



# KYORUGUI - POOMSAE

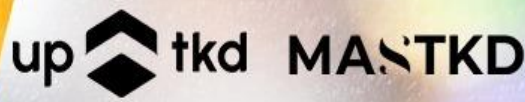
14 - 17 Marzo 2024  
Palacio de los Deportes  
Heredia Costa Rica

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# COSTA RICA

## PRESIDENT'S CUP





Dear Friends of Taekwondo Pan American,

KYORU  
14-  
Palacio d  
Here



We are pleased and honored to invite everyone to participate in the Presidents Cup 2024 to be held in March 2024 in Heredia, Costa Rica at Palacio de los Deportes, the stage location is specially chosen to hold our international event.

We will gladly welcome all MNAs Delegates, athletes, coaches, doctors, and other staff to the wonderful city of Heredia. We would like to welcome you, hoping that your participation will be the best possible and that the organization of the event will live up to your expectations. We always try to guarantee a high-quality competition for everyone, trying to bring a beautiful show to our athletes and spectators.

Mark our event on your calendar and make sure you don't miss this wonderful championship. Our team is working hard to make this event a success!

If you need help or have any questions, please don't hesitate to get in contact with us.

I look forward to seeing you here! Best regards,

Wilmar Alvarado Castillo

President FCT

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## PRESIDENT'S CUP





**1. Sanctioned by:**

World Taekwondo (WT) Presidente Dr. Chungwon Choue  
Dirección: Seocho – GU, Seúl – Corea  
Teléfono: +82.2.556.2505/ Fax: +82.2.553.4728  
Correo electrónico: [wtf@wt.org](mailto:wtf@wt.org)  
Sitio web: [www.worldtaekwondo.org](http://www.worldtaekwondo.org)

**2. Promoted by:**

Pan American Taekwondo Union (PATU)  
Presidente: Lic. Juan Manuel Lopez Delgado  
Correo electrónico: [events@panamericantaekwoundunion.org](mailto:events@panamericantaekwoundunion.org)  
Website: <https://www.patukd.org>

**3. Organization MNA:**

Costa Rica Taekwondo Federation  
Dirección: 200 metros Oeste de la fábrica de productos Jacks,  
frente al Ministerio de Salud, Pavas, San José, Costa Rica.  
Teléfono: +506 2220 1310  
E-mail: [eventstkdcr@gmail.com](mailto:eventstkdcr@gmail.com)

**4. Date and place:**

March 14th – 17th, 2024.  
Heredia, Costa Rica.  
Place: Palacio de los Deportes.

**5. Affiliates:**

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

**6. Gear Equipment:**

All athletes must enter the competition area with sparring gears and uniformed approved by 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.

**7. 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, athletes name, will be allowed under WT uniform rules. Only uniforms approved by WT, PATU & FCT will be permitted.

**8. Competition Rules:**

The latest update of the WT competition rules will be used.  
[www.worldtaekwondo.org/rules/](http://www.worldtaekwondo.org/rules/)

**9. Competition Method:**

- Single elimination System, best of 3 rounds.
- There is no limit of entries in each division.
- Times may be adjusted by WT TD (Technical Delegate) ONLY.

**10. Dispute Time:**

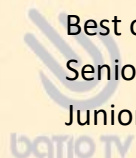
Best of 3 rounds system  
Senior (2 minutes x 2 or 3 rounds x 1 minute break)  
Junior (2 minutes x 2 or 3 rounds x 1 minute break)

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Cadet (1.5 minutes x 2 or 3 rounds x 1 minute break)

**11. Awards:**

<b>INDIVIDUAL</b>	<b>Awarding</b>
<b>1st Place</b>	Gold Medal
<b>2nd Place</b>	Silver Medal
<b>3rd Place</b>	Bronze Medal
<b>3rd Place</b>	Bronze Medal

- Medals | 1°, 2° y 3° place;
- Certificate for all participants.

**12. Weight-In:**

According to DT guidelines.

