

NORTHERN IRELAND TAEKWONDO CHAMPIONSHIPS 2020



POOMSAE
SATURDAY 28TH MARCH 2020

KYORUGI
SUNDAY 29TH MARCH 2020

Competition Organisers: United Taekwondo Association Northern Ireland
For Further Information Email: Glen Culbert glenkd@hotmail.co.uk
Venue: Queens Sport, Botanic Gardens, Belfast, Northern Ireland, BT9 5EX

Poomsae Registration
www.poomsae-reg.com

Kyrougi Registration
www.tpss.eu





Dear Taekwondo Friends,

It is our pleasure to extend this formal invitation to you and your students to take part in the Northern Ireland Open Poomsae Championships. This is to be held at the Queens Sport, Stranmillis Gardens, Belfast, BT9 5EX, Northern Ireland on Saturday 28th March 2020.

The competition shall adopt a 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.

If you require any further information, please do not hesitate to contact us for assistance. We look forward to seeing both you and your students on Saturday 28th March 2020.

Closing date for competition entries is Friday 13th March 2020.

Online entry only

Best Regards

Master Damian Duffy IR
Competition Director

Master Glen Culbert IR
Event Manager



1. ORGANISATION

Governing Body:	British Taekwondo
Organiser:	United Taekwondo Association (Northern Ireland)
Competition Director: Contact: E-Mail:	Master Damian Duffy - (IR) +44 (0)7740335638 damian.duffy1@ntlworld.com
Event Manager: Contact: E-Mail:	Master Glen Culbert – (IR) +447815805902 glentkd@hotmail.co.uk
Referee Director: Email:	Grand Master T.W. Shin 9th Dan (IR) tongwanshin@gmail.com
Online Registration:	www.poomsae-reg.com

2. Date and Venue

Venue:	Queens Sport, Stranmillis Gardens, Belfast, BT9, Northern Ireland, United Kingdom.
Date:	Saturday 28 th March 2020
Deadline:	Entry will close on <u>Friday 13th March 2020</u>
Contact:	www.poomsae-reg.com for Registration

3. SCHEDULE

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

Saturday 28th March 2020

09:00 – 09:30	Registration
09:00 – 09:40	Judge's/ officials meeting
10:00	Start of the competition
13:30 – 14:00	Lunch Break
18:30 – 19:00	End of competition - Awards Ceremony

All times are approximate

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 UTA (NI) and any of its representatives will not be responsible for any injury cost.

All UK competitors must hold a valid British Taekwondo licence and insurance.

5. ENTRY FEES

Divisions	Dan/Poom/Kup
Individual competition:	£31
Pair Competition (per pair):	£30
Team Competition (per team):	£30
Freestyle Individual competition:	£31
Freestyle Pair Competition (per pair)	£30
Freestyle Team Competition (per team)	£30
Para	£31

Each individual entry has £1 added as a British Taekwondo audit fee charge

Entry fees must be paid via online banking

6. APPLICATION

Online Application Only

Please complete the competition application online. www.Poomsae-reg.com.

Online bank transfer payment only:

Bank details:

United Taekwondo Association Northern Ireland

Bank: BARCLAYS

Sort code:20-62-27

Account: 70815063

IBAN: GB2BUKB20622770815063

SWIFTBIC: BUKBGB22

REF: Poomsae then add club reference (whole team registration only)

Confirm Payment to glentkd@hotmail.co.uk & ade.williams@btinternet.com

Entry will close on Friday 13th March 2020

All competitors' fees must be received by Monday 16th March 2020.

