

**COAS  
PAKISTAN**



**OPEN TAEKWONDO  
CHAMPIONSHIP  
2021**

Pakistan Taekwondo would like to welcome you to the  
**COAS Pakistan Open Taekwondo Championship**

Islamabad, Pakistan

06 November - 08 November 2021

Pakistan Sports Complex, Islamabad

**SANCTIONED BY**



**ORGANIZED BY**



**Pakistan Taekwondo Federation**

255, R. A. Bazar

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**Presidents/ Secretary Generals**  
WT Member National Associations



**Subject: Invitation - COAS Pakistan Open Taekwondo  
Championship 2021, Islamabad, Pakistan.**

Dear Colleagues,

With immense pleasure and honor I like to invite you and your team to COAS Pakistan Open 2021 which is a WT G1 event duly approved by WT Asia/ WT. This is first ever Open Taekwondo Championship which is going to be held in Islamabad, Pakistan from 06 - 08 November 2021.

Pakistan Taekwondo is a proud member of World Taekwondo Community/ WT. My management team is committed to make this event a successful one by adhering the highest standards of preparation in order to create an ideal atmosphere for all participating teams.

We are looking forward to welcoming you in Islamabad, Pakistan.

Best Regards,

**Lt. Col Wasim Ahmed (R)**

President

Pakistan Taekwondo Federation

**Promoter:** Pakistan Taekwondo Federation /  
South Asian Taekwondo Association

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**Website:** [www.pakistantaekwondo.com](http://www.pakistantaekwondo.com)

**Organizing MNA:** Pakistan Taekwondo Federation

**Date:** 06 November to 08 November 2021

**Venue:** Liaqat Gymnasium, Pakistan Sports Complex, Islamabad

**Competition Rules:** WT Competition Rules

**Method of competition:** A single elimination tournament according to the regulations of the KPNP PSS and Video Replay.

**Complementary:** **(Only National Teams register by respective MNAs)**



## OFFICIALS

Each team is allow to have the following officials:

1	Head of Team	1
2	Team Manager	1
3	Coaches	2
4	Doctors/ Physio	1

## QUALIFICATIONS

An approved 2021 WT Global License (WT Global Athlete License OR Global Official License) is required by all athletes and officials who wish to register for the COAS Pakistan Open Taekwondo Championship 2021.

Senior (Male/ Female)

KUKKIWON Black Belt Only

## COMPETITION RULES

Latest WT Competition rules (In Force As Of May 15, 2019) will be enforced and KPNP electronics protectors and video replay will be used.

## AGES

Senior (Male/ Female)

17 years and over

(2004 and before)

## SPARRING DIVISIONS - WEIGHT CATEGORIES

Not Over/ Exceeding means the weight limit is defined by the criterion of one decimal place away from the stated limit. For Example, not exceeding 50kg is established as until 50.0kg with 50.1kg being over the limit resulting in disqualification.

### SENIOR (17 & Above) SPARRING

(3 ROUNDS, 2 MINUTES Or as Decided by TD / Referee's Meeting)

CLASSES	MALE DIVISIONS WEIGHT CATEGORY (KG)	CLASSES	FEMALE DIVISIONS WEIGHT CATEGORY (kg)
Under 54kg	Not Over 54kg	Under 46kg	Not Over 46kg
Under 58kg	Over 54kg & Not Over 58kg	Under 49kg	Over 46kg & Not Over 49kg
Under 63kg	Over 58kg & Not Over 63kg	Under 53kg	Over 49kg & Not Over 53kg
Under 68kg	Over 63kg & Not Over 68kg	Under 57kg	Over 53kg & Not Over 57kg
Under 74kg	Over 68kg & Not Over 74kg	Under 62kg	Over 57kg & Not Over 62kg
Under 80kg	Over 74kg & Not Over 80kg	Under 67kg	Over 62kg & Not Over 67kg
Under 87kg	Over 80kg & Not Over 87kg	Under 73kg	Over 67kg & Not Over 73kg
Over 87kg	Over 87kg	Over 73kg	Over 73kg

## REGISTRATION

Registration is only accepted through the WT Event Registration system

<https://worldtkd.simplycompete.com>

DEADLINE for online registrations is **15<sup>th</sup> October 2021**.

