

XXI ITF TAEKWON-DO WORLD CHAMPIONSHIP

PLOVDIV 24 – 30 AUGUST 2019

INFO PACK v.2

#PLOVDIV EUROPEAN CAPITAL OF CULTURE 2019

THE OFFICIAL LOGO ...



WELCOME

“Dear Grand Masters and Masters, Dear ITF Leadership, Dear NGB's and participants,

It is a great pleasure once again to welcome the Taekwon-Do ITF elite in the city of Plovdiv.

I am looking forward to meeting you all at the biggest ITF event and I hope that you and your members will enjoy a pleasant and unforgettable experience in Bulgaria, one which we can all be proud of and have good memories to reflect on.

Ministry of Youth and Sports, The Bulgarian Taekwon-Do Federation ITF and Plovdiv Municipality are hoping of your understanding and support, and are looking forward to seeing you soon again.

We are looking forward to seeing you all, during the 21ST ITF Taekwon-Do World Championship from 24TH to 30TH of August 2019.”



Truly yours in Taekwon-Do,

MASTER MARIO BOGDANOV

ITF Vice President

EITF Vice President

President of the Bulgarian Taekwon-Do ITF Federation



XXI ITF TAEKWON-DO WORLD CHAMPIONSHIP

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ORGANIZER & PROMOTER

PROMOTER

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ORGANIZER

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BASIC INFORMATION

#DATE

23rd – 30th August 2019

#VENUE

REGISTRATION PLACE:

Multifunctional Sports Hall "Kolodrum Plovdiv"

<http://www.kolodrumplovdiv.com/venue>

SPORTS HALL:

Multifunctional Sports Hall "Kolodrum Plovdiv"

Address: Plovdiv 4000, 8 Asenovgradsko Shose Blvd

GPS coordinates: 42.128632, 24.767365

Google Maps link: <https://goo.gl/maps/SsytxHz7Y222>



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PREPARATION FOR THE CHAMPIONSHIP

QUICK FACTS ABOUT

#PLOVDIV

Plovdiv is one of the oldest cities in Europe. It is claimed that the city is a contemporary of Troy and Mycenae, but it is more ancient than Rome, Athens and Constantinople.

Historians do not indicate the exact age of Plovdiv. In 1975 the remains of a religious building from a Cretan–Mycenaean culture are being revealed, which is equally evaluated with the discoveries in Kronos Island.

Plovdiv is famous with its historical and cultural heritage, which dated back to the Thracian times – the oldest population, for which written sources were found on the Balkan Peninsula. The Thracians had a great culture, which incorporated with other different cultures.

The development of the city is related to the era of Philip of Macedonia. It flourished in the period of heyday of the Roman and Byzantine empires and has preserved to some extent over the years of the Ottoman Empire and reached its rise during the Renaissance.

The ancient history of the city leaves permanent marks in its architecture. Remains of Old World, Middle Ages, Renaissance and modern culture coexist entangled in the irresistible beauty of this eternal city.

Plovdiv has preserved many extremely valuable monuments, of which the most impressive are: the Roman Stadium, the Ancient Theatre, the Odeon, the magnificent colored mosaics, the Aqueduct, the walls, the remains of Thracian settlements. Nowadays the ancient names of the city are related and interpreted in modern names of tourist facilities – hotels, restaurants, and more.



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QUICK FACTS ABOUT

#PLOVDIV

It is believed that the earliest name of Plovdiv is Kendrisiya /Kendros/.

It probably came from the cedar forests for which ancient chroniclers wrote or from Thracian tribe – kendrisi. The Thracians first established a fortified settlement on the Three Hills and called it Evmolpia or Evmolpeida. Some scientists link the origin with the Thracian hero Evmolpus or Vestal Virgins in the temples – Evmolpeya.

In 342 BC Philip II of Macedonia /or his troops/ has conquered the city. This event was followed by another change of the name. The city was named Philippopolis, which means City of Philip. During this period, the village has grown considerably, while becoming one of the starting points of colonizing activity.

At the time of the Roman Emperor Claudius the Empire included the Thracian lands within its borders, and the city became the center of the Roman province Thrace. Again Trimontsium (means City of three hills) turned into an important center of economic and cultural life. Here taxes were being gathered, coins were being forged, glamorous buildings, aristocratic homes and impressive walls were being built. Roman era /I–VI century/ is one of the most significant periods of Old World, during which Plovdiv was described as majestic.

