



Harrogate KTA 4th Mayor Cup Open Poomsae Championships 2020



Individual, Para, Pairs, Team, Freestyle

At Rossett Sports Center

masterali@harrogatetaekwondo.co.uk

www.harrogatetaekwondo.co.uk

Phone 00447944988806

08 Mar 2020





The Worshipful the Mayor of Harrogate Councillor Stuart Martin MBE, Mayoress Mrs April Martin & Master K.R.Ali welcoming you to Harrogate KTA 4th Mayor Cup Open on Sunday 08 Mar 2020



The Worshipful the Mayor of Harrogate Councillor Anne Jones 2nd Mayor Cup 2018



The Worshipful the Mayor of Harrogate Councillor Bernard Bateman, Mayoress Mrs Linda Bateman, 3rd Mayor Cup 2019



The Worshipful the Mayor of Harrogate, Councillor Nick Brown 1st Mayor Cup 2017



Dear Taekwondo Friends,

27 Nov 2019

It is our pleasure to extend this formal invitation to you and your students to take part in the 4th Harrogate KTA Mayor Cup Open Poomsae Championships. This is to be held at the Rossett Sports Centre, Pannal Ash Road Harrogate HG2 9JP, on Sunday the 08 Mar 2020.

The competition shall adopt a World Taekwondo(WT) model, in both format and official rules.

In order that everyone from complete novice to experienced competitor gets an opportunity to compete to their full potential, the organising body has included Dan, K1, K2, K3, Para and Freestyle divisions.

In order to ensure the smooth running of this event, the organisers would welcome applications from suitably qualified individuals to act as competition judges and officials. Judges must have attended and passed a national level Poomsae judging course conducted by the National Federation. Invitations shall be made by the **Judges Director Grand Master T.W. Shin 9th Dan (IR)** to selected judges. Please contact us if you would be interested in judging at the event.

If you require any further information, please do not hesitate to contact me for assistance. I look forward to seeing both you and your students on Sunday the 08 Mar 2020.

Closing date for competition entries is Friday 21st Feb 2020.

Online entry only

Best Regards

Master Kambiz Ramzan Ali 6th Dan

Competition Director



1. ORGANISATION

Governing Body: **British Taekwondo**

Organiser: **Harrogate K.R.Ali Taekwondo Academy (KTA) Great Britain**

Competition Director: **Master Kambiz Ramzan Ali**

Contact: **+44 (0)7944988806**

E-Mail: masterali@harrogatetaekwondo.co.uk

Judges Director: **Grand Master T.W. Shin 9th Dan (IR)**

Contact: **+44 (0)7776131567**

E-Mail: tongwanshin@gmail.com

Competition Website: <https://www.poomsae-reg.com>

2. Date and Venue

Rossett Sports Centre, Pannal Ash Road Harrogate HG2 9JP , United Kingdom.

Date: Sunday 08 Mar 2020.

Deadline: Entry will close on **Friday 21st Feb 2020.**

Contact: <https://www.poomsae-reg.com> for an online password for registration.



3. SCHEDULE

Compulsory Poomsae shall be drawn, set and announced by the organising committee 3 days before the competition.

Saturday 08 Mar 2020

07:45 – 08:30 Registration

08:00 – 08:35 Judge's/ officials meeting

8:40- 9:50 Coaches meeting at ring 2

09:00 Start of the competition

13:30 – 14:00 Lunch Break

19:30 – 20:00 End of competition - Awards Ceremony

All times are approximate and subject to change by OC and any updates will be send by email before competition.

4. ELIGIBILITY FOR PARTICIPATION

Competitors must be members of a national federation affiliated to the WT. Proof of membership by means of a valid licence, insurance and grade will be required at registration. All contestants/clubs must have their own insurance as Harrogate KTA (GBR) and any of its representatives will not be responsible for any injury cost.

5. ENTRY FEES Divisions	Dan/Poom	K1, K2 & K3 (Kup Grade)
Individual competition:	£33	£33
Pair Competition (per pair):	£34	£34
Team Competition (per team):	£36	£36
Freestyle Individual competition: Freestyle Pair Competition (per pair)	£33	
Freestyle Team Competition (per team)	£33	



6. APPLICATION

Online Application Only

Please complete the competition application online. <https://www.poomsae-reg.com>

Contact <https://www.poomsae-reg.com> for an online password to complete application.

Online bank transfer payment only:

Bank details:

HSBC Bank

Account name: KTA

Sort code: 402312

Account number: 92299305

When sending your online payment, please state: club name/comp fees

Example: Queen's Uni/ comp fees

Entry will close on **Friday 21st Feb 2020.**

All competitors' fees must be received by Monday 24th Feb 2020.

