



DUTCH OPEN **Poomsae & Freestyle** **& Para** **2016**

JUNE 11TH 2016 - SITTARD - NL
ETU-A CLASS TOURNAMENT
ACCORDING WTF COMPETITION RULES
INFORMATION ON WWW.TAEKWONDOBOND.NL
AND WWW.MA-REGONLINE.COM

E-MAIL: INFO@TAEKWONDOBOND.NL

POOMSAE REFEREE DIRECTOR: MUSTAPHA MOUTARAZAK

15th DUTCH OPEN TECHNICAL CHAMPIONSHIPS 2016 ETU-A CLASS

POOMSAE / FREESTYLE AND PARA POOMSAE

OFFICIAL INVITATION

Dear President,
Dear Taekwondo Colleague,

It is our great honour and pleasure to invite you and your team to participate at the 15th Dutch Open Poomsae/Freestyle and Para Poomsae Taekwondo Championships 2016! The championships will be held in the city of Sittard on **Saturday June 11th, 2016**.

- **The Poomsae/Freestyle competition will be held for: only Poom/Danggrades.**
- **The Para Poomsae will be held for: all Geupgrades and all Poom/Danggrades.**

This Poomsae & Freestyle competition is a perfect preparation for the World Championships 2016.

We hope that you and your team will participate at the Dutch Open Poomsae 2016 and are looking forward to welcome you in the city of Sittard.

Yours sincerely,

Mr. Fred Buitenhuis
President

Mr. Rakesh Gajadhar
Executive Event Manager

15th DUTCH OPEN TECHNICAL CHAMPIONSHIPS 2016

POOMSAE / FREESTYLE AND PARA POOMSAE

1. ORGANIZATION

- 1.1 Promotor** : 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
- 1.5 Financial manager** : Mr. M. van Keulen
- 1.6 Poomsae director** : Mr. Mustapha Moutarazak
- 1.7 Information** : Executive event manager
Mr. Rakesh Gajadhar
Dutch Taekwondo Federation
Mobile : +31614126969
: +31647090357
E-mail : r.gajadhar@taekwondobond.nl
Webpage : www.taekwondobond.nl

2. PLACE AND DATE

- 2.1 Place** : Sittard
Stadsspoorthal
Stadswegske 8
NL-6131 AG Sittard
Tel. +31- 46 477 7777
- 2.2 Date** : Saturday June 11th, 2016

3. CONTESTANTS

- 3.1 Age** : Age categories are based on the year of birth.
- 3.2 Graduation** : 1) Poomsae/Freestyle: Dangrades A-Cat.: 1st Dan/Poom and higher
(Belt class according to WTF-regulations)
2) Para Poomsae: all Geupgrades and all Dan/Poomgrades.
- 3.3 Divisions** : WTF-classes.
- 3.4 Membership** Participants must be member of a National Taekwondo Federation, affiliated to the W.T.F. **This membership must be proved by the WTF licence for all officials and competitors.**
- The WTF licence must be valid for 2016 or renewed to be used for 2016
 - All competitors and officials need to have an official WTF Licence number

15th DUTCH OPEN TECHNICAL CHAMPIONSHIPS 2016

POOMSAE / FREESTYLE AND PARA POOMSAE

- Proof of a valid 2016 WTF Licence will be checked during onsite registration. You must show either 1) Valid 2016 WTF Licence card 2) Print out from WTF GMS – instructions [HERE](#)
- **It is NOT possible to register ON SITE for a WTF Licence!**
- An Invalid or unknown WTF Licence number will result in disqualification for the coach and/or competitor.
- Entry fees are obligated at all times.
- The WTF licence is the responsibility of all participants (competitors and officials) participating at the Dutch Open Technical 2016 and must be registered and approved through their respective WTF Member National Association at least 1 month before the tournament it is required for.