During the first half of the seventh century the first massive settlements of the Slavs has begun. They in coexistence with Thracians interpreted the name of the city from Philippopolis to Pulpudeva, then it was transformed into Puldin (Plavdiv) and Plovdiv.



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THE CHAMPIONSHIP ...



IMPORTANT #INFORMATION

IMPORTANT DATES AND DEADLINES

1st Deadline

1st of June 200€ non refundable **deposit** and visa application

2nd Deadline

1st of July 300€ non refundable **deposit**

3rd Deadline

1st of August 400€ non refundable **deposit**

Registration

Online Registration will be open till **14th of August 2019** for any change. Last date for arrival of one responsible person per NGB to register the whole team **23rd or 24th of August 2019**.

Meetings

25th of August (Sunday)
14:00 – 15:00 – Umpire meeting
16:00 – 18:00 – Coach meeting

27th ITF Congress

25th of August (Sunday)
09:00 – 12:00 – 27th ITF Congress

FOR THE CHAMPIONSHIP ...

#VISA

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

Deadline for NGBs to ask for confirmation of participation: 1st of June 2019

IMPORTANT: Countries who will receive Bulgarian VISA through the organizing committee, must be accommodated at the organization's hotels.

#APPLICATION

- Applications must be sent only via the official online registration: <https://itf.athleticdb.info>
- Should you have any problems accessing the online application, please contact us: support@athleticdb.info
- All the payments and penalties for your NGB will be available within the online Application, therefore your Head of the delegation can prepare their payment in advance.
- **ITF VIPs** - The NGB can't register VIPs. The invited persons from ITF will be registered by the website admin and the NGB have to confirm with putting a tick "Will Come" or "Not Come".
- **IT Services:** AthleticDB Team – www.athleticdb.info



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FOR THE CHAMPIONSHIP ...

#TRANSPORTATION & ARRIVAL

Countries arriving at Plovdiv airport or Sofia airport, should inform the organizer of their schedule including arrival/departure time schedule and flight numbers before **24th of July 2019**, by the **Online registration form**.

Transportation to and from Plovdiv Airport or Sofia Airport, from and to **Multifunctional Sports Hall "Kolodrum Plovdiv"** and the hotels will be arranged by the organizer. Without booking, no transportations are available from the organizer; subsequently own means of transportation must be made. Groups arriving by other means should proceed to the meeting point – **Multifunctional Sports Hall "Kolodrum Plovdiv"**, at the designated time.

IMPORTANT: The arrival of all delegations must be on **24th August, Saturday** till **15:00 h**. Arrival time means time of arrival to the weight-in room.



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FOR THE CHAMPIONSHIP ...

#REGISTRATION

Only one (1) responsible person per NGB (Coach or other responsible representative) is needed to register the whole team and to carry out the payments. The rest of the team could arrive later to attend the Competitor's check. Registration is only possible between the given office hours. NGBs which fail to attend on time might be suspended from the Championship or will pay a penalty for late registration. (This is subject to the decision of the Organizing Committee).

Last time of arrival for the whole team (all competitors): **24th August 2019 – 15:00 h.**

After the preliminary deposit the registration will be opened only for the persons who paid for it (The deposit must be for all team members not only for the competitors).

Example: If the Team manager is going to make a prepayment for 20 persons, he will be able to register only those 20 persons through the **online registration**.



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FOR THE CHAMPIONSHIP ...

#COMPETITOR'S CHECK

All competitors must be present. They will be checked for:

- Nationality (A passport of the country or VISA or other residency document (e.g. employer card, student card) must be presented to prove that the competitor may compete for his/her country)
- Black belt ID card
- ITF Booklet
- Weight-in for those who are competing in sparring
- Each competitors will have to sign in advance a **Liability Waiver Form** as introduced in the **ITF rules**.
- After the check of all NGB members is finished, the ID cards for all the participants will be given to the coach.

Last time of arrival for the whole team (all competitors): 24th August, Saturday till 15:00 h.



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PAYMENTS & PENALTIES ...

