



READY STEADY TOKYO

Taekwondo (Olympics)

Test Event Guide

SEPTEMBER 27 2019



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INTRODUCTION

1.1 WELCOME TO READY STEADY TOKYO TEST EVENTS

Ready Steady Tokyo is the official brand name for Test Events Tokyo 2020. Organising Committee of the Olympic and Paralympic Games will be organizing.

The brand name– “READY STEADY TOKYO” –aims to express the excitement that continues to build as the Olympic and Paralympic Games Tokyo 2020 edge closer. It derives from the “*ready, steady, go!*” used to start a race, with “STEADY” additionally signifying Tokyo 2020 is keeping to its charted course as it heads towards its goal of hosting incredible Games. The overall message of the brand name is “We are ready for Tokyo 2020. Let’s stay focused as we move forward to a successful Games.”

The design of the new logo, expressed using brush strokes that echo Japanese calligraphy, is inspired by the passion and powerful movements of dynamic athletes, exuding sweat, splashing water and kicking up earth as they perform.

Official website: <https://readysteady.tokyo2020.org/en/>

1.2 ABOUT TOKYO

The history of the city of Tokyo stretches back around 400 years. Originally named Edo, the city started to flourish after Tokugawa Ieyasu established the Tokugawa Shogunate here in 1603. In 1868, the Emperor moved to Edo, which was renamed Tokyo. Thus, Tokyo became the capital of Japan.

Tokyo Metropolis is located in the southern Kanto region, positioned in approximately the center of the Japanese archipelago. The Tokyo Megalopolis Region, or Greater Tokyo Area, is made up of Tokyo and the three neighboring prefectures of Saitama, Chiba, and Kanagawa. This area is home to around 30% of Japan’s total population.

The population of Tokyo is estimated to be 13.491 million, or about 11% of Japan’s total population, and it has the largest population among all the 47 prefectures in Japan (as of October 1, 2015).

For more information of Tokyo, please refer to the official website of Tokyo Metropolitan Government (<http://www.metro.tokyo.jp/english/index.html>)



GENERAL INFORMATION

The Ready Steady Tokyo Test Events-Taekwondo (Olympics) will be held on September 27 2019 at Makuhari Messe Hall 5, Chiba, Japan. This event is part of the Test Events Program organized by the Tokyo 2020 Organising Committee of the Olympic and Paralympic Games.

2.1 KEY DATES AND SCHEDULE

September 25	All day	Arrival of Teams and ITO/NTO	
September 26	0900-1800	Team Training	
September 26	0900-1800	Referee Meeting and Training	
September 26	1000-1200	Weigh-in (Women -49kg, Men -58kg, and Show Case)	
September 26	1100-1200	Show Case- Head of Team Meeting	
September 26	1300-1500	Head of Team Meeting & Drawing of Lots	Makuhari Messe Hall 5
September 26	1700-1830	Team Medical Staff Meeting	
September 27	0900	Random Weigh-in (Women -49kg and Men -58kg)	
September 27	1000-2240	Competition and Victory Ceremony	
September 28-29	All day	Departure of Teams and ITO/NTO	

2.2 QUALIFICATION

In accordance with Article 4 of the WT Competition Rules, the contestant must be:

CRITERION #1:	Holder of the nationality of the participating team.
CRITERION #2:	An athlete recommended by a WT recognized Member National Association.
CRITERION #3:	Holder of a Taekwondo Dan issued by Kukkiwon (* A copy of the Dan certificate should be enclosed when registering for accreditation). In case a contestant has applied for a Kukkiwon Dan certificate but has not received it yet, a copy of the Dan application form and the remittance certificate sent to the Kukkiwon must be enclosed when registering for accreditation. Please refer to the Kukkiwon Web site (www.kukkiwon.or.kr) for more information.)
CRITERION #4:	Holder of valid WT Global Athlete License (GAL) for the year of 2019. Please contact your assigned WT GMS Manager for any questions.
CRITERION #5:	An athlete must be 17 years old or older. An athlete who was born in the year of 2002 or before is eligible to participate in the competition.

2.3 TEV STANDING PROCEDURES

WT invites 16 athletes in each of the competing weight categories to take part in the Ready Steady Tokyo Test Events-Taekwondo (Olympics).

