



ŠKOLA TAEKWONDO ITF
FRÝDEK-MÍSTEK

WINTER
SEASON

20.1.2024, FRÝDEK-MÍSTEK, 3. ROČNÍK

FM OPEN TAEKWONDO

DISCIPLÍNY

TECHNICKÉ SESTAVY

SPORTOVNÍ BOJ

- MATSOGI (4 KUP+)
- POINTFIGHTING (6.-5. KUP)
- SOFT KICK (10.-7.KUP)

MÍSTO

SPORTOVNÍ HALA SPŠ - 28. ŘÍJNA 939
738 01 FRÝDEK-MÍSTEK 1

INFO

STARTOVNÉ 400 KČ
SYSTÉM KAŽDÝ S KAŽDÝM
KATEGORIE - ŽÁCI, JUNIOŘI
SOUTĚŽ PRO DĚTI OD 3 LET

WWW.TKDFM.CZ/OPEN



F ≈ M

SEMOR



BACKFIST



FM OPEN 2024

Date	20. January 2024
Place	Sportovní hala SPŠ, 28. října 939, Frýdek-Místek
Organizer	Czech Taekwon-do ITF Federation Škola Taekwon-do ITF Frýdek-Místek, z.s.
Manager	Ing. Filip Gavlas, +420 603 591 642, filipgavlas@seznam.cz
Chief referee	MUDr. David Chlebek, +420 732 914 235, d.chlebek@seznam.cz
Registration	Contestants sign up online via the member portal until Monday, January 15, 2024 until 10:00 p.m. The referee reports by e-mail to the chief referee by: Monday, January 15, 2024 until 10:00 p.m.
Entry fee	16 EUR per 1 competitor / 40 EUR per 1 competitor after the deadline.
Registration	Saturday 20 January 2024 from 7:30 a.m. to 8:30 a.m. in the sports hall. In case of late arrival, competitors may not be registered for the competition. A coach must be present at the registration and weigh-in. All competitors are required to have a valid medical examination or a valid medical declaration.



I. INDICATIVE TIMETABLE

Saturday 20. January 2024

7:30 - 8:30 Registration and weighing/measuring of competitors
8:45 Referees' meeting
9:00 Coaches' meeting
Approx. 9:30 **Opening of the competition**
Approx. 19:00 Announcement of the most successful individuals and schools

II. DIVISION

Individuals

III. GROUPS

Ninja boys/girls	2018 and younger	10. kup - 1. kup
Younger youth male/female	2014 to 2017	10. kup - 1. kup
Older youth male/female	2011 to 2013	10. kup - 1. dan
Younger juniors	2009 to 2010	10. kup - 2. dan
Older juniors	2006 to 2008	10. kup - 3. dan



IV. DISCIPLINES AND CATEGORIES

All groups compete in patterns.

All groups with 10th – 7th kup compete in side event SOFT KICK (fighting with a foam stick).

All groups with 6th – 5th kup compete in side event point fighting.

All groups from 4th kup compete in sparring.

A) Discipline TUL (patterns)

	10 + 9	8+7	6+5	4+3	2+1	I	II	III
Ninja Boys/Girls	YES	YES	YES	YES	YES			
Y. youth m/f	YES	YES	YES	YES	YES			
O. youth m/f	YES	YES	YES	YES	YES	YES		
Y. juniors	YES	YES	YES	YES	YES	YES	YES	
O. juniors	YES	YES	YES	YES	YES	YES	YES	YES

Eliminations in the group

kup: 1 compulsory pattern (from Chon-Ji up to and including the last exam)

dan: 1 compulsory pattern (from Chon-Ji up to and including next exam)

Final:

kup: 1 optional pattern (in the range of patterns for the current or next exam) and 1 compulsory pattern (from Chon-Ji up to and including the last exam)

dan: 1 optional pattern (in the range of patterns for the next exam),

1 compulsory pattern (from Chon-Ji up to and including next exam), both practice at the same time

Example:	Compulsory (lottery)	Optional
1. kup	Chon-Ji to Hwa-Rang	Toi-Gae / Hwa-Rang / Chong-Moo
1. dan	Chon-Ji to Ge-Baek	Kwang-Gae to Ge-Baek

Competitors with 10th and 9th kup compete (eliminations and finals) only in Saju Jurigi and Saju Makki.

