

NSW State Taekwondo Championships & Selection Event for Nationals

Sunday 7th August 2022

Sydney Olympic Park – Quay Centre



ENTRIES OPEN: Saturday 16th July 2022

ENTRIES CLOSE: Saturday 30th July 2022 5PM

All entries & spectator tickets to be completed and paid for online at

<https://rapidsignup.net>

Your Invitation Participate

Dear Taekwondo Instructors and Athletes,

GREAT NEWS, after a long wait, the ATNSW Board are excited to announce and invite you and your club to participate in the 2022 NSW State Taekwondo Championships event being held at the prestigious Quay Centre in Sydney Olympic Park.

ATNSW is the affiliated member association of the National Sporting Organization – 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 organized 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
Coaches must have National Coaching Accreditation
Players must be registered with Australian Taekwondo

The Daedo electronic points system will be used for All Sparring divisions. E-Socks are compulsory and competitors must supply their own e-socks. Have this organized **prior** to the competition day.

Tickets for general public entry to the event can be purchased online, please see details within package.

It is difficult to comprehend that we were last in this venue in August 2019. Thanks for your support I look forward to seeing you all at the August 2022 State Championships and beyond.

Yours in Taekwondo,
Dale Bryce
Events Coordinator

Competition Information

Hosted by: Australian Taekwondo NSW

Competition Date: Sunday August 7th 2022 – 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 center

Competition Entry: Entries open: 16th July 2022
Entries close: 30th July 2022 5PM

1. All applications must be made online at <https://rapidsignup.net>
2. Payment required at the time of registration (incomplete & unpaid entries will not be scheduled in the draw).
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 Dale Bryce: NSW Event Manager

Mobile: 0418 488 016 dale@ppls.com.au

Technical enquiries Inho Kang: NSW Technical Manager

Mobile: 0411 150 305 kangstkd@hotmail.com

Communicate via Head Instructors and Coaches only.

Athletes: - All competitors must be members of Australian Taekwondo and enter their correct membership number when registering.

- Ensure you enter your correct rank when registering.
- All registrations will be verified with Australian Taekwondo

Coaches: - All coaches must be registered coaches with Australian Taekwondo. Any person who attempts to coach but does not have AT accreditation will be referred to the Competition Supervisory Board as a matter of urgency.

Athlete Entry Fees: **Sparring**
Sparring Entries - \$90.00 / player

Technical
First 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

Steve Ashbridge (Referee Manager) steve@muyehataekwondo.com

Volunteers

Anyone wishing to volunteer on the day, please contact Dale Bryce – AT Events Coordinator at dale@pgls.com.au
We are always looking for more helpers to join the team.

Age Divisions:

All competitors' ages are **as at 31 December 2022**.

Novices:

The purpose of the novice division is to give an inexperienced student the option to gain tournament experience before moving into the competitive divisions.
Novice division is 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.worldtaekwondo.org/rules-wt/rules.html>
Sparring - *No head kicks* for 6-7, 8-9, 10-11 age divisions.

Kicking to the head or face area is **not** permitted for:

- All Children 11 years & under
- Cadet 12-14 years blue and yellow belts
- All Yellow belts regardless of age

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 - All ages and divisions.

Draw:

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

All Communication via Coaches and Head Instructors.

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 -

- 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, gloves for all competitors recommended).
- Mouthguards are compulsory and must be white or clear.
- Daedo Electronic Foot Guards

Athletes with braces:	Need to wear special mouthguard for braces recommended by their dentist and submit a letter from their dentist stating that the athlete is safe to compete with the mouth guard the dentist recommended. Double mouth guard for braces which covers both upper and lower teeth braces.
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All competitors shall keep their nails cut short and shall not wear any items that may injure or endanger themselves or an opponent - including all jewellery such as earrings.

Uniform: White WT approved v-neck style dobok

Coach registration: All coaches must have valid Coach Accreditation with Australian Taekwondo. All registrations will be checked via AT.

