

SPORTSCHOOL

TIM KOOL

Holland Cup



May 29th 2011





Competition

Sportschool Tim Kool will organise in collaboration with the Promat League the ITF Taekwon-do tournament named the "Holland Cup". Competition is open for all divisions (youth, juniors and seniors; colour belt and black belt) in the categories sparring, patterns and special techniques. An overall award will be given to the competing gym with the best ranking competitors.

Date	:	Sunday, May 29th 2011
Head of umpires	:	Patrick den Hoed
Location	:	Sportcentre "De Viergang", Sportlaan 1b, Pijnacker, Netherlands
Hall open	:	08.00
Height check/ weigh-in	:	08.00 – 8.45
Umpire meeting	:	08.15
Coach meeting	:	08.45
Start of competition	:	09.15

Age categories

Youth girls	:	up to 14 years
Youth boys	:	up to 14 years
Junior female	:	15, 16 and 17 years
Junior male	:	15, 16 and 17 years
Senior female	:	18 years and older
Senior male	:	18 years and older
Veterans	:	over 35 years (A-class)

Height and weight categories sparring

B-class	:	White belt – Blue tag (10th – 5th kup, point-stop sparring)
A-class	:	Blue belt and higher (4th kup and higher, continuous sparring)
Youth girls	:	-130, -140, -150, -160, -170, +170 cm
Youth boys	:	-130, -140, -150, -160, -170, +170 cm
Junior female	:	-45, -50, -55, -60, +60 kg
Junior male	:	-52, -58, -63, -70, +70 kg
Senior female	:	-52, -58, -63, -70, +70 kg
Senior male	:	-54, -63, -71, -80, +80 kg
Veterans	:	-70, +70 kg (with sufficient participants)

When competitors are over their registered height or weight on the day of competition, a € 10,- fine has to be paid to the organisation for the change to a higher category. When the number of competitors in a category is too low, the organisation can decide to combine categories.

Competition time sparring

Youth	:	1 round, 1,5 minutes
Extra time	:	1 round, 30 seconds, followed by golden point
Junior	:	1 round, 2 minutes
Senior	:	1 round, 2 minutes
Extra time	:	1 round, 1 minute, followed by golden point

(The organisation can decide to alter competition time if necessary)





Competition patterns

Two competitors perform one optional pattern.

10 th - 9 th kup	:	up to Chon-Ji
8 th kup	:	up to Dan-Gun
7 th kup	:	up to Do-San
6 th kup	:	up to Won-Hyo
5 th kup	:	up to Yul-Gok
4 th kup	:	up to Joong-Gun
3 th kup	:	up to Toi-Gye
2 nd kup	:	up to Hwa-Rang
1 st kup	:	up to Choong-Moo
1 st dan	:	up to Ge-Baek
2 nd dan	:	up to Juche
3 rd dan	:	up to Choi-Yong
4 th dan and above	:	up to Moon-Moo

When the number of competitors in a division is too low, the organisation can decide to combine categories.

Special Techniques

- ✓ Youth categories will be divided on basis of height
- ✓ B-class: White belt – black tag (10th – 1th kup)
A-class: Black belt
- ✓ Youth (A- and B-class), junior (B-class) and senior (B-class) will only perform Twimyo Nopi Ap Chagi
- ✓ Junior and senior (A-class) will perform 3 different techniques:
 - Twimyo Nopi Ap Chagi
 - Twimyo Dollyo Chagi
 - Twimyo Nomo Yop Chagi
- ✓ Starting heights are minimum heights and are shown at the end of the invitation;
- ✓ "Attention: for Twimyo Nopi Ap Chagi and Twimyo Dollyo Chagi the "scissormethod of jumping" is mandatory! This method means: throwing one leg in the air and then kicking with the other leg. An example of this method of kicking can be found at: <http://www.youtube.com/watch?v=CeXbLXjT3Ik> (time: 0:02 sec. till 0:06 sec.)

Teams

- ✓ Five senior male or four senior male and one junior male (optional of one reserve)
- ✓ Red belt and above
- ✓ No weight limitations
- ✓ Teams with less than five competitors are not allowed

Umpires

Competing gyms are encouraged to bring umpires;

Attire : Navy blue/black pants, white shirt, blue/black tie, white shoes.

Umpires are obliged to show their umpire license on the day of competition.





Coaches

Competing gyms are allowed to have the following number of coaches;

1 - 6 competitors	:	1 coach
7 - 11 competitors	:	2 coaches
12 - 16 competitors	:	3 coaches
over 16 competitors	:	4 coaches

Attire	:	Tracksuit, white sneakers and towel
Minimum age	:	16 years

General rules

- ✓ Semi-contact sparring (individual/team) I.T.F-Taekwon-do rules
 - a. 1 point awarded for all hand techniques
 - b. 2 points awarded for foot technique to the body
 - c. 3 points awarded for foot technique to the head
- ✓ Knock-outsystem will be used for both (team)sparring and patterns
- ✓ Competitors can only wear white doboks

Additional information can be found on http://www.itfeurope.org/competition_rules.html

