



## **WELCOME MESSAGE**

**Dear friends,**

**With pride and pleasure, I am inviting you and your team to join the WT G1 ranked event Bulgaria Open, which will be held in Sofia, Bulgaria on 4<sup>th</sup> of March 2024.**

**As hosts, we will do our most to provide the best conditions for all team members.**

**I am sure, your teams will enjoy the hospitality of the Bulgarian Taekwondo Federation and you will have a marvelous time in Sofia!**

**Good luck to all the teams!**

**Yours,**

**Slavi Binev  
President of the Bulgarian Taekwondo Federation  
Vice President of the European Taekwondo Union**

# BULGARIA OPEN POOMSAE 2024

**WT G1**

## INTERNATIONAL POOMSAE TAEKWONDO TOURNAMENT

**04.03.2024  
SOFIA, BULGARIA**

**Promoter: Bulgarian Taekwondo Federation – WT**  
**President: Mr. Slavi Binev – President – BTF**

**Organizer: Bulgarian Taekwondo Federation – WT**  
**President: Mr. Slavi Binev – President – BTF**  
E-mail: [office@taekwondo-bulgaria.org](mailto:office@taekwondo-bulgaria.org)

**GLOBAL AND EUROPEAN RANKING**  
**Global Ranking is applicable – G1**

### VENUE

**Sports Complex “Asics Arena”**  
Address: Sofia, Bulgaria; street "Manastirska" 35, 1111  
**Map:**<https://goo.gl/maps/i6VT43Aven7o6pjS7>

### COMPETITION DATES & SCHEDULE

**4 March 2024** all medal events

### REGISTRATION & ACCREDITATION

**3 March 2024, Venue: Sports Complex “Asics Arena”**  
Sofia, Bulgaria; street "Manastirska" 35, 1111  
**Map:**<https://goo.gl/maps/i6VT43Aven7o6pjS7>  
**3 March 2024:** 10:00 – 13:00 hrs & 14:00 – 18:00 hrs

### DRAW SHEETS & BRACKET PUBLICATION

The Drawing of Lots & draw sheets/brackets will be published one (1) day before the start of the competition at 19:00 hrs on the WT GMS – SimplyCompete, BTF Facebook Page – <https://www.facebook.com/BTFWT>

### SEEDING

WT seeding rules are applicable

### COMPETITION RULES & SYSTEM

The WT Poomsae Competition Rules and Interpretation (in force as of May 14, 2019)  
The WT Poomsae Ranking Bylaw (September 23, 2020)  
The WT Athlete Classification Rules shall be applied.

## **ELIGIBILITY REQUIREMENTS**

1. Holder of a valid 2024 WT Global Athlete License;
2. Member of the team/club of a pertinent Member National Association, recognized by the European Taekwondo Union or World Taekwondo;
3. Holder of Taekwondo Dan (Poom) certificate issued by the WT or Kukkiwon.
4. The age limits are based on the year 2024, not on the date. Poomsae (18 years old or older) contestants in the year 2024 – Athletes born in 2006 or before are eligible.

All competitors must prove their age by presenting their passport or identification card at the official registration. For those athletes who are not adults, a written consent must be submitted (please find enclosed on the last pages) at the registration, signed by one of the parents or legal guardians, accepting their participation and all parts of the official invitation.

## **COACH ELIGIBILITY REQUIREMENTS**

1. Minimum age of 18 years;
2. Holder of a valid 2024 WT Global Official License;
3. Coach is **not** allowed to wear Dobok.

## **METHOD OF COMPETITION FOR POOMSAE**

### **Recognized Poomsae Competition**

Two (2) Poomsae from designated Compulsory Poomsae will be decided by TD for each division and must be performed for all competitions.

### **ONLY FOR THE INDIVIDUAL CATEGORIES (M/F) UNDER 30 and UNDER 40:**

#### **Single elimination tournament system**

From Preliminaries to Finals: All competitions shall be conducted in a single elimination format. All athletes will be seeded based on the WT Poomsae Ranking of **January 2024 (January 1st)**. If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. Contestants shall perform two assigned Compulsory Poomsae for each round. Medals shall be awarded to the top four (4) contestants.

### **ALL OTHER CATEGORIES:**

#### **Cut-off System**

- 1) Preliminaries: In case twenty (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.
- 2) Semi-final: In case nine (9) to nineteen (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.
- 3) Final: When eight (8) or less contestants/ pairs/teams are participating, competition shall start from final round. Contestants shall perform two assigned Compulsory Poomsae for the final round. Medals shall be awarded to the top four (4) contestants/pairs/teams.

