



XXII ITF

TAEKWON-DO

WORLD CHAMPIONSHIP

18 - 26 **2023** AUGUST

ASTANA

OFFICIAL INFOPACK

#ORGANIZER & PROMOTER

PROMOTER

International

Taekwon-Do Federation

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Website: www.taekwondo-itf.com



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#OFFICIAL LOGO



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#WELCOME

*Dear ITF Leaders, Grand Masters and Masters,
Dear NGB Presidents and Participants,*



With the support from the Office of the President of Kazakhstan, the Ministry of Culture and Sports of Kazakhstan and the City Mayor of Astana, the International Taekwon-Do Federation (ITF) and the Kazakhstan Taekwon-Do ITF Association herewith welcome you to the 22nd ITF Taekwon-Do World Championships in the Capital of Kazakhstan, the City of Astana.

We are looking forward to seeing you all in August, 2023.

Sincerely Yours in Taekwon-Do,

Yerlan Issekeshov

*Chairman, Organizing Committee
President, Kazakhstan Taekwon-Do ITF Association*





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INFOPACK

#ASTANA

Astana is located in the north of the country, on the banks of the Ishim River. It is the most modern, intensively developing cultural, business, industrial, tourist and sports center of the Central Asia which has direct transport connection with many countries of the world with visa-free entry for citizens of more than 50 countries.



The city's master-plan was designed by Japanese architect Kisho Kurokawa. As the seat of the government of Kazakhstan, Astana is the site of the Parliament House, Supreme Court, Ak Orda Presidential Palace and numerous government departments and agencies. It is home to a range of futuristic buildings, including many skyscrapers





XXII **ITF**
TAEKWON-DO
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18 - 26 2023 **AUGUST**
ASTANA

INFOPACK

#VISA

Any countries requiring the visa are requested to contact the nearest Kazakhstan Embassies or Consulates to obtain the visa on time. Please keep in mind that the waiting time vary according on the countries. If you are in need of any assistance from the Organizing Committee, please do not hesitate to contact us immediately.

The list of countries whose nationals can visit Kazakhstan for 30 days without a visa includes: Argentina, Armenia, Australia, Austria, Azerbaijan, Bahrain, Belarus, Belgium, Brazil, Bulgaria, Canada, Chile, Colombia, Croatia, Cyprus, Czech Republic, Denmark, Ecuador, Estonia, Finland, France, Georgia, Germany, Greece, Hong Kong, Hungary, Iceland, Indonesia, Ireland, Israel, Italy, Japan, Kuwait, Kyrgyzstan, Latvia, Liechtenstein, Lithuania, Luxembourg, Malaysia, Malta, Mexico, Moldova, Monaco, Mongolia, Netherlands, New Zealand, Norway, Oman, Philippines, Poland, Portugal, Qatar, Romania, Russia, Saudi Arabia, Serbia, Singapore, Slovakia, Slovenia, South Korea, Spain, Sweden, Switzerland, Tajikistan, Thailand, Turkey, United Arab Emirates, Ukraine, United Kingdom, United States, Uzbekistan, Vatican, Vietnam.





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WORLD CHAMPIONSHIP
18 - 26 **2023** AUGUST
ASTANA

INFOPACK

#WEATHER IN ASTANA

In **August** Nur-Sultan generally has high temperatures with maximum daytime temperatures around 25°C (77°F), minimum nighttime temperatures around 13°C (55°F) and low monthly rainfall. So on average the conditions are perfect that month.

ASTANA	<< July	August	September >>
🌡️ Max temperature	27°C / 81°F	25°C / 77°F	19°C / 66°F
🌡️ Min temperature	15°C / 59°F	13°C / 55°F	7°C / 45°F
☀️ Monthly sun hours	337 hours	295 hours	240 hours
☁️ Monthly rainfall	50mm / 2inch	29mm / 1.1inch	22mm / 0.9inch
☁️ Monthly rainy days	15 days	13 days	12 days
☀️ Weather conditions	perfect	perfect	perfect

<https://weather-and-climate.com/average-monthly-Rainfall-Temperature-Sunshine,astana,Kazakhstan>



TRANSPORTATION & ARRIVAL

Transportation to and from Astana International Airport, between the **Astana Palace of Martial Arts** and the hotels, will be arranged by the organizer according to the prior bookings.

No transportation may be available from the organizer without prior and timely booking,; subsequently own means of transportation will need to be arranged in all other cases.

Groups arriving by other means should proceed to the meeting point at **Astana Palace of Martial Arts** .

IMPORTANT: The arrival of all delegations must be on the **19th of August, until 11:00 a.m.** Arrival time means time of arrival to the weight-in room.

Teams arriving at the Astana International Airport, should inform the organizing committee of their schedule, including arrival/departure time schedule and flight numbers before **18th of July 2023**.

