

**30<sup>th</sup> ITF Taekwon-Do**

**Belgian  
Championships**



**2020**

<b>Date</b>	<b>Sunday, February 16th 2020</b>
<b>Location</b>	Stedelijk Jeugd- en Sportcentrum Sportlaan 2 9160 Lokeren
<b>Competition</b>	Open to all members ITF-Belgium with a valid license & insurance 2020 Instructors are responsible for the membership and insurance of their participants
	Competition in tul, teamtul, Pre-arranged free sparring, kids sparring, sparring, special techniques and power breaking
<b>Spectators</b>	Fee to enter the tribunes: 3€ Spectators will not be allowed into the competition area
<b>Categories</b>	Kids (3-7), youth (8-13), junior (14-17) and senior (18 and above)
<b>Organization</b>	Ge-Baek ITF Taekwon-Do Lokeren in cooperation of the ITF-Belgium TUC
<b>With the help of</b>	 <p>The logos for the organizing partners are displayed. The top logo is for 'Lokeren Sportraad', featuring the word 'Lokeren' in a small font above 'Sportraad' in a larger green font, with a green swoosh underneath. The bottom logo is for 'FROS', consisting of a stylized orange figure and the word 'FROS' in a bold, dark blue font.</p>

**Ge-Baek ITF Taekwon-Do Lokeren**

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**ITF-Belgium TUC**

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<b>Weigh-in &amp; registration</b>	8.30 - 9.15
<b>Coach &amp; umpire meeting</b>	8.45
<b>Start of the competition</b>	9.30
<b>Inscription fees</b>	22,50€
<b>Inscriptions</b>	<a href="https://www.sportsdata.org/taekwondo_itf/">https://www.sportsdata.org/taekwondo_itf/</a>
<b>Closing date for all entrees</b>	<b>February 6th 2020</b>

All inscription fees need to be transferred to the TUC ITF-Belgium **February 6th 2020** latest, with inclusion of the name of the participating school and 'Belgian Championships 2020'.

Account number: BE27 0017 1311 4673

- Due to the online registration, inscriptions will not be possible after the deadline.
- Ge-Baek, The ITF-Belgium TUC, ITF-Belgium, ITF-Vlaanderen and ITF Wallonie are not responsible for insurances, memberships and injuries.
- During the championship the organisation will take pictures and movies, with the intention to publish them. Persons that do not agree have to inform the photographers themselves.
- Per club subscribed max. one photographer will be allowed into the competition area.
- On the day of the competition changes will NOT BE POSSIBLE. Out of height/weight = out of competition!

## Rules & regulations

- The ITF competition rules will be used.
- HARD CONTACT WILL NOT BE ALLOWED.
- All competitors have to wear an official dobok and ITF approved safety-equipment according to the ITF rules. Semi-contact feet protection & gloves, covering fingers, no boxing gloves, groin guard (males), head gear, moth guard (transparent, not coloured nor white). Shin protection is allowed. Female competitors: white T-shirt under the jacket, male participants: no T-shirt allowed.

## Umpires

- All referees have to wear the dress requirements as laid down in the ITF umpire rules: blue trousers and jacket, blue tie, white long-sleeved shirt, white sport shoes, white socks.
- Lunch and drinks will be provided by the organization.

Every participating school has to bring, at least

<b>1-5 participants</b>	1 FT referee
<b>6-20 participants</b>	2 FT referees
<b>21-30 participants</b>	3 FT referees
<b>31-40 participants</b>	4 FT referees
<b>41 participants or more</b>	5 FT referees

## Coaches

- Coaches need to have a towel.
- Coaches have to wear a track suit or T-shirt and sport shoes. A dobok, bare feet or slippers are not allowed.
- Coaches need to take care their competitors are ready at the ring at the start of the category!

