



4th BEST LEG TAEKWONDO INTERNATIONAL OPEN 2025



Sunday 13th July 2025

Crystal Palace National Sports Centre, London SE19 2BB





Dear Friends

It's my pleasure to invite you to participate in the 4th Best Leg Taekwondo Open Championships in London. Our event will take place at the iconic Crystal Palace National Sports Centre located at the heart of Crystal Palace in South East London. There are lots of activities to do within the Centre, with access to major transport network. Crystal Palace train station is just than 5 minutes walk to the Centre.

Located within Crystal Palace are popular bars, hotels, restaurants and shops which I invite you to experience.

We are determined to ensure your participation is a memorable experience, and that we continue to promote the values of Taekwondo as an Olympic sport/martial arts.

Thank you and hope to see you soon.



Master Martins J.C Obiorah 6th dan

Best Leg Event Manager & Founder





SANCTIONED BY

British Taekwondo
Manchester Regional Arena
Rowsley Street
Manchester
England
M11 3F

ORGANISER

Best Leg Taekwondo Academy
Tel: +447970382889
Facebook: www.facebook.com/best-Leg-Taekwondo-Academy
Instagram: bestlegtaekwondoacademy
Website: www.bestleg.com
Email: admin@bestleg.com

Founder/Senior Instructor
Secretary
Welfare officer

Master Martins J.C Obiorah 6th dan, MSc, OLY
Mrs Lukvinder Singh
Mrs Muge Collier

VENUE

Crystal Palace National Sports Centre
Ledrington Road
Crystal Palace
London
SE19 2BB





CHIEF REFEREE

Joanne Leach - Flanagan

IT MANAGER

Ski Kanji

COMPETITION MANAGER

Brian Tilley

WELFARE & SAFEGUARDING OFFICER

Muge Collier

LEAD MEDICAL OFFICER

DR Burhanudin Busu (Clinical fellow in trauma & orthopaedics, Kings College Hospital)

MEDICAL TEAM

Tech Medical Services LTD

COMPETITION DATES & SCHEDULE

Sunday 13th July 2025

All Seniors/Juniors/Cadets/Peewee/Novice divisions

COMPETITION RULES

WT Competition rules & interpretation. **Peewee, Children & all class C categories will be manual scoring**

COMPETITION SYSTEM

Single elimination tournament system.

CONTEST TIME

3 x 1.30 minute round with a 30 second rest interval.

SCORING

KPNP Electronic scoring for Class A & B Senior, Junior & Cadet Only.

Manual scoring: Peewee & Child class A & B.

Manual scoring Class C (Senior, Junior, Cadet, Child & Peewee)





AWARDS

Gold, Silver and 2 bronze for individual weight class
Team awards for top 3 teams

CLASSES:

A Class: 2nd Kup and above
B Class: 6th – 3rd Kup
C Class: 9th – 7th Kup

DOBOK AND PROTECTIVE EQUIPMENT

KPNP body armour and headguards will be provided for Class A & B (Senior, Junior & Cadet categories).

Sensor socks will not be provided by the organization. **All players in Class A & B (except Peewee & children categories) must provide their own PSS socks.**

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/>

Only WT-recognized equipment is allowed groin, forearm, shin, mouthpiece (head guard, and body armour for Novice categories).

ACCESS TO FIELD OF PLAY

Only one (1) coach, one (1) athlete and one (1) officially licenced 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.

One (1) coach will be accredited for every five (5) players, and will gain free entry to the competition.

Maximum five (5) coaches per team will be granted free entry.

Any additional coaches can be registered at the cost of £10.00 per coach.

All coaches are permitted to wear sports wear courtside.

All coaches must be registered in advance on www.ma-regonline.com

All coaches that fail the British taekwondo Audit will not be allowed to coach their players at the competition.





AGE CLASSIFICATION:

Junior players aged 17 can enter a Senior weight class in addition to their Junior weight class. Also, any Veterans wishing to compete in a Senior weight class can do so. For every additional entry a second entry fee must be paid.

Weigh In Schedule: Crystal Palace National Sports Centre, SE19 2BB

Saturday 12 th July	3:00pm – 6:00pm	Weigh – in for all categories
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Please note, no weigh – in, on Sunday 13th July. This is to enable organisers complete the draws and release this to clubs a day before event, which helps with managing your team arrival and ensure event starts and finishes on time.

