

# ALL LATVIAN TAEKWON-DO FEDERATION



## TOP TEN LATVIAN OPEN CUP

15-16.02.2020  
Riga-Salaspils



### Invitation

It is my great pleasure to invite you to the

**International Taekwon-do ITF Tournament  
*XIII TOP TEN LATVIAN OPEN CUP 2020***

to be held in Salaspils Sport hall, Salaspils (20 km from Riga), Latvia on  
February 15-16, 2020.

Looking forward to meeting all of you in Latvia in February 2020.



*Yours in Taekwon-Do,*

*Mr. Sergey Saulite, IV dan  
Head of the Organizing Committee*

**February 15-16, 2020  
Riga-Salaspils, Latvia**

## 1. Place and time of event

- 1.1. International Taekwon-do ITF Tournament **XIII TOP TEN LATVIAN CUP 2020** to be held in Salaspils Sport hall, Salaspils (20 km from Riga), Latvia on February 15-16, 2020.
- 1.2. **20th January 2020** – deadline for all reservations of accommodation.
- 1.3. **3rd February 2020** – deadline for the registration.
- 1.4. **10th February 2020** – publication of draws online.
- 1.5. **February 14<sup>th</sup> 2020**  
**16:00-19:00** registration and weight control in hotel “Rixwell Irina Hotel”, “Rixwell Elefant Hotel” and “Rija VEF hotel”;
- 1.6. **February 15<sup>th</sup> 2020** in Salaspils Sport hall, Smilšu iela 1, Salaspils, Latvia  
**08:30-08:50** umpire meeting;  
**09:00-14:00** competition for children 7-9 years old;  
**14.00** opening ceremony;  
**15:00-18:00** competition for cadets 10-11 years old.
- 1.7. **February 16<sup>th</sup> 2020** in Salaspils Sport hall, Smilšu iela 1, Salaspils, Latvia  
**08:30-08:50** umpire meeting;  
**09:00-16:00** competition for cadets 12-14 years old, 15-17 years old juniors and seniors.

## 2. Organizer

- 2.1. All Latvian Taekwon-do federation with Sport club „Chin-Goo”.
- 2.2. Head of the Organizing Committee Mr. Sergey Saulite (IV dan), t. +371 26469257, e-mail: [chingoo@inbox.lv](mailto:chingoo@inbox.lv).
- 2.3. Head of Umpire Committee – “A” class international umpire Konstantin Klimov (V dan), Uzbekistan.
- 2.4. Organizer reserves right to fuse or divide categories according to numbers of contestants.

## 3. Competitors

- 3.1. In tournament may participate members of ITF with 10 gup – 6 dan.
- 3.2. **Competition are divided into 2 tournaments by skill level:**  
- Latvian Taekwon-do Beginner Cup **10 – 7 gup** and Latvian Taekwon-do Cup **6 gup – 6 dan**.
- 3.3. Participants are allowed to exceed the weight of +0,5 kg.
- 3.4. Organizer has the right to Take additional 10,- Euro for each competitor enrolled after deadline and for each change in an application.

## 4. Program of competition

Competition rules will be the official International Taekwon-do Federation Tournament rules with any changes in weight category and discipline (4.5. and 4.6.)

### 4.1. MATSOGI

All competitors are divided into groups of skill level: 10-7 gup; 6-1 gup; I-IV dan.

#### 4.1.1. Weight category (male)

Division	Age	Weight						Regulations
children:	7-9 years	-22 kg	-26 kg	-30 kg	-34 kg	-38 kg	+38 kg	2 x 1 min
cadets 1:	10-11 years	-30 kg	-36 kg	-42 kg	-48 kg	-54 kg	+54 kg	2 x 1,5 min
cadets 2:	12-14 years	-36 kg	-42 kg	-48 kg	-54 kg	-60 kg	+60 kg	2 x 1,5 min
juniors:	15-17 years	-50 kg	-56 kg	-62 kg	-68 kg	-75 kg	+ 75 kg	2 x 2 min
seniors:	18+ years	-57 kg	-63 kg	-70 kg	-78 kg	-85 kg	+ 85 kg	2 x 2 min

#### 4.1.2. Weight category (female)

Division	Age	Weight						Regulations
children:	7-9 years	-20 kg	-24 kg	-28 kg	-32 kg	-36 kg	+36 kg	2 x 1 min
cadets 1:	10-11 years	-24 kg	-30 kg	-36 kg	-42 kg	-48 kg	+48 kg	2 x 1,5 min
cadets 2:	12-14 years	-30 kg	-36 kg	-42 kg	-48 kg	-54 kg	+54 kg	2 x 1,5 min
juniors:	15-17 years	-45 kg	-50 kg	-55 kg	-60 kg	-65 kg	+ 65 kg	2 x 2 min
seniors:	18+ years	-50 kg	-56 kg	-62 kg	-68 kg	- 75 kg	+75 kg	2 x 2 min

