



# 2nd WT President's Cup

## Europe Region

### Poomsae / Freestyle

**Sindelfingen | Germany**  
**2 & 3 February 2019**

<b>Promoter World Taekwondo Europe</b>	Westewagenstraat 60 3011 AT Rotterdam The Netherlands Website: <a href="http://www.worldtaekwondoeurope.org">www.worldtaekwondoeurope.org</a>
<b>Sanctioned by World Taekwondo</b>	5th Fl., Kolon Bldg 15 Hyoja-ro, Jongno-gu, Seoul, Korea, 110-040 Website: <a href="http://www.worldtaekwondo.org">www.worldtaekwondo.org</a>
<b>CO-Organizer</b>	Taekwondo Aktuell Boeblinger Str. 32 A 70178 Stuttgart Phone: +49-(0)711-6071696 E-Mail: <a href="mailto:info@taekwondo-aktuell.de">info@taekwondo-aktuell.de</a> Website: <a href="http://www.taekwondo-aktuell.de">www.taekwondo-aktuell.de</a>
<b>Venue</b>	Glaspalast, Rudolf-Harbig-Str. 10, 71063 Sindelfingen, Germany
<b>Competition dates</b>	2 & 3 February 2019
<b>Additional Qualification requirements</b>	Holder of the nationality of the participating team Holder of Taekwondo Dan or Poom certificate issued by Kukkiwon or WTF Holder of the WTF Global Athlete License (GAL)
<b>Qualification details</b>	<b>European Medalists qualify directly for the WTE European Poomsae and Freestyle Championships 2019.</b>



## Poomsae categories

<b>Age category Individual (1 male or 1 female)</b>		
Category	Age	Competition day
Cadet division	12 to 14 years old	Sunday
Junior division	15 to 17 years old	Sunday
Under 30 division	18 to 30 years old	Saturday
Under 40 division	31 to 40 years old	Saturday
Under 50 division	41 to 50 years old	Saturday
Under 60 division	51 to 60 years old	Saturday
Under 65 division	61 to 65 years old	Saturday
Over 66 division	66 years old and older	Saturday
<b>Pair (1 male + 1 female)</b>		
Cadet pair division	12 to 14 years old	Sunday
Junior pair division	15 to 17 years old	Sunday
Pair 1 division	18 to 30 years old	Saturday
Pair 2 division	31 years old or older	Saturday
<b>Team (3 male or 3 female)</b>		
Cadet team division	12 to 14 years old	Sunday
Junior team division	15 to 17 years old	Sunday
Team 1 division	18 to 30 years old	Saturday
Team 2 division	31 years old or older	Saturday

## Freestyle Categories

<b>Free Style Individual (1 male or 1 female)</b>		
Junior division	Until 17 years	Sunday
Senior division	18 years old or older division	Saturday
<b>Free Style Pair (1 male + 1 female)</b>		
Junior division	Until 17 years	Sunday
Senior division	18 years old or older division	Saturday
<b>Free Style Mixed Team (2 male + 3 female OR 3 male + 2 female)</b>		
Junior division	Until 17 years old	Sunday
Senior division	18 years old or older division	Saturday

The age categories are based on the year of birth. For example, if someone is 17 years old on the day of competition but he/she is still to become 18 years in 2019, then he/she will participate in the division 18-30 yr.



## Compulsory Poomsae

One (1) day before the competition the Taegeuk/Poomsae will be published on the website [www.worldtaekwondo-europe.org](http://www.worldtaekwondo-europe.org) and / or [www.taekwondo-aktuell.de](http://www.taekwondo-aktuell.de)

For each round: 2 Taegeuks/Poomsae with 30 second pause. For each Taegeuk/Poomsae 2 points will be given (each Taegeuk/Poomsae is judged separately and the points will be announced immediately after the Taegeuk/Poomsae).

INDIVIDUAL	
Cadets 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Juniors 15 - 17 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taebak
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Sipjin
31 - 40 year	
41 - 50 year	Taegeuk 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Sipjin, Jitae, Chonkwon
51 - 60 year	Koryo, Keumgang, Taebak, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu
61 - 65 year	
plus 66 year	

	PAIR (1 male + 1 female)	TEAM (3 male or 3 female)
Cadet 12 - 14 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Junior 15 - 17 year	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taebak	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taebak
18 - 30 year	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Sipjin	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Sipjin
plus 31 year	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Sipjin, Jitae, Chonkwon	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Sipjin, Jitae, Chonkwon



# Freestyle Guideline

## 1. Composition of Freestyle Poomsae

- Music & choreography shall be the choice of the contestant. However, it should not contain any political, social and religious contents.
- You may only bring the USB stick and then report to head off the table before the start competition (Apple audio format is not supported!)
- Performed techniques must be within boundary of taekwondo.

