

Welcome to Russian Open 2023!

12th International Taekwondo Tournament «Russian Open»,
October 22 - 28, 2023, Moscow region, Russian Federation

<u>Outline</u>	
1. Organizing Committee:	Russian Taekwondo Union 119992 Moscow, Luzhnetskaya nab. 8 President Anatoly Terekhov
	Taekwondo Federation of Moscow region President Gusein Magomedov
2. Competition Venue:	Russia, Moscow region, 20 Mezhdunarodnaya St., Krasnogorsk, Crocus Expo, 143402, Russia
3. Competition Dates:	October 22-28, 2023
4. Qualifications:	<ul style="list-style-type: none"> * Must be a holder of nationality of the Participating country * National Association Member of WT * Dan/poom certificate for seniors is obligatory * 1st GYP for juniors and cadets is obligatory * <u>For Russian Teams ONLY!</u> - Certificate of on-line RUSADA Anti-doping Course, valid on the day of the competition - Application to the event has to be signed by the President of relevant accredited RTU Member Regional Federation (Association) There won't be awarded any WT Ranking Points to the athletes.
5. Age:	Seniors – 17 years and elder (born in 2006 and elder) Juniors - 15-17 years old (born in 2006-2008) Cadets – 12-14 years old (born in 2009-2011)
6. Competition Rules:	The WT Competition rules
7. Time mode:	Seniors, Juniors - 3 rounds x 2 minutes (1 min. break) Cadets - 3 rounds x 1,5 minutes (1 min. break)



8. Weight Categories:	<p>Senior male: -54kg, -58kg, -63kg, -68kg, -74kg, -80kg, -87kg, over 87 kg</p> <p>Senior female: -46kg, -49kg, -53kg, -57kg, -62kg, -67kg, -73kg, over 73 kg</p> <p>Juniors male: -45kg, -48kg, -51kg, -55kg, -59kg, -63kg, -68kg, -73kg, -78kg, +78kg</p> <p>Juniors female: -42kg, -44kg, -46kg, -49kg, -52kg, -55kg, -59kg, -63kg, -68kg, +68kg</p> <p>Cadets male: -33kg, -37kg, -41kg, -45kg, -49kg, -53kg, -57kg, -61kg, -65kg, +65kg</p> <p>Cadets female: -29kg, -33kg, -37kg, -41kg, -44kg, 47kg, -51kg, -55kg, -59kg, +59kg</p>
9. Team entries per team:	Not limited.
10. Protective Equipment & Uniform:	<p>The participants shall wear the WT recognized taekwondo Uniform or Dobok. KPNP PSS will be used at this Tournament. KPNP Electronic Body Protectors and electronic head gears will be provided by the Organizing Committee.</p> <p>Groin/forearm/shin guards, gloves and mouth piece are compulsory and must be brought by the contestants.</p> <p><u>Mouth piece is compulsory!</u> Only white or transparent. All athletes must bring their own KPNP sensor socks.</p>
11. Medical Control:	Use of substances and methods listed by the WADA Anti-Doping Rules and the All-Russian Anti-Doping Rules included in the WADA Prohibited List are strongly prohibited.
12. Applications:	<p>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 accredited taekwondo organization.</p> <p>Attachments 3.</p> <p>DEADLINE FOR APPLICATIONS is</p>



	<p><u>14.10. 2023 (11.59 p.m. Moscow time)</u></p> <p>Entries after the deadline will not be accepted. The registration form should be send to the email: russianopentkd@yandex.ru</p>
13. Entry Fee:	<p>The Entry Fee for each participant is 5000 rubles RF * per Athlete and must be paid by bank transfer to the bank <u>account of the organization. Attachment 5.</u></p> <p>ATTENTION: ALL THE PRIZE WINNERS OF 2020 TOKYO OLYMPIC GAMES ARE FREE FROM ENTRY FEES AT RUSSIAN OPEN 2023!</p> <p>IMPORTANT: If the athlete registered does not take part in the competition for some reason, but <u>he/she has not been removed</u> from the list of participants <u>before the end of registration</u> which is (October 14, 2023), his/her team official must <u>fully (100%)</u> pay his Entry fee for participation.</p> <p>Entry fee is not refundable back to the participant!</p> <p>*If the athlete born in 2006 will be registered in to age categories, the Entry Fee is 7500 rubles RF.</p>
14. Indemnities:	<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. <u>Each organization/club must ensure that they have a sufficient insurance coverage for each contestant and official member.</u> Participants without proper participation forms and without sufficient insurance coverage will not be allowed to compete. Please, send the Indemnity forms to the e-mail: russianopentkd@yandex.ru</p>
15. Accreditation center:	<p>Accreditation Centre will be open Sport Hall Aquarium Crocus City from 11.00– 19.00, October 23 - 25, 2023</p> <p>Official representatives (1 or 2 persons per team only) must present for checking each participant's documents:</p> <p>A. For Russian teams:</p> <p>- the application for participation must be signed by the</p>