NOTE: The transfer is carried out around the clock for teams over 5 people. In case of arrival of teams (part of the team) less than 5 people, the wait time of up to several hours is possible.



#VENUE

The new Palace of Martial Arts is the venue for the 22nd ITF Taekwon-Do World Championships. It was built to meet the highest standards and requirements of international sports federations.



Innovative engineering solutions were applied to the building to provide the most advanced energy-efficient heating, ventilation, air conditioning and lighting systems. The unique triangular shape of the Palace of Martial Arts symbolizes the form of a flying eagle, a symbol of the freedom and strength.



The Palace has hosted some of the most prominent international events in martial arts in recent years, including Grappling World Championships, World Wrestling Championships, World Karate Championships and World Judo Championships.



XXII ITF
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WORLD CHAMPIONSHIP
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INFOPACK



#CHAMPIONSHIPS RULES AND REGULATIONS

This Championship is held in accordance with the **ITF Rules**, unless stated otherwise in some specific cases. If not covered by the ITF rules, then this Info Pack applies.



COMMON MEDICAL RULES VALID FOR ALL :

- To protect the health safety of all participants during the 22nd ITF World Championships, the ITF Medical Rules and regulations will be strongly enforced by the local ITF Tournament Organising Committee under the supervision of the ITF Medical Committee. For further details, please refer to the ITF HEALTH PROTECTION CHECKLIST published at <https://www.itf-tkd.org/rules-and-forms/>
- The international Medical insurance Certificate shall be uploaded to the each participants' personal profile in the ITF DB and will be checked during the participants' check/weigh in procedure. The organizer will not assume responsibility for any damages or losses incurred by anyone all through the event.
- The Organizing Committee will provide professional First Aid to the participants in the Sport Hall during the competition.



#CHAMPIONSHIPS RULES AND REGULATIONS

This Championship is held in accordance with the **ITF Rules**, unless stated otherwise in some specific cases. If not covered by the ITF rules, then this Info Pack applies.



COMMON ANTI-DOPING RULES VALID FOR ALL:

Please, be aware that doping testing will be performed for Adult Male/Female competitors in the individual sparring and individual power breaking divisions. A competitor who declines or doesn't follow the direction of the Doping Control Official will be disqualified.

All participants must have the following valid documents uploaded to their personal ITF DB profiles prior to the arrival for the event. These documents will be mandatory checked during the participants' check/weigh-in procedure.

•Competitors:

- ADEL Certificates issued from WADA upon the completion of the anti-doping e-learning program
- ATHLETE ANTI-DOPING CONSENT FORM (attached to this Infopack), duly signed by Athlete (Parent/Guardian)

•Coaches:

- COACH TRUE certificates issued by WADA upon completion of the anti-doping e-learning program.

Please, refer to link on ITF website: - <https://www.itf-tkd.org/anti-doping-education-tools/>



#CHAMPIONSHIPS RULES AND REGULATIONS

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THERAPEUTIC USE EXEMPTION (TUE) :

Athletes may have illnesses or conditions that require them to take particular medications or to utilise particular methods of treatment. If the medication that an Athlete is required to take to treat an illness or condition happens to fall under the Prohibited List, a Therapeutic Use Exemption (TUE) gives that Athlete the authorization to take the needed medicine so long as the Athlete fulfils all the mandatory criteria to do so.

The Prohibited List can be checked at:

WADA Prohibited List (<https://www.wada-ama.org/en/resources/world-anti-doping-program/2023-prohibited-list>)

GlobalDRO (<https://www.globaldro.com/AU/search>)

- **WHAT ARE THE CRITERIA YOU MUST FULFIL IN ORDER TO OBTAIN A TUE?**

The criteria for obtaining a TUE can be found at:

International Standard for Therapeutic Use Exemptions (ISTUE)

(<https://www.wada-ama.org/en/resources/world-anti-doping-program/guidelines-international-standard-therapeutic-use-exemptions#resource-download>)



#CHAMPIONSHIPS RULES AND REGULATIONS

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• TUE APPLICATION FORM

- TUE application form is attached to the information Pack
- It is also available on ITF-TKD website

• WHEN SHOULD I APPLY FOR A TUE

- TUE applications for the 2023 World Championship need to be submitted no later than 11th June 2023.

