

11th NATIONAL SENIOR POOMSAE TAEKWONDO CHAMPIONSHIP: 2022-23

Date: - 8th to 11th June' 2023

Venue: - St, Xavier's School, Indoor Sport Stadium Dhoran Canal Road, Dehradun, Uttarakhand

OUT-LINE (RULES & REGULATION)	
DATE & VENUE	Date: - 8th to 11th June' 2023 Venue: - St, Xavier's School, Indoor Sport Stadium Dhoran Canal Road, Dehradun, Uttarakhand
PROMOTER	TAEKWONDO FEDERATION OF INDIA (T.F.I) OFFICE ADDRESS – Hari Gopal Mazumdar Road, Purana Bazar, Near Telephone Exchange, DHANBAD(JHARKHAND) INDIA-826001 Email:- secretarytaekwondoindia@gmail.com , tkdindiapresident@gmail.com
CONTACT PERSON	Mr. SANDEEP SAINI, Contact No: 7017950290
DIVISIONS	Senior– Boys & Girls
CATEGORIES	Individual, Pair & Group
QUALIFICATION:	❖ For Senior Men & Women aged 17 Years & above, based on 31-12-2022 are eligible i.e., born on or before 30-12-2005. ❖ Holder of Kukkiwon 1st Dan & above Black Belt Certificate. ❖ The participant with TFI ID card should be recommended by Member State Assn. / Central Org / Adhoc Committees, Citizen of India and domicile of the representing state holding valid TFI Id card. TFI Id card should be enclosed along-with application form compulsorily, Citizen of India and Domicile of the Representing State or the place wherein the player is in service under our affiliated central organizations holding Valid I.D. Card is mandatory. ❖ Copy of TFI Black Belt ID Card or Proof of appearance in Black Belt Exam with date & venue duly certified by the STA should be enclosed compulsorily.
ENTRY FEE:	• Individual Division: Rs. 2000/- per Player. • Pair Division: Rs. 2000/- per Pair • Recognized & New Poomsae Team Division: Rs. 3000/- per team. • Freestyle Team: Rs. 6000/- per team • Mixed Team: Rs. 6000/- per team The last date for receipt of Consolidated Entry Forms is 25-05-2023 in which all the details of players shall be filled properly in the Email in soft copy (docs file). No Consolidated Entry Forms will be entertained after the last date. No Consolidated Entry Forms will be entertained after the last date and introduce the deposit slip or other mode of transfer at the registration desk.
COMPETITION RULES	New WT & TFI Poomsae Competition Rules
Appointment of Poomsae	The required number of International Poomsae Judges & National Poomsae Judges will be appointed by T.F.I

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Judges								
TEAM ENTRIES	Athletes				56 Nos.			
	Coaches				03 No			
	Managers				03 No.			
EVENT	DIVISION							
Recognized Poomsae	Age & Gender		Under 30 18-29 Yrs	Under 40 30-39 Yrs	Under 50 40-49 Yrs	Under 60 50-59 Yrs	Under 65 60-65 Yrs	Over 65& above
	Individual	MALE	1	1	1	1	1	1
		FEMALE	1	1	1	1	1	1
	Age & Gender		Under-30 18-29 Yrs			Over-30 30 Yrs and above		
	PAIR OR MIXED		(1 MALE +1 FEMALE)			(1 MALE +1 FEMALE)		
	TEAM MALE		01 Group (03 Athletes)			01 Group (03 Athletes)		
	TEAM FEMALE		01 Group (03 Athletes)			01 Group (03 Athletes)		
Free Style Poomsae	18 years old and over							
	Individual	MALE	1					
		FEMALE	1					
	PAIR OR MIXED		(1 MALE +1 FEMALE)					
	MIXED TEAM		5 (2-Male&3-Female or3-Male&2-Female) + 1 substitute					
Mixed Poomsae	18 years old andhigher							
	Individual	MALE	1					
		FEMALE	1					
	PAIR OR MIXED		(1 MALE +1 FEMALE)					
	MIXED TEAM		5 (2-Male&3-Female or3-Male&2-Female) + 1 substitute					
New Poomsae	Under-30 Years							
	MALE					FEMALE		
	Individual (1 Athletes)					Individual (1 Athletes)		
	TEAM (03 Athletes)					TEAM (03 Athletes)		
Competition Format (Recognized, Free Style& Mixed)								
Competition	Division		Compulsory Poomsae					
Individual	Under 30		Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon,					
	Under 40		Shipjin					
	Under 50		Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon					
	Under 60		Koryo, Keumgang, TaebackPyongwon, Shipjin, Jitae, Chonkwon,					
	Under 65		Hansu					
	Under 65							
Pair	Under 30		Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin					

