



## GENERAL INFORMATION – NORDIC CHAMPIONSHIP 2019

### Organizer

The Icelandic Taekwondo Federation (TKÍ)

email: [tki@tki.is](mailto:tki@tki.is)

If any questions arise, please direct all inquiries to the above email address.

### Date

January 19th and 20th 2019

*Poomsae competition – January 20th 2019*

*Kyorugi competition – January 19th and 20th 2019*

### Location

Sunnubraut Sports Hall

Sunnubraut 34

230 Reykjanesbær

ICELAND

<https://en.ja.is/kort/?d=hashid%3AK2WvE&x=325819&y=393107&z=8&type=map>

### Schedule (please note that this is subject to change)

**All events to be held at the competition venue unless otherwise stated**

#### Friday, January 18th 2019

18:00-20:00 Registration of all teams for both competition days

18:00-20:00 Weigh-in for kyorugi competition on Saturday

20:00-21:00 Nordic Forum Meeting

#### Saturday, January 19th 2019

08:00-08:30 Referee meeting

09:00-12:00 Kyorugi competition

12:00-13:00 Lunch break

13:00-18:00 Kyorugi competition

16:00-18:00 Weigh-in for kyorugi competition on Sunday

18:00-19:00 Awards ceremony

#### Sunday, January 20th 2019



08:00-08:30	Referee meeting for both poomsae and kyorugi
09:00-12:00	Kyorugi and poomsae competition
12:00-13:00	Lunch break
13:00-18:00	Kyorugi and poomsae competition
18:00-19:00	Awards ceremony

### **Qualifications**

- Participants shall be members of clubs from the Nordic and Baltic countries, i.e. Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.
- Participants shall hold, at the minimum, 4th geup (equal to B class)

### **Registration and Deadline**

The teams and athletes for both kyorugi and poomsae competition shall register **the following online form no later than January 4th 2019.**

**<https://podio.com/webforms/21719040/1513846>**

**The organizer will publish a list of registered contestants and their groups on the NC 2019 Facebook page.**

No registrations after the deadline will be accepted.

### **Entry Fee**

The Competition fee is EUR 50 for each contestant. For poomsae, the fee must be paid for each pair and group as well.

### **Payment**

Entry fee for the whole team from each club must be paid to TKÍ no later than January 4th 2019. Failure to pay the entry fee will result in cancellation of registration.

Payments **must** be made for each club and for the whole team from each club. No individual payments will be accepted. All payments must be made through bank transfer (see below) and a copy of the receipt of payment **must** be presented upon team's registration.

**All payments must be made to:**

Taekwondosamband Íslands  
Engjavegur 6  
104 Reykjavík  
ICELAND

Name of bank: Islandsbanki hf.



Account number: 0515 – 26 – 050010

ID number: 500103-2050

IBAN: IS440515260500105001032050

SWIFT: GLITISRE

### **Accommodation and Transportation**

All travel expenses, local transportation, flight, hotel etc. shall be each club's responsibility.

### **Referees**

Each country is invited to send 5 referees in kyorugi and 3 referees in poomsae, of international or first national class to the championship.

Round trip and allowance (per diem) shall be covered by the participating nation, while hotel accommodations and board, **for kyorugi referees** from Friday January 18th to Monday January 21st shall be covered by TKÍ. **For poomsae referees**, TKÍ will provide hotel accommodations and board from Saturday January 19th to Monday January 21st.

All referee names, gender, class, arrival and departure times **must** be announced to TKÍ via [tki@tki.is](mailto:tki@tki.is) no later than December 10th 2018.

### **Admission**

Admission to watch the tournament shall be free

### **Doping control**

Random doping tests, conducted by the Icelandic Sports Association, may take place at the championship.

### **Liability**

All participants take part at their own risk and must have their own insurance. Neither TKÍ nor operators of the competition venue take any responsibility for injuries, accidents, theft, death, damage or loss of equipment or anything similar.

### **Awards**

There will be medals for 1st, 2nd and 3rd places for all categories for both kyorugi and poomsae

There will be trophies for the winning club and the country with the most gold medals.

### **Hotels**

The organizer will recommend a hotel in Reykjanesbær, close to the competition venue, the exact location to be announced soon.



