

# **NORDIC CHAMPIONSHIPS TAEKWONDO 2024**



**REYKJAVIK  
INTERNATIONAL GAMES**

**27th AND 28th of January 2024  
Reykjavik, Iceland**



# 01 EVENT OVERVIEW

Organiser & Promoter: The Icelandic Taekwondo Federation (TKI)

President: Snorri Hjaltason

Contact information:

E-mail: [tki@tki.is](mailto:tki@tki.is)

Referee Responsible:

Malsor TAFA (IR Kyorugi)

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E-mail [jl.pedersen@gmail.com](mailto:jl.pedersen@gmail.com)

Website: <https://www.rig.is/>

COMPETITION HALL:

Laugardalshöll, Engjavegi 8, 104 Reykjavík Iceland

COMPETITION DATE:

Kyorugi Saturday 27<sup>th</sup> January 2024

Poomsae Sunday 28<sup>th</sup> January 2024

Full time table will be published on [www.tki.is](http://www.tki.is)

# 02 CONTESTANT ELIGIBILITY

Participation is only allowed for members of clubs (members of national taekwondo federations) from the Nordic and Baltic countries: Finland, Sweden, Denmark, Norway, Iceland, Faroe islands, Estonia, Latvia, and Lithuania

Minimum belt grade for participation is 4<sup>th</sup> Geup (for both Kyorugi and Poomsae)

# 03 REGISTRATIONS

All registrations are through [www.tpss2021.eu](http://www.tpss2021.eu)

Deadline for entries is the 8<sup>th</sup> of January 2024. No registrations after this date will be accepted. Also team officials must be registered though [www.tpss2021.eu](http://www.tpss2021.eu)

Registration at the venue for competitors/official cards shall be made clubwise.

Please note: we will allow changes in competitor weight groups should a player fail the weigh-in (subject to an administration fee payable at the time of the weigh-in). All coaches are responsible for ensuring their players weight and entry details are correct as no refunds will be given should any player be disqualified or not wish to pay the administration fee to move weight groups. All information must be entered when registering players. Any player found not to have all requested information will be removed from the system. Any players remaining in the online system at the deadline will be responsible for paying the full entry fee even if that player does not compete. Following the entry deadline, any changes may only be made at registration/weigh-in.

## 04 ENTRY FEE

The entry fee is 60 € per category (individual/pair/team). All payments must be made by the 8<sup>th</sup> of January 2024 to the Icelandic Taekwondo Federation's bank account. The entry fee payment shall be made clubwise. Receipt of the payment must be sent to: [tki@tki.is](mailto:tki@tki.is) by the 8<sup>th</sup> of January 2024.

All travel expenses, local transportation between the venue, hotels, airport etc. shall be borne by each participating club.

Any change to weight category after the deadline can be made by paying an additional fee of 50 €. If a competitor doesn't pass the weigh-in, he/she can be moved to the next weight category by paying an additional fee of 50 €.

All payments must be made to:

Taekwondosamband Íslands

Engjavegur 6

104 Reykjavík

ICELAND

Name of bank: Islandsbanki hf.

Account number: 0515 - 26 - 050010

ID number: 500103-2050

IBAN: IS440515260500105001032050

SWIFT: GLITISRE

Teams should pay for their competitors in one transfer.

Payment must be received by the closing date.

Please send conformation of payment to [tki@tki.is](mailto:tki@tki.is)

## 05 ADMISSION

Admission for spectators is 1000 ISK for the whole tournament. 1 coach per 4 competitors has free entrance. Admission is bought through [corsa.is](http://corsa.is)

## 06 REGISTRATION, WEIGH IN & DRAW

REGISTRATION & WEIGH-IN for Kyorugi:

For **all competitors** competing registration & weigh-in will be open on Friday 26th of January from 18:00 until 20:00.

DRAWING OF LOTS

The drawing of lots for all weight groups will take place after the weigh-in closes on Friday 26th of January

A full set of draw sheets will be made available for any coaches and will be posted online at [www.tki.is](http://www.tki.is)

REGISTRATION for Poomsae:

Will be open on Saturday 27th of January from 18:00 until 20:00.

