

XIV COSTA RICA OPEN G2 CHAMPIONSHIPS

HEREDIA, AUGUST 25TH TO 28TH

TAEKWONDO

SANCTIONED BY

World Taekwondo (WT)
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Website: www.worldtaekwondo.org

PROMOTED BY

Pan-American Taekwondo Union (World Taekwondo Panamericana)
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Cerrada de Ala Azul #111 Frac, La Paloma, Aguascalientes, Ags. México Cp. 20115,
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Website: www.patuu.org

ORGANIZED BY

Costa Rica Taekwondo Federation
President Wilmar Alvarado
200 metros Sur de la fábrica de productos Jacks, frente al Ministerio de Salud, Pavas, San José, Costa Rica.
Telephone: (506) 2220 1310 / (506) 2231 4308
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Website: www.tkdcrc.org

DATE AND PLACE OF THE EVENT

Palacio de los Deportes, Heredia Costa Rica.
August 25th – 27th, 2022
August 28th, 2022 Color belts (see color belts invitation)

PARTICIPATION REQUIREMENTS:

1. Debe tener la identificación nacional del país que representa
2. Debe tener el aval de la Federación Nacional
3. Debe tener WT Global Athlete License 2022 (GAL).
4. Debe tener WT Coach Certification

AFILIADOS:

Cada participante debe ser ciudadano del país al que representa. También debe haber una carta de aprobación de la Federación Nacional correspondiente.



REGLAS DE COMPETICIÓN:

Las reglas actuales de las competiciones WT y Panamericana de Taekwondo Union (PATU) se utilizarán en este evento..

www.worldtaekwondo.org/rules/

EDADES:

- A. Cadete: 2008, 2009 & 2010
- B. Junior: 2007, 2006 & 2005
- C. Senior: 2004 & antes

COACHES:

Los requisitos son:

1. Debe tener 21 años o más.
2. Debe tener WT Global Athlete License 2022 (GAL).
3. Coaches y entrenadores deben tener WT Coach Certification Course.

CÓDIGO DE VESTIMENTA DEL COACH:

El uso formal es obligatorio para todos los entrenadores durante las semifinales y finales.

EQUIPO DE COMPETICIÓN:

El OC dará los protectores electrónicos de pecho y cabeza, y cada atleta deberá proporcionar sus propias botas electrónicas para competir, todos los atletas son responsables de traer su propio equipo de combate.

Todos los atletas deben ingresar al área de competencia con equipos de combate y uniformes aprobados por la WT. Protectores de la ingle, la espinilla y el antebrazo deben estar por dentro del uniforme.

No se permite el uso de ningún otro artículo además del casco en la cabeza. Cualquier artículo religioso debe ser aprobado de antemano y usado dentro del casco y el uniforme, además no debe causar lesiones u obstrucción al oponente.

PSS DAEDO Se trabajará para categorías cadetes, juniors y senior.

Cadets PSS Generation 2

Juniors PSS Generation 2

Senior PSS Generation 2

UNIFORME OFICIAL:

Todos los atletas deben usar un dobok blanco cuello en V aprobado por WT / Unión Panamericana de Taekwondo (PATU) en buenas condiciones, uniforme de cuello en V negro. Los logotipos, nombres de equipos, país, nombre del atleta, estarán permitidos bajo las reglas uniformes de la WT. Solo se permitirán uniformes aprobados por WT, Unión Panamericana de Taekwondo (PATU) y FCT.

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



Costa Rica

REGISTRO:

Sparring Division.	Early registration	Regular registration	Late registration	Onsite registration
	Starts 05/16/22	Starts 07/08/22	Starts 07/23/22	
	Deadline 07/7/22	Deadline 07/22/22	Deadline 08/16/22	
1st Division	US \$150	US \$175	US \$ 200	US \$225
2nd Division	US \$ 200	US \$225	US \$ 250	US \$ 300
3rd Division	US \$275	US \$300	US \$ 325	US \$375
4th Division	US \$350	US \$375	US \$ 400	US \$450
5th Division	US \$425	US \$450	US \$ 475	US \$525

Poomsae Division.	Early registration	Regular registration	Late registration	Onsite registration
	Starts 05/16/22	Starts 07/08/22	Starts 07/23/22	
	Deadline 07/7/22	Deadline 07/22/22	Deadline 08/16/22	
Coach Trainer Doctor Physiotherapist Head of Team Manager MNA Official	US \$125	US \$150	US \$175	US \$225

MÉTODO DE PAGO Y FECHAS LÍMITES:

Inicio del registro temprano: May 16th, 2022at 00:01am Costa Rica time.

Fin de registro temprano: July 7th, 2022at 23:59pm Costa Rica time.

Fin del registro regular: July 22nd, 2022at 23:59pm Costa Rica time.

Fin del registro tardío: August 16th, 2022at 23:59pm Costa Rica time.

Fin del registro en sitio: August 23rd, 2022at 23:59pm Costa Rica time.

