

NSW State Taekwondo Championships & Selection event for Nationals 2019.

Sunday August 4th 2019

Sydney Olympic Park – Quay Centre



**Australian
Taekwondo
NSW**

ENTRIES OPEN: Monday 1st July 2019

ENTRIES CLOSE: Sunday 28th July 2019

All entries to be completed and paid for online at

www.rapidsignup.com.au

Your Invitation Participate

Dear Taekwondo Instructors and Athletes,

We are proud to announce and invite you and your club to participate in the NSW State Taekwondo Championships & Selections event being held at the Quay Centre (formally Sports Centre) – Sydney Olympic Park.

ATNSW is the affiliated member association of the National Sporting Organisation – Australian Taekwondo and is the pathway for athletes to achieve State, National, International and Olympic Selection; we are committed to running an enjoyable, competitive and well organised event for all participants and supporters.

As the peak body presenting our State, we are working hard to:

- Develop and promote Taekwondo
- Maintain and enhance standards
- Deliver an environment of integrity and safety
- Promote Health & Safety
- Manage all levels of Taekwondo in New South Wales.

PLEASE NOTE: All participating clubs must be members of the Australian Taekwondo National Organisation. Coaches must have National Coaching Accreditation.

The daedo electronic points system will be used for All Sparring divisions. E-Socks are compulsory and competitors must supply their own e-socks. E-Socks must be purchased prior to the competition.

Tickets for general public entry to the event will be available at the door on arrival, please see details within package.

For more information on the Championship, kindly refer to the Information Package.

Look forward to greeting you all at the Selection Championships.

Thank you,
AT NSW Board.

Amy Bodziony
Secretary
Mobile: 0416 206 699

Competition Information

Hosted by: Australian Taekwondo NSW

Competition Date: Sunday August 4th 2019 – Sparring and Technical Competition

Competition Venue: Sydney Olympic Park – Quay Centre
Olympic Boulevard, Sydney Olympic Park
The closest Parking station is P3, which is directly opposite the centre

Competition Entry: Entries open: 1st July 2019
Entries close: 28th July 2019 12:00 Midnight EST.

1. All applications must be made online at www.rapidsignup.com.au
2. Payment required at the time of registration (incomplete entries will be deleted).
3. The deadline for registrations is Sunday 28th July 2019 – **THERE WILL BE NO LATE ENTRIES.**
4. Please ensure that all details entered online are correct.
5. All emails will be sent to Club Head Instructors and not individual players.

All competitors must bring their completed declaration form (signed by parent/guardian if under 18 years of age and signed by Head Instructor). Incomplete form will delay registration & weigh in, please ensure your Declaration form is completed before weigh in.

Declaration Form available online when you register - please print this when you complete your online entry.

Competition Enquiries: Enquiries to be via email as below-

Event enquiries Simon Taite: NSW Event Manager

Mobile: 0416 092 200 simon@psychkwondo.com

Technical enquiries Inho Kang: NSW Technical Manager

Mobile: 0411 150 305 kangstkd@hotmail.com

Communication strictly limited to Head Instructors and Coaches only.

Qualifications:

- All competitors must be members of Australian Taekwondo and should enter their correct membership number when registering.
- Ensure you enter your correct rank when registering.
- All competitors must bring their 2019 membership card to weigh in/registration. Players without registration cards & completed declaration form will not be permitted to compete.
- Coaches should ensure that all memberships are applied for and renewed in plenty of time to ensure that players are cleared to compete.

All athletes and coaches must be registered with Australian Taekwondo in order to be eligible to Coach and take part in the NSW State event.

COACHES must have current Coaching Accreditation with Australian Taekwondo.

Athlete Entry Fees: Sparring

Sparring Division = \$90.00 / player

Technical

Technical Division = \$75.00 / player

Additional Technical Division = \$25.00

Entry into sparring competition has no bearing on technical entry fees (and vice versa).

Call for Referees / Corner Judges – All levels are welcome

Steve Ashbridge (Referee Manager) steve@muyehataekwondo.com

Volunteers – Anyone wishing to volunteer on the day, please contact Amy Bodziony – AT NSW Secretary at amy@psychkwondo.com

Age Divisions: All competitors' ages are **as at 31 December 2019**.