Weigh In Notes:

Coaches: please ensure you weigh and enter your players correctly. Players who don't make their weight according to the one stated on their entry/ application form can move weight class at a cost of £20.00 payable at the weigh in. Players can amend their weight via email up on until Friday 4th July (**one week before the event**).

EVENT SCHEDULE: 13th July 2024

Doors open	8:00am (officials, athletes & coaches have separate entry doors)
Referees Meeting	8.15am
Coaches Meeting	8.30am
Match start time	9.00am (<i>please ensure players are ready to compete on time</i>)
Estimated finish time	6.00pm





WEIGHT CLASS:

Male:

Novice Class C (Pee Wee 8 and under manual scoring)	-18kg	-22kg	-24kg	-26kg	+26kg					
Novice Class C (Child 9 - 11 years manual scoring)	-24kg	-26kg	-29kg	-32kg	-36kg	-40kg	-44kg	-48kg	+48kg	
Novice Cadet C (12 - 14 Years – Manual scoring)	-33kg	-37kg	-41kg	-45kg	-49kg	-53kg	-57kg	-61kg	-65kg	+65
Novice Junior C (15 - 17years – Manual scoring)	-45kg	-48kg	-51kg	-55kg	-59kg	-63kg	-68kg	-73kg	-78kg	+78kg
Novice Senior C (17 years above – manual Scoring)	-54kg	-58kg	-63kg	-68kg	-74kg	-80kg	-87kg	+87kg		
Advance – A & B (Pee Wee 8 and under A & B – Manual scoring)	-18kg	-22kg	-24kg	+26kg						
Advance A & B (Child 9 - 11 years A & B – PSS scoring)	-24kg	-26kg	-29kg	-32kg	-36kg	-40kg	-44kg	-48kg	+48kg	
Advance Cadet A & B (12 - 14 Years A & B – PSS scoring)	-33kg	-37kg	-41kg	-45kg	-49kg	-53kg	-57kg	-61kg	-65kg	+65
Advance Junior A & B (15 - 17years A & B – PSS scoring)	-45kg	-48kg	-51kg	-55kg	-59kg	-63kg	-68kg	-73kg	-78kg	+78kg
Senior A & B (17 years above A & B – PSS Scoring)	-54kg	-58kg	-63kg	-68kg	-74kg	-80kg	-87kg	+87kg		
Veteran all grades – manual scoring	-58kg	-68kg	-80kg	+80kg						

Female:

Novice Class C (Pee Wee 8 and under manual scoring)	-18kg	-22kg	-24kg	-26kg	+26kg					
Novice C (Child 9 - 11 years manual scoring)	-24kg	-26kg	-29kg	-32kg	-36kg	-40kg	-44kg	-48kg	+48kg	
Novice Cadet C (12 - 14 Years – Manual scoring)	-29kg	-33kg	-37kg	-41kg	-44kg	-47kg	-51kg	-55kg	-59kg	+59kg
Novice Junior C (15 - 17years – Manual scoring)	-42kg	-44kg	-46kg	-49kg	-52kg	-55kg	-59kg	-63kg	-68kg	+68kg
Novice Senior C (17 years above – Manual Scoring)	-46kg	-49kg	-53kg	-57kg	-62kg	-67kg	-73kg	+73kg		
Advance – A & B (Pee Wee 8 and under Manual scoring)	-18kg	-22kg	-24kg	-26kg	+26kg					
Advance – A & B (Child 9 - 11 years PSS scoring)	-24kg	-26kg	-29kg	-32kg	-36kg	-40kg	-44kg	-48kg	+48kg	
Advanced Cadet – A & B (12 - 14 Years A & B – PSS scoring)	-29kg	-33kg	-37kg	-41kg	-44kg	-47kg	-51kg	-55kg	-59kg	+59kg
Advanced Junior – A & B (15 - 17years A & B – PSS scoring)	-42kg	-44kg	-46kg	-49kg	-52kg	-55kg	-59kg	-63kg	-68kg	+68kg
Advanced Senior – A & B (17 years above A & B – PSS Scoring)	-46kg	-49kg	-53kg	-57kg	-62kg	-67kg	-73kg	+73kg		
Veteran all grades – manual scoring	-49kg	-57kg	-67kg	+67kg						





Applications:

All applications are to be made online at: ma-regonline.com

It is anticipated that this event will become full quickly, so we encourage you to apply as soon as possible. A waiting list will be created once full.

