



OUTLINE

1.	DATE OF THE EVENT	27th, 28th & 29th of December, 2024
2.	VENUE	SHREE VISHUDDHANAND SARASWATI VIDYALAYA (BESIDE M.G. ROAD METRO STATION), KOLKATA, WEST BENGAL, INDIA
3.	ORGANIZER	BENGAL TAEKWONDO ASSOCIATION bta.tfi.boa@gmail.com
4.	CONTACT PERSON	Organizing Secretary: Mr. Binod Singh – 93390 99972 binodtkd@gmail.com Organizing Committee: [1] Mr. Lalit Yadav – 84204 84541 [2] Mr. Ankit Gupta – 97482 58234 [3] Mr. Aniket Mishra – 98832 14691 Ms. Kajal Mishra – 62911 78871
	RULES	WT (NEW RULES)
6.	ENTRIES (For Both Open National Championship & Festival Events)	Rs. 2500/- for Kyorugi / Freshers / Hi-Speed Kick (Single Event) Rs. 2500/- for poomsae individual Rs. 3500/- for pair poomsae and Rs.4500/- for team poomsae. Rs. 8,000/- per team for Taekwondo Cup (Senior Edition) Rs. 8,000/- per team for Taekwondo Cup (Junior Edition) Free for Demonstration, Fist, High Jump, Veteran's Championship Rs. 2000/- Security deposit (refundable) per team.
7.	REPORTING	All the teams are requested, to strictly report at the venue by 11:00 AM, 27th of December
8.	EVENTS (For Both Open National Championship & Festival Events)	1. 5TH OPEN NATIONAL TAEKWONDO CHAMPIONSHIP (Kyorugi / Poomsae) 2. TAEKWONDO CUP (Senior Edition) 3. TAEKWONDO CUP (Junior Edition) 4. Fresher's COMPETITION 5. DEMONSTRATION COMPETITION 6. HI-SPEED KICK COMPETITION 7. FIST / KNIFE - HAND BREAKING COMPETITION 8. HIGH JUMP KICKING COMPETITION 9. VETERAN'S KYORUGI CHAMPIONSHIP
9.	MEDICAL CONTROL	<i>For medical emergency, we have medical team comprising of doctors, nurses, sports physio, and the facility of ambulance, tie-up with hospital, initial checkup is free of cost.</i>
10.	INDEMNITIES	It shall be full responsibility of the participants to have already validly completed the participation forms and have them signed indemnifying the organizing committee, its officials and other contestants from any claims of injuries, losses, fatal or otherwise arising in the course of participation in this championship or any other activities therefore. All participants below the age of 18 should be approved and signed by parents/Guardians. It shall be the responsibility of the respective accompanied affiliates/parent/guardian/manager/coach to ensure that participants and officials are covered with effective insurance coverage etc.
11.	PROSPECTIVE EQUIPMENT	The organizer will provide Chest Guard & Head Guard only for the junior and senior category, for freshers, sub-junior & cadet players have to carry their own chest and head guards. The contestants Should wear their own Groin Guard, Arm Guard, Hand Gloves, Shin Guard& mouth guard compulsorily.
12.	PROTEST IF ANY	In case there is objection towards a judgment the concerned Coach / Manager must submit the protest application form together with Prescribed fee of Rs.2000/- (Rs. Two thousand only) (Non-refundable)
13.	FOODING AND LODGING	Welcome Dinner for everybody, Lodging with breakfast will be provided by the Organizers with the best available facilities. Lunch and Dinner will costs around 300 per day, i.e. for 2 days, it costs 600. Or you can take the package with the entry fee i.e. around Rs. 3000
14.	PRIZE DISTRIBUTION (On Basis Of Both Open National Championship & Festival Events)	1. WINNERS TEAM TROPHY (5th Open National Championship) 2. RUNNER'S TEAM TROPHY (5th Open National Championship) 3. 2nd RUNNER'S TEAM TROPHY (5th Open National Championship) 4. TAEKWONDO CUP (Senior Edition) - Rs. 21,000/-* 5. TAEKWONDO CUP (Junior Edition) - Rs. 21,000/-* 6. DEMONSTRATION COMPETITION - Rs. 2,500/-* 7. HI-SPEED KICK COMPETITION - Rs. 2,500/-* 8. FIST / KNIFE-HAND BREAKING COMPETITION -Rs. 2,500/-* 9. HIGH JUMP KICKING COMPETITION – Rs. 2,500/-* 10. VETERAN's CHAMPIONSHIP – Rs. 2,500/-* 11. Most Active Team trophy 12. Best Discipline Team trophy <p style="text-align: right;"><i>* Conditions apply</i></p>
15.	REFEREE	COMPULSORILY, White Shirt, Maroon tie, Black Pant and white sports shoe

