



2nd Baltic Open Taekwondo Cup Saldus / Latvia March 6, 2011 (Sunday)

Objectives and tasks:

1. To develop and popularize Taekwondo in Latvia, to involve wide population in acquiring this martial art with the purpose of comprehensive development and education.
2. To promote sporting skills.
3. To facilitate healthy lifestyle.
4. To create leadership qualities and to harden a character among teenagers.
5. To acquire new practical skills.
6. To develop friendly relations between clubs and federations.

Promoter: Latvian Taekwondo Martial Art Federation (www.tkd.lv)

Organizers: Saldus Taekwondo Martial Art Society

Venue of the tournament: Sporta komplekss, Jelgavas iela 4, Saldus, Latvia.

Date of the tournament: March 6, 2011 (Sunday)

Beginning of the tournament: 10.00

Applications: **applications must be submitted until February 23, 2011.**
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Insurance and medical allowance: All competitors should be in good health and must possess doctor's permit that allows participating in the tournament. Application for the tournament must be signed by doctor and team's representative. Competitors insurance must be provided by the coach or team's representative. Application and insurance must be submitted during team's registration, otherwise team shall not receive tournament's accreditation.

Injuries: All competitors are considered to participate at their own risk Promoter and organizer assumes no responsibility for any injuries. Competitors will be provided with the first aid, if necessary.

Accommodation: "DODO Hotel". Application for room booking in "DODO Hotel" must be sent until February 23, 2011 to e-mail: info@hadl.lv Details: www.dodohotel.lv

Registration and weight control: Teams that arrive in Riga March 5 will be registered on the arrival date in the place of the accommodation. All other competitors will be registered on March 6 in the tournament site from 8.00-9.30. During weighting and registration competitors must possess ID document (passport or ID card) and pay the participation fee.

Tournament disciplines:

- Sparring
- Sparring in pairs
- Formal complexes - individual (pumse-palge-tul-kata, etc).
- Formal complexes in pairs
- Formal complexes – three competitors.
- Self-defence - individual (5 variants separately)
- Self-defence in teams (dynamic programme)
- Strength kick

Sparring (kirugi): Contests are individual (2008 WTF rules), using “ADIDAS” electronic body protectors with modifications and additions provided in this regulation:

- * allowed all kicks to head (except 7 – 9 ages category) and body area and all punches to body area;
- * forbidden all strikes below body area, punches to head area, throws and grabs;
- * 1 point – straight punch to body area, kick to body area; 2 points – spinning kick to body area; 3 points – kick to head area;
- * fights will be according to “Olympic System”.
- * the winner will be determined by the 9 point difference, fight until 15 points.
- *for 7 – 9 ages category all kick on feet in head are forbidden (are not allowed).

Competitor’s qualification: without classification by belt levels and practice period.

Age categories: 7-9 years, 10-12 years, 13-14 years, 15-17 years, 18+ years.

Weight categories:

7 – 9 years:

-23 kg; -26kg; -29kg; -32kg; -36kg; -40kg; -45kg; -50kg; +50kg.

10 - 12 years:

-27 kg; -30kg; -33kg; -36kg; -40kg; -45kg; -50kg; -55kg; -60kg; +60kg.

13 - 14 years:

-40 kg; -44kg; -48kg; -52kg; -56kg; -60kg; -65kg; -70kg; -75kg; +75kg.

15 - 17 years:

-44kg; -48kg; -52kg; -56kg; -60kg; -65kg; -70kg; -75kg; +75kg.

18+ years:

-52 kg; -57kg; -62kg; -67kg; -72kg; -78kg; +78kg.

(if weight category consists of less than 4 competitors, it could be merged with the closest category).

Sparring in pairs: 7-9 years, 10-12 years, 13-14 years, 15-17 years, 18 + years.

Without classification by belt levels. Weight difference in pair must not exceed 5 kg. Competitors should be in the same age group. Competitor’s weight and age must be specified in the application.

Equipment: required: headgear, body protector, mouth guard, groin protector, soft shin and foot protectors, and soft forearm protectors.

Self-defence – individual: age groups: **7-9 years, 10-13 years, 14+ years.** Competitor must demonstrate five self-defence techniques against punches, kicks, grabs and against the attack with weapon – optional (knife, club, etc). **For the age groups of 7-9 year and 10-13 years it is illegal to use techniques on the neck and grand amplitude throws!** Evaluation refers only to the competitor who is demonstrating techniques. Without classification by belt levels. Demonstration could be accompanied with music. If category consists of less than 4 competitors, categories could be merged. Without classification by gender, but if any age group will include 4 or more females the special females’ category will be created. Competitors will be evaluated by 5 umpires.