We will endeavour to send a confirmation email of your entry within two days of receiving them.

Note: Any changes to the entries on the day of the competition will incur a £30 admin fee per change.



7. CONTESTANTS

Membership Participants must be members of a National Federation which is affiliated to the WT.

Divisions DAN: 1st Dan / Poom and higher, Kukkiwon Holder

K1: 2nd Kup (Red Belt) - 1st Kup (Black Tag)

K2: 6th Kup (Green Belt) - 3rd Kup (Red Tag)

K3: 10th Kup (White Belt) - 7th Kup (Green Tag)

Maximum 400 individual entries

Note: Kup divisions may be combined if less than 3 competitors in a division

Contestants can only enter a division once

Age categories are based on the year of birth. For example, if someone is 17 years old on the day of the competition but will be 18 before the end of the year (2018) then he/she shall participate in the category of U30 (18 - 30 years old).



8. A-CLASS DIVISION (DAN/POOM GRADES)

A Class: Competitors must be minimum 1st Dan/Poom grade & Kukkiwon or National holder.

METHOD OF COMPETITION

Cut-Off System will be used

1st Round: If there are 20 and over 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 10 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 10 entrants or less. 11 entrants or more will start in the 2nd Round.

Compulsory Poomsae

All competitors must perform the set Poomsae and if they cannot they will be disqualified.

All compulsory Poomsae shall be drawn, set and announced by the organising committee 3 days before the competition.



9. DAN DIVISIONS (DAN/POOM GRADES) (Contestants can only enter a division once)

Individual (Male & Female)

Individual (Male & Female)	
Division	Compulsory Poomsae
U11 Years (Peewee) Age 11yrs & below	Taeguk 4,5,6,7, 8 Jang, Koryo, Keumgang
U14 Years (Cadet) Age 12yrs - 14yrs	
U17 Years (Junior) Age 15yrs – 17yrs	Taeguk 4,5,6,7, 8 Jang, Koryo, Keumgang, Taebeak
U30 Years Age 18yrs - 30yrs	Taeguk 6,7,8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin
U40 Years Age 31yrs – 40yrs	
U50 Years Age 41yrs – 50yrs	Taeguk 8 Jang, Koryo, Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Years Age 51yrs – 60yrs	Koryo, Keumgang, Taebeak , Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65 Years Age 61yrs - 65yrs +	
+66 Years Age 66yrs +	

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
Peewee Pair U11yrs	Taeguk 4,5,6,7,8 Jang, Koryo, Keumgang
Cadet Pair 12yrs - 14yrs	Taeguk 4,5,6,7,8 Jang, Koryo, Keumgang
Junior Pair 15yrs – 17yrs	Taeguk 4,5,6,7,8 Jang, Koryo, Keumgang, Taebeak
1st Pair 18yrs - 30yrs	Taeguk 6,7,8 Jang, Koryo , Keumgang, Taebeak, Pyongwon, Shipjin
2nd Pair 31yrs +	Taeguk 8 Jang, Koryo ,Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon



DAN DIVISIONS (DAN/POOM GRADES) Continued

Teams (3 Males or 3 Females)	
Division	Compulsory Poomsae
Peewee Team U11yrs	Taeguk 4,5,6,7,8 Jang, Koryo, Keumgang
Cadet Team 12yrs - 14yrs	Taeguk 4,5,6,7,8 Jang, Koryo, Keumgang
Junior Team 15yrs – 17yrs	Taeguk 4,5,6,7,8 Jang, Koryo, Keumgang, Taebaek
1st Team 18yrs – 30yrs	Taeguk 6,7,8 Jang, Koryo , Keumgang, Taebeak, Pyongwon, Shipjin
2nd Team 31yrs +	Taeguk 8 Jang, Koryo ,Keumgang, Taebeak, Pyongwon, Shipjin, Jitae, Chonkwon

10. A-CLASS FREESTYLE

- **Freestyle Poomsae (Dan Grades only 12 -17yrs & 18yrs +)**
- **Individual Male**
- **Individual Female**
- **Mixed Pairs** (One male & one female)
- **Team** (Two female & three male or two male & three female)

Freestyle Poomsae is the performance based on Taekwondo techniques with composition of music and choreography.

