

INTERNATIONAL TAEKWON-DO ITF TOURNAMENT



**TOP TEN**

# XVI LATVIAN TAEKWON-DO OPEN CUP



20  24

**MARCH  
8-9**

PATTERN  
SPARRING

SPECIAL TECHNIQUE  
PHYSICAL TEST



Riga's National Sports Manege,  
9 Kojusalas Street, Riga, Latvia  
March 8-9 2024

INFORMATION: [www.taekwondoitf.lv](http://www.taekwondoitf.lv) [www.sportdata.org](http://www.sportdata.org) [chingoo@inbox.lv](mailto:chingoo@inbox.lv)

ORGANIZERS: SPECIAL PARTNERS:



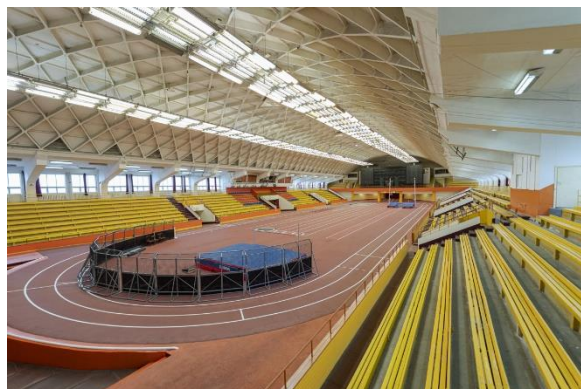
## INVITATION

### 1. Place and time of event

- 1.1. International Taekwon-do ITF Tournament **XVI LATVIAN TAEKWON-DO OPEN CUP 2024** to be held
- in **Rīga's National Sports Manege, 9 Kojusalas Street, Riga, Latvia**
  - on **March 8-9, 2024.**
- 1.2. **10 February 2024** – deadline for all reservations of accommodation.
- 1.3. **27 February 2024** – deadline for the registration in [www.sportdata.org](http://www.sportdata.org).
- 1.4. **05 March 2024** – publication of draws online.
- 1.5. **8 March 2024**  
**16:00-19:00** registration and weight control in hotel;
- 1.6. **09 March 2024** in Rīga's National Sports Manege, 9 Kojusalas Street, Riga, Latvia  
**09:00-09:30** umpire and coach meeting;  
**10:00-12:00** competitions for juniors 15-17 years old, adults 18-35 years old and veterans 36+ years old;  
**12:00-14:00** competitions for children 7-9 years old;  
**14.00** opening ceremony;  
**15:00-19:00** competitions for cadets 10-11 years old and prejuniors 12-14 years old.

#### Athletics Arena

Dimensions – 24.62 x 71.47 m and height 14.5 m. 2400 spectator seats.



### 2. Organizer

- 2.1. All Latvian Taekwon-do federation with Latvian Taekwon-do federation and Sport club „Chin-Goo”.
- 2.2. Head of the Organizing Committee Sbn. Sergejs Saulite (V dan), t. +371 26469257, e-mail: [itflat.info@gmail.com](mailto:itflat.info@gmail.com).
- 2.3. Organizer reserves right to fuse or divide categories according to numbers of contestants.

### 3. Competitors

- 3.1. In tournament may participate members of ITF with 10 gup – 6 dan.
- 3.2. Participants are allowed to exceed the weight of +0,5 kg.
- 3.3. Organizer has the right to Take additional 10,- Euro for each competitor enrolled after deadline and for each change in an application.

### 4. Program of competition

- Competition rules for the Latvian Taekwon-Do Cup will be “Official ITF Rules of Competition - Version 2022v2” available at the ITF website under the link: <https://itftkd.sport/rules/> with any changes in weight category and discipline (4.3.).
- If the category has three (3) or fewer participants, then they may be combined with the closest category of the same age or one higher.

#### 4.1. PATTERN

4.1.1. **During the eliminations competitors perform only one designated pattern, whereas at finals two patterns.**

4.1.2. Male and female take part separately.

4.1.3. All 7-9 and 10-11 years old children will be divided into groups of 3-4 participants.

4.1.4. 12 years and older competitors are played in the traditional „pyramid system”.

Division	Age	Category, Gup/Dan					
Children:	7-9 years	10-9 gup	8-7 gup	6-3 gup			
Cadets:	10-11 years	10-9 gup	8-7 gup	6-1 gup			
Prejuniors:	12-14 years	10-9 gup	8-7 gup	6-3 gup	2 gup – 1 dan	2-3 dan	
Juniors:	15-17 years	10-9 gup	8-7 gup	6-3 gup	2 gup – 1 dan	2-3 dan	
Seniors:	18-35 years	10-9 gup	8-7 gup	6-3 gup	2 gup – 1 dan	2-3 dan	4-6 dan
Veterans:	36+ years	10-9 gup	8-7 gup	6-3 gup	2 gup – 1 dan	2-3 dan	4-6 dan

