

Costa Rica

XIII COSTA RICA TAEKWONDO OPEN 2020 - WORLD TAEKWONDO - G2.



March 13-15, 2020



Host hotels



Best Western Hotel Irazu.
Laura Ramirez
(506) 2106 5122
(506) 8821 2469



Hotel Country Inn & Suites.
Fresca Chinchilla
(506) 88479926
(506) 2239 2272
Booking Code TAEK2020



City express San Jose.
Mirtha Salas
(506) 87071182
(506) 2209 2300
extensión 192





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Sanction by

World Taekwondo Federation (WT)
President Dr. Chungwon Choue
Seochu - Gu, Seoul Korea
Telephone: 82.2.566.2505 / Fax: 82.2.553.4728
Email: wtf@wt.org
Website: www.worldtaekwondo.org

Promoted by

Pan American Taekwondo Union (World Taekwondo Panamerica)
President: Grand Master Ji Ho Choi
4 Brook Lane, Plainfield NJ 07060 USA
Telephone: (201) 694.1986 / Fax: (908) 561.5648
Email: masterjihochoi@aol.com
Website: www.patu.org

Organized by

Costa Rica Taekwondo Federation
Address: Jack's Pavas 500 west, San Jose,
telephone: 506 22201310
e-mail: eventstkdcr@gmail.com
Website: www.tkdcr.org

Date and Place of the event

Palacio de los Deportes Heredia, Costa Rica.
March 13th-15th, 2020

Participation Requirements:

1. Must have the National ID of the country you are representing.
2. Must be sanctioned by the National Federation
3. Must have WT Global Athlete License 2020 (GAL/GOL).
4. Must have WT Coach Certification.

Affiliates:

Every participant must be a citizen of the country he/she is representing. There must also be a letter of approval from the corresponding National Federation.





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Competition Rules:

The current WTF and WT Panamerica (PATU) competitions rules will be used in this event.
(www.worldtaekwondo.org/rules/)

Age Groups:

- A. Cadets: 2006, 2007 & 2008.
- B. Junior: 2003, 2004 & 2005
- C. Senior: 2003 & before.

Coaches:

The requirements are:

1. Must be 21 years old or above.
2. Must have GOL.
3. Coaches and trainers must have WT Coach Certification Course

Coaches Dress Code:

Formal wear is mandatory for all coaches during semifinals and finals.

Gear equipment:

The OC shall bring the electronic chest and head protectors, every athlete must provide their own electronic socks to compete, all athletes are responsible of bringing their own sparring gears.

PSS DAEDO will be working for cadets, junior and senior categories.

Cadets PSS Generation 2.

Junior PSS Generation 2.

Senior PSS Generation 2.

Official Uniforms:

All athletes must wear a V-neck white dobok, V neck approved by WT/ WT Panamerica (PATU) in good condition, black V-neck uniform. Logos, Team Names, country, athlete's name, will be allowed under WTF uniform rules. Only uniforms approved by WTF, WT Panamerica (PATU) & FCT will be permitted.

<http://www.worldtaekwondo.org/wtf-partners/recognized/>



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Gear equipment:

All athlete must enter the competition area with sparring gears and uniformed approved by the WT. Groin, Shin, and Forearm guards must be wormed inside the uniform.

Any other article besides headgear are not permitted to be worn on the head. Any religious article must be approved beforehand and worn inside the headgear and uniform and must not cause injury or obstruction to the opponent.

Registration Fee.

Poomsae & Sparring Division.	Early Registration	Regular Registration	Late Registration	Onsite Registration
	Deadline 14/02/20	Deadline 28/02/20	Deadline 07/03/20	
1st. Division.	US\$150.00	US\$175.00	US\$200.00	US\$250.00
2nd. Division.	US\$225.00	US\$250.00	US\$275.00	US\$325.00
3rd. Division.	US\$275.00	US\$300.00	US\$325.00	US\$375.00
4th. Division.	US\$325.00	US\$350.00	US\$375.00	US\$425.00
5th. Division.	US\$375.00	US\$400.00	US\$425.00	US\$475.00

Official	Early Registration	Regular Registration	Late Registration	Onsite Registration
	Deadline 14/02/20	Deadline 28/02/20	Deadline 07/03/20	
Coach Trainer Doctor Physiotherapist Head of Team Manager MNA Official	US\$100.00	US\$125.00	US\$150.00	US\$200.00



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Registration Method and Deadline.