PAYMENT

DEPOSITS MUST BE SENT TO THE FOLLOWING BANK ACCOUNT.	
1 st DEPOSIT	200 € – per person non refundable – Deadline 1st June 2019
2 nd DEPOSIT	300 € – per person non refundable – Deadline 1st July 2019
3 rd DEPOSIT	400 € – per person non refundable – Deadline 1st August 2019
ACCOUNT NAME:	Bulgarian Taekwon-Do Federation ITF
ACCOUNT NUMBER:	BG88UNCR70001523095978
SWIFT code(BIC):	UNCRBGSF
NAME OF THE BANK:	UNICREDIT BULBANK
BANK ADDRESS:	Bulgaria, Blagoevgrad 2700, 1 Macedonia square

Rest of the payment will be made in **cash at the registration** venue after confirmation on the final application forms and after accommodation forms.



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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).

IMPORTANT: Countries who will receive the Bulgarian VISA through the Organizing Committee, must be accommodated at the organization's hotels.

#PENALTIES

- Any change after 14th of August on the Registration **150 EUR**
- Late arrival of responsible person to the registration **300 EUR**
- Late arrival of the whole team **100 EUR** per person

IMPORTANT: The last arrival of all delegations must be **24th August, Saturday till 15:00 h.**



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ACCOMMODATION ...

#WHY DIFFERENT PACKAGES AND PRELIMINARY DEPOSIT DEADLINES?

Due to the fact that Plovdiv is Cultural capital of Europe for 2019, the hotels will be very busy, that is why their prices will depend on when the deposit will be 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)



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ACCOMMODATION ...

#PACKAGE BEFORE 1ST DEADLINE – IF YOU PAY THE PRELIMINARY DEPOSIT BEFORE 1ST JUNE 2019 WE CAN PROVIDE YOU WITH THE FOLLOWING ACCOMMODATION:

DURATION OF STAY:	BASIC PACKAGE B	LUXURY PACKAGE B	BASIC PACKAGE A	LUXURY PACKAGE A
6 days / 5 nights	400 EUR	450 EUR	500 EUR	550 EUR
7 days / 6 nights	480 EUR	540 EUR	600 EUR	660 EUR
8 days / 7 nights	560 EUR	630 EUR	700 EUR	770 EUR
9 days / 8 nights	640 EUR	720 EUR	800 EUR	880 EUR
10 days / 9 nights	720 EUR	810 EUR	900 EUR	990 EUR
11 days / 10 nights	800 EUR	900 EUR	1000 EUR	1100 EUR

ALL PRICES ABOVE ARE PER PERSON FOR A DOUBLE ROOM. FOR SINGLE ROOM PRICES, ADD 20 EUR PER DAY.



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ACCOMMODATION ...

#PACKAGE BEFORE 2nd DEADLINE – IF YOU PAY THE PRELIMINARY DEPOSIT BEFORE 1ST JULY 2019 WE CAN PROVIDE YOU WITH THE FOLLOWING ACCOMMODATION:

DURATION OF STAY:	BASIC PACKAGE B	LUXURY PACKAGE B	BASIC PACKAGE A	LUXURY PACKAGE A
6 days / 5 nights	425 EUR	475 EUR	525 EUR	575 EUR
7 days / 6 nights	510 EUR	570 EUR	630 EUR	690 EUR
8 days / 7 nights	595 EUR	665 EUR	735 EUR	805 EUR
9 days / 8 nights	680 EUR	760 EUR	840 EUR	920 EUR
10 days / 9 nights	765 EUR	855 EUR	945 EUR	1035 EUR
11 days / 10 nights	850 EUR	950 EUR	1050 EUR	1150 EUR

ALL PRICES ABOVE ARE PER PERSON FOR A DOUBLE ROOM. FOR SINGLE ROOM PRICES, ADD 20 EUR PER DAY.



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ACCOMMODATION ...