#### 4.2. TUL

4.2.1. During the eliminations competitors perform only one designated pattern, whereas at finals two patterns.

4.2.2. All 7-9 years old children will be divided into groups of 4 participants.

4.2.3. Male and female take part separately.

Category	Gup	Age	Тулъ
Category „E”	10-9 gup	7-9, 10-11, 12-14, 15-17, 18+	“Saju Jirugi”, “Saju Makgi”, Chon-Ji
Category „D”	8-7 gup	7-9, 10-11, 12-14, 15-17, 18+	from Chon-Ji to Do-San
Category „C”	6-5 gup	7-11, 12-14, 15-17, 18+	from Chon-Ji to Yul-Gok
Category „B”	4-3 gup	7-11, 12-14, 15-17, 18+	from Chon-Ji to Toi-Gye
Category „A – 1”	2-1 gup	7-11, 12-14, 15-17, 18+	from Chon-Ji to Choong-Moo
Category „A – 2”	1-2 dan	10-17, 18+	from Chon-Ji to Juche
Category „A – 3”	3-6 dan	18+	from Chon-Ji to Moon-Moo

#### 4.3. SPECIAL TECHNIQUE

All competitors are divided into groups of skill level: 10-7 gup; 6 gup – 6 dan.

Participant at first execute the exercise "Twimyo Nopi Ap Cha Busigi" according to age, then the exercise "Twimyo Nopi Yop Cha Jirugi".

**Male:**

Division	Age	Twimyo Nopi Ap Cha Busigi	Twimyo Nopi Yop Cha Jirugi
		Height	Height
children:	7-9 years	160 cm	80 cm
cadets 1:	10-11 years	180 cm	100 cm
cadets 2:	12-14 years	200 cm	120 cm
juniors:	15-17 years	220 cm	130 cm
seniors:	18+ years	250 cm	140 cm

**Female:**

Division	Age	Twimyo Nopi Ap Cha Busigi	Twimyo Nopi Yop Cha Jirugi
		Height	Height
children:	7-9 years	140 cm	60 cm
cadets 1:	10-11 years	160 cm	80 cm
cadets 2:	12-14 years	180 cm	100 cm
juniors:	15-17 years	200 cm	110 cm
seniors:	18+ years	210 cm	120 cm

#### 4.4. PRE ARRANGED FREE SPARRING

4.4.1. Only for sportsmen with 6 gup – 6 dan degree, who are divided into groups of age old: 13-17 age old and 18+ age old divisions.

4.4.2. Competitors may be Male, Female and/or Mixed Couples.

4.4.3. They shall participate according the following rules and regulations:

4.4.4. Duration of one (1) round: minimum 60 seconds – maximum 75 seconds

4.4.5. Pre arranged free sparring shall consist of movements as show in the ITF Encyclopedia, Manuals, CD Rom and as taught in the International Instructor Courses.

4.4.6. No protection gear may be worn.

4.4.7. In the event of a tie teams will compete once more until the places are decided.

#### 4.5. KICK SPEED TEST (DOLLYO CHAGI)

4.5.1. Only for sportsmen with 10-7 gup degree.

4.5.2. Male and female take part separately:

Division	Age
children:	7-9 years
cadets 1:	10-11 years
cadets 2:	12-14 years
juniors-seniors:	15+ years

4.5.3. Performing exercises:

Initial position - Sudik Sogi (fight stance), both feet touch the floor,

- 1 – with signal participant perform Dollyo Chagi kick with Baldung above the belt in target,
- 2 – to return kicking leg to initial position.

4.5.4. Performing time – 15 seconds. If sportsmen have the same result, they must to do Dollyo Chagi one more time 20 seconds.

#### 4.6. ENDURANCE TEST (YOP CHAGI)

4.6.1. Only for sportsmen with 10-7 gup degree.

4.6.2. Male and female take part separately:

Division	Age
children:	7-9 years
cadets 1:	10-11 years
cadets 2:	12-14 years
juniors-seniors:	15+ years

4.6.3. Performing exercises: Sportsmen perform Yop Chagi kick and hold kicking leg over belt level.

4.6.4. If sportsmen have the same result, they repeat exercise one more.

### 5. Competitors entrance fees

5.1. In one or two disciplines – **EUR 25,00.**

5.2. For each additional discipline – **EUR 5,00.**

5.3. If sportsmen want to take part in 2 weight categories (his and above), he must to pay double entry fee.

### 6. Awards

6.1. All prizewinners of competition in personal categories will get medals and diplomas.

6.2. Team winning more than others between 10 gup – 7 gup and 6 gup – 6 dan, will get special cup – main cup of “Latvian Open Taekwon-do Cup 2020”.

