

ALL LATVIAN TAEKWON-DO FEDERATION



XV LATVIAN TAEKWON-DO CUP

18.02.2023
Riga



Invitation

It is my great pleasure to invite you to the

International Taekwon-do ITF Tournament *XV LATVIAN TAEKWON-DO ITF CUP 2023*

to be held in Latvian Academy of Sport Education Sport hall, Riga, Latvia on
February 18, 2023.

Looking forward to meeting all of you in Latvia in February 2023.



Yours in Taekwon-Do,

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

**February 18, 2023
Riga, Latvia**

1. Place and time of event

- 1.1. International Taekwon-do ITF Tournament **XV LATVIAN TAEKWON-DO ITF CUP 2023** to be held in Latvian Academy of Sport Education (LASE) Sport hall, Riga, Brivibas street 333, Latvia on February 18, 2023.
- 1.2. **22nd January 2023** – deadline for all reservations of accommodation.
- 1.3. **4th February 2023** – deadline for the registration.
- 1.4. **11th February 2023** – publication of draws online.
- 1.5. **February 17th 2023**
 - 16:00-19:00** registration and weight control;
 - 19:00-20:00** umpire and coach meeting;
- 1.6. **February 18th 2023** in LASE Sport hall, Brivibas street 333, Riga, Latvia
 - 08:30-08:50** umpire meeting;
 - 09:00-11:00** competitions for juniors 15-17 years old and adults 18+ years old;
 - 11:00-14:00** competitions for children 7-9 years old;
 - 14.00** opening ceremony;
 - 15:00-19:00** competitions for cadets 10-11 years old and prejunions 12-14 years old.

2. Organizer

- 2.1. All Latvian Taekwon-do federation with Sport club „Chin-Goo”.
- 2.2. Head of the Organizing Committee Mr. Sergey Saulite (V dan), t. +371 26469257, e-mail: chingoo@inbox.lv.
- 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. **Competition are divided into 2 tournaments by skill level:**
 - Latvian Taekwon-do ITF Beginner Cup 10 – 7 gup;
 - Latvian Taekwon-do ITF Cup 6 gup – 6 dan.
- 3.3. Participants are allowed to exceed the weight of +0,5 kg.
- 3.4. 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 will be the official International Taekwon-do Federation Tournament rules with any changes in weight category and discipline (4.3.).

4.1. MATSOGI

All competitors are divided into groups of skill level: 10-9 gup; 8-7 gup; 6-3 gup; 2 gup-6 dan.

4.1.1. Weight category (male)

Division	Age	Weight							Regulations
Children:	7-9 years	-22 kg	-26 kg	-30 kg	-34 kg	+34 kg			2 x 1 min
Cadets:	10-11 years	-36 kg	-42 kg	-48 kg	-54 kg	+54 kg			2 x 1,5 min
Prejunions:	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+ years	-57 kg	-63 kg	-69 kg	-75 kg	-81 kg	-87 kg	+87 kg	2 x 2 min

4.1.2. Weight category (female)

Division	Age	Weight							Regulations
children:	7-9 years	-20 kg	-24 kg	-28 kg	-32 kg	+32 kg			2 x 1 min
cadets:	10-11 years	-34 kg	-40 kg	-46 kg	-52 kg	+52 kg			2 x 1,5 min
prejunions:	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

4.2. TUL

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

4.2.2. Male and female take part separately.

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

Category Gup/Dan	Age Years old	Tul
10-9 gup	7-9, 10-11, 12-14, 15-17, 18+	“Saju Jirugi”, “Saju Makgi”, Chon-Ji
8-7 gup	7-9, 10-11, 12-14, 15-17, 18+	from Chon-Ji to Do-San
6-4 gup	7-9, 10-11, 12-14, 15-17, 18+	from Chon-Ji to Jul-Gok
3-1 gup	7-11, 12-14, 15-17, 18+	from Chon-Ji to Chung-Moo
I dan	10-14, 15+	from Chon-Ji to Ge-Baek
II-III dan	10-14, 15+	From Chon-Ji to Choi-Yong
IV-VI dan	18+	from Chon-Ji to Moon-Moo

4.3. PHYSICAL PREPARATION TESTS

Only for sportsmen with 10-7 gup degree.

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

Male and female take part separately:

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

4.3.1. Kick speed test (Dollyo chagi)

4.3.1.1. 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.

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

4.3.2. Endurance test (Yop chagi)

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

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

5. Competitors entrance fees

5.1. In all disciplines – EUR 30,00.

6. Awards

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

6.2. Team winning more than others between 10 gup – 7 gup, will get special cup – main cup of “Latvian Taekwon-do Beginner Cup 2023”.

6.3. Team winning more than others between 6 gup – 4 dan, will get special cup – main cup of “Latvian Taekwon-do Cup 2023”.

7. DEADLINE

- 7.1. Countries should register teams and sportsmen in www.sportdata.org.
- 7.2. **22th January 2022** – deadline for all reservations of accommodation to chingoo@inbox.lv.
- 7.3. **4th February 2023** – deadline for the registration.
- 7.4. **11th February 2023** – publication of draws online.

8. Umpires

- 8.1. 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 tournament (17-19 of February) in double or triple room.
- 8.2. 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.
- 8.3. 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.
- 8.4. The Umpire's dress code must be according to ITF rules.

9. Coaches

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

10. Protest

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

11. Accommodation

- 11.1. The Organizing Committee will provide free accommodation and free catering (in offer hotels) for umpires from each team during tournament (17-19 of February – 2 night).
- 11.2. After application forms reception till **22th January 2023**, Organizing Committee to insure hotel reservation.
- 11.3. Accommodation in Hotel booking only by ORGANIZER

Room	Price
Double and Triple	30 EUR per person per night
Single	50 EUR 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.

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Yours in Taekwon-Do,

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