

INTERNATIONAL TAEKWON-DO ITF COMPETITION IN THE CZECH REPUBLIC

PATTERNS

SPARRING

SPECIAL TECHNIQUE

POWER



CZECH OPEN TAEKWON-DO ITF MAREK LAZOR MEMORIAL

3-5 MARCH 2023 / PRAGUE

SPORTS
CENTER REPY

PRA
PRA
PRA
PRA

HA
GUE
GA
G

PRAGUE CITY CENTER / 30 MINUTES



VACLAV HAVEL AIRPORT / 36 MINUTES



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ČESKÝ SVAZ
TAEKWON-DO ITF

Zátokova 100/2, P.S. 40,
Praha 6, 160 17

+420 604 258 109

sekretariat@taekwondo.cz

www.taekwondo.cz

CZECH OPEN 2023

MAREK LAZOR MEMORIAL

Date	3-5th March 2023		
Place	The Sport Centre Řepy , Na Chobotě 1420/16, 163 00 Praha 6		
Organizer	Czech Taekwon-Do Federation ITF		
Umpire chairman	Bc. Jiří Teslík	tel. +420 608 367 368,	jiri.teslik@gmail.com
Tournament director	Soňa Weigertová	tel. +420 774 804 901,	sona.weigertova@seznam.cz
Accommodation	Soňa Weigertová	tel. +420 774 804 901,	sona.weigertova@seznam.cz
Applications	For accommodation and meals register via czech Online application system until: Monday 20th February 2023, 22:00 (Central European Time)		
	Umpires register via czech Online application system until: Monday 20th February 2023, 22:00 (CET)		
	Sports registration (also via czech Online application system) until: Monday 27th February 2023, 22:00 (CET) After deadline we cannot guarantee your start at the competition.		
Starting fee	25 Euro for 1 competitor / 50 Euro for 1 competitor after deadline.		
Registration, Weigh-in	On Friday 3rd March 2023 from 15:00-19:00 CET at the place of sports centre. In case of late arrival, competitors are not guaranteed to be registered for the competition. A coach must attend the registration and the weigh-in.		
	On Saturday 4th March 2023 from 17:00 to 18:00 there will be an additional junior weigh-in for the Sunday's competition. There will be no possibility to change the category!		

PRELIMINARY SCHEDULE

Friday, March 3rd

15:00 – 19:00 registration, weigh-in, accommodation
20:30 – 21:00 coach meeting

Saturday, March 4th

07:30 – 08:00 Sportshall open for competitors
08:00 – 08:25 Umpire meeting
08:30 **Start of 1st day of the competition (younger and older youth & adult male and female)**
approx. 16:00 **Awarding of the best competitors - younger youth male and female**
17:00 – 18:00 additional weighing for juniors
approx. 20:30 **awarding the best competitor – older youth male and female, adult male and female**

Sunday, March 5th

07:30 – 08:00 Sportshall open for competitors
08:10 – 08:25 Umpire meeting
08:30 **Start of 2nd day of competition (younger and older junior male and female)**
cca 18:30 **Awarding of the best competitors - older and younger junior male and female**
Awarding of the best clubs

I Divisions

Individuals

II Groups

younger youth	8. Gup - I. Dan	2013 or younger
older youth	8. Gup - I. Dan	2012, 2011, 2010
younger junior	8. Gup - II. Dan	2009, 2008
older junior	8. Gup - III. Dan	2007, 2006, 2005
adult	8. Gup - VI. Dan	2004 or older

The technical degree of the competitor in the application must be in accordance with their highest achieved technical degree.

Juniors born in 2005, who will be 18 years old on or before 3rd March 2023, **may choose** whether they want to start in a junior or adult category. Their choice must be filled in within the online application.

Veterans (born 1983 or before) are permitted to register and compete in adult categories. **There will be no separate veteran age group.**

III Disciplines and categories

	TUL	MATSOGI	TUKGI	WIRYOK	HOSINSOOL
younger/older youth	YES	YES	YES	NO	NO
younger/older juniors	YES	YES	YES	NO	NO
adults	YES	YES	YES	YES	NO
veterans	NO	NO	NO	NO	NO

Discipline TUL (pattern)

	8 + 7	6 + 5	4 + 3	2 + 1	I.	II.	III.	IV.	V.	VI.
younger youth	YES	YES	YES	2. Gup+						
older youth	YES	YES	YES	YES	YES					
younger juniors	YES	YES	YES	YES	YES	YES				
older juniors	YES	YES	YES	YES	YES	YES	YES			
adults	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES

