



CONI



TAEKWONDO LOMBARDIA
comitato regionale

INSUBRIA CUP

POOMSAE EDITION

ENG VERSION

EN Insubria is a historical region between the Po River and the pre-alpine lakes. It was inhabited around the 4th century BC by the Insubri, a people to whom Titus Livius attributes the foundation of Milan.

LOCATION: "E-WORK ARENA" (PalaPiantanida) - Viale Gabardi, 43 - 21052 Busto Arsizio (VA)

DATE: SUNDAY, 5 MAY 2024

INFO: Lombardy Regional Committee Ufficialidigara.lombardia@gmail.com

PROGRAM: 08:00 – Opening/Checking documents
08:30 – Start of the competition until the end

AWARDS: Awards directly on the square at the end of each category

RULES: WT/FITA rules, 5 judges per square

ADMISSION: FITA members, foreign athletes registered with ETU/WT recognized federations.

RATES:

Taegeuk/Poomsae categories:	€20,00 for children category
	€30.00 for other categories
Free Style categories:	€30.00
Parataekwondo categories:	free registration

Please note: those who are registered in form competition and in freestyle and/or pair competition will not have to pay the entry fee twice.

REGISTRATION PROCEDURE:

Registrations for every type of specialities must be made by filling in the form available at the end of this document and send to Ufficialidigara.lombardia@gmail.com.

Categories and every information about the competition will be published on the website www.tkdtechnology.it and on Telegram canal <https://t.me/taekwondolombardia>.

PAYMENT METHODS:

Bank transfer or online payment directly from the FITA reserved area

Payable to: FITA – FEDERAZIONE ITALIANA TAEKWONDO

Bank transfer - IBAN: IBAN IT04D0100503309000000000243 SWIFT-BIC: BNLIITRRXXX

Reason: "GARE LOMBARDIA", [Company name], [number of athletes]

The payment must be sent at Ufficialidigara.lombardia@gmail.com

REGISTRATION/PAYMENT DEADLINE:

All registrations must be received no later than Friday 26 april 2024. If the registrations are not accompanied by the relative payment by that date, they will be automatically cancelled and the athletes will not be able to participate in the competition.

MAX. NUMBER OF ATHLETES: 500 athletes

TAB1 - AGE CLASSES – GENERAL DIVISION

CATEGORY	AGE RANGE
BEGINNERS (under 7 years old)	Born in 2017-2018
CHILDREN (8-9 years old)	Born in 2015-2016
KIDS (10-11 years old)	Born in 2013-2014
CADETS (12-14 years old)	Born in 2010-2012
JUNIOR (15-17 years old)	Born in 2007-2009
SENIOR 1 [Under 21 (18-21 years old) + Under 25 (22-25 years old) + Under 30 (26-30 years old)]	Born in 1994 al 2006
SENIOR 2: Under 35 (31-35 years old) + Under 40 (36-40 years old)	Born in 1984 al 1993
UNDER 50 (41-50 years old)	Born in 1974 al 1983
UNDER 60 (51-60 years old)	Born in 1964 al 1973
OVER 60 (>=61 years old)	Born to 1963

PLEASE NOTE: *The organization at the close of registration will take care of merging each category as listed above. Where there are categories consisting of 1 or 2 athletes, these will be merged with lower or higher categories in accordance with the belt.*

TAB2 - COLOR BELTSDIVISION – INDIVIDUAL

REF TAB1 FOR AGE CLASSES

BELTS	PRELIMINARY	SEMIFINAL	FINAL
WHITE- WHITE/YELLOW	1° TAEGEUK	1° TAEGEUK	1° TAEGEUK
YELLOW - YELLOW/GREEN	3° TAEGEUK	3° TAEGEUK	3° TAEGEUK
GREEN - GREEN/BLUE	3° TAEGEUK	4° TAEGEUK	4° TAEGEUK
BLUE - BLUE/RED	4° TAEGEUK	5° TAEGEUK	6° TAEGEUK
RED - RED/BLACK	6° TAEGEUK	7° TAEGEUK	8° TAEGEUK

COMPETITION PHASES

PHASES	GROUP	NUMBER OF ATHLETES	TAEGEUK/POOMSAE
1	PRELIMINARY	ALL	1 defined taegeuk
2	SEMIFINAL	HALF of competitors	1 defined taegeuk
3	FINAL	BEST 8 scores	1 defined taegeuk

From the preliminary rounds, half of the scores (the best) go through to the semi-finals. In the event of a play-off, the current FITA guidelines will be followed.

From the semi-finals to the finals the best 8 scores will advance. In the event of a play-off, the current FITA guidelines will be followed.

The Organization reserves the right to arrange single rounds according to the numbers achieved.

TAB3 – POOM & BLACK BELTS DIVISION - INDIVIDUAL

REF TO AGE CLASSES BELOW

CATEGORY	TAEGEUK/POOMSAE
KIDS (10-11 years old)	FROM 4° TO KORYO
CADETS (12-14 years old)	FROM 5° TO KEUMGANG
JUNIOR (15-17 years old)	FROM 4° TO TAEBAEK
SENIOR 1 [Under 21 (18-21 years old) + Under 25 (22-25 years old) + Under 30 (26-30 years old)]	FROM 6° TO SIPJIN
SENIOR 2: Under 35 (31-35 years old) + Under 40 (36-40 years old)	FROM 6° TO SIPJIN
UNDER 50 (41-50 years old)	FROM 8° TO CHONKWON
UNDER 60 (51-60 years old)	FROM KORYO TO HANSOO
OVER 60 (>=61 years old)	FROM KORYO TO HANSOO

COMPETITION PHASES

PHASES	GROUP	NUMBER OF ATHLETES	TAEGEUK/POOMSAE
1	PRELIMINARY	ALL	1 T/P extracted from the forms range
2	SEMIFINAL	HALF of competitors	2 T/P extracted from the forms range
3	FINAL	Best 8 scores	2 T/P extracted from the forms range

T/P will be drawn by the Organization and made public on the official channels a few days before the competition.

