

# NURTZI OPEN

## KYORUGI & POOMSAE

BEGINNERS AND ADVANCED

MINIORS

CADETS

JUNIORS

SENIORS

MASTERS



Registration  
[www.tpss.eu](http://www.tpss.eu)

**Saturday 9th May 2020**

**Klaukkala Finland**



*( 20 min from Helsinki Int. Airport )*



**Contact**

**Iiro Suorela**

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**[iiro.suorela@elisanet.fi](mailto:iiro.suorela@elisanet.fi)**



Date: Saturday 9<sup>th</sup> May 2020

Venue: Klaukkala Ice Hall (20 km from Helsinki airport)  
Address: Lepsämäntie 12 01800 Klaukkala

## KYORUGI

Categories: Beginners and Advanced, all age groups  
Single elimination system (cup system) is applied in all categories.

Registration: Please login to the internet subscription trough: [www.tpss.eu](http://www.tpss.eu)  
Deadline for entries is 26<sup>th</sup> April 2020.

NB! Athlete can register only in one category.

Entry fee:

| Category                                    | Entry fee |
|---|-----------|
| Beginners categories                        | 35 €      |
| Advanced categories                         | 45 €      |
| Registration after the deadline (extra fee) | 20€       |
| Category change (extra fee)                 | 20€       |

Finnish Teams: The Finnish Taekwondo Federation will invoice the clubs afterwards.

Foreign Teams: Please pay the entry fees via bank transfer before 2nd May 2020.

Additional currency charges must be paid by the participating Team. All entry fees must be paid in Euros. Entry fees are not refundable.

Recipient: Taekwondo Nurmijärvi ry  
Address: Kievarintie 14 05200 Rajamäki  
Name of Bank: Uudenmaan Osuuspankki  
Address of Bank: Klaukkalan konttori, Liikekuja 1 01800 Klaukkala  
IBAN: FI51 5300 1720 1816 39  
Swift-BIC: OKOYFIHH  
Payment reference: NO 2020 + Team name (same Team Name as stated in the online registration)

A copy of the bank transfer must be sent to: [taekwondo.nurmijarvi@gmail.com](mailto:taekwondo.nurmijarvi@gmail.com)

Competition rules:

World Taekwondo Official Competition Rules and Guidelines.

Explanation: WT competition rules as implemented in Finland.

For further information regarding the competition rules, please contact the referee director of the competition.

Daedo PSS will be used at this Tournament and will be provided by the Organizing Committee. Video replay will be used in Cadet, Junior and Senior categories. All athletes must bring their own Daedo sensor socks. Head gears, groin/forearm/shin guards and gloves are compulsory and must be brought by the contestants. Mouth piece is compulsory (only white or transparent)!

\* The center referee makes the decision if the impact in a kick to head is too strong (KO) in the Cadet categories.

\*\* Head contact optional = The center referee asks before each match if the athletes wishes to allow head contact. If both athletes and coaches agree, the head contact is allowed. If one or more of the players or coaches refuses, head contact is prohibited.