Early registration deadline is: February 14th, 2020 at 23:59 pm. Costa Rica time.
Late registration deadline is: February 28th, 2020 at 23:59 pm. Costa Rica time.
Extraordinary registration deadline is: March 07th, 2020 at 23:59 pm. Costa Rica time.
Teams registration shall be done and will be accepted through WT online registration system. Registration can only be done with a valid GAL or GOL
<https://worldtkd.simplycompete.com/>

Referees:

1. WT Panamerica (PATU) will designate the number of referees required.
2. Each international Referee must cover their own plane tickets.
3. Four nights of room, board and meals will be covered by the OC. (March12th-15th).
4. The OC will pay an honorary of \$100 USD for three days of competition.

Weigh-in:

- I. The weigh-in for the athletes must take place the day before competition.
- II. During the weigh-in, the male contestant shall wear underpants and the female contestant shall wear underpants and a brassiere. However, weigh-in may be conducted in the nude if the contestant wishes to do so.
- III. Cadet and junior contestant must be weighed with underwear(s) and 100 grams will be allowed to compensate.

Medical Service:

1. The OC will provide medical services only in emergency situation where a participant is injured
2. Participants will be responsible for all expenses incurred from injury and/or hospitalization.
3. The OC recommends to the participant that they have medical insurance and have all documents on hand.

Visas:

All participants will be responsible for obtaining the necessary visas.
The invitation letter is available at request by writing to: eventstkdcr@gmail.com

Payment Method:

The payment for the competition is to be made at the registration office in cash.
Registration will take place at the Hotel Best Western Irazú from March 7th-9th and at the venue (PALACIO DE LOS DEPORTES DE HEREDIA) from march 10th-15th, 2020.





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KYORUGI

Weight Division:

Cadet Weight categories are classified as follows.

Men's division		Women's division	
Under 33kg	Not exceeding 33kg	Under 29kg	Not exceeding 29kg
Under 37kg	Over 33kg & not exceeding 37kg	Under 33kg	Over 29kg & not exceeding 33kg
Under 41kg	Over 37kg & not exceeding 41kg	Under 37kg	Over 33kg & not exceeding 37kg
Under 45kg	Over 41kg & not exceeding 45kg	Under 41kg	Over 37kg & not exceeding 41kg
Under 49kg	Over 45kg & not exceeding 49kg	Under 44kg	Over 41kg & not exceeding 44kg
Under 53kg	Over 49kg & not exceeding 53kg	Under 47kg	Over 44kg & not exceeding 47kg
Under 57kg	Over 53kg & not exceeding 57kg	Under 51kg	Over 47kg & not exceeding 51kg
Under 61kg	Over 57kg & not exceeding 61kg	Under 55kg	Over 51kg & not exceeding 55kg
Under 65kg	Over 61kg & not exceeding 65kg	Under 59kg	Over 55kg & not exceeding 59kg
Over 65kg	Over 65kg	Under 55kg	Over 59kg

Junior Weight categories are classified as follows.

Men's division		Women's division	
Under 45kg	Not exceeding 45kg	Under 42kg	Not exceeding 42 kg
Under 48kg	Over 45 kg & Not exceeding 48 kg	Under 44kg	Over 42 kg & Not exceeding 44 kg
Under 51kg	Over 48 kg & Not exceeding 51 kg	Under 46kg	Over 44 kg & Not exceeding 46 kg
Under 55kg	Over 51 kg & Not exceeding 55 kg	Under 49kg	Over 46 kg & Not exceeding 49 kg
Under 59kg	Over 55 kg & Not exceeding 59 kg	Under 52kg	Over 49 kg & Not exceeding 52 kg
Under 63kg	Over 59 kg & Not exceeding 63 kg	Under 55kg	Over 52 kg & Not exceeding 55 kg
Under 68kg	Over 63 kg & Not exceeding 68 kg	Under 59kg	Over 55 kg & Not exceeding 59 kg
Under 73kg	Over 68 kg & Not exceeding 73 kg	Under 63kg	Over 59 kg & Not exceeding 63 kg
Under 78kg	Over 73 kg & Not exceeding 78 kg	Under 68kg	Over 63 kg & Not exceeding 68 kg
Over 78kg	Over 78 kg	Over 68kg	Over 68 kg

Senior Weight categories are classified as follows.

