

TEKVON-DO BĒRNU UN JAUNIEŠU SPĒLES

POWER TEST

SPARRING

PATTERNS

TEAM RELAY RACE



2025.gada

BALTIJAS TĪĢERĒNS

12. APRĪLIS

www.btcup.lv

Rīgas sporta manēža «Arkādija»
Kojusalas iela 9, Rīga, Latvija



ORGANIZATORS
LATVIJAS TEKVON-DO FEDERĀCIJA
ITF.lv



RĪGA



Izglītības un zinātnes
ministrija

DELTA
APSA RDZE

balticom

TORNU
TELĀS
SALDUMI

OFFICIAL INVITATION

Dear Taekwon-Do friends,

We are delighted to invite you to the 13th Youth and Children's Taekwon-Do Games – "Baltic Tiger 2025"! Organized by the Latvian Taekwon-Do Federation, this exciting event will take place on April 12th in Riga, Latvia.

Over the years, the Baltic Tiger Cup has become a highlight in the Baltic Taekwon-Do community, bringing together young athletes for a day of skill, determination, and sportsmanship. Since its inception in 2012, the event has grown in prestige and is proudly supported by the Municipality of Riga and the Department of Education, Culture, and Sports of the Riga City Council.

Join us for an unforgettable experience where passion for Taekwon-Do meets friendly competition. We look forward to welcoming you to Riga!

We are waiting for you and wish you a pleasant stay in Riga, in the beautiful Baltic country - Latvia!



**Chairman of organizing committee:
Master Vjaceslavs Semenkovs**



Organized by



Latvian Taekwon-do Federation

Supported by



RĪGAS DOMES
IZGLĪTĪBAS, KULTŪRAS
UN SPORTA DEPARTAMENTS

GENERAL INFORMATION

- DATE:** 12th of April 2025
- PLACE:** Riga's Sports Arena "Arkadia", Kojusalas iela 9, Riga, Latvia.
- ORGANIZER:** Latvian Taekwon-do Federation,
- CONTACT:** itf.latvia@gmail.com, ph.: +371 29510010, President: Master Vjacheslav Semenkov

IMPORTANT DATES:

- March 15,** - Deadline for teams to ask for pre-confirmation of participation
- March 25,** - Deadline for booking of Accommodation & for deposit payments.
- April 1,** - Deadline for submitting applications for participation of athletes.
- April 11,** - Team arrival to Riga.

REGULATIONS:

1. **Participants.** Club's team members in age from 5 to 17 years old and with qualification 10 gup – 2nd Dan, which will be included in the Team application list. There are 10 groups:

Child 1	Female 5-7 y.	Male 5-7 y.	Patterns, Sparring (from 6y.), Relayrace
Child 2	Female 8-10 y.	Male 8-10 y.	Patterns, Sparring, Relayrace
Cadets	Female 11-13 y.	Male 11-13 y.	Patterns, Sparring, Relayrace, Power test
Juniors 1	Female 14-15 y.	Male 14-15 y.	Patterns, Sparring, Relayrace, Power test
Juniors 2	Female 16-17 y.	Male 16-17 y.	Patterns, Sparring, Power test

Number of participants is unlimited. Competitors need to show national passport. Athletes will participate at their club's responsibility.

- 1.1. **Entry fee.** The cost is **40 EUR /** per competitor for all kinds of program without limitation.
- 1.2. **CHECK POINT FOR REGISTRATION**

Coach check-in. On **April 12th**, in sport hall the team leader check-in the arrival and sign the original application for participation, pay all necessary fees for the participation.

Registration for participants and weigh-in will be after coach check-in (carry a passport). Coaches take responsibility for ensuring that his athletes have medical insurance with a high-risk tariff for the period of competition.

Penalties on check-in. If the weight of the athlete does not correspond to the officially declared weight, then the athlete must pay an extra fee of **20 EUR** for admission to the competition in the corresponding real weight of the weight category.

2. UMPIRES

- 2.1. Each club (team) ensures at least minimum 1-2 qualified referee for whole competitions days. The referees must be dressed according to the ITF rules. All referees have the obligation to attend the registration together with the competitors from their team.
- 2.2. The organizer provides monetary compensation for the work of a competition judge, subject to the conscientious performance of judicial duties during the entire duration of the competition.
- 2.3. The Organizing committee NOT cover accommodation for Umpires, but will offer the buffet in competition hall during the competition days.