• WHERE DO I SUBMIT MY TUE

- Submit your application to: itf.tkd.tue.application@gmail.com

• WHAT IS THE DURATION OF MY TUE

- ITF-TKD is currently engaging in full WADA compliance
- TUEs for the 2023 World Championship will be valid until the end of the calendar year 2023
- Updated requirements will be provided at a later date

• WHAT IF MY TUE IS DENIED

- Correspondence will be forwarded outlining the reason for denial and the process of appeal

• WILL MY MEDICAL INFORMATION REMAIN CONFIDENTIAL

- Refer to the Privacy Notes in the TUE Application Form



#CHAMPIONSHIPS RULES AND REGULATIONS

Dress Code for Competitors

- Competitors are allowed to wear ONLY the official ITF-Approved Doboks of the **SASUNG** or **Dae do** brands
- Competitors are allowed to bear their country name on the back of the Dobok jacket under the Taekwon-Do “tree”.
- The Competitor’s ITF ID number should be located below the belt on the back of the Dobok jacket.
- Competitors are allowed to bear their NGB logo or trademark of their sponsor on the left sleeve of their Dobok and it should be located 15 cm down from the shoulder line.
- Competitors are allowed to bear their national flag (3 cm by 5 cm) on the right side of the front of the Dobok jacket at the same level with the ITF Logo located on the left side of the Dobok jacket.



#CHAMPIONSHIPS RULES AND REGULATIONS

General

- Every NGB must submit two National Flags (1 meter X 2 meters) and a USB memory stick with the National Anthem (45 seconds min.) to the Organizing Committee at the onsite Team Registration
- Program of competitions: Detailed preliminary schedule by ring will be provided prior to the competitions.
- The schedule may be changed during the course of the competitions at the ITF Tournament Committee discretion.
- All disciplines may start on the first day of the Championship. There is no mandatory order of disciplines in the program. Therefore, competitors and teams must be ready to participate in self-defence, special techniques or power events even before the sparring event.
- Only one team from one country can participate and that team shall perform Pattern, Sparring, Special Technique and Power Breaking except for Self- Defence Routine.



#APPLICATIONS

Applications must be sent only via the ITF DB online registration:

<https://data.taekwondo-itf.com/event/21662/4819>

Only the ITF affiliated NGBs and the ITF Degree holders registered in the ITF Database will be able to submit application to take part at the Championships.

- Should you have any problems accessing the online application system, please contact:
- support@taekwondo-itf.com
- **ITF VIPs** - The NGBs should not register VIPs. The VIPs will be registered by the ITF HQ.
- **IT Services:** ITF Technical Support

Countries requiring a Visa to Kazakhstan should contact the nearest consulate. The waiting period after application of Visas to Kazakhstan might vary, therefore please prepare in advance.

Deadline for NGBs to ask for confirmation of participation: 1st of June 2023

IMPORTANT: Countries who will receive Kazakh VISA through the organizing committee, must be accommodated at the World Championships official hotels.



#PAYMENTS & PENALTIES

#FEES

- Individual entry fee: **90 EUR** per competitor
- Team entry fee: free of charge
- Accreditation fee for the countries using their own accommodations, i.e. if not booking via the Organizer: **300 EUR** per person (Note: after payment, these participants will receive only ID card and no other package services, including transportation, full board meals and other accommodation-related services).

#PENALTIES

- Any change on the Registration after 1st of August , 2023 is **150 EUR**
- Late arrival of responsible person to the registration is **300 EUR**
- Late arrival of the whole team is **100 EUR** per person

IMPORTANT: The last arrival of all delegations is the 19th August, Saturday till 11:00 a.m.



#ACCOMMODATION

- WHY DIFFERENT PACKAGES AND PRELIMINARY DEPOSIT DEADLINES?

The best time to visit Kazakhstan is between July - August when the weather is perfect throughout the country.

Due to the fact that the Kazakh capital City is considered a “peace hub” (Astana is awarded the “City of Peace” title by UNESCO in 1999) and is often the scene of peace negotiations and international Summits, the hotels are specifically busy there at this time of the year.

That is why the prices vastly depend on when the deposit is paid– namely after 1st, 2nd or 3rd final deadline they will be accommodated on different packages, as it is pointed at the tables below.

Each package includes:

- Accommodation according to selected type of package
- Transport from/to airport
- Full board (breakfast, lunch, dinner)
- Free entrance to the sport hall
- Free entrance to the opening/closing ceremony
- Medical assistance during the competition days (only for injured competitors)



#ACCOMMODATION PACKAGES

DEADLINE 1	PREMIUM (Package A)	STANDARD (Package B)
15th of April 2023	for 1 person for a double room	for 1 person for a double room
8 days/7 nights	700 EURO	560 EURO
9 days/8 nights	800 EURO	640 EURO
Each extra night	+100 EURO	+80 EURO
For a single room, add the following sums per day	+30 EURO	+25 EURO

DEADLINE 2	PREMIUM (Package A)	STANDARD (Package B)
1st of June 2023	for 1 person for a double room	for 1 person for a double room
8 days/7 nights	770 EURO	560 EURO
9 days/8 nights	880 EURO	640 EURO
Each extra night	+110 EURO	+80 EURO
For a single room, add the following sums per day	+35 EURO	+25 EURO

DEADLINE 3	PREMIUM (Package A)	STANDARD (Package B)
15th of July 2023	for 1 person for a double room	for 1 person for a double room
8 days/7 nights	840 EURO	700 EURO
9 days/8 nights	960 EURO	800 EURO
Each extra night	+120 EURO	+100 EURO
For a single room, add the following sums per day	+40 EURO	+35 EURO

#DICIPLINES

Individual Patterns (Tul)

Junior, Youth, Adult and Veteran competitors will perform their optional pattern one after another and then the designated pattern will be performed together. The Pyramid System will be used.

