

**1st MRC OPEN INTER CLUB TAEKWONDO
CHAMPIONSHIP**

OUTLINE, RULES AND REGULATION

**LEARNERS SPORT INDIA
PRESENTS
1ST MRC CUP
OPEN INTER CLUB TAEKWONDO
CHAMPIONSHIP**

**DSA KARIMGANJ, INDOOR STADIUM
1st & 2nd APRIL 2023**



LEARNERS SPORT INDIA

LEARNERS SPORT INDIA



OVERVIEW

ORGANISER	LEARNERS SPORT INDIA
DATE	1 ST AND 2 ND APRIL 2023
CONTACT PERSON	SHAWON TAPADAR (6003302306), RATAN KR DEY (8135837537), FARHAD CHY (6000451719)
VENUE	INDOOR STADIUM, DSA, KARIMGANJ, ASSAM
CATEGORIES	PEE WEE / SUB JUNIOR / CADET / JUNIOR / SENIOR (BOYS & GIRLS), FRESHER, KYORUGI, POOMSAE (PAIR, TEAM, & INDIVIDUAL)
ENTRY FEES	1500/- (STAY & FOOD INCLUDED)
PAYMENT	UPI ID: 6003302306@paytm
LAST DATE OF ENTRY	10 th MARCH
AGE CATEGORY	SUB JUNIOR - 2011 - 2014 CADET - 2008 - 2010 JUNIOR - 2005 – 2007 SENIOR - BEFORE 2005 PEE WEE 2016-2019
AGE PROOF	BIRTH CERTIFICATE, AADHAR, OR ANY GOVT. ID
TEAM ARRIVAL	31 ST MARCH
	NOTE – COMPULSORY DOCUMENT FOR PEEWEE, SUBJUNIOR, CADET, JUNIOR
EMAIL	learnerssport2019@gmail.com
ADDITIONAL EVENT FEES	1000/-

OUTLINE

- EVENTS -

** According to World Taekwondo Categories **

KYORUGI - SENIOR

MALE DIVISIONS		FEMALE DIVISIONS	
Under 54kg	Not exceeding 54kg	Under 46kg	Not exceeding 46kg
Under 58kg	Over 54kg and not exceeding 58kg	Under 49kg	Over 46kg and not exceeding 49kg
Under 63kg	Over 58kg and not exceeding 63kg	Under 53kg	Over 49kg and not exceeding 53kg
Under 68kg	Over 63kg and not exceeding 68kg	Under 57kg	Over 53kg and not exceeding 57kg
Under 74kg	Over 68kg and not exceeding 74kg	Under 62kg	Over 57kg and not exceeding 62kg
Under 80kg	Over 74kg and not exceeding 80kg	Under 67kg	Over 62kg and not exceeding 67kg
Under 87kg	Over 80kg and not exceeding 87kg	Under 73kg	Over 67kg and not exceeding 73kg
Over 87kg	Over 87kg	Over 73kg	Over 73kg

KYORUGI - JUNIOR

MALE DIVISIONS		FEMALE DIVISIONS	
Under 45kg	Not exceeding 45kg	Under 42kg	Not exceeding 42kg
Under 48kg	Over 45kg and not exceeding 48kg	Under 44kg	Over 42kg and not exceeding 44kg
Under 51kg	Over 48kg and not exceeding 51kg	Under 46kg	Over 44kg and not exceeding 46kg
Under 55kg	Over 51kg and not exceeding 55kg	Under 49kg	Over 46kg and not exceeding 49kg
Under 59kg	Over 55kg and not exceeding 59kg	Under 52kg	Over 49kg and not exceeding 52kg
Under 63kg	Over 59kg and not exceeding 63kg	Under 55kg	Over 52kg and not exceeding 55kg
Under 68kg	Over 63kg and not exceeding 68kg	Under 59kg	Over 55kg and not exceeding 59kg
Under 73kg	Over 68kg and not exceeding 73kg	Under 63kg	Over 59kg and not exceeding 63kg
Under 78kg	Over 73kg and not exceeding 78kg	Under 68kg	Over 63kg and not exceeding 68kg
Over 78kg	Over 78kg	Over 68kg	Over 68kg

COACH ELIGIBILITY

- Must be 18 years of age or older
- Athletic attire/team tracksuit or business attire
- Jeans and doboks are not permitted

- Closed footwear only; no heels or sandals
- No chewing gum or use of electronic devices, such as cell phones, PDA or video cameras
- Coaches perceived to be under the influence of alcohol/drugs will not be allowed in the competition area