#PACKAGE BEFORE 3rd DEADLINE – IF YOU PAY THE PRELIMINARY DEPOSIT BEFORE 1ST AUGUST 2019 WE CAN PROVIDE YOU WITH THE FOLLOWING ACCOMMODATION:

DURATION OF STAY:	BASIC PACKAGE B	LUXURY PACKAGE B	BASIC PACKAGE A	LUXURY PACKAGE A
6 days / 5 nights	450 EUR	500 EUR	600 EUR	650 EUR
7 days / 6 nights	540 EUR	600 EUR	720 EUR	780 EUR
8 days / 7 nights	630 EUR	700 EUR	840 EUR	910 EUR
9 days / 8 nights	720 EUR	800 EUR	960 EUR	1040 EUR
10 days / 9 nights	810 EUR	900 EUR	1080 EUR	1170 EUR
11 days / 10 nights	900 EUR	1000 EUR	1200 EUR	1300 EUR

ALL PRICES ABOVE ARE PER PERSON FOR A DOUBLE ROOM. FOR SINGLE ROOM PRICES, ADD 20 EUR PER DAY.



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ACCOMMODATION ...

#ACCOMMODATION DEADLINE – 14th AUGUST 2019

Registration must be open till **14th August 2019** for any change the NGBs wants. The full applications must be submitted before this date.

After this Final Deadline ALL changes are to get penalized. During the registration, coaches will come to check the application, but they will need to pay for each and every change of any item in the application, should they need to make any.

Please do not forget to fill in all important parts of the application:

- List of all competitors, their disciplines and team membership
- List of all teams, including self-defence routine
- Coaches
- VIP's, Officials (Please see the *ITF Tournaments Standards* document to know, who can be accredited as VIP)
- NGB officials and representative
- Umpires (Both selected and self paying)
- Photos of all competitors (JPG format) must be inserted into the application software. Failing to do so you will not be able to finish the online registration. We will need two types of photos one for the ID card and another for the awarding video wall (you can see example of this photos in the **online application software**)



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THE CHAMPIONSHIP ...



#RULES #REGULATIONS & #DISCIPLINES

CHAMPIONSHIP RULES AND REGULATIONS ...

#COMPETITION RULES

This Championship is held in accordance with the **ITF rules (the latest version is available on ITF website)**, unless stated otherwise in the specific cases. If not covered by the ITF Rules or unless stated otherwise in the Information pack, then the ITF Umpire or Tournament committees will take the final decision.

#COMMON RULES VALID FOR ALL AGE CATEGORIES

- Only ITF affiliated NGBs and ITF registered black belt holders can participate in the Championship.
- The Dan and age of competitors must be valid and identical on both Dan certificates and ITF booklets.
- All Competitors must be in possession of a full set of blue and red approved safety equipment for sparring. Other colors will not be allowed.



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CHAMPIONSHIP RULES AND REGULATIONS ...

#COMMON RULES VALID FOR ALL AGE CATEGORIES

- The Competitors must follow the **ITF dress code** . **Only competitors who wear the official ITF endorsed Sasung Dobok**, manufactured by Sasung Company will be allowed to access the competition.
 - ✓ If competitors want to have their country's name on Dobok, they are allowed to wear it on the back under the “pine-tree”.
 - ✓ Competitor's number should be below the belt on the back of the dobok jacket.
 - ✓ Competitors should bear the NGB Logo or the Trademark of sponsor on the left sleeves of Dobok and should be 15 cm below the shoulder line.
 - ✓ Competitors should bear the national flag on the right part of the front of Dobok shirt at the same level of ITF Logo and should be 3 by 5 cm.
- It is a responsibility of each competitor to have their **own health insurance** . **The organizer is not** responsible for any damage or loss.



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DISCIPLINES ...

#PATTERN

The competitors will perform **optional** pattern **one after another** and then the **designated** pattern **together**.

Team Pattern Competition:

Scoring will not commence until the command “Shi Jak” is given. Maximum of ten (10) seconds will be allowed for the team to arrive at their starting positions.

Score points in Pattern

A. Disqualification, 0 point - individuals

- ✓ Missing or adding at least 1 movement
- ✓ Mixing Patterns
- ✓ Performing the wrong designated pattern
- ✓ Move the wrong foot into the next stance for the next movement
- ✓ Falling down (total loss of balance)
- ✓ Stopping for enough time for the next 3 or more movements
- ✓ Passing beyond the line of the umpires’ chairs at any point of pattern
- ✓ Not in ready stance within the allotted time (20 Sec)



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DISCIPLINES ...

#PATTERN

B. Disqualification, 0 point - team pattern

- ✓ If any member of the team fails to enter the ring within the allotted time once called forward.
- ✓ If any of the team members performs in a way that scores “0” (zero) as in individual pattern then team pattern will be scored “0” (zero).

