



LIGUE ILE-DE-FRANCE DE TAEKWONDO & DISCIPLINES ASSOCIÉES

**FEBRUARY 12 2023**



**FRENCH OPEN IDF**

T A E K W O N D O

**POOM *G1* SAE**

**PARIS**

[www.taekwondo-idf.com](http://www.taekwondo-idf.com)



# Ligue IDF de Taekwondo et Disciplines Associées



## GENERAL INFORMATION :

### **Sanctioned by :**

World Taekwondo  
10th Floor, Booyoung Taepyung Building  
55, Sejong-daero, Jung-gu, Seoul  
Republic of Korea 04513

### **Organizer :**

Île-de-France Taekwondo League  
58 Rue Roger-Salengro Immeuble Dolomites, 94120 Fontenay-sous-Bois  
Facebook : Ligue IDF Taekwondo & DA  
Instagram : @ligueidftaekwondo  
E-mail : taekwondo.iledefrance@orange.fr /  
Visa : communication.idftkd@gmail.com

### **Global and European Ranking :**

Global Ranking is applicable  
G1

### **Competition dates :**

February 12th, 2023

### **Accreditation :**

February 11th, 2023  
3PM - 7PM (French local time)

### **Venue :**

Institut du Judo  
21 Av. de la Porte de Châtillon, 75014 Paris

Ligue de Taekwondo IDF – 58 Rue Roger-Salengro Immeuble Dolomites, 94120 Fontenay-sous-Bois  
Tel. 01.55.97.27.23 – Fax 01.55.97.27.24 - Site : <http://www.taekwondo-idf.com> - Siret 443 819 149 00 016 - APE 9312Z



## ADMISSION REQUIREMENTS :

### **Registration :**

- Web site : <https://worldtkd.simplycompete.com/events>
- Dead line : **February 1st, 2023**

### **Registration fees :**

- Contestants individuals : 100,00 €
- Pairs : 120,00 € (per team)
- Extra coach fee : 25,00 €

### **Eligibility requirements :**

1. Holder of a valid 2023 WT Global Athlete License;
2. Member of the team/club of a pertinent Member National Association, recognized by European Taekwondo Union or World Taekwondo;
3. Holder of Taekwondo Dan (Poom) certificate issued by the WT or Kukkiwon.
4. The age limits are based on the year 2023, not on the date.
  - a. **Cadets** Male and Female, born in 2011, 2010, 2009
  - b. **Junior** Male and Female, born in 2008, 2007, 2006
  - c. **Under 30** Male and Female, born in 2005 to 1993
  - d. **Under 40** Male and Female, born in 1992 to 1983
  - e. **Under 50** Male and Female, born in 1982 to 1973
  - f. **Under 60** Male and Female, born in 1972 to 1963
  - g. **Under 65** Male and Female, born in 1962 to 1958
  - h. **Over 65** Male and Female, born in 1957 and before

All competitors must prove their age by presenting their passport or identification card at the official weigh-in. For those athletes that are not adults, a written consent must be submitted (please find enclosed on the last pages) at the registration, signed by one of the parents or legal guardians, accepting their participation and all parts of the official invitation.

### **Coach eligibility requirements :**

1. Minimum age of 18 years;
2. Holder of a valid 2023 WT Global Official License;
3. Coach is not allowed wearing Dobok.



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## APPLICABLE FEES :

- **Registration :**

- Web site : <https://worldtkd.simplycompete.com/events>
- Deadline : **February 1st, 2023**

**This deadline is applicable for all sport entries, payments and admitting all required documents.**

- **Registration fees :**

- Contestants individuals : 100,00 €
- Pairs : 120,00 € (by team)
- Extra coach fee : 30€

- **Spectators :**

- Free entry

- **Bank Details :**

Name of bank : Crédit Mutuel  
Address of bank : 270 RUE DU MARECHAL LECLERC, 94410 ST MAURICE  
Bank Swift Code : CMCIFR2A  
Account N° : FR76 1027 8061 2200 0202 6220 193  
Name of Account : LIGUE DE TAEKWONDO ILE DE FRANCE  
Address of Account : 58 Rue Roger-Salengro Immeuble Dolomites, 94120 Fontenay-sous-Bois  
Country : France  
Reference : FOITP G1 + Team name

### **NO REFUND :**

The Organizing Committee does not refund entry fees paid. In case the athlete has not been removed from the list of participants before the deadline his/her team or official must fully (100%) pay the entry fee(s) for participation. In case of no show the invoice will be send to the team after the tournament.