**13. Categories in dispute:**

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<b>Senior Male divisions</b>		<b>Senior Female divisions</b>	
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

<b>JUNIORDIVISION</b>			
<b>Male divisions</b>		<b>Female divisions</b>	
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

<b>CADET HEIGHT DIVISION</b>			
<b>Men's division</b>		<b>MAX Weight</b>	<b>MIN Weight</b>
Under 148cm	Not exceeding 148cm	45kg	33kg

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Under 152cm	Over 148cm & not exceeding 152cm	48kg	35kg
Under 156cm	Over 152cm & not exceeding 156cm	51kg	37kg
Under 160cm	Over 156cm & not exceeding 160cm	53kg	39kg
Under 164cm	Over 160cm & not exceeding 164cm	56kg	41kg
Under 168cm	Over 164cm & not exceeding 168cm	59kg	43kg
Under 172cm	Over 168cm & not exceeding 172cm	61kg	45kg
Under 176cm	Over 172cm & not exceeding 176cm	64kg	47kg
Under 180cm	Over 176cm & not exceeding 180cm	67kg	49kg
Over 180cm	Over 180cm	80kg	52kg

### CADET HEIGHT DIVISION

Women division		MAX Weight	MIN Weight
Under 144cm	Not exceeding 144cm	43kg	32kg
Under 148cm	Over 144cm & not exceeding 148cm	45kg	33kg
Under 152cm	Over 148cm & not exceeding 152cm	48kg	35kg
Under 156cm	Over 152cm & not exceeding 156cm	51kg	37kg
Under 160cm	Over 156cm & not exceeding 160cm	53kg	39kg
Under 164cm	Over 160cm & not exceeding 164cm	56kg	41kg
Under 168cm	Over 164cm & not exceeding 168cm	59kg	43kg
Under 172cm	Over 168cm & not exceeding 172cm	61kg	45kg
Under 176cm	Over 172cm & not exceeding 176cm	64kg	47kg
Over 176cm	Over 176cm	80kg	50kg

### INFANT DIVISION

2013 & 2014 YEARS OLD MALE & FEMALE		2015 & 2016 YEARS OLD MALE & FEMALE	
Under 30kg	Not exceeding 30kg	Under 21kg	Not exceeding 21kg
Under 35kg	Over 30 kg & not exceeding 35 kg	Under 25kg	Over 21 kg & not exceeding 25 kg
Under 40kg	Over 35 kg & not exceeding 40 kg	Under 31kg	Over 25 kg & not exceeding 31 kg
Under 45kg	Over 40 kg & not exceeding 45 kg	Under 36kg	Over 31 kg & not exceeding 36 kg
Over 45kg	Over 45 kg	Over 36kg	Over 36 kg

INDIVIDUAL	PAIR	TEAM
<b>1 Male &amp; 1 Female</b>	<b>1 Male &amp; 1 Female</b>	<b>3 Males &amp; 3 Females</b>
Infant (2017 & before)	Infant (2017 & before)	Infant (2017 & before)
Infant (2015&2016)	Infant (2015&2016)	Infant (2015&2016)
Infant (2013&2014)	Infant (2013&2014)	Infant (2013&2014)
Cadets (12-14 yrs)	Cadets (12-14 yrs)	Cadets (12-14 yrs)
Juniors (15-17 yrs)	Juniors (15-17 yrs)	Juniors (15-17 yrs)
Under 30 (18-30 yrs)	Under 30 (18-30 yrs)	Under 30 (18-30 yrs)
Under 40 (31-40 yrs)	Over 30 (31+ yrs)	Over 30 (31+ yrs)

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Under 50 (41-50 yrs)		
Under 60 (51-60 yrs)		
Under 65 (61-65 yrs)		
Over 65 (66+ yrs)		

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**14. Condition of participating teams:**

Round-trip airfare, accommodation, melas and transportation expenses will be paid by the participants or their respective MNA..

**15. Online registration:**

- Request your online registration link thru the email [eventstkdc@gmail.com](mailto:eventstkdc@gmail.com)

**16. Technician Registration:**

- Reguiteration must be done online thru the evento official email [eventstkdc@gmail.com](mailto:eventstkdc@gmail.com)
- All coach must be at least 18 years old.
- All coach must be kukkiwon black belt certified.

**17. Registration fees:**

The OC must collect registration fees in US dollars (cash only) at the Registration Hall according to the competition schedule, no other type of payment will be accepted. Registered athletes and coaches will not be able to participate in the competition without payment. The OC has a NO REFUND policy under any circumstances. Registration will take place at the Best Western Irazú Headquarters Hotel according to the event schedule.