Note : If any one section of a pattern scores “0” (zero) then the pattern scores “0”

C. Minus 2 points

• Technical contents

- ✓ If performing the incorrect (or wrong) technique (eg: instead of doing Anpalmok makgi performs Bakatpalmok makgi)
- ✓ After finishing the pattern & to move the wrong foot.
- ✓ If performing the wrong stance (instead of Gunnunsogi performs L-stance)
- ✓ If performing twice, and any subsequent height/level of the same technique mistake
- ✓ If performing twice or more, any subsequent “same family” mistake



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DISCIPLINES ...

#PATTERN

- ✓ If performing twice or more, any subsequent incorrect stance dimensions mistake
- ✓ If performing twice or more “shouting” at any point of patterns
- ✓ If performing twice or more, any subsequent incorrect “heel lifting” at the point of execution in Moa sogi
- **Balance**
 - ✓ If performing twice or more, any subsequent loss of balance that causes the foot to return to the floor for the stability
- **Breath control**
 - ✓ If performing twice or more any subsequent incorrect specific techniques (such as
 - ✓ slow / fast/ continuous/connecting motion)
 - ✓ If performing twice or more any subsequent “impact” or “hard” breath controlling at the end of techniques stated as slow-motion.
 - ✓ If performing twice or more any instance of poor coordination of breathing and technique.



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DISCIPLINES ...

#PATTERN

- Power

- ✓ For any continued general low level of power.

- Rhythm

- ✓ If performing twice or any subsequent mistake of incorrect use of specific techniques such as normal/ slow/fast/continuous /connecting motions.

D. Minus 1 point

- Technical contents

- ✓ If any performance of an incorrect height of the movement

- ✓ If performing any a mistake with the “same family” (Eg; instead of outer forearm block, using knife-hand block)

- ✓ If performing an incorrect distance dimensions mistake

- ✓ For any first “shouting” at any point of the pattern.

- ✓ If any case of “heel lifting” at the point of execution in Moa sogi



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DISCIPLINES ...

#PATTERN

- **Balance**

- ✓ If any a loss of balance that causes the foot to return to the floor for stability.

- **Breath control**

- ✓ If any a mistake of performing the movements according to the specific techniques such as fast, slow, continuous, or connecting motion..

- ✓ If any use of “impact”, or “hard” breath controlling at the end of slow-motion. If any instance of poor coordination of breathing and movement.

- **Power**

- ✓ If performing with a generally low level of power for any a movement.

- ✓ If performing without coordination of a movement according to the theory of power.

- **Rhythm**

- ✓ If slowly performing as if to a normal “count”.

- ✓ If too quickly performing as if to a normal “count”.

- ✓ If any mistake of performing the movements according to the specific techniques such as fast, slow, continuous, or connecting motion.



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DISCIPLINES ...

#PATTERN

• Team work

- ✓ If any member of the team performs in a way that will receive a minus point in individual Pattern Competition then that relevant section of team Pattern will receive the appropriate -1 point.
- ✓ If any member of the team performs in a second or subsequent way that will receive a minus 2 points (-2) in individual Pattern Competition then that relevant section of team Pattern will receive the appropriate -2 points.
- ✓ If the first instance where any team incorrectly applies the correct normal/slow/fast/continuous/connecting motion, or breaks the correct application in any way team pattern will receive -1 point.
- ✓ If the second or subsequent instance where any team incorrectly applies the correct normal/slow/fast/continuous/connecting motion, or breaks the correct application in any way team pattern will receive -2 points.



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DISCIPLINES ...

#SPARRING

- In preliminary rounds, Juniors and Adults competitors will be divided in groups of three or four where possible. They will compete against each other and those competitors that qualify from the groups will proceed into the pyramid system stage. In some cases, also the best runner-up of the group will proceed.
- In all competitions of **veteran competitor,s the pyramid system will be applied from the outset.**
- Head guards are compulsory for all age categories
- Shin guards are compulsory for all age categories
- Gloves shall be closed 10 ounce, showing “10 oz” on the gloves. This applies for adults, juniors and veterans.



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DISCIPLINES ...