PROGRAM OF THE GAMES

3. Taekwon-do ITF competitions program

It is necessary to observe the Tournament rules of the International Taekwon-Do Federation (ITF) and Latvian Taekwon-do Federation (LTF). Taekwon-do ITF competitions program consist from 2 (two) kinds of competitions:

- ❖ Individual Patterns (Male and Female)
- ❖ Individual Sparring (Male and Female)

3.1. Individual Patterns (5-17 years old)

3.1.1. Will be only one **designated** pattern for color belts in preliminary bouts and two patterns **optional&designated** in semi-finals & finals.

3.1.2. Groups and program

<i>Nr</i>	<i>code</i>	<i>Groupname</i>	<i>age</i>	<i>Gup / Dan</i>
1	Tul-1	White belts, male	5-7 y.	10-9 Gup (Saju Chirugi – Chon Ji)
2	Tul-2	White belts, female		10-9 Gup (Saju Chirugi – Chon Ji)
3	Tul-3	Yellow belts, male		8-7 Gup (Chon Ji – Do San)
4	Tul-4	Yellow belts, female		8-7 Gup (Chon Ji – Do San)
5	Tul-5	Green belts, male		6-5 Gup (Chon Ji – Yul Gok)
6	Tul-6	Green belts, female		6-5 Gup (Chon Ji – Yul Gok)
7	Tul-7	White - Yellow belts, male	8-10 y.	10-7 Gup (Chon Ji – Do San)
8	Tul-8	White - Yellow belts, female		10-7 Gup (Chon Ji – Do San)
9	Tul-9	Green belts, male		6-5 Gup (Chon Ji – Yul Gok)
10	Tul-10	Green belts, female		6-5 Gup (Chon Ji – Yul Gok)
11	Tul-11	Red & Blue belts, male		4-1 Gup (Chon Ji – Chung Moo)
12	Tul-12	Red & Blue belts, female		4-1 Gup (Chon Ji – Chung Moo)
13	Tul-13	White - Yellow belts, male	11-13 y.	10-7 Gup (Chon Ji – Do San)
14	Tul-14	White - Yellow belts, female		10-7 Gup (Chon Ji – Do San)
15	Tul-15	Green belts, male		6-5 Gup (Chon Ji – Yul Gok)
16	Tul-16	Green belts, female		6-5 Gup (Chon Ji – Yul Gok)
17	Tul-17	Red & Blue belts, male		4-1 Gup (Chon Ji – Chung Moo)
18	Tul-18	Red & Blue belts, female		4-1 Gup (Chon Ji – Chung Moo)
19	Tul-19	Black belts, male		1 Dan (Chon Ji – Juche)
20	Tul-20	Black belts, female		1 Dan (Chon Ji – Juche)
21	Tul-21	White - Yellow belts, male	14-17 y.	10-7 Gup (Chon Ji – Do San)
22	Tul-22	White - Yellow belts, female		10-7 Gup (Chon Ji – Do San)
23	Tul-23	Green belts, male		6-5 Gup (Chon Ji – Yul Gok)
24	Tul-24	Green belts, female		6-5 Gup (Chon Ji – Yul Gok)
25	Tul-25	Red & Blue belts, male		4-1 Gup (Chon Ji – Chung Moo)
26	Tul-26	Red & Blue belts, female		4-1 Gup (Chon Ji – Chung Moo)
27	Tul-27	Black belts, male		1-2 Dan (Chon Ji – Juche)
28	Tul-28	Black belts, female		1-2 Dan (Chon Ji – Juche)

3.2. Individual Sparring (6-17 years old)

3.2.1. Participants demonstrating Taekwon-do ITF free sparring technique.

3.2.2. **Blows to the head by the hands restricted in age division Child-1 (6-7 years)!**

3.2.3. According to the participants age there will be following sparring categories:

CHILD-1 (6-7 years), 2 Rounds x 1 min. No blows by the hands to the head!						
Male	- 25 kg	-30 kg	- 35 kg	- 40 kg	- 45 kg	+ 45 kg
Female	- 25 kg	-30 kg	- 35 kg	- 40 kg	- 45 kg	+ 45 kg

CHILD-2 (8-10 years), 2 Rounds x 1,5 min. Regular ITF rules.						
Male	- 30 kg	- 35 kg	- 40 kg	- 45 kg	- 50 kg	+ 50 kg
Female	- 30 kg	- 35 kg	- 40 kg	- 45 kg	- 50 kg	+ 50 kg

CADET (11-13 years), 2 Rounds x 1,5 min. Regular ITF rules.								
Male	- 30 kg	-35 kg,	-40 kg,	-45 kg;	-50 kg;	-55 kg	- 60 kg;	+ 60 kg
Female	- 30 kg	-35 kg,	-40 kg,	-45 kg;	-50 kg;	-55 kg	-60 kg;	+ 60 kg

