

# 38<sup>th</sup> BELGIAN OPEN

## POOMSAE & FREE STYLE

### *WTF G1 Tournament*

Dear Mr. President,  
Dear Sir/Madam,

On behalf of the Flemish Taekwondo Union, I am proud to invite You and Your athletes to participate in the 38<sup>th</sup> G1 Belgian Open Poomsae and Free Style 2017. This G1-tournament will be held in Lommel, Belgium, on **March 18<sup>th</sup>**.

We guarantee **high quality organization and competition** - with only the best international referees worldwide - in order to guarantee high level transparency, fair play & impartiality for the athletes.

To provide your team the best and most convenient accommodation facilities we offer **special rates** in **Center Parcs 'De Vossemeren'**. Sauna, hammam, massages, swimming pool, etc... are all available. **If you are also participating to the 44<sup>th</sup> G1 Lotto Dutch Open 2017 one week earlier, you can have special rates during the week of 13-17 March as well. The distance of Eindhoven to Lommel is only 35km.**

We are looking forward to receive your confirmation.  
The Flemish Taekwondo Union will be honoured to welcome You and Your athletes.

Yours sincerely,

Erik Baert  
President Flemish Taekwondo Union  
President Flemish Taekwondo Union



## 1. ORGANIZATION

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**ORGANIZATION** Flemish Taekwondo Union – Belgian Taekwondo Federation  
 H. Van Veldekesingel 150/73, 3500 Hasselt, Belgium  
 Phone: +32 (0) 11 87 09 19  
 Fax: +32 (0) 11 87 09 17  
 belgianopen@taekwondo.be  
[www.BelgianTaekwondoFederation.be](http://www.BelgianTaekwondoFederation.be)  
<https://www.facebook.com/belgianopentaekwondo/>  
<https://twitter.com/taekwondoVTB>

**PRESIDENT** Mr. Erik Baert

**REFEREE DIRECTOR** Mr. Mustapha Moutarazak  
 Email: m.moutarazak@hotmail.com

## 2. DATE AND PLACE

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**COMPETITION DATE** Saturday, March 18<sup>th</sup> 2017

**REGISTRATIONS** **Friday March 17<sup>th</sup>**  
 12h00 – 20h00: **We kindly encourage all the teams to register on Friday**

**Saturday March 18<sup>th</sup>**  
 08h00 – 09h00: Registration at the competition venue  
 09h30: Start competitions

**COMPETITION VENUE** De Soeverein, Sportveldenstraat 10, 3920 Lommel, Belgium

## 3. CONTESTANTS

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**MEMBERSHIP** An **approved 2017 WTF Global License** (WTF Global Athlete License OR Global Official License) is required for all athletes and officials who wish to register for the G1 Belgian Open 2017. WTF Global License registrations & renewals can only be made through the WTF recognized Member National Associations and application should be made **at least 2 months** before the tournament starts to ensure the WTF license can be processed and approved in time. **There will be NO WTF Global License registration onsite.**

View the **WTF Licence Registration Process** in the following **8 languages**:

<a href="#"><u>ENGLISH</u></a>	<a href="#"><u>FRENCH</u></a>	<a href="#"><u>KOREAN</u></a>	<a href="#"><u>SPANISH</u></a>
<a href="#"><u>ARABIC</u></a>	<a href="#"><u>GERMAN</u></a>	<a href="#"><u>PORTUGUESE</u></a>	<a href="#"><u>RUSSIAN</u></a>

**Coaches need GOL (WTF GMS number) and Continental Coach License** (if applicable).

## UNIFORM

Contestants shall wear WTF-approved Poomsae competition uniforms.

**Cadet Division** (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.

**Junior and Senior Division** (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females

**Master Division** (Ages 51 and older): Yellow top and dark blue pants for both males and females

## GRADUATION

Danggrades A-Category: 1st DAN/POOM and higher  
(Belt class according to WTF-regulations)

## AGE

**The age categories are based on the year of birth.** For example, if someone is 17 years old on the day of competition but he/she is still to become 18 years, then he/she will participate in the division 18-30yr.

Those who are not recognized as adults by law in their own country must submit a passport or identification card together with a written consent **(liability declaration) at registration signed by parents or lawful guardians**, accepting the participation and all parts of the official invitation.