2.4 REGISTRATION

Only the WT Member National Association who receive the invitation from WT can enter in each weight category at the Ready Steady Tokyo Test Events-Taekwondo (Olympics). All Athletes and Team officials must first be registered with a valid 2019 WT Global Athlete License (GAL) or Global Official License (GOL).

ENTRY FEES

There will be no entry fees collected from the participating contestants. The Ready Steady Tokyo Test Events-Taekwondo (Olympics) is FREE entry for all the invited participants.

REGISTRATION PERIOD

National Team Entry will only be accepted through the WT online registration system. National Team GMS administrators will be notified via email once online registration is open.

TEAM OFFICIALS

Team Official	Number per Team
Head of Team	1
Team Manager	1
Coach	2
Team Doctor	1
Team Trainer	2
MNA Officials	3
Guests	3

2.5 ACCREDITATION

The registration list will be used to establish the accreditation, including Athletes, Team Officials, and the demand from WT.



COMPETITION INFORMATION

3.1 COMPETITION RULES

WT Competition Rules & Interpretation in force as of June 1 2018 shall be applied.

3.2 METHOD OF COMPETITION

The competitions at this event will be held in single elimination tournament system with repechage for the bronze medal contests.

The duration of contest shall be three (3) rounds of two (2) minutes each with a one (1) minute rest period between rounds. In the case of a tied score after the completion of the third (3rd) round, a fourth (4th) round of one (1) minutes will be conducted as the Golden round, after a one (1) minute rest period following the third (3rd) round.

3.3 WEIGHT CATEGORIES

Men's division	Women's division
-58kg	-49kg

3.4 PSS, CLOTHING AND EQUIPMENT

DAEDO Protector and Scoring System (PSS) including PSS Headgear will be used for the competition.

New competition uniform will be used for the Ready Steady Tokyo Test Events-Taekwondo (Olympics) for testing purpose. All athletes shall wear the uniform provided by WT. The uniform distribution schedule will be notified separately.

Participating contestants are required to bring their own groin guards, mouthguard, gloves, sensing socks (DAEDO) and shin and forearm guards for their use.

Clothing and equipment used by athletes and other participants in the Ready Steady Tokyo Test Events-Taekwondo (Olympics) must comply with the documents listed below:

WT Competition Rules and Interpretation

(www.worldtaekwondo.org/rules) with particular reference to Article 4: Contestant

The Olympic Charter

(www.olympic.org/documents/olympic-charter) with particular reference to Rule 50: Advertising, Demonstrations, Propaganda and Bye-law to Rule 50

The IOC Guidelines Regarding Authorised Identification for the Games of the XXXII Olympiad, Tokyo 2020 (distributed by the IOC to all NOCs)

3.5 COMPETITION SCHEDULE

September 27 2019		
Makuhari Messe Hall 5		
Session 1	1000-1400	Round of 16
	1400-1600	Quarterfinals
	1600-1700	Semifinals
Session 2	1900-2000	Repechage
	2000-2030	Show Case-Team Competition
	2030-2130	Bronze Medal Contests
	2130-2200	Gold Medal Contest
	2200-2240	Victory Ceremony

3.6 MEDICAL CONTROL

The WT Anti-Doping Rules, and where necessary the code of the World Anti-Doping Agency, shall apply to the Ready Steady Tokyo Test Events-Taekwondo (Olympics).

TUE (Therapeutic Use Exemption)

Athletes who take any substance or medical listed in the Prohibited List of the WT Anti-Doping Rules and Anti-Doping Code of World Anti-Doping Agency (WADA) for therapeutic purposes are requested to visit the website of World Taekwondo to download TUE application form at <http://www.worldtaekwondo.org/medical-anti-doping/anti-doping/therapeutic-use-exemptions-tues/> and report to the WT anti-doping coordinator at antidoping@worldtaekwondo.org by no later than August 27 2019.

