



www.poomsae-reg.com

**5th
Lanarkshire
Open
19 Jan 2025**

**All K1 & Dan
Categories
Individual
Side-by-Side
Elimination**

WISHAW SPORTS CENTRE





5th Lanarkshire Open Poomsae Championships

November 23rd, 2024

Dear Taekwondo Friends,

It is our pleasure to extend this formal invitation to you and your students to take part in the

5th Lanarkshire Open Championship

This is to be held at the Wishaw Sports Centre, Alexander Street, Wishaw ML2 0HQ, Scotland on
Sunday the 19th of January 2025

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 organizing body has included Dan, K1, K2, K3, Para and Family Divisions.

To ensure the smooth running of this event, the organizers 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, and corner/center referee course conducted by the National Federation. Invitations shall be made by the JudgesDirectors 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.

Best Regards

Master Kambiz Ramzan Ali

Competition Director

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5th Lanarkshire Open Poomsae Championships

1. PROMOTOR & ORGANISER

Governing Body	 
Event Classification	Silver
Organisers	  
Competition Director	Master Kambiz Ramzan Ali
Competition Manager	Master Atief Arshad
Contact	+44 (0)7944988806
E-Mail	rangesportsuk@gmail.com
Referee Director	Grandmaster David Bailey +44 (0) 7812 580 898 centraltkd@outlook.com
Registration Website	https://www.poomsae-reg.com/
Scoring Management	
Under auspices of	Grandmaster Ik Pil Kang 

2. EVENT TIMELINE

Prior to Event	
Registration Deadline	Sunday 12 th of January 2024 at 21:00
Payment Deadline	Monday 13 th of January 2024 at 21:00
Compulsory Poomsae Draw	Tuesday 14 th of January 2024 at 9:00
Day of Event	
09:00 – 09:45	Registration
9:30 – 10:00	Judge/official briefing
10:10 - 10:20	Coaches meeting
10:30 – 14.00	Competition
14:00 – 15:00 Lunch Break	Lunch break
15.00 – 17.30	Competition
17.30 – 17.45	Closing Ceremony
All times are approximate, please follow the updates at the venue	

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3. VENUE

Wishaw Sports Centre, Alexander Street, Wishaw ML2 0HQ, Scotland

4. PAYMENT

Individual	£50 per athlete
Pair	£48 per pair
Team/Family	£48 per team/family

Payment to be done by bank transfer to:

HSBC Bank Account

name: KTA TKD LTD.

Sort code: 040075

Account number: 45783195

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

Any changes to the entries on the day of the competition will incur a £30 admin fee per. If the competition cannot take place due to unforeseen circumstances out of the control of the organizer, the payment shall immediately be valid for the next physical taekwondo event the organizer creates.

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

* Adults: £10.00

* Children: (under 16): £5.00

* 5 years and under will be admitted for free.

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

Officials: two coaches per team

5. ELIGIBILITY FOR PARTICIPATION

Athletes must be members of a national federation affiliated to the WT. Proof of membership by means of a valid license, insurance and grade will be required at registration. All athletes/clubs must have their own insurance as governing body or organizers and any of its representatives will not be responsible for any injury cost.

Divisions DAN: 1st Dan / Poom and higher, Kukkiwon Holder (**A Class:** Competitors must be minimum 1st Dan/Poom grade & Kukkiwon or National 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 250 total entries.

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

6. SCORING METHOD

Dan & K1 Individual categories will be scored using Side by Side elimination - participants will be drawn to play off against one another, for each match two participants will compete side by side and scored at the same time each performing 2 poomsae with a break in between, after final scores have been declared, the winner will progress to the next round, whilst the loser will be eliminated. Winners from previous rounds will then play against each other until only one competitor remains and will be the winner of first place. **SEE EXAMPLE BELOW.**

Compulsory Poomsae will be drawn at random at the start of each playoff.

All K2 & K3 Divisions- will be scored using Poomsae Cut Off system – each entry will be scored separately one by one. Categories of 9 entries or less with play straight from final round, categories of 10 entries or more will be start with a semi-final round. Poomsae will be choice of participants.

