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|  |  | **Afbeelding met illustratie  Beschrijving is gegenereerd met zeer hoge betrouwbaarheid** |

**INVITATION**

**32nd Belgian Championships**

**ITF-Belgium**

**For Kids (3-7), Youth (8-13), Juniors (14-17), Seniors (18+)**

***An organization of Bushido Jambes in cooperation with ITF-Belgium and TUIC Belgium***

Sunday, October 30th, 2022

Centre ADEPS Jambes

**Centre Sportif Communale La Mosane**

(derrière la patinoire de Jambes)

rue d’enhaive 45 à 5100 Jambes

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| Organizer:  Bushido ITF Taekwon-Do  Jambes  Sabum Patrick Crevecoeur  [crevecoeur\_pat@hotmail.com](mailto:crevecoeur_pat@hotmail.com) | ITF-B Tournament, Umpire and IT-Committee (TUIC)  [eddyvandamme53@gmail.com](mailto:eddyvandamme53@gmail.com)  and  [tkditfbcat@outlook.fr](mailto:tkditfbcat@outlook.fr)  Inscriptions + Umpires via Sportdata:  <https://www.sportdata.org/taekwondo_itf/> |
| * Weigh-in & registration: | **7.45h-9.00h** |
| * Coach & Umpire meeting: | **8.45h** |
| * Start: | **9.30h** |
| * Inscription fee competitors: | **20 € per competitor**  **(all disciplines included)** |
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All inscription fees should be transferred on October 21st 2022 on the account of the Tournament, Umpire and IT-Committee:

**BE27 0017 1311 4673**

Please do not forget to include the name of your **school**

and “**Belgian Championships 2022**”.

**Closing date for all inscriptions:**

**October 21st 2022**

**Important remarks**

Due to the online registration and for proper administrative reasons, **inscriptions will not be possible after the deadline**.

On the day of the competition, changes will not be possible.

**Out of height/weight = out of competition**.

Instructors (and adult individual competitors) are responsible for the correct height and weight of their pupils and athletes.

Competition in **8** disciplines:

individual tul, individual sparring, kids sparring, team-sparring, team-tul, special techniques, power breaking and pre-arranged free sparring

Competitors, coaches and umpires must be member of ITF-Belgium & have paid their **annual contribution and insurance**.

The instructors will be responsible for the membership and insurance of their participants.

The organization will provide **medals** for the winners (1st, 2nd and two 3rd places).

For power and specials there is a possibility of only one 3rd place.

Bushido, The ITF-Belgium TUIC, ITF-Belgium, ITF-Flanders and ITF Wallonia are not responsible for **insurances, memberships and injuries**.

During the championship the organisation will take pictures and movies, with the intention to publish them.

Persons that do **not agree** have to inform the photographers themselves.

Per club subscribed **max. one photographer** will be allowed into the competition area.

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| **Umpires** |

All referees must wear the dress requirements, as laid down in the ITF umpire rules: blue trousers and jacket, blue tie, white long-sleeved shirt, white sport shoes, white socks and a pen

**The ITF-system will be used (KO-system).**

**HARD CONTACT WILL NOT BE ALLOWED.**

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| Every school must bring at least: | |
| * 1 – 5 competitors: | 1 fulltime referee |
| * 6 – 20 competitors: | 2 fulltime referees |
| * 21 – 30 competitors: | 3 fulltime referees |
| * 31 – 40 competitors: | 4 fulltime referees |
| * 41 or more competitors: | 5 fulltime referees |
| 50 € penalty per missing umpire (exception: starting schools up to 2 years) | |
| Lunch and drinks will be provided for all referees. | |

All Umpires need to attend the **Umpire meeting at 8.45h** in the hall

**Coaches**

* Coaches need to have a towel.
* Coaches have to wear a track suit or T-shirt and sport shoes. A dobok, bare feet or slippers are not allowed.
* Coaches need to take care their competitors are ready at the ring at the start of the category.
* All coaches need to attend the **coach meeting at 8.45h** in the hall.

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| **Rules** |

The ITF competition rules will be used

[ITF Combined Rules of Competition (itftkd.sport)](https://itftkd.sport/wp-content/uploads/2022/04/Official-ITF-Rules-of-Competition-Version-2022v1.pdf)

[International Taekwon-Do Federation -July 2022- Rules for World Championships and World Cup

© 2022 – ITF Umpire Committee -Official Rules of Competition – 2022v1]

All competitors have to wear an official dobok and ITF approved safety-equipment according to the ITF rules.

