



Apstiprināts:

09.01.2024.

Taekwon-do tournament “Latvian Challenge 2024”

GENERAL INFORMATION

Purpose and tasks:

- 1.1. Popularize Taekwon-do in Latvia;
- 1.2. Determine the best athletes among the owners of each belt color.
- 1.3. To enable young athletes to improve their skills;
- 1.4. Healthy lifestyle propaganda. Building a mentally and physically developed society;

Competition dates:

- 23.03.2024 - 1st Stage (for green, blue and red belts)
08.06.2024 - 2nd Stage (for white and yellow belts)

Participants

- 1.1. Members of club teams registered for the competition in accordance with the conditions of these Competition Regulations.
- 1.2. Three divisions (A,B,C) participate in the first stage, where participants with Green belt (Division C), Blue belts (Division B) and Red belts (Division A) compete with each other.
- 1.3. In the 2nd stage, participants with a White belt (division E) and also participants with a Yellow belt (division D) compete.

Umpires

- 1.3.1. In order to ensure high-quality and objective judging for each team to work in the competition, as far as possible, it is necessary to provide a panel of judges with at least 1-2 qualified judges whose qualification for the 1st stage of the competition is not lower than the 2nd group, and in the 2nd stage not lower than the 4th group.
- 1.3.2. In the event that the team has not provided the panel of judges with a single judge, it loses the opportunity to submit protests.

Trophies and awards:

- We award all individual winners for 1st, 2nd, 3rd place with medals of competitions.
- Special prizes for the best TUL technique and for the best technique in sparring.



Athletes who have won prizes must be present at the awarding ceremony and go out for rewards dressed **in Dobok / Team sports suit**. 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!**

This regulation is considered an official invitation to the competition.



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Taekwon-do tournament “Latvian Challenge 2024”

REGULATIONS FOR 1st STAGE

Green, Blue and Red Belt Tournaments

Date of competitions: 23rd of March 2024
Place: Riga 34th Secondary School Sports Hall (Dzirciema Street 1C),
Organizer: Latvian Taekwon-do Federation
Tournament director: Vyacheslav Semenov, ph.+371 29510010, itf.latvia@gmail.com

1. Competition rules and disciplines:

The competition takes place in accordance with the rules of the International Taekwon-do Federation (ITF) and in accordance with the given competition regulations. Cadets, juniors and adults male, female will compete in patterns and sparring.

1.1. Individual Patterns

Two patterns (optional & designated) will be in all bouts. Competitors will perform their optional pattern one after another, and then the designated pattern will be performed together. Pyramid system will be used.

1.1.1. AGE DIVISIONS & CLASSES:

#	cods	Belt group	Ages group	programma
1	Tul-1	Green belts, male	9-13	6 gup (Chon Ji – Won Hyo) 5 gup (Chon Ji– Yul Gok)
2	Tul-2	Green belts, female		
3	Tul-3	Green belts, male	14-17	
4	Tul-4	Green belts, female		
5	Tul-5	Green belts, male	18-56	
6	Tul-6	Green belts, female		

1	Tul-7	Blue belts, male	9-13	4 gup (Chon Ji – Joong Gun) 3 gup (Chon Ji – Toy Gae)
2	Tul-8	Blue belts, female		
3	Tul-9	Blue belts, male	14-17	
4	Tul-10	Blue belts, female		
5	Tul-11	Blue belts, male	18-56	
6	Tul-12	Blue belts, female		

1	Tul-13	Red belts, male	9-13	2 gup (Chon Ji - Hvarang) 1 gup (Chon Ji – Choong Moo)
2	Tul-14	Red belts, female		
3	Tul-15	Red belts, male	14-17	
4	Tul-16	Red belts, female		
5	Tul-17	Red belts, male	18-56	
6	Tul-18	Red belts, female		



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1.2. Individual Sparring

- 1.1.1. The tournament will take place in groups according to the athletes' qualification belts, in 3 combined age groups: Cadet U-14 (11-13 y), Junior U-18 (14-17 y), Adult U-40 (18-39 y) age.
- 1.1.2. All participants of the competition are divided into groups according to skill, age and weight category. By skill level: Division A (Red belts), Division B (Blue belts), Division C (Green belts).
- 1.1.3. Weight classes:

Division	Sex	Age	Weight classes (kg)			Duration
Cadet (U-14)	Male	11-13 y.	-50	-60	+ 60	2 x 1,5 min
Cadet (U-14)	Female	11-13 y.	-45	-55	+ 55	2 x 1,5 min
Junior (U-18)	Male	14-17 y.	-65	-75	+75	2 x 2 min
Junior (U-18)	Female	14-17 y.	-50	-60	+60	2 x 2 min
Adults (U-40)	Male	18-39 y.	-70	-80	+80	2 x 2 min
Adults (U-40)	Female	18-39 y.	-60	-70	+70	2 x 2 min

In case there are less than 3 participants in the category, there will be no medal draw. The organizers have the right to combine athletes of different age groups only with the consent of the parties (athletes' representatives) and only within one weight category.

1.1.4. Safety equipment.

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

- ❖ **Head guards** with close top, in **blue** and **red** color. Other colors will not be allowed;
- ❖ **Gloves.** Open palm gloves possible to use only for Cadet (11-13 y.) but all Age groups use boxing gloves ITF standard (10 oz) in **blue** and **red** color. Other colors will not be allowed;
- ❖ **Foot protectors,** ITF standard safety equipment for sparring in **blue** and **red** color, possible to use any neutral color and brand too;
- ❖ **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;

2. Payments. You can choose one of two kinds how to pay - by **Cash** or **Deposit** to our bank account;

- **If you pay by Banking transfer** to organizer Bank account, so payment shall be deposited in following beneficiary's account **no later than 18th March 2024:**

Payment to: **Latvijas Tekvon-do Federacija,**
 Organization ID Nr. **40008023321**
 bank name: **SEB Banka**
 IBAN: **LV17UNLA0050011515512**
 BIC code (SWIFT): **UNLALV2X**

ATTENTION! Please state following information when paying into bank account:
 Deposit for Tournament, Name of club or team and Competitors amount.

This kind of fee is non-refundable!

- **If you Pay by Cash.** The collective payments for all members of your delegation must be paid in cash at the time of team registration on 23rd of March 2024.



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3. Antidoping

As Taekwon-Do ITF is official sport in Latvia we must inform you that: It is the duty of athletes and other persons to be informed about what constitutes a violation of anti-doping rules (World Anti-Doping Code), as well as what substances and methods are included in the Prohibited List of Substances and Methods. It is the personal responsibility of each athlete to ensure that a prohibited substance does not enter his body. The athlete informs his medical practitioner that he must not be prescribed prohibited doping substances and use prohibited methods, unless a Therapeutic Use Exemption (TUE) permit has been issued. It is the Athlete's responsibility to cooperate with Anti-Doping Organizations to assist in the detection and investigation of an Anti-Doping Rule Violation.

4. Application for competitions and deadlines

- ***PLEASE, report us preliminary about your principal decision to participate in this Tournament as soon as possible by email to: itf.latvia@gmail.com***
- Register you team (club) on-line by the link:
- <https://data.taekwondo-itf.com/event/31723/6283>
- Registration open from **23.02 - 20.03.2024**
- Registration is carried out by the head coach of the team

5. Important information

- Deadline for Payment by bank transfer - **18th March**
- Deadline for changes in applications is on Wednesday at 21:00 - **20th March**
- Publication of Lists of Participants - **22nd March**
- Weigh-in and payment of entry fee in cash (9:00 -10:00 a.m.) - **23rd March**

6. Pre-Schedule of Events (possible further changes before start 23.03.2024. (10:00)

Friday, 22nd of March

All day - Arrival to Riga

Saturday, 23rd of March

- 09:00 - 09:30 Arrival of teams at venue of competition;
- 09:00 - 10:00 Weighing and registration;
- 09:30 - 10:00 Meeting of judges & coaches;
- 10:00 - 15:00 Competitions;
- 15:00 - 15:45 Awarding ceremony;
- 16:00 Finish, departy from Hall;

Contact info:

- Organizer: Latvian Taekwon-do Federation itf.latvia@gmail.com
- Tournament director: Vyacheslav Semenov [ph.+371 29510010](tel:+37129510010)
- Organizer homepage: www.ITF.lv