The Jury President will indicate the winner in accordance with the result from the electronic scoring system, after calculation of the points awarded by five umpires during the competition.

1st Degree	4th Degree
<ul style="list-style-type: none"> Optional: From KWANG-GAE to GAE-BAEK Designated: From CHON-JI to GAE-BAEK 	<ul style="list-style-type: none"> Optional: From YON-GAE to MOON-MOO Designated: From CHON-JI to MOON-MOO
2nd Degree	5th Degree
<ul style="list-style-type: none"> Optional: From EUI-AM to JU-CHE Designated: From CHON-JI to JU-CHE 	<ul style="list-style-type: none"> Optional: From SO-SAN to SE-JONG Designated: From CHON-JI to SE-JONG
3rd Degree	6th Degree
<ul style="list-style-type: none"> Optional: From SAM-IL to CHOI-YONG Designated: From CHON-JI to CHOI-YONG 	<ul style="list-style-type: none"> Optional: TONG-IL Designated: From CHON-JI to SE-JONG



#TEAM PATTERNS (TuI)

The team pattern competition, unlike the individual competitions, is the team performance where 5 competitors of a team enter the ring and demonstrate their teamwork. Hence, the technical movements should be performed collectively in accordance with the general choreographic composition requirements. However, the technical aspects including fast and slow motions, continuous and connected motions should be executed as laid down in the Encyclopaedia. Scoring will not commence until the command “Shi Jak” is given by the Centre Referee. Maximum of twenty (20) seconds will be allowed for the team to arrive at their starting positions.

Teams will perform one optional pattern and one designated pattern. The designated pattern will be the same pattern for the 2 competing teams and selected at random by the electronic system (excluding those optional patterns previously performed in the round).

Optional patterns and designated patterns in team competitions for Junior, Youth, Adult and Veteran Categories are shown below. In Optional Patterns for the team competitions, the Patterns should correspond to the lowest Degree degree holder among the team members.

Juniors	Veterans
<ul style="list-style-type: none"> Optional: From KWANG-GAE to the lowest Degree holder on the team Designated: CHON-JI to GE-BAEK 	<ul style="list-style-type: none"> Optional: From KWANG-GAE to the lowest Degree holder on the team Designated: CHON-JI to GE-BAEK
Youth U-18	Adults
<ul style="list-style-type: none"> Optional: From KWANG-GAE to the lowest Degree holder on the team Designated: CHON-JI to GE-BAEK 	<ul style="list-style-type: none"> Optional: From KWANG-GAE to the lowest Degree holder on the team Designated: CHON-JI to GE-BAEK

- ❖ Teams will perform alternatively.
- ❖ Each team will perform the same designated pattern.
- ❖ Deciding the winner is the same as in individual pattern.



#SPARRING (Matsogi)

Where possible, in the preliminary rounds, Junior, Youth U-18 and Adult competitors will be split into groups of three or four. They will compete against each other and those competitors that qualify from the groups will proceed into the Pyramid System stage. In some cases, depending on the total number of competitors in a particular category, the best runner-up of the group may be also given a chance to proceed. In the categories with 5 competitors or less, the round robin formula will be applied.

Allowed safety equipment:

Only the Dae do (ITF official supplier) brand will be permitted:

All Competitors must be in possession of a full private set of the Dae do blue and red ITF approved safety equipment for sparring. No other colours will be allowed. Allowed brand also applies to helmets.

Gloves shall be closed, 10 ounces, and must show “10oz” on the gloves.

Head guards, Shin guards, Gum Shields, Groin Guards and Chest Guards (Gender Specific) are compulsory for all age categories

4 and 5 point techniques:

When the Centre Referee considers 4 or 5 points technique has been scored, he/she will stop the competition with the command “Hechyo”. He/she will raise his/her hand indicating 4 or 5 points techniques while pointing with his/her other arm to the relevant competitor. The Corner Referees ‘must’ score the points given by the Centre Referee.

A coach of the opposite team can Video Protest if he/she thinks that the 4 or 5 points awarded are not valid.

If an unsuccessful protest for unawarded 4 or 5 points is made, then the Corner Referees should score the points that they have seen (But not 4 or 5 points). The Video Protest will be carefully reviewed by at least 3 members of the ITF Umpire, Tournament Committees and the Jury President of the Ring where the protest was presented. The video quality is excellent and the review can be evaluated with great precision.

