

WELCOME

08-09 AUGUST

Poomsae



**INTERNATIONAL
TAEKWONDO
TOURNAMENT
"RUSSIAN OPEN"**



WORLD TAEKWONDO FEDERATION



RUSSIAN TAEKWONDO UNION

Welcome to Russian Open 2017!

The 7th International WTF Taekwondo Tournament Russia Open 2017 August 8-9, 2017, Moscow, Russia

Outline

1. Organizing Committee:

Russian Taekwondo Union
RTU President: Anatoly Terekhov
119270 Moscow, Luzhnetskaya nab. 8
Tel: +7 495 637 06 28, fax: +7 495 725 47 08
E-mail: tkd.rtu@gmail.com

2. Competition Venue:

Sport Venue – USZ “Bascetbal arena CSKA”,
Leningradskiy prospect 39 bld. 3, Moscow,
Russia

3. Competition Dates:

August 8 - 9, 2017

4. Qualifications:

- * Holder of nationality of the Participating team
- * Recommended by the Member National Association of the WTF (entry must be supported with the list of participants signed by

MNA

President or General Secretary)

- * Holder of the Kukkiwon Poom or Dan certificate
- * Holder of WTF Global Athlete Licence (GAL)

The age limits for each division is based on the year, not on the date, when the Championships are held. For example, in Junior Division, contestants shall be between 15 and 17 years old. In this regard, if the Championships are held on September 29, 2016, contestants born between 1 January 1999 and 31 December 2001 are eligible to participate in this division.

5. Rules :

5.1. Competition Rules :

WTF Poomsae Competition Rules & interpretation in force as of March 19, 2014 shall apply.



5.2. Event categories & divisions:

Event	Division									
	Age & Gender	Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 40 (31-40)	Under 50 (41-50)	Under 60 (51-60)	Under 65 (61-65)	Over 65 (66+)	
Recognized Poomsae	Individual	Male	*	*	*	*	*	*	*	
		Female	*	*	*	*	*	*	*	
	Age & Gender	Cadet (12-14)	Junior (15-17)	Under 30 (18-30)			Over 30 (31+)			
	Pair	*	*	*			*			
	Team Male	*	*	*			*			
	Team Female	*	*	*			*			
	Age & Gender	Under 17 (12-17)				Over 17 (18+)				
Free Style Poomsae	Individual	Male	*				*			
		Female	*				*			
	Pair	*				*				
	Team (Mixed)	*				*				

5.3. Methods of Competition:

Event	Method
Recognized Poomsae	Cut Off System
Free Style Poomsae	Cut Off System

5.3.1. Recognized Poomsae Competition:

-Two (2) Poomsae from designated Compulsory Poomsae must be performed for all the preliminary, semi-final and final rounds (round of 8, semi-final and final) for all competitions. One (1) day before the competition the Poomsae will be published on the website.

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

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

3) Final: When eight (8) or less contestants/pairs/teams are participating, competition shall start from final round. Contestants shall perform two (2) assigned Compulsory Poomsae and medals shall be awarded to the top four (4) contestants/pairs/teams.

5.3.2. Freestyle Poomsae Competition:

- 1) Free Style Poomsae is the performance based on taekwondo techniques with composition of music and choreography.



2) Composition of Free Style Poomsae

1.1 Yeon-mu line, music & choreography shall choice of contestant. However, it should not contain any political, social and religious contents. You may only bring the USB stick and then report to head off the table before the start competition (Apple audio format is not supported!)

1.2 Number of Poom: Each performance shall be composite of 20 to 24 poom. (Composition of 1 poom shall be no more than 5 motions.)

1.3 Technique: Each performance shall be composite of attacking and defending techniques of taekwondo with 60% foot techniques and 40% hand techniques.

1.4 Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WTF Poomsae Committee, when contestant submits performance plan of free style poomsae.

5.4. List of Poomsae to be performed:

Competition	Division	Compulsory Poomsae
Individual	Cadet Division (12-14 years)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division (15-17 years)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30 (18-30 years)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Under 40 (31-40 years)	
	Under 50 (41-50 years)	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwo
	Under 60 (51-60 years)	Koryo, Keumgang, Taeback Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65 (61-65 years)	
Over 65 (66 years or higher)		
Pair	Cadet Division (12-14 years)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division (15-17 years)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30 (18-30 years)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30 (31 years or higher)	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Team	Cadet Division (12-14 years)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division (15-17 years)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30 (18-30 years)	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30 (31 years or higher)	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

Competition	Free Style Poomsae	
Individual	Under 17 and Over 17 Division	Free Style Poomsae is the performance based on taekwondo techniques with composition of music and choreography. Each performance shall be composite of 20 to 24 poom. (Composition of 1 poom shall be no more than 5 motions.) Each performance shall be composite of attacking and defending techniques of taekwondo with 60% foot techniques and 40% hand techniques. Music and choreography shall be the choice of contestants. Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WTF Poomsae Committee, when contestant submits performance plan of free style poomsae.
Pair		
Team (Mixed)		

5.5. Registration:

All Athletes and Team officials must first be registered with a WTF Global Athlete Licence (GAL) or Global Official Licence (GOL). National Team Entry: registration is through the National Federation GMS admin. Registration is only possible via the WTF GMS website and all participants must have an approved 2017 WTF Global License. - <https://worldtkd.simplycompete.com>

5.6. Registration Deadline:

The deadline for entries is 14 July 2017. Entries received after deadline will not be accepted.

5.7. Protests:

Protests must be made as per competition rules by the official coach within 10 minutes after the end of the pertinent contest to the Technical Delegate. Protest fee is 200 euro and non-refundable. The decision on the protest shall be announced after 30 minutes.

5.5. Awards and certificates:

- 1st place: Gold medal(s) and certificate(s)
- 2nd place: Silver medal(s) and certificate(s)
- 3rd place and 4th place: Bronze medal(s) and certificate(s)

5.6. Uniform:

The participants shall wear the WTF recognized Poomsae Competition uniform.



6. Visa: Visa invitation requests should be sent to the OC by no later then July 14th, 2017 to the following e-mail address: viza-russia@mail.ru Contact telephone: +74987470061

7. Accommodation and transportation: Accommodation charges for room and board for teams will be born by the participants and must be paid via Bank transfer (please, see Attachments) The filled in forms for accommodation at the official hotels have to be sent to the OC

e-mail: academ-sport@mail.ru before July 14, 2017.

Attention! If the room reservation is cancelled after **July 14, 2017** the person will be fined with 100% of the total room reservation price.

8. Transportation: Round trip airfare will be born by the participating National Taekwondo Teams. OC will be able to provide transfer for teams from the Airport to the official hotel and the other way back on the days of arrival and departure to Moscow (for the additional price) in case if the transportation request form was sent to OC before July 14, 2017: russian.open2016@gmail.com

Timetable (Subject to Change)

Date	Time	Event	Place
August 6-7		Arrival of teams	TBD
August 7	09-18.00	Teams training	Arena CSKA
	10-20.00	Registration	Hotel
August 8	08.30-09.00	Head of Team Meeting and Drawing of Lots	Arena CSKA
	08.30-09.00	Referee seminar	
	09.00-13.00	Competition for Recognized Poomsae	
	13.00-14.00	Lunch Break	
	13.00-20.00	Competition for Recognized Poomsae, Competition for Free Style Poomsae	
August 9	09.00-13.00	Competition for Recognized Poomsae	Arena CSKA
	13.00-14.00	Lunch Break	
	13.00-20.00	Competition for Recognized Poomsae, Competition for Free Style Poomsae	
August 10		Departure of teams	TBD

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