Technical degree – Gup:

elimination: 1 designated pattern (from Chon-Ji to next examination included) for all Gups
 final: 1 optional pattern (**both competitors will perform it together**), **patterns for the next exam**) and 1 designated pattern

Technical degree – Dan:

Elimination and final: 1 optional (alone) and 1 designated pattern **according to ITF rules**

<i>Examples:</i>	<i>Optional</i>	<i>Designated (draw)</i>
1. Dan	<i>Kwang-Gae - Ge-Baek</i>	<i>Chon-Ji - Ge-Baek</i>
1. Gup	<i>Hwa-Rang / Chong-Moo</i>	<i>Chon-Ji - Chong-Moo</i>

Discipline MATSOGI (sparring)

Sparring is dedicated for competitors with 2nd Gup and higher. Competitors with 4th and 3th Gup are allowed to enter the competition, however, they must be accept the rules are for the 2. Gup and higher (e.g. „compulsory spin kicks“ for junior and adult age categories).

Safety Equipment

- junior female and adult female must wear a chest guard (since 1st January 2023)
- hand, feet and head protectors must be of red or blue colour, according to ring side
- each competitor (except youth) must have a closed 10 oz gloves

- youth categories are allowed to use open or close max. 10 oz gloves (gloves size must fit the size of hands and figure of the competitor)
- Please check the List of allowed [safety equipment](#), as approved by the Czech Taekwondo Federation

Weight categories

younger youth male, female	-25, -30, -35, -40, +40 kg
older youth male	-35, -40, -45, -50, -55, -60, +60 kg
older youth female	-30, -35, -40, -45, -50, -55, +55 kg
younger junior female	-40, -45, -50, -55, -60, -65, +65 kg
younger junior male	-45, -50, -55, -60, -65, -70, +70 kg
older junior female	-40, -46, -52, -58, -64, -70, +70 kg
older junior male	-45, -51, -57, -63, -69, -75, +75 kg
adult female	-47, -52, -57, -62, -67, -72, -77, +77 kg
adult male	-52, -58, -64, -71, -78, -85, -92, +92 kg

Match length

Elimination and final:	younger and older youth	2 x 1 minutes (netto)
	younger and older juniors and adults	2 x 2 minutes (netto)
	pause between rounds:	1 minute

All matches of **junior and adult categories will be held in round robin** (league/groups) style. In case of 6 or more competitors, such category will be divided into more groups. Elimination in group as well as in final takes two rounds. The winner of each group match earns 3 points. If match in group **results in a draw, then** each competitor earns **1 point**. There will be only **one third place awarded**, for which competitors will fight in two rounded match.

All **youth categories** compete only in **elimination** system (from first round to final)

Discipline TUKGI (special techniques)

Discipline is for holders of 6thGup and higher. Holders of 6th – 4th Gup can only compete in techniques nopi, dollyo and nomo. Each subject can nominate at maximum of 2 competitors for each category.

A nomination technique will be used according to competitor's choice and will be declared by coach at the registration.

For younger youth male and female an additional foam layer will be added to the target to ensure better safety for competitors. This will apply for dollyo and nopi techniques. Nomo chagi is kicked into target scoring 3 or 0 points. Scoring for younger youth is 3 points for full or partial "break", 1 point for contact (touch) with the target (if correct foot part is used).

TUKGI	nopi	dollyo	dolmyo	bandae	nomo
younger youth male	175	170	-	-	110/50
younger youth female	165	160	-	-	100/50
older youth male	210	200	-	-	120/70
older youth female	200	190	-	-	110/70
younger junior male	230	220	210	210	160/70
younger junior female	210	200	180	180	130/70
older junior male	270	240	230	230	250/70
older junior female	220	210	200	200	150/70

adult male	280	250	240	240	270/70
adult female	230	220	210	210	170/70

Discipline WIRYOK (power breaking)

Discipline is for holders of 6th Gup or higher. Holders with 6th – 4th Gup can only compete in techniques ap joomuk, sonkal, balkal, bal ap kumchi. Each subject can nominate maximum of 2 competitors for each category.

A nomination technique will be used according to competitor's choice, as announced by coach at the registration.

WIRYOK	ap joomuk	sonkal	balkal	bal ap kumchi	bal dwitchuk
adult male	2	2	4	3	3
adult female	-	1,5	3	2	-

IV Rules

The competition will be held in accordance with the ITF rules, and modifications in this information pack.

V Protest

Protest against umpire's decision can be submitted only by the club coach and must be in accordance with a valid procedure (the coach announces their intent immediately after the match is finished. Then they deliver the filled-in form to the appropriate ring, no later than 5 minutes after receiving the form, together with a deposit of **50 EUR** to the chairman of the jury). Subsequently, the protest will be discussed and resolved by the Umpire Committee. Decision of the Umpire committee is final.

