

# **Welcome to Russian Open 2022!**

**4<sup>th</sup> International Taekwondo Tournament «Russian Open», November 28 -  
December 02, 2022, Moscow region, Russian Federation**

<b>Outline</b>	
<b>1. Organizing Committee</b>	Russian Taekwondo Union 119270 Moscow, Luzhnetskaya nab. 8
	Moscow Taekwondo Federation Taekwondo Federation of Moscow region
<b>2. Competition Venue</b>	Russia, Moscow region, 20 Mezhdunarodnaya St., Krasnogorsk, Crocus Expo, 143402, Russia
<b>3. Competition Dates</b>	30 November 2022
<b>4. Qualifications:</b>	- Holder of nationality of the Participating team - Holder of 2 gyp or above
<b>5. Age</b>	Seniors – 18 years and elder (2004 and elder) Juniors (2005-2007 years old) Cadets – 12-14 years old (2008-2010 years old)
<b>6. Competition Rules:</b>	WT Poomsae Competition Rules in force as of May 14, 2019 shall apply.



## 7. Event categories & divisions

Event	Division				
Recognized Poomsae	Age & Gender		Cadets (12-14 y.o.)	Juniors (15-17 y.o.)	Seniors over 18 years
	Individul	Male	*	*	*
		Female	*	*	*
	Age & Gender		Cadets (12-14 y.o.)	Juniors (15-17 y.o.)	Seniors over 18 years
	Pair		*	*	*
	Team Male		*	*	*
	Team Female		*	*	*
Free Style Poomsae	Age & Gender		Juniors (12-17 y.o.)	Seniors over 18 years	
	Individul	Male	*	*	
		Female	*	*	
	Pair		*	*	

## 8. Methods of Competition

### Recognized Poomsae:

Cut Off System

### Free Style Poomsae:

Cut Off System

## 9. Competition

### 9.1. Recognized Poomsae Competition

Two (2) Poomsae from designated Compulsory Poomsae will be decided by TD for each division must be performed for all the preliminary, semi- final and final rounds (round of 8, semi- final and final) for all competitions.

1) Preliminaries: In case 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 19



	<p>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.</p> <p>3) Final: When eight (8) or less contestants/pairs/teams are participating, competition shall start from final round. Contestants shall perform two (2) assigned Compulsory Poomsae and medals shall be awarded to the top four (4) contestants/pairs/teams.</p> <p>9.2 Freestyle Poomsae Competition</p> <p>9.2.1 Free Style Poomsae is the performance based on taekwondo techniques with composition of music and choreography.</p> <p>9.2.2 Composition of Free Style Poomsae</p> <ul style="list-style-type: none"> <li>- Yeon-mu line shall choice of contestant</li> <li>- Music &amp; choreography shall be choice of contestant</li> </ul> <p>9.2.3 Performed techniques must be within boundary of taekwondo.</p>
<b>10. List of Poomsae to be performed:</b>	<p>Two (2) Poomsae from designated Compulsory Poomsae decided for each division must be performed for all the preliminarily, semi-final and final rounds for all competitions. Compulsory Poomsae to be assigned for each division shall be decided at the time of drawing of lots by Technical Delegate in consultation with the WT officials.</p>



Competition	Division	Compulsory Poomsae
<b>Individual</b>	Cadets (12-14 y.o.)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Juniors (15-17 y.o.)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Seniors over 18 years)	Taegeuk, 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
<b>Pair</b>	Cadets (12-14 y.o.)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Juniors (15-17 y.o.)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Seniors over 18 years)	Taegeuk, 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
<b>Team</b>	Cadets (12-14 y.o.)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Juniors (15-17 y.o.)	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Seniors over 18 years)	Taegeuk, 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
<b>11. Team entries per team</b>		Not limited.
<b>12. Uniform</b>		The participants shall wear the WT recognized Poomsae Competition uniform.
<b>13. Medical Control</b>		Use of drugs or doping by any chemical substances prescribed in the WT Regulations or Doping Control is strongly prohibited. The Doping Control Company at random sampling will carry out the medical doping tests.
<b>14. Applications:</b>		It is the responsibility of each organization or club to make sure that the forms are properly filled in as well as the forms attached to the Outline for additional information. The application forms should be signed by the head of club or sport school and approved by the appropriate regional taekwondo organization. Attachments 1-4.  <b>DEADLINE FOR APPLICATIONS is</b> <b>22.11. 2022 (11.59 p.m. Moscow time)</b> Entries after the deadline will not be accepted. The registration form should be send to the email: <a href="mailto:russianopentkd@yandex.ru">russianopentkd@yandex.ru</a>