| Category                                   | Age / birth year             | Duaration                   | Weight classes   |
|--|------------------------------|-----------------------------|--|
| <b>Beginners</b>                           |                              |                             |  |
| <b>Kids</b><br>No head contact             | 6-8 years<br>2012 – 2014     | 2 x 1,5 min<br>Break 30 sec | Female/Male: -26, -30, -34, -38, -42, -46, +46   |
| <b>Miniors</b><br>No head contact          | 9-11 v<br>2009 – 2011        | 2 x 1,5 min<br>Break 30 sec | Female/Male: -26, -28, -30, -34, -37, -40, -43, -46, -50, +50  |
| <b>Cadets</b><br>No head contact           | 12-14 years<br>2006 - 2008   | 2 x 1,5 min<br>Break 30 sec | Female: -29, -33, -37, -41, -44, -47, -51, -55, -59, +59<br>Male: -33, -37, -41, -45, -49, -53, -57, -61, -65, +65 |
| <b>Juniors</b><br>Head contact optional ** | 15-17 years<br>2003 - 2005   | 2 x 1,5 min<br>Break 30 sec | Female: -42, -44, -46, -49, -52, -55, -59, -63, -68, +68<br>Male: -45, -48, -51, -55, -59, -63, -68, -73, -78, +78 |
| <b>Seniors</b><br>Head contact optional ** | +17 years<br>2003 or earlier | 2 x 1,5 min<br>Break 30 sec | Female: -46, -49, -53, -57, -62, -67, -73, +73<br>Male: -54, -58, -63, -68, -74, -80, -87, +87                     |
| <b>Masters</b><br>Head contact optional ** | +30 years<br>1990 or earlier | 2 x 1,5 min<br>Break 30 sec | Female: -49, -57, -67, +67<br>Male: -58, -68, -80, +80   |

| <b>Advanced</b>  |                            |                             |  |
|--|----------------------------|-----------------------------|--|
| <b>Miniors</b><br>Light head contact,<br>KO prohibited * | 9-11 years<br>2009 - 2011  | 3 x 1,5 min<br>Break 30 sec | Female/Male: -26, -28, -30, -34, -37, -40, -43, -46, -50, +50  |
| <b>Cadets</b><br>Light head contact,<br>KO prohibited *  | 12-14 years<br>2006 - 2008 | 3 x 1,5 min<br>Break 30 sec | Female: -29, -33, -37, -41, -44, -47, -51, -55, -59, +59<br>Male: -33, -37, -41, -45, -49, -53, -57, -61, -65, +65 |
| <b>Juniors</b><br><br>WT rules                           | 15-17 years<br>2003 - 2005 | 3 x 1,5 min<br>Break 30 sec | Female: -42, -44, -46, -49, -52, -55, -59, -63, -68, +68<br>Male: -45, -48, -51, -55, -59, -63, -68, -73, -78, +78 |
| <b>Seniors</b><br><br>WT rules                           | +17 v.<br>2003 or earlier  | 3 x 1,5 min<br>Break 30 sec | Female: -46, -49, -53, -57, -62, -67, -73, +73<br>Male: -54, -58, -63, -68, -74, -80, -87, +87                     |

#### Qualification and liability:

The athletes must represent their own club. It is the responsibility of each club to ensure that sufficient insurance coverage has been taken out for all officials and participants. Kids under 18-years must have approval from their guardian to participate the contest.

Club coaches are responsible to add their competitors in categories of the correct level. Competition Jury has a right to cancel player's participation in beginners' categories if the player is participated in wrong level category considering players age, level of skill, experience and the safety of other competitors in the same category. Jury's decision is final and entry fees will not be returned.

#### Preliminary schedule:

Friday  
17.00-19.00 Weigh in (Klaukkala Ice Hall)

Saturday  
08.15-08.45 Referee meeting  
08.45-09.00 Head of Team meeting  
09.00- Fights

Changes are possible. Organizing Committee will update the schedule in competition web site.

# POOMSAE

Categories: Official, beginners, and kids

Registration: Please login to the internet subscription trough: [www.tpss.eu](http://www.tpss.eu)  
Deadline for entries is 26<sup>th</sup> April 2020.

Entry fee:

| Category  | Entry fee |                        |
|-----------|-----------|------------------------|
| Kids      | 39 €      | Individual, Pair       |
| Beginners | 39 €      | Individual, Pair, Team |
| Official  | 39 €      | Individual, Pair, Team |

Participating in more than one kids' or beginners' category costs 50 € per competitor, regardless of how many categories the person participates in. In official categories, the fee is 39 € per individual, pair, or team for every category.

Finnish Teams: The Finnish Taekwondo Federation will invoice the clubs afterwards.

Foreign Teams: Please pay the entry fees via bank transfer before 2nd May 2020.

