

1ST ASSOCIATION CUP-2026



BEGINNERS DIVISIONS

ORGANISED BY : **Kolkata Taekwondo Association**

MANAGED BY: **Rana's Taekwondo Academy**



PROMOTED BY : **Bengal Taekwondo Association**

AN AFFILIATE OF : **Taekwondo Federation Of India & Bengal Olympic Association**




Venue: Kolkata & DATE: 24th May'2026



OUTLINE RULES & REGULATIONS

1	Date	24th MAY 2026
2.	Venue information	Venue Name: COLLINS INSTITUTE (Near GD Hospital & Diabetes Institute) Venue: Google maps link- https://maps.app.goo.gl/RDQHn1R1Dou98J1V9?g_st=ac
3	Promoter & Organizer	Bengal Taekwondo Association & Kolkata Taekwondo Association 71/1, Canal Circular Road, Kolkata-700054 BTA Website: bengaltaekwondoassociation.com  bengal.taekwondo
4	Managed	RANA'S TAEKWONDO ACADEMY Kolkata, West Bengal  team_ranas_3
5	Organizing Committee & Contact Persons	<ul style="list-style-type: none"> ➤ Organizing Chairman : Mr. Sanjay Rana ➤ Organizing vice Chairmen : Mr. Rohit Kumar Tripathi ➤ Organizing Secretary : Mr. Prakash Rana ➤ Tournament Director (Admin) : Mr. Binod Singh ➤ Tournament Director (Technical) : Mr. Rizwan Ahmed ➤ Joint Technical Director : Mr. Sajal Pandit ➤ Joint Technical Director : Mr. Vikash Ghuwalewala ➤ Tournament In-Charge : Mr. Mr. Ravi Kant Giri ➤ Technical In-Charge : Mr. Sujoy Raha ➤ Medal Ceremony In-charge : Mr. Raja Dey ➤ Venue In-Charge : Mr. Akash Rana ➤ Team Registration In-Charge : Mr. Monu Prasad ➤ Medical Team In-Charge : Ms. Duranto Mondal ➤ Equipment & Stationary In-Charge : Ms. Barnali Barick ➤ Hospitality Team : Ms. Sumona Das ➤ Volunteer Coordinator : Mr. Raj Mali ➤ Media Team Coordinator : Mr. Siddarth Krishna Mandal
6	COMPETITION RULES	Single Elimination Tournament System.