Novices:

The purpose of the novice division is to give an inexperienced athlete the option to gain tournament experience before moving into the competitive divisions.

Novice division for Red Belts and Black Belts with no previous taekwondo tournament experience. Novice divisions do not qualify for Nationals.

Competition Rules: **World Taekwondo Competition Rules** – WT rules will apply.

<http://www.worldtaekwondofederation.net/rules/>

Sparring - *No head kicks* for 6-7, 8-9, 10-11 age divisions.

Kicking to the head or face area is not permitted:

Children 11 years & under all belts and Cadet 12-14 years blue and yellow belts.

As per National Policy - Australian Taekwondo;

[https://austkd.com.au/uploads/docs/Child and Cadet Head and Face Contact Policy.pdf](https://austkd.com.au/uploads/docs/Child_and_Cadet_Head_and_Face_Contact_Policy.pdf)

Application of No Head Kicks

A head kick, intentional or through lack of caution, will be treated as attacking the head with the fist or the hand. The appropriate penalty of Gamjeom (deduction point), or disqualification will apply.

Application of Daedo PSS

1) All ages and divisions.

Draw:

Questions or issues relating to the player list should be submitted by e-mail to simon@psychkwondo.com and will be considered if received in a timely matter.

NO PHONE CALLS OR EMAIL MESSAGES FROM PARENTS AND / OR STUDENTS WILL BE ANSWERED. ONLY INSTRUCTORS / COACHES CAN MAKE ENQUIRIES.

COACHES - It is important to check and go through the player list to ensure your students have entered correctly and are in the appropriate division according to rank, age and weight. Once the final draw is published, no changes will be accepted.

Awards: All events recognize 1st Gold medal, 2nd Silver medal, 2 of 3rd Bronze medal. All other competitors receive a participation certificate. Uncontested athletes will receive a refund.

All coaches need to guide athletes to collect medals or certificate at the RESULTS desk.

Safety Equipment: Sparring competitors must wear WT approved equipment -

- Trunk protector – the full colour style.
- Groin protector - (optional for females)
- Shin and Arm guards.
- Head guards (matching colour or white). Properly fitting, cracks or defects in the headgear will not be allowed.
- Gloves - Compulsory for athletes 14 years and over (optional for junior athletes)
- Mouthguards are compulsory and must be white or clear.
- Daedo Electronic Foot Guards

No damaged equipment will be allowed.

All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent.

A GEAR CHECK STATION WILL BE OPERATING FOR THE KYORUGI (Sparring) COMPETITION

Uniform: White WT approved v-neck style dobok

Coach registration: All coaches must have valid Coach Accreditation and will be required to present their current **Coaching Accreditation card (Australian Taekwondo)**.

Coach Registration via www.rapidsignup.com.au

All coaches must register online prior to the deadline (by Friday 2nd August)

We ask that your club provide sufficient accredited coaches to avoid the possibility of players being disqualified due to unavailability of a coach when the player is called. Please note that, under WT rules, a maximum of three (3) calls to the field of play will be given. Players not in attendance with their coach will be disqualified. Coaches are required to attend briefings.

To collect your Coaches pass for the event, you will be required to provide proof of identity plus Australian Taekwondo Registration Card

proving current Kyorugi Coaching Accreditation (on back of membership card).

- Dress Code:** Coaches must wear appropriate, neat and tidy clothing. Athletic attire/team tracksuit or business attire. Closed footwear only. No shorts, cutoffs, sandals, hats, singlet's permitted when sitting in the Coaches chair.
- Liability:** All participants in the competition take part at their own risk. The organiser can under no circumstances be held responsible for any damages, injuries, or loss to individuals or equipment.
- Privacy:** Personal details collected are solely for the purpose of the competition involved. Health information (regarding existing conditions/allergies etc) is for our records only and will not be disclosed to first-aid personnel or any other party.
- Uncontested Players:** Uncontested players will receive a refund. Refunds will be processed the week following the event.
- Refund Policy:** All attempts will be made to match all players. Uncontested players will receive a refund. Competitors seeking refund due to injury or illness must submit a doctor's certificate for consideration. Written Applications must be received within 7 days after the completion of the competition. In cases where refund is granted it will be issued using the entrant's original method of online payment. All correspondence must be sent to the Events Manager.
- Venue Restrictions on Food:** The venue is very strict on how much food and beverage can be brought in from outside. Patrons are not allowed to bring eskies and luggage with bulk quantities of food. Individuals with a small amount 'single serve' food / beverage are allowed.
- Event Schedule:** **Sunday 4th August 2019 (APPROX).**
- Sparring Schedule:**
7.30am doors open
Once entries are closed, we can determine and confirm a sparring schedule.
Sparring divisions will be completed in groups at a time. This is to reduce wait time between matches and close off age groups. We will be starting with the younger age divisions and moving up the age divisions to open divisions last.
8.00am Referee / Judges / Coaches meetings
8.30am Competition Start
12pm to 12.30pm Lunch
6.00pmpm Competition Finish (subject to entries)
All times are approximate.
- Final schedule will be confirmed prior to the event.**