#SPARRING

- Allowed hand techniques and foot techniques.
 - ✓ Hand techniques – Hand techniques using “Ap jumok”, “Dung jumok” and “Yop jumok”.
 - ✓ Foot techniques – Foot techniques using “Ap kumchi”, “Bal Dung”, “Balkal”, “Bal duitchuk”, “Balbadak”.
- When the centre referee considers a 4 or 5 points technique has been scored he/she will stop the competition with the command “Hecho”. He/she will raise his/her hand indicating 4 or 5 points techniques. His other arm pointing to the relevant competitor and the corner referees must score the points. The coach of the opposite team can ask for video protest against the decision of the centre referee.
- Team competition sparring:
 - ✓ Each team will have a maximum of 20 seconds for a competitor to be ready to spar. Time clock will be shown with 20 second countdown for first team. When this member is ready the clock will be restarted for the opposing competitor, this will be a maximum of 40 seconds between each bout. Failure with competitor to be ready within 20 seconds, will result in him/her losing that match.



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DISCIPLINES ...

#POWER BREAKING

- The power breaking will follow the ITF rules – system of qualification technique which must be scored with full points.

#SPECIAL TECHNIQUE

Special techniques will follow the ITF rules - the same format as in Power. Also individuals and teams will have to give lengths and heights within the registration. Minimal lengths and heights are set for juniors and adults (see the Age categories sections below).

- For high jump techniques target height will be measured at the **middle point of the target** .
- For flying long sidekick middle point of the target must be above the height of the hurdle.
- When performing Twimyo nopi chagi and Twimyo 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).
- There will be an elimination, which will be 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, 1 point for moving the paddle. Whoever accumulates the most points across all techniques will be the winner.



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DISCIPLINES ...

#SELF DEFENCE ROUTINE

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

- The team will have only ten (10) second introductions before the hero shouts “Ya”.
- For Junior 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 (38-40) or over (60-62) the time period; any more will result zero points (0).



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THE CHAMPIONSHIP ...



#AGE CATEGORIES ...

AGE CATEGORIES ...

#JUNIORS

There are two junior divisions:

- **Younger juniors must be 14-15 years old on Monday 26th August 2019** and must be **1st, 2nd, or 3rd Dan** ITF black belt certificate holders.
- **Older juniors must be 16-17 years old on Monday 26th August 2019** and must be **1st, 2nd, or 3rd Dan** ITF black belt certificate holders.

Junior Younger and Older age groups are only used for individual and team sparring.

Maximum of two (2) junior competitors (male and female) **per country** are allowed to compete in the individual competitions (**Pattern and Sparring**).

In sparring - two (2) for juniors 14-15 years old and two (2) for juniors 16-17 years old.

#JUNIORS – PATTERNS

Patterns for Juniors will be separated by grade and gender, but not by age category. 1st to 3rd Dan



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AGE CATEGORIES ...

#JUNIORS – SPARRING

Male 14-15 years: - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, - 70 kg, + 70 kg,

Male 16-17 years: - 45 kg, - 51 kg, - 57 kg, - 63 kg, -69 kg, -75 kg, + 75 kg,

Female 14-15 years: - 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, + 65 kg,

Female 16-17 years: - 40 kg, - 46 kg, - 52 kg, - 58 kg, - 64 kg, - 70 kg, + 70 kg,

#JUNIORS – SPECIAL TECHNIQUES MINIMUM HEIGHTS:

Juniors	Male	Female
Flying high front kick – Twimyo nopi chagi	2,7 m	2,2 m
Flying high turning Kick – Twimyo dollyo chagi	2,4 m	2,1 m
Flying high back kick – Twimyo bandae dollyo chagi	2,3 m	2,0 m
Flying long side kick – Twimyo nomo chagi	2,5 m x 0,7 m	1,5 m x 0,7 m
Flying high reverse – Twimyo dolimyo chagi 360°	2,3 m	2,0 m

#JUNIORS – TEAMS

Each NGB may register up to twelve (12) juniors. Six must be between 14–15 years old and six must be between 16–17 years old to compete in the team sparring. Any combination of the twelve can compete in patterns and special techniques.



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AGE CATEGORIES ...

#ADULTS

Competitors participating in Adult age category must be 18-39 years old on **26th August 2019** and must be 1st, 2nd, 3rd, 4th, 5th or 6th Dan ITF black belt certificates.

In line with ITF promotion rules: Adult 4th Dan must be a minimum of 22 years old.

