



Taekwondo Scotland Championships

Farpais Taekwondo Alba

1st & 2nd September 2018

**Ravenscraig Regional Sports Facility,
Motherwell, Scotland**



Images courtesy of Reflex Graphics

ENTRY INFORMATION



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Foreword

Dear Taekwondo Friends,

It is our pleasure to welcome you to the 2018 Taekwondo Scotland Championships.

The 2017 Scottish Championships was the most successful and popular taekwondo championships so far in Scotland. The move to Ravenscraig, with its superior facilities and location, was universally welcomed.

This success means that this year's championships will be a British Taekwondo Cadet Programme selection event.

As before, we will be using full electronic scoring for both poomsae and kyorugi.



British Taekwondo's experienced poomsae and kyorugi officials, will ensure the highest standard of refereeing and judging.

We look forward to welcoming you all.

Yours sincerely,

Organising Committee

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<http://www.wearereflex.com/>

VENUE

REGIONAL SPORTS FACILITY
RAVENS CRAIG

PROMOTER



PARTNER



**OFFICIAL
SUPPLIER**



1 Host

Taekwondo Scotland®

2 Event Director

Grandmaster David Bailey (8th Dan)

Tel. +44(0)1324 557004; +44(0)7812 580898

Email centralkd@outlook.com

3 Dates

Saturday, 1st September 2018 (Poomsae)

Sunday, 2nd September 2018 (Kyorugi)

4 Venue

Ravenscraig Regional Sports Facility, O'Donnell Way, Motherwell, ML1 2TZ

Tel. +44(0)1698 640800

Email ravenscraigrecp@nleisure.com

5 General

This competition is a ranking event for the British Taekwondo National Championships.

The organisers reserve the right to make any necessary changes to the format or arrangements for this event.

6 Poomsae Officials**6.1 Competition Management**

Master Glen Culbert

6.2 Referee Director

Grandmaster Tong Wan Shin

7 Kyorugi Officials**7.1 Competition Management**

Brian Tilley

7.2 Referee Director

James Lewsley

8 Qualifications**8.1 Competitors**

- (a) All competitors must be members of British Taekwondo or the WT-affiliated Member National Federation for the country in which they reside. Members of British Taekwondo should enter their correct membership (M) number when registering. If a false number is entered, the player will fail the audit and fees will not be refunded.
- (b) Global Athlete Licences (GALs) are not required.
- (c) Competitors should enter under their individual clubs and state the names of the club and their country at registration.
 - (i) Clubs may not combine or enter as an association or squad.
 - (ii) For poomsae, mixed club teams or pairs from different clubs will be eligible for team trophy points. The points will be split evenly between the clubs.
- (d) Coaches should ensure that all memberships are applied for and renewed in plenty of time to ensure that players are cleared to compete.

8.2 Coaches

- (a) One (1) coach will be accredited for every five (5) competitors entered and granted free admission. There can be a maximum of four (4) coaches per team for Kyorugi and two (2) for Poomsae.
- (b) The minimum age for a coach is 18 years.
- (c) Coaches will only be permitted at ringside in sportswear.
- (d) All coaches must register in advance on www.ma-regonline.com providing correct information. On the deadline date, the information entered will be passed to British Taekwondo for completion of the audit. Coaches who have entered incorrect information or who fail the audit will not be allowed to coach.

9 Protests

Only the Head Coach is allowed to protest to the Competition Supervisory Board, immediately after the end of the contest in question. A fee of £75.00 will be paid for each protest lodged. The decision of the Referee Chairman is final.

10 Referees

International and National Referees or Judges who wish to participate in this event should contact the following directly:

Poomsae	Grandmaster Tong Wan Shin	tongwanshin@gmail.com
Kyorugi	James Lewsley	lewsley@msn.com

11 Entry Fees

- (a) The entry fees are listed in Sections 14 (Poomsae) and 15 (Kyorugi).
- (b) Payment is required from teams within 14 days of being entered into the event on line. Send payments to:

Name:	British Taekwondo Control Board - Scotland
Account number:	30030206
Sort code:	822000
IBAN:	GB22CLYD82200030030206
BIC:	CLYDGB21450

Please put your Club Name as reference for the transfer. Email Lisa Smith (lisa.smith1@outlook.com) when payment has been made.

- (c) Players who fail the audit or withdraw after the deadline are still to be paid for.

12 Admission (Spectators)

Tickets are available on the door only. (Cash only)

Adults:	£7.00	(16 year olds and older)
Children:	£3.00	(15 years old and below)

13 Photography and video recording policy

- (a) By registering to compete or coach at the event, you agree to have your image taken by both the press and members of the public while you are in the venue.
- (b) In addition, you agree to have your image shown on video, TV and online.