Technical Schedule: 9am Competition Start

Please arrive and check in early. Declaration Form and Australian Taekwondo Card to be checked at Technical Registration.

Sparring Format: All divisions will follow the single elimination competition format.

Spectator Tickets: The door entry fee applies to spectators and non-competitors.

To purchase tickets in advance visit www.rapidsignup.com.au

Online spectator ticketing will close on Saturday 3rd August 2019 at 5pm.

Wristbands will be given in exchange for proof of purchase at the Front entry collection desk.

Wristbands must be worn at all times. No refunds or exchanges.

Tickets available on the day at the front door.

<u>TICKET PRICING:</u>

<u>Event Ticket</u>	<u>IN ADVANCE: (Online ONLY)</u>	<u>AT DOOR on the day</u>
Adult (16 yrs +)	\$10.00	\$15.00
Child (under 16yrs)	\$5.00	\$10.00
Family (2 adults, 2 children)	\$20.00	\$30.00
Children 5 & under Free	Free	Free

Sparring Competition Information

Sparring Weight Divisions:

Players may only enter ONE age group and ONE division ONLY. Novices will only be allowed to compete in novice division, not both novice and regular divisions.

Child Weight Divisions for 6-7, 8-9 and 10-11 Years competitors.

OVER	-	19	22	25	28	31	34	38	42	46	50	55	60	65	70+
UNDER	19	22	25	28	31	34	38	42	46	50	55	60	65	70	

Cadet Weight Divisions - 12-14 years

GENDER	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F		
OVER	-	-	33	29	37	33	41	37	45	41	49	44	53	47	57	51	61	55	65+	59+
UNDER	33	29	37	33	41	37	45	41	49	44	53	47	57	51	61	55	65	59	-	-

Junior Weight Divisions - 15-17 years

GENDER	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F		
OVER	-	-	45	42	48	44	51	46	55	49	59	52	63	55	68	59	73	63	78+	68+
UNDER	45	42	48	44	51	46	55	49	59	52	63	55	68	59	73	63	78	68	-	-

Weight Divisions for Open & Masters

GENDER	M	F	M	F	M	F	M	F	M	F	M	F	M	F		
OVER	-	-	54	46	58	49	63	53	68	57	74	62	80	67	87+	73+
UNDER	54	46	58	49	63	53	68	57	74	62	80	67	87	73	-	-

Weigh In: TO BE CONFIRMED THE WEEK OF COMP. WE WILL HAVE MORE WEIGH IN OPTIONS AVAILABLE.

Saturday 4th August 2019/ 4pm – 6pm

Competition Venue / Quay Centre

Further details to be confirmed in the week leading up to event.

NO WEIGH IN ON THE DAY OF COMPETITION

Regional teams – please contact Amy Bodziony to organize a suitable weigh in.

Requirements:

Minimum acceptable dress during weigh-in will be T-shirt and shorts with a 0.5kg allowance.

Athletes will have to weigh in during the time allotted and will have two attempts to make the weight within the time frame.

During the weigh-in competitors are required to show his/her Australian Taekwondo registration Card, and submit completed declaration form.

- All competitors must weigh in during the designated times on the schedule.
- A competitor's weight may be measured twice, if a competitor does not qualify the first time, one more official weigh in is granted within the time limit.
- If a competitor is over their weight category, and does not make weight, the competitor will be disqualified with no refunds given. No matches will be made on the competition day for those who have not made weight.
- Any irregular action by the competitor or coach or team associate during the weigh-in may result in disqualification from event participation.

