



**6th Asian Taekwondo Poomsae Championships
Beirut, Lebanon / March 3rd, 2020**



January 2nd, 2020

To: Presidents of WT Asia Member National Associations

**Re: Invitation to the 6th Asian Poomsae Taekwondo Open Championships,
Beirut, Lebanon.**

Dear Colleagues,

We would like to inform you that as the instruction from World Taekwondo Asia to host the 6th Asian Taekwondo Poomsae Championships at the Nouhad Naufal Indoor Stadium, Beirut, Lebanon, on March 3rd, 2020.

It is our great pleasure to extend an official invitation to your association to participate in these prestigious events.

The Lebanese Taekwondo Federation is committed to make this event a successful one, we adhere the highest standards of preparation in order to create an ideal atmosphere for all participating athletes.

We are looking forward to seeing you in Beirut, Lebanon.

Sincerely yours,

A handwritten signature in blue ink, appearing to be "Dr. Habib Zarifeh".

Dr.Habib Zarifeh , President LTF



**6th Asian Taekwondo Poomsae Championships
Beirut, Lebanon / March 3rd, 2020**



OUTLINE

1. PROMOTER: WORLD TAEKWONDO ASIA

ADDRESS: 1E-3 Tancheon Main Stadium
215, Tancheon-ro, Bundang-gu, Seongnam-si,
Gyeonggi-do, Korea
TEL/FAX: +82 31 708 9994 / +82 31 709 9994
EMAIL: admin@wtasia.org

2. ORGANIZING COMMITTEE: LEBANESE TAEKWONDO FEDERATION

ADDRESS: Sin El Fil- Qubic Center-5th floor-section J , Beirut, Lebanon.
TEL/FAX: +961 71 464040
EMAIL: asianchampionships2020@gmail.com
administration@lebanesetaekwondo.org

3. VENUE: NOUHAD NAUFAL INDOOR SPORTS STADIUM

ADDRESS: Zouk MiKael, Joünié

4. DATE OF CHAMPIONSHIPS: March 3rd, 2020

5. QUALIFICATIONS:

In accordance with Article 4: Qualification of Contestant of the WT Poomsae Competition Rules, the contestant must be:

Criterion #1: Holder of the nationality of the participating team.

Criterion #2: One recommended by the WT National Taekwondo Association.

Criterion #3: Holder of Taekwondo Dan certificate issued by the Kukkiwon.

Criterion #4: Holder of the WT Global Athlete License (GAL).

Criterion #5: The age limits are based on the year 2020, not on the date. Poomsae (18 years old or older) contestants in the year of the 2020.
Athletes born before December 31st, 2002 are eligible.

6. COMPETITION RULES

- a. The WT Poomsae Competition Rules and Interpretation (**In force as of May 14, 2019**).
- b. The WT Athlete Classification Rules shall be applied.

7. METHOD OF COMPETITION FOR POOMSAE:

- The number of Court: 1 or 2 courts (depending on the number of players)

Recognized Poomsae Competition	Free Style Poomsae Competition
<p>- Two (2) Poomsae from designated Compulsory Poomsae will be decided by TD for each division must be performed for all competitions.</p> <p>Cut-off system</p> <p>1) Preliminaries: 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 two (2) assigned Compulsory Poomsae, the top half of each group shall advance to semi-final based on the points.</p> <p>2) Semi-final: In case nine (9) to 19 contestants/ pairs/teams are participating, competition shall start from semi-final. Contestants shall perform two (2) assigned Compulsory Poomsae and top eight (8) of them shall advance to final based on the points.</p> <p>3) Final: When eight (8) or less contestants/ pairs/teams are participating, competition shall start from final round. Contestants shall perform two assigned Compulsory Poomsae, and top four (4) contestants/pairs /teams shall be awarded based on the points. Bronze medals shall be given to the 3rd and the 4th contestants/pairs/teams.</p>	<p>1) Free Style Poomsae is the performance based on taekwondo techniques with composition of music and choreography.</p> <p>2) Composition of Free Style Poomsae</p> <p>2.1 Yeon-mu line shall choice of contestant</p> <p>2.2 Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WT Poomsae Committee, when contestant submits performance plan.</p> <p>2.3 Music and choreography shall be the choice of contestants</p> <p>Note: Music in USB (<u>sound without words</u>) should NOT contain any <u>political</u>, <u>social</u> and <u>religious</u> and any contents that may harm, discriminate or offend other.</p>

