



SPORT INFORMATION GUIDE TAEKWONDO

NICE 2015



INTERNATIONAL
MASTERS
GAMES
ASSOCIATION



VILLE DE NICE



ENGLISH VERSION

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THE MAYOR'S WORD

SPORTS, ALL

HIS LIFE

As an international sports event, the European Masters Games competition has put forward a concept that perfectly meets Nice's ambition to be the European city of sports as well as a model city with a capacity to implement innovative policies for seniors.

"To take a lifelong leading part in one's own physical condition and fitness", this is an important message I want to share with everyone, and this is why I was determined that the city of Nice be in a position to host this competition and make it a major event in France. A sports-health showcase. Indeed, Nice also wants to initiate an ambitious program for Senior Sports in France with the aim of developing this Masters Games concept to a nation-wide level and promoting various aspects of sports practice at all ages. The stakes are important, at a time when promoting physical activities and sports towards seniors is becoming a priority, and when we have to tackle the issue of today's sedentary lifestyle. This is not a matter of fate, as sport still remains the best way to take good care of one's physical and mental health throughout life.



Christian ESTROSI

Member of Parliament,
Mayor of Nice
President of the Nice-Côte d'Azur
Metropolitan Area

After the World Figure Skating Championships in 2012 and the Tour de France in 2013, and before the Euro 2016 football/soccer competition, we want to make the European Masters Games an unforgettable experience for the thousands of visitors we welcome on this occasion, offering them the very best of Nice, a worldwide recognized welcoming place. Welcome everyone, welcome to Nice.



5TH LARGEST CITY OF FRANCE

NICE “LA



With 300 sunny days and 5 million visitors a year, Nice is the second most visited tourist destination of the country, and also possesses the second busiest international airport in France with over 11 million passengers a year. But the popularity of the fifth largest city of France reaches well beyond its “post-card” image: a rich heritage, a unique cuisine, a preserved language – “nissart” – and of course a worldwide famous Carnival make Nice an attractive capital with a strong identity.

“Nissa la bella” kept growing more beautiful with the inauguration, last October, of the “Promenade du Paillon”, truly a green haven in the heart of the city, and the recent redevelopment of the “Quai des Etats-Unis”, which now offers more space for pedestrians and cyclists to get around while enjoying an unobstructed view over the “Grande Bleue”, the Mediterranean.

An exceptional land, therefore, for great international events, for culture and for sports. Sitting between sea and mountains, the “niçois” landscape

BELLE”