**See attachment 1.**

## CATEGORIES

### Individual (1 male or 1 female)

Pupils division: until 8 years old  
Aspirant division: 9 to 11 years old  
Cadet division: 12 to 14 years old  
Junior division: 15 to 17 years old  
Under 30 division: 18 to 30 years old  
Under 40 division: 31 to 40 years old  
Under 50 division: 41 to 50 years old  
Under 60 division: 51 to 60 years old  
Under 65 division: 61 to 65 years old  
Over 66 division: 66 years old and older

### Pair (1 male + 1 female)

Pupils and Aspirants pair division: until 11 years old  
Cadet pair division: 12 to 14 years old  
Junior pair division: 15 to 17 years old  
Pair 1 division: 18 to 30 years old  
Pair 2 division: 31 years old or older

### Team (3 male or 3 female)

Pupils and Aspirants team division: until 11 years old  
Cadet team division: 12 to 14 years old  
Junior team division: 15 to 17 years old  
Team 1 division: 18 to 30 years old  
Team 2 division: 31 years old or older

### Free Style

2 age categories for Individual (1 male or 1 female) and Pair (1 male + 1 female): Until 17 years old and 18 years old or older division

1 age category for Mixed Team (2 male + 3 female OR 3 male + 2 female): 12 years old or older division

**Para-Taekwondo P20 and P30 (1 male or 1 female) – (NOT G-ranked event)**

Junior division: 12-15 years old

Under 30 division: 16-29 years old

Over 30 division: 30 years old or older

Para TKD rules applies. Participants are intellectually disabled athletes (P20 classes) and athletes with a neurological impairment (P30 classes).

Athletes perform only **one poomsae** (own choice).

**COMPULSORY POOMSAE**

Five (5) days before the competition the Taegeuk/Poomsae will be published on the website: [www.BelgianTaekwondoFederation.be](http://www.BelgianTaekwondoFederation.be)

**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> round: 2 taegeuks/poomsae** with 30 second pause.

For each Taegeuk/Poomsae 2 points will be given (each Taegeuk/Poomsae is judged separately and the points will be announced immediately after the Taegeuk/Poomsae).

	INDIVIDUAL A-class
Pupils until 8 year	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8 jang
Aspirants 9 - 11 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
Cadets 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Juniors 15 - 17 year	Taegeuk 4, 5, 6, 7, 8 jang Koryo, Keumgang, Taeback
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo
31 - 40 year	Keumgang, Taeback, Pyongwon, Sipjin
41 - 50 year	Taegeuk 8 jang, Koryo, Keumgang, Taeback Pyongwon, Sipjin, Jitae, Chonkwon
51 - 60 year	Koryo, Keumgang, Taeback, Pyongwon Sipjin, Jitae, Chonkwon, Hansu
61 - 65 year	
plus 66 year	

	PAIR A-class (1 male + 1 female)	TEAM A-class (3 male or 3 female)
Pup. & Asp. until 11 year	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo	Taegeuk 2, 3, 4, 5, 6, 7, 8 jang, Koryo
Cadet 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Junior 15 - 17 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo Keumgang, Taeback, Pyongwon, Sipjin	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin
plus 31 year	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Sipjin, Jitae, Chonkwon

All compulsory Poomsae for the 1<sup>st</sup>, 2<sup>nd</sup> and final round will be announced 5 days before the competition on the website: [www.BelgianTaekwondoFederation.be](http://www.BelgianTaekwondoFederation.be)

## WTF POOMSAE FREE STYLE COMPETITION GUIDELINE A-CLASS CATEGORIES

The Free Style competition will be started for only **Dan/Poom** degrees.

Below an overview of the rules which should be followed:

### 1. *Composition of Free Style Poomsae*

- Music & choreography shall be the choice of the contestant. However, it should not contain any **political, social** and **religious** contents.
- You may **only** bring the **USB stick** and then report to head off the table before the start competition **(Apple audio format is not supported!)**
- Performed techniques must be within boundary of taekwondo.

### 2. *Divisions*

- Individual: Male or Female (**age: until 17 years old and 18 years old or older**).
- Pair: 1 Male and 1 Female (**age: until 17 years old and 18 years old or older**).
- Mixed team: composition of 5 members including more than 2 males and females (**age: 12 years old or older**).

### 3. *Duration of Contest*

Individual, Pair and Team competition from 60 seconds to 70 seconds.

