

# G1 BELGIAN OPEN

## POOMSAE

Poomsae | Freestyle

44<sup>st</sup> edition

16th of March 2025

Lommel – Belgium



## ORGANIZATION

### Contact information

Taekwondo Flanders | Belgian Taekwondo Federation  
H. Van Veldekesingel 150/73, 3500 Hasselt, Belgium  
0032 11 87 09 18  
BelgianOpen@Taekwondo.be  
BelgianTaekwondoFederation.be  
Facebook.com/BelgianOpenTaekwondo

### President

Mr. Erik Baert

### Referee chairman poomsae

Mr. Mustapha Moutarazak

### OVR Provider

KPNP

### Location

Sportshall De Soeverein, Sportveldenstraat 10, 3920 Lommel

### Accommodation

Center Parcs De Vossemeren, Elzen 145, 3920 Lommel  
Sunparks Kempense Meren, Postelsesteenweg 100, 2400 Mol  
Corbie Lommel Ring, Binnensingel 70, 3920 Lommel

### Sponsors



## TIME TABLE

**15<sup>th</sup> of March - Saturday**      10:00-18:00      Registration for all categories at competition venue.

**16<sup>th</sup> of March - Sunday**

07:45	Opening competition venue
08:00	Referee meeting
08:30	Head of team meeting
09:00	Start competitions

## CONTESTANTS

### Age categories

#### According to WT categories for recognized poomsae

##### Individual recognized poomsae

Cadet: Ages 12-14 (2011-2013)  
Junior: Ages 15-17 (2008-2010)  
U30: Ages 18-30 (1995-2007)  
U40: Ages 31-40 (1985-1994)  
U50: Ages 41-50 (1975-1984)  
U60: Ages 51-60 (1965-1974)  
U65: Ages 61-65 (1960-1964)  
Over 65: 66 and older (… - 1959)

##### Pair & Team

Cadet: Ages 12-14 (2011-2013)  
Junior: Ages 15-17 (2008-2010)  
U30: Ages 18-30 (1995-2007)  
U50: Ages 31-50 (1975– 1994)  
U60: Ages 51-60 (1965 – 1974)  
O60: Ages 61 and over (… - 1964)

#### According to WT categories for freestyle poomsae competition

##### FS individual

U17 – Ages 12-17  
O17 – 18 and older

##### FS pair

U17 – Ages 12-17  
O17 – 18 and older

##### FS mixed team

U17 – Ages 12-17  
O17 – 18 and older

The age category is based on the year of birth. For example: if the athlete will be 18 years in 2025, but on the day of the competition he/she is still 17 years old, then he/she must compete in the category 18-30 years old (U30).

Those who are not recognized as adults by law in their own country must provide a written consent signed by the parent or legal guardian

wherein is stated that they accept the participation and all parts of the official invitation. See form on simply compete.

## Graduations

1<sup>st</sup> DAN/POOM and higher – WT regulations

## Uniform

All contestants must wear WT approved Poomsae Competition uniforms in accordance with the article 4.2 of the WT Poomsae competition rules. For information see website WT.

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 form 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.

## Categories

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

## COMPETITION RULES

### General

WT competition rules & interpretation in force as of September 30, 2024 applies to all competitions for poomsae and freestyle.

WT Poomsae Ranking Bylaw (in force as of September 30, 2024)

#### Recognized Poomsae

Individual, Pair, and Team competitions up to 90 seconds.

#### Freestyle Poomsae

Individual, Pair, and Mixed Team competitions from 90 seconds to 100 seconds.

Break time between 1<sup>st</sup> and 2<sup>nd</sup> poomsae is a minimum of 30 seconds

### Protest

Only the official coach is allowed to protest within 10 minutes of the pertinent contest to the poomsae referee director. An amount of € 200

will have to be paid for each protest. The decision of the referee chairman is final.

## Anti-Doping

Some contestants chosen at random will be tested. The list of prohibited products will be equal to the list of IOC.

## Methods of competition

### Recognized poomsae

U30 and U40: Single elimination tournament system: Contestants shall perform two (2) randomly selected Poomsae and shown through monitor on the court before the match begins. Both Chung and Hong player perform designated Poomsae at the same time.