For more detail, please the following page of WT website: <http://www.worldtaekwondo.org/> (medical session). For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or WT anti-doping coordinator at antidoping@worldtaekwondo.org

WT Mouth guard, Taping and Bracing rules

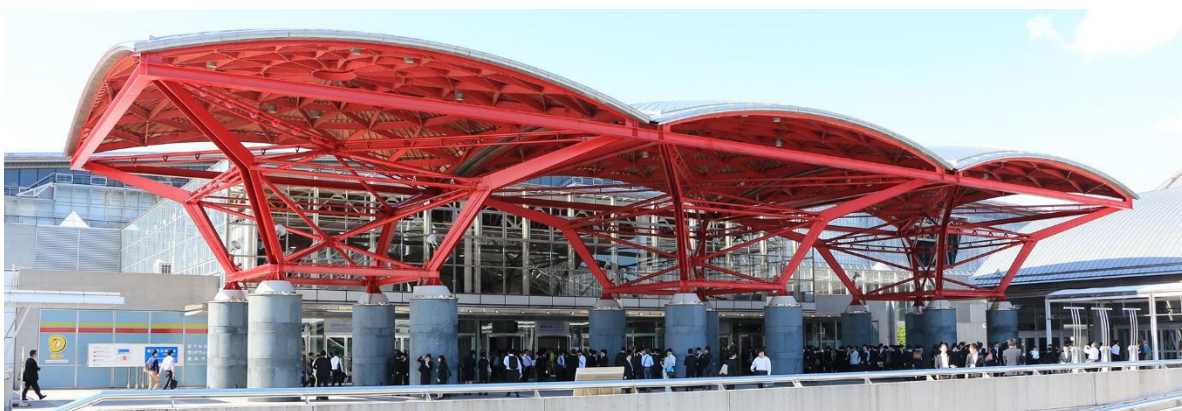
<http://www.worldtaekwondo.org/wp-content/uploads/2019/06/WT-Mouthguard-brace-taping-and-padding-rules-5-29-2019.pdf>

4 VENUE

Makuhari Messe is Japan's one of the largest convention center located in Makuhari New City area of Chiba-city. The facility of Makuhari Messe Hall A is comprised of Hall 1-8 for a spacious total of 54,000 square meters of exhibition space. The Ready Steady Tokyo Test Events-Taekwondo will take place at Hall 5.

For more information, please check the website (<https://www.m-messe.co.jp/en/>).

Please check this link (https://www.m-messe.co.jp/en/docs/newcityguide/new_city_guide.pdf) to download the map of surrounding area.



© Makuhari Messe

LOGISTICS

Round trip airfare, accommodation charges of room and ground transportation shall be borne by the participating Member National Associations.

5.1 ACCOMMODATION AND TRANSPORT

The participating teams will organize all the hotel, ground transportation directly with the KNT-CT Holdings Co., Ltd. (travel agency). KNT-CT is appointed by Tokyo 2020 to assist the participating teams with accommodation and ground transportation for the Ready Steady Tokyo Test Events-Taekwondo (Olympics).

For more information regarding the hotel and transportation reservation, please contact with KNT-CT.

Please see below for the travel agency contact details:

KNT-CT Holdings Co., Ltd.	
E-mail	gt_iod07@or.knt.co.jp
Website	http://www.knt.co.jp/en/top.html

Please note that KNT-CT is contacted only for the purpose of accommodation, ground transportation and visas. Information regarding the competition must be forwarded to oly.taekwondo.te@tokyo2020.jp

The hotel and transportation reservation form (include the date, time, and flight number of the national team's arrival and departure) must submit to KNT-CT by no later than August 9, 2019.

All accommodation fees must be paid by no later than August 23, 2019. The full cancellation policy will be in place once the booking is confirmed.

OFFICIAL HOTEL (Hotel Green Tower)

The Hotel Green Tower is the official hotel for all athletes and team officials of the Ready Steady Tokyo Test Events-Taekwondo (Olympics). The hotel is located around 5-10 min. away on foot from the competition venue.

Address: 2-10-3 Hibino, Mihama-ku, Chiba 261-0021, Japan

Tel: +81 43-296-1122

Website: <https://www.greentower.co.jp/english/>

The prices of accommodation:

Room Type	Price (Per person per night)	Meal
Single Room	180 USD	Breakfast included
Twin Room	130 USD	Breakfast included

Please contact KNT-CT to confirm the rates and final price.

The cancellation policy:

- 20% payment will be charged if cancelled before 30 days prior to the intended check-in day.
- 30% payment will be charged if cancelled before 9 days prior to the intended check-in day.
- 50% payment will be charged if cancelled before 3 days prior to the intended check-in day.
- 80% payment will be charged if cancelled before 1 day prior to the intended check-in day.
- 100% payment will be charged if cancelled on the day to the intended check-in day.