- Contest Time:

- 1) Recognized Poomsae: Individual, Pair, and Team competitions up to 90 seconds.
(Break time between 1st Poomsae and 2nd Poomsae is 30 to 60 seconds.)
- 2) Free Style Poomsae: Individual, Pair and Mixed Team competition from 90 seconds to 100 seconds.

8. CLASSIFICATIONS AND DIVISIONS:

*** Contestants may compete up to two divisions of competition.**

a. Recognized Poomsae Competition

1) Classifications

- Men's Individual
- Women's Individual
- Men's Team (3 Males)
- Women's Team (3 Females)
- Pair

2) Competition Divisions

DIVISION		UNDER 30	UNDER 40	UNDER 50	UNDER 60	UNDER 65	OVER 65
AGE		18-30	31-40	41-50	51-60	61-65	66 & OVER
INDIVIDUAL	MALE	1	1	1	1	1	1
	FEMALE	1	1	1	1	1	1

DIVISION		UNDER 30	OVER 30
AGE		18-30	31 & OVER
PAIR		2	2
TEAM	MALE	3	3
	FEMALE	3	3

3) List of Poomsae To Be Performed

Competition	Division	Compulsory Poomsae
Individual	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebak,

		Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taeback Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65	
	Over 65	
Pair	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Team	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

b. Freestyle Poomsae Competition

1) Classifications

- Men's Individual
- Women's Individual
- Pair
- Mixed Team

(Composition of 5 members including more than 2 males and 2 females)

2) Competition Divisions

Division		Over 17
Age		18 Years Old and Over
Individual	Male	1
	Female	1
Pair		2
Mixed Team		5 (+1 Substitute max.)

9. CONDITIONS FOR PARTICIPATING TEAMS

a. Round-trip airfare and accommodation charges of room and board shall be borne by the participating National Association.

b. Entry Fees for Poomsae: US\$ 100 per Athlete

The OC shall collect the entry fees from the participating national teams. The national team shall pay an entry fee to the OC in cash in US dollar at the accreditation center in Beirut prior to the start of the Championships. Athletes shall not be allowed to compete without successful payment of entry fees to the OC.

- Entry deadline is **February 15th, 2020** local time in Beirut and entry will be only accepted via online registration at <https://worldtkd.simplycompete.com>
- Entry submission after **February 15th, 2020** local time in Beirut will be not accepted under any circumstances.
- Entry fee of US\$ 100 per athlete will not be charged in case of cancellation of participation until **February 15th, 2020** local time in Beirut. Entry fee must be paid in case of the notice of cancellation of participating athletes or no show after **February 15th, 2020** local time in Beirut, Lebanon.

A corresponding amount will be charged accordingly by the OC at the accreditation center in Beirut if any team official who is not registered online wants to be accredited at the accreditation center Beirut. This shall apply even the total number of team officials do not exceed the designated number.

- c. Ground transportation: ground transportation will be provided for National Teams on arrival and departure, provided that the OC has been informed of the date, time, and flight number of the National Team's arrival and departure **no later than February 15th, 2020**. The OC will also provide ground transportation to and from all official hotels, training venue and the competition venue, provided that the National Teams stay at the host hotels.
- d. The participating teams are required to submit the hotel reservation to Organizing Committee not later than **February 15th, 2020**. The OC will provide the list of official hotels in due time.

10. TEAM ENTRIES

Member National Association can register online a maximum of:

POSITIONS	Max. No. of Members (MALE)	Max. No. of Members (FEMALE)
Head of Team	1	
Manager	1	1
Coach	3	3
Trainer	2	2
Team Medical Staff	3	3

11. CLASSIFICATION OF RESULTS

- Medals & Certificates:

- 1st Place Gold medal and Certificate
- 2nd Place Silver medal and Certificate
- 3rd Place Bronze medal and Certificate
- 4th Place Bronze medal and Certificate

- Trophies:

- Individual: For MVPs one male and one female in Recognized Poomsae,
one male and one female in Free- Style Poomsae
- Team award: 1st, 2nd, and 3rd place (Gold 7, Silver 3, Bronze 1,
one win (advance) 1, one participation 1 point.)