Men's division		Women's division	
Under 54kg	Not exceeding 54kg	Under 46kg	Not exceeding 46 kg
Under 58kg	Over 54 kg & Not exceeding 58 kg	Under 49kg	Over 46 kg & Not exceeding 49 kg
Under 63kg	Over 58 kg & Not exceeding 63 kg	Under 53kg	Over 49 kg & Not exceeding 53 kg
Under 68kg	Over 63 kg & Not exceeding 68 kg	Under 57kg	Over 53 kg & Not exceeding 57 kg
Under 74kg	Over 68 kg & Not exceeding 74 kg	Under 62kg	Over 57 kg & Not exceeding 62 kg
Under 80kg	Over 74 kg & Not exceeding 80 kg	Under 67kg	Over 62 kg & Not exceeding 67 kg
Under 87kg	Over 80 kg & Not exceeding 87 kg	Under 73kg	Over 67 kg & Not exceeding 73 kg
Over 87kg	Over 87 kg	Over 73kg	Over 73 kg





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Individual Poomsae

Division	Cadet	Junior	Under 30	Under 40	Under 50	Under 60	Under 65	Over 65
Age	12-14 years old	15-17 years old	18-30 years old	31-40 years old	41-50 years old	51-60 years old	61-65 years old	66 years old and over

Pair & Team Poomsae

Division	Cadet	Junior	Under 30	Over 30
Age	12-14 years old	15-17 years old	18-30 years old	31 years old and over

Freestyle Poomsae: Individual, Pair, Team Mixed

Division	Under 17	Over 17
Age	12-17 years old	18 years old and over

Competition	Division	Compulsory Poomsae
Individual	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 Under 40	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60 Under 65 Over 65	Koryo, Keumgang, Taebak Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Pair	Cadet Division
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
Team	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





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LIABILITY WAIVER

ALL PARTICIPANTS must PRINT & SIGN THIS WAIVER (signed by Parent or Legal Guardian if under 18 years).

Please submit completed Liability Waiver at Accreditation on March 12-15, 2020.

PLEASE DO NOT E-MAIL or MAIL LIABILITY WAIVER

COMPETITOR, COACH, REFEREE, VOLUNTEERS, OFFICIALS, TOURNAMENT STAFF AND MEDIA WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT AND INDEMNITY AGREEMENT.

In consideration of your acceptance of my entry for **XIII COSTA RICA TAEKWONDO OPEN 2020-WORLD TAEKWONDO-G2** to be held on March 13th-15th, 2020 at Palacio de los Deportes de Heredia, I do hereby, for myself, my heirs, executors, and administrators waive, release and forever discharge any and all rights and claims for damages, including bodily injury which I may have or which may occur to me against the referees, medical staff and all members of this championships or their respective officers, representatives, successors, and/or assigns and against any competitor for any and all damages which may be sustained by me in connection with my associates with or entry into this championships event, or which may arise out for traveling to, participating in and returning from this tournament event. I am not entering this competition in reliance of any written or oral representation by the Costa Rica Taekwondo Federation and World Taekwondo regarding the applicable rules and qualifications of the judges and referees. I am in good health and physical condition to participate in this tournament. I fully understand that my entry fee is non-refundable. I consent that any picture furnished by me or any pictures taken of me in connection with the championships can be used for publicity, promotion or television showing, and I waive all compensation in regard, thereto. I understand that Martial Arts is a body contact sport and I further understand all the contents of the rules and general information which was published by the organizing committee and I agree to them in their entirety.