14 Poomsae Championships

(Saturday 1st September 2018)

14.1 Registration

- (a) Online registration www.poomsae-reg.com.
- (b) The deadline for registrations is 17th August 2018.
- (c) The entry fee are as follows:

Individual	£30
Pair (per pair)	£20
Team (per team)	£30
Para-Division	£30
Freestyle	£30
Freestyle Pair (per pair)	£20
Freestyle Team (per team)	£30
- (d) The deadline for payments of entry fees is Friday 17th August 2018.
- (e) Please ensure that all details entered online are correct.
- (f) All emails will be sent to Club Instructors and not individual players.
 - (i) Any corrections/amendments must be made by 10 days before the event.
 - (ii) The final player list will be emailed 7 days before the event.
 - (iii) Any changes 3 days before event will incur a £20 administration cost.
 - (iv) Any changes on the day will incur a £30 administration cost.

14.2 Information needed for online registration

For your online registration you will need to have the following information:

- (i) Coaches' details (maximum of 2 per club)
(Coaches of UK Competitors must have valid BT instructor's indemnity insurance for students to enter.)
- (ii) Student's full name
- (iii) Student's correct date of birth
- (iv) Student's correct grade/belt
- (v) UK Competitors only: Student's British Taekwondo membership (M) number.
(Competitors' membership must be current.)

14.3 Competition Rules & Method

- (a) WT Competition Rules will be used.
- (b) WT-recognised uniform will be worn. Poomsae doboks are encouraged but, in the interests of promoting new clubs/competitors, standard WT doboks are allowed.
- (c) Age categories are based on year of birth, not the actual age at the time of the competition. See Sections 14.5 and 15.5.
- (d) Participating teams will be informed about the compulsory poomsae by e-mail on Wednesday 29th August 2018.



14.4 Method of competition

Cut-Off System will be used. There should be a minimum of eight (8) players, pairs or teams in each category.

- 1st Round** If there are 20 or more competitors in a division then the competition will start in this round.
Two assigned compulsory Poomsae will be required to be performed with a one minute rest period in between.
- 2nd Round** The top 50% of the competitors with the highest scores from the 1st round will qualify for this 2nd round (including competitors with equal scores).
Two assigned compulsory Poomsae will be required to be performed with a one minute rest period in between.
- Final Round** The top 8 competitors (with the highest scores) from the 2nd round will qualify for this round.
Two assigned compulsory Poomsae will be required to be performed with a one minute rest period in between.
- Final** Divisions may start in the final if there are 8 entrants or less. 9 entrants or more will start in the 2nd Round.
- Compulsory Poomsae** All competitors must perform the compulsory Poomsae and if they cannot do so they will be disqualified.
All compulsory Poomsae shall be drawn, set and announced by the Organising Committee 3 days before the competition.

14.5 Dan/Poom Divisions (Contestants can only enter a division once)

Division				Compulsory Poomsae
Individual (Male & Female)	Mini	8–11 yr	Born 2007–2010	Taegeuk 4, 5, 6, 7, 8; Koryo
	Cadet	12–14 yr	Born 2004–2006	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang
	Junior	15–17 yr	Born 2001–2003	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	Under 30 yr	18–30 yr	Born 1988–2000	Taegeuk 6, 7, 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Under 40 yr	31–40 yr	Born 1978–1987	Taegeuk 8; Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 50 yr	41–50 yr	Born 1968–1977	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60 yr	51–60 yr	Born 1958–1967	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 66 yr	61–65 yr	Born 1953–1957	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
	Over 66yr	66 yr+	Born 1952 or before	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Pair (1 male & 1 female) or Team (3 male or 3 female)	Mini	Under 12	Born 2007–2010	Taegeuk 4, 5, 6, 7, 8; Koryo
	Cadet	12–14 yr	Born 2004–2006	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang
	Junior	15–17 yr	Born 2001–2003	Taegeuk 4, 5, 6, 7, 8; Koryo, Keumgang, Taebaek
	Division	18–30 yr	Born 1988–2000	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
	Division	31 yr+	Born 1987 or before	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

All compulsory Poomsae shall be drawn, set and announced at the head of team meeting.