All other categories: Cut-off system

- 1<sup>st</sup> round (preliminary: 20 or more contestants)
- 2<sup>nd</sup> round (semi-final: 9 to 19 contestants)
- 3<sup>rd</sup> round (final: 1 to 8 contestants)

The organization is allowed to change this due to organizational matters. The WT Technical Delegate has the authority to adjust the contest time as they see fit.

### Freestyle poomsae

Cut-off system for all Freestyle categories (single Final Round).

\*Board breakings only for mixed teams in the three technical skills:

-Breaking Board (length 300mm, width 220mm, thickness 9mm, maximum 9 boards per team).

-Breaking Board you have to bring yourself to this event according to the requested dimensions

## Music freestyle

Athletes must bring their music (**music without lyrics**) in MP3 format on USB-stick in an envelope or bag. Apple audio format is not allowed. The music shall be the choice of the contestant; however, any political, social and religious and any contents that may harm, discriminate or offend other is **not** allowed.

\*On the USB-stick, each file should contain the following information:

- Name of the country
- Name of the category
- Name of the athlete/athletes

## COMPULSORY POOMSAE

### Drawing of lots

Drawing of lots session only for Cut-off system shall be conducted one (1) day prior to the start of the competition. The designated poomsae will be published on the website: [www.belgiantaekwondofederation.be](http://www.belgiantaekwondofederation.be)

### Individual A-class

<b>Cadet</b>	Taegeuk 4, 5, 6, 7, 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11).
<b>Junior</b>	Taegeuk 5, 6, 7, 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12).
<b>U30</b>	Taegeuk 7, 8 jang, Koryo(P9),
<b>U40</b>	Keumgang(P10), Taeback(P11), Pyongwon(P12), Shipjin(P13), Jitae(P14).
<b>U50</b>	Taegeuk 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12), Shipjin(P13), Jitae(P14), Chonkwon(P15).
<b>U60</b>	Koryo(P9), Keumgang(P10), Taeback(P11),
<b>U65</b>	Pyongwon(12), Shipjin(P13), Jitae(P14),
<b>O65</b>	Chonkwon(P15), Hansu(P16).

### Pair A-class & Team A-class

<b>Cadet</b>	Taegeuk 4, 5, 6, 7, 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11).
<b>Junior</b>	Taegeuk 5, 6, 7, 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12).
<b>U30</b>	Taegeuk 7, 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12), Shipjin(P13), Jitae(P14)
<b>U50</b>	Taegeuk 8 jang, Koryo(P9), Keumgang(P10), Taeback(P11), Pyongwon(P12), Shipjin(P13), Jitae(P14), Chonkwon(P15)
<b>U60</b>	Koryo(P9), Keumgang(P10), Taeback(P11),
<b>O60</b>	Pyongwon(P12), Shipjin(P13), Jitae(P14), Chonkwon(P15), Hansu(P16)

**Compulsory poomsae** 2 taegeuk/poomsae per round.  
The organization is allowed to reduce this due to organizational matters (with exception of U30-U40)

## REGISTRATION

**Website** <https://worldtkd.simplycompete.com/>  
Registrations must be done by TEAM (by the club admin).  
Registrations are only allowed for:  
- athletes  
- coaches  
National teams can also enter 1 MNA Official.  
Other functions are not allowed.

**Deadline** **5th of March 2025 (16:00 Belgian time GMT +1)**

**Registration** Registration is mandatory for all teams.  
Registrations onsite will not be accepted.  
Those who do not show up on registration will not be included in competition lists and draws.

**Limit of participants** Limit for participants is set on 250 athletes. All athletes registered after the limit of participants has been reached, will be excluded from the entrylist.

## ENTRY FEE

### **Recognized poomsae**

Individual – €125

Per pair – €150

Per team – €150

### **Freestyle competition**

Individual – €125

Per pair – €150

Per mixed team – €150

### Poomsae/Freestyle

Athletes participating in maximum two (2) categories, pay for 2 categories.

This price is only valid when the payment has been done before March the 5<sup>th</sup> 2025. If the payment arrives later, 25€ extra per category should be paid in cash at the registration desk on site.

### Award Presentation

1<sup>st</sup> place: Gold medal

2<sup>nd</sup> place: Silver medal.

3<sup>rd</sup> place and 4<sup>th</sup> place: Bronze medal(s).