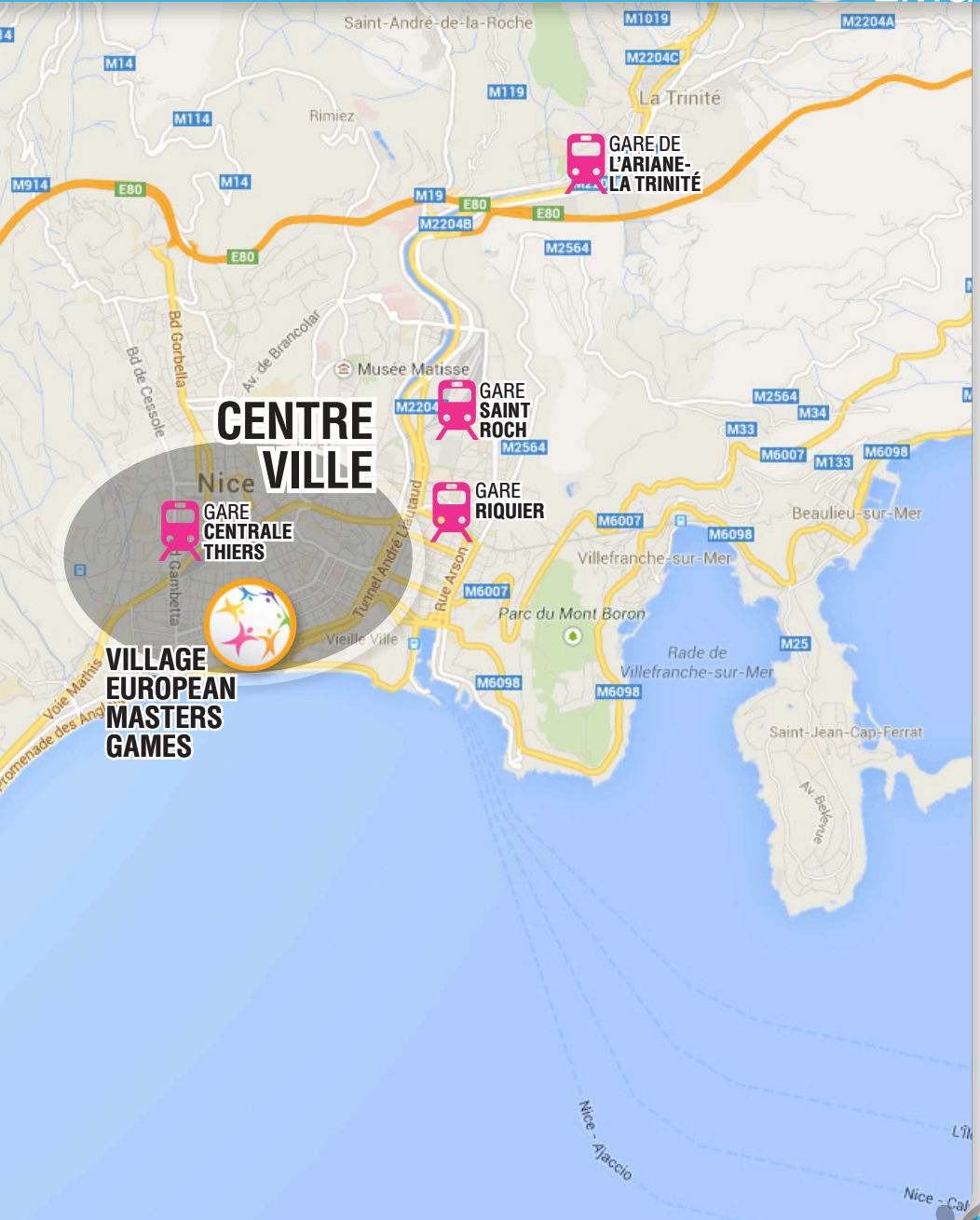
(THE BEAUTIFUL)

is an outstanding natural arena in the heart of France’s largest metro area: Nice-Côte d’Azur, 49 municipalities and 550,000 inhabitants.

In 2013, Nice made a major leap forward in sports with the construction of Allianz Riviera, a superb, 35,000-seater sports arena, and the hosting of two major competitions: the 7th Francophonie Games and the 100th

Tour de France, whose per-team time trial took place entirely in Nice. And subsequent to the cycling Tour de France, the sailing Tour de France made its great return in Nice in July 2014 for the competition’s finish line. The European Masters Games will further this ambition in October 2015, prior to Nice’s hosting, a few months later, of four football matches of the UEFA Euro 2016.

WELCOME TO NICE!



INTRODUCTION TO THE VENUE

UFR STAPS NICE



261, ROUTE
DE GRENOBLE
NICE

VENUE FACILITIES
Parking at Arboras
Stadium
(150 spaces),
refreshments

GETTING THERE BY PUBLIC TRANSPORT

BUS

- N°59
- **Bus stop:** 'Arboras' followed by a 5 minute walk
- **Travel time from J. Médecin stop/ Hotel des Postes:** 35 minutes
- N°70
- **Bus stop:** 'Arboras' followed by a 5 minute walk
- **Travel time from JC Bermond (Masséna):** 35 minutes
- N°11
- **Bus stop:** 'Gros Chenes' followed by a 10 minute walk
- **Travel time from JC Bermond stop:** 16 minutes
- N°9
- **Bus stop:** 'Thierry Maulnier' followed by a 15 minute walk
- **Travel time from J. Médecin stop / Hotel des Postes:** 35 minutes



EXECUTIVE COMMITTEE

EMG NICE 2015	FEDERATION	ASSOCIATION
GAMES DIRECTOR Sylviane CASANOVA SPORTS DIRECTOR Laurent CIUBINI COMPETITION MANAGER Julien SASSI	FRENCH FEDERATION TECHNICAL DELEGATE Laurent CHOUKROUN	SUPPORT ASSOCIATION COMITÉ DÉPARTEMENTAL 06 Taekwondo HEAD OF ASSOCIATION Jean-Elie PUCCI
FIGHTING SPORTS SECTOR MANAGERS Sonia FIUZA Francine ADAMO TAEKWONDO PROJECT MANAGER Jean-Elie PUCCI	—	ADDITIONAL ASSOCIATIONS Taekwondo Azur Sport HEAD OF ASSOCIATION Mikaël MELOUL

