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# FM OPEN 2025

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<b>Date</b>	25th January 2025
<b>Place</b>	Sportovní hala 6. ZŠ, Pionýrů 400, Frýdek-Místek (exact entry to the hall: <a href="https://mapy.cz/s/rekorulefu">https://mapy.cz/s/rekorulefu</a> )
<b>Organizer</b>	Czech taekwon-do ITF federation  Škola Taekwon-do ITF Frýdek-Místek, z.s.
<b>General manager</b>	Ing. Filip Gavlas, +420 603 591 642, <a href="mailto:filipgavlas@seznam.cz">filipgavlas@seznam.cz</a>
<b>Head referee</b>	MUDr. David Chlebek, +420 732 914 235, <a href="mailto:d.chlebek@seznam.cz">d.chlebek@seznam.cz</a>
<b>Registration</b>	The competitor's registration online via <a href="https://portal.taekwondo.cz/external/">https://portal.taekwondo.cz/external/</a> till:  <b>Monday 20th January 2025, 22:00</b>  The referee's registration via e-mail to head referee till:  <b>Monday 20th January 2025, 22:00</b>  <b>Starting fee</b> 20€ / competitor (40€/competitor after the registration deadline)  <b>Registration</b> Saturday 25th January 2025, 7:30-8:30 at the venue of the competition. In case of late arrival, competitors may not be registered for the competition. A coach must be present for registration and weigh-ins.  All competitors are required to have a valid Reverse (see the page 13).



## I. TIME SCHEDULE

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### Saturday 25th January 2025

7:30 - 8:30	Registration and weighting/measuring of competitors
8:45	Referees meeting and ring assignment
9:00	Coaches meeting
approx. 9:30	<b>Start of the competition</b>
approx. 19:00	The best competitors and subject awarding

## II. DIVISION

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Individuals

## III. CATEGORY

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mini male / female	2019 and younger	10. kup - 1. kup
younger youth male / female	2015 - 2018	10. kup - 1. kup
older youth male / female	2012 - 2014	10. kup - 1. dan
younger junior male / female	2010 - 2011	10. kup - 2. dan
older junior male / female	2007 - 2009	10. kup - 3. dan
adult male / female	2006 and older	10. kup - 3. dan



## IV. DISCIPLINES AND CATEGORIES

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### A) Mini, younger youths and juniors

All groups compete in TUL (patterns).

All groups with 10th - 7th kup compete in side event SOFT KICK (fighting with a foam stick).

All groups with 6th - 5th kup compete in side event POINT FIGHTING.

All groups from the 4th kup compete in the MATSOGI (sparring).

### B) Adults

All groups compete in TUL (patterns).

All groups with 10th - 5th kup compete in side event POINT FIGHTING.

All groups from the 4th kup compete in the MATSOGI (sparring).



## A) Discipline TUL (patterns)

	10 + 9	8+7	6+5	4+3	2+1	I	II	III
mini (m/f)	YES	YES	YES	YES	YES			
y. youths (m/f)	YES	YES	YES	YES	YES			
o. youths (m/f)	YES	YES	YES	YES	YES	YES		
y. juniors (m/f)	YES	YES	YES	YES	YES	YES	YES	
o. juniors (m/f)	YES	YES	YES	YES	YES	YES	YES	YES
adults (m/f)	YES	YES	YES	YES	YES	YES	YES	YES