Coach Registration via <https://rapidsignup.net>

All coaches must register online prior to the deadline (by Friday August 5th 2022)

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 Digital Registration Card showing your coaching accreditation

- 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. No shoes with heels to be on the mats at any time, please wear appropriate footwear.
- 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.
- Vendor** Shogun Martial Arts will have a stall on the day.
To order in advance and collect at the competition call: 02 4731 1629
Email: sales@shogunmartialarts.com.au
- Clubs:** Please keep the venue clean & tidy and leave your area in a tidy state. Please put rubbish in the bins provided.
A cleaning fee will be charged to the club if left unclean.
Children are to be supervised at all times and not roaming the venue.
Any damage and modification of any part of the venue will be the responsibility of the club involved.

Event Schedule: Sunday 7th August 2022

Sparring Schedule: 7.30am doors open
Once entries are closed, a sparring schedule is published with approximate game times.
Sparring divisions will be marshalled as an entire division and remain courtside until all fights are complete for that division. Suitable time to rest is catered for.
8.00am Referee / Judges / Coaches meetings
8.30am Competition Start
12pm to 12.30pm Lunch
5.00pm Competition Finish (subject to entries)

Final schedule will be confirmed prior to the event.

Technical Schedule: **9am Competition Start**
Declaration Form and Australian Taekwondo Digital Registration to be checked at Technical Registration.

Sparring Format: All divisions will follow the New Best of 3 Round single elimination format under the new WT competition rules 1 June 2022. A copy of the new rules can be found at <http://www.worldtaekwondo.org/rules-wt/rules.html>

Spectator Tickets: The door entry fee applies to spectators and non-competitors. Uncontested athletes are non-competitors and are required to purchase an entry ticket.

To purchase tickets in advance visit <https://rapidsignup.net>
Online spectator ticketing will close on Saturday 6th August 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 will be available on the day at the front door.

Online purchase is preferred (and cheaper), please buy online prior to competition day.

<u>TICKET PRICING:</u>		
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Event Ticket	<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 division ONLY, including Novices. If an athlete selects a Novice division, they cannot compete in a “regular” division also.

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	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:

Saturday

Saturday 6th August 2022 3.00pm – 4.30pm
Competition Venue / Quay Centre, Sydney Olympic Park

Saturday – additional weigh ins TBA

Saturday 6th August 2022
Location and Time TBD
We typically run 2 additional weigh-ins (for example - one in Liverpool and another Castle Hill) on the Saturday to help all athletes get weighed in.

There is no weigh in on the competition day – athletes must weigh in on Saturday

Regional teams – please contact Dale 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 weigh in during the time allotted and will have two attempts to make the weight within the time frame. The 0.5kg allowance is an allowance for clothing – please wear shorts and a t-shirt at the weigh in.

Competitors must be within their designated weight class or they will face disqualification. Overweight competitors will not be allocated to another division or receive a refund.

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

We ask clubs to issue proof of athlete's Australian Taekwondo registration at weigh in

- 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.
- Please be respectful to the volunteers at the weigh in. Any complaints or issues for players not making weight should be directed to your coach or instructor, not to competition management.
- It is your responsibility to make weight to enforce competitor safety and encourage fair play.

Technical Competition Information

Technical Sign Up:

1. Technical Sign Up is online <https://rapidsignup.net>
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 7th August 2022
- Registration / Check in 7:30am – 8:30am (AT registration check & Declaration Form collection)
- Competition Venue: Sydney Olympic Park – Quay Centre

[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+		
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 WT 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+	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu

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

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
- Spectators have purchased ticket online for Competition entry
- Athletes with braces – Letter from Dentist

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 (Proof of registration from Club/Instructor)

Technical Competitor Checklist

- I have submitted my on-line application and payment
- Spectators have purchased online tickets for comp entry

Bring to the Technical Check In

- Signed Declaration Form
- Current Registration Card – Proof of Registration from Instructor/Club

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

Closest Parking is “P3”

