



Związek Sportowy
POLSKA UNIA TAEKWON-DO

Polish Taekwon-do Championships ZS PUT Częstochowa, Poland, 13th - 14th April 2019

Date and place:

13th-14th April 2019,

Hala Sportowa Częstochowa,

4 Żużłowa Street

Organizers:

Polish Taekwon-do Union

Orient Sports Club

City of Częstochowa

Entry fees (regardless of the number of events):

25 EUR per person

The exception: a veteran who is a team coach or a referee doesn't pay the entry. Other veterans 50% of the base price.

Deadline for applications: 07.04.2019 until 23:59, using the registration program available at <http://www.put.org.pl/prl/> - access to the program (login, password) - **Karol Siwek** mail siwek@put.org.pl, phone +48 505 094 049. Applications for additional events also by PRL ("additional information" field).

The application also includes sending scans of children's statements.

Awards: Medals designed specially for this tournament and diplomas for places. Participation diplomas for all competitors.

Age groups and events:

Children - (2013, 2012) speed kicking (ap chagi), special technique, traditional and open patterns, soft stick sparring.

Children - (2011, 2010) speed kicking (ap chagi), special technique, traditional and open patterns, soft stick sparring or touch-contact sparring.

Youth - (2009, 2008, 2007) speed kicking (dollyo chagi), special technique, traditional and open patterns, soft stick sparring or touch-contact sparring.

Cadet- (2006, 2005, 2004) traditional and open patterns, semi-contact sparring, light-contact sparring, special technique.

Juniors - (2003, 2002, 2001) traditional and open patterns, semi-contact sparring, light-contact sparring, special technique.

Seniors - (2000 and older) traditional and open patterns, semi-contact sparring, light-contact sparring.

ATTENTION! The light-contact formula is aimed at players with a minimum of 6th CUP.

Additional events (non-ranking):

Veterans (35 years and no participation in competitions as a senior for at least 2 years) - semi-contact sparring (no division into categories).

Younger children (year 2014, 2015) – soft-stick sparring, speed kicking and special techniques.

Team patterns - The teams (3 - 5 people) consist of cadets, juniors, seniors, without division into gender and grades.

Categories:

Children, cadets, juniors, seniors - according to the regulations of ZS PUT.

Younger children (2014, 2015): the division depends on the number of participants.

Youth (2009, 2008, 2007) - a new division applies to touch-contact sparring, speed techniques, and special techniques

a) 10th cup - 7th cup (up to 7.3 according to children's degrees):

girls: -140cm, -150cm, + 150cm

boys: -140, -145, -155, + 155cm

b) 6th cup and higher:

girls: -145cm, -155cm, + 155cm

boys: -145cm, -155cm, + 155cm

Competition for youngsters' soft stick sparring for players who do not take part in touch-contact sparring, division into groups dependent on applications.

The organizer has the right to combine individual growth categories, weight and age, depending on the number of competitors.

Competition regulations, casting, judges 'and competitors' clothing, categories, protective equipment: in accordance with the regulations of ZS PUT.

Referees:

We would appreciate if you bring a qualified referee. We provide hotel and full board for all referees. Reports using the PRL (registration-drawing program).

Insurance:

Every competitor has to have a health insurance for competitors. The organizer is not responsible for any accidents at the competition.

Medical care:

Provided by the organizer (ambulance, doctor, rescuers).

Registration of teams (a competitor registers only once in one of the following dates):

a) Friday, 12/04/2019

19:00 - 21:00 - registration of children, youth, cadet, junior, senior

b) Saturday, 13/04/2019

9:30 - 11:00 - registration of children and youth

11:00 - 12:00 - cadet registration, junior, senior

19:00 - 20:00 - cadet registration, junior, senior

c) Sunday, 14/04/2019

7:00 - 8:00 - cadet registration, junior

9:00 - 9:30 - senior registration

14:00 - 15:00 - senior registration

Attention! Children division - statements must be sent on the application deadline (07/04/2019) to the address biuro@put.org.pl. Original statements must be shown at a registration.

Applications after the deadline but before registration are possible for an additional fee of 20 PLN to the email address siwek@put.org.pl. Applications on the day of registration for an additional fee of 40 PLN.

Competition Plan:

Saturday (13/04/2019)

8:30 am - briefing for judges and team coaches

9:00 - competition of children, younger children

12:00 - youth competition

13:30 - opening ceremony

19:00 - planned end of the competition

Sunday (14/04/2019)

8:30 am - briefing for judges and team coaches

9:00 - cadet and junior competition,

16:00 - senior and veteran competition,

19:00 - planned end of the competition

The competition plan may change during the competition.

Conditions for participation:

- application on time,
- entry fee,
- signed statements for each competitor,
- health insurance for competitors on the day of competition.

Coaches and seconds:

All coaches will be provided with T-shirts with the designation: second. One must have the T-shirt to enter the areas to coach. You can book your size of t-shirts by email: biuro@put.org.pl.

Accommodation:

On your own.

Catering will be available at the venue.

Contact with the organizer:

Mikołaj Kotowicz tel. +48 502 067 081, kotowicz@put.org.pl.