## KYORUGI COMPETITION OUTLINE

<b>Participants</b>	Participants shall be members of clubs from the Nordic and Baltic countries, i.e. Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.
<b>Competition rules</b>	WT competition rules in effect from June 1st 2018
<b>Divisions – geup/dan</b>	Minimum of 4th geup (B class and higher) <b>A class = Black belts</b> <b>B class = red belts</b>
<b>Divisions - age</b>	Minior 11 years old – NO HEAD KICKS ALLOWED Cadet 12-14 years old – LIGHT HEAD KICKS ALLOWED Junior 15-17 years old Seniors 18 years old and above  Age criteria is based on the age contestants will have reached on December 31st 2019.
<b>Dispensation</b>	There will be no dispensation granted regarding either age or gender.
<b>Weigh-in</b>	Friday, January 18th 2019 18:00-20:00 Weigh-in for kyorugi competition on Saturday  Saturday, January 19th 2019 16:00-18:00 Weigh-in for kyorugi competition on Sunday
<b>Start time</b>	Competition will start at 08:00 on both days.
<b>Equipment</b>	TKÍ will provide Daedo Electronic protectors GEN2 for the championship.  Daedo socks will NOT be provided by TKÍ and must be supplied by each contestant.
<b>Weight categories</b>	Senior

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

### Junior

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

### Cadet

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	Over 59kg	Over 59kg

### Minior

For both genders, the weight classification shall be as follows:

Not exceeding 26 kg

26-29 kg

29-31 kg

31-33 kg

33-37 kg

37-41 kg

41-44 kg

44-47 kg

Exceeding 47 kg

## POOMSAE COMPETITION OUTLINE



**Participants** Participants shall be members of clubs from the Nordic and Baltic countries, i.e. Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.

**Competition rules** WT competition rules

**Individual categories** Minior, cadet, junior, senior -30, -40, -50, -60, -65, +65

**Pair categories** Minior, cadet, junior, senior -30, senior +30 (1 male and 1 female)

**Group categories** Minior, cadet, junior, senior -30, senior +30 (3 males or 3 females)

**Freestyle categories**

Division		under 17	over 17
Age		12-17	18 years old or over
Individual	m	1	1
	f	1	1
Pair		2	2
Mixed Team (Composition of 5 members including more than 2 males and 2 females)		5 (+1 substitute max.)	

**Draw** Drawn poomsae will be published on January 16th on <http://www.tki.is>

**Start time** The competition will start at 09:00 at the competition venue

## Applicable poomsae

A CLASS			
Age category	Preliminary round	Semi final	Final
Minior	T3 - Koryo	T3 - Koryo	T3 - Koryo
Cadet	T4-Keumgang	T4-Keumgang	T4-Keumgang
Junior	T4 - Taebaek	T4 - Taebaek	T4 - Taebaek
Senior -30	T6 - Sipjin	T6 - Sipjin	T6 - Sipjin
Senior -40	T6 - Sipjin	T6 - Sipjin	T6 - Sipjin
Senior -50	T8 - Cheonkwon	T8 - Cheonkwon	T8 - Cheonkwon
Senior -60	Koryo - Hansu	Koryo - Hansu	Koryo - Hansu
Senior -65	Koryo - Hansu	Koryo - Hansu	Koryo - Hansu
Senior +65	Koryo - Hansu	Koryo - Hansu	Koryo - Hansu
Minior pair/team	T3 - Koryo	T3 - Koryo	T3 - Koryo
Cadet pair/team	T4-Keumgang	T4-Keumgang	T4-Keumgang
Junior pair/team	T4 - Taebaek	T4 - Taebaek	T4 - Taebaek
Senior -30 pair/team	T6 - Sipjin	T6 - Sipjin	T6 - Sipjin
Senior +30 pair/team	T8 - Cheonkwon	T8 - Cheonkwon	T8 - Cheonkwon

B CLASS			
Age category	Preliminary round	Semi final	Final
Minior	T1 - T6	T1 - T6	T1 - T6
Cadet	T3 - T8	T3 - T8	T3 - T8
Junior	T4 - Koryo	T4 - Koryo	T4 - Koryo
Senior -30	T4 - Keumgang	T4 - Keumgang	T4 - Keumgang
Senior -40	T4 - Keumgang	T4 - Keumgang	T4 - Keumgang
Senior -50	T4 - Keumgang	T4 - Keumgang	T4 - Keumgang
Senior -60	T4 - Keumgang	T4 - Keumgang	T4 - Keumgang
Senior -65	T4 - Keumgang	T4 - Keumgang	T4 - Keumgang
Senior +65	T4 - Keumgang	T4 - Keumgang	T4 - Keumgang
Minior pair/team	T1 - T6	T1 - T6	T1 - T6
Cadet pair/team	T3 - T8	T3 - T8	T3 - T8
Junior pair/team	T4 - Koryo	T4 - Koryo	T4 - Koryo
Senior -30 pair/team	T4 - Keumgang	T4 - Keumgang	T4 - Keumgang
Senior +30 pair/team	T4 - Keumgang	T4 - Keumgang	T4 - Keumgang