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

7. CONTESTANTS

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

Divisions	DAN:	1 st Dan / Poom and higher, Kukkiwon Holder	
	K1:	2 nd Kup (Red Belt)	1 st Kup (Black Tag)
	K2:	6 th Kup (Green Belt)	3 rd Kup (Red Tag)
	K3:	10 th Kup (White Belt)	7 th Kup (Green Tag)
	K3/2 Pair/Team:	10 th Kup (White Belt)	3 rd Kup (Red Tag)
PARA:	Dan & Kup Combined		

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

Maximum 280 individual entries

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 (2020) 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 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 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 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)	
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, Taebaek
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, Taebaek
1 st Pair 18yrs - 30yrs	Taeguk 6,7,8 Jang, Koryo , Keumgang, Taebeak, Pyongwon, Shipjin
2 nd 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	
Junior Team 15yrs – 17yrs	Taeguk 4,5,6,7,8 Jang, Koryo, Keumgang, Taebaek
1 st Team 18yrs – 30yrs	Taeguk 6,7,8 Jang, Koryo , Keumgang, Taebeak, Pyongwon, Shipjin
2 nd 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 90 - 100 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.
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 9 competitors, Pairs, Teams or more: Two Compulsory Poomsae to be performed in first round (top 8 to progress), and Two further Poomsae in the final. A Poomsae cannot be repeated in the final.

If 8 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 3 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
Peewee Pair U11yrs	Compulsory Poomsae Selected From Taeguk 3 to Taeguk 8
Cadet Pair 12 – 14yrs	
Junior Pair 15 - 17yrs	
1 st Pair 18 - 30yrs	
2 nd Pair 31yrs +	

Teams (3 Males or 3 Females)	
Division	Compulsory Poomsae
Peewee Team U11yrs	Compulsory Poomsae Selected From Taeguk 3 to Taeguk 8
Cadet Team 12 – 14yrs	
Junior Team 15 - 17yrs	
1 st Team 18 – 30yrs	
2 nd Team 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 9 competitors or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae may be repeated in the final.

If 8 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 and over	

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)

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

If 9 competitors or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae may be repeated in the final.

If 8 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	

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

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

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

If 9 competitors or more: Two Poomsae to be performed in first round (top 8 to progress), and two further Poomsae in the final. A Poomsae may be repeated in the final.

If 8 competitors or less: Straight to final, two Poomsae performed

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

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

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

15. PARA CATEGORIES – 2020

Male/Female, Individual Dan & Kup Combined Divisions

Age of contestant:

- 1) Junior 12 – 15 years
- 2) Under 30 years,
- 3) Over 30 years,

Competitors must be assigned a para Taekwondo sport class and class sport status.

Any queries about classification, please contact glentkd@hotmail.co.uk

Categories and Format

a) Para competitors should please enter online and email your full details and para qualification.

The categories will be determined on receipt of all the applications. (Eg P20, P33...)

b) Competitors perform two different Poomsae in each round. If the same Poomsae is performed 0.3 will be deducted.

P10 – Visual Impairments (Competitor's choice any Poomsae from Taegeuk 1, 2, 3... & higher)

P20 – Intellectually Impaired (The coach is allowed to give the commands, competitor's choice)

P30 – Physical Impairments (Compulsory Poomsae will be specified) (P31, P32) (P33, P34)

P40 – Limb Deficiency (Competitor's choice Poomsae)

P50 – Wheelchair Classes (Competitor's choice Poomsae)

P60 – Deaf (Competitor's choice Poomsae)

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 UTA (NI) Taekwondo Poomsae committee 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.

It is our request that all judges dress in appropriate attire (shirt and tie etc.) in accordance to WT / UTA (NI) 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 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:

5pts Gold, 3pts Silver, 1pt 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: £2 Entry Fee

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

Belfast City Centre
6 minutes' drive to Queens Sports Centre
Located 1.3 miles from Queens Sports Centre

Judges & Officials Hotel

Ramada Encore Hotel
Saint Anne's Square
20 Talbot Street,
Belfast, BT1 2LD

Local Hotels

Ramada Encore Hotel

Saint Anne's Square
20 Talbot Street,
Belfast, BT1 2LD

Prices from
Twin/Double £80

2.6 Miles from the venue

Wellington Park Hotel

21 Malone Road,
Belfast BT9 6RU

Prices From
Twin/ Double £95

0.8 Miles from the venue

ETPA Hotel

35 Dublin Road
Belfast City Centre

Prices from
Twin/Double £75

1.4 Miles from the venue

Holiday inn Express

106 University Street
Belfast, BT7 1HP

Prices From
Twin/ Double £80

0.7 Miles from the venue

Tourist Information: www.discovernorthernireland.com

21. Airports & Travel Information

George Best Belfast city airport is the recommended airport: it's the most convenient airport to the city centre hotels and venue.

