



Dear Masters, Presidents, Instructors and Friends,

Hereby we would like to invite you for participation at the ***Open Taekwon-Do European Cup 2015***, which be held on **May 23-24, 2015** in Chişinău, Republic of Moldova.

The deadline for sending applications for ***Open Taekwon-Do European Cup*** is **May 10th, 2015**.

Looking forward seeing you in Chisinau!

Yours in Taekwon-Do,

Sergiu Balan

VI degree

President of National Taekwon-Do Federation of Moldova

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Chisinau, Moldova
March, 2015





REGULATION FOR CARRYING OUT

Open Taekwon-Do European Cup, 2015

The Tournament is open for Kids (-8, 9-10, 11-12 years old), Cadets (13-14 years old), Juniors (15-17 years old), Seniors (18-36 years old) and Seniors Gold (36 years and above) and will be held in Chisinau, Republic of Moldova on May 23-24, 2015.

The competition includes Individual Patterns, Individual Sparring, Team Patterns and Team Sparring and it is open to Color and Black Belts, Male and Female.

COMPETITION

Open Taekwon-Do European Cup, 2015

DATE OF CARRYING OUT

May 23-24, 2015

PLACE OF CARRYING OUT

The Tournament will be held in Chisinau, Republic of Moldova, in **Sports Centre "ALEXIA" (14, Gagarin street)**

RIGHT OF PARTICIPATION

All clubs, developing Taekwon-Do.

PARTICIPANTS

Competitors should be the age of 8 years and minimum qualification of 8 kup (yellow belt) and above.

AGE GROUPS

- | | |
|-------------------------|----------------------------------|
| • Kids (girls/boys) | - 8 years old; |
| • Kids (girls/boys) | - 9-10 years old; |
| • Kids (girls/boys) | - 11-12 years old; |
| • Cadets (girls/boys) | - 13-14 years old; |
| • Juniors (girls/boys) | - 15-17 years old; |
| • Seniors (male/female) | - 18-36 years old; |
| • Seniors Gold | - 36 years old and above. |

COMPETITION SCHEME

The tournament is carried out according to the system of direct elimination.

Patterns

Competitors will compete one to one. Both competitors will perform one designated pattern. In the final the competitors will perform one optional and one designated pattern.

Individual categories

- Kids (girls/boys), -8 years old (8-6 kup);
- Kids (girls/boys), 9-10 years old (8-7 kup; 6-5 kup, 4-1 kup);
- Kids (girls/boys), 11-12 years old (8-7 kup; 6-5 kup, 4-1 kup, I dan);
- Cadets (girls/boys), 13-14 years old (8-7 kup; 6-5 kup, 4-1 kup, I-II dan);
- Juniors (girls/boys), 15-17 years old (8-7 kup; 6-5 kup, 4-1 kup, I-II dan);
- Seniors (male/female), 18-36 years old (8-7 kup; 6-5 kup, 4-1 kup, I dan, II-III dan, IV-VI dan);
- Seniors Gold (male/female), 36 years old and above (8-1 kup, I-III degree)

Team categories

In Team Pattern will compete **Juniros** and **Seniors**, male and female.

The teams will compete one to one. The team will perform the optional and designated pattern and will then require a second team. The optional and designated Pattern being any from CHON-II to GE-BAEK. The Umpires will decide which is best between the two teams and it will go next round.

The team consists of 3 athletes for Female Team and 5 athletes for Men Team

Is allowed only one team from the Club - Juniors (male and female), Seniors (male and female). The color belts and black belts will compete separately.

SPARRING

Individual categories

- **Kids (girls/boys), -8 years old**
 - 22 kg, - 26 kg, - 30 kg, - 34 kg, -38 kg, +38 kg
- **Kids (girls/boys), 9-10 years old**
 - 25 kg, - 29 kg, - 33 kg, - 37 kg, -41 kg, +41 kg
- **Kids (girls/boys), 11-12 years old**
 - 30 kg, - 34 kg, - 38 kg, - 42 kg, -46 kg, +46 kg
- **Cadets (girls/boys), 13-14 years old**
 - 40 kg, - 45 kg, - 50 kg, - 55 kg, -60 kg, +60 kg
- **Juniors , 15-17 years old**
 - Female - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, + 65 kg
 - Male- 50 kg, - 56 kg, - 62 kg, - 68 kg, - 75 kg, + 75 kg
- **Seniors , 18-36 years old**
 - Female - 50 kg, - 56 kg, - 62 kg, - 68 kg, - 75 kg, + 75 kg
 - Male - 57 kg, - 63 kg, - 70 kg, - 78 kg, - 85 kg, + 85 kg
- **Seniors Gold (male/female) – open category**

Team Sparring

In Team Sparring will compete **Juniros** and **Seniors**, male and female. In this section, competitors can have any weight and grade.