<b>15. Entry Fee:</b>	<p>The Entry Fee for each participant is <b>2500 rubles RF</b> per Athlete and must be paid by bank transfer to the bank account of the organization. Attachment 5.</p> <p>Athletes competing in two age categories pay the entry fee only once.</p> <p><b>IMPORTANT:</b> If the athlete registered does not take part in the competition for some reason, but he/she has not been removed from the list of participants before the end of registration which is (November 22, 2022), his/her team official must fully (100%) pay his Entry fee for participation.</p> <p><b>Entry fee is not refundable back to the participant!</b></p>
<b>16. Indemnities</b>	<p>The Attachment 1 and 2 are to be signed correctly by participants and for under aged athletes the official representatives (parents parents/legal guardian), indemnifying the organizers, other contestants and officials from any claims of injuries, losses, damages or violence arising during the championships or any activities linked therewith. Each organization/club must ensure that they have a sufficient insurance coverage for each contestant and official member. Participants without proper participation forms and without sufficient insurance coverage will not be allowed to compete. Please, send the Indemnity forms to the</p> <p><b>e-mail: <a href="mailto:russianopentkd@yandex.ru">russianopentkd@yandex.ru</a></b></p>





<b>17. Accreditations:</b>	<p>Accreditation Centre will be open Sport Hall Crocus City from <b>12.00– 19.00, November 28, 2022</b></p> <p>Official representatives (1 or 2 persons per team only) must present for checking each participant's and official's passports (or the Certificate of Birth for minors), medical insurance, the proof of Entry Fees payment for the whole team, sign the <b>Personal data consent form processing. Attachment 6.</b></p> <p>Accreditations may only be <u>given out if the team paid the Entry Fee in full amount.</u></p> <p>The participation in the “Russian Open” 2022 Tournament will only be possible with the Accreditation card.</p>
<b>18. Awarding:</b>	<p>1<sup>st</sup> place, 2<sup>nd</sup> place and two 3<sup>rd</sup> places winners will be awarded with Medals and Diplomas. All 1<sup>st</sup> place winners will receive the memorable prizes.</p>
<b>19. First Aid:</b>	<p>First aid will be provided at the Competition Hall by OC and will be used in case of emergency.</p>
<b>20. Accommodation:</b>	<p>Accommodation charges for room and board for teams will be borne by the participants.</p>
<b>21. Transportation</b>	<p>Round trip airfare will be borne by the participating National Taekwondo Teams. OC will be able to provide transfer for teams from the Airport to the hotel and the other way back on the days of arrival and departure to Moscow (for the additional price) in case if the transportation request form was sent to OC.</p>
<b>22. Training Halls</b>	<p>Free training halls will be provided by the OC for all the teams in the sport hall.</p>
<b>23. Visa</b>	<p>To receive a visa invitation letter will be available for the registered participants by the email:  <a href="mailto:viza-russia@mail.ru">viza-russia@mail.ru</a></p> <p><b>IMPORTANT!</b></p> <p>Everyone is requested to inform the OC about the city of visa issuance.  The maximum period of stay with possible visa support in the Russian Federation is from 20 November to 05 December 2022.  Contacts for visa support:  <a href="https://www.whatsapp.com/channel/0029va333333333333333333">WhatsApp: +7 9153697516</a></p>



## Attachment 1.

**PERSONAL INDEMNIFICATION FORM**

THIS INDEMNIFICATION, HOLD HARMLESS, RELEASE AND CONSENT NOT TO SUE

executed this on: \_\_\_\_\_ (insert date of signing).