	<p>head of club or sport school and approved by the appropriate regional accredited taekwondo organization and approved by sport-dispenser;</p> <ul style="list-style-type: none"> - passport of a citizen of the Russian Federation (or a birth certificate for minors); - certificate of completion of the RUSADA Anti-Doping online course, valid at the time of the competition; - compulsory medical insurance policy; - life and health insurance policy against accidents (original); - consent to the processing of personal data; - a form of personal responsibility; - Dan or Poom certificate; - a receipt for payment of the registration fee for the entire team; <p style="text-align: center;">B. Athletes of foreign teams must submit the following documents to the admission commission:</p> <ul style="list-style-type: none"> - the application for participation must be signed by the President of the relevant club/WT MNA; - identity document; - life and health insurance policy against accidents (original); - a form of personal responsibility; - Dan or Poom certificate; - a receipt for payment of the registration fee for the entire team.
16. Weigh-in:	<p>The weigh-in of the contestants takes place on the previous day of the weight division that they compete. During the weigh-in, the male contestant shall wear underpants and the female contestant shall wear underpants and brassiere. However, the contestant may weigh-in nude if he/she wishes to do so.</p> <p>Juniors, juniors, boys and girls are weighed in their underwear only. An overweight of 100g is allowed for these weight categories.</p> <p>Weigh -in is carried out according to the schedule.</p>



<p>17. Competition Timetable:</p>	<p>23 October Teams' Arrival & Trainings 11:00-19:00 On-site Registration (for seniors) 12:00-20:00 Referee meeting 17:00-19:00 Weigh-in for seniors Senior male:-54kg, -58kg, -63kg, -68kg, Senior female: -62kg, -67kg, -73kg, over 73 kg</p> <p>19:30 – Head of team meeting 20:00 – Drawings for the 1st day</p> <p>24 October <u>1st Day of Competitions</u> Senior male:-54kg, -58kg, -63kg, -68kg Senior female: -62kg, -67kg, -73kg, over 73 kg</p> <p>08:00-08:30 – Random weigh-in Senior male:-54kg, -58kg, -63kg, -68kg Senior female: -62kg, -67kg, -73kg</p> <p>09:00 – Competition starts Senior male:-54kg, -58kg, -63kg, -68kg Senior female: -62kg, -67kg, -73kg, over 73 kg</p> <p>10:00-12:00 – weigh-in for 2nd DAY Senior male: -74kg, -80kg, -87kg, over 87 kg Senior female: -46kg, -49kg, -53kg, -57kg</p> <p>11:00-19:00 On-site Registration (for juniors) 13:00 – Lunch, Drawings for the 2nd day 14:00 – Competition starts 18:30 - Finals 19:00 – Awarding ceremony</p> <p>25 October <u>2th Day of Competitions</u> Senior male: -74kg, -80kg, -87kg, over 87 kg Senior female: -46kg, -49kg, -53kg, -57kg</p> <p>08:00-08:30 – Random weigh-in Senior male: -74kg, -80kg, -87kg, Senior female: -46kg, -49kg, -53kg, -57kg</p> <p>09:00 – Competition starts Senior male: -74kg, -80kg, -87kg, over 87 kg</p>
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Senior female: -46kg, -49kg, -53kg, -57kg

10:00-12:00 – Weigh-in juniors:

Juniors male: -45kg, -48kg, -51kg, -55kg, -59kg, -63kg, -68kg, -73kg, -78kg, +78kg,