12. INTERNATIONAL REFEREES

WT Asia will appoint at least 43 International Referees (IR) including 2 Referee-Chairmen. The appointed IRs shall officiate at the 6th Asian Para Taekwondo Open Championships, 24th Asian Taekwondo Championships, 6th Asian Taekwondo Poomsae Championships and the following conditions shall apply.

- IRs are required to pay for their own round-trip airfares.
- The OC shall provide free accommodation, meals and transportation (Check-in: February 29th and Check-out: March 7th, 2020).
- The OC shall also pay a per diem of US\$100 to IRs for each competition day.

13. DRESS CODE FOR COACHES

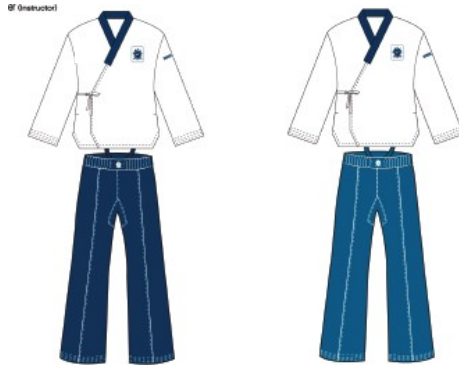
- Coaches must be appropriately attired in sportswear while accompanying their athletes. For semi-finals and finals, coaches are to wear formal jacket. Coaches who do not follow the dress code will not be allowed to enter the field of play.

14. WT-RECOGNIZED POOMSAE COMPETITION UNIFORM

- a.** Participating contestants must wear the WT-recognized Poomsae Competition uniform. Any contestants who do not wear WT-approved Poomsae competition uniform will not be permitted to compete. The latest version of WT-recognized manufacturers' list is available at the website of WT(<http://www.worldtaekwondo.org>).
- b.** Standardization for Poomsae Competition Uniforms: The mandatory

poomsae competition uniforms for competitors, have been standardized into two categories:

- c. **Senior Division** (Ages 18-49): White top with dark blue pants for males; white top with light blue pants for females.



- d. **Master Division** (Ages 50 and up): Yellow top and dark blue pants for both males and females.



15. IDENTIFICATION OF NOC CODE AND MANUFACTURER

- a. National flag shall be located between 3.5cm below the right shoulder line of upper garment. Flag size should be 10cm width x 7cm height. Please see attached guidelines on NOC code and national flag.



- b. NOC Code is a three-letter National Olympic Committee abbreviation, and it shall be printed at the back of the upper garment of Poomsae competition uniform in black color and centered 12cm from the top line of the upper garment within the size of 30cm width x 12cm height. The font of the letters shall be in bold “Verdana”. Please see attached guidelines on NOC code and national flag.



** For those MNAs who do not have IOC-recognized NOCs, please contact WT GMS Team for three- letter MNA code at sarvar.gms@worldtaekwondo.org or WT Sports &Event Management Department at sport@worldtaekwondo.org.*

- c. The number of manufacturer’s identification (name, designation trademark, logo or any distinctive sign of the manufacturer) shall be one per garment within 20cm² except at the location of the WT logo according to the related WT guidelines in force as of this event.
- d. The end of the belt must be at least 10cm or higher above the knee.

16. MEDICAL CONTROL

- For all 2020 WT Asia Taekwondo events, any use or administration of drugs or chemical substance described in the WT Anti-Doping Rules is prohibited. The WADA Anti-Doping Code shall be applied to these competitions.
- The OC shall be responsible for making all necessary preparations for conducting doping tests. The details of the WT Anti-Doping Rules shall be enacted as part of the bylaws.