I,  
undersigned, certify that I will indemnify, hold harmless and release the Russian Taekwondo Union 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 at the Russian Open on September 28 – December 02, 2022 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:**

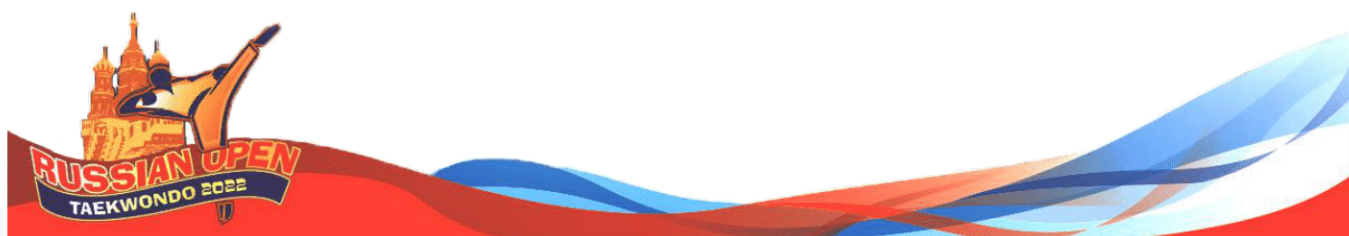
In case the person involved is a minor, the legal guardian has to sign:

**Name:**

**Relation towards the minor:**

**Date:**

**Signature:**



## Attachment 2.

## LIABILITY DECLARATION

*(only for under aged athletes)*

My name: \_\_\_\_\_

I live in: \_\_\_\_\_

I am the parent/guardian of: \_\_\_\_\_

Date of birth (competitor):                      /                      /

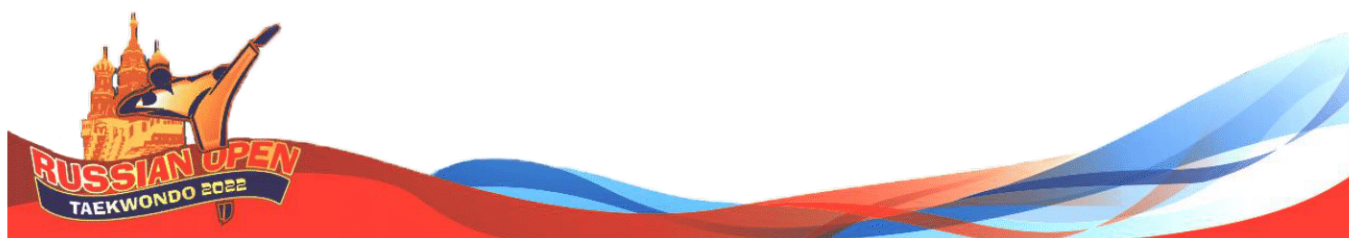
I declare that I accept the participation of at the 2022 Russian Open on September 28 -December 02, 2022 and that I accept all parts of the official invitation of this tournament.

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. Russian Taekwondo Union, and the Organizing Committee assume no responsibility for any damages, injuries or losses. All athletes must bring their own documents, medical insurance in Moscow, Russia and medical allowance to participate in the competitions.

**Place:**

**Date:**

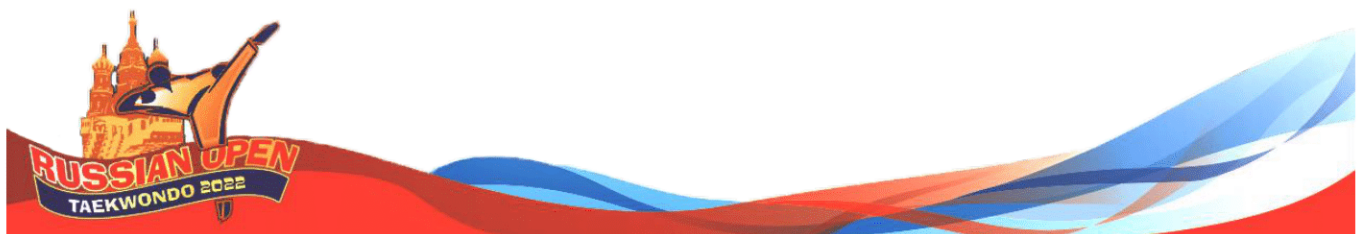
**Signature of the parents/legal guardian:**





**Attachment 3. (separate file)**

**Attachment 4. (separate file)**



## Attachment 5.

### BANK DETAILS

Intermediary bank	PJSC VTB BANK, MOSCOW
The beneficiary's Bank	VTB Bank (public joint-stock company) (TSENTRALNYI BRANCH, MOSCOW)
BIC	044525411
Organization name	Russian Taekwondo Union
Address of the organization	Russian Federation, 119992, Moscow Luzhnetskaya nab. 8
Bank account to pay in Ruble	40703810422100000004
Payment for the Entry Fee to participate in Russian Open 2022 ( <i>Surname and Name of Athlete</i> )	