## **PROTECTIVE EQUIPMENT & UNIFORM**

The Participants shall wear the WT recognized Taekwondo Uniform. KPNP PSS will be used in this tournament and will be provided by the OC. All athletes must bring their own KPNP sensor socks. WT recognized Groin/ Forearm/ Shin Guards/ Gloves and Mouth Guard are compulsory and must be brought by the contestants. Mouth piece must only be white or transparent.

## **EVENT ADMISSION FEES**

Event Admission Fees is US\$70/- which can be deposited directly to the host country/ MNA at the venue.

**IMPORTANT:** If the athlete registered online does not take part in the competition for some reason, but he/she has not been removed from the list of participants before deadline(date) his/her Team officially must fully 100% pay his/her entry fee for the participation.

## **INTERNATIONAL REFEREES:**

1. The Round-trip airfares shall be borne by each participating International Referee.
2. The Organizing Committee will provide each participating International Referee with a daily allowance of US\$100 for (3) days of competition.
3. Boarding/ Lodging will be provided for 6 days (4-9 Nov 2021).

## **CLASSIFICATION OF RESULTS/ MEDALS/ TROPHIES/ CERTIFICATES**

Medals will be awarded to the top 4 athletes in their respective weight divisions. Top 3 Teams will be awarded Trophies and Cash prize and Trophies will also be given to Emerging Team and Best Discipline Team of the tournament. Team's standing will be determined by WT rules & regulations. Officials and Referees will also be honored with souvenir.

## **DRAW SHEETS & BRACKET PUBLICATION**

The draw sheets and brackets will be published daily, one (1) day before the start of competition at 08:30 am and will be available on the venue.

## WEIGH-IN/ RANDOM WEIGH-IN

Weigh-in will be done one day prior to the respected weight competition in accordance with the daily schedule mentioned bellow. For Random Weigh-in selected athletes must be present on the venue at 09:00 am sharp. The names of the athletes selected for the Random weigh-in will be published at 08:30 am on the competition day and will be available on the venue.

## SCHEDULE

### Thursday, 05 November 2021

<b>Arrival of Teams (04/ 05 Nov 2021)</b>		<b>Weighing Categories: (Male &amp; Female) (05 Nov)</b>
		<ol style="list-style-type: none"> <li><b>Senior</b> (Male) – (-54, -68)</li> <li><b>Senior</b> (Female) – (-46, -57)</li> </ol>
<b>09:00am-06:00pm</b>	Open Training	Pakistan Sports Complex
<b>10:00am-06:00pm</b>	Credential Pick Up	Serena Hotel
<b>12:30pm-02:00pm</b>	Lunch Break	Respective Hotels/ Mess
<b>02:00pm</b>	Competition	Liaquat Gymnasium PSB
<b>03:00pm-06:00pm</b>	Weigh-in For 06 Nov Competition Categories	Serena Hotel
<b>05:00pm-07:00pm</b>	Managers/ Coaches Meeting (Senior/ Junior)	Serena Hotel
<b>06:00pm-07:30pm</b>	Referee Meeting/ Training	Margallah Hotel