### Eliminations in the group:

kup: 1 compulsory pattern

dan: 1 compulsory pattern

### Final:

kup: 1 optional pattern, both competitors practice at the same time

1 compulsory pattern

dan: 1 optional pattern, both competitors practice at the same time

1 compulsory pattern

T.S:	Compulsory pattern	Optional pattern
10. kup	Saju-jirugi / Saju-makki	Saju-jirugi / Saju-makki
9. kup	Saju-jirugi / Saju-makki	Saju-jirugi / Saju-makki / Chon-ji
8. kup	Saju-makki / Chon-ji	Saju makki / Chon-ji / Dan-gun
7. kup	Chon-ji to Dan-gun	Chon-ji / Dan-gun / Do-san
6. kup	Chon-ji to Do-san	Dan-gun / Do-san / Won-hyo
5. kup	Chon-ji to Won-hyo	Do-san / Won-hyo / Yul-gok
4. kup	Chon-ji to Yul-gok	Won-hyo / Yul-gok / Joong-gun
3. kup	Chon-ji to Joong-gun	Yul-gok / Joong-gun / Toi-gae
2. kup	Chon-ji to Toi-gae	Joong-gun / Toi-gae / Hwa-rang
1. kup	Chon-ji to Hwa-rang	Toi-gae / Hwa-rang / Chong-moo
I. dan	Chon-ji to Ge-baek	Kwang-gae / Po-eun/ Ge-baek
II. dan	Chon-ji to Juche	Eui-am / Choong-jang / Juche
III. dan	Chon-ji to Choi-yong	Sam-il / Yoo-sin / Choi-yong

Competitors of mini category with a 10th kup can practice a made-up pattern, up to a maximum of 15 seconds.



## B) Side event - discipline SOFT KICK (fight with a foam stick)

Only holders of the 10th-7th kup of mini, youths and junior's category.

### Protectors and equipment

- competitors may have a headguard
- competitors fight with a foam stick about 60 cm long

### Scoring

- head shot 2 points
- leg or body hit 1 point
- hand hit 0 point
- warnings – leaving the ring, dropping the stick, ground touch made by different body part than foot
- 2 warnings = 1 point for the opponent

### Height categories

- mini m/f -100, -110, -120, -130, +131 cm
- younger youth m/f -120, -130, -140, -150, +151 cm
- older youth m/f -150, -160, +161 cm
- younger junior m/f -160, -170, +171 cm
- older junior m/f -170, -180, +181 cm

### Match time

elimination:	mini and youths	1 x 1,5 min
	juniors	1 x 2 min
final:	mini and youths	2 x 1,5 min
	juniors	2 x 2 min
pause between rounds:		30 sec



## C) Side event - discipline POINT FIGHTING

Only holders of the 6th-5th kup of mini, youths and junior's category.  
Only holders of the 10th-5th gup of adult category.

### Protectors and equipment

- protectors of hands, feet and head don't have to be red or blue color
- junior's category has mandatory closed gloves 10 oz
- youth's category is allowed open, closed and max. 10 oz gloves as long as they match the size of the competitor's hands and physique
- allowed protectors for competitors follow the list of approved protectors for competitions organized by the Czech taekwon-do ITF

### Scoring

- punch 1 point
- kick to the middle zone (gaunde) 2 points
- kick to the upper zone (nopunde) 3 points

### Height categories

- mini m/f -100, -110, -120, -130, +131 cm
- younger youth m/f -120, -130, -140, -150, +151 cm
- older youth m/f -150, -160, +161 cm
- younger junior m/f -160, -170, +171 cm
- o. junior and adult's m/f -170, -180, +181 cm

### Match time

elimination:	mini and youths	1 x 1,5 min
	juniors	1 x 2 min
final:	mini and youths	2 x 1,5 min
	juniors	2 x 2 min
pause between rounds:		30 sec



## D) Discipline MATSOGI (sparring)

Only holders of the 4th kup and higher.  
„Mandatory turn kick“ will not be applied.