Athletes:

	Early Registration	Regular Entry	Late Registration	ON SITE REGISTRATION
	Start: 01/01/24 End: 01/31/24	Start: 02/01/24 End: 02/24/24	Start: 02/25/24 End: 03/11/24	At registration room only
Per Event	<b>US \$ 100</b>	<b>US \$ 100</b>	<b>US \$ 100</b>	<b>US \$ 100</b>

**18. NO SHOW Policy:**

Athletes who do not show up for the registration and have not previously notified that they will not participate in the event before the early registration deadline, must pay their registration fee. Only cancellations with a medical certificate will be accepted after this date, if there is no legal medical documentation, the corresponding payment must be made by deadline February 25<sup>th</sup>, 2024.

**INFORMATION & SERVICES:**
**19. Insurance:**

- The respective national taekwondo associations and/or teams must ensure that all officials and participants have effective medical and travel insurance coverage.
- All participants must sign the term of responsibility waiver upon registration.

**20. Accomodation:**

Check accommodation guide available on WT's Simply Compete.

**21. Transportation:**

The OC will provide ground transportation only to those staying at the host hotels through



the Accommodation Guideline contacts found on WT's simplycompete website. Transportation will be: airport – hotel – competition – hotel – airport, according to the schedules provided by the OC. Local transportation between Juan Santamaría International Airport (SJO) and the Official Hotel will be provided only to those who reserve and pay for their accommodation through the Host Hotel Manager (Reservations through: Booking, Expedia, Trivago, and others will not be allowed have the benefit of ground transportation) and provide their complete travel itineraries along with the names of users who need this benefit.

**22. Visa Information:**

Visa recommendation letters will be generated by the Organizing Committee. The deadline for visa application is February 1st, 2024. Please email [eventstkdc@gmail.com](mailto:eventstkdc@gmail.com) with a copy of your valid passport and proof of registration to obtain a visa invitation letter.

**23. Medical Service:**

The OC will provide doctors only in case of emergency when a participant is injured. Participants will be responsible for all expenses incurred due to injuries and/or hospitalization. The OC recommends that the participants have their medical insurance and have all documents handy.



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**AGENDA DEL EVENTO (sujeto a cambios):**

DATE	TIME	EVENT	PLACE
MARCH 12 <sup>TH</sup>	7:00 – 19:00	Accreditation	Best Western Irazú Hotel
MARCH 13 <sup>TH</sup>	16:00	Referee Training	
	18:00	Technical Congress	
MARCH 14 <sup>TH</sup>	7:00 – 19:00	Accreditation	Palacio de los Deportes G2
	8:00	Poomsae Competition	
	10:00	Senior Weigh-In	
	18:00	Award Ceremony	
MARCH 15 <sup>TH</sup>	7:00	Senior Random Weight-In	
	8:00	Senior Competition Kyorugi	
	8:00 – 10:00	Infant Weigh-In	
	10:00 – 12:00	Cadet Weight-In	
	12:00-14:00	Junior Weight-In	
	14:00-16:00	TK3 Weight-In	
MARCH 16 <sup>th</sup>	18:00	Award Ceremony	
	7:00	Infant, Cadet, Junior & TK3 Random Weigh-In	
	8:00	Infant, Cadet, Junior & TK3	
MARCH 17 <sup>th</sup>	18:00	Award Ceremony	
	7:00	Color Belts Festival	

**PRESIDENT'S  
CUP**



## FORMULARIO DE INDEMNIZACIÓN PERSONAL

Yo, el abajo firmante, certifico que indemnizaré, eximiré de responsabilidad y liberaré a Panamerican Taekwondo y al Comité Organizador, a los miembros de su junta directiva, directores, funcionarios, miembros, empleados, consultores, agentes, abogados, contratistas (incluyendo, sin limitación, a los patrocinadores, proveedores, licenciarios y otros representantes (cada uno, un "Indemnizado" y, colectivamente, "Indemnizados"), de y contra todos y cada uno de los daños, lesiones, sanciones, multas, reclamaciones, demandas, responsabilidades, costes, honorarios de abogados costes judiciales y gastos de todo tipo y naturaleza sufridos por o afirmados contra el Indemnizado como resultado directo o indirecto de la participación en el 2024 Copa Presidente de 14 al 17 de marzo del 2024 en el sentido más amplio de la palabra. Al firmar y enviar el siguiente formulario, acepto y estoy de acuerdo con los términos y pactos contenidos en esta Indemnización, exención de responsabilidad, liberación y consentimiento de no demandar. Verifico que al firmar y enviar este formulario, que he leído y estoy de acuerdo con todos los términos y condiciones proporcionados anteriormente.

