



VIII regional Quadrathlon Taekwon-Do Championship for "Lulin" Cup

25-26 April 2015, "Siconco" Sports Centre, Sofia, Bulgaria



REGULATIONS

for VIII regional Quadrathlon Taekwon-Do Championship for "Lulin" Cup

Organizers:

- Sports Association of Ministry of Interior;
- Bulgarian Association of Taekwon-Do (BAT);
- Central Police Taekwon-Do Club;
- Sofia Municipality – "Lulin" district.

Time and place:

- 25-26 April 2015, "Siconco" Sports Centre, Sofia, Bulgaria.
- Beginning 09:00 hours.
- Official opening ceremony 25 April 2015 - 11:00 hours.

Participation requirements:

- All sports organizations developing Taekwon-Do and all clubs and organizations who received official invitation;
- Competitors – from 6 years and above;
- For Pattern and Special Techniques – holders of 10 gup and above;
- For Sparring – holders of 8 gup and above, at least 10 years old;
- For Power test division – 16 years old and older - holders of 6-th gup and above;

In the VIII regional Quadrathlon Taekwon-Do Championship for "Lulin" Cup participate children (6-13 years), juniors (14-17 years), seniors (over 18 years) in the following disciplines:

- Individual Pattern;
- Individual Sparring;
- Individual Special Techniques;
- Individual Power Test.

For further information:

e-mail: oc@taekwondo.bg
Tel. / Fax: + 359 2 869 64 98
Mobile: + 359 888 804 402





VIII regional Quadrathlon Taekwon-Do Championship for "Lulin" Cup

25-26 April 2015, "Siconco" Sports Centre, Sofia, Bulgaria



Registration, weigh in and height check of the participants:

- Registration, weigh in and height check is obligatory for all competitors and will take on 25 (6-13 years) and 26 (over 14 years) April 2015 from 07:00 to 08:30 hours in "Siconco" Sports Hall. Competitor who does not cover applied weight and height will not be allowed to participate in the relative discipline.
- Tolerance – 0.500 kg (dress code – dobok pant and t-shirt) and 0.00 m (height check – bare foot).
- **Competitors prove their identity through valid ID card or Passport.**

Applications:

- Filled applications (blanks sent by Organizer) are accepted till **22.04.2015** to e-mail: oc@taekwondo.bg
- Application corrections are accepted to e-mail: oc@taekwondo.bg **from 00:00 to 23:59 hours of 23.04.2015** with **30.00 EUR** penalty fee no matter the team quantity and participation fee of the relevant competitors.
- After 23:59 hours of **23.04.2015** no applications and corrections are accepted!!!

Medical exam:

- All competitors must have passed medical exam no prior than 5 days before the competition and have document issued by medical institution stating the good health of the competitor and the lack of any contraindication for participation in the competition.

Insurance:

- Organizers bear no responsibility for any accidents occurred during the competition. Every competitor must have valid insurance covering all potential risks.

Additional information:

1. Pattern

In the Individual Pattern discipline competitors will perform 2 designated patterns (except holders of 10 gup) randomly chosen by the electronic scoring system, according to the technical degree of the participants.

Categories:

- 10 gup: Sajo Jirugi;
- 9 gup: from Sajo Jirugi to Sajo Magki;
- 8 gup: from Sajo Jirugi to Chon-Ji;
- 7 gup: from Chon-Ji to Dan-Gun;
- 6-5 gup: from Chon-Ji to Won-Hyo;
- 4-3 gup: from Chon-Ji to Joong-Gun;
- 2-1 gup: from Chon-Ji to Hwa-Rang;
- I dan: from Chon-Ji to Ge-Baek;
- II dan: from Chon-Ji to Juche.

For further information:

e-mail: oc@taekwondo.bg
Tel. / Fax: + 359 2 869 64 98
Mobile: + 359 888 804 402





VIII regional Quadrathlon Taekwon-Do Championship for "Lulin" Cup



25-26 April 2015, "Siconco" Sports Centre, Sofia, Bulgaria

* In case of more than 16 competitors they will be separated into 2 groups according to their technical degree. Example: the category 6-5 *gup* will be separated into category 6 *gup* and category 5 *gup*. In case of only 1 competitor in category he/she will be moved in higher age category and then in higher degree category if still needed. Competitor can be moved maximum 2 age categories over his/her own.