Semi-contact feet protection & gloves: covering fingers, no boxing gloves, no open gloves; groin guard (males); head gear; mouth guard (transparent, not coloured nor white).

Shin protection is allowed.

Female competitors: white T-shirt under the jacket is allowed; male participants: no T-shirt allowed.

**In case of protest, the ITF rules will be followed**

Only the coach can fill in an ‘official protest form’ directly after the match and give it to the head referee, together with 50€ in cash, within a period of 5 minutes.

You can ask the JP of your ring for the correct form and procedure.

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| **Categories** |

**INDIVIDUAL TUL**

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| Coloured belts | Participants will perform 1 optional tul (KO-system). |
| 10°-9°kup | Sayu chirugi *→* Chon-ji |
| 8°-7°kup | Chon-ji *→* Do-san |
| 6°-5°kup | Chon-ji *→* Yul-gok |
| 4°-3°kup | Chon-ji *→* Toi-gye |
| 2°-1°kup | Chon-ji *→* Choong-moo |
| Black belts | **Participants must perform 2 designated tuls according to the ITF competition rules** |
| I° degree | **Chon-ji *→* Ge-Baek**: the first one being one of the 3 tuls according to the grade, the second one Chon-Ji to Ge-Baek |
| II° degree | **Chon-ji *→* Juche**: the first one being one of the 3 tuls according to the grade, the second one Chon-Ji to Juche |
| III° degree | **Chon-ji *→* Choi-Yong**: the first one being one of the 3 tuls according to the grade, the second one Chon-Ji to Choi-Yong |
| IV°- VI° degree | **Chon-ji *→* Moon-moo**: the first one being one of the 3 tuls according to the grade, the second one Chon-Ji to Moon-Moo |
| If there are only 1 or 2 competitor(s) in a category, the organization will put classes together.  At least 3 competitors needed per category.  League-system if there are 3 competitors/category.  All the rest of the categories work with KO-system.  In the event of a tie competitors will compete once more with a designated tul until the places are decided. For coloured belts it is an extra optional tul in this case. | |

Separate classes for youth (**6**-13), juniors (14-17) & seniors (18 and above).

**INDIVIDUAL SPARRING**

Separate classes for males & females; separate classes for kids (3-7y), youth (**8**-13y), juniors (14-17y), seniors (18+).

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| Duration: | |
| Kids (3-7y) | Bout: 1 x 1 minute  Final: 1 x 1 minute  Prolongation: 30 seconds |
| Youth (8-13y) | Bout: 1 x 1,5 minute  Final: 1 x 1,5 minute  Prolongation: 45 seconds |
| Juniors and Seniors | Bout: 1 x 2 minutes  Final: 2 x 2 minutes  Prolongation: 1 minute |

**No contact for kids:** evaluation of technical performance, sportivity, originality and perseverance. **If there are 2 equals, center referee will decide about the winner.**

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| Weight / height | |
| Kids female & male | Open category |
| Junior female | -45kg, -50kg, -55kg, -60kg, -65kg, +65kg |
| Junior male | -50kg, -56kg, -62kg, -68kg, -75kg, +75kg |
| Senior female | -50kg, -56kg, -62kg, -68kg, -75kg, +75kg |
| Senior male | -57kg, -63kg, -70kg, -78kg, -85kg, +85kg |
| Youth female | -120cm, -130cm, -140cm, -150cm, -160cm, -170cm, +170cm |
| Youth male | -120cm, -130cm, -140cm, -150cm, -160cm, -170cm, +170cm |
| Belts | |
| 10°kup-7°kup | |
| 6°kup-3°kup | |
| 2°kup – IV°dan | |
| If there is only 1 competitor in a category, the organization will put classes together. | |

**Kids sparring (3-7) – extra information:**

• Without contact.

• One category for all female and male participants 3-7 years, regardless of the belt.

• Referees will evaluate **technical performance, sportivity, originality, creativity and perseverance**.

• Duration of the bouts, final included: 1 x 1 minute. In the case of a draw, there will be an extra bout of 30 seconds. In the case of a second draw, the centre referee will decide on the winner with an extra vote.