[George Best Belfast City Airport](#)

Belfast City Airport
10 minutes' drive to Belfast city center
Located 5 miles from Queens Sport (Approx. 15 min drive)

Translink 600 service
Goes every 20 minutes during peak times
Cost: £3.80 Adult return
£1.90 Child return

Taxi service
Approximately £10 to the city Centre

[Belfast International Airport Ltd](#)

www.belfastairport.com

Belfast International Airport
30 minutes' drive to Belfast city center

Located centrally within Northern Ireland it's convenient to the Queens Sport, which is just 35 minutes away by car. (Approx. 20 miles away)

Translink 300 service

Goes every 15 minutes during peak times

Fare: £10.50 Adult return

£5.25 Child return

Taxi service

Approximately £30 to the city Centre

Dublin Airport

Dublin International Airport

Dublin airport is approximately **1hour 55min** drive from Belfast city centre.

Translink Goldline X1 & X2 Services

Goes every 60 minutes during peak times

Web fare: £16 Adult return

£9.60 Child return

Translink website for more information: www.translink.co.uk

23. Year of birth Table 2020

<u>Year of Birth</u>	<u>Age this Year 2020</u>	<u>Dan Grade Division</u>	<u>Kup Grade Division</u>
Born 2012 or before	Age 8	U 11	U 9
2011	Age 9	U 11	U 9
2010	Age 10	U 11	U 11
2009	Age 11	U 11	U 11
2008	Age 12	U 14	U 14
2007	Age 13	U 14	U 14
2006	Age 14	U 14	U 14
2005	Age 15	U 17	U 17
2004	Age 16	U 17	U 17
2003	Age 17	U 17	U 17
2002	Age 18	U 30	U 35
2001	Age 19	U 30	U 35
2000	Age 20	U 30	U 35
1999	Age 21	U 30	U 35
1998	Age 22	U 30	U 35
1997	Age 23	U 30	U 35
1996	Age 24	U 30	U 35
1995	Age 25	U 30	U 35
1994	Age 26	U 30	U 35
1993	Age 27	U 30	U 35
1992	Age 28	U 30	U 35
1991	Age 29	U 30	U 35
1990	Age 30	U 30	U 35
1989	Age 31	U 40	U 35
1988	Age 32	U 40	U 35
1987	Age 33	U 40	U 35
1986	Age 34	U 40	U 35
1985	Age 35	U 40	U 35
1984	Age 36	U 40	+ 36
1983	Age 37	U 40	+ 36
1982	Age 38	U 40	+ 36
1981	Age 39	U 40	+ 36
1980	Age 40	U 40	+ 36
1979	Age 41	U 50	+ 36
1978	Age 42	U 50	+ 36
1977	Age 43	U 50	+ 36
1976	Age 44	U 50	+ 36
1975	Age 45	U 50	+ 36
1974	Age 46	U 50	+ 36
1973	Age 47	U 50	+ 36
1972	Age 48	U 50	+ 36
1971	Age 49	U 50	+ 36
1970	Age 50	U 50	+ 36
1969	Age 51	U 60	+ 36
1968	Age 52	U 60	+ 36
1967	Age 53	U 60	+ 36
1966	Age 54	U 60	+ 36
1965	Age 55	U 60	+ 36
1964	Age 56	U 60	+ 36
1963	Age 57	U 60	+ 36
1962	Age 58	U 60	+ 36
1961	Age 59	U 60	+ 36
1960	Age 60	U 60	+ 36
1959	Age 61	U 65	+ 36
1958	Age 62	U 65	+ 36
1957	Age 63	U 65	+ 36
1956	Age 64	U 65	+ 36
1955	Age 65	U 65	+ 36
1954	Age 66	+ 66	+ 36
1953	Age 67	+ 66	+ 36
1952	Age 68	+ 66	+ 36
1951	Age 69	+ 66	+ 36
1950	Age 70	+ 66	+ 36
1949	Age 71	+ 66	+ 36