VI Umpires

The registration of the umpires for the competition is carried out with the knowledge of the head coach separately, independent of the individual application form. Umpires apply via the link "umpire registration" below or also in the calendar of the Czech NGB. The maximum number of umpires for this competition is 46. Umpire committee consists of 3 members.

Meals will be provided to **all** registered umpires throughout the whole day when attend as umpires. Those umpires, who compete for one day, may request a free dinner the day before their attendance as umpires (Fri/Sat).

Accommodation will be provided and paid for only to invited umpires who request it via the online application. Umpires will be preferably accommodated as close to the sport centre as possible. Umpires may secure their accommodation together with their club or separately. All the accommodation costs appropriate to hotel for umpires will be paid to each subject during registration.

Invited umpires who attend as umpires for one day and compete the day, will have their accommodation and meal costs covered for one day only (plus 1 extra dinner, see above). If they are interested, they may be accommodated together with their club (receive one-night contribution) or can stay in the hotel chosen by the organizer for both days (will pay one night).

Umpire's obligations. Umpires have to be dressed by official ITF rules (inappropriate dress code can be penalized 200 Kč/day/item) and have to be available in sport hall according to the commands of the Umpire chairman and be able to arbitrate. Competitors may arbitrate as well in days when there is no listed their age category. Failure to comply with the above may result in a reduction or not paying the arbitration reward.

VII Number of competitors

There is no limit for maximum number of participants by one club/team.

For power braking (wiryok) and special techniques (tukgi) maximum of 2 competitors per club are allowed to enter each category.

VIII Trophies

Competitors placing 1st, 2nd and 3rd place will be awarded with medals. The most successful competitors from each category will be awarded with a trophy, as well as the most successful club of Czech OPEN 2023.

IX Miscellaneous

Registration and payments

Accommodation and meal **for registered and confirmed umpires** are automatically ordered and paid by the organizer (unless umpire rejects it within the application), for one day umpires please refer to chapter VI. of this document.

Registration consists of:

- a) Check of team's application
- b) Check of participant's medical certificates
- c) Payment of the starting fee
- d) Payment of accommodation and meals
- e) refunds / umpire payments, where applicable (see chapter VI. of this document)
- f) weigh-in of competitors of **all** weight categories for sparring (independent on other events)

The payment is possible in cash or by credit card.

Change in starting list

Each and every change of the application (e.g. incorrect categorization of competitor etc.) after a coach meeting is charged with 40 EUR.

Doping

The head coach guarantees that all competitors of their team are familiar with the content of "Guidelines for the fight against doping within the system of all competitions of the Federation." ([czech version only](#))

X Accommodation

Accommodation and meal may be provided for you by the Tournament committee. Please fill in the [online](#) application form for accommodation and meals. One of hotels close to sports centre will be booked for you together with meals, if requested. Deadline – see chapter I.

Price for 1 night with breakfast is **38 EUR per person**.

Price of one meal (lunch or dinner) is **8 EUR**.

To be paid at the registration. In case your team arrives with less participants than ordered, you will be charged 100% of cancellation fee. **In case your team does not apply via the online application form, you will not be provided any accommodation or meals.**

All members of Czech national team will participate in this event.

We are looking forward to seeing you in Prague!

LIABILITY WAIVER:

I, the undersigned hereby confirm:

- I have an adequate Medical insurance to cover the participation of my team during this event.
- I, the undersigned, do hereby declare that our team competitors are in good physical and mental condition and have not suffered from any injury, infection or disability liable to affect our capacity to compete in the current Czech Open event.
- I declare that the our team competitors are physically fit, have sufficiently prepared, and trained for participation in this event and have not been advised not to participate by a qualified medical professional. I declare that there are no health-related reasons or problems which would preclude our participation in this activity.
- I release the event promoter, Czech Taekwon-do Federation, its standing committees, organizers and umpires/referees from any claims and any loss, damage sustained while participating in the above mention event.
- I understand, and I am fully aware that my team competitors are participating in a contact sport and may, in the normal course of events, sustain an injury while competing.

I also agree that our attendance and or performance may be photographed, filmed or taped and used by the Czech Taekwon-do federation, event promoter and/or their respective authorized agents. I waive any compensation thereof.

I hereby undertake and agree to abide all to all rules and regulations including WADA Anti-Doping rules and agree to be tested if requested to do so.

I will treat all the competitors, officials and umpires with Respect, Integrity, Fair Play and Honour.

I declare to have read and understood the content of this document and I sign it of my own free will.

Place: _____ Date: _____ Coach's signature: _____