Maximum of two (2) adult competitors (male and female) **per country** are allowed to compete in the individual competitions(**Pattern and Sparring**).

The 5th and 6th Dan will compete only in individual and team pattern and not be able to compete within the existing divisions of sparring, power, special technique and self-defence routine. They will also be eligible to enter the team competitions, therefore the adult teams will be allowed to perform any pattern up lowest Dan in the team.

#ADULTS – PATTERNS

Patterns for adults will be separated by grade, and gender. 1st to 6th Dan.

#ADULTS – SPARRING

Male: - 52 kg, - 58 kg, - 64 kg, - 71 kg, - 78 kg, - 85 kg, - 92 kg. + 92 kg.

Female: - 47 kg, - 52 kg, - 57 kg, - 62 kg, - 67 kg, - 72 kg, - 77 kg., + 77 kg.

#ADULTS – TEAMS

As per ITF rules, NGBs may register separate teams (5+1) for each discipline.



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AGE CATEGORIES ...

#ADULTS – SPECIAL TECHNIQUES MINIMUM HEIGHTS:

Adults	Male	Female
Flying high front kick – Twimyo nopi chagi	2,8 m	2,3 m
Flying high turning Kick – Twimyo dollyo chagi	2,5 m	2,2 m
Flying high back kick – Twimyo bandae dollyo chagi	2,4 m	2,1 m
Flying long side kick – Twimyo nomo chagi	2,5 m x 0,7 m	1,5 m x 0,7 m
Flying high reverse – Twimyo dolimyo chagi 360°	2,4 m	2,1 m

#ADULTS – POWER TEST MINIMUM BOARDS:

Adults	Male	Female
Ap Joomuk	2	–
Sonkal	2	1
Balkal	4	3
Ap Kumchi	3	2
Duit Chuk	3	–



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AGE CATEGORIES ...

#VETERANS

- Competitors for the Veteran Championship must be 40 – 49 years old (Silver Class) or 50 – 59 years old (Gold Class) on **26th August 2019**. **There is no Platinum class.**
- Competitors must be holders of 1st, 2nd, 3rd, 4th, 5th or 6th Dan ITF black belt certificates.
- For the Veteran Competitions, every NGB is allowed to send up to three (3) competitors to the Individual Sparring Competitions according to the weight divisions for the Silver & Gold Class and to the Individual Pattern Competitions according to Dan .
- Sparring will be organized in 5 weight divisions for Silver class and 3 weight divisions for Gold class. Power breaking will be organized only for Silver Class. Only one team from each country can enter irrespective of age.

#VETERANS – POWER TEST MINIMUM BOARDS:

Adults	Male	Female
Sonkal	2	1
Balkal	3	2
Ap Kumchi	3	2



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THE CHAMPIONSHIP ...



#TECHNICAL SEMINAR #COACHES & UMPIRES

CHAMPIONSHIP RULES AND REGULATIONS ...

#TECHNICAL SEMINAR

During this championships , there will be International Technical seminar for two days from **23rd - 24th August**.

This seminar is particularly arranged for the International Course Conductors appointed by ITF as well as for the Grand Masters in order to unify the contents and the methods of the technical seminar, pursuant to the decision of the **Enlarged ITF EB Meeting** held in Pyongyang last year, and therefore, the International Course Conductors and Grand Masters are obliged to attend this seminar.

It is **imperative** and **mandatory** for **all Umpires** in attendance at the upcoming 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 competitors and black belt holders are also allowed to attend this Seminar.



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CHAMPIONSHIP RULES AND REGULATIONS ...

#UMPIRES

The Organizing Committee will pay **7 days/ 6 nights (Sunday – Friday) hotel accommodation for 80** qualified umpires. Umpires are selected and invited personally by the chairmen of the umpire committees of the continental federations upon continental quota principle.

The referees' personal invitation will also be mentioned the position they will occupy (eg. 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.



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CHAMPIONSHIP RULES AND REGULATIONS ...

#UMPIRES

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.



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CHAMPIONSHIP RULES AND REGULATIONS ...