REGULATIONS

CATEGORIES AND REGISTRATION

MEN

POOMSAE

MEN & WOMEN

CATEGORY	AGE
Masters 1	35 +
Masters 2	41 +
Masters 3	51 +
Masters 4	61 +

KYORUGI

MEN

+ 35 YEARS	+ 45 YEARS
- 58 kg	- 58 kg
- 68 kg	- 68 kg
- 80 kg	- 80 kg
+ 80 kg	+ 80 kg

WOMEN

KYORUGI

WOMEN

+ 35 YEARS	+ 45 YEARS
- 49 kg	- 49 kg
- 57 kg	- 57 kg
- 67 kg	- 67 kg
+ 67 kg	+ 67 kg

- **PARTICIPANTS AGE** is calculated from 31st December 2015
- **EACH PARTICIPANT** can compete in one category only
- **IN THE CASE OF AN INSUFFICIENT** number of players signing up, the executive committee reserves the right to regroup participants in the age category directly beneath them. Medals will still be awarded by category.
- **EACH CATEGORY WILL CONSIST OF A MAXIMUM OF 16 PARTICIPANTS.** Registration will close 31st August 2015 or as soon as a category is full

NB: All regulation conditions concerning categories, venues, the running of the competition and technical aspects are applied on a provisional basis and are subject to change when and how the executive committee sees appropriate, up until the beginning of the competition.



ORGANISATION



FORMS OF PARTICIPATION

- **ONLY COMPETITORS REGISTERED TO THE DISCIPLINE OF TAEKWONDO**, being the minimum age required by the EMG on 31st December 2015 may participate. Each participant must have a medical certificate attesting to their ability to participate in taekwondo competitions. Participants represent themselves, not their country
- **A NATIONAL TAEKWONDO LICENSE** is obligatory

SCHEDULE

- **THE COMPETITION WILL TAKE PLACE** 3rd and 4th October 2015

CATEGORY CHANGES

- **AGE CATEGORIES CAN BE ADAPTED** according to the number of participants

DRAWING OF LOTS

- **LOTS WILL BE DRAWN BEFORE THE TECHNICAL MEETING TAKES PLACE.** It will be held by the executive committee (the international technical delegate and heads of activity)
- **THE COMPETITION PROGRESS WILL COMPLY** with the rules of the World Taekwondo Federation (WTF)

WEIGH IN

- **THE WEIGH IN WILL TAKE PLACE THE DAY BEFORE** the competition at the venue and will be controlled by a competition manager.
- **THE COMPETITOR MUST WEIGH LESS OR EQUAL** to the category in which they registered and a higher weight than the category below the one which they registered in
- **IN BORDERLINE CASES COMPETITORS** can be weighed in underwear
- **NO WEIGHT TOLERANCE WILL BE PERMITTED**

TRAINING

- **A WARMUP ROOM WILL BE OPEN TO COMPETITORS** the day of the competitions

TECHNICAL MEETING

- **A TECHNICAL MEETING WILL TAKE PLACE** the day before the first competition day (2nd October) in order to introduce the tournament, remind those involved of the regulations and the behaviour that is expected



TECHNICAL REGULATIONS

REQUIRED PERSONAL CLOTHING

COMBAT / KYORUGI

- **CLOTHING:** white dobok, white collar, black for dan, belt, shin guards, forearm protectors, helmet, groin protector, torso protector, mouth guard, feet protector, gloves

TECHNICAL

- **CLOTHING:** white dobok, white collar, black for dan, belt

RUNNING OF THE COMPETITION

COMBAT / KYORUGI

- **COMBAT SURFACE:** 8x8m
- **LENGTH OF COMBAT (MEN AND WOMEN):** 1 hour 30 minutes
- **SYSTEM:** Kick or punch contacting opponents breast plate, judged under rules of World Taekwondo Federation

POOMSAE

- **SURFACE:** 10x10m

RUNNING OF THE COMPETITION

- **DRAWING OF LOTS** determining the Poomsae in each age category will be conducted by the executive committee
- **FIRST ROUND:** at the end of the first round the top scoring 50% of participants will qualify for the semi-final





OFFICIAL CLOTHING

- **ALL FEDERATION REPRESENTATIVES,** umpires and regional trainers must wear official, accredited kit