Nombre: \_\_\_\_\_ Fecha: \_\_\_/\_\_\_/2024

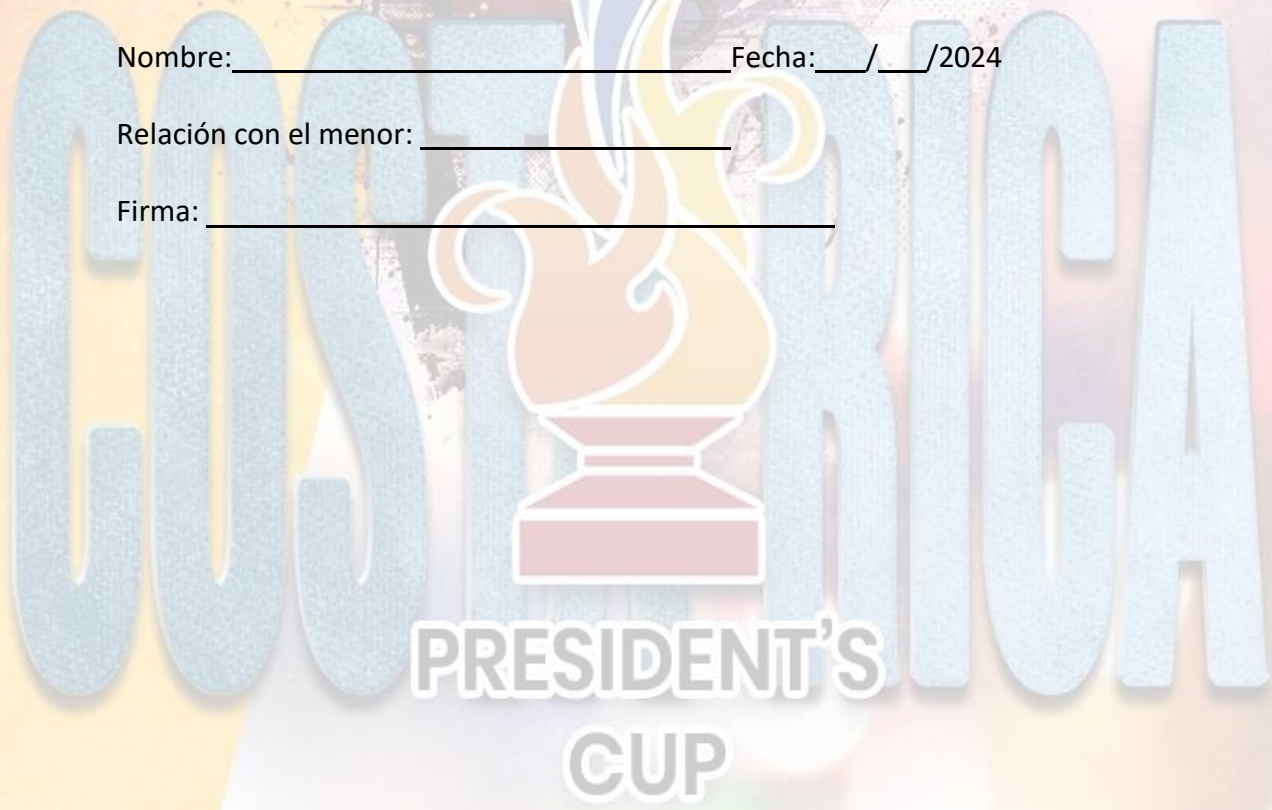
Firma: \_\_\_\_\_

*En caso de que la persona implicada sea menor de edad, debe firmar el tutor legal:*

Nombre: \_\_\_\_\_ Fecha: \_\_\_/\_\_\_/2024

Relación con el menor: \_\_\_\_\_

Firma: \_\_\_\_\_



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