14.6 Kup Divisions (Contestants can only enter a division once)

Grades	K1	2nd to 1st kup	Red belt to black tag
	K2	6th to 3rd kup	Green belt to red tag
	K3	10th to 7th kup	White belt to green tag
Ages	Mini-peewee	Up to 9 yr	Born 2009 or later
	Peewee	10–11 yr	Born 2007–2008
	Cadet	12–14 yr	Born 2004–2006
	Junior	15–17 yr	Born 2001–2003
	1st Senior	18–35 yr	Born 1983–2000
	2nd Senior	36 yr and over	Born 1982 or before

Division		Poomsae	
Individual (Male & Female)	K1	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2	Taegeuk 1, 2, 3, 4, 5, 6	Competitor's choice Must do different poomsae in 1 round.
	K3	Taegeuk 1, 2, 3	Can repeat same Poomsae.
Pairs (1 Male & 1 Female)	K1	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2/3	Taegeuk 1, 2, 3, 4, 5, 6	Competitor's choice Must do different poomsae in 1 round.
Teams (3 Males or 3 Females)	K1	Taegeuk 1, 2, 3, 4, 5, 6, 7, 8	Compulsory poomsae will be specified.
	K2/3	Taegeuk 1, 2, 3, 4, 5, 6	Competitor's choice Must do different poomsae in 1 round.

- (a) All compulsory Poomsae shall be drawn, set and announced at the Head of Team meeting.
- (b) K2 & K3 Pairs and Teams are combined into one belt category for each age group.
- (c) K1 Teams & Pairs must all be K1 and of the correct age division.
- (d) All competitors must be from the correct category. (No mixing categories).
- (e) Teams and pairs can be from different clubs and will be entered as 'Mixed' with the medal points split between the clubs.
- (f) If you have any queries, please contact us for advice.

14.7 Demo Bigak

14.7.1 Categories

Individual Cadet/Junior	Born 2001–2008
Individual Senior	Born 2000 or earlier

14.7.2 Compulsory Poomsae

All players to perform Bigak.

14.8 Freestyle Poomsae Competition

(Saturday 1st September 2018)

Freestyle Poomsae is the performance based on Taekwondo techniques with composition of music and choreography. The Freestyle Championships has strict rules, and mandatory elements. Full details can be found on the British Taekwondo Website or you may email the organiser for a copy of the rules. Please review these before submitting your entry.

14.8.1 Categories (Dan/Poom grades only)

12–17 yr	Individual Male
	Individual Female
	Mixed Pair
	Mixed Team (5 people)
18+ yr	Individual Male
	Individual Female
	Mixed Pair
	Mixed Team (5 people)

14.8.2 Guidelines for Freestyle Poomsae

- (a) Music and choreography shall be the competitor's choice but must include the requirements listed in the full rules.
- (b) Music track must be appropriate and must not contain explicit lyrics.
- (c) The duration of the music track should be 60-70 seconds.
- (d) Competitor must be fit, able and competent to perform all the movements of their routine.
- (e) Music shall be supplied by the competitor in MP3 format.
- (f) The track must be emailed to the organiser when requested.
- (g) Performance shall consist of 60% foot techniques and 40% hand techniques.

14.9 Para-taekwondo Poomsae**14.9.1 Categories**

- (a) Para Competitors should please enter online (Male/Female) and email your full details and reasons for Para qualification. The categories will be determined on receipt of all the applications.
- (b) If you require further information, please contact us.

14.9.2 Format

- (a) 9-19 entrants in the second 2nd Round and 8 competitors in the final.
- (b) Competitors perform two Poomsae in each round.

14.9.3 Awards

- (a) Awards will be given for 1st, 2nd, 3rd and 4th places for both divisions.
- (b) As the categories are Open Age and Open Belt, the judges will use their discretion and take into consideration age, disability and belt of the competitor.

14.10 Procedure of Protest

- (a) Only the official Head Coach of the team is allowed to protest to the Competition Director. The protest must be submitted within 10 minutes of the end of the contest.
- (b) A protest fee of £75 will be payable immediately to the Competition Board. This will be refunded if the protest is accepted and won.

14.11 Situations not covered by the Rules

Where any situation arises which is not covered by these rules, it shall be dealt with and the decision given by the referee after consultation with the Organising Committee.

15 Kyorugi Championships

(Sunday 2nd September 2018)

Please note that this is a British Taekwondo Cadet Programme selection event.

15.1 Registration

- (a) All applications must be made online at www.ma-regonline.com.
- (b) The deadline for registrations is 24th August 2018.
- (c) The entry fee is £35.00. The deadline for payments of entry fees is within 10 days of registering online.
- (d) Please ensure that all details entered online are correct.
- (e) All emails will be sent to club instructors and not individual players.
 - (i) Any corrections, amendments or player withdrawals must be made *before* the event deadline (24th August 2018).
 - (ii) Any changes after the deadline will incur a £30 fee at registration/weigh-in.