(less than 60 or more than 70 seconds: -0,1 deduction for 71-75 seconds and -0,2 deduction for 76-80 seconds)

### 4. *Scoring Criteria*

- Scoring shall be made in accordance with the rules of the WTF.
- The types of foot techniques designated are as follows in **sequence**:
  - **Heights of jump** – Jumping side-kick (in case of pair and team division, entire team members must perform this technique).
  - **Number of kicks in a jump** – Jumping front-kick (at least one member of the team must perform this technique).
  - **Gradient of spins in a spin kick** – Spinning hook-kick or turning kick (at least one member of the team must perform this technique).
  - **Performance level of consecutive kicks** – Kyorugi style kick shall be limited to five (5) (at least one member of the team must perform this technique) \*3-5 bouncing steps in a spot is mandatory before execute the kyorugi style kicks.
  - **Acrobatic actions** – Based on the technical difficulty of all acrobatic actions (with taekwondo kick) performed in gymnastics. (at least one member of the team must perform this technique).
- Each foot technique shall be less than 3 step run-up. (exceeded each step run-up -0,1 deduction point)
- One of the following stances must be included in de performance at least once:
  - Dwit kubi (Backward inflection stance)
  - Beom-sogi (Tiger stance)
  - Hakdari-sogi (Crane stance)

## 4. COMPETITION RULES

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<b>COMPETITION RULES</b>	WTF competition rules
<b>FORMS</b>	Taegeuk and higher WTF/Kukkiwon poomsae
<b>MODE</b>	<p>1) Athletes shall be allowed to compete in more divisions: Individual division, Pair division, Team division,...</p> <p>2) <b>Cut off system:</b></p> <p><u>Preliminaries:</u> In case 20 or more contestants/pairs/teams are participating, the competition shall start from preliminary round with division of groups at different courts. After performing 2 assigned Compulsory Poomsae, the top half of each group shall advance to semi-final based on the points.</p> <p><u>Semi-final:</u> In case 9 to 19 contestants/pairs/teams are participating, competition shall start from semi-final. Contestants shall perform 2 assigned Compulsory Poomsae and top 8 of them shall advance to final based on the points.</p> <p><u>Final:</u> When 8 or less contestants/pairs/teams are participating, competition shall start from final round. Contestants shall perform two assigned Compulsory Poomsae.</p>
<b>DOPING CONTROL</b>	<p>Some contestants chosen at random will be tested. The list of prohibited products will be equal to the list of the IOC.</p>
<b>AWARDS</b>	To all winners of 1 <sup>st</sup> , 2 <sup>nd</sup> and two 3 <sup>rd</sup> places, cups will be awarded.
<b>PROTEST</b>	<p>Must be made by the official coach within 10 minutes after the end of the pertinent contest to the Poomsae Referee Director. Protest fee is <b>€150</b>, so as to ensure that a decision on the result may be announced after 30 minutes.</p>
<b>LIABILITY</b>	<p>All competitors participate at their own risk. The organization, the Flemish Taekwondo Union and/or the Belgian Taekwondo Federation shall not accept responsibility for any damages, injuries or losses sustained or incurred and specifically note that they also take no responsibility for any damages, losses, injuries or other consequences due to (directly or indirectly) acts of terrorism or terrorist threats. All contestants must bring their own documents and forms for any medical treatment in Belgium. If not, this will have to be paid in cash.</p>

## 5. ENTRY

### REGISTRATIONS

Registrations are only accepted through the WTF Event Registration system: <https://www.hangastar.com/WTF/> and registration is only possible with a valid 2017 WTF Global License.

**DEADLINE: March 8<sup>th</sup>, 2017 – 16:00 Belgian Time (GMT +1)**

**! Registrations can only be made by the club admin of the team. Individual athletes won't have access to the registration system. Registrations onsite will not be accepted.**

The following documents are required for all participants to be uploaded and approved by the National Federation and WTF before you are able to register your team through the WTF Event Registration System:

For **ALL participants** (athletes and officials):

1. Valid National ID or Passport of the National Federations you are registering for a WTF Global Licence.
2. Colour Portrait ID picture.

