

13th DUTCH OPEN POOMSAE & FREE STYLE 2013

1. ORGANIZATION

- 1.1 Promoter** : Dutch Taekwondo Federation
- 1.2 Organization** : Taekwondo Bond Nederland
- 1.3 President** : Mr. Fred Buitenhuis
- 1.4 Board members** : Mr. M. Argoubi
Mr. R. Gajadhar
Mrs. M. Tapia
- 1.5 Financial manager** : Mr. M. van Keulen
- 1.6 Referee director** : Mr. Mustapha Moutarazak
- 1.7 Information** : Executive event manager
Mr. Rakesh Gajadhar
Dutch Taekwondo Federation
Tel. : +31-78 6455443 (17.00-22.00 hrs local time)
Fax : +31-78 6455443
Mobile : +31-614126969
E-mail : r.gajadhar@taekwondobond.nl
Webpage : www.taekwondobond.nl

2. PLACE AND DATE

- 2.1 Place** : **Topsportcentrum Rotterdam**
van Zandvlietplein 20
3077 AA, Rotterdam
+31 10 4971200
- 2.2 Date** : **Saturday 21st of September 2013**
- 2.3 Time table** : **07.00 - 08.00 hrs: registration for B-division**
09.00 - 09.15 hrs: opening ceremony.
09.30 - 13.00 hrs: contests B-division
11.00 - 12.00 hrs: registration for A-division
12.00 - 13.00 hrs: lunch break
13.00 - 18.00 hrs: contests A-division.
18.30 - 19.00 hrs: awarding ceremony.

The detailed time schedule will be available at the registration
Time table can be changed this will be published on
www.taekwondobond.nl or www.ma-regonline.com

3. CONTESTANTS

3.1 Membership : Participants must be member of a national taekwondo federation, affiliated to the W.T.F.
This membership must be proved by means of a valid federal certificate of membership at the registration.

3.2 Graduation : **A -cat: 1st Dan/poom and higher.**
B –cat: 6th Geup until 1st Geup.

The age categories are based on the year of birth. For example, if someone is 17 years old on the day of competition and he/she is still to become 18 years, then he/she will participate in the division 18 until 29 years..

3.3 Categories A-Class : One (1) day before the competition the Taegeuk/Poomsae will be published on www.taekwondobond.nl

1st, 2nd round: 1 taegeuks/poomsae (Compulsory Taegeuks/Poomsae table).

3rd round (finale): 2 taegeuks/poomsae with 30 second pause. (Compulsory Taegeuks/Poomsae table).

For each Taegeuk/Poomsae 2 points will be given (each Taegeuk/Poomsae is judged separately and the points will be announced immediately after the Taegeuk/Poomsae).

| Division | Table Individual class A | |
|---------------|--|--|
| | Table A-class from 1 st Dan/Poom and higher | |
| | Compulsory Taegeuks/Poomsae | |
| until 10 year | Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo | |
| 11 - 14 year | | |
| 15 – 17 year | Taegeuk 4, 5, 6, 7, 8 jang Koryo, Keumgang, Taebak | |
| 18 - 29 year | Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taebak, Pyongwon, Shipjin | |
| 30 - 39 year | | |
| 40 - 49 year | Taegeuk 8 jang, Koryo, Keumgang, Taebak Pyongwon, Shipjin, Jitae, Cheonkwon | |
| 50 - 59 year | Koryo, Keumgang, Taebak, Pyongwon Shipjin, Jitae, Chonkwon, Hansu | |
| plus 60 year | | |

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Table Pair (1 male and 1 female) & **Teams** (3 male or 3 female) **class A**

| Pair division | Table A-class from 1 st Dan/Poom and higher |
|---------------|--|
| | Compulsory Taegeuks/Poomsae |
| until 14 year | Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo |
| 15 – 29 year | Taegeuk 6, 7, 8 Jang, Koryo Keumgang, Taeback, Pyongwon, Shipjin |
| plus 30 year | Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Cheonkwon |
| Team division | Table A-class from 1 st Dan/Poom and higher |
| | Compulsory Taegeuks/Poomsae |
| until 14 year | Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo |
| 15 – 29 year | Taegeuk 6, 7, 8 Jang, Koryo Keumgang, Taeback, Pyongwon, Shipjin |
| plus 30 year | Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Cheonkwon |

All compulsory Poomsaes for the (1st ; 2nd and Final round for A-Cat.)
will be announced 1 day before the competition on the site: www.taekwondobond.nl

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3.4 Categories B-Class

Tabel: Individual B-Class Categories

Must give four different Taegeuk/Poomsae:

1st , 2nd round: 1 taegeuk (Compulsory Taegeuks/Poomsae table).