REFEREES:

1. Pan American Taekwondo Union (PATU) designará el número de referees requeridas.
2. Cada árbitro internacional debe cubrir sus propios boletos de avión.
3. Cinco noches de alojamiento, comida y comidas serán cubiertas por el OC (Check In: August 24th, 2022 / Check Out: August 29th, 2022).
4. El OC pagará un honorario de \$100 USD por los cuatro días de competencia.

Costa Rica

PESAJE:

- I. El pesaje del primer día de competición tendrá lugar el día anterior a la competición en el Hotel Anfitrión (Best Western).
- II. El pesaje para los atletas debe tener lugar el día antes de la competencia.
- III. Durante el pesaje, el concursante masculino usará calzoncillos y la concursante femenina usará calzoncillos y un sujetador. Sin embargo, el peso puede realizarse desnudo si el concursante lo desea.
- IV. El atleta cadete y junior deberá ser pesado con ropa interior y se permitirán 100 gramos para compensar.

SERVICIO MÉDICO:

1. El OC proporcionará servicios médicos solo en situaciones de emergencia donde un participante se lesione.
2. Los participantes serán responsables de todos los gastos incurridos por lesiones y / u hospitalización.
3. El OC recomienda al participante que tenga un seguro médico y tenga todos los documentos a mano.

VISADO:

Todos los participantes serán responsables de obtener los visados necesarios. La carta de invitación está disponible a pedido escribiendo a opencostaricatkd@gmail.com a más tardar el 1 de julio de 2022.

MÉTODO DE PAGO:

El pago del concurso se realizará en la oficina de registro solo en **efectivo**. La inscripción se llevará a cabo en el Best Western Irazú del 19 al 24 de agosto de 2022 y en el Palacio de los Deportes de Heredia del 25 al 27 de agosto de 2022.

PREMIACIÓN:

1. 1. Todos los atletas recibirán un Certificado de Participación.
2. 2. Premios: Ranking Mundial G-2 / G-2.
 - a. A best male and female Referee Open trophy will be awarded, Poomsae & Kyrougi.
 - 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, 2nd and 3er 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, 2nd and 3er place Open trophy will be awarded G-2 Sparring.

TRANSPORTE TERRESTRE:

El transporte terrestre debe ser proporcionado por cada equipo nacional, solo para los equipos que reserven a través del sitio web oficial del hotel o el teléfono del hotel, el Comité Organizador a través de los hoteles anfitriones proporcionará transporte aeropuerto - hotel - aeropuerto, la hora y el número de vuelo de la llegada y salida del equipo nacional deben proporcionarse a los hoteles anfitriones a más tardar en la fecha límite designada (16 de agosto, 2022). Durante el evento habrá transporte al evento desde el Hotel oficial solo para aquellos que reserven y paguen su alojamiento a través del Gerente del Hotel sede (No se

aceptarán Reservas a través de: Booking, Expedia, Trivago, etc. para trasladar aeropuerto-Hotel-Competición).

HOSPEDAJE:

El transporte local entre el Aeropuerto Internacional de San José SJO y el Hotel oficial se proporcionará solo para aquellos que reserven y paguen su alojamiento a través del Gerente del Hotel (Reservas a través de: Booking, Expedia, Trivago, no se permitirá tener el transporte evento – hotel – evento).

Tenga en cuenta que los transportes son solo para aquellos que solicitaron alojamiento y proporcionan su horario de viaje.

Deben de comunicar el día de llegada y salida al hotel a través de los enlaces brindados en la sección de hospedaje:



Best Western Irazú
Milena Vega
Tel +506 7014 7727
Email: milevega@gmhospitality.net



City Express San José Aeropuerto
Mirtha Salas Montero +506 8707 1182
Room Reservations +506 2209 2300 ext. 192
Email: cesjo.ventas@cityexpress.com.mx

REFEREEES, WT & PATU OFFICIALS ONLY



Hotel Country Inn & Suites
Fresca Chinchilla +506 8847 9926
Room Reservations +506 2239 2272
Email: fchinchilla@countryinns.co.cr

INFORMACIÓN TURÍSTICA:

Durante y al finalizar los eventos, habrá tours disponibles para quienes así lo deseen (**no** está cubierto por el CO). Tendrán un descuento quienes den el código TKDCR2022 al contacto que se adjunta.



Carlos Zúñiga Cuadra
Cel: +506 6011-5804
Email: carlos@utlcr.com



KYROUGI

WEGHT DIVISIONS

Costa Rica

Cadet Weight categories are classified as follows:

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

Junior Weight categories are classified as follows:

Men's division		Women's division	
Under 45kg	Not exceeding 45 kg	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 59kg & 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 73 kg	Under 68kg	Over 63 kg & not exceeding 68 kg
Over 78kg	Over 78kg	Over 68kg	Over 68kg

Senior Weight categories are classified as follows:

Men's division		Women's division	
Under 54kg	Not exceeding 54 kg	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 87kg	Over 73kg	Over 73kg

RANDOM WEGHT DIVISIONS ALLOWENS

Cadet Random Weight categories 5% allowance:

