

XIV COSTA RICA OPEN G2 CHAMPIONSHIPS

HEREDIA, AUGUST 25TH TO 28TH

TAEKWONDO

SANCTIONED BY

World Taekwondo (WT)
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PROMOTED BY

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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. Must have the National ID of the country you are representing
2. Must be Competition sanctioned by the National Federation
3. Must have WT Global Athlete License 2022 (GAL).
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.



COMPETITION RULES:

The current WT and Pan American Taekwondo Union (PATU) competitions rules will be used in this event.

www.worldtaekwondo.org/rules/

AGE GROUPS:

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

COACHES:

The requirements are:

- 1. Must be 21 years old or above.
- 2. Must have WT Global Athlete License 2022 (GAL).
- 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.

All athletes must enter the competition area with sparring gears and uniform approved by the WT. Groin, shin and forearm guards must be worn inside the uniform.

Any other article besides headgear is 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.

PSS DAEDO Will be working for cadets, juniors and senior categories.

Cadets PSS Generation 2

Juniors PSS Generation 2

Senior PSS Generation 2

OFFICIAL UNIFORMS:

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

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



Costa Rica

REGISTRATION FEE:

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

REGISTRATION METHOD AND DEADLINE:

Early registration starts: May 16th, 2022at 00:01am Costa Rica time.

Early registration deadline is: July 7th, 2022at 23:59pm Costa Rica time.

Regular registration deadline is: July 22nd, 2022at 23:59pm Costa Rica time.

Late registration deadline is: August 16th, 2022at 23:59pm Costa Rica time.

Onsite registration deadline is: August 23rd, 2022at 23:59pm Costa Rica time.

REFEREES:

1. Pan American Taekwondo Union (PATU) will designate the number of referees required.
2. Each international Referee must cover their own plane tickets.
3. Five nights of room, board and meals will be covered by the OC (Check In: August 24th, 2022 / Check Out: August 29th, 2022).
4. The OC will pay an honorary of \$100 USD for the four days of competition.

Costa Rica

WEIGH-IN:

- I. The weigh-in for the first day of competition will take place the day before competition at the Host Hotel (Best Western).
- II. The weigh-in for the athletes must take place the day before competition.
- III. During 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.
- IV. 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 they have medical insurance and have all documents on hand.

VISA INFORMATION:

All participants will be responsible for obtaining the necessary visas. The invitation letter is available at request by writing to opencostaricatkd@gmail.com by no later than July 1st, 2022.

PAYMENT METHOD:

The payment for the competition is to be made at the registration office in cash only. Registration will take place at the Best Western Irazú from August 19th - 24th, 2022 and at the venue (Palacio de los Deportes de Heredia) from August 25th – 27th, 2022.

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 & 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 3^{er} 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 3^{er} place Open trophy will be awarded G-2 Sparring.

Ground Transportation:

Ground transportation must be provided by every national team, only for teams who book via the official hotel website or hotel phone the Organizing Committee via the host hotels will provide airport – hotel – airport transportation, time and flight number of the national team's arrival and departure must be provided to the host hotels at the latest by the designated deadline (August 16th, 2022). During the event there will be transportation to the venue from the official Hotel only for those who book and pay their accommodation through the Hotel Manager (Reservations through: Booking, Expedia, Trivago, etc. will not be accepted to shuttle Airport-Hotel-Competition Venue).

Costa Rica

ACCOMODATION:

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 (Reservations through: Booking, Expedia, Trivago, will not be allow to have the OC venue – hotel – venue transportation). Please kindly note that transportations are only for those who applied for accommodation and provide their travel schedule.



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

TOURS INFORMATION:

During and after the event there will be tours available (**not** covered by the OC). There will be a discount for those who use the code TKDCR2022.



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



Costa Rica

KYROUGI

WEIGHT DIVISIONS

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

For color belts divisions please check the official Costa Rica Taekwondo Color Belts Open 2022 (competition date: August 28th, 2022 at Palacio de los Deportes).

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

For color belts divisions please check the official Costa Rica Taekwondo Color Belts Open 2022 (competition date: August 28th, 2022 at Palacio de los Deportes).

TIME TABLE
(SUBJECT TO CHANGE)

Costa Rica

DATE	TIME	EVENT	PLACE
August 19 - 24	All day	Arrival of Teams & Officials	SJO - Airport
	9:00 - 18:00	Athletes' registration	Best Western Hotel
		Team's training	
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
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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 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: _____



Costa Rica



FEDERACION COSTARRICENSE DE TAEKWONDO

XIV COSTA RICA TAEKWONDO OPEN G2 CHAMPIONSHIPS Palacio de los Deportes, HEREDIA. AUGUST 25TH TO 28TH