3rd round (finale): 2 taegeuks *with 30 seconds pause* (Compulsory Taegeuks/Poomsae table).

| Table Individual B-class | |
|--------------------------|---|
| Division | Table B-class from 6 th geup until 1 st geup |
| | Compulsory Taegeuks/Poomsae |
| until 7 year | <p style="text-align: center;">Taegeuk: 1, 2, 3, 4, 5, 6, 7, 8 jang</p> |
| 8 - 10 year | |
| 11 - 14 year | |
| 15 – 17 year | |
| 18 - 29 year | |
| 30 - 39 year | |
| 40 - 49 year | |
| 50 - 59 year | |
| plus 60 year | |

| Table Pair (1 male and 1 female) & Teams (3 male or 3 female) B-class | |
|---|---|
| Pair division | Table B-class from 6 th geup until 1 st geup |
| | Compulsory Taegeuks/Poomsae |
| until 14 year | <p style="text-align: center;">Taegeuk: 1, 2, 3, 4, 5, 6, 7, 8 jang</p> |
| 15 – 29 year | |
| plus 30 year | |
| Team division | Table B-class from 6 th geup until 1 st geup |
| | Compulsory Taegeuks/Poomsae |
| until 14 year | <p style="text-align: center;">Taegeuk: 1, 2, 3, 4, 5, 6, 7, 8 jang</p> |
| 15 – 29 year | |
| plus 30 year | |

WTF Poomsae Free Style Competition Guideline A-Class Categories

The Free Style competition will be started for only Dan/Poom degrees, age: **plus 15 year**.

Below an overview of the rules which should be followed:

1. Composition of Free Style Poomsae

- 1.1. Number of Poom: Each performance shall be composed of 20 to 24 poom (Composition of 1 poom shall be no more than 5 motions.)
- 1.2. Music & choreography shall be the choice of the contestant. However, it should not contain any political, social and religious contents.
- 1.3. Performed techniques must be within boundary of taekwondo.

2. Division (age: plus 15 year)

- 2.1. Individual (1): Male / Female.
- 2.2. Pair (2).
- 2.3. Mixed team (5): composition of 5 members including more than 2 males and females.

3. Duration of Contest

- 3.1. Individual, Pair and Team competition from 60 second to 70 second. (less than 60 or more than 70 second -0,1 deduction on every 5 second).

4. Scoring Criteria

- 4.1. Scoring shall be made in accordance with the rules of the WTF.
- 4.2. The types of foot techniques designated by WTF Poomsae Committee are as follows:
 - 4.2.1. Heights of jump – Jumping side-kick (**in case of pair and team division, entire team members must perform this technique**).
 - 4.2.2. Number of kicks in a jump – Jumping front-kick (**at least one member of the team must perform this technique**).
 - 4.2.3. Gradient of spins in a spin kick – Spinning hook-kick or turning kick (**at least one member of the team must perform this technique**).
 - 4.2.4. Number of consecutive kicks – Kyorugi style kick (**at least one member of the team must perform this technique**) *3-5 bouncing steps in a spot is mandatory before execute the kyorugi style kicks. (exceeded bouncing of 6-8 -1 and over 8 -0,3 deduction)
 - 4.2.5. Acrobatic action – Any acrobatic action performance with taekwondo kick. (**at least one member of the team must perform this technique**).
- 4.3. Each foot technique shall be less than 3 step run-up. (**exceeded each step run-up -0,1 deduction point**).
- 4.4. One of the following stances must be included in the performance at least once:
 - **Dwitkubi**
 - **Beom-soegi**
 - **Hakdari-soegi**