#### **Free Style Poomsae Competition**

##### **Cut-off System (All Freestyle- categories (single Final Round))**

- 1) Freestyle Poomsae is a performance based on taekwondo techniques with composition of music and choreography.
- 2) Composition of Freestyle Poomsae
  - 2.1 Yeon-mu line shall choice of contestant

2.2 Performed techniques must be within the boundary of taekwondo. The definition of taekwondo techniques shall be determined by WT Poomsae Committee when the contestant submits performance plan.

2.3 Music and choreography shall be the choice of contestants

**Note: Music in USB (sound without words) should NOT contain any political, social and religious and any contents that may harm, discriminate or offend others.**

### **GENERAL ELIGIBILITY REQUIREMENTS:**

Contestants may compete in maximum two (2) categories in Recognized Poomsae and/or Freestyle Poomsae of competition unless he or she is limited by gender or age.

### **Duration of Contest:**

- 1) Recognized Poomsae: Individual, Pair and Team competitions up to 90 seconds.  
(Break time between 1st Poomsae and 2nd Poomsae is 30 to 60 seconds.)
- 1) FreeStyle Poomsae: Individual, Pair and Mixed Team competitions from **90 seconds to 100 seconds.**

### **MEDAL EVENTS**

The following medal events are applicable:

#### **DIVISIONS RECOGNIZED POOMSAE**

##### **INDIVIDUAL**

- Children 8 to 11 years old (male & female)
- Cadet 12 to 14 years old (male & female)
- Junior 15 to 17 years old (male & female)
- Under 30 (male & female)
- Under 40 (male & female)
- Under 50 (male & female)
- Under 60 (male & female)
- Under 65 (male & female)
- Over 65 (male & female)

##### **PAIR**

- Children 8 to 11 years ol
- Cadet Pair 12 to 14 years ol
- Junior Pair 15 to 17 years old
- Pair Under 30 years old (18 to 30 years old)
- Pair Over 30 (31 years old or over)

##### **TEAM**

- Children 8 to 11 years ol (male & female)
- Cadet Team 12 to 14 years old (male & female)
- Junior Team 15 to 17 years old (male & female)
- Team Under 30 years old (18 to 30 years old) (male & female)
- Team Over 30 years old (31 years old or over) (male & female)

### **FREESTYLE**

##### **INDIVIDUAL**

- 12-17 age individual (male & female)
- 18 years old and over individual (male & female)

##### **PAIR**

- Pair 1 (male & female): 12 to 17 years old
- Pair 2 (male & female): 18 year old or over

##### **MIXED TEAM**

Over 12 years mixed team (2 male 3 female or 3 male 2 female) Total 5 person (+1 Substitute)

## LIST OF RECOGNIZED POOMSAE TO BE PERFORMED:

Competition	Division	Compulsory Poomsae
<b>Individual</b>	Children Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo
	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taebak Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65	
	Over 65	
<b>Pair</b>	Children Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo
	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
<b>Team</b>	Children Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo
	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon

\* Note: Contestants may compete in maximum two (2) categories (Recognized Poomsae & Freestyle Poomsae combined) of competition unless he or she is limited by gender or age.

Ex) Recognized Poomsae max 2, or Freestyle Poomsae max 2, or 1 each of categories

\* Note: Only for Free Style Poomsae Mixed Team of Over 17, if the age of a team's each member does not consist of 18 years old or older, the Mixed Team can be formed with up to maximum two of members under the age of 18 (12-17).

### SPORT ENTRIES - ONLINE REGISTRATION

Registration is only possible with a valid 2024 WT Global Licence (GAL issued by assigned GMS club, region and MNA Administrators only). Please find below the direct link to the WT GMS platform: <https://worldtkd.simplycompete.com>

### REGISTRATION DEADLINE

The deadline for registration is set at:

**23:59 Bulgarian time (GMT +2) on 21<sup>st</sup> of February 2024**

This deadline is applicable for all sports entries, payments, and admitting all required documents.

## APPLICABLE FEES

### Regular Entry Fee:

- **Individual** – 110 euro per registered individual athlete by the time of the deadline
- **Pairs and Teams** – 150 euro per registered pair/team by the time of the deadline

### Late Entry Fee:

- **Entry fee after the deadline** (21.02.2024) – an additional processing fee of **25 euro per person** will apply.
- Extra accreditation cards Per 5 athletes, 1 coach accreditation card is issued. If your team requires additional accreditation cards, a fee of 25 euro is charged.

### Protest fee

In case the WT Competition Rules allow a protest, a non-refundable fee of **200 euro** shall be paid.