Scoring System

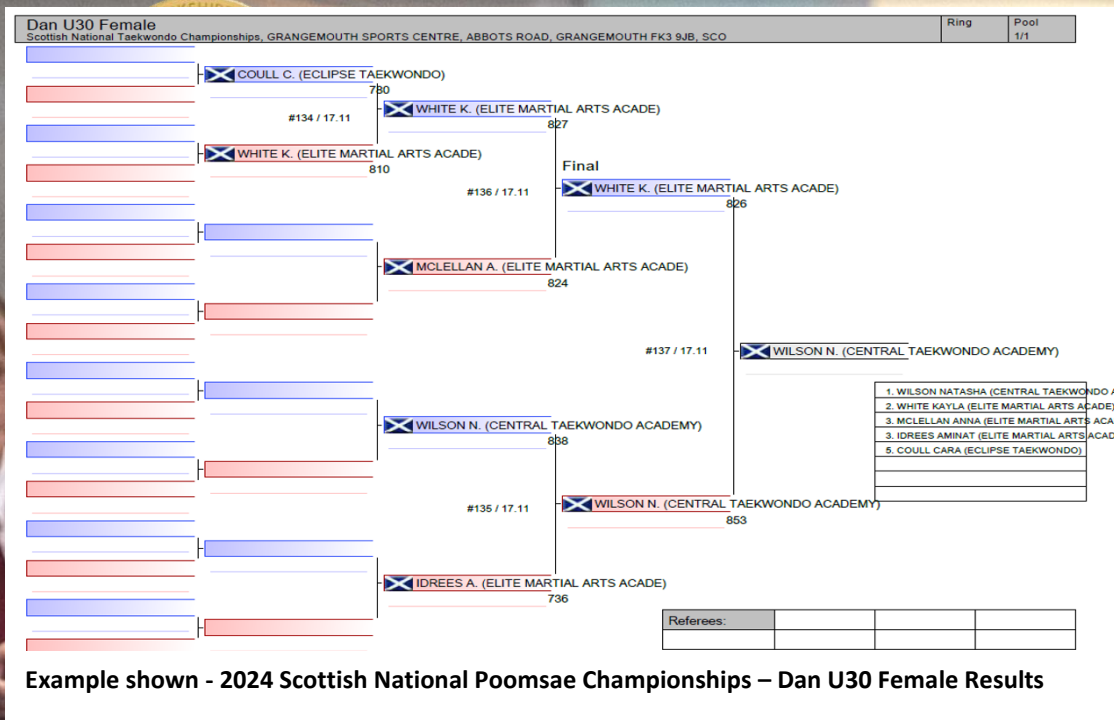


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Example shown - 2024 Scottish National Poomsae Championships – Dan U30 Female Results

6.1 CLASS A (DAN/POOM)

DIVISION Individual (Contestants can only enter a division once)

Dan/Poom Grades 2025	Compulsory Poomsae
U11 (Peewee) Age 9yrs – 11 yrs. (born 2016 - 2014)	Taegeuk 4,5,6,7,8, Koryo, Keumgang, Taebaek
U14 (Cadet) Age 12yrs - 14yrs (born 2013 – 2011)	
U17 (Junior) Age 15yrs – 17yrs (born 2010 - 2008)	
U30 Age 18yrs - 30yrs (born 2007 – 1995)	Taegeuk 7, 8, Koryo, Keumgang, Taebaek, Pyongwon
U40 Age 31yrs – 40yrs (born 1994 – 1985)	
U50 Age 41yrs – 50yrs (born 1984 – 1975)	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Age 51yrs – 60yrs (born 1974 – 1965)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
U65 Age 61yrs - 65yrs (born 1964 – 1960)	
U70 Age 66 – 70yrs (born 1959 – 1955)	
U71+ Age 71+ (born 1954 or before)	

Division Pair (male/female athlete) // Division Team (3 male / 3 female)

All Pair and Team Divisions scored **using Poomsae Cut Off system** – each entry will be scored separately one by one. Categories of 9 or less will be straight final, 10 or more will be start with a semi-final round.

Dan/Poom Grades 2025	Compulsory Poomsae
U11 (Peewee) Age 9yrs – 11 yrs. (born 2016 - 2014)	Taegeuk 4, 5,6,7,8, Koryo, Keumgang, Taebaek
U14 (Cadet) Age 12yrs - 14yrs (born 2013 – 2011)	
U17 (Junior) Age 15yrs – 17yrs (born 2010 - 2008)	
U30 Age 18yrs - 30yrs (born 2007 – 1975)	Taegeuk 7,8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
U50 Age 31yrs -50 (born 1994 – 1975)	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
U60 Age 51yrs -60 (born 1974 – 1965)	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin Jitae, Chonkwon, Hansu
60+ Age 61yrs + (born 1964 or before)	



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6.2 KUP GRADES

Belt Division	
K1 = 2 nd KUP & 1 st KUP	Red belt & black tag
K2 = 6 th KUP – 3 rd KUP	Green belt to red tag
K3 = 10 th KUP – 7 th KUP	White belt to green tag

Age Division (Male/Female)
U7 (Micro Peewee) Age 6yrs and below (born later then 2019)
U9 (Mini Peewee) Age 7yrs – 8yrs (born later then 2017 - 2018)
U11 (Peewee) Age 9yrs – 11yrs (born 2016 - 2014)
U14 (Cadet) Age 12yrs - 14yrs (born 2013 – 2011)
U17 (Junior) Age 15yrs – 17yrs (born 2010 - 2008)
1 st Senior Age 18yrs – 35yrs (born 2007 – 1990)
2 nd Senior Age 36+ (Born 1989 or before)