Golden point:

Coach will be allowed to protest and request a video-review of the final action during the Golden point round.

Team event sparring:

Each team will have a maximum of 20 seconds for a competitor to be ready to spar. The time clock will be shown with a 20 second countdown for the first team. When this member is ready, the clock will be restarted for the opposing competitor, there will be a maximum of 40 seconds between each bout. A competitor who fails to be ready within 20 seconds, will lose that match.



#POWER BREAKING TEST (Wi Ryok)

Maximum of two (2) competitors per country are allowed to enter this division.

The power breaking will follow the ITF rules – all boards must be broken for each elimination technique.

The competitor can begin with one ready posture and end with a different ready posture. Prejudging is optional; if a competitor does not want to do prejudging, he or she can go straight from ready stance-break. The competitor will adopt a ready posture in the form of either an L-stance forearm guarding block posture or a sitting ready stance posture.

On the command from the Centre Referee the competitor will be given 30 seconds to execute the break attempt regardless of the number of prejudging without touching the target. When making his/her break attempt, he/she makes a ready posture and shouts “Ya!” with the forearm guarding block or a sitting ready stance posture. The breaking attempt consists of the execution of bow - ready posture – breaking – ready posture – bow. One or more steps during the technique may be taken.

#SPECIAL TECHNIQUE TEST (Tuk Gi)

Maximum of two (2) competitors per country are allowed to enter this division.

Special techniques will follow the ITF rules - the same format as in the Power breaking test. Also individuals and teams will have to give lengths and heights at registration.

For Twimyo nopi chagi, the target height will be measured at the middle point of the target.

For Twiyo nomo chagi, the middle point of the target must be above the height of the hurdle.

When performing Twimyo nopi chagi and Twimyo nopunde dollyo chagi, the competitor must take a run-up and take off on the kicking foot, pulling the other leg to the chest. The target must be broken with the jumping foot whilst lowering the other leg (scissor kick action).

There will be an elimination, which will be a free choice, and the paddle must be moved 90 degrees. Once a competitor is successful at the elimination, they will then continue with the other techniques. Scoring 3 points for a paddle moved 90 degrees and 1 point for moving the paddle less than 90 degree. Whoever accumulates the most points across all techniques will be the winner.

The competitor will be given a maximum of 30 seconds to execute the break attempt regardless of the number of prejudging of distance without touching the target. When making his/her break attempt he/she make a ready posture and shouts “Ya!” with the forearm guarding block. The breaking attempt consists of the execution of; bow – ready posture – breaking – ready posture – bow.



#SELF-DEFENCE ROUTINE (Ho Sin Kyong Gi)

Self-defense routine must consist of 1 + 3 (male hero) and 1 + 2 (female hero).

The team will have only ten (10) seconds for the introduction before the hero shouts “Ya”.

For Junior, Youth U-18 and Adult Championships, competitors should perform within a minimum of 40 seconds and a maximum of 60 seconds.

Two points will be deducted for two seconds under the minimum or over the maximum time period. Any more will result in a zero (0).

#VAR

VIDEO PROTEST

Video Protests in **patterns** may be made only after the end of a particular pattern and only for; Penalizing or not penalizing with a “0” point.

Protests in **sparring** can be made;

To validate or contest a 4 or 5 points technique, for or against them.

To query a Warning, Yellow or Red card given by the Center Referee but not recorded by the Jury Table.

To indicate a failure to award a valid designated compulsory technique to a competitor.

To challenge a compulsory technique incorrectly awarded to a competitor.

Protests in **special techniques** test and **power test** can be made:

To contest the reason for a technique not being awarded (protests for the own competitor only are allowed)



#DISQUALIFICATION AND THE RED CARD



For the following offences, the competitor may be disqualified from the whole competition:

- Serious misconduct against umpires.
- Any competitor suspected of being under influence of alcoholic beverages or drugs.
- For the following offences, the competitor will receive red card and will be declared as a loser:
 - Causing an opponent unable to compete as a result of heavy contact
 - Receiving 3 deductions (yellow cards) in the same match
- ❖ He/she will be able to continue competition in other events within the competition
- ❖ He/she will be able to continue competing within the group stage of the sparring competition



#AGE CATEGORIES

Age Key Date (same for all age categories) – **21st of August, 2023**

Juniors

Juniors must be 14-15 years old and must be 1st or 2nd degree ITF black belt certificate holders. Each country will be allowed two (2) competitors in individual sparring and pattern.

Patterns

Patterns for Juniors will be separated by gender and by grade 1st and 2nd degree.

Female: 1st, 2nd Degree

Male: 1st, 2nd Degree

Sparring

Female: - 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, + 65 kg.

Male: - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, - 70 kg, + 70 kg.

Youth U-18

Youth U-18 must be 16-17 years old and must be 1st, 2nd or 3rd degree ITF black belt certificate holders. Each country will be allowed two (2) competitors in individual sparring and pattern.