No changes will be allowed at the weigh in.

COMPETITION FLOOR:

Admission to the competition area: Only the competitors and their coach will be allowed to enter the competition area at any given time, please do not crowd the competition floor and only be there when called for your match. No loitering will be tolerated. For safety and competition operation, please assist Officials and ensure your club is following procedure and help the competition team operate a smooth and successful Championship Event.

Additional Information to all instructors, participants, coaches and officials –

Weight and age categories may vary depending on the number of participants. It will be at the discretion of the Tournament Organising Committee to add, alter, delete or amalgamate weight and age divisions depending on registration numbers.

Tournament Director and the Event Organizers reserve the right to make any changes or amendments they may feel would enhance the satisfactory conclusion to the tournament. This change may be made at a short notice on the day of the tournament.

Technical Competition Information

Technical Sign Up:

1. Technical Sign Up is online. www.rapidsignup.com.au
2. Listed here are the available events, divisions and requirements for those divisions.

Check In: To collect all technical player declarations, there will be a technical player check-in. Check in is as follows:

- Competition Date: Sunday 4th August 2019 7:30am – 8:30am
- Competition Venue: Sydney Olympic Park Quay Centre

Important Information:

1. All Technical criteria (Traditional and WT Poomsae) is based on AT and WT rules.
2. It would be highly recommended for Black Belts athletes to compete in both [Traditional Poomsae] and [WT Poomsae] criteria so that the athletes can understand differences of the rules and have various experience.

[TRADITIONAL POOMSAE]

INDIVIDUAL TRADITIONAL POOMSAE

Gender	Male & Female		
Age Divisions	5-7, 8-9, 10-11, 12-14, 15-17, 18-30, 31-40, 41-50, 51-60, 61-65, 66+		
Belt Level	Pattern #1	Pattern #2	Notes
Yellow	Taeguek 1	Taeguek 2	All divisions will be scored using iPad scoring system (one player at a time).
Blue	Taeguek 3	Taeguek 4	
Red	Taeguek 6	Taeguek 7	
1st Poom/Dan	Taeguek 8	Koryo	
2nd Poom/Dan	Koryo	Keumgang	
3rd Poom/Dan	Keumgang	Taeback	
4th Poom/Dan	Taeback	Pyonwon	
5th Dan	Pyonwon	Sipjin	
6th Dan	Sipjin	Jitae	
7th Dan	Jitae	Chonkwon	
8th Dan	Chonkwon	Hansu	
9th Dan	Chonkwon	Hansu	

PAIRS & TEAMS TRADITIONAL POOMSAE

Gender	Mixed (any gender combination is permitted)			
Team Size	Pairs	2 members	Teams	3-8 members
Age Divisions	5-7, 8-11, 12-14, 15-17, 18-30, 31-40, 41+			
Belt Level	Pattern		Notes	
Yellow	Taeguek 1 and Taeguek 2		All divisions will be scored using iPad scoring system (one player at a time).	
Blue	Taeguek 3 and Taeguek 4			
Red	Taeguek 6 and Taeguek 7			
Black	Under 14	Taeguek 8 and Koryo		
	Under 30	Koryo and Keumgang		
	30+	Choose two WTF Poomsae		

Key Technical Rules

ALL Pair & Team members **MUST** be of the **SAME** age division.

Pairs and Teams will compete in belt level according to the **HIGHEST** ranked member.

Note: Competitors will be entered in their respective belt divisions and grouped after entries close. Please ensure that all team members use the same team name.

SELF DEFENCE

Gender	Mixed – Any gender combination is permitted			
Team Size	2 (Two)			
Age	5-17	18+	46+	
Belt Level	Yellow	Blue	Red	Black
Time	60-90 seconds			
Weapons	Weapons must be deemed safe by the Head Of Court (ie no 'live' blades)			

Key Technical Rules

ALL Team members MUST be of the SAME age division.

Teams will compete in belt level according to the HIGHEST ranked member.

Note: Competitors will be entered in their respective belt divisions and grouped after entries close. Please ensure that all team members use the same team name.

Competitors may only enter as part of 1 self-defence combination.