The female team consists of 3 female athletes.

The male team consists of 5 male athletes.

The duration of the matches is:

Kids – 1 round of 2 minutes;

Cadets, Juniors and Seniors – 2 rounds of 1,5 minutes;

Team Sparring – 1 round of 2 minutes.

By a parity the competitors play a one-minute extra-time. By a second parity the competitors play to get a point (sudden death).

POINT AWARDS

One (1) point will be awarded for:

Hand attack directed to mid or high section.

Hand attack while in air (both feet must be off the ground) directed to mid or high section.

Two (2) points will be awarded for:

Foot attack directed to mid section.

Jumping or flying kick directed to mid section.

Three (3) points will be awarded for:

Foot attack directed to high section.

Jumping or flying kick directed to high section.

SAFETETY EQUIPMENT AND PRTECTIVE WEAR:

Competitors MUST wear:

- Hand and feet safety equipment of an approved type.
- Groin guards must be worn inside the dobok trousers.
- Head guard (Kids, Cadets and Juniors);
- Mouth guards (Juniors and Seniors)

Competitors may, optionally, wear the following:

- Shin protectors.
- Breast protectors (must be worn INSIDE the dobok jacket) (female only).

CLOTHING:

Athletes - white Do-Bok (not Olympic style) and a belt, according to the technical class.

The Umpires – Umpire must wear official umpire dress. **Coaches** – a sweat track suit.

UMPIRES: Each team/country has to provide at least one Umpire for every 10 athletes, otherwise it will pay a fine of 50 EURO.

INJURY LIABILITY AND INSURANCE – COMPETITORS

All competitors must be in possession of Insurance coverage as the host is not responsible for any eventuality and/or injury

All the competitors have to present to the commission at the scales the following documents:

- Covered technical class certificate;
- A document for medical examination, carried out not earlier than 2 weeks before the tournament;
- Insurance;
- Identity document.

CLASSIFICATION AND AWARDS:

- Athletes, that have taken place 1, 2 and 3 in all contested trials, will be awarded with diploma and medals degree respectively;
- Teams, that have taken place 1, 2 and 3 in the overall standings will be awarded with cups and diplomas degree respectively;
- Cups for first place in competitions in teams;
- Cups „for the best technique”, „best fighter” and „the will to win " (according to the Organizing Committee decision);
- Certificates of participation for all athletes participating in the competition;

FINANCIAL MATTERS: All the expenses for participation are at the respective clubs expense. The Organizers will provide accommodation for an Umpire to each team.

Tournament participation fee: 25 EURO for Individual competition and 50 EURO for Team competition (Patterns and/or Sparring)



PROGRAM

Open Taekwon-Do European Cup, 2015

May 22, 2015

Arrival

15.00 – 19.00 Registration and Weighing

May 23, 2015

8.30 – Arrival in the Sports Center “ALEXIA”;
9.00 – Start Tournament;
10.30 – 11.00 Official opening ceremony;
11.00 – 13.00 Continuing Tournament;
13.00 – 14.00 Lunch;
14.00 – 18.00 Continuing Tournament;
18.00 – 19.00 Awarding ceremony.

May 24, 2015

8.30 – Arrival in the Sports Center “ALEXIA”;
9.00 – Start Tournament;
13.00 – 14.00 Lunch;
14.00 – 18.00 Continuing Tournament;
18.00 – 19.00 Awarding and Tournament Closing Ceremony.

May 25, 2015

Departure

SEE YOU IN MOLDOVA!





Application forms must be sending before or on the deadline
of May 10th, 2014

to E-mail: openeuropeancup@gmail.com



ACCOMMODATION

Organizing Committee offers 2 categories of accommodation.

The price includes Breakfast

STANDART:

- Double: 44 Euro (22 Euro/person)
- Singel: 36 Euro

ECONOM:

- Single: 25 Euro
- Double: 34 Euro (17 Euro/person)

Hotel Cosmos - <http://hotel-cosmos.com/>

The deadline of reservation is May, 10th