**TEAM SPARRING**

Categories: **Male Junior** Team Sparring / **Female Junior** Team Sparring

**Male Senior** Team Sparring / **Female Senior** Team Sparring

(NO weight categories)

Separate classes for **white-green** and **blue-black** belts (if enough teams, otherwise the organization will put classes together)

**Each team must consist of *3* competitors** (+ 1 reserve = optional)

The team obtaining - after three (3) sparring bouts of 1x 2’ - the majority of total **umpire votes** (= points) shall be declared the winner and advance to the next round of competition. The JP will keep score and will announce it.

If there is a draw, each team will select 1 competitor to spar an extra bout of 2’; if there is still a draw, then 1st point (same competitors) will select the winning team.

In the case of ‘withdrawal’ of a competitor, the other team receives 15 points.

In the case of ‘injury’ or ‘disqualification’ of a competitor, the other team receives 4 points.

**TEAM TUL**: 1 optional tul (Chon-Ji to Ge-Baek)

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| Youth (6-13y) | Each team may consist of 3, 4 or 5 competitors, male/female/mixed.  A maximum of 3 teams per school/category is accepted. |
| Juniors/seniors  (14+) | Each team may consist of 3, 4 or 5 competitors, male/female/mixed, junior/senior/mixed.  A maximum of 3 teams per school/category is accepted.  Separate classes for white-green belts, blue-black belts (if enough teams, otherwise the organization will put classes together). |

**SPECIAL TECHNIQUES**

Separate classes for males & females;

separate classes for youth (**6**-13y) -1.50m/+1.50m, juniors (14-17y) and seniors (18y and above);

Coloured and black belts will compete together.

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| 1 Special Technique | Youth female height  -1.50m | Youth male  height  -1.50m | Youth female height  + 1.50m | Youth male height  + 1.50m |
| Twimyo nopi apcha busigi | **170cm** | **200cm** | **200cm** | **230cm** |

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| 2 Special Techniques | Junior female height | Junior male height | Senior female height | Senior male  height |
| Twimyo nopi apcha busigi | **220cm** | **250cm** | **230cm** | **260cm** |
| Twimyo dollyo chagi | **200cm** | **230cm** | **210cm** | **240cm** |

Each competitor has sixty (60) seconds to pre-judge the distance once

(= compulsory with NO touching allowed) followed by the attempt to turn the board.

An L-Stance forearm guarding block ready posture must be adopted before and after the attempt to turn the board. Don’t forget to use the ball of the foot in the correct angle !

Each fully moved board (>90°) will count as three (3) points and each relocated board (>45°- <90°) will count as one (1) point.

The three or four highest scores will set 1st, 2nd, and one (1) or two (2) 3rd place winners, depending on the scores.

In the event of a tie the Jury President will decide how high the jump will be. The tied

competitors will then continue until the places are decided.

**POWER BREAKING**

Separate classes for males & females

Separate classes for juniors (14-17) and seniors (18 and above)

**Only from 4° kup and above!**

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| Power Breaking | Senior male  Boards | Senior female  Boards | Junior Male  Boards | Junior Female  Boards |
| Yopcha Jirugi | **2** | **1** | **2** | **1** |
| Sonkal taerigi | **2** | **1** | **1** | **1 in case of a tie** |
| Dollyo chagi | **2 in case of a tie** | **1 in case of a tie** | **1 in case of a tie** | **1** |

Each competitor has fifty (50) seconds to pre-judge the distance once (= compulsory with touching allowed) followed by the attempt to break the board(s).

A forearm guarding block must be adopted before and after each attempt to break the board(s). Don’t forget to use the correct technique in the correct manner !

Each separated board will count as three (3) points and each bent board will count as one (1) point.

The three or four highest scores will set 1st, 2nd and one (1) or two (2) 3rd place winners, depending on the scores.

In the event of a **further tie**, the JP will decide on the number of boards and/or technique. The tied competitors will then continue until the places are decided.

**PRE-ARRANGED SPARRING**

Male/Female/Mixed Couples **from 4° kup and above!**

Separate classes for juniors (14-17) & seniors (if enough teams, otherwise the organization will put classes together).

A maximum of 3 teams per school will be allowed per age category.

The ITF-system will be used (KO-system).

**Looking forward seeing you and your students on the next Kids, Youth, Juniors & Seniors**

**Belgian Championships 2022 !**

**Kind Regards, TUIC and School Bushido.**

Stefan Hendrickx, Hodori (organizing school) &

Tournament and Umpire Committee Belgium