TECHNICAL REGULATIONS

COMPETITORS BEHAVIOUR

- **COMPETITORS WILL NOT HAVE ACCESS** to the competition area before their combat. Members of the committee will be in charge of going to the warm up area and informing competitors when their combat is announced
- **WHEN COMPETITORS GO TO THE COMPETITION AREA** they must be fully clothed in regulation kit and cannot bring sports bags or bottles of water with them

TECHNIQUE MANAGERS AND TRAINERS

- **TEAM TECHNICAL MANAGERS MUST WEAR OFFICIAL KIT** and set an example with their clothing. At international competitions a member of the sporting committee will indicate reserved seats
- **DURING THE COMPETITION OF THEIR PUPILS**, teachers must maintain a dignified composure and be respectful of officials, umpires and competitors alike. During coaching they must wear sporting kit : track-suit and trainers

COMPETITION SURFACE

- 1 THE COMPETITION ZONE** must be flat and danger free
- 2 THE COMPETITION ZONE SHOULD BE A SQUARE 8X8M**
- 3 JUDGES WILL BE SEATED AT THE BOUNDARY** of the safety zone

EXPLANATIONS

- **ALL SIGNS, PUBLICITY BOARDS** etc must be at least 1m away from the safety zone parametre
- **THE TATAMI FLOORING** cannot be slippery against the flooring and have friction against the surface below. It is up to the umpire to ensure the tatami stays in the correct position during the competition

FAIR PLAY AND DISCIPLINE



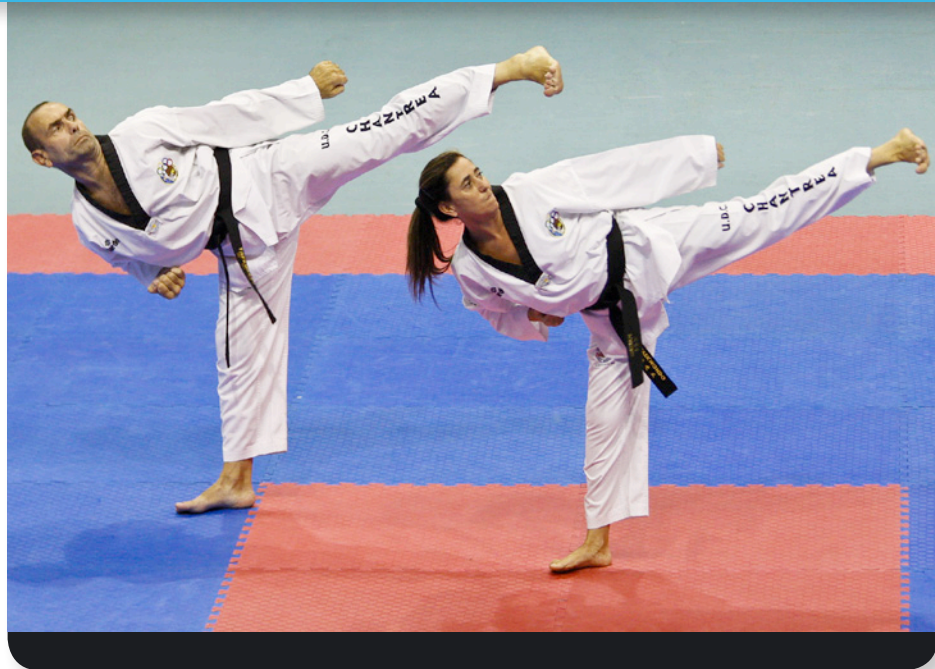
UMPIRE

- **THE COMPETITION WILL BE RUN** under official World Taekwondo Federation regulations and French Federation of Taekwondo
- **THE UMPIRE TEAM WILL BE MADE UP** of one arbitrator and 3 judges



ADDITIONAL INFORMATION

AWARD CEREMONY AND MEDICAL



THE CEREMONY

- **THE OFFICIAL CEREMONIES** for each category and each event will take place at the end of the competition at the Athletes Village in a venue set up for this purpose or directly at the competition venue

MEDALS

- **MEDALS BY CATEGORY:** For each category there will be 4 athletes awarded with a medal (gold, silver or 2x bronze). In the event of certain categories being grouped together, each category will have 4 medal winners