### Saturday, 06 November 2021

<b>Competing Categories: (Male &amp; Female)</b>		<b>Weighing Categories: (Male &amp; Female)</b>
	<ol style="list-style-type: none"> <li><b>Senior</b> (Male) – (-54, -68)</li> <li><b>Senior</b> (Female) – (-46, -57)</li> </ol>	<ol style="list-style-type: none"> <li><b>Senior</b> (Male) – (-58, -74, -87)</li> <li><b>Senior</b> (Female) – (-49, -62, -73)</li> </ol>
<b>08:30am</b>	Doors Open for Competitors	Liaquat Gymnasium PSB
<b>09:30am</b>	Competition Begins	Liaquat Gymnasium PSB
<b>12:30pm-02:00pm</b>	Lunch Break	Respective Hotels/ Mess
<b>02:00pm</b>	Competition	Liaquat Gymnasium PSB
<b>03:00pm-05:00pm</b>	Weigh-in For 07 Nov Competition Categories	Liaquat Gymnasium PSB
<b>05:30pm-07:00pm</b>	Opening Ceremony	Liaquat Gymnasium PSB
<b>07:30pm</b>	Dinner	Liaquat Gymnasium PSB

## Sunday, 07 November 2021

<b>Competing Categories:</b> (Male & Female)		<b>Weighing Categories:</b> (Male & Female)
1. <b>Senior</b> (Male) – (-58, -74, -87)		1. <b>Senior</b> (Male) – (-63, -80, +87)
2. <b>Senior</b> (Female) – (-49, -62, -73)		2. <b>Senior</b> (Female) – (-53, -67, +73)
<b>08:30am</b>	Doors Open for Competitors	Liaquat Gymnasium PSB
<b>09:30am</b>	Competition Begins	Liaquat Gymnasium PSB
<b>12:30pm-02:00pm</b>	Lunch Break	Respective Hotels/ Mess
<b>02:00pm</b>	Competition	Liaquat Gymnasium PSB
<b>02:00pm</b>	Competition	Liaquat Gymnasium PSB
<b>03:00pm-06:00pm</b>	Weigh-in For 08 Nov Competition Categories	Liaquat Gymnasium PSB
<b>07:00pm</b>	Medal Ceremony	Liaquat Gymnasium PSB

## Monday, 08 November 2021

<b>Competing Categories:</b> (Male & Female)		<b>Prize Distribution Ceremony</b>
1. <b>Senior</b> (Male) – (-63, -80, +87)		
2. <b>Senior</b> (Female) – (-53, -67, +73)		
<b>08:30am</b>	Doors Open for Competitors	Liaquat Gymnasium PSB
<b>09:30am</b>	Competition Begins	Liaquat Gymnasium PSB
<b>12:30pm-02:00pm</b>	Lunch Break	Respective Hotels/ Mess
<b>02:00pm</b>	Competition	Liaquat Gymnasium PSB
<b>07:30pm</b>	Prize Distribution Ceremony	Liaquat Gymnasium PSB

## Tuesday, 09 November - Departure of Teams

### LIBILITIES:

Each participating team is fully liable for sustain injury or medical insurance to their pertinent contestant during the course of participation. However, the OC will ensure the safety and provision of Doctor / First Aid.

### MEDICAL CONTROL:

Uses of any drugs or chemical substances are strictly prohibited; offences shall be subjected to the disciplinary action according to the prescribed Anti-Doping Rules & Regulations.



## COACHING REQUIREMENTS

INTERCONTINENTAL COACH CERTIFICATION: Starting from January 1st 2021 WT [Level I] Coach Certificate or above is mandatory for officiating at WT promoted, sanctioned and recognized competitions.

All coaches must be in good standing with their MNA and holder of current World Taekwondo Global License. Coaches will be required to upload a copy of their certification to the WT Global License.

## VISA

<https://visa.nadra.gov.pk/other-visa/>

Kindly check the listed countries which can have the Visa on Arrival. The Form is available at GMS website. Last date to accept the visa request is **10 September 2021**.

Visitors to Pakistan typically must obtain a visa from one of the Pakistani diplomatic missions. Pakistani missions abroad offer various categories of visas, with some travelers eligible for visa on arrival if traveling as part of a group tour, or for business. Pakistan also offers electronic visa application and electronic travel authorization for issuance of visa on arrival.

Applicants must typically apply for visas in their country of origin, but may apply from a third country if they are legal permanent residents of that country.



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