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## METHOD OF COMPETITION :

### ***Recognized Poomsae Competition***

Two (2) Poomsae from designated Compulsory Poomsae will be decided by TD for each division and must be performed for all competitions

▶ **ONLY FOR THE INDIVIDUAL CATEGORIES (M/F) UNDER 30 and UNDER 40:**

### **Single elimination tournament system**

From Preliminaries to Finals: All competitions shall be conducted in a single elimination format. All athletes will be seeded based on the WT Poomsae Ranking of June (June 1st). If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. Contestants shall perform two assigned Compulsory Poomsae for each round. Medals shall be awarded to the top four (4) contestants.

▶ **ALL OTHER CATEGORIES:**

### **Cut-off System :**

1) Preliminaries: In case twenty (20) or more contestants/ pairs/teams are participating, the competition shall start from preliminary round with division of groups at different courts. After performing two (2) assigned Compulsory Poomsae, the top half of each group shall advance to semi-final based on the points.

2) Semi-final: In case nine (9) to nineteen (19) Contestants / pairs / teams are participating, competition shall start from semi-final. Contestants shall perform two (2) assigned Compulsory Poomsae and top eight (8) of them shall advance to final based on the points.

3) Final: When eight (8) or less contestants/ pairs/teams are participating, competition shall start from final round. Contestants shall perform two assigned Compulsory Poomsae for the final round. Medals shall be awarded to the top four (4) contestants/pairs/teams.

## METHOD OF COMPETITION :

### ► Free Style Poomsae Competition

#### **Cut-off System (All Freestyle- categories (single Final Round))**

1) Free Style Poomsae is the performance based on taekwondo techniques with composition of music and choreography.

2) Composition of Free Style Poomsae

2.1 Yeon-mu line shall choice of contestant

2.2 Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WT Poomsae Committee, when contestant submits performance plan.

2.3 Music and choreography shall be the choice of contestants

**Note :** Music in USB (sound without words) should NOT contain any political, social and religious and any contents that may harm, discriminate or offend others.

#### **General eligibility requirements :**

Contestants may compete in maximum two (2) categories in Recognized Poomsae and/or Freestyle Poomsae of competition unless he or she is limited by gender or age.

#### **Duration of Contest :**

1) Recognized Poomsae: Individual, Pair and Team competitions up to 90 seconds. (Break time between 1st Poomsae and 2nd Poomsae is 30 to 60 seconds.)

2) Free Style Poomsae: Individual, Pair and Mixed Team competitions from 90 seconds to 100 seconds.

#### • **Medal Events**

The following medal events are applicable :

#### **Recognized Poomsae Competition :**

- Men's individual
- Women's Individual
- Men's Team (3 males)
- Women's Team (3 females)
- Pair (1 male & 1 Female)

#### **Free Style Poomsae Competition :**

- Men's Individual
- Women's Individual
- Pair (1 male & 1 female)
- Mixed Team (composition of 5 members including more than 2 male and 2 females)

## METHOD OF COMPETITION :

► List of Poomsae to be performed :

COMPULSORY A – TAEGEUK / POOMSAE to be Performed		
INDIVIDUAL - POOM OR DAN GRADES		
Cadets 12 - 14 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang	
Juniors 15 - 17 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback	
Under 30 Under 40	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin	
Under 50	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon	
Under 60 Under 65 Over 65	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	
	PAIR - POOM OR DAN GRADES (1 male + 1 female)	TEAM - POOM OR DAN GRADES (3 male or 3 female)
Cadet 12 - 14 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Junior 15 - 17 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback
Under 30	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