17. TEAM DOCTOR ACCREDITATION

- At the time of submission of entry for team officials, copies of relevant and appropriate licenses of team doctor or physiotherapist written in English shall

be attached. After verification, special accreditation cards shall be issued to the team doctors and physiotherapists. Only those who have obtained proper accreditation shall be allowed to proceed to the competition area with the coach.

18. HEAD OF TEAM MEETING & DRAWING OF LOTS

- The Head of Team Meeting and Drawing of lots shall be conducted on **March 1st, 2020** for Poomsae and Kyorugi competitions.
- At the end of the designated registration date, the OC shall announce the list of registered contestants in each weight category on the official website of the OC/WT Asia. Participating teams are responsible to confirming their entries before the drawing of lots.
- The drawing of lots shall be conducted by random computerized drawing.
- A certain number of contestants shall be seeded based on the WT Ranking.

19. INDEMNITIES

- The respective Member National Associations shall be responsible for ensuring that their participants have validly completed and signed the official participation forms, thus indemnifying the organizers and its officials and/or staff/ volunteers, WT, WT Asia and/or its officials/ staff, any Technical Officials and other contestants of the Championships from any claims of injuries, losses, fatalities or otherwise arising in the course of participation in these championships or any activities thereto.
- The respective Member National Associations shall be responsible for ensuring that all officials and participants are covered with effective insurance coverage.
- Participants without proper participation entry forms and effective insurance coverage will not be allowed to compete at the championships.

20. NATIONAL FLAG AND ANTHEM

- Every participating MNAs are required to bring along the following items for use at the Opening and/or Closing ceremonies:
 - + Two (2) IOC-recognized national flags, Size: 90cm x 130cm
 - + USB or (CD/DVD) of the pertinent IOC-recognized national anthem

21. VISA/ACCOMMODATION/LOCAL TRANSPORTATION:

- All matters pertaining to hotel booking, visa and ground transportation should be filled directly through GMS. Please fill out the relevant forms:
- Visa form is attached.
- Accommodation/Transportation Form is attached.
- Participating teams are requested to fill out the “Accommodation/Transportation Form” completely so that the OC can arrange local transportation. Local transportation may not be provided by the OC for the teams that do not send this form.

22. ATHLETE REPLACEMENT

In the event that the registered athletes should be replaced by another due to injuries, the Member National Association can officially request to the WT Asia for the replacement by no later than **February 15th, 2020** by submitting ‘Late athlete replacement form’ together with certification from the medical doctor in the language of the pertinent country and also in English to admin@wtasia.org with attention to WT Asia Secretary General. The decision on the acceptance will be made after evaluation of the submitted documents.

EVENT SCHEDULE

(schedule may subject change)

Date	Time	Event	Place
29 February Saturday	All Day	Team Arrival	Beirut Airport
	09:00 – 21:00	Registration of Teams	Host Hotel
01 March Sunday	08:00 – 10:00	WT Asia Council Meeting	Host Hotel
	11:00 – 13:00	WT Asia General Assembly	
	13:00 – 14:30	WT Asia Luncheon	
	10:00 – 12:00	International Referee Training (Theory)	
	14:00 – 16:00	International Referee Training (Practical)	
	09:00 – 21:00	Registration for all players	
	09:00 – 17:00	Athlete Classification (Para Taekwondo)	
02 March Monday	17:00 – 19:00	Head of Team Meeting and Drawing of lots for Kyorugi, Poomsae & Para	Nouhad Naufal Stadium
	09:00 – 12:30	Para Taekwondo Competition	
	12:30 – 13:30	Lunch Break	
	13:30 - 19:00	Para Taekwondo Competition	
03 March Tuesday	19:00 – 20:00	Awarding Ceremony for Para Taekwondo	Nouhad Naufal Stadium
	09:00 – 12:30	Poomsae Competition - Preliminaries to Quarter Final for Poomsae	
	12:30 – 13:30	Lunch Break	
	13:30 – 18:30	Semi-Finals (Poomsae)	
	15:00- 17:00	Official Weigh-in [Men: -54kg, -68kg, -87kg] [Women: -46kg, -53kg, -57kg, -73kg]	
	18:30 – 19:30	Finals (Poomsae)	
04 March Wednesday	19:30 -20:30	Awarding Ceremony	Nouhad Naufal Stadium
	08:00 – 8:30	Random Weigh-in	
	09:00 – 12:30	Kyorugi Competition – Day 1, Preliminaries to Quarter Finals [Men: -54kg, -68kg, -87kg] [Women: -46kg, -53kg, -57kg, -73kg]	
	10:00 – 12:00	Official Weigh-in [Men: -58kg, -74kg, +87kg]	