7	Qualification	<ul style="list-style-type: none"> ➤ Sub-Junior Boy & Girl Athletes aged between 07 to 11 Years (Born between 01/01/2015 to 31/12/2019) are eligible for both Kyorugi & Poomsae Events. ➤ Cadet Boy & Girl Athletes aged between 12 to 14 Years (Born between 01/01/2012 to 31/12/2014) are eligible for both Kyorugi & Poomsae Events. ➤ Junior Male & Female Athletes aged between 15 to 17 Years (Born between 01/01/2009 to 31/12/2011) are eligible for both Kyorugi & Poomsae Events ➤ Senior Male & Female Athletes aged 17 Years & Above (Born on or before 31/12/2009) are eligible for Kyorugi Events. ➤ Senior Male & Female Athletes aged 18 Years & above (Born on or before 31/12/2008) are eligible for Poomsae Events. ➤ Senior Male & Female Athletes aged below 40 years (Born between 01/01/1986 to 31/12/1995) are eligible for Poomsae Events. ➤ Senior Male & Female Athletes aged below 50 years (Born between 01/01/1976 to 31/12/1985) are eligible for Poomsae Events. ➤ Senior Male & Female Athletes aged below 60 years (Born between 01/01/1966 to 31/12/1975) are eligible for Poomsae Events.Senior Male & Female Athletes aged 65 years (Born between 01/01/1961 to 31/12/1965) are eligible for Poomsae Events. ➤ Senior Male & Female Athletes aged over 65 years (Born on or before 31/12/1960) are eligible for Poomsae Events. <p>Age will be calculated based on the year 2026. Copy of Corporation/Municipal Birth Certificate & Aadhar Card should be closed along-with Application Form compulsorily.</p>		
8	ENTRIES	<ul style="list-style-type: none"> ✓ Kyorugi Entry Fees is Rs. 1200/- Per Player ✓ Poomsae Individuals Division: Rs. 1200/-Per Player. ✓ Poomsae Pairs Division: Rs.1500/-Per Pair. ✓ PoomsaeTeam Division: Rs.1800/-Per Group ✓ Speed Kick Division : Rs.1200/- Per Player <p><u>Entry Fees should be deposited in Bank account or via online details given below:</u></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%; padding: 5px;"> Account Holder : Sanjay Rana Bank Name : State Bank of India Account Number : 32727363610 Branch Name : Narkeldanga IFSC code No. : <u>SBIN0001580</u> </td> <td style="width: 40%; text-align: center; padding: 5px;">  <small>UPI ID: sanjayrana028@okaxis</small> </td> </tr> </table>	Account Holder : Sanjay Rana Bank Name : State Bank of India Account Number : 32727363610 Branch Name : Narkeldanga IFSC code No. : <u>SBIN0001580</u>	 <small>UPI ID: sanjayrana028@okaxis</small>
Account Holder : Sanjay Rana Bank Name : State Bank of India Account Number : 32727363610 Branch Name : Narkeldanga IFSC code No. : <u>SBIN0001580</u>	 <small>UPI ID: sanjayrana028@okaxis</small>			
9	REPORTING	All the teams are requested, to strictly report at the venue by 8:00 AM, 24 th of May '2026.		
10	EVENTS	<ol style="list-style-type: none"> 1. OPEN BEGINNERS TAEKWONDO KYORUGI CHAMPIONSHIP 2. OPEN BEGINNERS TAEKWONDO POOMSAE CHAMPIONSHIP 3. SPEED KICK COMPETITION 		
11	MEDICAL CONTROL	Medical support during the Championship will be provided by GD Hospital & Diabetes Institute . A qualified medical team, along with first-aid and emergency care facilities, will be present at the venue to ensure the safety and well-being of all participants. Immediate medical attention will be available in case of any injuries or health concerns during the event.		
12	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.		
13	PROSPECTIVE EQUIPMENT	Championships will be conducted in Electronic Scoring System (ESS) for Sub Junior, Cadet, Junior & Senior Participants . All Participants must bring their own Shin Guard, Forearm Guard, Groin Guard, Mouth Guard compulsory.		

14	Condition Of Participation	<ul style="list-style-type: none"> ❖ No staying facility and Fooding is being provided by the organizers. Participants have to make their own arrangement for Fooding, Boarding & Lodging during their stay in Kolkata for the Championships. For any assistance they can contact organizers. ❖ Organizers are not providing Transportation (not needed, in any case) participants have to make their own arrangements. ❖ All athletes must comply with competition rules. ❖ Each athlete is allowed only one coach during their match. ❖ If a team does not have enough coaches, senior athletes or assistants may act as coaches. However, they must be registered as a coach in advance to gain entry into the competition area.
15	AWARDS	<ul style="list-style-type: none"> ❖ 1st Place : Gold Medal & Certificate will be provided ❖ 2nd Place : Silver Medal & Certificate will be provided
15	National Referees	Compulsory, White Shirt, Maroon Tie, Black Pant And White Sports Shoe.

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 2019 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

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 (ApChagi)	-	75 kicks
2.	R.H. kick in 1 min (DollyoChagi)	-	75 kicks
3.	Side kick in 1 min (Yup Chagi)	-	75 kicks
4.	Spinning kick in 1 min (DoolgaeChagi)	-	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 (ApChagi)	-	80 kicks
2.	R.H. kick in 1 min (DollyoChagi)	-	80 kicks
3.	Back kick in 1 min (Yup Chagi)	-	40 kicks
4.	Double R.H. kicks in 1 min (NaraeChagi)	-	100 kicks
5.	Spinning kick in 1 min (DoolgaeChagi)	-	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.