Patterns

Patterns for Youth U-18 will be separated by gender and by grade 1st to 3rd degree.

Female: 1st, 2nd, 3rd Degree

Male: 1st, 2nd, 3rd Degree

Sparring

Female: - 40kg, - 46 kg, - 52 kg, - 58 kg, - 64 kg, - 70 kg, + 70 kg.

Male: - 45 kg, - 51 kg, - 57 kg, - 63 kg, - 69 kg, -75 kg, + 75 kg.



Junior and Youth U-18 special techniques test minimum heights

Technique	Male	Female
Twimyo nopi chagi	2.7m	2.2m
Twimyo dollyo chagi	2.4m	2.1m
Twimyo bandae dollyo chagi	2.3m	2.0m
Twio nomo chagi	2.5m x 0.7m	1.5m x 0.7m
Twio dolmyo chagi (360°)	2.3m	2.0m



Junior teams

In the Juniors (14-15) Team Pattern, Sparring, Special Technique and Self-defense routine events, the teams must include only competitors 14 or 15 years old. NGBs must register one male and one female team to perform all disciplines except self-defence routine.

Youth U-18 teams

In the Youth U-18 Team Pattern, Sparring, Special Technique and Self-defense routine events, the team must only include competitors 16 or 17 years old. NGBs must register one male and one female team to perform all disciplines except self-defence routine.

Adults

Competitors participating in the Adult age category must be 18-34 years old and must be 1st, 2nd, 3rd, 4th, 5th or 6th Degree ITF black belt certificates. Each country will be allowed two (2) competitors in each division.

The 5th and 6th degrees will only compete in individual and team pattern.

Adult pattern

Patterns for adults will be separated by grade and gender. (1st to 6th Degree)

Female: 1st, 2nd, 3rd , 4th, 5th, 6thDegree

Male: 1st, 2nd, 3rd , 4th, 5th, 6thDegree

Adult sparring

Female, 1st to 4th degree: - 47 kg, - 52 kg, - 57 kg, - 62 kg, - 67 kg, - 72 kg, - 77 kg, + 77 kg.

Male, 1st to 4th degree: - 52 kg, - 58 kg, - 64 kg, - 71 kg, - 78 kg, - 85 kg, - 92 kg, + 92 kg.

Adult teams

NGBs must register one male and one female team to perform all disciplines except self-defence routine.



Adult special techniques test: Minimum heights

Technique	Male	Female
Twimyo nopi chagi	2.8m	2.3m
Twimyo dollyo chagi	2.5m	2.2m
Twimyo bandae dollyo chagi	2.4m	2.1m
Twio nomo chagi	2.5m x 0.7m	1.5m x 0.7m
Twio dolmyo chagi (360°)	2.4m	2.1m

Adult power breaking test: Minimum Boards

Technique	Male	Female
Ap Joomuk	2	-
Sonkal	2	1.5
Balkal	4	3
Bal Apkumchi	3	2
Bal Dwitchook	3	-



Veterans

Competitors for the Veteran Championship must be 35 – 44 years old (Silver Class), 45 + years old (Gold Class). There is no Platinum class. Competitors must be holders of 1st, 2nd, 3rd, 4th, 5th or 6th degree ITF black belt certificates.

For Veteran competition each country is permitted to send up to three (3) competitors to the individual sparring and individual pattern according to the weight divisions and grade for the Silver and Gold Class. The veterans' self-defence routine will not be included.

Veteran Patterns

Patterns for Veterans will be separated by rank, gender and age classification. 1st to 6th Degree

Female Silver Class: 1st, 2nd, 3rd, 4th, 5th, 6th Degree

Female Gold Class: 1st, 2nd, 3rd, 4th, 5th, 6th Degree

Male Silver Class: 1st, 2nd, 3rd, 4th, 5th, 6th Degree

Male Gold Class: 1st, 2nd, 3rd, 4th, 5th, 6th Degree

Veteran Sparring

Female (Silver Class): - 47 kg, - 52 kg, - 57 kg, - 62 kg, - 67 kg, - 72 kg, -77 Kg, + 77 kg.

Female (Gold Class): - 54 kg, -61 kg, -68 kg, -75 kg, +75 kg.

Male (Silver Class): - 52 kg, - 58 kg, - 64 kg, - 71 kg, - 78 kg, - 85 kg, - 92 kg, + 92 kg.

Male (Gold Class): - 64 kg, -73 kg, -80 kg, -90 kg, +90 kg.

Veteran power breaking test: Minimum Boards

Individual power breaking will be organised for Silver Class only.

Team power breaking will be organised for Silver Class only.