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	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Team	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
METHOD OF COMPETITIONS FOR RECOGNIZED & FREE STYLE (Cut-off System)	➤ There should be at least 4 States with not less than 4 contestants in each Category. ➤ Cut-Off System shall consist of Preliminary, Semi-Final & Final Rounds. ➤ Cut off system preliminary: When 20 or more contestants are participating; competition shall start from preliminary round with division of groups at different courts. ➤ Contestants shall perform the two assigned compulsory Poomsae, and, half of them from each group shall advance to semi-final based on their points. In preliminary round, each group might be judged by different group of judges. If the number of contestants is odd, then round the number of contestants to make even. Ex- If there are 13 contestants in group, then 13 contestants as considered as 14 contestants and 7 contestants shall advance to semi-final. ➤ Cut off system semi-final: When 9 to 19 contestants are participating; competition shall start from semi-final round, Contestants shall perform the two assigned compulsory Poomsae, and, 8 of them shall be advanced to final based on their points. ➤ Cut off system final: When 8 or fewer contestants are participating; competition shall start from final round. Contestants shall perform the two assigned compulsory Poomsae, and, the top four contestants / pair/ team shall be awarded prizes based on their points. 3rd and 4th places are awarded with bronze medals.	
Competition Format (NEW POOMSAE) Individual Event		
	POOMSAE – 1	POOMSAE – 2
From Preliminary round to Quarter Final Round	Recognized Poomsae:Koryo, Keumgang, Taeback, Pyongwon, Shipjin	Recognized Poomsae:Koryo, Keumgang, Taeback, Pyongwon, hipjin
From Semi-finals to the Finals	Recognized Poomsae:Koryo, Keumgang, Taeback, Pyongwon, Shipjin	New Poomsae :Bigak 2, Bigak 3 (Nareusya)
Competition Format (NEW POOMSAE) Team Event		

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	POOMSAE – 1	POOMSAE – 2
From Preliminary round to Quarter Final Round	From Preliminary round to Quarter Final Round	From Preliminary round to Quarter Final Round
From Semi-finals to the Finals	From Semi-finals to the Finals	From Semi-finals to the Finals
METHOD OF COMPETITIONS FOR NEW POOMSAE (Cut-off System)	➤ An athlete must be under 30 years old in accordance with the Article 8 of WT Poomsae Competition Rules ➤ Single Elimination Tournament System ➤ Individual Competition: The Chung and the Hong enter together. After “Kyeong-rye”, both Chung and Hong perform Poomsae at the same time ➤ Team Competition: The Chung team and the Hong team enter together. After “Kyeong-rye”, the Hong team exits and the Chung team performs first. INDIVIDUAL COMPETITION A. From Preliminary round to Quarter-finals - Two (2) Poomsae shall be selected randomly from Recognized Poomsae at the Head of Team meeting and Drawing of Lots. - Recognized Poomsae selected at Poomsae 1 is excluded at Poomsae 2B. B. From Semi-finals to the Finals - Two (2) Poomsae shall be selected randomly at the Head of Team meeting and Drawing of Lots. - Poomsae 1 is from Recognized Poomsae and Poomsae 2 is from New Poomsae. - Poomsae performed at the Semi-finals is excluded at the Finals. TEAM COMPETITION A. From Preliminary round to Quarter-finals - Two (2) Poomsae shall be selected randomly at the Head of Team meeting and Drawing of Lots. - Poomsae 1 is from Recognized Poomsae and Poomsae 2 is from New Poomsae. B. From Semi-finals to the Finals - Two (2) Poomsae shall be performed. - Poomsae 1 shall be selected randomly from New Poomsae at the Head of Team meeting and Drawing of Lots and Poomsae 2 is Free-style. - Poomsae performed at the Semi-finals is excluded at the Finals.	

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CONDITIONS OF PARTICIPATION	a) The Individual Entry Form should be duly filled and compulsorily signed by Participant & President / Secretary of the State Association / Central Organization. The Consolidated Entry Form shall be duly filled completely with Office seal and signature of President / Secretary of the State Association / Central Organization. Incomplete Entry Forms will not be accepted. b) After Accreditation and Registration of Teams, dormitory type accommodation will be provided from 24th March' 2023 to 26th March' 2023. c) Boarding (Break-fast, Lunch and Dinner) will be provided from 24th March' 2023 Lunch to 26th March' 2023 Dinner. d) A Security Deposit of Rs. 2,000.00 should be remitted by each Team at the Time of Registration which will be refunded during departure after clearing the cost of any loss or damage of Stadium / Accommodation Property, if any. e) Apart from the Team Members, strictly Accommodation and Food will not be provided to the Extra Members. Extra Accommodation is not available. Please make your own arrangements for the extra members.
AWARDS:	1st Place : Gold Medal 2nd Place : Silver Medal 3rd Place : Two Bronze Medals
INDEMNITIES:	It shall be responsibility of the respective State Associations to ensure that their contestants have validly completed the participation forms, TFI Id Card and have them signed by the Parents / Guardian and contestants indemnifying the Organizers, the Officials and other Contestants from any claims of injuries, losses, fatal or otherwise arising in the course of participation in this Championship or any activities thereto.
MEDICAL CONTROL	(A) Use of Drugs or Doping by any Chemical substances prescribed in the WTF Regulations for Doping Control is strongly Prohibited. (B) The TFI will carry out Medical Doping Test among the Winners at Random Sampling and any Winner who refuses to undergo the testing or who proves to have committed a Breach of this Regulation shall be removed from the Final Standings, and a disciplinary action will be taken.
PROTEST IF ANY	In case, there is Objection towards a Judgment, the concerned Coach / Manager must submit the Protest Application Form together with Prescribed Fee of Rs. 1000.00 (Non-Refundable) to the Board of Arbitration within ten minutes after the pertinent contest. Deliberation will be done as per TFI & WTF Rules. Please note strict discipline will be maintained.

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NAME OF THE ASSOCIATION			
DATE OF ARRIVAL AT DEHRADUN		TIME	
MODE OF JOURNEY	BY BUS / TRAIN / AIR		
DATE OF DEPARTURE FROM DEHRADUN		TIME	
MODE OF RETURN JOURNEY	BY BUS / TRAIN / AIR		