

# OSTRAVA CUP 2024



KDY A KDE

**21.9.2024**

OSTRAVA / CITY CAMPUS  
OSTRAVSKÉ UNIVERZITY

INFORMACE

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# OSTRAVA!!!

PARTNEŘI A SPONZOŘI



**TOMPRES** s.p.o.

*Stráčená Pub*



Dalphen Holding

# OSTRAVA CUP 2024

## INFORMATION

- Date:** Saturday, 21st September 2024
- Place:** [City Campus Ostravské univerzity](#), Moravská Ostrava 3397, 70200  
Moravská Ostrava a Přívoz
- Organizer:** Škola taekwon-do ITF Ostrava, z. s.
- Organizer:** Český svaz taekwon-do ITF, z. s.
- Umpire chairman:** Bc. Jiří Teslík, tel. 608 367 368, [rozhodci@taekwondo.cz](mailto:rozhodci@taekwondo.cz)
- Tournament director:** Ing. Tomáš Peterek, tel. 732 532 338, [ostrava@taekwondo.cz](mailto:ostrava@taekwondo.cz)
- Applications:** **Sports register** (also via Czech [online application system](#)) until:  
**Monday 16th September 2024, 22:00 (CET)**

- Starting fee:** 500 CZK or 20 Euro for 1 competitor / 1000 CZK or 40 Euro for 1 competitor after deadline

### Weighing and measuring:

Weighing and measuring will be conducted independently. Clubs are required to include the current height and weight of the competitor in the application, in accordance with taekwon-do principles. The team leader is responsible for the accuracy and truthfulness of the data. **A competitor suspected of significantly violating height and weight limits may be measured or weighed before the match and, if the violation is confirmed, disqualified from the discipline.**

## PRELIMINARY SCHEDULE

- Saturday, 21.09.2024**
- |             |   |
|-------------|---|
| 7:30 – 8:30 | Sports hall open for competitors  |
| 8:30        | Coach meeting   |
| 8:45 – 9:00 | Umpire meeting  |
| 9:00 – 9:15 | Start of the competition  |
| 14:00       | Announcement of the most successful individuals in MINI and younger youth categories. |
| 19:00       | Announcement of the most successful individuals and clubs.                            |

## PROPOSITION

|                      |                |                        |
|----------------------|----------------|------------------------|
| <b>I. Divisions:</b> | Individuals    |                        |
| <b>II. Groups:</b>   | MINI           | 2018 or younger        |
|                      | younger youth  | 2017, 2016, 2015, 2014 |
|                      | older youth    | 2013, 2012, 2011       |
|                      | younger junior | 2010, 2009             |
|                      | older junior   | 2008, 2007, 2006       |

The technical degree of the competitor in the application must be in accordance with their highest achieved technical degree.

### III. Disciplines and categories:

- 1) All age groups compete in the TUL discipline.
- 2) All age groups with 10th – 7th gup compete in the SOFTKICK
- 3) All age groups with 6th – 5th gup compete in the POINTFIGHT discipline.
- 4) All age groups from 4th gup compete in the MATSOGI discipline.

### Discipline TUL

|                | 10 + 9 | 8 + 7 | 6 + 5 | 4 + 3 | 2 + 1 | I.  | II. | III. |
|----------------|--------|-------|-------|-------|-------|-----|-----|------|
| MINI           | YES    | YES   | YES   | YES   | YES   |     |     |      |
| younger youth  | YES    | YES   | YES   | YES   | YES   |     |     |      |
| older youth    | YES    | YES   | YES   | YES   | YES   | YES |     |      |
| younger junior | YES    | YES   | YES   | YES   | YES   | YES | YES |      |
| older junior   | YES    | YES   | YES   | YES   | YES   | YES | YES | YES  |

### Technical degree - Gup:

Elimination (groups): 1 designated pattern (from Chon-ji to last examination included)

Final: 1 optional pattern (patterns for the last or next examinations) and 1 designated pattern (from Chon-ji to last examination included). Both competitors will perform it together.

### Technical degree - Dan:

Elimination (groups) and final: 1 optional pattern (patterns only for next examinations) and 1 designated pattern (from Chon-ji to next examination included). Both competitors will perform it together.

| examples: | optional pattern               | designated pattern       |
|-----------|--------------------------------|--------------------------|
| 1st Gup   | Toi-gae / Hwa-rang / Chong-moo | from Chon-ji to Hwa-rang |
| 1st Dan   | from Kwang-gae to Ge-baek      | from Chon-ji to Ge-baek  |

Competitors with 10th and 9th gup compete (eliminations and finals) only in Saju Jirugi and Saju Makgi. The optional pattern in the finals is from Saju Jirugi to Chon-Ji.