### Protectors and equipment

- juniors and seniors have mandatory chest protector
- protectors of hands, feet and head don't have to be red or blue color
- juniors and seniors groups have mandatory closed gloves 10 oz
- youth's category is allowed open, closed and max. 10 oz gloves as long as they match the size of the competitor's hands and physique
- allowed protectors for competitors follow the list of approved protectors for competitions organized by the Czech taekwon-do ITF

### Weight categories

- Younger youth m/f -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 male -45, -50, -55, -60, -65, +65 kg
- Younger junior female -40, -45, -50, -55, -60, -65, +65 kg
- Older junior male -45, -51, -57, -63, -69, -75, +75 kg
- Older junior female -40, -46, -52, -58, -64, -70, +70 kg
- Adult male -52, -58, -64, -71, -78, -85, -92, +92 kg
- Adult female -47, -52, -57, -62, -67, -72, -77, +77 kg

### Match time

elimination: youths 1 x 1,5 min  
                  juniors and seniors 1 x 2 min

final: youths 2 x 1,5 min  
          juniors and seniors 2 x 2 min

pause between rounds: 30 seconds





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## V. COMPETITION SYSTEM

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The competition system will be each against each other (league). If there are 6 or more competitors in a given category, they will be divided into more groups.

In groups, competitors compete only in compulsory pattern and in soft kick / point fighting / sparring 1 x 2 minutes (or 1,5 minutes).

In the finals there is 1 optional + 1 compulsory pattern and in soft kick / point fighting / sparring 2 x 2 minutes (or 1,5 min).

A group match **can end in a draw** and each competitor will record 1 point in the table.

2 points are scored for a victory. **One third place** will be awarded.

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## VI. THE RULES

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The competition will take place according to the rules of the EITF, Competition Directive No. 10 of the Czech Taekwon-Do ITF Federation and these propositions.

Competitors with a 10th kup (white belt) can compete without a dobok.

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## VII. PROTEST

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Only the coach can file a protest against the referees' statement during the competition, in writing in accordance with the procedure (notify immediately after the end of the match to the chairman of the jury and deliver it back to the relevant ring no later than 5 minutes after taking over the form), with a deposit of 1,000 CZK in the hands of the chairman of the jury.

Subsequently, the protest will be discussed and resolved by the Committee of Referees (CoR). The CoR's decision is final.



## VIII. REFEREES

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**Registration** of referees for the competition takes place by e-mail with the knowledge of the head of the subject. The total maximum number of judges for this event is 28. The committee of judges will have one member.

**Meals** – lunch will be provided for the referees.

**Duties of referees** - Referees are required to be dressed according to the ITF rules (incorrect dress code may be penalized with a deduction of CZK 200/day/item) and to be present on the competition area of the hall during the competition day according to the instructions of the Head referee and to be competent to make decisions. Failure to comply with the above may result in a reduction or non-payment of the adjudication fee.

Referees will be **paid** at the end of the day.

## IX. NUMBER OF COMPETITORS

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The number of competitors that each subject can nominate for the contest is not limited.

## X. TROPHIES

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Medals will be awarded for 1st, 2nd and 3rd place in each category. There will be only 1 x 3rd place in all categories.

Trophies will also be presented to the most successful individuals (mini m/f, younger youth m/f, older youth m/f, younger junior m/f, older junior m/f, adult m/f) and also to the three most successful subjects.



## XI. OTHERS

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### **Change in the start list**

Any change in the start list (e.g. in connection with the incorrect inclusion of a competitor in a category, etc.) after consultation with the coaches will be made for a fee of 1 000 CZK.

### **Doping**

The leader of the subject (coach) is the guarantor that the competitors of his section are familiar with the content of directive no. 14 (Instructions for the fight against doping within the system of all competitions of the union).

### **The key to determining the most successful competitor and subject**

It decides the total number of points for the medals won - gold (3 points), silver (2 points), bronze (1 point). In case of equality of points, the weight of the discipline decides - descending tul-matsogi-point fighting-soft kick. In case of the same weight of the disciplines, the number of competitors in the category will decide.