4. RULES

- 4.1 Competition Rules** : WTF / TBN competition rules
- 4.2 Forms** : Taegeuk and higher WTF / Kukkiwon poomsae
- 4.3 Mode**
- 1) Athletes shall be allowed to compete in more divisions:
Individual Division (1), Team Division (3), Pair Division (2).
 - 2) **Cut off system for A-cat and B-cat:**
1st round: all competitors (+20 competitors)
2nd round: at least 50% of the competitors (9-19) (including participants with equal scores) and (possibility for extra rounds in case of equal scores to qualify for the finals)
3rd round: maximum of 8 competitors (highest scores) can qualify for this round.
4th round: after equal score: between 1 – 2 – 3 – 4 ranking
 - 3) B-Cat.: Free choice by the competitor, but may **not** be **repeated**.
A-Cat.: One (1) day before taegeuks/poomsae will be published on the Dutch Taekwondo Federation website: www.taekwondobond.nl
 - 4) All compulsory poomsaes will be announced 1 day before the competition on the site: www.taekwondobond.nl
 - 5) cut off system are subjective on changes by the organization.
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- 4.4 Doping Control** : Some contestants chosen at random will be tested.
The list of prohibited products will be equal to the list of the IOC.
- 4.5 Awards** : To all winners of 1st, 2nd and 3rd place.
- 4.6 Hall Rules** : Only the competitors and their coaches have admittance with their registration cards to the contest areas. **1 coaches per team/club have free admission. A head of team is granted free admission only for national teams.**
Coaching is only allowed in sports wear (NO DOBOK!). All coaches must be minimum 18 years or older!
- 4.7 Protest** : Must be made by the **official coach** within 10 minutes of the end of the contest to the Poomsae Referee Director. Protest fee is €100.
- 4.8 Liability** : All competitors participate at their own risk. The organizers or the TBN shall not accept responsibility for any damages, injuries or losses sustained or incurred.

5. ENTRY

5.1 Applications : This service is provided by **Ma-regonline**

To **register** and **login** to the service please use this link:



ONLINE REGISTRATION SERVICE

<http://www.ma-regonline.com>

5.2 Deadline : **16th of September 2013**
Entries after this deadline will not be accepted

5.3 Modifications : For all modifications that are to be made after the deadline, an administration fee of **€ 15,-** will be charged.
This must be paid in cash at the registration.

5.4 Entry Fee : **Poomsae:**
Individual (1) € 25,-- (A & B class)
Pairs (2) € 30,-- (A & B class)
Teams (3) € 45,-- (A & B class)

Free Style:
Individual (1) € 15,-- (A class)
Pairs (2) € 30,-- (A class)
Mixed team (5) € 45,-- (A class)

Entry fees must be paid by bank in advance.

Name : Taekwondo Bond Nederland rek EK
Bank : ING
Place : Amsterdam
Country : The Netherlands
Accountnumber : 733764
IBAN : NL95INGB0000733764
BIC/SWIFT : INGBNL2A

Payment reference: DO poomsae 2013 + Team name

6. HOTEL ACCOMMODATIONS

6.1 Hotels : Accommodation charges for room and boarding of the competitors and team officials shall be borne by themselves.

7. TRANSPORTATION

Round trip airfare of the participants and team officials shall be borne by themselves. Because of the tremendous number of participants it is not possible for the Organizing Committee to provide transportation from the airport to the hotels and local transportation between the sport venue and the hotels.

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8. INTERNATIONAL REFEREES

Invitations of participating International Poomsae Referee will be made by the Poomsae Referee Director.

Hotel and full board accommodation from **20 until 21 of September, 2013** will be provided by the organization for international referees. International Poomsae referees will receive an allowance according TBN rules.

Poomsae Referee Director: Mr. Mustapha Moutarazak

E-mail: m.moutarazak@taekwondobond.nl

9. VISA

The Ministry of Foreign Affairs of The Netherlands advises that those participants which need visa for entry into The Netherlands should apply for visa at least one (1) month before arrival in The Netherlands,

In case you need support from the Dutch Taekwondo Federation, please

Contact : **Mr. Rakesh Gajadhar, Event Manager**

E-mail : r.gajadhar@taekwondobond.nl

10. OTHERS

10.1 Video recording : Recording within the competition area is not allowed.
Recording from the public stands is only allowed for handy cam-type cameras.

10.2 Internet : You may find all information about the Dutch Open Poomsae/FreeStyle championships 2013 at our website: www.taekwondobond.nl

11. ADMISSION

For all visitors : free admission