Contestants in the MINI group in the TUL discipline perform only an improvised pattern for a maximum of 20 seconds (hand and foot techniques) without falling or touching the floor with any part of the body other than the feet. **Touching the floor or falling will automatically be scored 0 points.**

### Discipline SOFTKICK (foam bar fight)

Two competitors try to hit each other with a foam stick within the prescribed time interval. In case of a successful hit, the match is stopped and a certain number of points are awarded (see table). **The target area is determined by ITF rules for matsogi. Warnings are given for dropping the foam stick and otherwise according to ITF rules for matsogi.** For 2 warnings, the opponent receives 1 point. The match is conducted in real-time. Only holders of 10th – 7th Gup compete.

|          |  |
|----------|--|
| points:  |  |
| 1        | foam bar attack on the midrange                                    |
| 2        | foam bar attack the upper area                                     |
| <b>3</b> | <b>foam bar attack on the upper area with both feet in the air</b> |

### Protectors and gear:

- 1) All age groups are required to head protector (helmet).
- 2) Protectors **do NOT have** to be red/blue.
- 3) Competitors fight with a foam bar 60 cm long.

### Height categories:

|                       | Height (cm) |      |      |      |      |
|-----------------------|-------------|------|------|------|------|
| <b>MINI</b>           | -100        | -110 | -120 | -130 | +130 |
| <b>younger youth</b>  | -120        | -130 | -140 | -150 | +150 |
| <b>older youth</b>    | -150        | -160 | +160 |      |      |
| <b>younger junior</b> | -160        | -170 | +170 |      |      |
| <b>older junior</b>   | -170        | -180 | +180 |      |      |



## Elimination (groups):

|                |                 |
|----------------|-----------------|
| mini and youth | 1 x 1,5 minutes |
| juniors        | 1 x 2 minutes   |

## Final:

|                |                              |
|----------------|------------------------------|
| mini and youth | 2 x 1,5 minutes (pause 30 s) |
| juniors        | 2 x 2 minutes (pause 30 s)   |

## Discipline POINTFIGHT

Two competitors try to hit each other with permitted ITF taekwondo techniques within the prescribed time interval. In case of a successful hit, the match is stopped and points are awarded (see table). **Warnings are given according to ITF rules for matsogi.** The match is conducted in real-time. Only holders of 6th – 5th gup compete.

| points: |   |
|---------|---|
| 1       | hand attack on the middle or upper range  |
| 2       | mid-range foot attack; <b>hand attack on the upper area with both feet in the air</b> |
| 3       | leg attack to upper area  |

## Protectors and gear:

- 1) Protectors **do NOT have** to be red/blue.
- 2) All age groups are required to head protector (helmet).
- 3) Junior girls have a mandatory chest protector.
- 4) Junior age groups are required to wear open or closed gloves of size 10 oz.
- 5) Youth age groups are allowed to wear open gloves and closed gloves up to 10 oz, provided they fit the size of the hands and build of the competitor.
- 6) Allowed protectors for competitors are regulated by the list of approved protectors for competitions organized by the Czech taekwon-do Federation ITF.

## Height categories:

|                       | Height (cm) |      |      |      |      |
|-----------------------|-------------|------|------|------|------|
| <b>MINI</b>           | -100        | -110 | -120 | -130 | +130 |
| <b>younger youth</b>  | -120        | -130 | -140 | -150 | +150 |
| <b>older youth</b>    | -150        | -160 | +160 |      |      |
| <b>younger junior</b> | -160        | -170 | +170 |      |      |
| <b>older junior</b>   | -170        | -180 | +180 |      |      |

## Elimination (groups):

|                |                 |
|----------------|-----------------|
| mini and youth | 1 x 1,5 minutes |
| juniors        | 1 x 2 minutes   |

## Final:

|                |                              |
|----------------|------------------------------|
| mini and youth | 2 x 1,5 minutes (pause 30 s) |
| juniors        | 2 x 2 minutes (pause 30 s)   |

## Discipline MATSOGI

The match is conducted according to ITF rules. Only holders of the 4th gup and higher are competing. A mandatory turn kick will be applied.

## Protectors and gear:

- 1) Protectors **do NOT have** to be red/blue.
- 2) All age groups are required to head protector (helmet).
- 3) Junior girls have a mandatory chest protector.
- 4) Junior age groups are required to wear open or closed gloves of size 10 oz.
- 5) Youth age groups are allowed to wear open gloves and closed gloves up to 10 oz, provided they fit the size of the hands and build of the competitor.
- 6) Allowed protectors for competitors are regulated by the list of approved protectors for competitions organized by the Czech taekwon-do Federation ITF.