Those who are not recognized as adults by law in their own country must submit a passport or identification card together with a written consent (liability declaration) at registration signed by parents or lawful guardians, accepting the participation and all parts of the official invitation. A draft of this letter can be provided through the organization

4. RULES

4.1 Competition rules : WTF-Competition rules.

4.2 Forms : Taegeuk and higher WTF/Kukkiwon poomsae

4.3 Mode : Athletes shall be allowed to compete in more divisions: Individual Division, Team Division, Pair Division.

4.4 Cut off system : Preliminaries: In case 20 or more contestants/pairs/teams are participating, the competition shall start from preliminary round with division of groups at different courts. After performing 2 assigned Compulsory Poomsae, the top half of each group shall advance to semi-final based on the points.

Semi-final: In case 9 to 19 contestants/pairs/teams are participating, competition shall start from semi-final. Contestants shall perform 2 assigned Compulsory Poomsae and top 8 of them shall advance to final based on the points.

Single Elimination System:

Final: When 8 or less contestants/pairs/teams are participating, competition shall start from final round. Final shall be conducted in a single elimination format. Contestants shall perform two assigned Compulsory Poomsae for each round of the finals (round of 8, semi-finals and final). Medals shall be awarded to the top 4 contestants/pairs/teams.

4.5 Awards : 1st, 2nd and two 3rd places will be awarded.

4.6 Hall Rules : Only the competitors and their coaches will have admittance with registration- and coach cards to the contest areas. One (1) coach for every five (5) competitors has free admission with a maximum of four (3) coaches per team. The minimum age for a coach must be 18 years.

15th DUTCH OPEN TECHNICAL CHAMPIONSHIPS 2016

POOMSAE / FREESTYLE AND PARA POOMSAE

- 4.7 Uniform** : Contestants shall wear WTF-approved Poomsae competition uniforms.
Cadet Division (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.
Junior and Senior Division (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females.
Master Division (Ages 51 and older): Yellow top and dark blue pants for both males and females
- 4.8 Publication** : Five (5) days before the competition the Taegeuk/Poomsae will be published on the website: www.taekwondobond.nl and www.ma-regonline.com
- 4.9 Protest** : Only the official coach is allowed to protest to the Poomsae Director, after 10 minutes of the pertinent contest.
An amount of € 150,- will have to be paid for each protest.
Result will be announced after 30 minutes and protest amount will not be refunded in any case.
- 4.10 Liability** : All competitors are considered to participate at their own risk.
The Taekwondo Bond Nederland and the organizer assume no responsibility for any damages, injuries or losses.
All contestants must bring their own documents and forms for any medical treatment in the Netherlands. If not, this will have to be paid in cash.
- 4.11 Identification** : According to **Dutch law** all competitors & visitors need to have a valid Identification by means of a valid passport or other official identification document!

5. TIME TABLE

Friday June 10th 18.00 – 20.00 hrs : registration at Stadssporthal
Teams are encouraged to register on Friday.

Saturday June 11th 07.00 – 08:00 hrs : registration
09:00 - 13.00 hrs : start competition
13.00 - 13.30 hrs : lunchbreak
13:30 - 19:00 hrs : resume competition
19:00 - 19:30 hrs : closing

15th DUTCH OPEN TECHNICAL CHAMPIONSHIPS 2016

POOMSAE / FREESTYLE AND PARA POOMSAE

6. ENTRY

6.1 Applications : By means of enclosed application. To be sent to the
(visa application only) Taekwondo Bond Nederland, PO BOX 4360 2003 EJ Haarlem
Tel : +3123-5428867, Fax: +3123-5428869

Executive event manager
Mr. Rakesh Gajadhar
Mobile : +31-614126969 or +31-647090357
E-mail : r.gajadhar@taekwondobond.nl

6.2 Online registration : Online through: www.ma-regonline.com



ONLINE REGISTRATION SERVICE

- Online modification of all your competitors
- Overview of all divisions

6.3 Deadline : **4th June 2016**
Applications received after this date will not be accepted.

6.4 Accreditations : Extra coach passes can be requested including WTF GMS number separately for € 25,00 euro for each individual coach. Please note that only 1 competitor and 1 coach can enter the competition area.