ANTHEM

- **THERE WILL BE NO NATION ANTHEM PLAYED**

HANDICAP

- **THERE WILL BE NO HANDICAP EVENT ORGANISED FOR THIS SPORT**

MEDICAL EXAMS

- **HEALTH CARE COVERAGE DURING THE EUROPEAN MASTERS GAMES NICE 2015**, will be arranged by the Games executive committee in accordance with the specifications of the International Masters Games Association. It will come into effect from 1st to 11th October after being approved by the Alpes-Maritimes administrative centre.
- **THE EXECUTIVE COMMITTEE IS RESPONSIBLE** for medical devices at the venues and the Athletes Village, the participants, the referees, the judges, the volunteers and the spectators. They will provide a high-quality, efficient and well-organized health service which respects the high standards enforced in France.

**DURING THE EMG,
VOLUNTEERS
WILL BE THERE
TO HELP THE HEALTH
COMMITTEE**

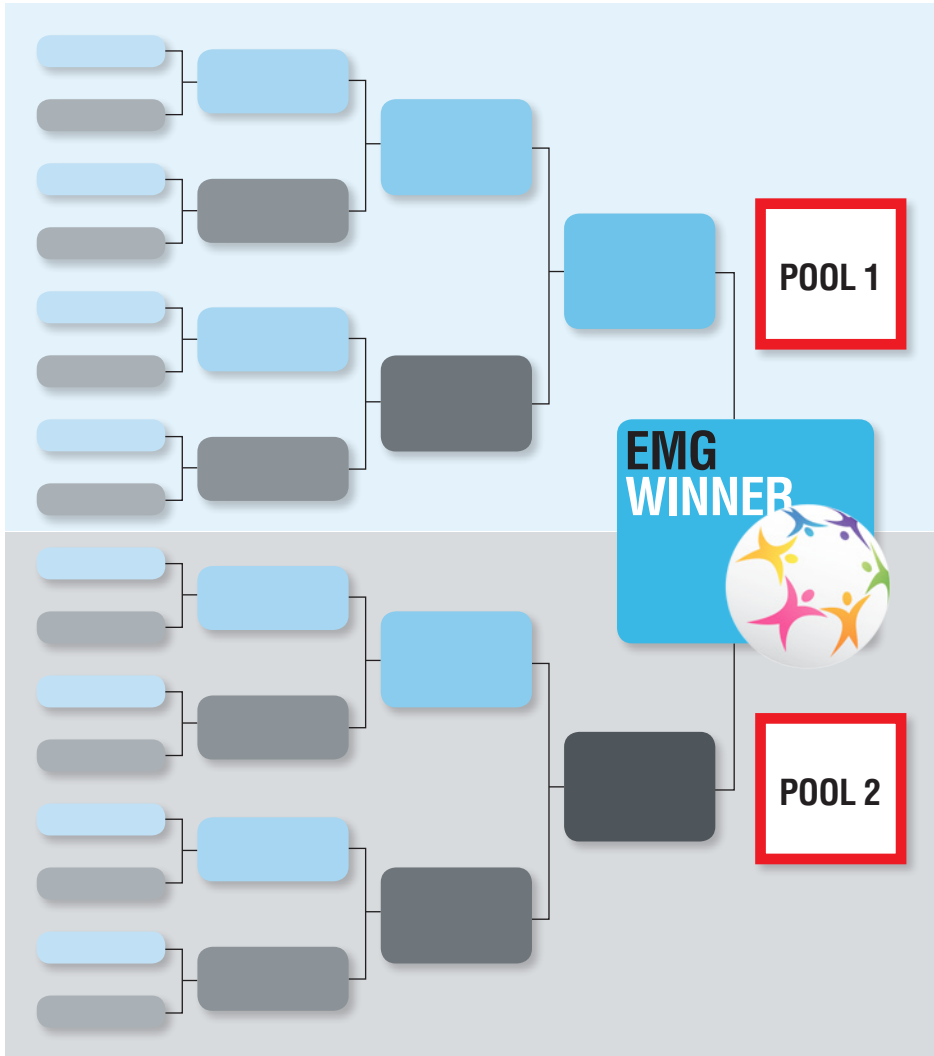
ANTI-DOPING CONTROLS

- **THE INTERNATIONAL MASTERS GAMES ASSOCIATION** has put the executive committee in charge of enforcing anti-doping rules and setting up anti-doping inspections.
- **ANTI-DOPING INSPECTIONS WILL TAKE PLACE** in compliance with advice given by the International Masters Games Association taken from the World Anti-Doping Code.
- **IT IS THE RESPONSIBILITY OF THE ATHLETES** and others involved in the events to be aware of the anti-doping regulations and the rules regarding the substances and methods which are banned.