Male Category	5% allowance	Female Category	5% allowance
M-33	Not exceeding 34.7kg	W-29	Not exceeding 30.5kg
M-37	Not exceeding 38.9kg	W-33	Not exceeding 34.7kg
M-41	Not exceeding 43.1kg	W-37	Not exceeding 38.9kg
M-45	Not exceeding 47.3kg	W-41	Not exceeding 43.1kg
M-49	Not exceeding 51.5kg	W-44	Not exceeding 46.2kg
M-53	Not exceeding 55.7kg	W-47	Not exceeding 49.4kg
M-57	Not exceeding 59.9kg	W-51	Not exceeding 53.6kg
M-61	Not exceeding 64.1kg	W-55	Not exceeding 57.8kg
M-65	Not exceeding 68.3kg	W-59	Not exceeding 62.0kg

Junior Random Weight categories 5% allowance:

Male Category	5% allowance	Female Category	5% allowance
M-45	Not exceeding 47.3kg	W-42	Not exceeding 44.1kg
M-48	Not exceeding 50.4kg	W-44	Not exceeding 46.2kg
M-51	Not exceeding 53.6kg	W-46	Not exceeding 48.3kg
M-55	Not exceeding 57.8kg	W-49	Not exceeding 51.5kg
M-59	Not exceeding 62.0kg	W-52	Not exceeding 54.6kg
M-63	Not exceeding 66.2g	W-55	Not exceeding 57.8kg
M-68	Not exceeding 71.4kg	W-59	Not exceeding 62.0kg
M-73	Not exceeding 76.7kg	W-63	Not exceeding 66.2kg
M-78	Not exceeding 81.9kg	W-68	Not exceeding 71.4kg

Senior Random Weight categories 5% allowance:

Male Category	5% allowance	Female Category	5% allowance
M-54	Not exceeding 56.7kg	W-46	Not exceeding 48.3kg
M-58	Not exceeding 60.9kg	W-49	Not exceeding 51.5kg
M-63	Not exceeding 66.2kg	W-53	Not exceeding 55.7kg
M-68	Not exceeding 71.4kg	W-57	Not exceeding 59.9kg
M-74	Not exceeding 77.7kg	W-62	Not exceeding 65.1kg
M-80	Not exceeding 84kg	W-67	Not exceeding 70.4kg
M-87	Not exceeding 91.4kg	W-73	Not exceeding 76.7kg

POOMSAE:

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	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30 Under 40	Taeguk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Under 50	Taeguk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60 Under 65 Over 65	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Pair	Cadet Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30	Taeguk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30	Taeguk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Team	Cadet Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30	Taeguk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30	Taeguk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

Para los colores por favor verifique la invitación oficial Costa Rica Taekwondo Color Belts Open 2022 (fecha de competición: August 28th, 2022 at Palacio de los Deportes).

TIME TABLE
(SUBJECT TO CHANGE)

DATE	TIME	EVENT	PLACE
August 19 - 24	All day	Arrival of Teams & Officials	SJO - Airport
	9:00 - 18:00	Athletes' registration Team's training	Best Western Hotel
August 24	16:00 - 18:00	Referee Meeting	Best Western Hotel
	19:00 - 21:00	Technical Meeting	
August 25	8:00 - 20:00	Poomsae Competition: All male/female divisions	Palacio de los Deportes
	10:00 - 12:00	G-2 Weigh-in for: All male/female Senior Categories	Best Western Hotel
	14:00 - 16:00		
August 26	7:00 - 7:30	Random weight-in for Senior Categories	Palacio de los Deportes
	8:00 - 10:00	Senior G-2 Competition: All male/female divisions weight in	
	12:00 - 14:00	Weigh-in for: All male/female Cadets & Junior Categories All divisions weight in	
August 27	7:00 - 7:30	Random weight-in Cadets & Junior Categories	Palacio de los Deportes
	8:00 - 20:00	G-2 Cadets & Junior Competition: All male/female weight divisions	
August 28	7:00 - 20:00	Weight-in: All no G2 black belts & color belts categories & divisions	Palacio de los Deportes
	8:00 - 20:00	Competition: All no G2 black & color belts categories & divisions	
August 29	All day	Departure of Teams & Officials	SJO - Airport

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 August 25th – 29th, 2022.

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 **XIV COSTA RICA OPEN G2 CHAMPIOSHIPS** to be held on June 29th – July 3rd, 2022 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 against any competitor for any and all damages which may be in connection with my associates with or entry into this championships event, or which may arise out of 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 the **XIV COSTA RICA OPEN G2 CHAMPIOSHIPS** activities and believe that my experience and capabilities, or that of the minor, to be qualified to participate in **XIV COSTA RICA OPEN G2 CHAMPIOSHIPS** which be held in Heredia, Costa Rica. I UNDERSTAND THAT COSTA RICA TAEKWONDO FEDERATION AND WORLD TAEKWONDO TOURNAMENT ACTIVITIES INVOLVE RISKS AND DANGERS OF THE SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH. These risk and danger may be caused by me or the minor child's own action, 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 given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intent 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 the agreement is held to be valid that the balance, notwithstanding, shall continue in full force and effect.

Participant's Print Name: _____

Signature: _____ Date: _____

Participant's Guardian Print Name: _____

Signature: _____ Date: _____