## BANK DETAILS

All **entry fees** shall be transferred to the following bank account. All bank charges shall be borne by the participating teams (option OUR).

**Recipient:** Bulgarian Taekwondo Federation  
**Name of Bank:** First Investment Bank, Bulgaria  
**IBAN:** BG42 FINV 9150 10E0 0750 35  
**BIC:** FINVBGSF  
**Bank address:** Dragan Tzankov Blvd, 37, Sofia, Bulgaria  
*Reason for payment:* Team name + BOP2024

All payments by bank transfer have to be done without any deduction of expenses. When the wire transfer is set, mark option "OUR". Any costs of the bank transfer must be paid by the sender otherwise the team representatives will be charged at the Registration desk.

### A copy of the bank transfer must be sent to:

E-Mail: [office@taekwondo-bulgaria.org](mailto:office@taekwondo-bulgaria.org)

Applications without a copy of the transfer are invalid.

If an athlete registered online through the WT registration system does not take part in the competition for some reason, but he/she has not been removed from the list of participants before the deadline (**23:59 Bulgarian time (GMT +2) on 21<sup>st</sup> of February 2024**), his/her team official must fully (100%) pay his/her entry fee for participation. The Organizing Committee does not refund entry fees paid.

## NO REFUND

The Organizing Committee does not refund entry fees paid. In case the athlete has not been removed from the list of participants before the deadline his/her team or official must fully (100%) pay the entry fee(s) for participation. In case of no show the invoice will be send to the team after the tournament.

## SPORT EQUIPMENT

### *Dobok*

Athletes can only use WT recognized products while participating at the event. See a list of recognized products at: <http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>

**WT approved poomsae competition uniforms:**

- 1. **Cadet Division** (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females. (**Only Poom belt shall be permitted**)



- 2. **Junior and Senior Division** (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females.



- 3. **Master Division** (Ages 51 and up): Yellow top and dark blue pants for both males and females.



**Identification of NOC Code and Manufacturer**

National flag shall be located between 3.5cm below the right shoulder line of upper garment. Flag size should be 10cm width x 7cm height.



NOC Code is a three-letter National Olympic Committee abbreviation, and it shall be printed at the back of the upper garment of Poomsae competition uniform in black color and

centered 12cm from the top line of the upper garment within the size of 30cm width x 12cm height. The font of the letters shall be in bold “Verdana”



The number of manufacturer's identification (name, designation trademark, logo or any distinctive sign of the manufacturer) shall be one per garment within 20cm<sup>2</sup> except at the location of the WT logo according to the related WT guidelines in force as of this event. The end of the belt must be at least 10cm or higher above the knee.

## **FIELD OF PLAY REGULATIONS**

By accepting an accreditation card, all accredited persons agree to comply with the Field of Play regulations applicable at Taekwondo events. Only the competitors and their coaches will have admittance with valid accreditations to the contest areas.

## **AWARDS**

### ***Individual awards***

1<sup>st</sup> place – gold medal and certificate

2<sup>nd</sup> place – silver medal and certificate

3<sup>rd</sup> place – **two bronze** medals and certificate

All participants will receive a certificate of participation.

## **ACCESS TO FIELD OF PLAY**

Only for one (1) coach, one (1) athlete and one (1) officially licenced Medical Doctor are allowed to enter the Field of Play with their official accreditation. The OC has the right to refuse participants access to the Field of Play.

## **MEDICAL AND ANTI-DOPING**

### ***Applicable doping rules***

The WT Anti-Doping Rules and the WADA Anti-Doping Code are applicable. Compulsory random doping tests may be conducted among the all athletes. World Taekwondo and/or WADA may carry out random out-of-competition testing prior to the event. Therefore, all participating contestants are required to submit their latest and most accurate Athlete Location (Whereabouts Info) Forms to WT.

### ***Therapeutic Use Exemption***

Athletes who take any substance or medicine listed in the "Prohibited List" of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to visit the website of WADA and make online filing of their TUE applications on ADAMS. Report TUE applications also to the WT Sport Department via [sport@worldtaekwondo.org](mailto:sport@worldtaekwondo.org).

### ***ADAMS login***

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or WT Sport Department at [marcoienna@worldtaekwondo.org](mailto:marcoienna@worldtaekwondo.org)

### ***For more details, please visit***

<http://www.wada-ama.org/en/ADAMS/>

<http://www.worldtaekwondo.org/medical-antidoping/anti-doping/therapeutic-use-exemptions-tues/>

Some contestants chosen at random may be tested.