KYORUGI - CADET

MALE DIVISIONS		FEMALE DIVISIONS	
Under 33kg	Not exceeding 33kg	Under 29kg	Not exceeding 29kg
Under 37kg	Over 33kg and not exceeding 37kg	Under 33kg	Over 29kg and not exceeding 33kg
Under 41kg	Over 37kg and not exceeding 41kg	Under 37kg	Over 33kg and not exceeding 37kg
Under 45kg	Over 41kg and not exceeding 45kg	Under 41kg	Over 37kg and not exceeding 41kg
Under 49kg	Over 45kg and not exceeding 49kg	Under 44kg	Over 41kg and not exceeding 44kg
Under 53kg	Over 49kg and not exceeding 53kg	Under 47kg	Over 44kg and not exceeding 47kg
Under 57kg	Over 53kg and not exceeding 57kg	Under 51kg	Over 47kg and not exceeding 51kg
Under 61kg	Over 57kg and not exceeding 61kg	Under 55kg	Over 51kg and not exceeding 55kg
Under 65kg	Over 61kg and not exceeding 65kg	Under 59kg	Over 55kg and not exceeding 59kg
Over 65kg	Over 65kg	Over 59kg	Over 59kg

KYORUGI - PEE-WEE

MALE DIVISION	FEMALE DIVISION
-16 KG	-14 KG
-20 KG	-18 KG
-24 KG	-22 KG
-28 KG	-26 KG
-32 KG	-28 KG
-36 KG	-32 KG
+36 KG	+32 KG

KYORUGI-SUB JUNIOR

MALE	FEMALE
-23 KG	-20 KG
-27 KG	-24 KG
-32 KG	-29 KG
-38 KG	-35 KG
-44 KG	-41 KG
-50 KG	-47 KG
+50 KG	+47 KG

1. POOMSAE

DIVISION AND CATAGORIES

COMPETITION	DIVISION	COMPULSORY POOMSAE
COLOUR BELT	WHITE & YELLOW	10 STEPS OR TAEGEUK 1 OR 2 JANG
(AGE DIVISION MENTIONED IN AGE GROUP)	GREEN	TAEGEUK 2,3 OR 4 JANG
	BLUE	TAEGEUK 4,5 OR 6 JANG
	RED	TAEGEUK 6,7 OR 8 JANG

INDIVIDUAL (MALE/FEMALE)	PEE-WEE	TAEGEUK 1,2,3 & 4 JANG
	SUB-JUNIOR	TAEGEUK 1,2,3,4,5,6,7,8 JANG & KORYO
	CADET	TAEGEUK 4,5,6,7,8 JANG ,KORYO & KHEUMGANG
	JUNIOR	TAEGEUK 4,5,6,7,8 JANG,KORYO,KHEUMGANG,TAEBACK
	UNDER 30	TAEGEUK 6,7,8 JANG,KORYO,KHEUMGANG,TAEBACK,PYONGWON,SHIPJIN
	UNDER 40	
	ABOVE 40	TAEGEUK 8 JANG,KORYO,KHEUMGANG,TAEBACK,PYONGWON,SHIPJIN,JITAE,CHONKWON

2. Qualification

- **Colour Belt** : ONLY Upto Red Belt
- **Individual**: Black Belt Holders (Dan/Poom) certified by KUKKIWON

3. Method of Competition –

- Colour Belt** : Single elimination tournament system for each division (group of 4).
- **Individual** : World Taekwondo regulations.

4. Time

Colour Belt : ONLY 1 Poomsae. under 90 seconds.

Individual : Each poomsae needs to be performed under 90 seconds

- The Time does not include Attention, Bow and Jumbi in the beginning. Jumbi and Shi-Jak for the second poomsae will be within the Rest Time. The time starts or ends after the participant starts or ends the Poomsae.

2. GYEOKPA

1. Qualification –

Colour Belt : ONLY Upto Red Belt

- Black Belt: Black Belt Holders (Dan/Poom) certified by KUKKIWON

2. Method of Competition

- Compulsory 3 yells. Each at Jumbi. Breaking and Finishing.
- Only 1 attempt will be allowed.
- The procedure of breaking and the Broken Board(s) should be visible including run-up.
- Yelling/shouting needs to be heard for timekeeping.
- Colour Belt : - Accuracy, Balance and Presentation will all be taken into account by the judges.
- Black Belt:

Spinning Kick :

- Participant can have multiple targets broken at once for improved score. Missing any target will result in deduction of points.
- Using multiple Breaking Boards for one blow will not affect the scores.