6.5 Modifications : Modifications are possible at the registration for an amount of **€ 25,00 for each modification.**

6.6 Entry & Payment : **Online using www.ma-regonline.com**
Restitution will never be made.

€ 50,00 (Euro) for each contestant
€ 60,00 (Euro) pair and team
€ 20,00 (Euro) para poomsae
All fees must be paid in EURO'S and please ensure you pay any additional currency charges.
If any additional currency charges are charged to the account of the Dutch Taekwondo Federation it will have to be paid cash during registration.

Entry fees must be paid in advance to the following bank account:

Name : Taekwondo Bond Nederland rek EK
Bank : ING
Place bank : Amsterdam
Country : The Netherlands
IBAN : NL95INGB00000733764
BIC : INGBNL2A
Payment reference : **DO TECHNICAL 2016 + Team name**

6.7 Payment **Must be done by TEAM Individual payment is not allowed**

15th DUTCH OPEN TECHNICAL CHAMPIONSHIPS 2016

POOMSAE / FREESTYLE AND PARA POOMSAE

7. TABEL

- 7.1 Judging** : 1st, 2nd and 3rd round (QF – SF – F): 2 taegeuks/Poomsae (1 stand 2nd compulsory Poomsae table).
- 2 Taegeuk/Poomsae with 30 second break.
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).

	Compulsory Poomsae Individual A-class
Pupils until 8 year	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 jang
Aspirants 9 - 11 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
Cadets 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Juniors 15 – 17 year	Taegeuk 4, 5, 6, 7, 8 jang Koryo, Keumgang, Taeback
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taeback, Pyongwon, Sipjin
31 - 40 year	
41 - 50 year	Taegeuk 8 jang, Koryo, Keumgang, Taeback Pyongwon, Sipjin, Jitae, Chonkwon
51 - 60 year	Koryo, Keumgang, Taeback, Pyongwon Sipjin, Jitae, Chonkwon, Hansu
61 - 65 year	
plus 66 year	

15th DUTCH OPEN TECHNICAL CHAMPIONSHIPS 2016

POOMSAE / FREESTYLE AND PARA POOMSAE

	Compulsory Poomsae Pair A-class (1 male and 1 female)
Pup & Asp. until 11 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
Cadet 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Junior 15 - 17 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taebak
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taebak, Pyongwon, Sipjin
plus 31 year	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Sipjin, Jitae, Chonkwon

	Compulsory Poomsae Team A-class (3 male or 3 female)
Pup. & Asp. Until 11 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
Cadet 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Junior 15 - 17 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taebak
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Sipjin
plus 31 year	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Sipjin, Jitae, Chonkwon

15th DUTCH OPEN TECHNICAL CHAMPIONSHIPS 2016

POOMSAE / FREESTYLE AND PARA POOMSAE

8. FREESTYLE

WTF Poomsae Freestyle Competition Guideline A-Class Categories

The Freestyle competition will be started for only Dan/Poom degrees.

Below an overview of the rules which should be followed:

1. Composition of Free Style Poomsae

- Music & choreography shall be the choice of the contestant. However, it should not contain any political, social and religious contents.
- You may only bring the usb stick and then report to head off the table before the start competition
- Performed techniques must be within boundary of taekwondo.

2. Divisions (age: until 17 year and plus 18 year)

- Individual: Male or Female.
- Pair: 1 Male and 1 Female.

Divisions (from: 12 year)

- Mixed team: composition of 5 members including more than 2 males and females.

3. Duration of Contest

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

4. Scoring Criteria

- Scoring shall be made in accordance with the rules of the WTF.
- The types of foot techniques designated are as follows in sequence:
 - **Heights of jump** – Jumping side-kick (in case of pair and team division, entire team members must perform this technique).
 - **Number of kicks in a jump** – Jumping front-kick (at least one member of the team must perform this technique).
 - **Gradient of spins in a spin kick** – Spinning hook-kick or turning kick (at least one member of the team must perform this technique).
 - **Performance level of consecutive kicks** – Kyorugi style kick shall be limited to five (5) (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)
 - **Acrobatic actions** – Based on the technical difficulty of all acrobatic actions (with taekwondo kick) performed in gymnastics. (at least one member of the team must perform this technique).
- Each foot technique shall be less than 3 step run-up.
(exceeded each step run-up -0,1 deduction point)
- One of the following stances must be included in the performance at least once:
 - Dwitkubi (Backward inflection stance)
 - Beom-soegi (Tiger stance)
 - Hakdari-soegi (Crane stance)