DEMONSTRATION COMPETITION

- This is a Free of cost competition.
- Any group irrespective of age can participate here.
- The demo should be well choreographed, well assembled as the show would be directly presented to the special guests on stage.
- All the teams are advised to carry their own equipment's which are needed in the competition.
- Winner's will be graced with a cash prize of **Rs. 2,500/-** after the decision being unanimously made by the committee during the closing ceremony.

FRESHERS COMPETITION

(KYORUGI & POOMSAE)

This competition is recently introduced for all the fresher's who are new to kyorugi. Competition will be conducted with only kicks and punches allowed on the trunk area. **Face kicks are strictly barred from using.**

(Note: ALL the PARTICIPANTS WILL GET GOLD & SILVER MEDALS & CATEGORIES WILL BE DECIDED ONSITE WITH ONLY 2 PARTICIPANTS IN A GROUP, 0-6 years (Pewee 2018 on & after) Children's are automatically fall under fresher's category.)

FRESHERS CONTEST FOR POOMSAE

DIVISION	AGE GROUP	SYLLABUS
Sub Junior	Below 11 yrs	Taegeuk 1,2
Cadet	12-14 yrs	Taegeuk 1,2,3,4
Junior	15-16	Taegeuk 1,2,3,4,5,6
Senior	17-30	Taegeuk 1,2,3,4,5,6

SPECIAL INFORMATION

For any further details you may contact:

Organizing Secretary: Mr. Binod Singh – 93390 99972 / 70035 62865

Email: binodtkd@gmail.com

Organizing Committee:

[1] Mr. Lalit Yadav – 84204 84541

[2] Mr. Ankit Gupta – 97482 58234

[3] Mr. Aniket Mishra – 98832 14691

For Accommodation bookings including hotels (with full advance payment). Contact: -

Ms. Kajal Mishra – 62911 78871

Bank Accounts details for transferring the money shall be forwarded, shortly



TAEKWONDO CUP Team Championship

- Rules & Regulations:**
1. According to WT Rules and Regulations
 2. **Single Elimination system**
 3. **At least and only 4** Players in each category

Methods of competition:

Senior Edition:

- This is a Team Event with 3 players in each Team, i.e. **3 Girls OR 3 Boys**.
- 3 Girls must correspond to the three weight groups of **U-50, U-60, U-70** i.e. 1 in each group. 3 Boys must correspond to the three weight groups of **U-60, U-70, U-80** i.e. 1 in each group.
- The athletes shall be numbered from 1 (lightest) to 3 (heaviest), separately for boys and girls.
- The matches shall be carried out for **2 rounds (3 minutes of 1st round and 2 minutes of 2nd round)** with **1 minute** break between rounds, May change according to organizing committee.
- The 1st round shall be conducted of **3 minutes** based on traditional team match format for one (1) minute per competition. It means that the **athletes shall compete against his/her counterparts of the opposing team (same numbered athlete)** in the order from lighter to heavier. Final score of each team that is total points scored by all athletes of the team shall be accumulated.
- **2nd Round** will be of **2 minutes** each in which a boy of any weight can face a boy of any weight, similarly for girls i.e. it will be a **Cross-Weight fight**. A player can play a maximum of **1 minute** only **accumulative of both the rounds**, i.e. a player can play 30 seconds in each of 2nd and 3rd or 1 minute in a single round.
- The team that scores more points in accumulation of the 1st and 2nd round shall be declared as the winner. In case of a **tie, golden point** round shall be carried out on tag-team format, The team that scores the first point shall be declared as winning team.
- The team that reaches **20 "Gam-jeom"** in total shall be declared as loser at any time during the competition.
- When there is **score gap of 30 points**, the match shall be automatically concluded.
- In case of injury during the championships, form of **four (4) athletes** (i.e. 1 from girls and 1 from boys) still can be composed as a team and compete; however, **10 points** will be given to opponent in the first round. Less than four (4) athletes in each team shall be disqualified.



