

**Official Information Pack**  
**Sanctioned and approved by Estonian Taekwondo Federation**

**Korean Ambassador's Cup 2023**

**GENERAL INFORMATION**

❖ **PROMOTER**

**Estonian Taekwondo Federation**

Kaera 21a, 10318, Tallinn

[estwtftkd@gmail.com](mailto:estwtftkd@gmail.com)

❖ **DATE and Time**

18<sup>th</sup> of November, 2023 at 9 AM

❖ **PLACE**

Lasnamäe Kergejõustikuhall, Punane 45, Tallinn.

❖ **REGISTRATION**

Online registration at [www.tpss.eu](http://www.tpss.eu) by **8.11.2023 23:59**.

**Divisions:**

Children 1 (2015 and before) – 2 x 1 min (60 second break)

Children 2 (2012, 2013, 2014) – 3 x 1 min (60 second break)

Cadets (2009, 2010, 2011 ) – 3 x 1 min (60 second break)

Juniors (2006, 2007, 2008) – 3 x 1.30 min (60 second break)

Seniors (2006 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 17<sup>th</sup> of November by 10 PM.

**Weigh-in**

Weight-in for the guest countries will be conducted at 8:00 AM at Lasnamäe Kergejõustikuhall, Punane 45, Tallinn.

MNA Teams participating under Estonian flag weight-in will be conducted the day before, on 17<sup>th</sup> of November. Please check Your emails.

**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 **8.11.2023 23:59 (early bird)**

40 EUR per person for competitor adding **after Deadline.**

**System closes at 16.11.2023 23:59.**

Player annual member fee is compulsory and should be paid **by 8.11.2023.**

**Athletes who do not belong to official MNA club of citizenship country pay: 70 eur till 8.11.2023, and 80 eur after the deadline.**

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.

## POOMSAE TOURNAMENT

### ❖ PROMOTER

**Estonian Taekwondo Federation**  
Kaera 21a, 10318, Tallinn  
estwtftkd@gmail.com

### ❖ DATE

18th of November, 2023, at 9 AM

### ❖ PLACE

Lasnamäe Kergejõustikuhall, Punane 45, Tallinn.

### ❖ REGISTRATION

Online registration at [www.tpss.eu](http://www.tpss.eu) by **8.11.2023 23:59**.

#### **Entry fee for individual participation:**

35 EUR per person till **8.11.2023 23:59 (early bird)**.

40 EUR per person for competitor adding **after Deadline**.

**System close at 16.11.2023 23:59.**

Player annual member fee is compulsory and should be paid **by 8.11.2023**.

**Athletes who do not belong to official MNA club of citizenship country pay: 70 eur till 8.11.2023, and 80 eur after the deadline.**

**NB! Kyrogi and Poomsae 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.**

**Athletes who do not belong no official MNA club of citizenship country pay: 70 +70 eur till 8.11.2023, and 80 +80 eur after the deadline.**

❖ **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: \_\_\_\_\_