### Bank details

**Account name:** Taekwondo Vlaanderen  
**Name of bank:** Belfius  
**Address of bank:** Havermarkt 36-38  
**ZIP:** 3500  
**Place:** Hasselt  
**Country:** Belgium  
**IBAN:** BE21 0682 3723 0503  
**SWIFT/BIC:** GKCCBEBB  
**Reference:** BO Poomsae 2025 + team name + \_ individuals, \_pairs, \_teams  
*(eg. BO Poomsae 2025 + Taekwondo Vlaanderen + 5 individuals, 2 pairs, 1 team)*

**In case of pair/team with another club, please specify which club(s). In this case we ask one club to pay for the whole pair/team.**

Entry fees are obligated at all times and must be paid in EURO. Additional currency charges must be paid by the participating team/competitor. All currency charges which are charged to the account of the organization must be balanced in cash during registration.



**No show**

There will be **no refund** if a registered competitor/team fails to show up for the competition. In case the competitor 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.

**Coach**

1 coach will be granted free admission per team.  
1 – 5 participants = 1 free coach  
6 – 10 participants = 2 free coaches  
11 – 15 participants = 3 free coaches  
For every 5 contestants within the same team, 1 coach is granted free admission with a maximum of 3 coaches. F.e.: 7 participants = 2 coach free admission; 12 participants = 3 coaches free admission.  
An extra coach costs € 25.

**Modifications**

50€ for all modifications after the deadline of 5 March 2025. This must be paid in cash at the registration desk at the sports hall.

**Spectators**

€10 per person  
Children until 10 years old = free entrance

**No show**

There will be no refund if a registered competitor/team fails to show up for the competition. In case the competitor 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.

**INFORMATION****Membership**

All athletes and officials participating at the G1 Belgian Open Poomsae must hold a VALID 2025 WT GLOBAL LICENSE.  
Contact your MNA responsible for questions about this WT license.  
Onsite registration for WT license is not possible.  
WT ranking points can only be awarded to those athletes with a valid WT license.

<b>Coaching</b>	<p>Coaching is only allowed in sportswear (no dobok) or business suits with sports shoes (no slippers &amp; sandals). All coaches must be 18 years or older, have a valid 2025 WT GLOBAL LICENSE with event pass <b>and must hold a valid WT POOMSAE COACH CERTIFICATION.</b></p> <p>The online course for the Coach Certification will be offered through Simply Compete in the Courses section. Coaches can register online through their Simply Compete profile.</p>
<b>Access to competition area</b>	<p>Only for 1 coach + 1 athlete (except for poomsae pair/team) and only with the personal and original accreditation badges made by the organization.</p>
<b>Visa</b>	<p>All members who need an entry visa to Belgium must be registered for the event in GMS.</p> <p>VISA applications can be sent max. 3 weeks prior to the competition (until Friday 21/02/2025) to the organization.</p> <p>All applications that arrive after this deadline, will not be treated. See attachment.</p>
<b>Liability</b>	<p>All competitors participate at their own risk. The organization shall not accept responsibility for any damages, violence, injuries or losses sustained or incurred and specifically note that they also take no responsibility for any damages, losses, injuries or other consequences due to (directly or indirectly) acts of terrorism or terrorist threats. All contestants must bring their own documents and forms for any medical treatment in Belgium. If not, this will have to be paid in cash immediately.</p>
<b>First aid</b>	<p>Will be provided by the organization and is only to be used in case of an emergency.</p>
<b>Press</b>	<p>Only official press members with personal press card will be granted access to the competition areas.</p>

**Outline** The organizers reserve the right to make changes in the outline if necessary.

**Commercial business** Commercial business is not allowed under any circumstances without any written permission of Taekwondo Flanders. Only contracted business are allowed in the venue. A penalty of 10.000,00 EUR shall be paid cash when violating this rule. The organization will have full authority to remove violators from the venue and event. Please note that you will automatically comply with the rules of Taekwondo Flanders written in this outline when accessing the venue or anywhere near the event.

## ACCOMMODATION AND TRANSPORT

**Accommodation** You can find all the information about accommodation in our accommodation guide.

**Transportation** You can find all information concerning transportation in our transportation guide.  
Transportation can only be provided for the official competition accommodations.

**Please note that the OC doesn't provide airport transfers.**