International applicants:

To ensure International teams get the opportunity to register, we will reserve limited spaces for teams from outside the UK who wish to participate. Please send your team list to adminuk@ma-regonline.com

Closing Date for Applications:

Saturday 28th June 2025 @ 9pm

Application Costs:

All players entered on ma-regonline.com are to pay for entry in full, even if they do not attend. There will be no option to remove or delete players once they are submitted and all fees are due.

British Taekwondo Audit & Withdrawals:

Any player who fails an eligibility audit conducted by British Taekwondo that is registered or withdraws after closure date is still liable to pay.

British Taekwondo Eligibility:

All players and coaches must have a valid, in date British Taekwondo Licence. The correct M Number is needed to register on ma-regonline.com and any M Numbers that are incorrect or falsified in any way, will fail the audit and will not be entitled to a refund.

International Athletes Eligibility:

Member of the team/club of a pertinent member National Association, recognised by World Taekwondo can compete under the below circumstances only.

- competitors have current membership of their MNA and have travel and medical cover that includes sports competition insurance appropriate for a sparring competition.
- International Teams must confirm that these arrangements are in place.





- No checks will be made on individual competitors at the event. Responsibility is at team level
- International teams responsible for paying any bank charges from money transferred abroad.

Non BT Clubs in the UK

Non BT clubs may compete at this event upon further payment of £20 per athletes to cover BT temporary insurance and admin cost. Please contact organisers for further details.

Cost of Entry for Players:

£55:00 for all weight classes

Entry Payments:

Payment is required from all teams as soon as possible after applications have been registered on ma-regonline.com. *Payment is required a week after applying online, to ensure others wishing to participate are given opportunities. The list will be reviewed weekly to ensure this is managed. We encourage you to enter athletes whom you are sure will be participating.*

Bank Details:

All payments to be made via bank transfer to:

Account Name: Best Leg International

Account number: 38295954

Sort code: 56-00-46

IBAN: GB15NWBK56004638295954

BIC (SWIFT): NWBKGB2L

Payment Reference:

Please use team name as your reference for the transfer and email admin@bestleg.com when transfer is complete.





Referees:

Referees wishing to participate, please contact the Chief referee Joanne Leach - Flanagan or register via referee app "Spond"

Protests:

Protests for results of a match can be made directly to the competition supervisory board immediately after the end of the match by the team's head coach only. A fee of £40.00 per protest will be required immediately after protest has been lodged. The outcome of your protest will be reviewed and the referee director's decision will be final.

Spectators:

Adults: £10:00

Children: £7 (under 5 - 17 years)

Under 5: free

ACCOMMODATION

The organising committee recommends the following hotels

- Westow House 79 Westow Hill Crystal Palace, SE19 1TX (0.5 miles)
- Travelodge London Crystal Palace 61 – 63 Croydon Road Penge, SE20 7TS (1.8 miles)
- Travelodge Hotel Croydon central Norfolk House, Wellesley Road Croydon CR0 1LH (3.1 miles)
- Easy Hotel Croydon 22 Addiscombe Road Croydon CR0 5PE (3.2 miles)
- Jurys Inn London Croydon, Wellesley Road Croydon CR0 9XY (3.1 miles)

TRAVEL

The venue is located 25.7 miles from London Gatwick Airport and 26.1 miles from Heathrow airport.

There is a direct train from Gatwick airport to east Croydon Train station.

Bus services: 3,157,122,202,227,249,322,358,363,432,450 offers a direct service to the sports centre.

Train station: Crystal Palace Rail Station (5 minutes walk)

Please visit www.tfl.gov.uk for service updates





Parking - FREE

The venue enjoys 250 and 10 disabled parking spaces. Please ensure you park at the right space provided as ticket wardens frequent locations. There are nearby streets which are also free to park at weekends.

Organisers are unable to resolve any tickets issued, because of parking in non-specified areas!

Please note there are 2 music events holding at Crystal palace on the 6th & 7th July, so parking maybe limited, it is recommended spectators and participants use public transport, however club coaches can request for parking vouchers (limited) to enable easy access to the parking space.

Crystal Palace National Sports Centre
Ledrington Road
Crystal Palace
London
SE19 2BB

By bus	By train, tube & tram	By bike	By car
3, 157, 122, 202, 227, 249, 322, 358, 363, 432, 450	Crystal Palace Penge West	Bike storage available Storage for 40 bikes available	Car parking available 250 total spaces available 10 disabled spaces available Parking type: Free

Launch map and get directions