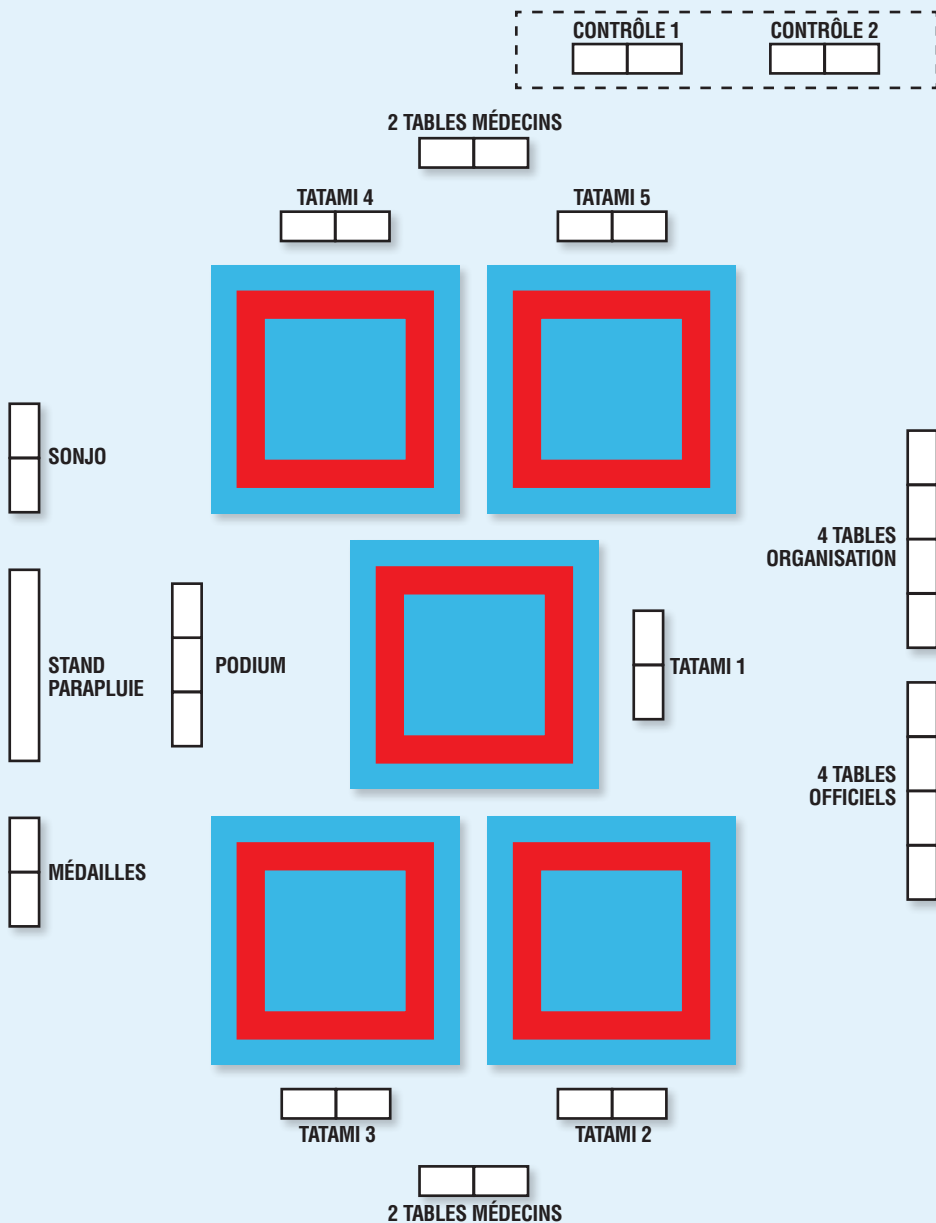
ANNEX: TOURNAMENT SYSTEM

TABLE WITH DRAW

DIRECT ELIMINATION WITH SECOND CHANCE



TOURNAMENT LAYOUT







**GOOD
COMBATS!**



OCTOBER 1-11, 2015

EUROPEAN
MASTERS
GAMES

NICE 2015



VILLE DE NICE

www.emg-nice2015.fr