Protest on day	:	In writing, within 5 minutes after incident, at the tournament organisation committee. €50 has to be paid in advance. The head umpire will decide on the validity of the protest.
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Safety equipment

- ✓ Head protectors are mandatory for youth only
- ✓ Shin protectors are allowed (soft materials only)
- ✓ Open hand protectors or boxing gloves are not allowed. When in doubt on the day of competition the head umpire will decide whether certain hand protectors are allowed or not
- ✓ Groin protection is for all male competitors

Subscription fee

1 category	:	€ 20,-
2/3 categories	:	€ 25,-
Team	:	€ 40,-

Entrance fee for spectators

0 - 10 yrs	:	€ 2,50
11 yrs and higher	:	€ 3,50





Liability

The tournament organisation can not be held liable for injuries acquired on the day of tournament due to irresponsible actions. For injuries due to errors made by the organisation, Sportschool Tim Kool can be held liable, but never to amounts above Sportschool Tim Kool's liability insurance. Subscribing to this competition means that you agree to this rule. We highly recommend competitors to bring their identification papers to the tournament in case of injury. Dutch hospitals will ask for these papers.

Press and promotion material

Promotional material (e.g. banners, flags) is strictly reserved for the organizing school. Other promotional material is not allowed.

Filming is only allowed from the stands. Coaches and staff of the Holland Cup are only allowed for photographing in the competition area. Photographing for competitors is only allowed behind the fences.

Photographs can be found after the tournament at www.sportschool-timkool.nl

Subscription

Completed subscription forms need to be sent to the following address, before **Sunday, 15th of May 2011**:

Dommelseweg 87A
5554 NM Valkenswaard
The Netherlands
Tel: +31402070900
E-mail: woc@promatour.nl

- ✓ Retraction of subscription is possible without fine if done up to 7 days in advance of competition (22th of may 2011);
- ✓ Subscription fees will be paid on day of participation;
- ✓ Errors made in the subscription which will lead to a change in division of competitors will only be corrected after a fine payment of € 10,-;
- ✓ By subscription to this competition you agree with all mentioned obligations.





Starting heights

Youth girls B-class -140 cm:	Nopi	160 cm
Youth girls B-class -160 cm:	Nopi	170 cm
Youth girls B-class +160 cm:	Nopi	180 cm
Youth girls A-class -140 cm:	Nopi	170 cm
Youth girls A-class -160 cm:	Nopi	180 cm
Youth girls A-class +160 cm:	Nopi	190 cm
Youth boys B-class -140 cm:	Nopi	160 cm
Youth boys B-class -160 cm:	Nopi	170 cm
Youth boys B-class +160 cm:	Nopi	180 cm
Youth boys A-class -140 cm:	Nopi	170 cm
Youth boys A-class -160 cm:	Nopi	180 cm
Youth boys A-class +160 cm:	Nopi	190 cm
Junior female B-class:	Nopi	190 cm
Junior female A-class:	Nopi	200 cm
	Dollyo	190 cm
	Nomo	160 cm
Junior male B-class:	Nopi	210 cm
Junior male A-class:	Nopi	220 cm
	Dollyo	200 cm
	Nomo	200 cm
Senior female B-class:	Nopi	200 cm
Senior female A-class:	Nopi	210 cm
	Dollyo	200 cm
	Nomo	170 cm
Senior male B-class:	Nopi	230 cm
Senior male A-class:	Nopi	240 cm
	Dollyo	220 cm
	Nomo	220 cm

Competitors are responsible for bringing (a) coach(es) to special technique field for Nomo Chagi.





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Accommodation

Campanile Hotel

Kleveringweg 53, 2616 LZ Delft

Especially for this tournament the Campanile hotel has a special arrangement for our foreign visitors!

This three star hotel offers the special price of **€ 35,-** per person per night. This price includes breakfast and a welcome drink!

The campanile Hotel Delft offers excellent facilities at an attractive rate, and has a very convenient location. It is easily reached from the A13 motorway or by public bus and/or tram.

If you would like to make an reservation, please mention that you are competing at the Holland Cup, otherwise you won't get the offered discount.



For reservations e-mail: delft@campanile.com

Comments Holland Cup 2011

Master Thomas Denis (coach Engeland):

Please quote me on the AETF site that I think this is one of the finest tournaments in Europe.

Pascal Raeijmaekers (coach Hwa-Rang, Belgium):

Next to the Open Slovenia and Viking Cup there's another great tournament to add to that list; the 'Holland Cup'

Sabum Daniel Lammin (coach Engeland):

I just wanted to take the opportunity to thank you not only for inviting us to your tournament but for the way in which you looked after us whilst we were in Holland . The tournament itself was really well organized and every single member of our squad enjoyed it and the trip as a whole. A large part of that was in down to the pair of you as well as everyone who helped organized the tournament.

Master Willy v.d. Mortel (chairman Promat League):

First of all I want to give my compliments for the organisation of the Holland Cup. Everything looked well and I've seen some very good competition. Also the decoration in the hall was perfect. You have bring the Promat to a higher dimension and I hope other organisers are inspired.