Ninja contestants with a 10th kup can practice a made-up routine, up to a maximum of 15 seconds.



B) Side event - Discipline SOFT KICK (foam fighting)

Only holders of 10th – 7th compete.

Protectors & Gear

- competitors can wear a head protector
- competitors fight with a foam rod with a length of about 60 cm

Awarding points

- headshot 2 points
- leg or body hit 1 point
- hand hit 0 points
- warnings – leaving the ring, dropping a foam bar, touching the ground with a part of the body other than the foot
- for 2 warnings, the opponent receives 1 point

Height categories

- ninja boys/girls -100, -110, -120, -130, +131 cm
- younger youth male/female -120, -130, -140, -150, +151 cm
- older youth male/female -150, -160, +161 cm
- younger juniors male/female -160, -170, +171 cm
- older juniors male/female -170, -180, +181 cm

Match lengths

elimination: ninja and youth 1 x 1,5 minutes
 juniors 1 x 2 minutes

final: ninja and youth 2 x 1,5 minutes
 juniors 2 x 2 minutes

break between rounds: 30 seconds



C) Side event - Discipline POINT FIGHTING

Only holders of 6th – 5th kup compete.

Protectors & Gear

- hand, foot and head protectors do NOT have to be red or blue in color
- junior age categories have mandatory closed gloves 10 oz
- youth age groups are allowed open, closed and max. 10 oz gloves as long as they match the size of the competitor's hands and physique
- allowed protectors for competitors are governed by the list of approved protectors for competitions organized by the Czech Taekwon-Do ITF Federation

Awarding points

- punch 1 point
- leg kick to the middle zone 2 points
- leg kick to the upper zone 3 points

Height categories

- ninja boys/girls -100, -110, -120, -130, +131 cm
- younger youth male/female -120, -130, -140, -150, +151 cm
- older youth male/female -150, -160, +161 cm
- younger juniors male/female -160, -170, +171 cm
- older juniors male/female -170, -180, +181 cm

Match Lengths

elimination: ninja and youth 1 x 1,5 minutes
 juniors 1 x 2 minutes

final: ninja and youth 2 x 1,5 minutes
 juniors 2 x 2 minutes

break between rounds: 30 seconds



D) Discipline MATSOGI (sparing)

Only holders of 4th kup and higher compete.

“Mandatory turn kick” will not be applied.

Protectors & Gear

- hand, foot and head protectors do NOT have to be red or blue depending on the side of the ring
- junior age categories have mandatory closed gloves 10 oz
- youth age groups are allowed open, closed and max. 10 oz gloves as long as they match the size of the competitor's hands and physique
- allowed protectors for competitors are governed by the list of approved protectors for competitions organized by the Czech Taekwon-Do ITF Federation

Weight categories

- younger youth male/female -25, -30, -35, -40, +40 kg
- older youth male -35, -40, -45, -50, -55, -60, +60 kg
- older youth female -30, -35, -40, -45, -50, -55, +55 kg
- younger junior male -45, -50, -55, -60, -65, +65 kg
- younger junior female -40, -45, -50, -55, -60, -65, +65 kg
- older junior male -45, -51, -57, -63, -69, -75, +75 kg
- older junior female -40, -46, -52, -58, -64, -70, +70 kg

Match Lengths

elimination: youth 1 x 1,5 minutes
 juniors 1 x 2 minutes

final: youth 2 x 1,5 minutes
 juniors 2 x 2 minutes

break between rounds: 30 seconds



V. COMPETITION SYSTEM

The competition system will be each against each other (league). If there are 6 or more competitors in a given category, they will be divided into more groups.