Juniors female: -42kg, -44kg, -46kg, -49kg, -52kg, -55kg, -59kg, -59kg, -63kg, -68kg, +68kg

11:00-19:00 - On-site Registration (for cadets)

13:00 – Lunch, Drawings for the 3rd day

14:00 – Competition starts

18:30 - Finals

19:00 – Awarding ceremony

26 October

3rd Day of Competitions

Juniors male: -45kg, -48kg, -51kg, -55kg, -59kg, -63kg, -68kg, -73kg, -78kg, +78kg,

Juniors female: -42kg, -44kg, -46kg, -49kg, -52kg, -55kg, -59kg, -59kg, -63kg, -68kg, +68kg

08:00-08:30 – Random weigh-in

Juniors male: -45kg, -48kg, -51kg, -55kg, -59kg, -63kg, -68kg, -73kg, -78kg,

Juniors female: -42kg, -44kg, -46kg, -49kg, -52kg, -55kg, -59kg, -59kg, -63kg, -68kg

09:00 – Competition starts

Juniors male: -45kg, -48kg, -51kg, -55kg, -59kg, -63kg, -68kg, -73kg, -78kg, +78kg,

Juniors female: -42kg, -44kg, -46kg, -49kg, -52kg, -55kg, -59kg, -59kg, -63kg, -68kg, +68kg

10:00 – 12:00 Weigh-in Cadets:

Cadets male: -33kg, -37kg, -41kg, -45kg, -49kg, -53kg, -57kg, -61kg, -65kg, +65kg

Cadets female: -29kg, -33kg, -37kg, -41kg, -44kg, 47kg, -51kg, -55kg, -59kg, +59kg

13:00 – Lunch, Drawings for the 4th day

14:00 – Competition starts

18:30 – Finals

19:00 – Awarding ceremony



	<p>27 October 4th Day of Competition Cadets male: -33kg, -37kg, -41kg, -45kg, -49kg, -53kg, -57kg, -61kg, -65kg, +65kg Cadets female: -29kg, -33kg, -37kg, -41kg, -44kg, 47kg, -51kg, -55kg, -59kg, +59kg</p> <p>08:00-08:30 – Random weigh-in Cadets male: -33kg, -37kg, -41kg, -45kg, -49kg, -53kg, -57kg, -61kg, -65kg, Cadets female: -29kg, -33kg, -37kg, -41kg, -44kg, 47kg, -51kg, -55kg, -59kg,</p> <p>09:00 – Competition starts Cadets male: -33kg, -37kg, -41kg, -45kg, -49kg, -53kg, -57kg, -61kg, -65kg, +65kg Cadets female: -29kg, -33kg, -37kg, -41kg, -44kg, 47kg, -51kg, -55kg, -59kg, +59kg</p> <p>13:00 – Lunch 14:00 – Competition starts 18:30 – Finals 19:00 – Awarding ceremony</p> <p>28 October Teams' Departure</p>
18. Awarding:	<p>1st place, 2nd place and two 3rd places winners will be awarded with Medals, Diplomas and Prize with the reference to paragraph 18 of this Outline.</p> <p>The special prize "Aggressive fighter" for men and women - 150000 rubles each.</p> <p>The organizer may, at its discretion, introduce additional bonuses for both participants and spectators.</p>
19. First Aid:	<p>First aid will be provided at the Competition Hall by OC and will be used in case of emergency.</p>
20. Accommodation:	<p>Accommodation charges for room and board for teams will be borne by the participants. Hotel recommendation list is attached. Attachment 7.</p>
21. Transportation:	<p>Round trip airfare, local transfer will be arranged and borne</p>



	by the participating Taekwondo Teams.
22. Training Halls:	Free training halls will be provided by the OC for all the teams in the sport hall.
23. Visa Support:	To receive a visa invitation letter will be available for the registered participants by the email: viza-russia@mail.ru Visa form – Attachment 4.
IMPORTANT!	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 October 20 to 30, 2023. Contacts for visa support: WhatsApp: +7 9153697516



Attachment 1. (separate file)

Attachment 2. (separate file)

Attachment 3. (separate file)

Attachment 4. (separate file)

Attachment 5. (separate file)

Attachment 6. Only for Russian teams

Attachment 7. (separate file)