2. Sparring:

The competitors in this discipline must be holders at least of 8 *gup*.

The participants will compete in Individual Sparring discipline according to acting competition rules of ITF.

Obligatory protective gear: red or blue gloves and feet pads (depending on the draw) of approved type with no trade mark restrictions; in case of not available gear or the ring umpires disapprove the ones used by the competitor, gloves and feet pads will be provided by the organizer; groin protector (only for male competitors) – worn under the dobok pant; **transparent** mouth guard, helmet (no color requirements);

Optional protective gear: chest protector (only for female competitors) - worn under the dobok jacket, shin guards of acceptable type and material.

Categories:

• Children (10-13 years)

Boys (10-11 years): -30 kg., -35 kg., -40 kg., +40 kg.;

Girls (10-11 years): -30 kg., -35 kg., +35 kg.;

Boys (12-13 years): -30 kg., -35 kg., -40 kg., -44 kg., -49 kg., +49 kg.;

Girls (12-13 years): -30 kg., -35 kg., -40 kg., -44 kg., -49 kg., +49 kg.;

• Juniors (14-17 years)

Male : -50 kg., -56 kg., -62 kg., -68 kg., -75 kg., +75 kg.;

Female: -45 kg., -51 kg., -55 kg., -60 kg., -65 kg., +65 kg.

• Seniors (over 18 years)

Male : -57 kg., -63 kg., -70 kg., -78 kg., -85 kg., +85 kg.;

Female: -50 kg., -56 kg., -62 kg., -68 kg., -75 kg., +75 kg.

* The Individual Sparring discipline will be conducted using the scheme of direct eliminations. In case of only 1 competitor in category he/she will be moved maximum 2 weight categories over his/her own.

3. Special Techniques:

Categories:

Male and female: 6 years, 7 years, 8 years, 9 years, 10 years, 11 years, 12 years, 13 years, Juniors, Seniors.

For further information:

e-mail: oc@taekwondo.bg
Tel. / Fax: + 359 2 869 64 98
Mobile: + 359 888 804 402





VIII regional Quadrathlon Taekwon-Do Championship for "Lulin" Cup

25-26 April 2015, "Siconco" Sports Centre, Sofia, Bulgaria



- Initial heights for the different techniques:

	Twimyo Nopi Ap Cha Busigi	Twimyo Dollyo Chagi	Twimyo Badae Dollyo Chagi	Twio Dolmyo Yop Cha Jirugi	Twimyo Nopi Yop Cha Jirugi
Boys 6-7 years	135 cm				
Boys 8-9 years	150 cm				
Boys 10-11 years	160 cm	150 cm			
Boys 12-13 years	175 cm	165 cm	160 cm		
Junior male	200 cm	190 cm	190 cm	190 cm	110 cm *
Senior male	220 cm	200 cm	195 cm	195 cm	130 cm *

	Twimyo Nopi Ap Cha Busigi	Twimyo Dollyo Chagi	Twimyo Nopi Yop Cha Jirugi
Girls 6-7 years	130 cm		
Girls 8-9 years	145 cm		
Girls 10-11 years	155 cm	145 cm	
Girls 12-13 years	170 cm	160 cm	
Junior female	180 cm	170 cm	100 cm *
Senior female	190 cm	180 cm	120 cm *

* For **Twimyo Nopi Yop Cha Jirugi** pointed height parameters are referred to the obstacle in front of the board.

* In case of more than sixteen (16) competitors in kids categories, they shall be divided into two (2) groups according to height criteria with equal number of participants in each group. The height of the board for the group with competitors with lower height is with 5 cm below the pointed ones. The group with higher competitors will use pointed board height.

4. Power Test:

Categories:

Male and female: 6 years, 7 years, 8 years, 9 years, 10 years, 11 years, 12 years, 13 years, Juniors, Seniors.