## COMPETITION RULES :

The WT Poomsae Competition Rules and Interpretation (in force as of May, 2019)

The WT Poomsae Ranking Bylaw (September 23, 2020)

The WT Athlete Classification Rules shall be applied

### Sport Equipment :

#### ▶ Dobok

Athletes can only use WT recognized products while participating at the event. See a list of recognized products at : <http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>

WT approved poomsae competition uniforms:

1. Cadet Division (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.



2. Junior and Senior Division (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females.



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## COMPETITION RULES :

3. Master Division (Ages 51 and up): Yellow top and dark blue pants for both males and females.



### Identification of NOC Code and Manufacturer

National flag shall be located between 3.5cm below the right shoulder line of upper garment. Flag size should be 10cm width x 7cm height.



The number of manufacturer's identification (name, designation trademark, logo or any distinctive sign of the manufacturer) shall be one per garment within 20cm<sup>2</sup> except at the location of the WT logo according to the related WT guidelines in force as of this event. The end of the belt must be at least 10cm or higher above the knee.





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## COMPETITION RULES :

### **Field of play regulations :**

By accepting an accreditation card, all accredited persons agree to comply with the Field of Play regulations applicable at Taekwondo events. Only the competitors and their coaches will have admittance with valid accreditation to the contest areas.

### **Access to field of play :**

Only for one (1) coach, one (1) athlete and one (1) officially licenced Medical Doctor are allowed to enter the Field of Play with their official accreditation. The OC has the right to refuse participants access to the Field of Play.

### **Awards :**

1st place - Gold medal and certificate  
2nd place - Silver medal and certificate  
3rd place - (2) Bronze medals and certificate

### **Medical and anti-doping :**

#### ***Applicable doping rules***

The WT Anti-Doping Rules and the WADA Anti-Doping Code are applicable. Compulsory random doping tests may be conducted among the all athletes. World Taekwondo and/or WADA may carry out random out-of-competition testing prior to the event. Therefore, all participating contestants are required to submit their latest and most accurate Athlete Location (Whereabouts Info) Forms to WT.

#### ***Therapeutic Use Exemption***

Athletes who take any substance or medicine listed in the "Prohibited List" of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to visit the website of WADA and make online filing of their TUE applications on ADAMS. Report TUE applications also to the WT Sport Department via [sport@worldtaekwondo.org](mailto:sport@worldtaekwondo.org).

#### ***ADAMS login***

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or WT Sport Department at [marcoienna@worldtaekwondo.org](mailto:marcoienna@worldtaekwondo.org)

For more details, please visit :

<http://www.wada-ama.org/en/ADAMS/>

<http://www.worldtaekwondo.org/medical-antidoping/anti-doping/therapeutic-use-exemptions-tues/>

Some contestants chosen at random may be tested.



## COMPETITION RULES :

- **Indemnities :**

It is the responsibility of each registering team to ensure that their athletes and team officials have filled out the indemnification forms correctly and have duly signed them, thereby indemnifying WT, ETU, the Organizing Committee and all other officials and athletes from any claims of injuries, losses or otherwise arising in the course of participation at the French Open IDF Poomsae G1 or any activities linked therewith. It is the responsibility of each registered team to ensure and guarantee that sufficient insurance coverage has been arranged for all athletes, team officials and other participants. Without sufficient insurance coverage, teams will not be allowed to compete. Please fill out the Personal Indemnity Forms and return them to the Organization Committee before 1st February 2023. Each participant (athletes, team officials, etc.) has to fill out the indemnification form.

- **Medical Insurance :**

All participating athletes, coaches and team officials shall have mandatory a medical insurance that covers medical care and in case of emergency repatriation to home country. All relevant documents proving that such an insurance is present, including insurance policy papers, should be taken to the event in case a medical situation occurs.

***Sufficient insurance :***

The teams are strongly urged and advised to make sure to have their own sufficient travel, cancellation and medical insurance.

- **Liability :**

By registering for the French Open IDF G1 all contestants accept the rules and conditions of participation set by the organizing committee.