Additional documents required for:

3. To register a Doctor – Proof of Medical Doctor/Physio therapist certificate in English

View the **WTF Event Registration Process** infographic in the following **8 languages**:

<a href="#"><u>ENGLISH</u></a>	<a href="#"><u>FRENCH</u></a>	<a href="#"><u>KOREAN</u></a>	<a href="#"><u>SPANISH</u></a>
<a href="#"><u>ARABIC</u></a>	<a href="#"><u>GERMAN</u></a>	<a href="#"><u>PORTUGUESE</u></a>	<a href="#"><u>RUSSIAN</u></a>

View **FAQ's on the WTF Global License & Event Registration process** in the following **8 languages**:

<a href="#"><u>ENGLISH</u></a>	<a href="#"><u>FRENCH</u></a>	<a href="#"><u>KOREAN</u></a>	<a href="#"><u>SPANISH</u></a>
<a href="#"><u>ARABIC</u></a>	<a href="#"><u>GERMAN</u></a>	<a href="#"><u>PORTUGUESE</u></a>	<a href="#"><u>RUSSIAN</u></a>

### ENTRY FEE

**INDIVIDUAL: € 55** for each contestant

**PAIR: € 65** for each pair

**TEAM: € 75** for each team

**FREE STYLE:** - Individual: **€ 55** for each contestant  
 - Pair: **€ 65** for each pair  
 - Mixed Team: **€ 75** for each team

**PARA: € 55** for each contestant

Entry fees must be paid in Euro. Additional currency charges must be paid by the participating team/competitor. All currency charges which are charged to the account of the OC must be balanced cash during registration.

**Entry fees must be paid by bank before the deadline of March 8<sup>th</sup> on the following bank account:**

Name: **Vlaamse Taekwondo Bond vzw**  
 Address: H. Van Veldekesingel 150/73, B-3500 Hasselt  
 Bank: Belfius, Havermarkt 36-38, B-3500 Hasselt  
 Account: **BE21 0682 3723 0503**  
 Swift Code: **GKCCBEBB**  
 Reference: **BO 2017 + POOMSAE + team name**

A copy of the proof of payment must be sent to [belgianopen@taekwondo.be](mailto:belgianopen@taekwondo.be)

Entry fees are obligated at all times. There will be no refund if a registered competitor fails to show up for the competition!

In case the competitor has not been removed from the list of participants before the deadline his/her team or official must fully (100%) pay the entry fee(s) for participation. In case of no show the invoice will be send to the team after the tournament.

#### MODIFICATIONS

For all modifications that are to be made after the deadline, an administration fee of **€ 25** will be charged. This must be paid in cash at the registration.

#### COACH

For every 5 contestants within the same team, one coach is granted free admission, with a maximum of 3 coaches. An extra coach costs **€ 25**. Only competitors and coaches have admittance to the competition areas. Coaching is only allowed in sportswear (no dobok). All coaches must be 18 years or older!  
Coaches need GOL and Continental Coach License (if applicable).

#### HALL RULES

Only the competitors and their coaches have admittance with their registration cards to the contest areas.

#### SPECTATORS

Until 9 years old: admission is **free**  
10 years old and older: **€ 10 (for 2 days)**

#### PRESS

Filming and photographing is not allowed on the competition area, unless for press members. Recording from the public stands is only allowed for handy cam-type cameras. If you want to bring a photographer or a journalist, please mention it by e-mail: [belgianopen@taekwondo.be](mailto:belgianopen@taekwondo.be)

## 6. INTERNATIONAL REFEREES

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Invitations for International Poomsae Referees will be made by the Referee Director and the Organizing Committee.

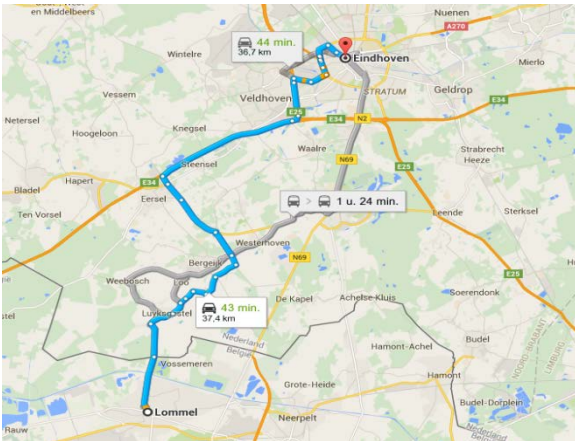
Hotel and full board accommodation from March 17-19<sup>th</sup> 2017 will be provided by the organization for international poomsae referees.