15.2 Method of competition

Single elimination

All matches will consist of 3 rounds, as follows:

Kids and Children	3 × 1 min	with 30 second break
All others	3 × 1.5 min	with 30 second break

15.3 Competition Rules & Method

WT Competition Rules

15.3.1 A Class (2nd Kup/Red Belt and above.)

DAEDO-recognised PSS (including PPS headguards) will be used for A class.

15.3.2 B Class (9th kup/yellow tag to 3rd kup/red tag)

Manual scoring will be used for all B class. Players must supply their own protective equipment. (See Section 20 for details of approved brands of equipment.)

15.4 Recognised Equipment

WT-recognised uniform will be worn.

All players must wear the required protective equipment:

- WT- or ETU-recognised, or British Taekwondo-approved groin guard, shin guards, arm guards, gloves and sensor socks
- WT- or ETU-recognised, or British Taekwondo-approved head guard and trunk protector ('hogu'). (PSS hogu will be provided. PSS head guard will be provided for 'A' class.)
- A clear (colourless) or white mouth-guard ('gum shield')



NOTE: SENSOR SOCKS

Electronic head protectors *will* be used at this event in A Class matches. However, heel sensors and sensors socks with integral heel sensors will also be permitted in B class matches.

A list of companies which supply WT-recognised protective equipment can be found on the WT website: www.worldtaekwondo.org.

A list of equipment approved by British Taekwondo for competitions in the UK can be found at <http://www.britishtaekwondo.org.uk/downloads/> or in Section 20 of this entry pack.

All contestants will be required to proceed to the inspection desk for officials to check their dobok and protective equipment before entering the competition area. Any contestant wearing unofficial or unapproved equipment will not be permitted to compete.

15.5 Weight Categories

WT Competition weight divisions will apply.

		Age	Male	Female
Kids	8 years and under (Born 2010 or after)		Not over 18 kg	Not over 18 kg
			Over 18 kg & not over 20 kg	Over 18 kg & not over 20 kg
			Over 20 kg & not over 22 kg	Over 20 kg & not over 22 kg
			Over 22 kg & not over 24 kg	Over 22 kg & not over 24 kg
			Over 24 kg & not over 26 kg	Over 24 kg & not over 26 kg
			Over 26 kg	Over 26 kg
Child	9–11 years (Born 2007–2009)		Not over 24 kg	Not over 24 kg
			Over 24 kg & not over 26 kg	Over 24 kg & not over 26 kg
			Over 26 kg & not over 29 kg	Over 26 kg & not over 30 kg
			Over 29 kg & not over 32 kg	Over 30 kg & not over 34 kg
			Over 32 kg & not over 36 kg	Over 34 kg & not over 38 kg
			Over 36 kg & not over 40 kg	Over 34 kg & not over 43 kg
			Over 40 kg & not over 44 kg	Over 43 kg & not over 48 kg
			Over 44 kg & not over 48 kg	Over 48 kg
			Over 48 kg	
Cadet	12–14 years (Born 2004–2006)		Not over 33 kg	Not over 29 kg
			Over 33 kg & not over 37 kg	Over 29 kg & not over 33 kg
			Over 37 kg & not over 41 kg	Over 33 kg & not over 37 kg
			Over 41 kg & not over 45 kg	Over 37 kg & not over 41 kg
			Over 45 kg & not over 49 kg	Over 41 kg & not over 44 kg
			Over 49 kg & not over 53 kg	Over 44 kg & not over 47 kg
			Over 53 kg & not over 57 kg	Over 47 kg & not over 51 kg
			Over 57 kg & not over 61 kg	Over 51 kg & not over 55 kg
			Over 61 kg & not over 65 kg	Over 55 kg & not over 59 kg
			Over 65 kg	Over 59 kg
Junior	15–17 years (Born 2001–2003)		Not over 45 kg	Not over 42 kg
			Over 45 kg & not over 48 kg	Over 42 kg & not over 44 kg
			Over 48 kg & not over 51 kg	Over 44 kg & not over 46 kg
			Over 51 kg & not over 55 kg	Over 46 kg & not over 49 kg
			Over 55 kg & not over 59 kg	Over 49 kg & not over 52 kg
			Over 59 kg & not over 63 kg	Over 52 kg & not over 55 kg
			Over 63 kg & not over 68 kg	Over 55 kg & not over 59 kg
			Over 68 kg & not over 73 kg	Over 59 kg & not over 63 kg
			Over 73 kg & not over 78 kg	Over 63 kg & not over 68 kg
			Over 78 kg	Over 68 kg
Senior	17 years and above (Born in 2001 or before)		Not over 54 kg	Not over 46 kg
			Over 54 kg & not over 58 kg	Over 46 kg & not over 49 kg
			Over 58 kg & not over 63 kg	Over 49 kg & not over 53 kg
			Over 63 kg & not over 68 kg	Over 53 kg & not over 57 kg
			Over 68 kg & not over 74 kg	Over 57 kg & not over 62 kg
			Over 74 kg & not over 80 kg	Over 62 kg & not over 67 kg
			Over 80 kg & not over 87 kg	Over 67 kg & not over 73 kg
			Over 87 kg	Over 73 kg
Veteran	Born in 1983 or before		Not over 58 kg	Not over 49 kg
			Over 63 kg & not over 68 kg	Over 49 kg & not over 57 kg
			Over 68 kg & not over 80 kg	Over 67 kg & not over 67 kg
			Over 80 kg	Over 67 kg