Composition of Poomsae

1. Yeon-mu line shall be the choice of the competitor
2. Number of Poom: each performance shall be composite of 20 - 24 poom (composition shall be no more than 5 motions)
3. Music and choreography shall be the competitors choice
4. Performance shall be within the boundary line.
5. Performance shall be within 60 - 70 seconds.
6. The competitor must submit a plan of their freestyle performance on registration.
7. Music shall be supplied by the competitor; this must be in MP3 format and be done on registration by sending email to masterali@harrogatetaekwondo.co.uk
8. Music track **must not** contain any EXPLICIT lyrics



Guide line for Freestyle Poomsae

Technical Skills 6.0

1. Height of jump kicks
2. Number of jumping kicks
3. Gradient of turn kicks
4. Number of consecutive kicks
5. Acrobatic actions
6. Taekwondo basic accuracy of movements

Presentation 4.0

1. Creativeness
2. Harmony
3. Expression of energy
4. Good music & Choreography

11. K1 DIVISIONS (2nd Kup Red Belt to 1st Kup Black Tag)

K1 Competition Method (Contestants can only enter a division once)

If 11 competitors, Pairs, Teams or more: Two Compulsory Poomsae to be performed in first round (top 10 to progress), and Two further Poomsae in the final. A Poomsae cannot be repeated in the final.

If 10 competitors, Pairs, Teams or less: Straight to final, two Poomsae performed

Individual (Male & Female)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs and below	Compulsory Poomsae Selected from Taeguk 1 to Taeguk 8
U11 Years (Peewee) Age 10 - 11yrs	
U14 Years (Cadet) Age 12 -14yrs	
U17 Years (Junior) Age 15 – 17yrs	
U35 Years Age 18 - 35yrs	
+36 Years Age 36yrs and over	



Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs and below	Compulsory Poomsae Selected from Taeguk 1 to Taeguk 8
Peewee Pair U11yrs	
Cadet Pair 12 – 14yrs	
Junior Pair 15 - 17yrs	
1st Pair 18 - 30yrs	
2nd Pair 31yrs +	

Teams (3 Males or 3 Females)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs and below	Compulsory Poomsae Selected from Taeguk 1 to Taeguk 8
Peewee Pair U11yrs	
Cadet Pair 12 – 14yrs	
Junior Pair 15 - 17yrs	
1st Pair 18 - 30yrs	
2nd Pair 31yrs +	

All compulsory Poomsae shall be drawn, set and announced by the organising committee 3 days before the competition.



12. K2 INDIVIDUAL DIVISIONS (6th Kup Green Belt to 3rd Kup Red Tag)

K2 Competition Method (Contestants can only enter a division once)

If 11 competitors or more: Two Poomsae to be performed in first round (top 10 to progress), and two further Poomsae in the final. A Poomsae may be repeated in the final.

If 10 competitors or less: Straight to final, two Poomsae performed.

Individual (Male & Female)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs and below	Competitors choice of Poomsae From Taeguk 1 to Taeguk 6
U11 Years (Peewee) Age 10 - 11yrs	
U14 Years (Cadet) Age 12 -14yrs	
U17 Years (Junior) Age 15 – 17yrs	
U35 Years Age 18 - 35yrs	
+36 Years Age 36 – 49yrs	
+50 Years Age 50yrs	

All Poomsae shall be chosen by the competitor, there will no drawn compulsory Poomsae



13. K3 INDIVIDUAL DIVISIONS (10th Kup White Belt to 7th Kup Green Tag)

K3 Competition Method (Contestants can only enter a division once)

If 11 competitors or more: Two Poomsae to be performed in first round (top 10 to progress), and two further Poomsae in the final. A Poomsae may be repeated in the final.

If 10 competitors or less: Straight to final, two Poomsae performed

Individual (Male & Female)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs and below	Competitors choice of Poomsae From Taeguk 1 to Taeguk 3
U11 Years (Peewee) Age 10 - 11yrs	
U14 Years (Cadet) Age 12 -14yrs	
U17 Years (Junior) Age 15 – 17yrs	
U35 Years Age 18 - 35yrs	
+36 Years Age 36 – 49yrs	
+50 Years Age 50yrs	



14. K2 & K3 COMBINED PAIRS & TEAMS DIVISIONS (10th Kup White Belt to 3rd Kup Red Tag)

K3 Competition Method (Contestants can only enter a division once)

If 11 competitors or more: Two Poomsae to be performed in first round (top 10 to progress), and two further Poomsae in the final. A Poomsae may be repeated in the final.