TAEKWONDO CUP Team Championship

JUNIOR EDITION :

- This is a Team Event with 3 players in each Team, i.e. **3 Girls or 3 Boys**.
- **Age Category is under 17.**

- The athletes shall be numbered from 1 (lightest) to 3 (heaviest), separately for boys and girls.

- The matches shall be carried out for **2 rounds (3 minutes of 1st round and 2 minutes of 2nd round)** with **1 minute** break between rounds.

- The 1st round shall be conducted of **3 minutes** based on traditional team match format for one (1) minute per competition. It means that the **athletes shall compete against his/her counterparts of the opposing team (same numbered athlete)** in the order from lighter to heavier. Final score of each team that is total points scored by all athletes of the team shall be accumulated.

- **2nd Round** will be of **2 minutes** each in which a boy of any weight can face a boy of any weight, similarly for girls i.e it will be a **Cross-Weight fight**. A player can play a maximum of **1 minute** only **accumulative of both the rounds**, i.e. a player can play 30 seconds in each of 2nd and 3rd or 1 minute in a single round.

Awards & Felicitation:

- **Winner's – Rs. 21,000/- Senior Edition**

- **Winner's – Rs. 21,000/- Junior Edition**

High Speed Kicking

→ SPEED KICKING COMPETITION WITH SINGLE LEG

Ser No	Name of the Kick		No. of kicks for qualifying
1.	Front kick in 1 min (Ap Chagi)	-	75 kicks
2.	R.H. kick in 1 min (Dollyo Chagi)	-	75 kicks
3.	Side kick in 1 min (Yup Chagi)	-	75 kicks
4.	Spinning kick in 1 min (Doolgae Chagi)	-	40 kicks

→ SPEED KICKING COMPETITION WITH DOUBLE LEG

Ser No	Name of the Kick		No. of kicks for qualifying
1.	Front kick in 1 min (Ap Chagi)	-	80 kicks
2.	R.H. kick in 1 min (Dollyo Chagi)	-	80 kicks
3.	Back kick in 1 min (Yup Chagi)	-	40 kicks
4.	Double R.H. kicks in 1 min (Narae Chagi)	-	100 kicks
5.	Spinning kick in 1 min (Doolgae Chagi)	-	40 kicks

Qualifying kicks may change according to organizing committee. **

→ Minimum age to participate is 5 yrs both boys & girls.

→ The above kicks are full contact kicks at chest level of the person who attempts kicks.

→ Non-Qualified number of kicks will be disqualified.

Fist / Knife-Hand Breaking Competition

The fist breaking technique should follow the description in the Kukkiwon textbook. It is a straight down technique to break targets, which are set by breaking holders with a certain height.

○ **Competition Fees: FREE OF COST (First 100 participants only. Also, participants have to bear the cost of tiles provided by the organizers or they can bring themselves.)**

○ **Competition Time: 20 seconds or less**

○ **Compulsory Regulations:**

1. Contestants must decide the number of breaking targets and request them while waiting for an event.
2. The breaking targets must be authorized by the Organizing Committee.
3. Contestants may place the protective materials on the breaking targets to protect themselves from fist injuries, but they should never put any material directly around their fists.
4. Breaking is conducted only once and must be done within 20 seconds after the "Si-Jak" command.