All contestants will participate at their own risk. The Organizer could not be responsible for any loss or damage to individuals or equipment under no circumstances.

- **Hash Tags & Social Media :**

▶ Hash Tags

The French Open IDF Poomsae G1 uses the following hash tags at Facebook and Instagram :  
#FrenchOpenIDFG1 and #FrenchOpenIDFWT

▶ Social Media platforms

Île-de-France Taekwondo League is present at the following social media platforms :

Facebook.com/people/Ligue-IDF-Taekwondo-DA/100046896768865/

Instagram.com/ligueidftaekwondo/

## ACCOMODATION :

- **Hôtel F1 Paris Porte de Châtillon :**

Address : 23 Avenue de la Porte de Châtillon, 75014

Phone n° : +33 8 91 70 52 29

- **Hôtel Terminus Orléans :**

★★

Address : 197 Boulevard Brune, 75014 Paris

Phone n° : +33 1 45 39 71 44

- **Châtillon Hôtel Paris-Montparnasse :**

★★★

Address : 11 Square de Châtillon, 75014

Phone n° : +33 1 45 42 31 17

- **Hôtel le clos d'Alesia :**

★★★

Address : 8 Rue Friant, 75014 Paris

Phone n° : +33 1 45 42 71 91

- **Mercure Paris Alesia :**

★★★★

Address : 185 Boulevard Brune, 75014

Phone n° : +33 1 45 39 68 50

## TIMETABLE :

- Attention : The League reserves the right to modify the above parameters and/or program according to the number of registrations; if necessary, the new organization modalities will be announced at the beginning of the competition.

February 11th, 2023	
3PM- 7PM	REGISTRATION & ACCREDITATION
9PM	PUBLICATION OF DRAW SHEETS
February 12th, 2023	
9AM	START COMPETITION
12PM - 1PM	LUNCH BREAK
1PM - 5PM	RESUMPTION OF THE COMPETITION
5PM - 7PM	SEMI-FINALS AND FINALS
7PM-9PM	AWARDING CEREMONY



# Ligue IDF de Taekwondo et Disciplines Associées



## PERSONAL INDEMNIFICATION FORM :

THIS INDEMNIFICATION, HOLD HARMLESS, RELEASE AND CONSENT NOT TO SUE executed this on: \_\_\_\_\_ (insert date of signing). I, the undersigned, certify that I will indemnify, hold harmless and release the European Taekwondo Union, World Taekwondo and the Organizing Committee, its executive board members, directors, officers, members, employees, consultants, agents, attorneys, contractors (including without limitation sponsors, suppliers, licensees and other representatives (each, an "Indemnatee" and, collectively, "Indemnitees"), from and against any and all damages, injuries, penalties, fines, claims, suits, liabilities, costs, attorneys' fees court costs and expenses of every kind and nature suffered by or asserted against the Indemnatee as a direct or indirect result of participating in the French Open IDF G1 on 12 February 2023 in the broadest sense of the word. By signing and submitting the form below, I accept and agree to the terms and covenants contained in this Indemnification, hold harmless, release and consent not to sue. I verify that by signing and submitting this form, that I have read and agree to all of the terms and conditions provided above.

Name:

.....  
Date:

.....  
Signature:

.....  
In case the person involved is a minor, the legal guardian has to sign:

Name:

.....  
Relation towards the minor:

.....  
Date:

.....  
Signature:

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## LIABILITY DECLARATION FORM :

(only for under aged athletes)

My name:

.....

I live in :

.....

I am the parent/guardian of :

.....

Date of birth (competitor): \_\_\_\_/\_\_\_\_/\_\_\_\_

I declare that I accept the participation of \_\_\_\_\_ at the French Open IDF G1 at 12 February 2023 and that I accept all parts of the official invitation of this tournament.

For physical reasons nothing speaks against a participation of the aforementioned athlete and I understand that all competitors are considered to participate at their own risk. The Organizing Committee assume no responsibility for any damages, injuries or losses. All athletes must bring their own documents and the forms or any medical insurance in France.

Place: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of the parents/legal guardian:

\_\_\_\_\_

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