		[Women: -49kg, -62kg, +73kg]	
	12:30 – 13:30	Lunch Break	
	13:30 - 19:00	Quarter Finals	
	19:00 – 21:00	Semi Final & Final	
	21:00 – 22:00	Awarding Ceremony	
05 March Thursday	08:00 – 8:30	Random Weigh-in	Nouhad Naufal Stadium
	09:00 - 12:30	Kyorugi Competition – Day 2 Preliminaries to Quarter Finals [Men: -58kg, -74kg, +87kg] [Women: -49kg, -62kg, +73kg]	
	10:00 – 12:00	Official Weigh-in [Men: -63kg, -80kg] [Women: -67kg]	
	12:30 – 13:30	Lunch Break	
	13:30 – 16:00	Quarter Finals	
	16:00 – 17:00	Opening Ceremony	
	17:00- 20:00	Semi Final & Final Matches	
	20:00 – 21:00	Awarding Ceremony	
06 March Friday	08:00 – 8:30	Random Weigh-in	Nouhad Naufal Stadium
	09:00 – 13:00	Kyorugi Competition – Day 3 Preliminaries to Finals [Men: -63kg, -80kg] [Women: -67kg]	
	13:00 – 14:00	Lunch Break	
	14:00 – 20:00	Team Competition (Kyorugi)	
	20:00 – 21:00	Final Awarding Ceremony	
07 March Saturday	All Day	Team Departures	Beirut Airport

FREE STYLE POOMSAE PERFORMANCE PLAN

*Please fill out required information and Freestyle Poomsae performance plan, and send it to asianchampionships2020@gmail.com by no later than February 15th, 2020.

Name of Association					
Title of Free style Poomsae					
Number of team members		Male ()		Female ()	
Name of Music					
Division	Individual	Male	Female	Pair	Mixed Team
Contact Person					

Subject:	<i>(Please briefly explain the theme of performance)</i>
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Performance Plan	
Performance 1 Jumping kicks (Side kick) Performance 2 Multiple kicks in a jump (Front kick) Performance 3 Turning kicks (Spinning hook kick or turning kick) Performance 4 Performance level of consecutive kicks (Kyorugi style kick) Performance 5 Acrobatic kicks	<i>(Please describe your performance plan keeping the order of the requirements 1-5 indicated in the left column)</i>
Key point of your performance	

LATE ATHLETE REPLACEMENT FORM

**To: Prof. Kyu Seok LEE, President of WT Asia
6th Asian Taekwondo Poomsae Championships.**

SUBSTITUED ATHLETE (to be removed from team list)

NAME OF NATIONAL ASSOCIATION	
ATHELTE NAME (Family name in capital letter)	
Gender	___MALE ___FEMALE
WT GAL Number	
Date of Birth	(Day/ Month/ Year)
Weight Division	(KG)
Date and place of Injury	
Medical Condition	
Name of MNA President	
Signature of MNA President	

**A separate certificate by the medical doctor on the athlete's injury and medical condition should be attached in the language of the pertinent country and in English.*

SUBSTITUED ATHLETE (to be added to team list)

NATIONALITY		PHOTO
ATHELTE NAME (Family name in capital letter)		
Gender	___MALE ___FEMALE	
WT GAL Number		
Date of Birth	(Day/ Month/ Year)	



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Beirut, Lebanon / March 3rd, 2020



Country of Birth	
Weight Division	(KG)
Passport Number	
Kukkiwon Dan Certificate Number	

MNA PRESIDENT SIGNATURE & STAMP _____

** IMPORTANT: This form will be accepted only if medical confirmation in writing in English from the responsible medical doctor is attached to this form after due evaluation of WT Asia.*