I understand the nature of **XIII COSTA RICA TAEKWONDO OPEN 2020-WORLD TAEKWONDO-G2** activities and believe that my experience and capabilities, or that of the minor child, to be qualified to participate in **XIII COSTA RICA TAEKWONDO OPEN 2020-WORLD TAEKWONDO-G2** which be held at Heredia, Costa Rica. I UNDERSTAND THAT COSTA RICA TAEKWONDO FEDERATION AND WORLD TAEKWONDO TOURNAMENT ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH. These risk and dangers may be caused by me or the minor child's own actions, or inactions, and/or the actions or inactions of others participating in the training. In addition, I fully authorize Costa Rica Taekwondo Federation to transport me/my child to a nearby medical care facility to seek medical care in the case of emergency.

I have read this agreement, fully understand it's terms, understand that I or the minor child have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid that the balance, notwithstanding, shall continue in full force and effect.

Participant's Print Name: _____

Signature: _____ Date: _____

Participant's Guardian Print Name: _____

Signature: _____ Date: _____



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Awards:

1. All athletes will receive a Certificate of Participation.
2. Awards: World Ranking G-2/ G-2.
 - a. A Best Male and Female Referee Open Trophy will be awarded, Poomsae & Kyorugi.
 - b. A Best Male and Female athlete Open Trophy will be awarded G-2 Poomsae.
 - c. A Best Male and Female Coach Open Trophy will be awarded G-2 Poomsae.
 - d. A 1st place, 2nd place, and 3rd place Open Trophy will be awarded G-2 Poomsae.
 - e. A Best Male and Female athlete Open Trophy will be awarded G-2 Sparring.
 - f. A Best Male and Female Coach Open Trophy will be awarded G-2 Sparring.
 - g. A 1st place, 2nd place, and 3rd place Open Trophy will be awarded G-2 Sparring.

Ground Transportation:

Ground transportation will be provided for national teams on arrival and departure free of charge, only for teams who book via the official hotel website or hotel phone and provided that the Organizing Committee has been informed of the date, time, and flight number of the national team's arrival and departure at the latest by the designated deadline (February 28, 2020). Daily transportation is also provided in San Jose between official hotels and venues for athlete training, registration, head of team meeting and competition days.



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**TIMETABLE
(SUBJECT TO CHANGE)**

DATE	TIME	EVENT	PLACE
March 9th	All Day	Arrival of Teams & Officials	SJO Airport
March 7-9	09:00-18:00	Registration of Athletes	Best Western Irazú
March 10-13	09:00-18:00	Registration of Athletes	Palacio de los Deportes Heredia
March 11-12	09:00-18:00	Team Training	Best Western Irazú
March 12	09:00-15:00	Referee Meeting	Palacio de los Deportes Heredia
	10:00-12:00 14:00-16:00	G-2 Weigh-in for: All Male/Female Senior Categories	
	19:00-21:00	Technical Meeting	
March 13	07:00-07:30	Random Weigh-In Senior Categories	Palacio de los Deportes Heredia
	08:00-20:00	Senior G-2 Competition: All Male/Female weight divisions	
	10:00-12:00	Weigh-In for: All Male/Female Cadets & Junior All Weight divisions	
March 14	08:00-13:00	Recognized Poomsae Competition: Individual: All age divisions Pair: Cadet All age divisions Team: All age divisions	Palacio de los Deportes Heredia
		Freestyle Poomsae Competition Individual, pair, team mixed: All age divisions	
	12:00-13:00	Random Weigh-In Cadets & Junior All Weight divisions	
	13:00-21:00	Cadet & Junior Competition: All male & female weight divisions	
March 15	All Day	Departure of Teams	SJO Airport



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Accommodation:

Local transportation between San José International Airport SJO and the official Hotel will be provided only for those who book and pay their accommodation through the Hotel Manager.

Please kindly note that transportations are only for those who applied for accommodation and provide their travel Schedule.

During the event there will be transportation to the venue from official Hotel only for those who book and pay their accommodation through the Hotel Manager.

(Reservations through: Booking, Expedia, Trivago, etc. will not accepted to shuttle Airport-Hotel-Competition Venue).



Best Western Irazú
Laura Ramírez +506 8821 2469
Room Reservations +506 2106 5122
email: iramirez@gmhospitality.net



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Mirtha Salas Montero +506 87071182
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Hotel Country Inn & Suites
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Booking Code: Taek2020
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