15.6 Age divisions

- (a) Juniors born in 2001 may also compete in the Senior category in addition to the Junior category.
- (b) Veterans may also compete in the Senior categories.
- (c) In each case, an additional entry application and second entry fee should be submitted for the additional category.

15.7 A & B Class for each weight division

A Class 2nd Kup (Red Belt) and above.

B Class 9th Kup (Yellow Tag) to 3rd Kup (Red Tag)

15.8 Weigh-in (at Ravenscraig Regional Sports Facility)

DATE	DIVISIONS	TIME
Sat. 1st Sep. 2018	All	18.00–20.00
Sun. 2nd Sep. 2018	Peewees (Kids) & Children	07.30–08.30
	Cadet, Juniors & Seniors	08.45–09.45

15.9 Change of weight division

We will allow players to change weight group should they fail the weigh-in (subject to an fee of £30.00 payable at the weigh-in). Divisions with single competitors will be combined with adjoining weight groups to ensure that all players will have the opportunity to compete.

Juniors are allowed to lose up to 0.3 kg and Seniors up to 0.5 kg and have a second weigh-in.

15.10 Awards

1st, 2nd and two 3rd places will be awarded. In addition, the following awards will be made:

- Team trophies will be awarded to the top three (3) teams.
- 3 team trophies for poomsae
- 3 team trophies for kyorugi

16 Venue Rules**16.1 Admission to the competition areas**

Only the competitors and their coaches will be allowed to enter the competition area.

16.2 Coaches' age and dress code

Coaches must be at least 18 years old and must wear sportswear and sports shoes. Coaches may not wear taekwondo uniform, sandals, flip-flops, short trousers or headwear while coaching.

17 Liability

The Organising Committee can decide to alter the competition. All contestants must bring their own documents and forms for any medical treatment in the United Kingdom.

18 Transport & accommodation**18.1 Travel**

The venue is 22 miles by road from Glasgow Airport, 2.5 miles from Motherwell train station and 3.7 miles from Junction 6 of the M74.

18.2 Hotel Information & transport advice

Please contact Susan Mein (susym78@gmail.com) if you need information about local hotels or transport.

19 Timetable

DATE	TIME	LOCATION	ITEM
Sat. 1st Sep. 2018	09:30 onwards	Ravenscraig	Poomsae Competition
	18:00–20:00	Ravenscraig	Weigh-in (See section 15.8)
Sun. 2nd Sep. 2018	07.30–09.45	Ravenscraig	Weigh-in (See section 15.8)
	09:30 onwards	Ravenscraig	Kyorugi Competition

20 Approved Protective Equipment for Taekwondo Competition in the UK

The items indicated with a tick (✓) in the table below are approved by British Taekwondo. No other brands may be worn.

Brand	Head	Mask Head	Trunk*	Hands	Arms	Groin	Shins
Adidas	✓	✓	✓	✓	✓	✓	✓
Black Eagle	✓				✓		✓
Budo Nord	✓		✓	✓	✓	✓	✓
Daedo	✓	✓	✓	✓	✓	✓	✓
Green Hill	✓	✓	✓	✓	✓	✓	✓
JCalicu	✓	✓	✓	✓	✓	✓	✓
Kicksport	✓		✓		✓	✓	✓
Kwon	✓	✓	✓	✓	✓	✓	✓
Mooto/MTX	✓	✓	✓	✓	✓	✓	✓
Pine Tree	✓		✓	✓	✓	✓	✓
Prospects				✓	✓	✓	✓
SMAI	✓		✓		✓	✓	✓
Wacoku	✓	✓	✓	✓	✓	✓	✓
Tusah	✓	✓	✓	✓	✓	✓	✓
Wesing			✓		✓	✓	✓

*Included for information only. Daedo PPS trunk protectors will be provided at the event.