Additional currency charges must be paid by the participating Team. All entry fees must be paid in Euros. Entry fees are not refundable.

Recipient: Taekwondo Nurmijärvi ry

Address: Kievarintie 14 05200 Rajamäki

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IBAN: FI51 5300 1720 1816 39

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Payment reference: NO 2020 + Team name (same Team Name as stated in the online registration)

A copy of the bank transfer must be sent to: [taekwondo.nurmijarvi@gmail.com](mailto:taekwondo.nurmijarvi@gmail.com)

| Categories | Age   | Gender                                 |
|------------|-------|--|
| Cadets     | 12-14 | Girls and boys in their own categories |
| Juniors    | 15-17 | Girls and boys in their own categories |
| Under 30   | 18-30 | Women and men in their own categories  |
| Under 40   | 31-40 | Women and men in their own categories  |
| Over 40    | +41   | Women and men in their own categories  |
|            |       |  |

|                      |       |   |
|----------------------|-------|---|
| Pairs under 17       | 12-17 | One (1) girl and one (1) boy                        |
| Pairs under 30       | 18-30 | One (1) woman and one (1) man                       |
| Pairs over 30        | +31   | One (1) woman and one (1) man                       |
|                      |       |   |
| Teams under 17       | 12-17 | Three (3) girls or three (3) boys *                 |
| Teams under 30       | 18-30 | Three (3) women or three (3) men *                  |
| Teams over 30        | +31   | Three (3) women or three (3) men *                  |
|                      |       | *Female and male teams compete in the same category |
| Freestyle individual | +12   | Women and men in their own categories               |
| Freestyle pair       | +12   | One (1) woman and one (1) man                       |

The age limit for each division is based on the year, not on the date, when the competition is held. For this year, a person born between January 1<sup>st</sup> 2003 and December 31<sup>st</sup> 2005 is eligible to participate in the junior category.

Beginners (no age limit)

| Categories            | Belt          | Gender                                    | Poomsae list                         |
|-----------------------|---------------|---|--------------------------------------|
| Yellow belts          | 8-7 kup       | Separate categories for females and males | Taeguk 1-4                           |
| Green belts           | 6-5 kup       |   | Taeguk 2-6                           |
| Blue belts            | 4-3 kup       |   | Taeguk 4-8                           |
| Red and black belts   | 2 kup - 2 dan |   | Taeguk 6-8, Koryo, Keumgang, Taeback |
| Diesel, over 30 years | 8 kup – 9 dan |   | Taeguk 4-8, Koryo, Keumgang, Taeback |
|                       |               |   |                                      |
| Pairs lower belts     | 8-5 kup       | Mixed                                     | Taeguk 2-6                           |
| Pairs higher belts    | 4 kup – 2 dan | Mixed                                     | Taeguk 5-8, Koryo                    |
|                       |               |   |                                      |
| Teams beginners       | 8 kup – 2 dan | Mixed                                     | Taeguk 4-8, Koryo                    |
| Freestyle beginners   | 8 kup -2 dan  | Mixed                                     |                                      |

## Kids (under 13 years old)

| Categories          | Belt           | Gender | Poomsae list                         |
|---------------------|----------------|--------|--------------------------------------|
| Yellow belts        | 8-7 kup        | Mixed  | Taeguk 1-4                           |
| Green belts         | 6-5 kup        | Mixed  | Taeguk 2-6                           |
| Blue belts          | 4-3 kup        | Mixed  | Taeguk 4-8                           |
| Red and black belts | 2 kup - 2 poom | Mixed  | Taeguk 6-8, Koryo, Keumgang, Taeback |
|                     |                |        |                                      |
| Pairs               | 8 kup – 2 poom | Mixed  | Taeguk 2-6                           |

Kids (under 13 years old) can participate both in the kids' and beginners' categories. Competitors competing in the official categories cannot compete in the kids' or beginners' categories.