Technique	Male	Female
Sonkal	2	1.5
Balkal	3	2
Bal Apkumchi	3	2

Veteran teams

NGBs must register one male and one female team to perform in all disciplines. Teams must consist of 3+1 for male and female for both the Silver and the Gold classes.

#UMPIRES

The Organizing Committee will pay 7 days/ 6 nights (Sunday – Saturday) hotel accommodation for **80** qualified ITF Class “A” Umpires selected by the ITF Umpire Committee and registered by the ITF HQ to officiate during the competitions.

The referees' personal invitation will also be mentioned the position they will occupy (e.g. jury, center referee, etc.)

- For every ring – for sparring, pattern and self-defence will be defined six corner referees for a ring. They will work on a rotary principle– four of them work, 2 of them rest, as they change during a certain time.
- Three center referees for a ring will work on a rotary principle, as one of them is in the middle, one is in the area for checking the equipment, one will rest.
- Two jury presidents for every ring will work on a rotary principle.
- Late arrival is not acceptable. Selected umpires will be required to attend all the Umpire Meetings and carry out all their duties as scheduled in the period of the event. Their accommodation are to be paid excluding any extra services (drinks, telephone calls etc.). The ITF Umpire Committee will disqualify any Umpires who do not abide by the work schedules or guidelines and such Umpires will have to pay for the hotel accommodation and meals by themselves.
- Other, Reserved and Self paying umpires may also attend but they must pay for the Hotel expenses and may or may not be called on service by the ITF Umpire Committee.
- The Umpire's dress code will consist of the navy blue blazer jacket, white long sleeved shirt, navy blue trousers, navy blue necktie indicated by the position that he/she will occupy, white short socks and white sport shoes as stated in the Umpire rules.



#COACHES

- Coaches are the only responsible persons who may stand in for the competitor, hand in protests, etc.
- **Official protest** must be immediately notified to the Jury President at the end of the match. Once a verbal protest notification is received by the Jury President, 5 minutes is allowed to the Coach to submit the protest in writing
- **Official protest** fee (EUR 100) must be paid before presenting the protest. (If the protest is satisfied, then the protest fee is to be returned to the Coach.)
- In the event of an objection against the decision of the jury during a match in the disciplines - pattern, sparring, self-defense, special technique and power test (individual and team) the coach may ask the Referee for an immediate "**Video protest**". The decision of the "Commission on the video protest" is final; nor accepted are any further requests during the match or protests after the match
- Coach must be ITF Black belt holder. Coaches must be able to speak the official ITF language - English and use both English and Korean terminologies.
- Only one Coach is allowed to enter the ring with the competitor or team.
- All Coaches should know and strictly observe the ITF Tournament & Umpire Rules.
- All Coaches are responsible for ensuring that their competitors conduct themselves in a courteous manner and adhere to the ITF Tournament Rules.
- Coaches must unconditionally obey the commands and decisions of Umpires on duty, the Umpire Committee, the Tournament Committee, the Organizing Committee and the staff on duty, as long as they are not contradictory to the ITF Tournament & Umpire Rules.



#ITF INTERNATIONAL TECHNICAL SEMINAR

From 18th -19th August, 2023, a two day Official ITF International Technical Seminar will be held within the frame of the World Championships.

This Official Seminar is particularly arranged by the ITF for the International Course Conductors, appointed by ITF, as well as for the ITF Grand Masters, in order to unify the contents and the methods of the technical syllabus, pursuant to the decision of the extended ITF EB Meeting held in Pyongyang in 2017, and the decisions of the ITF Congress held in Plovdiv in 2019.

All the International Course Conductors and Grand Masters are obliged to attend this mandatory Seminar. It is **imperative** and **mandatory** for **all Umpires** in attendance at the World Championships to take part in this Seminar, as part of your mission and obligations to further refresh and update your technical knowledge and skills.

The ITF WC participants and ITF black belt holders are also allowed and encouraged to attend this Seminar.



#PRELIMINARY SCHEDULE

18th August – Friday

- 09:00 – 12:00 – Teams and Participants Arrival
- 14:00 – 17:00 – Technical Seminar with GM Hwang Ho Yong, Part 1

19th August – Saturday

- 09:00 – 12:00 – Registration and Weight-in
- 09:00 – 12:00 – Technical Seminar with GM Hwang Ho Yong, Part 2
- 13:00 – 20:00 – Registration and Weight-in
- 15:00 – 18:00 – Technical Seminar with GM Hwang Ho Yong, Part 3
- 20:00 - 22:00 – ITF EB Meeting



#PRELIMINARY SCHEDULE

20th August - Sunday

- 10:00 - 13:00 - 28th ITF Congress
- 13:00 - 14:00 - Lunch Break
- 14:00 - 15:00 - Umpire Meeting
- 16:00 - 18:00 - Coach Meeting
- 19:00 - 20:30 – Grand Opening Ceremony
- 21:00 - 22:30 - Dinner