## 2. Divisions

- Individual: Male or Female
- Pair: 1 Male and 1 Female
- Mixed team: composition of 5 members including more than 2 males and females

## 3. Duration of Contest

Individual, Pair and Team competition from 60 seconds to 70 seconds.  
(less than 60 or more than 70 seconds: -0,1 deduction for 71-75 seconds  
and -0,2 deduction for 76-80 seconds)

## 4. Scoring Criteria

**Scoring shall be made in accordance with the rules of the WTF.**

**The types of foot techniques designated are as follows in sequence:**

- Heights of jump – Jumping side-kick (in case of pair and team division, entire team members must perform this technique).
  - Number of kicks in a jump – Jumping front-kick (at least one member of the team must perform this technique).
  - Gradient of spins in a spin kick – Spinning hook-kick or turning kick (at least one member of the team must perform this technique).
  - Performance level of consecutive kicks – Kyorugi style kick shall be limited to five (5) (at least one member of the team must perform this technique) \*3-5 bouncing steps in a spot is mandatory before execute the kyorugi style kicks.
  - Acrobatic actions – Based on the technical difficulty of all acrobatic actions (with taekwondo kick) performed in gymnastics. (at least one member of the team must perform this technique).
- Each foot technique shall be less than 3 step run-up. (exceeded each step run-up -0,1 deduction point)
- One of the following stances must be included in de performance at least once:
- Dwitkubi (Backward inflection stance)
  - Beom-sogi (Tiger stance)
  - Hakdari-sogi (Crane stance)



## Competition Rules

World Taekwondo Poomsae Competition Rules & Interpretation.

**Methods of Competition:** Cut-off system for **all** categories.

Contestants may only compete in maximum four (4) categories  
(Recognized Poomsae max. 2 and Freestyle max. 2)

All Freestyle categories have only one single final round.

**Musik Freestyle:** The music for the Free-Style-Competition has to be brought by the competitor, as MP3 on an USB-Stick. FAT Format, for each competitor one USB-Stick with exactly one MP 3.

## Awards

Individual awards:      1st place – gold medal and certificate  
                                    2nd place – silver medal and certificate  
                                    3rd place – bronze medal and certificate  
                                    3rd place – bronze medal and certificate

Team awards:              Cups will be awarded to the top 3 classified teams of the event.

## Qualification coaches

The minimum qualification requirements for coaches are as follows:

- All coaches must be at least 18 years of age.
- All Coaches / Trainers must be holders of the CU License (granted by participation in a CU Coach Seminar).
- Coaches / Trainers that do not have the CU Coach License shall pay € 200,- at the registration and receive a voucher to participate at the next WTE Coach Seminar.

**Dress code coaches** During the preliminaries, quarter- and semi-finals and finals, coaches shall wear sportswear. During the Head of Team meeting, more information about the dress code shall be provided to the teams. Coaches that do not follow the dress code cannot be entered into the field of play.



## Entries/Registration

Entries will only be accepted through [www.tpss.eu](http://www.tpss.eu) and registration is only possible with a valid WTF Global Licence.

**Entry fee:** Individual: 100 Euro per person  
Pair: 150 Euro per pair  
Team: 150 Euro per team

Individual Freestyle: 100 Euro per person  
Pair Freestyle: 150 Euro per pair  
Team Freestyle : 150 Euro per mixed team

**Payment:** Please transfer the starting fee to the following account:  
Bank: BW Bank Stuttgart  
Owner of account: Park Soo-Nam  
Reference: European President Cup + Name of Club  
Swift Code: SOLADEST600  
IBAN: DE57600501010405080924

Please make the transfer in good time – without advance payment the player will be regarded as not registered. No refund in case of non-participation

## Deadline

The deadline to register athletes for participation at the World Taekwondo President's Cup and to send in all relevant forms is set at **January 24, 2019 23:59** CET.

Registration must be done via [www.tpss.eu](http://www.tpss.eu)

Please register in time. The online registration might be closed before the deadline if a maximum number of 250 participants is reached.



## Recognized brands

Contestants shall wear WT-approved Poomsae competition uniforms.

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.

### Junior and Senior Division

(Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females.

### Master Division

(Ages 51 and older): Yellow top and dark blue pants for both males and females.

The latest version of WT recognized 'manufacturers' list is available at the website of WT.

## Anti-doping regulations

The WT Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions.

Compulsory anti-doping tests may be carried out for all finalists, while random tests may be conducted among the quarter- and semi-finalists who failed to advance to the (semi-)final. The WT and/or WADA may carry out random out-of-competition testing prior to the WT President's Cup. Therefore, all participating contestants are required to submit their latest and most accurate Athlete Location (Whereabouts Info) Forms to the WT.

TUE (Therapeutic Use Exemption): Athletes who take any substance or medicine listed in the "Prohibited List" of the WT Anti-Doping Rules and Anti-Doping Code of World Anti-Doping Agency (WADA) for therapeutic purposes are requested to visit the website of WADA and make online filing of their TUE applications on ADAMS. If the need arises they have to present their TUE.

## 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, WTE, 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 WT President's Cup 2019 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, national teams will not be allowed to compete.

Please fill out the Personal Indemnity Forms and return them to the Organization Committee before January 24, 2019. Each participant (athletes, team officials, etc.) has to fill out the indemnification form.



## Liability

All contestants participate at their own risk. With their registration all competitors or their parents or lawful guardians accept the exclusion of liability.

