

# OUTLINE

## TAEKWONDO

### NORDIC CHAMPIONSHIPS

#### January 20<sup>th</sup> 2018



SUOMEN TAEKWONDOLIITTO RY  
THE FINNISH TAEKWONDO FEDERATION

Welcome to Nordic Championships 2018 organized by The Finnish Taekwondo Federation!

- Date: Saturday 20<sup>th</sup> of January 2018
- Venue: Tikkurila Sports Park/  
Trio Sport Center  
Läntinen Valkoisenlähteentie 52  
01300 Vantaa  
Finland
- Official website: [www.suomentaekwondoliitto.fi/nc-2018](http://www.suomentaekwondoliitto.fi/nc-2018)
- Qualifications: Participation is only allowed for members of clubs from the Nordic and Baltic countries: Finland, Sweden, Denmark, Norway, Iceland, Estonia, Latvia, and Lithuania  
Minimum belt grade for participation is 4<sup>th</sup> Geup (for both Kyorugi and Poomsae)
- Registration: All registrations through [www.tpss.eu](http://www.tpss.eu) .  
Deadline for entries is the 5<sup>th</sup> of January 2018. No registrations after this date will be accepted.  
Also team officials must be registered though [www.tpss.eu](http://www.tpss.eu).  
Registration at the venue for competitors/official cards shall be made clubwise.
- Entry fees: The entry fee is 50 € per category (individual/pair/team). All payments must be made by the 8<sup>th</sup> of January 2018 to the Finnish Taekwondo Federation's bank account.  
The entry fee payment shall be made clubwise. Receipt of the payment must be sent to Ms. Tiiu Tuomi ([tiiu.tuomi@taekwondo.fi](mailto:tiiu.tuomi@taekwondo.fi)) by the 8<sup>th</sup> of January 2018.
- All travel expenses, local transportation between the venue, hotels, airport etc. shall be borne by each participating club.
- Any change to weight category after the deadline can be made by paying an additional fee of 50 €. If a competitor doesn't pass the weigh-in, he/she can be moved to the next weight category by paying an additional fee of 50 €.
- Bank details: The Finnish Taekwondo Federation, Radiokatu 20, 00240 Helsinki, Finland  
Bank name: Danske Bank Oyj, Hiililaiturinkuja 2, PL 1561 00075 DANSKE BANK  
Account number: FI70 8000 1370 2016 19  
SWIFT: DABAFIHH

- Referees:** Each country is invited to send 5 kyorugi and 3 poomsae referees of international class or highest national class.  
Round trip and allowance shall be borne by each participating nation. Accommodation and meals shall from Friday the 19<sup>th</sup> to Sunday the 21<sup>st</sup> shall be provided by the Finnish Taekwondo Federation.  
Referees' names, gender, class, discipline (kyorugi/poomsae), arrival and departure times must be sent to Mr. Tatu Iivanainen ([tatu.iivanainen@taekwondo.fi](mailto:tatu.iivanainen@taekwondo.fi)) by the 18<sup>th</sup> of December 2017.
- Team officials:** Each team/club can send 1 coach for every 4 competitors in kyorugi and 1 coach for every 4 competitors in poomsae, and 1 head of team for kyorugi and 1 head of team for poomsae. MNA presidents are considered VIP.
- Anti-doping:** Doping tests may be conducted by the Finnish Anti-Doping Agency.
- Liability:** All participants in the Nordic Championships take part at their own risk and must have their own insurances. The participating teams/clubs are responsible for the insurances of their competitors and officials.  
The Finnish Taekwondo Federation doesn't take any responsibility for any damage or loss of equipment, injury or death of participants under any circumstances.
- Awards:** There will be medals/trophies for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places for kyorugi and poomsae. Also, there will be a team award for the best team in kyorugi and the best team in poomsae.
- Accommodation:** Please see the official tournament website for recommended hotels.
- Contacts:**
- Tournament Director  
Mr. Kari Sirviö  
+358 50 581 0906, [kari.sirvio@gmail.com](mailto:kari.sirvio@gmail.com)
- Kyorugi Referee Director  
Mr. Ari Lindroos  
+358 40 742 4149, [ari.lindroos@aloy.fi](mailto:ari.lindroos@aloy.fi)
- Poomsae Referee Director  
Mr. Tatu Iivanainen  
+358 400 519 531, [tatu.iivanainen@taekwondo.fi](mailto:tatu.iivanainen@taekwondo.fi)
- Payments  
Ms. Tiiu Tuomi  
+358 400 602 756, [tiiu.tuomi@taekwondo.fi](mailto:tiiu.tuomi@taekwondo.fi)

# KYORUGI

Categories: Cadets, Juniors, Seniors  
Single elimination tournament is applied in all categories.

Every competitor must enroll to weight-in at the venue.  
Please check the schedule for weigh-in times.