#PRELIMINARY SCHEDULE

21st August - Monday

- 8:30 - 9:00 - Umpire Meeting
- 09:00 - 12:00 – Competitions
 - Patterns
 - 12:00 - 14:30 - Lunch Break
- 14:30 - 15:00 - Awarding Ceremony
- 14:30 - 15:00 - Umpire Meeting
- 15:00 - 20:00 Competitions
 - Patterns



#PRELIMINARY SCHEDULE

22nd August - Tuesday

- 8:30 - 9:00 - Awarding Ceremony
- 8:30 - 9:00 - Umpire Meeting
- 09:00 - 12:00 - Competition
 - Sparring Adults (Group Stage)
 - Sparring Veterans
 - Special Techniques - Qualification
 - 12:00 - 14:30 - Lunch Break
- 14:30 - 15:00 - Awarding Ceremony
- 14:30 - 15:00 - Umpire Meeting
- 15:00 - 20:00 - Competition
 - Sparring Adults (Group Stage)
 - Sparring Veterans
 - Special Techniques - Qualification



#PRELIMINARY SCHEDULE

23rd August - Wednesday

- 8:30 - 9:00 - Awarding Ceremony
- 8:30 - 9:00 - Umpire Meeting
- 09:00 - 12:00 - Competition
 - Sparring (Group Stage)
 - Sparring Veterans
 - Special Techniques - Qualification
- 12:00 - 14:30 - Lunch Break
- 14:30 - 15:00 - Awarding Ceremony
- 14:30 - 15:00 - Umpire Meeting
- 15:00 - 20:00 - Competition
 - Sparring Adults (Group Stage)
 - Sparring Veterans
 - Special Techniques - Qualification



#PRELIMINARY SCHEDULE

24th August - Thursday

- 8:30 - 9:00 - Awarding Ceremony
- 8:30 - 9:00 - Umpire Meeting
- 09:00 - 12:00 – Competition
 - Sparring
 - Self-defence Routine
 - Power Test
- 12:00 - 14:30 - Lunch Break
- 14:30 - 15:00 - Awarding Ceremony
- 14:30 - 15:00 - Umpire Meeting
- 15:00 - 19:00 - Competition
 - Sparring
 - Self-defence Routine
 - Power Test



#PRELIMINARY SCHEDULE

25th August - Thursday

- 8:30 - 9:00 - Awarding Ceremony
- 8:30 - 9:00 - Umpire Meeting
- 09:00 - 12:00 – Competition
 - Sparring
 - Self-defence Routine
 - Power Test
- 12:00 - 14:30 - Lunch Break
- 14:30 - 15:00 - Awarding Ceremony
- 14:30 - 15:00 - Umpire Meeting
- 15:00 - 19:00 - Competition
 - Sparring
 - Self-defence Routine
 - Power Test



#PRELIMINARY SCHEDULE

26th August - Saturday

- 8:30 - 9:00 - Awarding Ceremony
- 8:30 - 9:00 - Umpire Meeting
- 09:00 - 12:00 - Competition
 - Team Sparring
- 12:00 - 14:30 - Lunch Break
- 14:30 - 15:00 - Awarding Ceremony
- 14:30 - 15:00 - Umpire Meeting
- 15:00 - 20:00 - Competition
 - Team Sparring
 - Power Test - Finals (All ages Individuals and Teams)



#DEADLINES AND THE DATES TO PIN

- 1st Accommodation
Deadline

15th of April, 2023 - 250€ non-refundable deposit and visa application

- 2nd Accommodation
Deadline

1st of June, 2023 - 250€ non-refundable deposit

- 3rd Accommodation
Deadline

15th of August, 2023 - 250€ non refundable deposit

- Registration

Online Registration deadline - 11th of August 2023.
Last date for arrival of a responsible NGB representative to register
the whole team is 19th of August 2023

- Meetings

19th of August (Saturday)
20.00 – 22.00 – ITF EB Meeting

- 28th ITF Congress
- Grand Opening Ceremony

20th of August (Sunday)
10:00 – 13:00 – 28th ITF Congress
14:00 – 15:00 – Umpire meeting
16:00 – 17:00 – Coach meeting
19:00 – 21:00 – 22nd ITF World Championships Grand Opening Ceremony



#AWARDING

All participants will receive a Certificate of Participation signed by the ITF President and President of the Organizing Committee. Finalists of specified divisions and categories will receive the Diplomas and Medals.

The Trophies will be awarded for the following respective categories:

- Overall Champion: Male & Female / Junior, Youth U-18, Adult and Veteran (1 for Silver Class & 1 for Gold Class)
- Overall Team Champion: Male & Female / Junior, Youth U-18, Adult and Veteran
- Overall Champion of Countries: Junior, Youth U-18, Adult and Veteran
- Most Honorable: The oldest Male & Female Veteran competitors