6.3. In “Latvian Taekwon-do Beginner Cup 2020” and “Latvian Taekwon-do Cup 2020” in each age group and separately in female group best sportsmen will get the cup.

### 7. DEADLINE

7.1. Countries should register teams and sportsmen in [www.lv.mytkditf.com](http://www.lv.mytkditf.com). At first registered team and give a message about it to the Organizing Committee by e-mail: [chingoo@inbox.lv](mailto:chingoo@inbox.lv). Also team must to send application form of sportsmen and umpires in Word format to organizers by e-mail until **3<sup>rd</sup> February 2020**.

7.2. **20th January 2020** – deadline for all reservations of accommodation to [chingoo@inbox.lv](mailto:chingoo@inbox.lv).

7.3. **3rd February 2020** – deadline for the registration of participants.

7.4. **10th February 2020** – publication of draws online.

### 8. Umpires

8.1. Each team must have at least one umpire, and two (2) umpires in case of more than 15 competitors team. The Organizing Committee will provide free accommodation (in double/triple room) and free catering for umpires from each team during tournament (14-16 of February), if the umpire is not a participant of it event.

8.2. Umpires will be required to carry out their duties according to schedule. Umpires must attend all the Umpire Meetings scheduled in the period of the event.

8.3. Organizing Committee will dismiss any Umpires who do not abide by the work schedules or guidelines and such Umpires will have to pay for the hotel accommodation and catering by themselves.

8.4. The Umpire's dress code must be according to ITF rules.

## 9. Coaches

- 9.1. Only one coach is allowed to enter the square during the match. He/she must wear only sport suit and gymnastic shoes. Coach must attend the Coaches Meetings.

## 10. Protest

- 10.1. In these competitions the protests will not be accepted and are not considered!

## 11. Accommodation

- 11.1. The Organizing Committee will provide free accommodation and free catering (in offer hotels) for umpires and one coach (don't less than 5 competitors) from each team during tournament (14-16 of February – 2 night in double/triple room).
- 11.2. After application forms reception till **20th January 2020**, Organizing Committee to insure hotel reservation.
- 11.3. Accommodation in «Rixwell Irina Hotel», «Rixwell Elefant Hotel» or «Rija VEF hotel» booking only by ORGANIZER. Those teams and their participants who do not book hotel through the organizer must pay € 10.00 per person.

Room	Price
Double and Triple	<b>25 EUR</b> per person per night
Single	<b>40 EUR</b> per person per night

Prices include breakfast.

WELCOME TO

International Taekwon-do ITF Tournament  
**XIII TOP TEN LATVIAN OPEN CUP**

# TOP TEN



## IMPORTANT DATES AND SCHEDULE

20.02.2020 – deadline for all reservations of accommodation to [chingoo@inbox.lv](mailto:chingoo@inbox.lv).

03.02.2020 – deadline for the registration of participants in [www.lv.mytkditf.com](http://www.lv.mytkditf.com).

10.02.2020 – publication of draws online.

### 14.02.2020, Friday

14:00-18:00	Arrival and accommodation.
16:00-19:00	Registration and weighing of participants in hotels “Rixwell Irina Hotel” & “Rixwell Elefant Hotel” & “Rija VEF hotel”.

### 15.02.2020, Saturday, Salaspils Sport Hall, Smilšu street 1, Salaspils

07:00-08:00	Breakfast in hotel.
08:30-08:50	Umpire meeting.
09:00-13:00	Competition to children 7-9 years old.
13:00-13:30	<b>Opening ceremony. Medal awarding.</b>
13:30-14:00	Lunch break.
14:00-18:00	Competition to cadets 10-11 years old.
18:00-18:30	Medal awarding.
20:00	Banquet for umpires and representatives in hotel “Rixwell Irina Hotel”.

### 16.02.2020, Sunday, Salaspils Sport Hall, Smilšu street 1, Salaspils

07:00-08:00	Breakfast in hotel.
08:30-08:50	Umpire meeting.
09:00-16:00	Competition to cadets 12-14, juniors 15-17 and seniors 18+ years old.
16:00-16:30	Medal awarding.
16:30	Teams departure.

## IMPORTANT INFORMATION

### Registration and weighing place:

**hotel “Rixwell Irina Hotel”**

(Merķeļa iela 12, Rīga, Latvia)

**hotel “Rixwell Elefant Hotel”**

(Kalnciema iela 90, Rīga, Latvia)

**hotel “Rija VEF hotel”**

(Brīvības 199c, Rīga, Latvia)

### Sport Hall address:

**Salaspils Sport Hall «Salaspils Sporta Nams»**

Smilšu street 1, Salaspils, Latvia

(in navigator must to write Rudzu iela 2, Salaspils)

### Phone number:

Ph. +371 26 469 257 (Sergey Saulite)

### E-mail:

[chingoo@inbox.lv](mailto:chingoo@inbox.lv)