## **MEDIA AND PRESS**

### ***Media accreditation***

Registered media and press officials or official photographers are entitled to receive a media and press accreditation card.



### **Photo positions**

All accredited photographers are only allowed to use the designated photo positions while working in the Field of Play. By accepting a media and press accreditation, the accredited person agrees to follow at all times the instructions of the OC and Press officer.

**ACCOMMODATION (TBA):** The OC will be recommending a list of hotels that the participants can choose. The booking of the accommodation will be directly arranged with the hotels.

**TRANSPORTATION (TBA):** The OC can assist in case of needed transportation from and to the Airport/Hotel upon arrival and departure. The transportation form (Appendix 2) will be published shortly.

### **INDEMNITIES**

It is the responsibility of each registering team to ensure that their athletes and team officials have filled out the indemnification forms correctly and have duly signed them, thereby indemnifying WT, ETU, the Organizing Committee and all other officials and athletes from any claims of injuries, losses or otherwise arising in the course of participation at the G1 Bulgaria Open Poomsae 2024 or any activities linked therewith. It is the responsibility of each registered team to ensure and guarantee that sufficient insurance coverage has been arranged for all athletes, team officials and other participants. Without sufficient insurance coverage, teams will not be allowed to compete. Please fill out the Personal Indemnity Forms and return them to the Organization Committee registration on 03 March 2024. Each participant (athletes, team officials, etc.) has to fill out the indemnification form.

### **MEDICAL INSURANCE**

All participating athletes, coaches and team officials shall have mandatory a medical insurance that covers medical care and in case of emergency repatriation to home country. All relevant documents proving that such an insurance is present, including insurance policy papers, should be taken to the event in case a medical situation occurs.

## **TIMETABLE**

*(Subject to change)*

<b>DATE</b>	<b>TIME</b>	<b>PROCEDURE</b>	<b>PLACE</b>
03.03.2024	10:00-13:00	Registration & Accreditation	Sports Complex "Asics Arena"
	13:00-14:00	Lunch break	
	14:00-18:00	Registration & Accreditation	WT GMS - SimplyCompete
	19:00-20:00	Publication of draw sheets Bulgaria Open Poomsae	
04.03.2024	08:00	International Referees meeting	Sports Complex "Asics Arena"
	08:30	Head of team meeting	
	<b>09:00</b>	<b>Start of the competition</b>	
	13:00	Opening Ceremony	
	13:30-17:00	Competitions	
17:00-19:00	Semi-finals, Finals and Awarding Ceremony		
05.03.2024	All day	Departure	

## PERSONAL INDEMNIFICATION FORM

THIS INDEMNIFICATION, HOLD HARMLESS, RELEASE AND CONSENT NOT TO SUE executed this

on: \_\_\_\_\_ (insert date of signing).

I, the undersigned, certify that I will indemnify, hold harmless and release the BTF, European Taekwondo Union, World Taekwondo and the Organizing Committee, its executive board members, directors, officers, members, employees, consultants, agents, attorneys, contractors (including without limitation sponsors, suppliers, licensees and other representatives (each, an "Indemnatee" and, collectively, "Indemnitees"), from and against any and all damages, injuries, penalties, fines, claims, suits, liabilities, costs, attorneys' fees court costs and expenses of every kind and nature suffered by or asserted against the Indemnatee as a direct or indirect result of participating in the Bulgaria Open Poomsae 2024 on 4<sup>th</sup> March 2024 in the broadest sense of the word. By signing and submitting the form below, I accept and agree to the terms and covenants contained in this Indemnification, hold harmless, release and consent not to sue. I verify that by signing and submitting this form, that I have read and agree to all of the terms and conditions provided above.

**Name:**

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**Date:**

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**Signature:**

*In case the person involved is a minor, the legal guardian has to sign:*

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**Name:**

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**Relation towards the minor:**

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**Date:**

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**Signature:**

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## LIABILITY DECLARATION

(only for under aged athletes)

My name:

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I live in:

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I am the parent/guardian of:

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Date of birth (competitor): \_\_\_\_/\_\_\_\_/\_\_\_\_

I declare that I accept the participation of \_\_\_\_\_ at the Bulgaria Open Poomsae 2024 on 4<sup>th</sup> March 2024 and that I accept all parts of the official invitation of this tournament.

For physical reasons nothing speaks against a participation of the aforementioned athlete and I understand that all competitors are considered to participate at their own risk. The Organizing Committee assume no responsibility for any damages, injuries or losses. All athletes must bring their own documents and the forms or any medical insurance in Bulgaria.

Place: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of the parents/legal guardian:

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