From the preliminary rounds, half of the scores (the best) go through to the semi-finals. In the event of a play-off, the current FITA guidelines will be followed.

From the semi-finals to the finals the best 8 scores will pass. In the event of a play-off, the current FITA guidelines will be followed.

The Organization reserves the right to arrange single rounds according to the numbers achieved.

TABE 4 - FREESTYLE CATEGORIES - INDIVIDUAL (M-F)

SINGLE ROUND ACCORDING TO THE FOLLOWING DIVISION

CATEGORIES	BELTS	EXCERSIZE DURATION
BEGINNERS + CHILDREN (Under 9 anni)	White to Red	60-70"
KIDS (10-11 anni)	White to Blue	60-70"
KIDS (10-11 anni)	Red to Poom	60-70"
CADETS (12-14 anni)	White to Blue	60-70"
CADETS (12-14 anni)	Red to Poom	60-70"
JUNIOR (15-17 anni)	Colored	90-100"
JUNIOR (15-17 anni)	Black	90-100"
UNDER 25 (18-25 anni)	Colored	90-100"
UNDER 25 (18-25 anni)	Black	90-100"
UNDER 30 (26-30 anni)	Colored	90-100"
UNDER 30 (26-30 anni)	Black	90-100"

All athletes must wear the Taekwondo uniform (dobok or uniform poomsae).

The podium will be formed by the top four scores in each category.

All music must be delivered to the organization 3 days before the day of the competition, naming the file as follows:

"CLASSEAGE BELT SURNAME NAME"

The musical accompaniment in MP3 format must be sent to Ufficialidigara.lombardia@gmail.com by the registration deadline AND BRING TO THE COMPETITION via USB stick.

TAB5 – PARATAEKWONDO - INDIVIDUAL

SINGLE ROUND WITHOUT ANY CLASSES AGE DIVISION AND WITH BELT DIVISION AS BELOW

Athletes will be able to freely choose the T/P to be performed during the competition.

BELTS	CATEGORIES	SINGLE ROUND
WHITE – GREEN	All from P20 to P70	Free T/P
BLUE – RED	All from P20 to P70	Free T/P
BLACK	All from P20 to P70	Free T/P

The Organization reserves the right to merge the categories in agreement with the coaches.

The podium will be formed by the first four scores in each category.

TAB6 – SYNCRO CATEGORIES

TAB6.1 - SYNCRO POOMSAE MIXED COUPLE

ONLY FOR RED/RED/BLACK/BLACK BELTS BELONGING TO THE SAME CLUB

BELTS	CATEGORIES	SEMIFINAL	FINAL
RED+BLACK	CADETS (12-14 years old)	7° TAEGEUK	KORYO
BLACK	JUNIOR (15-17 years old)	KORYO	TAEBAEK
BLACK	SENIORE (Over 18 years old)	KORYO	TAEBAEK

The Organization reserves the right to define competition rounds according to the number of competing pairs.

TAB6.2 – TEAM SYNCRO MIX OR SAME GENDER
FROM WHITE TO RED BELTS BELONGING TO THE SAME CLUB

BELTS	CATEGORIES	SINGLE ROUND
From WHITE to GREEN/BLUE	BEGINNERS+CHILDREN+KIDS	1° TAEGEUK
From WHITE to GREEN/BLUE	CADETS+JUNIOR	1° TAEGEUK
From GREEN/BLUE to BLUE/RED	BEGINNERS+CHILDREN+KIDS	3° TAEGEUK
From GREEN/BLUE to BLUE/RED	CADETS+JUNIOR	3° TAEGEUK
From BLUE/RED to RED/BLACK	BEGINNERS+CHILDREN+KIDS	5° TAEGEUK
From BLUE/RED to RED/BLACK	CADETS+JUNIOR	5° TAEGEUK

Example nr 1: Anna white belt Beginners + Leo yellow belt Children + Gaia yellow/green Kids

Example nr 2: Elena blue belt Junior + Enea blue/red belt Junior + Gianni blue belt Cadets

The Organization reserves the right to define competition rounds according to the number of competing teams.

NOTES AT THE BOTTOM

THE ORGANIZATION RESERVES THE POSSIBILITY OF COMBINING THE CATEGORIES ACCORDING TO THE NUMBERS REACHED, TRYING TO RESPECT THE MALE AND FEMALE DIVISION AND GIVING THE ATHLETES THE POSSIBILITY TO CARRY OUT AT LEAST 1 ROUND OF THE COMPETITION

ATHLETE SCORES PER TAEGEUK/POOMSAE/FREESTYLE/PARATAEKWONDO

1st CLASSIFIED 10 POINTS

2nd CLASSIFIED 8 POINTS

3rd CLASSIFIED 5 POINTS

From 4th place onwards, a score of 0.5 will be awarded for each competitor in the category.

The sum of the scores will define the final ranking per club.