Evaluation criteria:

- Complexity of technique;
- Movement aesthetics and performance tempo;
- Speed and performance power;
- Performance duration (finesse) and competitiveness (as close as possible to actual performance).

Self-defence in teams: age group: **14+ years**. Female and male together, mixed pairs or three competitors by the team are allowed. Competitors must demonstrate free self-defence programme (not longer than 3 minutes, nevertheless 10 techniques as minimum) against kicks, punches, grabs and against the attack with weapon – optional (knife, club, etc). Demonstration could be accompanied with music. Without classification by belt levels. Evaluation refers to all demonstration show team's members. Competitors will be evaluated by 5 umpires.

Evaluation criteria:

- Complexity of technique;
- Technique aesthetics and performance tempo;
- Performance accuracy and power;
- Performance duration (finesse) and competitiveness (as close as possible to actual performance).

Formal complexes – individual: age groups: **7-9 years, 10-13 years, 14-16 years, 17+ years**.

Qualification: **10–6 gup; 5 gup – 2nd dan**. Competitor performs one formal complex according to his/her qualification (belt). Demonstration could be accompanied with music. If the category consists of less than 4 competitors categories could be merged. Without classification by gender, but if any age group include 4 or more females the special females' category shall be created. Competitors shall be evaluated by 5 umpires.

Evaluation criteria:

- Tempo and rhythm;
- Balance and movement aesthetics;
- Speed and concentration;
- Accuracy or formal complex.

Formal complexes in pairs: age groups: **7-13 years; 14+ years**. Qualification: **10 – 6. gup; 5. gup – 2.dan**. Competitors perform one formal complex synchronically. Without classification by gender. Demonstration could be accompanied with music. If the category consists of less than 4 competitors categories could be merged. Competitors shall be evaluated by 5 umpires.

Evaluation criteria:

- Tempo and rhythm;
- Balance and movement aesthetics;
- Speed and concentration;
- Synchronicity of performance;
- Accuracy or formal complex.

Formal complexes – three competitors: age groups: **7-13 years; 14+ years**. (One younger competitor is allowed to participate in the older group and one older competitor in the younger group). Three participants (one in the front, two behind – on the side) perform one formal complex. Females and males may participate together. Performance could be accompanied with music. Without classification by belt levels. If category consists of less than 4 teams categories could be merged. Competitors shall be evaluated by 5 umpires.

Evaluation criteria:

- Tempo and rhythm;
- Balance and movement aesthetics;
- Speed and concentration;
- Accuracy or formal complex.
- Synchronicity of performance and interpretation.

Strength kick: For 7-9 years, 10-12 years, 13-14 years, 15-17 years, 18+ years -without belt ranking level. For 7- 9 years, 10-12 years, 13-14 years have to accomplish twice side kick with heel or edge of foot (bandal chagi) and twice jumping side kick with heel or edge of foot (tvio bandal chagi). Amount of all four kicks are scored.

For 15-17 years, 18+ years have to accomplish twice side kick with heel or edge of foot (bandal chagi) and twice spinning jump kick with heel or edge of foot (tvio momdolio doli chagi). Amount of all four kicks are scored.

Coaches: only coach or second may accompany competitor to contest area.

Second and coach must wear sport clothing and sport shoes. Coaches and second must participate in the meeting.

Umpires: for the purposes of judging objectivity, two judges from each club must be registered, clothing –black trousers, white shirt and sport shoes. Judges will be rewarded.

Objections: a written complaint must be addressed to tournament organizer and video of a fight + 50 EUR must be submitted in the case of the objections. Objection must be submitted not later than 5 minutes after the end of the fight. If the objection is justified deposit will be reimbursed, otherwise deposit will not be repaid.

Participation fee: Information at trainer

National symbols: Each team is requested to have the national flag at the tournament. During tournament flag should be delivered to organizer. Flag size of 90 cm x 130 cm.

Awarding: Winners and prize-winners will be awarded with medals and award diplomas. The best tournament's competitors will be awarded with the cups and remembrance prizes. During awarding ceremony competitors must wear a dobok (kimono).

Best Regards,

Tournament organizers:

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Details on tournament (English):

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