## Tul

Separate classes for kids & youth (6-13), junior(14-17) and senior (18 and above)

<b>10-9 kup</b>	1 optional tul, sayi chirugi to Chon-ji
<b>8-7 kup</b>	1 optional tul, Chon-ji to Do-san
<b>6-5 kup</b>	1 optional tul, Chon-ji to Yul-gok
<b>4-3 kup</b>	1 optional tul, Chon-ji to Toi-gye
<b>2-1 kup</b>	1 optional tul, Chon-ji to Choong-moo

**In the case of a draw, the referees will choose an extra (designated) tul**

<b>I° degree</b>	2 designated tul, the first one being one of the 3 tuls according to the grade, the second one Chon-ji to Ge-Baek
<b>II° degree</b>	2 designated tul, the first one being one of the 3 tuls according to the grade, the second one Chon-ji to Juche
<b>III° degree</b>	2 designated tul, the first one being one of the 3 tuls according to the grade, the second one Chon-ji to Choi-Yong
<b>IV°-VI° degree</b>	2 designated tul, the first one being one of the 3 tuls according to the grade, the second one Chon-ji to Moon-Moo

If there's only one competitor in the category, classes will be put together.

At least 3 competitors per category needed.

When 3 competitors in the category, league-system will be used.

## Teamtul

- Separate classes for youth (6-13) and junior/senior.
- Each team may consist of 3, 4 or 5 participants, female, male or mixed.
- A maximum of 3 teams per category per school will be accepted.
- Separate classes for white-green belts and blue-black belts.
- If there's only one team in the category, classes will be put together.

## Kids sparring (3-7)

- **Without contact.**
- One category for all female and male participants 3-7 years, regardless of the belt.
- Referees will evaluate technical performance, sportivity, originality, creativity and perseverance.
- Duration of the bouts, final included: 1 x 1 minute. In the case of a draw, there will be an extra bout of 1 minute. In the case of a second draw, the center referee will decide on the winner.

## Sparring

Separate classes for youth (8-13), junior (14-17) and senior (18 and above).

Separate classes for 10-7 kup, 6-3 kup, 2 kup-VI° degree

Separate classes for female & male competitors

<b>Duration of the bouts</b>	Youth, final included: 1 x 1,5 minute Junior and senior: 1 x 2 minutes, final 2 x 2 minutes
<b>Heights/Weights</b>	
<b>Youth female</b>	-120cm, -130cm, -140cm, -150cm, -160cm, -170cm, +170cm
<b>Youth male</b>	-120cm, -130cm, -140cm, -150cm, -160cm, -170cm, +170cm
<b>Junior female</b>	-45kg, -50kg, -55kg, -60kg, -65kg, +65kg
<b>Junior male</b>	-50kg, -56kg, -62kg, -68kg, -75kg, +75kg
<b>Senior female</b>	-50kg, -56kg, -62kg, -68kg, -75kg, +75kg
<b>Senior male</b>	-57kg, -63kg, -70kg, -78kg, -85kg, +85kg
If there's only one competitor in the category, classes will be put together. At least 3 competitors per category needed.	

## Special techniques

- Separate classes for female and male, separate classes for youth (6-13) -150cm, youth (6-13) +150cm, junior (14-17) and senior (18 and above). No separate classes according to grade.
- Technique: twio nomo yop chagi
- Procedures: according to the ITF competition rules.
- If there's only one competitor in the category, classes will be put together.

Starting heights

<b>Youth female -150cm</b>	70cm
<b>Youth female +150cm</b>	85cm
<b>Youth male -150cm</b>	90cm
<b>Youth male +150cm</b>	100cm
<b>Junior female</b>	110cm
<b>Junior male</b>	130cm
<b>Senior female</b>	120cm
<b>Senior male</b>	140cm

## Power breaking

- Only open to junior (14-17) and senior (18 and above), 4 kup and above.
- Separate classes for junior & senior, separate classes for female and male, no separate classes according to grade.
- If there's only one competitor in the category, classes will be put together.
- Procedures: according to the ITF competition rules.

	Senior male	Senior female	Junior male	Junior female
<b>yopcha chirugi</b>	2 boards	1 board	2 boards	1 board
<b>sonkal taerigi</b>	2 boards	1 board	1 board	/
<b>dollyo chagi</b>	2 boards in the case of a tie	1 board in the case of a tie	1 board in the case of a tie	1 board in the case of a tie

## Pre-arranged free sparring

- Only open to junior (14-17) and senior (18 and above), 4 kup and above.
- Teams may consist of 2 male competitors, 2 female competitors or mixed, 2 juniors, 2 seniors or mixed.
- One category for all participants.
- Procedures: according to the ITF competition rules.
- A maximum of 3 teams per school will be accepted.

Looking forward welcoming you and your students in Lokeren at the 30th Belgian Championships on February 16th 2020.

With kind regards,

Master Annick Van Driessche