Level, Gup/Dan	Pattern
10-9 gup	“Saju-Jirugi”, “Saju-Makgi”, Chon-Ji
8-7 gup	from Chon-Ji to Do-San
6-3 gup	from Chon-Ji to Toi-Gye
2 gup – I dan	from Chon-Ji to Ge-Baek
II-III dan	from Chon-Ji to Choi-Yong
IV-VI dan	from Chon-Ji to Moon-Moo

#### 4.2. SPARRING

4.2.1. The competitors are played in the traditional „pyramid system”.

4.2.2. All competitors are divided into groups of skill level:

Division	Age	Category Gup/Dan			
Children:	7-9 years	10-9 gup	8-3 gup		
Cadets:	10-11 years	10-9 gup	8-7 gup	6-1 gup	
Prejuniors:	12-14 years	10-9 gup	8-7 gup	6 gup – 3 dan	
Juniors:	15-17 years	10-7 gup	6-3 gup	2 gup – 3 dan	
Seniors:	18-35 years	10-7 gup	6-3 gup	2 gup – 6 dan	
Veterans	36+ years	10-7 gup	6-3 gup	2 gup – 6 dan	

4.2.3. Weight category (male)

Division	Age	Weight							Regulations
Children:	7-9 years	-22 kg	-26 kg	-30 kg	-34 kg	-38 kg	+38 kg		2 x 1 min
Cadets:	10-11 years	-30 kg	-36 kg	-42 kg	-48 kg	-54 kg	+54 kg		2 x 1 min
Prejuniors:	12-14 years	-40 kg	-45 kg	-50 kg	-55 kg	-60 kg	-65 kg	+65 kg	2 x 1,5 min
Juniors:	15-17 years	-50 kg	-55 kg	-60 kg	-65 kg	-70 kg	-75 kg	+75 kg	2 x 2 min
Seniors:	18-35 years	-57 kg	-63 kg	-69 kg	-75 kg	-81 kg	-87 kg	+87 kg	2 x 2 min



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Veterans	36+ years	-69 kg	-75 kg	-81 kg	+81 kg		2 x 2 min
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#### 4.2.4. Weight category (female)

Division	Age	Weight							Regulations
Children:	7-9 years	-20 kg	-24 kg	-28 kg	-32 kg	-36 kg	+36 kg		2 x 1 min
Cadets:	10-11 years	-28 kg	-34 kg	-40 kg	-46 kg	-52 kg	+52 kg		2 x 1 min
Prejuniors:	12-14 years	-40 kg	-44 kg	-48 kg	-52 kg	-56 kg	-60 kg	+60 kg	2 x 1,5 min
Juniors:	15-17 years	-45 kg	-49 kg	-53 kg	-57 kg	-61 kg	-65 kg	+65 kg	2 x 2 min
Seniors:	18+ years	-50 kg	-55 kg	-60 kg	-65 kg	-70 kg	-75 kg	+75kg	2 x 2 min
Veterans	36+ years	-65 kg	-70 kg	-75 kg	+75kg				2 x 2 min

### 4.3. PHYSICAL PREPARATION TESTS

#### 4.3.1. Only for competitors with 10-7 gup degree.

4.3.2. Winners are determined by who performs better in the speed and endurance test together.

4.3.3. Male and female take part separately:

Division	Age
children:	7-9 years
cadets:	10-11 years
prejuniors:	12-14 years
juniors-seniors-veterans:	15+ years

#### 4.3.4. Kick speed test (Dollyo chagi)

4.3.4.1. Performing exercises:

Initial position - Sudik Sogi (fight stance), both feet touch the floor,

1 – with signal participant perform Dollyo Chagi kick with Baldung above the belt in target,

2 – to return kicking leg to initial position.

4.3.4.2. Performing time – 15 seconds. If sportsmen have the same result, they must to do Dollyo Chagi one more time 20 seconds.

#### 4.3.5. Endurance test (Yop chagi)

4.3.5.1. Performing exercises: Sportsmen perform Yop Chagi kick and hold kicking leg over belt level.

4.3.5.2. If sportsmen have the same result, they repeat exercise one more.

### 4.4. SPECIAL TECHNIQUE

4.4.1. All competitors are divided into groups of skill level.

4.4.2. Participant at first execute the exercise "Twimyo Nopi Ap Cha Busigi" according to age, then continues competition with "Twimyo Nopi Yop Cha Jirugi".