The organizers handle the tournament registrations online via [www.tps.eu](http://www.tps.eu). We would like to point out that with your registration you declare your consent to the collection, processing and use of your personal data via these databases. The organizers assert that the data collected are used in compliance with the EU General Data Protection Regulation, only as a means to carry out the 3<sup>rd</sup> WT President's Cup Poomsae and Freestyle.

Each participant agrees with the registration that his first name, name, age group, nation, club and placement are published in the result lists online and/or in print. By registering, all participants also agree that their image may be published as a photo or film footage and/or their name in reports that appear in any media during or after the tournament.

The person responsible for the registration of the members of a club should seek the consent to the publication of each participant of his club or of his/her legal guardian.

A written consent must be submitted (please find enclosed below) at the registration, signed by parents or legal guardians, accepting their participation and all parts of the official invitation.

## Transportation and Accommodation

All teams have to organize and pay for their own round trip airfare, transportation and accommodation. The following hotels offer special prices. Please use the Codeword "Taekwondo" when booking and point out that you book for the tournament

**Mercure Hotel Sindelfingen an der Messe**, Schwertstraße 65, 71065 Sindelfingen

Tel.: +49-(0)7031-6196-0, Fax.:+49-(0)7031-6196-888, Email:H2939@accor.com

Single: 59 €, Double: 79 €, Triple: 99,00 €, Four-bed: 119,00 € Breakfast included

**Stuttgart Marriott Hotel Sindelfingen**, Mahdentalstrasse 68, 71065 Sindelfingen

Phone: +49(0)7031-696-555; [reservations.sindelfingen@marriott-hotels.com](mailto:reservations.sindelfingen@marriott-hotels.com)

Single room: 70,00 €, Double: 86,00 € (breakfast included) per room and night

**NH Stuttgart/Sindelfingen**, Riedmühlestr. 18-20, 71063 Sindelfingen/Germany Central Reservation: Tel:

+49 30 2238 0233, E-Mail: [reservierungen@nh-hotels.com](mailto:reservierungen@nh-hotels.com), Single: Dec. 1 and 2: 84 €, Dec. 3: 74 € / Double:

Dec. 1 and 2: 99 €, Dec. 3: 89 €, breakfast included

Reference when booking: MB0001630731 and „Taekwondo“; please give your credit card details when booking

## Visa

Please contact the Organizing Committee at [info@taekwondo-aktuell.de](mailto:info@taekwondo-aktuell.de) for an official invitation letter to obtain a Schengen visa. The Organizing Committee cannot guarantee entry into the Schengen Zone and can only offer assistance. It is the responsibility of each athlete and team to apply for and secure the correct entry visa for the Schengen area.





## Provisional timetable

Friday, February 1, 2019	16:00 – 21:00	Registration at Glaspalast for athletes competing at Saturday and Sunday (NO registration on Saturday morning)
Saturday, February 2, 2019		
	8:30	Start of competition for the following divisions: Individual under 30 division Individual under 40 division Individual under 50 division Individual under 60 division Individual under 65 division Individual over 66 division Pair 1 division Pair 2 division Team 1 division Team 2 division Freestyle individual Senior division Freestyle pair senior division Freestyle team senior division
	17:00 - 19:00	Registration at Glaspalast for athletes competing on Sunday (NO registration on Sunday morning)
Sunday, February 3, 2019	8:30	Start of competition, for the following divisions: Individual Cadet division Individual Junior division Pair Cadet division Pair Junior division Team Cadet division Team Junior division Freestyle individual Junior division Freestyle pair Junior division Freestyle team Junior division



**WT President's Cup Poomsae/Freestyle European Region 2019**

**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 World Taekwondo Europe, the Co-Organizers and the Organizing Committee, as well as its executive board members, directors, officers, members, employees, consultants, agents, attorneys, contractors (including without limitation sponsors, suppliers, licensees and other representatives (each, an "Indemnitee" 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 Indemnitee as a direct or indirect result of participating in the WT President's Cup Poomsae and Freestyle European Region on February 2 & 3 2019 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: \_\_\_\_\_

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

Signature:

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

Name: \_\_\_\_\_

Relation towards the minor: \_\_\_\_\_

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

Signature:

Please, send this form to e-mail: [info@taekwondo-aktuell.de](mailto:info@taekwondo-aktuell.de)



**WT President's Cup Poomsae/Freestyle European Region 2019**

**LIABILITY DECLARATION**

**(only for under aged competitors)**

My name:

I live in:

I am the parent/guardian of:

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

I declare that I accept the participation of \_\_\_\_\_ at the 2019 WT President's Cup Poomsae and Freestyle European Region on February 2 & 3 2019, and that I accept all parts of the official invitation of this tournament.

For physical reasons nothing speaks against a participation and I understand that all competitors are considered to participate at their own risk. World Taekwondo Europe, the Co-Organizers and the Organizing Committee assume no responsibility for any damages, injuries or losses. All contestants must bring their own documents and the forms or any medical insurance in Germany.

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

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

Signature of the parents/legal guardian: \_\_\_\_\_

Please hand this declaration in a the registration.