

KLUB SPORTÓW WALKI **AVASATARE** BRZEG DOLNY

ul. Wilcza 8 56-120 Brzeg Dolny

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3rd POLISH OPEN 2010

KSW "AVASATARE" Brzeg Dolny and All Poland Taekwon-do ITF Organisation
invite to Taekwon-do ITF tournament – 3rd POLISH OPEN 2010.

1. Date:

30 April-1 May 2010

2. Place:

Sports Hall & Hotel „ROKITA”, Brzeg Dolny, Wilcza Street 8

3. Organizer:

Klub Sportów Walki „AVASATARE” Brzeg Dolny
Sports Hall & Hotel „ROKITA” in Brzeg Dolnym
All Poland Taekwon-do ITF Organisation

4. Deadline:

Application must be sent before **23rd of April** 2010 to e-mail:

krzysztof.machala@itftkd.org.pl

5. Accommodation & board:

Organizer will provide accommodation at place of tournament at price of 50 PLN for those who applied before deadline. Additionally a full board (supper on Friday, breakfast and dinner on Saturday) can be reserved at price of 45 PLN
At the place of tournament two restaurants are available, which serve hot meals.

6. Entry fee:

60 PLN/competitor (1€ = 3.8PLN)

TOURNAMENT SCHEDULE

Friday, April 30:

16:00 – 19:00	registration, weigh-in, accommodation
18:00 – 20:00	supper
20:30	coach meeting, draw

Saturday, May 1:

7:30 – 9:00	Breakfast
9:00	Referees meeting
9:30	Official Opening Ceremony, Competition start, eliminations
13:30 – 15:00	Dinner break
15:00 – 19:00	Eliminations-cont., finals, awarding

COMPETITION INFORMATION

1. Individual competition only.
2. Groups: Youth (female, male), born: '96, 97, 98
Junior (female, male), born: '92, 93, 94, 95
Senior(female, male), born: '91 and older
3. Events: Competitors will take part in pattern, sparring and special techniques (min. 1 event per competitor); youth will compete in pattern and special techniques only

PATTERN:

There will be three categories for pattern(juniors and seniors):

- 10 cup – 7 cup
- 6 cup – 1 cup
- 1 DAN <

Youth:

- 10 cup – 8 cup
- 7 cup – 5 cup
- 4 cup – 1 cup

System of competition:

- pyramid system (loser is out)
- losers from semi finals compete for 3rd place
- eliminations: 1 designated pattern regarding degree of competitor
- finals: 1 designated and 1 of competitors choice

SPARRING:

Categories:

- Junior female: - 46, - 52, - 58, - 64, + 64 kg
- Junior male: - 51, - 57, - 63, - 69, + 69 kg
- Senior female: - 51, - 57, - 63, - 69, + 69 kg
- Senior male: - 57, - 64, - 71, - 78, + 78 kg

System of competition:

- pyramid system (lost is out)
- losers from semi finals compete for 3rd place
- eliminations: 2 x 1,5 minutes
- finals: 2 x 2 minutes

All competitors must have full protectors set: boxing gloves 10 oz. or open-hand gloves, foot protectors and groin guard(male), and ITF dobok (sasung is not necessary).

Except for above tournament will be held according to ITF rules.

4. Protests:

The protest must be written in 3 minutes after sparring or pattern and given to the Jury president after paying amount of 50 PLN to organizer's official.

5. Umpires:

- Clubs are kindly asked to bring at least one referee along(full board & accommodation will be given)
- Umpires have to be dressed according to ITF rules and be available at 9:00 AM in the sport hall.

6. Trophies:

For earning 1st place competitors will be awarded with medals, cups, diplomas and gift. 2nd and 3rd place will be awarded with medals and diplomas. Best competitor from each group will be awarded with cup as well as the best club.

7. Others:

The organizer, tournament director and umpire chairman reserve the right to merge categories. If a category consists of 4 or fewer competitors, it will be merged with a higher one. Only two similar categories can be merged. Coaches will be informed during the coach meeting.

All competitors must have a valid insurance!

8. Contact:

You can get all information from Krzysztof Machała
tel. +48 501 253 897 and krzysztof.machala@itfkd.org.pl

HOPE TO SEE YOU IN BRZEG DOLNY, POLAND!