4.4.3. Participants 15+ age old and 6+ gup execute all 5 exercises according to the ITF rules with high less by 10 cm.

4.4.4. Each fully broken board will count as three (3) points and each half-broken board will count as one (1) point.

4.4.5. The winner is determined by the sum of the ratings of both exercises.

**Male:**

Division	Age	Twimyo Nopi Ap Cha Busigi	Twimyo Nopi Yop Cha Jirugi	Category Gup/Dan	
		Height	Height		
Children:	7-9 years	170 cm	80 cm	10-7 gup	6-3 gup
Cadets:	10-11 years	190 cm	100 cm	10-7 gup	6-1 gup
Prejuniors:	12-14 years	220 cm	110 cm	10-7 gup	6 gup – 3 dan
Juniors:	15-17 years	230 cm	130 cm		
Seniors:	18-35 years	250 cm	140 cm	10-7 gup	6 gup –

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Veterans	36+ years	240 cm	130 cm	6 dan
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### Female:

Division	Age	Twimyo Nopi Ap Cha Busigi	Twimyo Nopi Yop Cha Jirugi	Category Gup/Dan	
		Height	Height		
Children:	7-9 years	150 cm	60 cm	10-7 gup	6-3 gup
Cadets:	10-11 years	160 cm	80 cm	10-7 gup	6-1 gup
Prejuniors:	12-14 years	180 cm	90 cm	10-7 gup	6 gup – 3 dan
Juniors:	15-17 years	200 cm	110 cm		
Seniors:	18-35 years	210 cm	120 cm	10-7 gup	6 gup – 6 dan
Veterans	36+ years	200 cm	110 cm		

### 4.5. POWER TEST

4.5.1. Only for juniors with 6 gup – 3 dan and seniors with 6 gup – 6 dan.

4.5.2. Participants execute all 5 exercises according to the ITF rules.

4.5.3. Each fully broken board will count as three (3) points and each half-broken board will count as one (1) point.

4.5.4. The winner is determined by the sum of the ratings of all exercises.

### Male:

Exercise	Boards Juniors:	Boards Seniors-Veterans
	<b>Ap-Joomuk Jirugi</b>	2
<b>Sonkal Taerigi</b>	2	3
<b>Yopcha Jirugi</b>	3	4
<b>Dollyo Chagi</b>	2	3
<b>Bandae Dollyo Chagi</b>	2	3

### Female:

Exercise	Boards Juniors:	Boards Seniors-Veterans
	<b>Ap Palkup Taerigi</b>	1
<b>Sonkal Taerigi</b>	1	2
<b>Yopcha Jirugi</b>	2	3
<b>Dollyo Chagi</b>	1	2
<b>Bandae Dollyo Chagi</b>	1	2

## 5. Competitors entrance fees

5.1. In one (1) or two (2) disciplines – EUR 30,00.

5.2. For each additional discipline – EUR 5,00.

## 6. Awards

6.1. All prize winners of competition in personal categories will get medals and diplomas.

6.2. Team winning more than others between will get special cup – main cup of “Latvian Taekwon-do Open Cup 2024”.

## 7. Umpires

7.1. Each team must have at least one umpire, and two (2) umpires in case of more than 15 competitors team. The Organizing Committee will provide free accommodation and free catering for umpires from each team during the tournament (8-10 of March) in double or triple room.

- 7.2. Umpires will be required to carry out their duties according to schedule. Umpires must attend all the Umpire Meetings scheduled in the period of the event.
- 7.3. Organizing Committee will dismiss any Umpires who do not abide by the work schedules or guidelines and such Umpires will have to pay for the hotel accommodation and catering by themselves.
- 7.4. The Umpire's dress code must be according to ITF rules.
- 7.5. Umpire application must be consulted with Sergejs Saulite ([itflat.info@gmail.com](mailto:itflat.info@gmail.com)) until 5 March 2024.

### 8. Coaches

- 8.1. Only one coach is allowed to enter the square during the match. He/she must wear only sport suit and gymnastic shoes. Coaches must attend the Coaches Meetings.

### 9. Protest

- 9.1. In these competitions the protests will not be accepted and are not considered!

### 10. Accommodation

- 10.1. The Organizing Committee will provide free accommodation and free catering (in offer hotels) for umpires from each team during tournament (8-10 March – 2 night).
- 10.2. After application forms reception till **10 February 2024**, Organizing Committee to insure hotel reservation.
- 10.3. Accommodation in Hotel booking **only by ORGANIZER**

Room	Price
Double and Triple	<b>35 EUR</b> per person per night
Single	<b>60 EUR</b> per person per night

Prices include breakfast.

The city tax, which is introduced from January 1, 2023, is paid separately - 1 euro per person per day.

### 11. VISA

- 11.1. Countries who need VISA for entering Latvia should apply to the Latvian Embassy in their country as soon as possible.
- 11.2. All team members who receive a visa to enter Latvia through ALTF must stay in the registered hotels during the stay in Latvia through the **ORGANIZER**.
- 11.3. Send a copy of the Official Invitation letter to the Latvian Embassy and a list with the names of the persons travelling, dates and place of birth, nationality, address in the country of residence, passport date of issue and expire, status of travelling (competitor, coach, umpire, supporter), name, address, telephone and e-mail to the head of the group during travelling. The fee for issuing a visa is paid for by own funds.
- 11.4. Important! Please also send a copy of this list to the e-mail: [itflat.info@gmail.com](mailto:itflat.info@gmail.com)

Looking forward to meeting all of you in Latvia in March 2024.



*Yours in Taekwon-Do,*

*Sbn. Sergey Saulite, V dan  
Head of the Organizing Committee*