○ **Technical Regulations**

1. Contestants may use the application technique, which is to lift the stepping foot off the ground.
2. Contestants can decide the breaking direction.

○ **Penalty (Warning, Deduction, and Disqualification)**

1. Penalties are given by the referees.
2. The penalties are warning, deduction, and disqualification.
 - A. One warning penalty is equal to a 0.5 point deduction.
 - B. Two warning penalties are equal to a 1 deduction.
 - C. One deduction penalty is equal to 1.0 point deduction, and it is equal to one breaking target.
3. Penalty is given to the following acts :
 - A. Giving deliberate verbal attacks or movements for disturbing other contestant's breaking
 - B. Interfere the judges or the staffs to proceed during the competition.
 - C. Damaging the breaking target before hitting the target.
 - D. Exceeding the competition time (1.0 deduction per 10 seconds, and a one point deduction is equal to one breaking target).
 - E. The referee can declare a point deduction if the contestant repeated a minor act of the above article A, B, and C after receive the warning penalty, or commit such acts intentionally.
 - F. Penalty points shall be deducted from the participant's total score.
4. Disqualification is given to the following acts:
 - A. when any parts of the body above the knees touch the ground after breaking (knees on the ground are accepted)
 - B. If breaking has been attempted twice
 - C. Breaking in an unfair manner

○ **Decision and Declaration of Winner**

1. The winner has the highest number of broken targets.
2. The winner will be decided by someone who requested for more breaking targets in case of a tie score.
3. If the abovementioned article fails to decide a winner, the winner shall be the one who weighs less.

High Jump Kicking Competition

After an approach run, jump high to break the target with foot.

○ **Contest fees : FREE OF COST (First 100 Participants only)**

○ **Contest Time : 20 seconds or less**

○ **Compulsory regulations :**

1. The contestant shall apply the desired target height before the contest.
2. The contestant cannot apply for less than 5 cm increment for his applying distance. (e.g., a contestant can not apply for 172 cm or 174 cm, but do for 180 cm or 185 cm. The gap unit shall be 5 cm.)
3. The breaking targets shall be those authorized by Organization Committee.
4. Breaking shall be done within 20 seconds after the "Si-Jak" command.
5. The approach run should be shorter than 7m.

○ **Technical Regulations :**

1. After breaking the set target, the contestant can set a higher target. The contestant gets two chances to break the next target in addition to the initial challenge.

2. The finalist can try to make the best record, regardless of times.

○ **Penalty Regulations (warning, deduction, and disqualification) :**

1. Penalties are given by the referees.

2. The regulated penalties are warning, deduction, and disqualification.

A. One "Gyong-go" (warning) is not effective.

B. Two "Gyong-go" (warning) are equal to a 1 "Gam-jeom" (deduction)

C. One Gam-jeom" (deduction) is equal to 1.0 point deduction, and it is equal to increasing the target height by 10 cm.

3. Penalties are given to the following acts

A. Giving deliberate verbal attacks or movements for disturbing other contestant's breaking

B. Interfere the judges or the staffs to proceed during the competition

C. Exceeding the contest time (1.0 point deduction per 10 seconds, and 1.0 point deduction is equal to increasing the target height by 10 cm)

D. Referees can give deduction penalties when the abovementioned acts are repeated slightly after warning; or when the abovementioned acts are conducted deliberately and clearly after warning.