- For the Power Test competition for children (6-13 years) and juniors (14-15 years) will be used dynamometer. Techniques – Sonkal Taerigi and Dollyo Chagi.
- Minimum technical degree for competitors over 16 years - 6 gup.
- Initial number of boards:

	Ap-joomuk Jirugi	Sonkal Taerigi	Yopcha Jirugi	Dollyo Chagi	Badae Dollyo Chagi
Junior male (16-17 years)	1 board	1 board	2 boards	2 boards	2 boards
Junior female (16-17 years)		1 board	1 board	1 board	
Senior male	2 boards	2 boards	3 boards	2 boards	2 boards
Senior female		1 board	2 boards	2 boards	

* In case of more than sixteen (16) competitors in kids categories, they shall be divided into two (2) groups according to height criteria with equal number of participants in each group.

For further information:

e-mail: oc@taekwondo.bg
Tel. / Fax: + 359 2 869 64 98
Mobile: + 359 888 804 402





VIII regional Quadrathlon Taekwon-Do Championship for "Lulin" Cup

25-26 April 2015, "Siconco" Sports Centre, Sofia, Bulgaria



Final standings and prizes:

- In each disciplines the competitors from 1st to 10th place shall receive points, the first one receives 10 points, the second one 9 points etc. For every age category there will special prize for male and female quadrathlonist according to all collected points from all disciplines. If two or more competitors have equal points, the prize is awarded to the one who has a victory against the other in any of the disciplines. In case of new equality the prize will be awarded after draw.

- The winners (1st, 2nd and 3rd place) in every category shall receive diploma and medal.

- 4 sets of cups shall be rewarded to the clubs. Overall standings for Children (6-13 years), Juniors (14-17 years), Seniors (over 18 years) will be formed according to won medals criteria and the Final overall standing will be formed according to points won by the competitors in all 4 disciplines.

Coaches:

- All coaches must be familiar with competition rules especially with coach's obligations.

Official Umpire-Coaches meeting will be held on 25 and 26.04.2015 from 08:30 hours in "Siconco" Sports Centre, Sofia.

Umpires:

- Chief Umpire will be Mr. Vencislav Ignatov.
- Umpires are provided by participant clubs. Every participant club must provide umpires according to the following criteria:

- * 1-10 competitors – 1 Umpire;
- * 11-20 competitors – 2 Umpires;
- * Over 20 competitors – 3 Umpires.

Umpires' salary will be covered by participant clubs.

- Participating Umpires must be applied to e-mail: oc@taekwondo.bg till 22.04.2015 in the application with the competitors. Applications must include technical degree, day of participation and phone contact.

- For every missing Umpire clubs will be charged penalty fee of 50,00 €.
- Final Umpire team for the competition will be sent by e-mail on 24.04.2015.

- Official Umpire-Coaches meeting will be held on 25 and 26.04.2015 from 08:30 hours in "Siconco" Sports Centre, Sofia.

For further information:

e-mail: oc@taekwondo.bg
Tel. / Fax: + 359 2 869 64 98
Mobile: + 359 888 804 402





VIII regional Quadrathlon Taekwon-Do Championship for "Lulin" Cup

25-26 April 2015, "Siconco" Sports Centre, Sofia, Bulgaria



Technical Conference:

- Technical conference will be held on 24.04.2015 (Friday), in the office of BAT, from 10:00 to 14:00 hours. It is obligatory each participant club to provide at least 1 representative.

Participation expenses for the Quadrathlon Taekwon-Do championship:

- Participation fee - 10.00 € per competitor.
- Organizers shall cover full board accommodation for guest Umpires and one head of delegation.
- All other expenses must be covered by participant clubs.
- Upon request of participant clubs Organizers can offer accommodation for the stay in Sofia at reasonable prices.

Organizing Committee of VIII Quadrathlon Taekwon-Do Championship for "Lulin" Cup

For further information:

e-mail: oc@taekwondo.bg
Tel. / Fax: + 359 2 869 64 98
Mobile: + 359 888 804 402