**The competition is organized under the auspices of the Czech taekwon-do ITF federation.**

**The competition is organized with the material support of the Czech taekwon-do ITF federation.**





## Klíč pro skupiny:

počet závodníků ve skupině	počet skupin	klíč k boji o medaile
2, 3, 4, 5	= 1 skupina	= rovnou pořadí 1., 2., 3. místo dle bodů
6 závodníků	2sk (3+3)	vítězové skupiny o 1. místo (2 kola)
7 závodníků	= 2sk (4+3)	= druhí ze skupiny o 3. místo (1 kolo)
8 závodníků	2sk (4+4)	
9 závodníků	3sk (3+3+3)	vítězové skupin postupují do finálové skupiny
10 závodníků	= 3sk (4+3+3)	= o 3 členech, bojují o konečné pořadí každý s
11 závodníků	3sk (4+4+3)	každým (1.,2.,3.místo)
12 závodníků	4sk (3+3+3+3)	
13 závodníků	4sk (3+3+3+4)	vítězové skupin postupují do pavouka, poražení
14 závodníků	= 4sk (3+3+4+4)	= semifinalisté mají extra zápas o 3.místo (1 kolo),
15 závodníků	4sk (3+4+4+4)	finále 2 kola
16 závodníků	4sk (4+4+4+4)	

## Klíč k určení vítěze v případě shody bodů:

1. získané body ve skupině (3b. za vítězství, 1b. za remízu, 0b. za prohru)
2. vzájemný zápas
3. **skóre** = rozdíl mezi +vlajkami a -vlajkami. Remízy se nezapočítávají (viz příklady)
4. vlaječky (více kladných vlajek=přesvědčivější vítězství)
5. extra zápas



## REVERS

Competition name: FM OPEN 2025

Place: Sportovní hala 6. ZŠ, Pionýrů 400, Frýdek-Místek

Date: 25. 1. 2025

Name and surname:

ID card number:

I, the undersigned, confirm with my signature that I am participating in the mentioned sports competition at my own risk and peril.

I declare that I am mentally and physically fit to participate in this competition and in the event of any injury I will not Škola Taekwon-do ITF Frýdek-Místek, z.s. claim no financial or other compensation and smart money.

I further declare that I have read this written consent properly before signing it and signed it according to my true, free and serious will. I am attaching my handwritten signature as proof of my agreement with the entire content of this reverse.

For competitors who are under 18 on the day of the race, the reverse side is signed by their legal representative.

Date ..... Signature of the competitor / legal representative

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## ACCOMODATION

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Below you will find accommodation options in Frýdek-Místek. FM Open participants arrange their own accommodation.

- 1) Domov mládeže při POJ FM, 28.října 1639, 738 01 Frýdek-Místek
  - <https://pojfm.cz/skola/domov-mladeze-ubytovani/zakladni-informace>
  - E-mail: [mohylar@pojfm.cz](mailto:mohylar@pojfm.cz)
  - Number: +420 558 406 111
  - Price: 430 CZK/night
  
- 2) Penzion Anareta, Ostravská 159, 739 25 Sviadnov
  - <https://anareta.cz/>
  - E-mail: [info@anareta.cz](mailto:info@anareta.cz)
  - Number: +420 737 438 414
  - Price: 1 000 – 1 850 CZK/night/4-bed room
  
- 3) Penzion Stará pošta, U Staré pošty 53, 738 01 Frýdek-Místek
  - <https://www.penzionstaraposta.cz/cs/>
  - E-mail: [penzion@penzionstaraposta.cz](mailto:penzion@penzionstaraposta.cz)
  - Number: +420 773 069 049
  - Price: from 1 725 CZK/night/double room
  
- 4) Hotel Richtr, Nádražní 1089, 738 01 Frýdek-Místek
  - <https://www.hotel-richtr.cz/>
  - E-mail: [recepce@hotel-richtr.cz](mailto:recepce@hotel-richtr.cz)
  - Number: +420 555 502 222
  - Price: od 1 580 CZK/night/double room
  
- 5) Penzion Prestige Tennis Park, 28. října 2236, 738 01 Frýdek-Místek
  - <https://prestige-tenis.cz/penzion/>
  - E-mail: [recepce@prestige-tenis.cz](mailto:recepce@prestige-tenis.cz)
  - Number: +420 777 280 008
  - Price: from 1 500 Kč/night/double room