In the beginners' pair and team categories the players can be of the same or of different gender. If the players in a pair are of different belt grade groups, they compete in the pairs, higher belts category.

In case there is a low number of competitors in the kids' or beginners' categories, the organizers may combine categories if permitted by the referee director. If two categories are combined, the players will perform poomsae according to the category they were originally registered to.

Rules: The WT Poomsae rules (as of May, 2019) will be used except as noted below.

- A competitor participating in any official category cannot participate in kids' or beginners' categories
- The compulsory poomsae for the official categories will be drawn and published on the competition's website on Friday the 8th of May before 8 pm. The poomsae lists are as described in Article 8 of the WT Poomsae rules, except for the following: in individual over 40 the WT list for individual under 60 will be used, and in the pairs and teams under 17 the WT lists for junior pairs and junior teams, respectively, will be used.
- In the official categories, only a final round will be held if there are eight (8) or fewer competitors. If there are nine (9) or more competitors, a semi-final round will be held, and the eight (8) players with the highest score will advance to the final round. In the final round, two (2) drawn poomsae will be performed. In the semi-final round, only one (1) poomsae will be performed.
- In the kids' and beginners' categories only the final round will be held regardless of the number of competitors. Each competitor will perform two poomsae. The poomsae are free of choice from the poomsae list of the category, except that the same poomsae cannot be performed twice by the player. In kids' categories the player is allowed to perform the same poomsae twice if it's the lowest poomsae on the list.
- Prizes: one (1) gold medal for the first place, one (1) silver medal for the second

place, and one (1) bronze medal for the third place. No medal will be awarded for the fourth place.

Preliminary Schedule:

Saturday  
07.00-08.00 Registration for competition  
08.00-08.30 Referee meeting  
08.30-09.00 Head of Team meeting  
09.00-18.00 Competition  
12.00-12.45 Lunch

Changes are possible. Organizing Committee will update the schedule in competition web site.

## GENERAL INFORMATION

Meals: If You wish to order meals for the competition day (9 €/person, cash payment) please make the orders through the competition website:  
[www.taekwondonurmijarvi.fi/kalenteri/nurtzi-open-2020/ruokailu-meals](http://www.taekwondonurmijarvi.fi/kalenteri/nurtzi-open-2020/ruokailu-meals)  
Deadline for the orders is 26<sup>th</sup> April 2020.

Transportation:  
Please make the reservation through competition web site:  
[www.taekwondonurmijarvi.fi/kalenteri/nurtzi-open-2020/majoitus-accommodation-and-trans](http://www.taekwondonurmijarvi.fi/kalenteri/nurtzi-open-2020/majoitus-accommodation-and-trans)

Accommodation:  
**Accommodation in *dojang***  
If You wish to reserve accommodation in club *dojang* (Taekwondo Nurmijärvi dojang, Kiljavantie 14 05200 Rajamäki) please contact Mr. Iiro Suorela ([iiro.suorela@elisanet.fi](mailto:iiro.suorela@elisanet.fi)) before 26<sup>th</sup> April 2020. Accommodation fee is 15€/person.

**Hotel Kiljavanranta** (20 km from venue)  
Kotorannantie 49, 05250 Kiljava  
tel. +3589 276 251  
[kiljavanranta@kiljavanranta.fi](mailto:kiljavanranta@kiljavanranta.fi)

Contact: Competition Director  
Mr. Iiro Suorela  
tel. +358 400 728 286  
[iiro.suorela@elisanet.fi](mailto:iiro.suorela@elisanet.fi)



Kyorugi Referee Director  
Mr. Ari Lindroos  
tel. +358 40 742 4149  
[ari.lindroos@aloy.fi](mailto:ari.lindroos@aloy.fi)  
(contacts primarily by email)

Poomsae Referee Director  
Ms. Jenni Pohjonen  
[jenni.pohjonen@gmail.com](mailto:jenni.pohjonen@gmail.com)

**Watch the competitions online!**  
**Live stream link will be published in competition website.**