## 07 REFEREES

Each country is invited to send 4 kyorugi (the first 24 registrations will be accepted) and 4 poomsae (the first 20 registrations will be accepted) referees of international class or highest national class. Round trip and allowance shall be borne by each participating nation. Accommodation (including breakfast) and meals (lunch and dinner for the competition day) shall be provided by the Icelandic Taekwondo Federation as follows:

**kyorugi** referees from Friday the 26<sup>th</sup> to Sunday the 28<sup>nd</sup>

**poomsae** referees from Saturday the 27th to Monday the 29th

Referees (recommended by their National Federations) must register by the 21<sup>st</sup> of December 2023 by following the instructions which has been sent to the National Federations.

## 08 TEAM OFFICIALS

Each team/club can send 1 coach for every 4 competitors in kyorugi and 1 coach for every 4 competitors in poomsae, and 1 head of team for kyorugi and 1 head of team for poomsae. MNA presidents are considered VIP.

# 09 COMPETITION RULES KYORUGI

Full World Taekwondo Competition Rules will be applied for Senior, Junior and Veteran.  
For this competition Daedo PSS electronic will be used.

World Taekwondo Competition Rules will be applied for Cadet with the exception of head kicks. Full contact head kicks are not allowed for Cadet (TKI head kick rules apply) and face masks are mandatory.

The Organising Committee will provide Protector and Scoring System (PSS) and the head protector to the participating contestants. Participating contestants are required to bring their own groin guards, mouthpieces, gloves, sensing socks and shin and forearm guards for their personal use.

Before entering the field of play, all contestants will proceed to the inspection desk for inspection of their doboks and protective equipment.

Instant Video Replay (IVR) System will be used.

Method of competition: Best of three rounds system

ROUNDS TIME

Cadets: 3 x 1,5 min. with 30 sec. break

Juniors: 3 x 2 min. with 30 sec. break.

Seniors 3 x 2 min. with 1 min.. break.

Veterans: 3 x 1,5 min. with 1 min. break.

b

## WEIGHT DIVISIONS

**ADVANCED CADETS** 4th KUP & above

Born in 2010, 2011, 2012

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

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

**ADVANCED JUNIORS** 4th KUP and above

Born in 2007, 2008, 2009

**Junior Male:** -45, -48, -51, -55, -59, -63, -68, -73, - 78, +78

**Junior Female:** -42, -44, -46, -49, -52, -55, -59, - 63, -68, +68

**ADVANCED SENIORS** 4th KUP and above

Born 2007-1989

**Senior Male:** -54, -58, -63, -68, -74, -80, -87, +87

**Senior Female:** -46, -49, -53, -57, -62, -67, -73, +73

**ADVANCED VETERANS** 4th KUP and above/

Born 1988 or before

**Veterans Male:** -58kg -68kg -80kg +80kg

**Veterans Female:** -49kg -57kg -67kg +67kg

## IMPORTANT INFORMATION

Daedo Electronic Body Protector systems and head-guards will be used for all athletes competing in all categories.

ATHLETES MUST BRING THEIR OWN DAEDO SOCKS.

### **Preliminary schedule:**

#### **Friday**

18.00–20.00 Weight-in and registration

#### **Saturday**

06:00 Publishing selected athletes for random weight-in

08.00–08.30 Referee meeting

08.00–08.15 Random weight-in

08.30–09.00 Head of Team meeting

09.00–20.00 Fights

12.00–12.45 Lunch

The Organiser reserves the right to make changes to schedules. The schedule will be updated to Icelandic Taekwondo Federations website at [www.tki.is](http://www.tki.is) and on Facebook <https://www.facebook.com/Taekwondosambandid>

# 10 COMPETITION RULES POOMSAE

## CATEGORIES

All official categories according to WT Poomsae Competition Rules & Interpretation (May 14, 2019)