JUNIOR (14-15 years), 2 Rounds x 1,5 min. Regular ITF rules, but without compulsory techniques							
Male	-45 kg	-50 kg	-55 kg	-60 kg	-65 kg	-70 kg;	+70 kg
Female	-40 kg	-45 kg	-50 kg	-55 kg	-60 kg	-65 kg	+65 kg
JUNIOR (16-17 years), 2 Rounds x 1,5 min. Regular ITF rules, but without compulsory techniques							
Male	-45 kg	-51 kg	-57 kg	-63 kg	-69 kg	-75 kg;	+75 kg
Female	-40 kg	-46 kg	-52 kg	-58 kg	-64 kg	-70 kg	+70 kg

3.2.4. Tournament organizer can merge weight categories in same age division if there will be less than 4 competitors.

3.2.5. There are NO requirements for performing COMPULSORY TECHNIQUES for all groups

3.2.6. **Mandatory safety equipment.**

Coaches must ensure that the participants have all Taekwon-do ITF sparring protective equipment:

- ❖ **Gloves** (open palm gloves or boxing gloves not bigger than 10 oz) blue and red color. Other colors will not be allowed;
- ❖ **Head guards** with close top, blue and red color. Other colors will not be allowed;
- ❖ **Feet protectors**, ITF standard safety equipment for sparring can be blue & red or any neutral color;
- ❖ **Shin guards, Mouth guard** are compulsory for all ages;
- ❖ **Groin protector** is compulsory only for male for all ages;
- ❖ **Chest protector** (inside Dobok) is compulsory only for female from 14 y. old;

4. Universal part of competitions program

Representatives of any other kind of martial arts can take part in this part of competitions.

Program of universal part consist from 2 (two) kinds of competitions:

- ❖ **Teams Relay race**
- ❖ **TOTAL FORCE and ENERGY of blows**

4.1. Team Relay race(Self-defense in ITF DB)

4.1.1. Age divisions: Child-1 (5-7y.), Child-2 (8-10y.), Cadet (11-13y.), Junior (14-15y.)

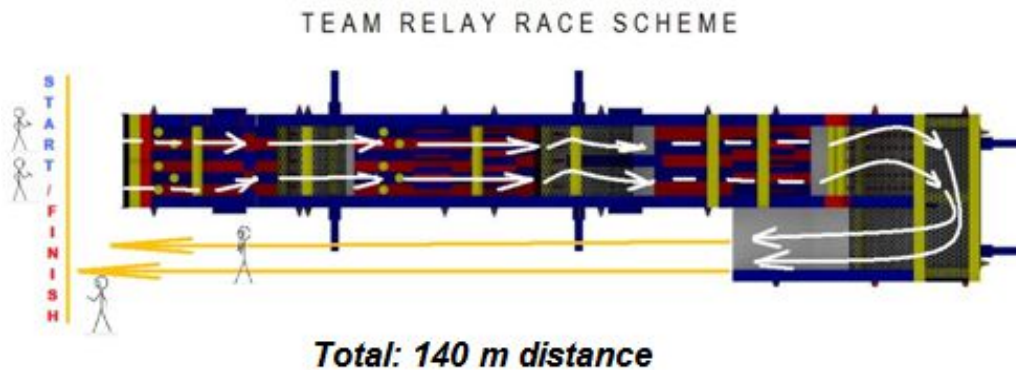
4.1.2. In time of registration in ITF Data base makeregistration in **Self-defense**.

4.1.3. **4 (four)** athletes (boys or/and girls) are **united in a team** competing in overcoming the obstacle course with other teams. Competitions are held on the Olympic system (with elimination).

4.1.4. The team participating in the relay can be dressed in any sports uniform (without shoes), but in the same style (Dobok or shorts and T-shirt or tracksuit etc.).

4.1.5. The club can declare an unlimited number of teams consisting of 4 athletes (boys and girls) from the same age division. One and the same athlete cannot participate in different teams.

4.1.6. Before the start of the teams will be given the opportunity to test the track.



4.2. TOTAL FORCE and ENERGY of blows(Power Test in ITF DB)

4.2.1. Age divisions: Male - Cadet (11-13y.), Junior (14-15y.); Junior (16-17y.); Female - Cadet (11-13y.), Junior (14-15y.); Junior (16-17y.);

4.2.2. Competitions are held on professional high-precision electronic equipment Real Strike@ in a boxing bag shape. The electronic system takes into account only blows inflicted with force exceeding the minimum limit of 100kg.