In groups, competitors compete only in compulsory pattern and in soft kick / point fighting / sparring 1 x 2 minutes (or 1,5 minutes).

In the finals there is 1 optional + 1 compulsory pattern and in soft kick / point fighting / sparring 2 x 2 minutes (or 1,5 min).

A group match **can end in a draw** and each competitor will record **1 point** in the table.

2 points are scored for a victory. One **third place** will be awarded.

VI. RULES

The competition will take place according to the rules of the EITF, Competition Directive No. 10 of the Czech Taekwon-Do ITF Federation and these propositions.

Competitors with a 10th kup (white belt) can compete without a dobok.

VII. PROTEST

A protest against the judges' verdict during the competition can only be filed by the coach, in writing in accordance with the procedure (to notify the chairman of the jury immediately after the end of the match and to deliver it back to the relevant ring within 5 minutes of receipt of the form), with a deposit of CZK 1 000 / EUR 40 to the hands of the chairman of the jury.

Subsequently, the protest will be discussed and resolved by the Committee of Referees (CoR). The CoR's decision is final.



VIII. REFEREES

The registration of referees for the competition is done through e-mail with the knowledge of the lead entity. The total maximum number of referees for this event is 28. The committee of judges will be one-member.

Meals – lunch will be provided for the referees.

Referees' responsibilities. Referees are obliged to be dressed according to the ITF rules (incorrect dress code may be penalized by a deduction of 200 CZK/day/item) and to be present on the competition area of the hall according to the instructions of the main referee during the competition day and to be eligible to make decisions. Failure to comply with the above may result in a reduction or non-payment of decision-making fees.

Referees will be paid at the end of the day.

IX. NUMBER OF COMPETITORS

There is no limit to the number of contestants that each subject can nominate for the competition.

X. TROPHIES

A medal will be awarded for 1st, 2nd and 3rd place in each category. There will be only 1 x 3rd place in all categories.

Trophies will also be awarded to the most successful individuals (ninja boy, ninja girl, younger youth male, younger youth female, younger junior male, younger junior female, older junior male, older junior female).



XI. OTHER

Change in the start list

Any change in the start list (e.g. in connection with the incorrect classification of a competitor in a category, etc.) after a consultation of the coaches will be made for a fee of CZK 1 000.

Doping

The team leader (coach) is the guarantor that the competitors of his club are acquainted with the content of Directive No. 14 (Instructions for the fight against doping within the system of all competitions of the Federation).

The key to determining the most successful racer and school

The total number of points for the medals won is decisive – gold (3 points), silver (2 points), bronze (1 point). In the event of a tie, the weight of the discipline is decisive – descending tul-sparring-point fighting-soft kick. In the case of the same weight of disciplines, the number of competitors in the category is decisive.

XII. COVID MEASURES

The organizer reserves the right to adjust the scope of the required measures depending on the currently valid regulations of the Government of the Czech Republic at the time of the competition.

The competition is held under the auspices of the Czech Taekwon-do ITF Federation.

The competition is organized with the material support of the Czech Taekwon-do ITF Federation.





REVERSE

Competition name: FM OPEN 2024

Venue: Sportovní hala SPŠ, 28. října 939, Frýdek-Místek

Date: 20/01/2024

Name and surname:

Birth number:

I, the undersigned, hereby confirm that I participate in the said sports competition at my own risk and peril.

I declare that I am mentally and physically fit to participate in this competition and in case of any injury I will not demand any financial or other compensation and pain from Škola Taekwon-do ITF Frýdek-Místek, z. s.

I further declare that I have read this written consent properly before signing it and signed it according to my true, free and serious will. As a proof of agreement with the entire content of this reverse, I attach my handwritten signature.

Competitors who have not reached the age of 18 on the day of the race must have their legal guardian sign the reverse.

Day..... Signature of the participant / legal representative



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CHANGE LOG:

- 29.11.2024 Granted auspices of the Czech Taekwon-do ITF Federation.
- 10.12.2024 Corrected date of registration.