KUP Rules			
	Individual	Pair	Team
K1	Compulsory Poomsae (Taegeuk 4,5,6,7,8)	Compulsory Poomsae (Taegeuk 4,5,6,7,8)	Compulsory Poomsae (Taegeuk 4,5,6,7,8)
K2	Competitor's Choice (Taegeuk 2,3,4,5,6) Must do two different poomsae in 1 round	Competitor's Choice (Taegeuk 2,3,4,5,6) Must do two different poomsae in 1 round	Competitor's Choice (Taegeuk 2,3,4,5,6) Must do two different poomsae in 1 round
K3	Competitor's Choice (Taegeuk 1,2,3) Can repeat same Poomsae	Competitor's Choice (Taegeuk 1,2,3) Can repeat same Poomsae	Competitor's Choice (Taegeuk 1,2,3) Can repeat same Poomsae

It is allowed to make a combination of pair/team between K2&K3 athletes.

6.3 FAMILY POOMSAE

One parent, parents, or grandparents together with their child or children or grandchildren. The number of family members is unlimited. At least two generations are required for a family team. Examples: Father and son or daughter, mother, and father together with son and daughter, father with three sons, grandmother with grandchildren, grandfather, mother, and grandchildren. One participation per family is allowed. There is no age limit or graduation restriction for Family Poomsae. The Poomsae can be freely selected. **All families go directly to finals.** Two poomsae must be performed, selected from the recognized poomsae. Family Poomsae entries will also be **using Poomsae cut off system**, Final round only and each entry scored one by one.

Classification	Grade	Selection	Recognized Poomsae	Division	Age
Family Poomsae (unlimited members but minimum 2)	No belt restriction	Competitor Choice of poomsae	Free of Choice	One family	No age limit

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6.4 PARA CATEGORY

Para Event Para Categories will also be split into Male / Female and Kup / Dan Grades. Para competitors should enter the Para category online and e-mail full details and reasons for Para qualification to the event. management to: rangesportsuk@gmail.com

Categories	
P10 – Visual Impairments	Competitor's choice any WT recognized poomsae
P20 – Intellectually Impaired	Competitor's choice any WT recognized poomsae
P30 – Physical Impairments	Compulsory poomsae to be performed
P40 – Limb Deficiency	Competitor's choice any WT recognized poomsae
P50 – Wheelchair Classes	Competitor's choice any WT recognized poomsae
P60 – Deaf	Competitor's choice any WT recognized poomsae
P70 – Short Stature	Competitor's choice any WT recognized poomsae

Dan	Male	U17 (17yrs or younger)
		18+ (18yrs or older)
Female		U17 (17yrs or younger)
		18+ (18yrs or older)
Kup	Male	U17 (17yrs or younger)
		18+ (18yrs or older)
Female		U17 (17yrs or younger)
		18+ (18yrs or older)

7. ARBITRATION

Procedure of Protest

Only the official head coach is allowed to protest to the Competition Director. This must be done 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.

Situation not covered by the rules.

Where any situation not covered by this outline arises, it shall be dealt with by the competition chairman and referee director. This decision is final.

8. 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: 9pts Gold, 6pts Silver, 3pts Bronze/2pts Bronze (trophy calculation based on results from individual poomsae only)

9. UNIFORM

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

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

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

Jewelry is strictly not permitted.

10. PHOTOGRAPHY

By registering to compete at the event you agree 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.

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10. ACCOMODATION & TRAVEL

Hotel stay, please consult:

https://www.tripadvisor.co.uk/Hotels-g1147565-Wishaw_North_Lanarkshire_Scotland-Hotels.html

Wishaw train station

Please consult <https://www.scotrail.co.uk/plan-your-journey/stations-and-facilities/wsh>

(0.3 Miles from the venue only 6 minutes' walk)

Glasgow Airport

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

12. COVID MEASURES

The organizer takes all necessary measures, following the local and national guidelines. 3 days before the event the organizer will send out separate information regarding the practical applications of these guidelines.

Please consult <https://www.gov.uk/coronavirus> for updates and measures to be taken as public/athlete in an effort to keep sporting a safe and healthy place.

13. SPONSORS

JCalicu UK, Official supplier of World Taekwondo Approved Taekwondo Equipment, global distributor offering top quality Taekwondo Equipment for WT Poomsae and Kyorugi competition.



WEBSITE: WWW.JCALICU.CO.UK

Range Sports is a UK based quality and dependable Taekwondo equipment supplier that is an official supplier of JCalicu equipment and Taekwondo exclusive brand.



WEBSITE: WWW.RANGE-SPORTS.CO.UK

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