4.2.3. For 10 seconds repeated circular **round kick** (Dollyo chagi) strokes are carried out on the bag with the instep of foot. Only one attempt will be given for each of participant.

4.2.4. According to the results of the electronic meter indicators, 1st, 2nd and 3rd place winners are determined in each age group.

5. Accommodation

- 5.1. You can organize **accommodation by yourself** though [internet](#). In this case we not offer accommodation free of charge for head of team & for coach.
- 5.2. If it's necessary, you can order **accommodation provided by organizer** on the terms of a **preliminary reservation with payment of the deposit** by the deadline provided in these Regulations ([IMPORTANT DATES](#)).
- 5.3. Accommodation reservations are only guaranteed by the organizer if the deposit is paid before the deadline. All prices above are **per person** for a **double room with breakfast**.
- 5.4. The deposit for the reservation at the specified prices must be paid until **25th of March, 2025**.
- 5.5. After deadline accommodation availability is not guaranteed!

Duration of stay:	Package A ****	Package B ***
	4 -stars Hotel in Riga Center	3-stars Hotel near the Hall
1 night	60 €	40 €
2 nights	120 €	80 €
3 nights	180 €	120 €
For single room	add 35 € per day	add 25 € per day

Accommodation can be carried out in any hotel independently by your-self. The Organizing Committee guarantees accommodation and transfer only in the case of provisional application from the teams, made up to the deadline.

6. Transfer

- 6.1.1. If you need transfer from AIRPORT to the hotel, please contact us before Deadline. Cost for transfer **20.00 EUR** per person. Transfer includes a meeting at the airport, bus to the hotel, and back from the hotel to the airport.

7. Payment methods

- 7.1. There are **two types** of Entry payment for competitors:
 - ❖ **Bank transfer to organizer bank account.** Mandatory for those teams who need an entry visa to Latvia and for those teams who need accommodation provided by organizer. Can use only for pre-payment.

Payment shall be deposited in following beneficiary's account **no later than 25th March 2025:**

PAYMENT TO: LATVIJASTEKVON-DO FEDERACIJA
COMPANY ID: 40008023321
BANK NAME: SEB BANKA
BIC CODE (SWIFT): UNLALV2X
ACCOUNT: LV17 UNLA 0050 0115 1551 2

Please note the purpose of Payment **Baltic Tiger entry fee** and your **Team name**.

- ❖ **In Cash (EURO).** Paid by head of delegation at spot in the time of registration **12th of April**.

International Children & Youth Taekwon-do Games
"BALTIC TIGER 2025"

8. TROFIES & AWARDS

- 8.1. For the 1st, 2nd and 3rd place in each of individual tournament disciplines, participants will be awarded with tournament medals and diplomas, 1- 2 -3 place in Team Overall with Big cups.
- 8.2. For 1st, 2nd and 3rd place in Team Relay the team will be awarded by Team Cup and all members by medals & diplomas.
- 8.3. Athletes who have won prizes must be present at the awarding ceremony and go out for rewards dressed **a team sports suit or in Dobok.**
- 8.4. Athletes who do not show up for the awards will forfeit their awards. The awards of athletes who did not show up for the awards ceremony **will not be given** to coaches!

9. Registration of athletes and teams:

Takes place from **01st of March till 01st of April** using the online registration system. Registration is carried out by the head of the delegation or the head coach of the team using ITF Data Base.

More info about events: www.btcup.lv/en/

Please, if any problem with registration, connect to us for support.

- 9.1. **ENTRY FORMS for accommodation.** If you need our help for organizing of your accommodation, so let us know ASAP and we start organizing process. Completed application forms for accommodation must be submitted to organizing committee according to the terms and conditions of these Regulations (find **IMPORTANT DATES**).
Download application form here: www.btcup.lv/hotel.doc
- 9.2. Application for Accommodation must be sending by e-mail to itf.latvia@gmail.com to Latvian Taekwon-do Federation, Master V. Semenkovph. +371 295-100-10.

Preliminary schedule of events

(possible small changes)

5th April

14:00 - 20:00 - team arrival to hotel, coach registration and check-in (is possible by prior arrangement)

6th April in Riga's Sports Arena "Arkadia", Kojusalas street 9, Riga.

08:00 - 09:30 - team registration and weight-in
09:00 - 09:30 - umpires & coach meeting
10:00 - 14:00 - competitions
14:00 - 15:00 - opening ceremony & show program, 1-awards
15:00 - 19:00 - competitions
19:00 - 19:30 - 2-awards

Riga waiting you!

Organizing committee:

Email: itf.latvia@gmail.com; ph. + 371 295-100-10; WEB: www.BTcup.lv

