------------|---------------------------|--|----------------------------------|--|
| | black belt | | | | |
| Division | | Under 11 | | Cadet, Junior | |
| Age | | Under 11(6-11 years old) | | Cadet, Junior (12-17 years old) | |
| | | | | Over 30 | |
| | | | | 31 years old and over | |
| Team | White belt – green stripe belt | 3 | | 3 | |
| | Green belt – black belt | 3 | | 3 | |

Article 4 Methods of Competition

The systems of competition are divided as follows. Methods of competition shall be decided by Technical Delegate and shall be stated at outline of championships prior to championships.

Single elimination tournament system

Article 5 Designated Compulsory Poomsae by division among Recognized Poomsae

| Competition | Division | Compulsory Poomsae |
|--|----------------------------------|----------------------------------|
| Individual White belt – green stripe belt | Under 11(6-11 years old) | Taegeuk (1) Jang |
| | Cadet Division(12-14 years old) | |
| | Junior Division(15-17 years old) | |
| | Under 30(18-30 years old) | |
| | Over 30(31-65 years old) | |
| Individual Green belt – red stripe belt | Under 11(6-11 years old) | Taegeuk (1,2,3) Jang 2 pick |
| | Cadet Division(12-14 years old) | |
| | Junior Division(15-17 years old) | |
| | Under 30(18-30 years old) | |
| | Over 30 (31-65 years old) | |
| Individual Red belt – black belt | Under 11(6-11 years old) | Taegeuk (4,5,6,7) Jang 2 pick |
| | Cadet Division(12-14 years old) | |
| | Junior Division(15-17 years old) | |
| | Under 30(18-30 years old) | |
| | Over 30 (31-65 years old) | |

| | | |
|--|----------------------------------|--------------------------------|
| Team White belt – green stripe belt | Under 11(6-11 years old) | Taegeuk (1) Jang |
| | Cadet, Junior (12-17 years old) | |
| | over 17(18-65 years old) | |
| Team Green belt – black belt | Under 11(6-11 years old) | Taegeuk (1,2,3) Jang 2 pick |
| | Cadet, Junior (12-17 years old) | |
| | over 17(18-65 years old) | |

Article 6 Duration of Contest

1. Duration of Contest by Division

Recognized Poomsae: Individual, Pair, and Team competitions up to 90 seconds

Article 7 Procedures of contest

1. Pre-contest and post-contest procedures

1-1 The contests shall begin after the declaration of “Chool-jeon”, “Cha ryeot”, “Kyeong rye “Joon-bi” and “Shi-jak” by the competition coordinator.

1-2 After the end of the each Poomsae, the contestants shall stand in their respective positions and make a standing bow at the coordinator’s command of “Ba-ro, Cha-ryeot, Kyeong-rye, and She-uh.” Contestants shall wait until the coordinator’s declaration of “Pyo-chul”

1-3 The referee shall declare the winner according to the results of the judges.

1-4 Contestant’s exit

ISIKLIKU VASTUTUSE DEKLARATSIOON (ainult alaealiste sportlaste kohta)

Treeneri nimi:

Klubi:

Treeneri sünniaeg: ____/____/____

Ma kinnitan, et aktsepteerin järgmiste sportlaste osalemise 16.02.2020 toimuvatel Euroopa meistrivõistlustel 2020 ja aktsepteerin võistluste ametliku kutse kõiki punkte.

- 1.
- 2.
- 3.
- 4.
- 5.....

Füüsiliste põhjuste poolest ei ole eespool nimetatud sportlastele mingeid takistusi nende osalemiseks ja saan aru, et kõik sportlased osalevad omal vastutusel. Korralduskomitee ei vastuta sportlasele tekkinud tervisekahjude ja isikliku vara purunemise või kadumise eest. Kõik sportlased peavad ise kaasa võtma oma dokumendid ja tervisekindlustuse.

Koht: _____ Kuupäev: _____

Treeneri allkiri: _____

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