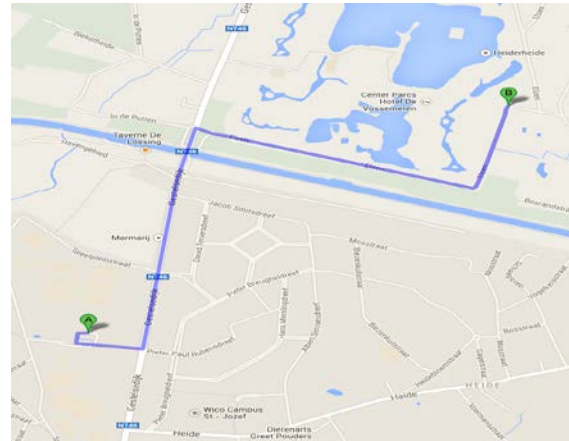
## 7. ACCOMMODATION AND TRANSPORT

To provide your team the best and most convenient accommodation facilities we offer special rates in **Center Parcs 'De Vossemeren'** and **Sunparks 'Kempense Meren'**. Sauna, hammam, massages, swimming pool, etc... are all available. **Check special price rates in attachment 3 or on the website [www.BelgianTaekwondoFederation.be](http://www.BelgianTaekwondoFederation.be)**

**If you are also participating to the 44<sup>th</sup> G1 Lotto Dutch Open 2017 one week earlier, you can have special rates during the week of 13-17 March as well. The distance of Eindhoven to Lommel is only 35km.**



Distance Eindhoven (Netherlands) to Lommel (Belgium)  
= **37 km / 43 minutes driving by car.**



Point A = Sports venue, Sportveldenstraat 10, Lommel  
Point B = Center Parcs, Elzen 145, 3920 Lommel  
= **3 km by car / 2 km by foot**

**Nearby airports:** Eindhoven: 34 km; Maastricht: 67 km; Brussels: 113 km

## 8. OTHERS

### FIRST AID

Will be provided by the organization and is only to be used in case of an emergency.

### INSURANCE

The organization and supervisor assume no responsibility for teams, any damages, violence, losses and injuries during the stay in Belgium. All contestants must bring their own documents and forms for any medical treatment in Belgium. If not, this will have to be paid in cash.

### VISA

If you need a VISA request, fill in attachment 2 and send it back to [belgianopen@taekwondo.be](mailto:belgianopen@taekwondo.be)

**ATTACHMENT 1: Declaration of consent from the parents or legal guardians for under aged participant**

As legal guardian, .....(First name + surname) Date of birth: ... /... / .....

Address: ....., Point of relationship: .....

I hereby declare with my consent that my son/daughter, ..... (First name + surname)

Date of birth: ... /... / ....., Address: .....

may participate as an active player at the 38<sup>th</sup> Belgian Open Poomsae 2017 on March 18<sup>th</sup> in Lommel (Belgium).

I do know that in Taekwondo injuries cannot be excluded. Neither the organizer or the promoter of the event can be held responsible for any damages or injuries and therefore.

I declare that there exists a valid insurance that will cover costs of possible injuries for my son/my daughter or that I will accept all costs in Connection with possible injuries or damages by myself.

I have read the competition conditions which are according to rules and regulation of the Flemish Taekwondo Union.

I have read the outline of the championships and all of the items of this outlines are known for me.

I recognize explicitly all the points of the outline.

In particular, I recognize unconditionally the liability of the organizer.

.....  
Place Date Signature of legal guardian

As legal guardian, .....(First name + surname) Date of birth: ... /... / .....

Address: ....., Point of relationship: .....

I hereby declare with my consent that my son/daughter, ..... (First name + surname)

Date of birth: ... /... / ....., Address: .....

may participate as an active player at the 38<sup>th</sup> Belgian Open Poomsae 2017 on March 18<sup>th</sup> in Lommel (Belgium).

I do know that in Taekwondo injuries cannot be excluded. Neither the organizer or the promoter of the event can be held responsible for any damages or injuries and therefore.

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I have read the competition conditions which are according to rules and regulation of the Flemish Taekwondo Union.

I have read the outline of the championships and all of the items of this outlines are known for me.

I recognize explicitly all the points of the outline.

In particular, I recognize unconditionally the liability of the organizer.

.....  
Place Date Signature of legal guardian