## Categories

Category	Age	Duration	Weight classes
Cadets WT rules, except no knockouts from head allowed	12-14 y. 2004-2006	3 x 1,5 min rest 30 sec	Girls: -29, -33, -37, -41, -44, -47, -51, -55, -59, +59 Boys: -33, -37, -41, -45, -49, -53, -57, -61, -65, +65
Juniors WT rules	15-17 y. 2001-2003	3 x 2 min rest 30 sec	Female: -42, -44, -46, -49, -52, -55, -59, -63, -68, +68 Male: -45, -48, -51, -55, -59, -63, -68, -73, -78, +78
Seniors WT rules	+17 y. 2001 or earlier	3 x 2 min rest 30 sec	Female: -46, -49, -53, -57, -62, -67, -73, +73 Male: -54, -58, -63, -68, -74, -80, -87, +87

The age limit for each division is based on the year, not on the date, when the competition is held. For this year, a person born between January 1<sup>st</sup> 2001 and December 31<sup>st</sup> 2003 is eligible to participate in the junior category.

Competition rules: World Taekwondo's Official Competition Rules and Guidelines.

Explanation: WT competition rules will be used in Juniors and Seniors. In Cadets the WT competition rules will be used as implemented in Finland.

In cadets, no knockouts from head are allowed.

Daedo PSS + e-headgear (Gen. 1 or Gen. 2) will be used in all categories and will be provided by the Organizing Committee. All athletes must bring their own Daedo sensor socks (both Gen. 1 and Gen. 2 approved).

Video replay will be used in all categories.

Groin/forearm/shin guards and gloves are mandatory and must be brought by the contestants. Mouth piece is also mandatory (only white or transparent)!

Preliminary schedule: Friday  
19.00-21.00 Weight-in and registration

## Saturday

08.00-08.30 Referee meeting.

08.30-09.00 Head of Team meeting.

09.00-20.00 Fights

12.00-12.45 Lunch

12.45-13.15 Opening ceremony

The Organizer reserves the right to make changes to schedules. The schedule will be updated to Finnish Taekwondo Federations website at <http://www.suomentaekwondoliitto.fi/nc-2018>

## **POOMSAE**

Categories:

All official categories according to WT Poomsae Competition Rules & Interpretation (March 19, 2014)

<b>Categories</b>	<b>Age</b>	<b>Gender</b>
Cadets	12-14 y.	Girls and boys in their own categories
Juniors	15-17 y.	Girls and boys in their own categories
Under 30	18-30 y.	Women and men in their own categories
Under 40	31-40 y.	Women and men in their own categories
Under 50	41-50 y.	Women and men in their own categories
Under 60	51-60 y.	Women and men in their own categories
Under 65	61-65 y.	Women and men in their own categories
Over 65	+66 y.	Women and men in their own categories
Pairs under 14	12-14 y.	One (1) girl and one (1) boy
Pairs under 17	15-17 y.	One (1) girl and one (1) boy
Pairs under 30	18-30 y.	One (1) woman and one (1) man
Pairs over 30	+31 y.	One (1) woman and one (1) man
Teams under 14	12-14 y.	Three (3) girls or three (3) boys in their own categories
Teams under 17	14-17 y.	Three (3) girls or three (3) boys in their own categories
Teams under 30	18-30 y.	Three (3) women or three (3) men in their own categories
Teams over 30	+31 y.	Three (3) women or three (3) men in their own categories
Freestyle individual under 17	12-17 y.	Girls and boys in their own categories
Freestyle individual over 17	+18 y.	Women and men in their own categories
Freestyle pair under 17	12-17 y.	One (1) girl and one (1) boy
Freestyle pair under 17	+18 y.	One (1) woman and one (1) man
Freestyle mix-team	+12 y.	Three (3) women and two (2) men, or two (2) women and three (3) men.

The age limit for each division is based on the year, not on the date, when the competition is held. For this year, a person born between January 1<sup>st</sup> 2001 and December 31<sup>st</sup> 2003 is eligible to participate in the junior category.

Rules:

The WT Poomsae Competition Rules & Interpretation (as of March 19, 2014) will be used except as noted below.

- Cut-off system will be used in all categories.
- Prizes: one (1) gold medal for the first place, one (1) silver medal for the second place, and one (1) bronze medal for the third place. No medal will be awarded for the fourth place.

Preliminary Schedule:

Friday

19.00-21.00 Registration

20.00-21.00 Head of Team meeting

Saturday

08.00-09.00 Registration

08.00-09.00 Referee meeting

09.00-20.00 Competition.

12.00-12.45 Lunch

12.45-13.15 Opening ceremony

The Organizer reserves the right to make changes to schedules. The schedule will be updated to Finnish Taekwondo Federation's web site at <http://www.suomentaekwondoliitto.fi/nc-2018>