4. Penalties shall be applied only during the target breaking competition.

5. Penalty points shall be deducted from the contestant's total score.

○ **Disqualification Regulations :**

1. when any parts of the body above the knees touch the ground after breaking (placing hand allowed)

2. If the contestant breaks the target with an unapproved technique

3. Entering the competition in the name of others

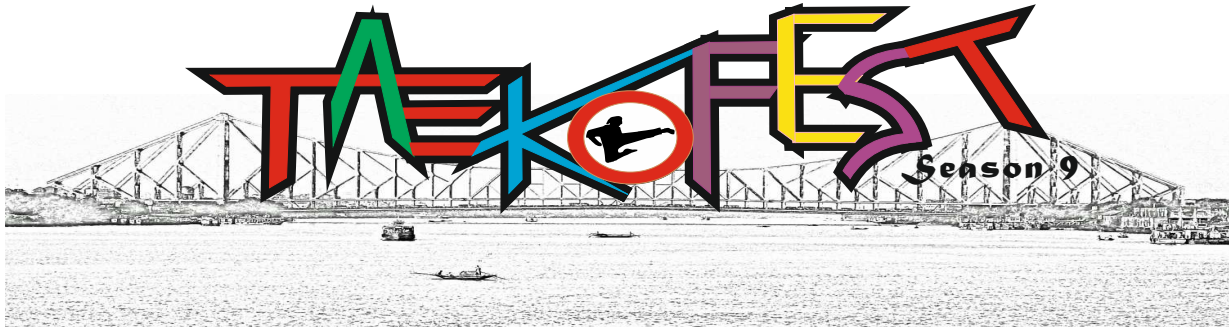
○ **Decision and Declaration of Winner :**

1. The contestant is disqualified if he/she failed to break the set target.

2. The contestant's record will remain at the highest target that he/she manages to break.

3. The contestant with the highest record is declared as the winner.

4. In case of a tie, the contestants shall conduct contest once more. In case of a tie again, the contestant with shorter height is declared as the winner.



Organized by: BENGAL TAEKWONDO ASSOCIATION

Promoted by: TAEKWONDO FEDERATION OF INDIA

DATE: - 27TH DEC TO 29TH DEC 2024

VENUE: - SHREE VISHUDDHANAND SARASWATI VIDYALAYA, KOLKATA

KYORUGI INDIVIDUAL ENTRY FORM (FRESHERS')

Division	:				
Boy/Male	:		Weight Category		
Girl/Female	:				
Name (In Capital Letters)	:				Attach 2 Passport size photos
Date Of Birth	:		Age :	Weight / Height :	
Parents/Guardian Name & Contact Nos.	:				
Address	:				
State Name	:				
Coach Name	:		Contact Nos.	:	
COPY OF CORPORATION / MUNICIPAL BIRTH CERTIFICATE & AADHAR CARD SHOULD BE ENCLOSED COMPULSORILY AND ORIGINAL SHOULD BE PRODUCED AT THE TIME OF WEIGHING.					
Present Belt Grade	:		In case of Emergency No.	:	
Aadhar Card No.	:				

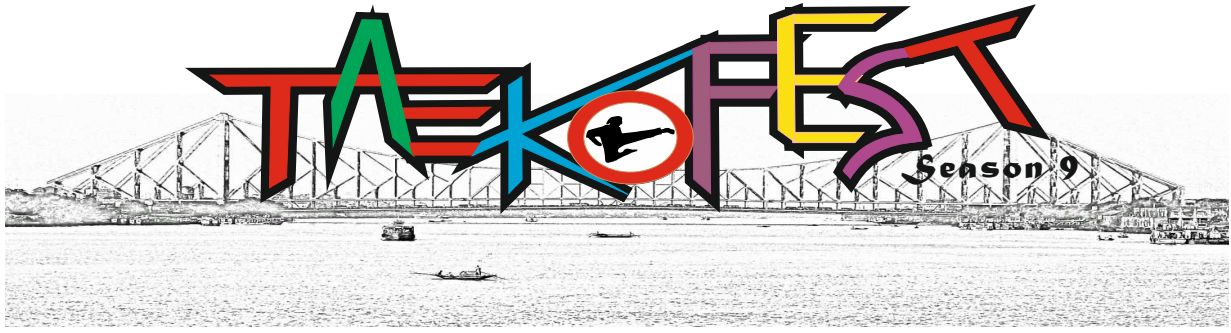
DECLARATION

I, the undersigned do hereby solemnly affirm, declare and confirm for myself, my heirs, executors & administrators that I indemnify the Promoters/Organizers/Sponsors & its Members, Officials, Participants etc., holding myself personally responsible for all damages, injuries or accidents, claims, demands etc., waiving all prerogative rights, whatsoever related to the above set forth event.