-Jump Kick :

- All three Targets needs to be broken in one single jump. - Using multiple Breaking Boards for one blow will not affect the scores.

3. Time

- Colour Belt: under 10 seconds from Shi-Jak
- Black Belt: Breaking final board under 15 seconds from Shi-Jak

4. DIVISION AND CATAGORIES

COMPETETION	DIVISION	COMPULSORY POOMSAE
COLOUR BELT (AGE DIVISION MENTIONED IN AGE GROUP)	WHITE & YELLOW	FRONT, SIDE KICK OR DROP KICK
	GREEN	JUMP SIDE KICK OR TURNING BACK HOOK KICK
	BLUE	JUMP FRONT KICK OR FLYING SIDE KICK
	RED	JUMP TURNING BACK SIDE KICK OR 360' TORNADO ROUNDHOUSE KICK
BLACK BELT (AGE DIVISION MENTIONED IN AGE GROUP)	SPINING KICK	360',540',720',900' OR 1080' TURNING KICK
	JUMP KICK	ANY JUMP KICK (NOT LESS THAN 3 TARGETS)

3. KYORUGI

2. Qualification –

Colour Belt Kyorugi: Colour Belt ONLY Upto Red Belt (White, Yellow, Green & Blue)

- Kyorugi: Black Belt Holders (Dan/Poom) certified by KUKKIWON and Colour Belts

3. Method of Competition –

Colour Belt Kyorugi: No Head kick (Penalty) and group of 4.

- Kyorugi: Latest World Taekwondo Kyorugi regulations.

4. Time –

Colour Belt Kyorugi: Each round of 1 minute with 30 seconds break/rest.

- Kyorugi: Each round of 1 minute and 30 seconds with 30 seconds break/rest.

4. AGE GROUP

GYEOKPA/KYORUGI/COLOUR BELT POOMSAE		INDIVIDUAL POOMSAE	AGE GROUP
DIVISION (MALE & FEMALE)			
PEE-WEE			BETWEEN JANUARY 1,2016 AND DECEMBER 31,2019
SUB-JUNIOR			BETWEEN JANAUARY 1,2012 AND DECEMBER 31,2015
CADET			BETWEEN JANUARY 1,2009 AND DECEMBER 31,2011
JUNIOR			BETWEEN JANUARY 1,2006 AND DECEMBER 31,2008
SENIOR	UNDER 30		BETWEEN JANAUARY 1,1994 AND DECEMBER 31,2005
	UNDER 40		BETWEEN JANAUARY 1,1984 AND DECEMBER 31,1993
	ABOVE 40		BEFORE DECEMBER 31,1983

5. OTHERS

1) Awards Presentation

- **Colour Belt Poomsae:** The 1st place, 2nd place and 3rd place (1-2 people) of each division and group will be awarded.
- **Individual Poomsae:** The 1st place, 2nd place and 3rd place (1-2 people) of each division will be awarded.
- **Colour Belt Kyorugi:** The 1st place, 2nd place and 3rd place (1-2 people) of each division and group will be awarded.
- **Kyorugi:** The 1st place, 2nd place and 3rd place (1-2 people) of each division will be awarded.
- **Gyeokpa:** The 1st place, 2nd place and 3rd place (1-2 people) of each division will be awarded.

2) Certification

- Certificates will be received.

3) Protest

- Any kind of illegal Protest will not be accepted and will be treated strictly to save the dignity of Taekwondo.
- Legal protest will be accepted in written format with the fee of INR 5,000/-(Non-Refundable).
- In any situation, all participants should follow the decision of the Organising Committee.

4) Notice

- All competitors must wear white V-neck Taekwondo uniform (Dobok). Poomsae participants can wear Open Taekwondo uniform (Dobok) but according to the World Taekwondo regulations.
- Pre-registration of the officers and athletes (payment of entry fee etc.) shall be made before the championship (MARCH 10, 2023).
- All the participants including the officials and athletes of **1ST MRC INTER CLUB Taekwondo Championship --- 2023** has to fill and submit "TEAM ENTRY FORM", and "INDIVIDUAL ENTRY SHEET" to the Organising Committee.
- For the matters not specified in the regulation, all participants should follow the decision of the Organising Committee.
- Details not specified in this outline can be modified or added after the coach and manager meeting at any point of time during the course of the competition.
- Under any and every situation, the Organising Committee will be dealing with Team's Head Coach only.
- Any misconduct or action against the dignity of Taekwondo by any participant shall result in his/her team's disqualification from the competition.
- All announcement will be made only in English, Korean and Hindi.