If 10 competitors or less: Straight to final, two Poomsae performed

Pairs (1 Male and 1 Female)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs and below	Competitors choice of Poomsae From Taeguk 1 to Taeguk 6
Peewee Pair U11yrs	
Cadet Pair 12 – 14yrs	
Junior Pair 15 - 17yrs	
1st Pair 18 - 30yrs	
2nd Pair 31yrs +	

Teams (3 Males or 3 Females)	
Division	Compulsory Poomsae
U9 Years (Mini Peewee) Age 9yrs and below	Competitors choice of Poomsae From Taeguk 1 to Taeguk 6
Peewee Pair U11yrs	
Cadet Pair 12 – 14yrs	
Junior Pair 15 - 17yrs	
1st Pair 18 - 30yrs	
2nd Pair 31yrs +	

All Poomsae shall be chosen by the competitor, there will no drawn compulsory Poomsae



15. PARA CATEGORIES – 2018

Para Event Para Categories will be split as per World Taekwondo / BT guidelines and will also be split into Male / Female and Kup / Dan Grades. Para competitors should enter into the Para category online and e-mail full details and reasons for Para qualification to the event management to: masterali@harrogatetaekwondo.co.uk

Para Division	4 Dan Divisions Age: U17 Male, U17 Female, 18+Male, 18+ Female Must Perform any standard recognized WT Poomsae 4 Kup Divisions Age: U17 Male, U17 Female, 18+Male, 18+ Female Must Perform any standard recognized WT Poomsae
Para Non WT	1 Male & 1 Female Division Open Age Open Belt (Kup & Dan) Competitors may perform a Non-recognised WT Poomsae (no longer than 70 seconds).

16. ARBITRATION

Procedure of Protest

Only the official head coach is allowed to protest to the Competition Director. This must be made within 10 minutes of the end of the contest. A protest fee of £75 will be payable immediately to the competition board. This will be refunded if the protest is accepted and won

SITUATIONS NOT COVERED BY THE RULES

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



17. JUDGES/ OFFICIALS

Judges:

Invitations shall be made by the **Judges Director Grand Master T.W. Shin 9th Dan (IR)** to selected judges who have passed the British Taekwondo Poomsae judges course or similar coaching course of a WT affiliated body. Please contact us if you would be interested in judging at the event.

All judges/officials will receive lunch and refreshments throughout the competition day and we will provide free accommodation for full time judges and all IR.

It is our request that all judges dress in appropriate attire (shirt and tie etc.) in accordance to WT / KTA (GBR) regulations.

The organisers shall try to ensure that regular breaks and rotation of judges is provided for all judges and officials.

18. FURTHER INFORMATION

Awards:

1st, 2nd and two 3rd and 4th place medals shall be awarded in each category. There shall also be 1st, 2nd and 3rd place overall team trophies based on number of medals won by each team:

9pts Gold, 6pts Silver, 3pts Bronze/2pts Bronze

Dress:

A Class division: Competitors may compete wearing WT recognised Poomsae uniform.

Kup Divisions: Competitors may only compete wearing WT recognised uniform.

Any contestant wearing unofficial uniform will not be permitted to compete.

Jewellery is strictly not permitted.

Hall Rules: Only competitors and their coaches shall be admitted to the contest areas.

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

- Adults/Children: £7.00 (5 year olds and older)
- 5 years and under will be admitted for free.

Spectators are requested to wear suitable footwear (no high heels) for a sport hall.

Officials: 2 coaches per team



19. PHOTOGRAPHY & VIDEO RECORDING

By registering to compete at the event you are agreeing to have your image taken whilst in the venue by both the press and members of the public. In addition, you are agreeing to have your image shown on video, TV and online.

20. ACCOMMODATION & TRAVEL INFORMATION

From Harrogate Town Centre, 6 minutes' drive to Rossett Sports Centre, Pannal Ash Road Harrogate HG2 9JP.

20.1 Local Hotels

The Crown Hotel	The Cairn Hotel	Travelodge Hotel	Holiday inn Express
Crown Place	Ripon Road	The Ginnel	Kings Road
Harrogate, HG1 2RZ	Harrogate, HG1 2JA	Harrogate HG1 2RB	Harrogate, HG1 1XX
01423 567755	01423 504005	0871 984 6238	0871 942 9261
crownhotelharrogate.com	http://www.strathmorehotels.com/Cairn/home	https://www.travelodge.co.uk/hotels/262/Harrogate-hotel?WT.tsrc=GHA_Organic&utm_campaign=GHA_Harrogate&utm_medium=GHA_Organic&utm_source=google	https://www.ihg.com/holidayinn/hotels/gb/en/harrogate/hrtuk/hoteldetail
Prices from	Prices From		
1.5 Miles from the venue	1.9 Miles from the venue	Prices from	Prices From
		1.3 Miles from the venue	2.0 Miles from the venue

20.2 Harrogate train station

Address: Station Parade, Harrogate, HG1 1TE (2.0 Miles from the venue)

20.3 Leeds Bradford Airport

Address: Victoria Ave, Yeadon, Leeds LS19 7AW (12 Miles from the venue, 22 minutes' drive by car)