

Welcome to Russian Open 2023!

**5th International Taekwondo Tournament «Russian Open»,
October 23 - 26, 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 23-26, 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) <p style="color: red;">There won't be awarded any WT Ranking Points to the athletes.</p>
5. Age:	Seniors – 18 -30, 31- 40, 41-50, 51-60, 61-65, over 66 years old Juniors – 15-17 years old (born in 2006-2008) Cadets – 12-14 years old (born in 2009-2011)
6. Competition Rules:	WT Poomsae Competition Rules in force as of May 14, 2019 shall apply.
7. Methods of Competition	Recognized Poomsae: Cut Off System Free Style Poomsae: Cut Off System



8. Event categories & divisions:

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



Event	Division							
Recognized Poomsae	Age & Gender		Seniors Under 30 18-30 y.o.	Seniors Under 40 31-40 y.o.	Seniors Under 50 41-50 y.o.	Seniors Under 60 51-60 y.o.	Seniors Under 65 61-65 y.o.	Seniors Over 65 y.o.
	Individual	Male	*	*	*	*	*	*
		Female	*	*	*	*	*	*
	Age & Gender		18 – 30 y.o.					
	Pair		*					
	Team Male		*					
	Team Female		*					
Free Style Poomsae	Age & Gender		Over 17 y.o.					
	Individual	Male	*					
		Female	*					
		Pair	*					
9.Competition:	<p>9.1. Recognized Poomsae Competition</p> <p>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.</p> <p>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.</p> <p>2) Semi-final: In case nine (9) to 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.</p> <p>3) Final: When eight (8) or less contestants/pairs/teams are participating, competition shall start from final round.</p>							



	<p>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"> - Yeon-mu line shall choice of contestant - Music & choreography shall be choice of contestant <p>9.2.3 Performed techniques must be within boundary of taekwondo.</p>
10. List of Poomsae to be performed:	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.

Competition	Division	Compulsory Poomsae
Individual	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, Taeback
	Seniors Under 30	Taegeuk, 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Seniors Under 40	Taegeuk, 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Seniors Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
	Seniors Under 60	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Seniors Under 65	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Seniors Over 66	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Pair	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, Taeback
	Seniors Uder 30	Taegeuk, 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
Team	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, Taeback
	Seniors Under 30	Taegeuk, 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin



11. Team entries per team:	Not limited.
12. Protective Equipment & Uniform:	The participants shall wear the WT recognized taekwondo Uniform or Dobok.
13. 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.
14. 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. Attachment 3.</p> <p>DEADLINE FOR APPLICATIONS is 14.10. 2023 (11.59 p.m. Moscow time) Entries after the deadline will not be accepted. The registration form should be send to the email: russianopentkd@yandex.ru</p>
15. Entry Fee:	<p>The Entry Fee for each participant is 5000 rubles RF * per Category and must be paid by bank transfer to the bank account of the organization. Attachment 5.</p> <p><u>IMPORTANT:</u> If the athlete registered does not take part in the competition for some reason, but <u>he/she has not been removed from the list of participants before the end of registration which is (October 14, 2023), his/her team official must fully (100%) pay his Entry fee for participation.</u> <u>Entry fee is not refundable back to the participant!</u></p>
16. Indemnities:	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</u>



	<p><u>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>
<p>17. Accreditation center:</p>	<p>Accreditation Centre will be open Sport Hall Aquarium Crocus City from 11.00– 19.00, October 23, 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> <ul style="list-style-type: none"> - the application for participation must be signed by the President of the relevant accredited RTU member regional taekwondo federation (association); - 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>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 card; - 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.



<p>18. Competition Timetable:</p>	<p>23 October Teams' Arrival & Trainings 11:00-19:00 On-site Registration (for seniors and poomsae) 17:00-19:00 Referee meeting 19:30 – Head of team meeting 20:00 – Drawings</p> <p>24 October <u>1st Day of Competitions</u> 09:00 – Competition starts. <u>Recognized Poomsae:</u> Individual. Cadet male and female 12:00 – Lunch 13:00 – Competition <u>Freestyle:</u> Individual.Junior, Male and Individual.Male, Pair.Junior 14:00 – <u>Recognized Poomsae;</u> Individual.Male Under 30, Pair.Juniors, Pair.Seniors.Under 30; Team.Juniors.Male, Team.Juniors.Female, Team.Senior.Male Under 30; Individual.Senior.Male.Under 40, Individual.Senior.Male.Under 50, Individual.Senior.Male.Under 60, Individual.Senior.Male.Under 65, Individual.Senior.Male.Over 66 19:00 – Awarding ceremony</p> <p>25 October <u>2th Day of Competitions</u> 09:00 – Competition starts. <u>Recognized Poomsae:</u> Individual. Junior Male and Female 12:00 – Lunch 13:00 – Competition Freestyle: Individual.Junior.Female and Individual.Female.Junior, Pair.Seniors 14:00 – Competition starts. <u>Recognized Poomsae:</u> Pair. Cadet, Team.Cadet.Male, Team.Cadet.Female, Team.Senior.Female Individual.Senior.Female Under 30, Individual.Senior.Female Under 40, Individual.Senior.Female Under 50, Individual.Senior.Female Under 60, Individual.Senior.Female Under 65, Individual.Senior.Female Over 66, 19:00 – Awarding ceremony</p> <p>26 October Teams' Departure</p>
<p>19. Awarding:</p>	<p>1st place, 2nd place and two 3rd places winners will be awarded with Medals, Diplomas and Prize with the reference to paragraph 19 of this Outline.</p> <p>The special prize "Best technique" for poomsae competition for men and women and "Best</p>



	<p>Performance" for freestyle competition for men and women – 50 000 rubles each.</p> <p>The organizer may, at its discretion, introduce additional bonuses for both participants and spectators.</p>
20. First Aid:	First aid will be provided at the Competition Hall by OC and will be used in case of emergency.
21. Accommodation:	Accommodation charges for room and board for teams will be borne by the participants. Hotel recommendation list is attached. Attachment 7.
22. Transportation:	Round trip airfare, local transfer will be arranged and borne by the participating Taekwondo Teams.
23. Training Halls:	Free training halls will be provided by the OC for all the teams in the sport hall.
24. 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)