BOARD BREAKING

Gender	Male and Female		
Age	18-50	31-50	51+
Belt Level	Black Belt Only		
Time	60-90 seconds		
Cost	\$5 per designated board. Contestants may keep unbroken boards.		
Power Breaking	<p>This competition is for hand techniques only. Male contestants may choose to break with a Closed Fist, or Knife Hand Strike and boards are 19mm in thickness and 300mm square. Female contestants must break with an Open Hand Strike (Palm Heel or Knife Hand Strike) and boards are 15mm in thickness and 300mm square. Contestants must indicate on the Entry Form the number of boards required. No padding is to be worn on the hands when breaking. 10mm spacers will be provided to be used between boards. Power break will be performed on two standard size cement blocks which will be provided. Only one attempt is permitted. At least one foot must be in contact with the ground at all times.</p>		
Foot Breaking	<p>This competition is for foot techniques only and breaking shall only be accomplished with the knife or heel of the foot. Boards 19mm in thickness for Males and 15mm for Females are 300mm square. Contestants must indicate on the Entry Form the number of boards required. No shoes or padding is to be worn on the feet when breaking. In executing the break, contestants must maintain one foot on the ground. Breaking must commence within 30 seconds of the command to break. Contestants touching the ground with any part of their body, other than their knee, after completing their break will be disqualified.</p>		
Technical Breaking	<p>Each contestant must supply their own holders. Organising Committee will supply holders with safety goggles, which must be worn by all participants. Boards 19mm in thickness for Males and 15mm for Females are 300mm square. Contestants must indicate on their Entry Form the number of boards required. No padding is to be worn on the hands or feet when breaking. Single boards must be used for each strike, multiple targets are permissible and will be awarded 1 point per board broken within each of the 5 designated breaks, however if one board is missed when attempting a multiple break this will earn a score of zero. Boards shall not be doubled up for technical breaking. Note: Five breaks are to be performed, each of a different technique.</p>		

[WT POOMSAE]

This competition will be conducted in accordance with WT rules, as per the WT cut off system comprising of Preliminary, Semi-final and Final rounds.

Designated Poomsae for each round will be randomly selected announced and published on the website the week before the event.

INDIVIDUAL

Gender	Male and Female
Age Group	COMPULSORY POOMSAE
12-14	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
15-17	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek
18-30	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin
31-40	
41-50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon
51-60	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu
61-65	
66+	

PAIRS

Gender	Mixed - 1 male and 1 female
Age Group	COMPULSORY POOMSAE
12-14	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
15-17	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek
18-30	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin
31 +	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon

TEAMS

Gender	Male - 3 Members OR Female – 3 Members
Age Group	COMPULSORY POOMSAE
12-14	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang
15-17	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek
18-30	Taegeuk 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin

31 +	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon
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FREESTYLE POOMSAE

Gender	Male and Female	
Age Group	12-17	18+
Pairs	Male, Female or Mixed	
Teams	Male, Female or Mixed (min of 3 members)	
Pattern Time	60 to 70 seconds	

Freestyle Rules additional information:

The following compulsory elements must be included in Poomsae (deduction if not)

- a. Back stance
- b. Tiger stance
- c. crane stance

The order of compulsory elements in technical area is:

- a. Flying side kick
- b. Aerial front kicks
- c. Spinning action – min is 360
- d. Fight sequence – 3-5 bounces before performing routine
- e. Acrobatic action – must include kick action in the acrobatic movement and not be on the ground when executed

MUSIC – NO SINGING OR SPEAKING, music only or you will be disqualified

ALL MUSIC needs to be brought on your electric device to be connected to AUX cable on the day of the competition.

Sparring Competitor Checklist

- I have submitted my on-line application and payment
- Purchase Daedo E-Foot protectors prior to the event

Bring to the Weigh In

- Signed & Completed Declaration Form

Ensure your declaration is signed by parent/guardian if under 18 and your Head Instructor

- Current Registration Card – Australian Taekwondo

Technical Competitor Checklist

- I have submitted my on-line application and payment

Bring to the Technical Check In

- Signed Declaration Form
- Current Registration Card

A declaration form must be printed and signed by competitor/parent/guardian, co-signed by Head Instructor and submitted to Officials at registration/weigh in.

Map of Sydney Olympic Park – QUAY CENTRE + P3



Quay Centre – Olympic Boulevard, Sydney Olympic Park
P3 is the best parking option