●#COACHES

- Coaches are the only responsible persons who may stand in for the competitor, hand in protests, etc. The protest must be immediately notified to the jury president at the end of the match. Once a protest is immediately received, the normal protest time allocation is then applied.
- Regulated **protest** fee (EUR 100) must be paid when presenting the protest. (If the protest is valid, then the protest fee will 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; not 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 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, Umpire Committee, Tournament Committee and staff on duty, as long as they are not contradictory to the ITF Tournament & Umpire Rules.



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CHAMPIONSHIP RULES AND REGULATIONS ...

#AWARDS & CEREMONIES

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. At the awarding ceremony finalists must wear ITF Dobok or the team apparels.

- For the Opening Ceremonies, the participants can wear the ITF Dobok or the team apparels. Each Country must send 2 competitors to represent their countries during the official parade.



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THE CHAMPIONSHIP ...



PRELIMINARY #SCHEDULE

PRELIMINARY #SCHEDULE

23rd August – Friday

- 09:00 – 12:00 – Registration and Weight-in
- 09:00 – 12:00 – Technical Seminar with GM Hwang Ho Yong
- 13:00 – 20:00 – Registration and Weight-in
- 15:00 – 18:00 – Technical Seminar with GM Hwang Ho Yong

24th August – Saturday

- 09:00 – 12:00 – Registration and Weight-in
- 09:00 – 12:00 – Technical Seminar with GM Hwang Ho Yong
- 13:00 – 20:00 – Registration and Weight-in
- 15:00 – 18:00 – Technical Seminar with GM Hwang Ho Yong
- 21:00 – ITF EB Meeting



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PRELIMINARY #SCHEDULE

25th August - Sunday

- 9:00 - 12:00 - 27th ITF Congress
- 12:00 - 14:00 - Lunch Break
- 14:00 - 15:00 - Umpire Meeting
- 16:00 - 18:00 - Coach Meeting
- 19:00 - 20:30 - Dinner
- 21:00 - 22:30 - Opening Ceremony

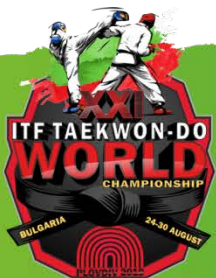


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PRELIMINARY #SCHEDULE

26th August - Monday

- 8:30 - 9:00 - Umpire Meeting
- 09:00 - 12:00 – Competition
 - Patterns (Individual and Team)
- 12:00 - 14:30 - Lunch Break
- 14:30 - 15:00 - Awarding Ceremony
- 14:30 - 15:00 - Umpire Meeting
- 15:00 - 20:00 Competition
 - Patterns (Individual and Team)



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PRELIMINARY #SCHEDULE

27th 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 (All ages Individuals and Team)
- 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 (All ages Individuals and Team)



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PRELIMINARY #SCHEDULE

28th August - Wednesday

- 8:30 - 9:00 - Awarding Ceremony
- 8:30 - 9:00 - Umpire Meeting
- 09:00 - 12:00 - Competition
 - Sparring Juniors (Group Stage)
 - Sparring Veterans
 - Sparring Adults (Pyramid system stage)
 - Special Techniques - Finals (All ages Individuals and Teams)
- 12:00 - 14:30 - Lunch Break
- 14:30 - 15:00 - Awarding Ceremony
- 14:30 - 15:00 - Umpire Meeting
- 15:00 - 20:00 - Competition
 - Sparring Juniors (Group Stage)
 - Sparring Veterans
 - Sparring Adults (Pyramid system stage)
 - Special Techniques - Finals (All ages Individuals and Teams)



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PRELIMINARY #SCHEDULE

29th August - Thursday

- 8:30 - 9:00 - Awarding Ceremony
- 8:30 - 9:00 - Umpire Meeting
- 09:00 - 12:00 – Competition
 - Sparring Juniors(Pyramid system stage)
 - Self defence Routine (All ages)
 - Power Test - Qualification (All ages Individuals and Teams)
- 12:00 - 14:30 - Lunch Break
- 14:30 - 15:00 - Awarding Ceremony
- 14:30 - 15:00 - Umpire Meeting
- 15:00 - 19:00 - Competition
 - Sparring Juniors(Pyramid system stage)
 - Self defence Routine (All ages)
 - Power Test - Qualification (All ages Individuals and Teams)
- 19:00 - 20:00 - Gala night “Power Taekwon-Do Sparring”



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PRELIMINARY #SCHEDULE

30th August - Friday

- 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)



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