## Weight categories:

|                               | váha (kg) |     |     |     |     |     |     |
|-------------------------------|-----------|-----|-----|-----|-----|-----|-----|
| younger youth male,<br>female | -25       | -30 | -35 | -40 | +40 |     |     |
| older youth male              | -35       | -40 | -45 | -50 | -55 | -60 | +60 |
| older youth female            | -30       | -35 | -40 | -45 | -50 | -55 | +55 |
| younger junior male           | -45       | -50 | -55 | -60 | -65 | -70 | +70 |
| younger junior female         | -40       | -45 | -50 | -55 | -60 | -65 | +65 |
| older junior male             | -45       | -51 | -57 | -63 | -69 | -75 | +75 |
| older junior female           | -40       | -46 | -52 | -58 | -64 | -70 | +70 |

## Elimination (groups):

|                |                 |
|----------------|-----------------|
| mini and youth | 1 x 1,5 minutes |
| juniors        | 1 x 2 minutes   |

## Final:

|                |                              |
|----------------|------------------------------|
| mini and youth | 2 x 1,5 minutes (pause 30 s) |
| juniors        | 2 x 2 minutes (pause 30 s)   |

## Competition system

The competition system will be conducted in a round-robin style (league) in all disciplines. If there are 6 or more competitors in a given category, it will be divided into multiple groups.

2 points are awarded for a group victory. In the event of a draw in a group, each competitor is awarded 1 point in the table.

## Key for groups:

| the number of competitors in the group | number of groups (gr) | the key to fighting for medals                              |
|--|-----------------------|---|
| 2, 3, 4, 5                             | = 1 group             | ranking in 1st, 2nd, 3rd place by points<br>= (immediately) |
| 6 competitors                          | 2gr (3+3)             | group winners for 1st place (2 rounds)                      |
| 7 competitors                          | = 2gr (4+3)           | = second from the group for 3rd place (1 round)             |
| 8 competitors                          | 2gr (4+4)             |   |
| 9 competitors                          | 3gr (3+3+3)           | group winners advance to the final group of 3               |
| 10 competitors                         | = 3gr (4+3+3)         | = members, fight each other for the final ranking           |
| 11 competitors                         | 3gr (4+4+3)           | (1st, 2nd, 3rd place)                                       |
| 12 competitors                         | 4gr (3+3+3+3)         | group winners advance to the spider style                   |
| 13 competitors                         | 4gr (3+3+3+4)         | tournament, defeated semi-finalists have an                 |
| 14 competitors                         | = 4gr (3+3+4+4)       | extra match for 3rd place (1 round), final 2                |
| 15 competitors                         | 4gr (3+4+4+4)         | rounds  |
| 16 competitors                         | 4gr (4+4+4+4)         |   |

In the overall ranking, one 3rd place will be awarded, for which the competitors will compete.

## Rules

The competition will be conducted according to [ITF rules](#) and [Directive No. 10](#) of the Czech Taekwon-Do Federation ITF and these propositions.

Competitors with a 10th Gup (white belt) may compete without a dobok.

## Protest

A protest against the decision of the judges can only be filed by the coach, in writing, in accordance with the procedure (immediately notify the chairman of the jury after the match and deliver it back to the chairman of the jury for the relevant ring no later than 5 minutes after receiving the form) with a deposit of 1000 CZK / 40 € to the hands of the chairman of the jury. The protest will then be discussed and resolved by the Umpire chairman (UC). The UC's decision is final.

## Number of Competitors

The number of competitors that each club can nominate for the competition is not limited.

## Trophies

Medals will be awarded for 1st, 2nd, and 3rd place in each category. In all categories, there will be only one 3rd place.

Trophies will also be awarded to the most successful individuals (mini male / female, younger youth m/f, older youth m/f, younger junior m/f, older junior m/f) as well as to the 3 most successful clubs.

## Other Information

A change in the starting list (e.g., in connection with incorrect placement of a competitor in a category, etc.) after the coaches' meeting will be made for a fee of 1000 CZK / 40 €.

All competitors (members of the Czech Taekwon-Do ITF Association) must have a valid medical examination according to [Directive No. 8](#). Non-members of the association will submit a written undertaking on the day of the competition, which is part of these proposition.

The team leader (coach) guarantees that all his competitors are familiar with the content of [Directive No. 14](#) (Control and Penalty for Doping).





# Škola taekwon-do ITF Ostrava, z. s.

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The determination of the most successful competitor and club is based on the total number of points for the medals won (gold = 3 points, silver = 2 points, bronze = 1 point). In case of a tie, weight decides. In case of a tie in points, the weight of the discipline decides (tul > matsogi > pointfight > softkick). If the weight of the disciplines is the same, the number of matches competed in the category decides.

## Written undertaking

**Name of the competition:** OSTRAVA CUP 2024

**Place:** City Campus Ostravské univerzity, Moravská Ostrava 3397, 70200 Moravská Ostrava a Přívoz

**Date:** 21.9.2024

**Name and surname:**

**Date of birth:**

**Nationality:**

I, the undersigned, hereby confirm with my signature that I participate in the mentioned sports competition at my own risk. I declare that I am mentally and physically fit to participate in this competition, and in the event of any injury, I will not demand any financial or other compensation and damages from the Škola taekwon-do ITF Ostrava, z. s.

I further declare that I have thoroughly read this written consent before signing it, and I have signed it according to my true, free, and serious intention. As evidence of my agreement with the entire content of this waiver, I attach my handwritten signature. For competitors who have not reached the age of 18 on the day of the competition, their legal guardian signs the waiver.

On ..... Signature of the competition participant / legal guardian .....