Categories	Age	Gender	Compulsory Poomsae
Cadets	12-14	Girls and boys in their own categories	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors	15-17	Girls and boys in their own categories	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
Under 30	18-30	Women and men in their own categories	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, T aeback, Pyongwon, Shipjin
Under 40	31-40	Women and men in their own categories	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, T aeback, Pyongwon, Shipjin
Under 50	41-50	Women and men in their own categories	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60	51-60	Women and men in their own categories	Koryo, Keumgang, T aeback Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Under 65	61-65	Women and men in their own categories	Koryo, Keumgang, T aeback Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Categories	Age	Gender	Compulsory Poomsae
Over 65	+66	Women and men in their own categories	Koryo, Keumgang, T aeback Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Pairs under 14	12-14	One (1) girl and one (1) boy	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Pairs under 17	15-17	One (1) girl and one (1) boy	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
Pairs under 30	18-30	One (1) woman and one (1) man	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, T aeback, Pyongwon, Shipjin
Pairs over 30	+31	One (1) woman and one (1) man	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Teams under 14	12-14	Three (3) girls or three (3) boys in their own categories	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Teams under 17	15-17	Three (3) girls or three (3) boys in their own categories	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
Teams under 30	18-30	Three (3) women or three (3) men in their own categories	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, T aeback, Pyongwon, Shipjin
Teams over 30	+31	Three (3) women or three (3) men in their own categories	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Freestyle individual under 17	12-17	Girls and boys in their own categories	



Categories	Age	Gender	Compulsory Poomsae
Freestyle individual over 17	+18	Women and men in their own categories	
Freestyle pair under 17	12-17	One (1) girl and one (1) boy	
Freestyle pair over 17	+18	One (1) woman and one (1) man	
Freestyle mix-team	+12	Three (3) women and two (2) men, or two (2) women and three (3) men.	

The age limit for each division is based on the year, not on the date, when the competition is held. For this year, a person born between January 1<sup>st</sup> 2007 and December 31<sup>st</sup> 2009 is eligible to participate in the junior category.

The WT Poomsae Competition Rules & Interpretation (as of May 14, 2019) will be used except as noted below.

Cut-off system will be used in all categories.

The Organiser reserves the right to start the competition directly from the semi-final round if necessary due to time schedule constraints.

### **Preliminary schedule:**

#### **Saturday**

18.00-20.00 Registration

20.00-21.00 Head of Team meeting

#### **Sunday**

08.00-09.00 Registration

08.00-09.00 Referee meeting 09.00-20.00 Competition. 12.00-12.45 Lunch

The Organiser reserves the right to make changes to schedules. The schedule will be updated to Icelandic Taekwondo Federation's web site at [www.tki.is](http://www.tki.is)

# 11 AWARDS

Awards will be presented to all tournament Champions, 2nd Place and 2 x 3rd places per category.

Team trophies will also be presented for the 1<sup>st</sup> Place team

7 points for gold

3 points silver

1 point bronze

# 12 EQUIPMENT

All players competing will be provided with a Daedo Electronic body protector and headgear.

ALL ATHLETES MUST WEAR PROTECTIVE EQUIPMENT.

This includes uniforms and guards.

All contestants will be required to proceed to the inspection desk for officials to check their uniform and protective equipment before entering the competition area. Any contestant not wearing protective equipment will not be permitted to compete.

# 13 APPEALS

Instant Video replay (IVR) will be used.

Protest: An amount of €200,00 – will have to be paid for each protest. \*Only the official coach is allowed to protest at the Board of Arbitration immediately (within 15 minutes) after the end of the relevant contest.

# 14 MEDICAL INSURANCE

All participating athletes, coaches and team officials shall have mandatory a 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.

# 15 LIABILITY

All competitors are considered to be participating at their own risk.

The Icelandic Taekwondo Federation and the organiser assume no responsibility for any damages, injuries or losses. By submitting a competitor or coach application you are confirming that you are fit and able to take part in this World Taekwondo competition and do not suffer from any illness or condition that would prevent you from taking part. You also agree to be bound by the rules and regulations of The Icelandic Taekwondo Federation.

## ACCOMMODATION GUIDE:

Coaches and competitors are not required to stay at a particular accommodation. In need of an assistance please send an e-mail to [tki@tki.is](mailto:tki@tki.is)

# **RIG 2024 - NORDIC CHAMPIONSHIPS**

## **TAEKWONDO – Reykjavík, Iceland**

### **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 European Taekwondo Union, World Taekwondo and the Organising Committee, its executive board members, directors, officers, members, employees, consultants, agents, attorneys, contractors (including without limitation sponsors, suppliers, licensees and other representatives (each, an “Indemnitee” and, collectively, “Indemnitees”), 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 Indemnitee as a direct or indirect result of participating in the RIG Championships 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:

Please send this form to email address: [tki@tki.is](mailto:tki@tki.is)