Signature of Parents / Guardian.

Signature of Participant

Signature of coach



Organized by: BENGAL TAEKWONDO ASSOCIATION

Promoted by: TAEKWONDO FEDERATION OF INDIA

DATE: - 27TH DEC TO 29TH DEC 2024

VENUE: - SHREE VISHUDDHANAND SARASWATI VIDYALAYA, KOLKATA

POOMSAE INDIVIDUAL ENTRY FORM (FRESHERS')

(Mark (x) on the appropriate boxes)

Divisions	:	<input type="checkbox"/> SUB JR	<input type="checkbox"/> CADET	<input type="checkbox"/> JUNIOR	<input type="checkbox"/> SENIOR U-	Attach 2 Passport size photos
Male	:	Category				
Female	:	<input type="checkbox"/> Individual	<input type="checkbox"/> Pair	<input type="checkbox"/> Group		
Name (In Capital Letters)						
Date Of Birth	:		Age	:	Weight	:
Parents/Guardian Name & Contact Nos.	:					
Address	:					
State Name	:					
Coach Name	:		Contact Nos.	:		
COPY OF CORPORATION / MUNICIPAL BIRTH CERTIFICATE & AADHAR CARD SHOULD BE ENCLOSED COMPULSORILY AND ORIGINAL SHOULD BE PRODUCED AT THE TIME OF DOCUMENTS CHECKING.						
Present Belt Grade	:		In case of Emergency No.	:		
Aadhar Card No.	:					

DECLARATION

I, the undersigned do hereby solemnly affirm, declare and confirm for myself, my heirs, executors & administrators that I indemnify the Promoters/Organizers/Sponsors & its Members, Officials, Participants etc., holding myself personally responsible for all damages, injuries or accidents, claims, demands etc., waiving all prerogative rights, whatsoever related to the above set forth event.

Signature of Parents / Guardian.

Signature of Participant

Signature of coach

TEAM FORM

(Only for TAEKWONDO CUP Senior Edition)

<u>Weight Category</u>	<u>Name with address and contact no.</u>	<u>Age with Date of Birth</u>	<u>Recent Photo</u>
Boys U60			
Boys U70			
Boys U80			
Girls U50			
Girls U60			
Girls U70			

State: _____

Coach Name: _____ Mobile: _____

DECLARATION

I acknowledge that I am familiar with the sport of TAEKWONDO and understand the rules governing the sport of TAEKWONDO. I agree the prior of participating, if I believe anything is unsafe or beyond my capability, I will immediately advise my Coach, Instructor or Manager of such conditions and will withdraw from competition. I acknowledge that I am engaging in contact sport (SPARRING) that might result in serious injury, disability or death. I understand that for this competition my parents or legal guardian must sign this application and my Coach will verify the details.

(Signature of Applicants)

(Signature of Coach)

TEAM FORM

(Only for TAEKWONDO CUP Junior Edition)

<u>Weight Category</u>	<u>Name with address and contact no.</u>	<u>Age with Date of Birth</u>	<u>Recent Photo</u>
Boys U45			
Boys U55			
Boys U65			
Girls U40			
Girls U50			
Girls U60			

State: _____

Coach Name: _____ ; Mobile: _____

DECLARATION

I acknowledge that I am familiar with the sport of TAEKWONDO and understand the rules governing the sport of TAEKWONDO. I agree the prior of participating, if I believe anything is unsafe or beyond my capability, I will immediately advise my Coach, Instructor or Manager of such conditions and will withdraw from competition. I acknowledge that I am engaging in contact sport (SPARRING) that might result in serious injury, disability or death. I understand that for this competition my parents or legal guardian must sign this application and my Coach will verify the details.

(Signature of Applicants)

(Signature of Coach)