15th DUTCH OPEN TECHNICAL CHAMPIONSHIPS 2016

POOMSAE / FREESTYLE AND PARA POOMSAE

9. PARA POOMSAE

Competition Rules	WTF Para tkd-competition rules
Forms	Taegeuk and higher WTF/Kukkiwon poomsae (own choice)
Classes	1) The Para-Taekwondo Poomsae (P20) competitions for Intellectually Disabled athletes (verstandelijk gehandicapte).
Individual Division	
P20 - Male	All Geupgrades : Under & over 30 years old
P20 – Female	All Dan/Poomgrades : Under & over 30 years old
	2) The Para-Taekwondo Poomsae (P31) competitions for athletes with a Physical Impairment (lichamelijke beperking).
Individual Division	
P31 - Male	All Geupgrades : Under & over 30 years old
P31 – Female	All Dan/Poomgrades : Under & over 30 years old
Mode	Cut off system: <u>Preliminaries:</u> In case 20 or more contestants/pairs/teams are participating, the competition shall start from preliminary round, the top half shall advance to semi-final based on the points. <u>Semi-final:</u> In case 9 to 19 contestants/pairs/teams are participating, competition shall start from semi-final. top 8 of them shall advance to final based on the points. <u>Final:</u> When 8 or less contestants/pairs/teams are participating, competition shall start from final round.

10. HOTEL ACCOMMODATIONS

- | | |
|---------------------|--|
| 10.1 Charges | : Accommodation charges for room and boarding of the competitors and team officials shall be borne by themselves.
Or contact Mr. Rakesh Gajadhar, r.gajadhar@taekwondobond.nl |
| 10.2 contact | : For room reservations please contact the VVV Tourist Office Zuid-Limburg
Link : http://www.vvvzuidlimburg.nl/vestigingen/vestiging.aspx?id=52
Tel : 0900-5559798 |

11. TRANSPORTATION

Round trip airfare of the participants and team officials shall be borne by themselves. 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.

15th DUTCH OPEN TECHNICAL CHAMPIONSHIPS 2016

POOMSAE / FREESTYLE AND PARA POOMSAE

12. INTERNATIONAL REFEREES

Invitations and participating of all **International Referees** will be made by the Organizing Committee of the Dutch Open Technical.

The invitation will be final only with confirmation of the Organizing Committee. International referees will receive an allowance of € 75,- for each tournament day.

Please send your application to:
Referee organising committee
Mr. Mustapha Moutarazak
E-mail : m.moutarazak@taekwondobond.nl

13. ADMISSION

Up to 11 years old : admission free
12 years and older : € 5,00

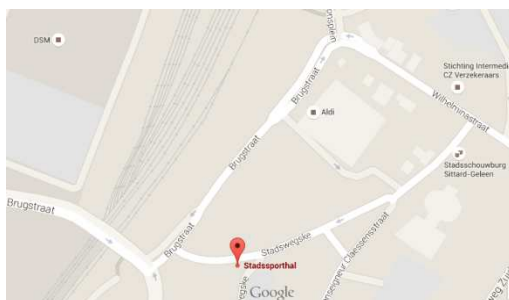
14. VISA

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

15. OTHERS

- 15.1 Video recording** : Recording within the competition area is not allowed. Recording from the public stands is only allowed for handy cam-type Camera.
- 15.2 Venue info** : **Stadssporthal, Stadswegske 8, 6131 AG Sittard**



- From Amsterdam Airport to the Train Station Sittard is 2 hour white train.
- 12 km from Maastricht Aachen Airport.
- 70 km from Eindhoven Airport.
- The nearest Train Station Sittard, located 1 km from sports hall.
- From sports hall is 1 km to the center of Sittard.
- Easily accessible by highway and free parking available.
- The sports hall has Plenty of parking available.