Contact

- +91-60004-51719 (FAARHAD CHOUDHURY) (Coordinator) WHATSAPP ONLY
- (Registration Team) (Please save this number for Team File)

Note:

Please make sure to share the SCREENSHOT of the confirmed payment to the Registration Team when asked, to verify/confirm Team's Registration.

Once the participation fee has been paid, a refund is not possible under any circumstances. No modification past Deadline will be accepted. However, for the existing in dispute entry, a fresh entry can be registered.

1st MRC OPEN INTER CLUB TAEKWONDO CHAMPIONSHIP

INDOOR STADIUM, DSA, KARIMGANJ, ASSAM

Team Name					<div style="border: 2px solid black; width: 150px; height: 150px; margin: 10px auto; text-align: center; line-height: 150px;">Photo</div>
Name					
Date of Birth	Year	Month	Day	Gender	
Current Belt				Male / Female	
Weight			Kg		

Circle the Participating Category

Poomsae		Kyorugi	
Colour Belt Poomsae	Individual Poomsae	Fresher Kyorugi	Kyorugi
<ul style="list-style-type: none"> - Group of 4, 1 Poomsae - Upto Red Belt 	<ul style="list-style-type: none"> - WT rule - All Belts 	<ul style="list-style-type: none"> - Group of 4, No head kick - Upto Red Belt 	<ul style="list-style-type: none"> - WT rule - All Belts

DECLARATION

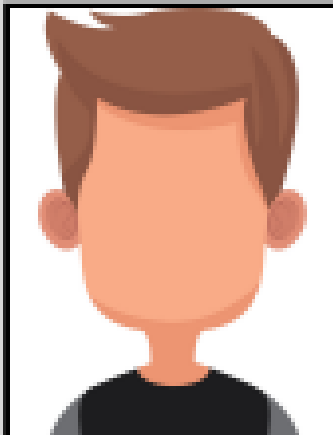
I, the undersigned do hereby solemnly affirm, declare and confirm for myself, my heirs, executors & administrators that I indemnify the Promoters/ Organisers / Sponsors & its Members, Officials, Participants etc., holding myself personally responsible for all damages, injuries of accidents, claims, demands etc., waiving all prerogative rights, whatsoever related to the above set forth event.

Signature of Athlete and/or Guardian			
Guardian Name		Contact	
Signature of Team Head Coach			
Head Coach Name		Contact	

Copy Of Date of birth proof should be enclosed for verification.
(Original Birth Certificate should be shown at the Time of Weigh-In).

Weigh-in	Attempt 1		Attempt 2		Pass / Fail
	Authorised Signature (Organising Committee)				

1st MRC OPEN INTER CLUB TAEKWONDO CHAMPIONSHIP

Team Name	Team Taekwondo Academy				
Name	XYZ				
Date of Birth	2006	Month 4	25		Gender
Current Belt	Green				<input checked="" type="radio"/> Male / <input type="radio"/> Female
Weight	46.7 Kg				

Circle the Participating Category

Poomsae		Kyorugi	
<input checked="" type="radio"/> Colour Belt Poomsae - Group of 4, 1 Poomsae - Upto Red Belt	<input type="radio"/> Individual Poomsae - WT rule - All Belts	<input checked="" type="radio"/> Fresher Kyorugi - Group of 4, No head kick - Upto Red Belt	<input type="radio"/> Kyorugi - WT rule - All Belts

DECLARATION

I, the undersigned do hereby solemnly affirm, declare and confirm for myself, my heirs, executors & administrators that I indemnify the Promoters/ Organisers / Sponsors & its Members, Officials, Participants etc., holding myself personally responsible for all damages, injuries of accidents, claims, demands etc., waiving all prerogative rights, whatsoever related to the above set forth event.

Signature of Athlete and/or Guardian	<i>Guardian Z</i>		
Guardian Name	Guardian Z	Contact	9876543210
Signature of Team Head Coach	<i>Coach</i>		
Head Coach Name	Coach	Contact	7894561230

Copy Of Date of birth proof should be enclosed for verification.
(Original Birth Certificate should be shown at the Time of Weigh-In).

Weigh-in	Attempt 1		Attempt 2		Pass / Fail
	Authorised Signature (Organising Committee)				