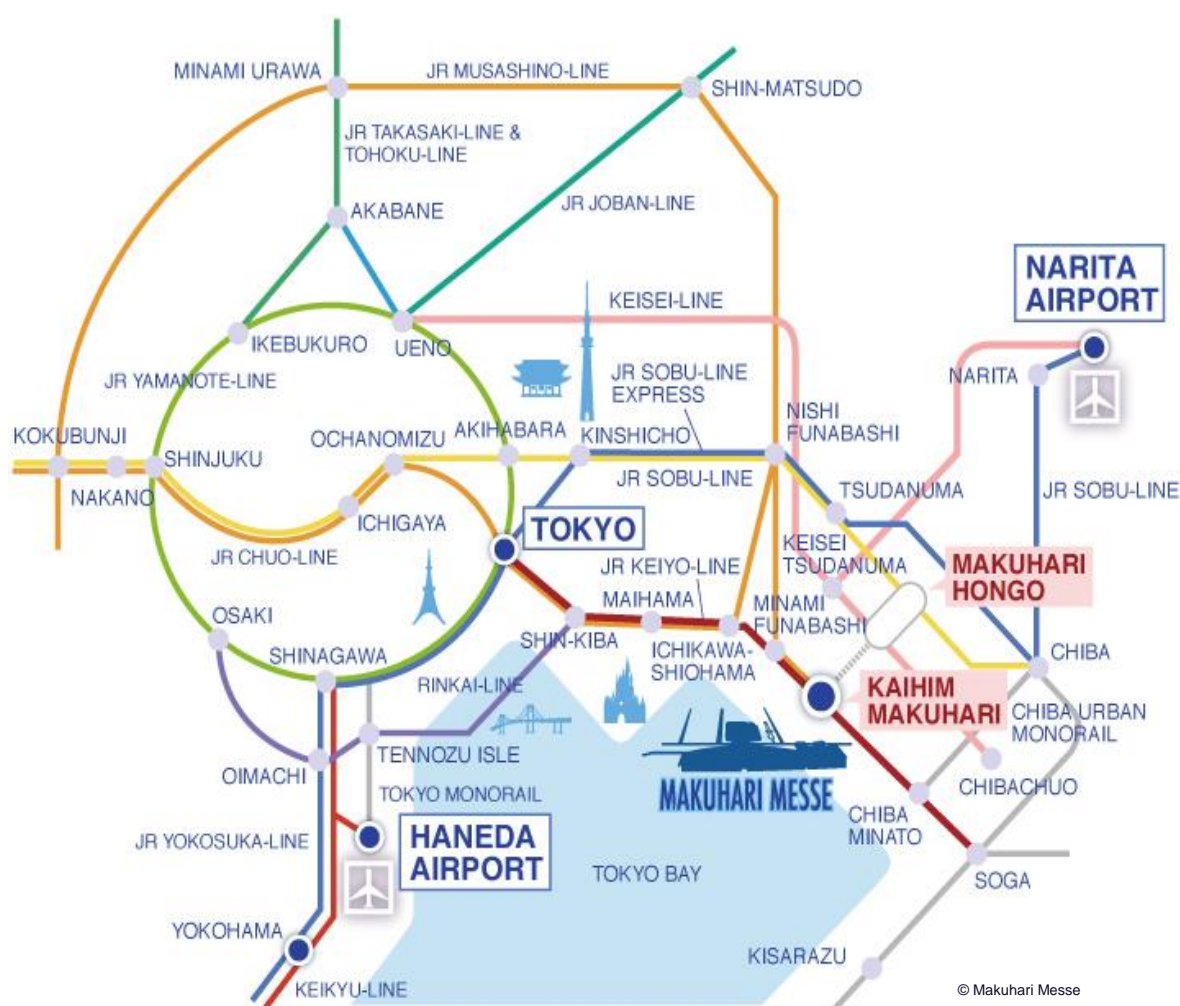
© Hotel Green Tower

TRANSPORT SERVICE (Airport ↔ Official Hotel)

A transport service between the official hotel and Narita International Airport (NRT)/ Haneda International Airport (HND) will be available free of charge ONLY for teams who have reserved the official hotel through KNT-CT. (Approx. 45 minutes from Narita International Airport to the official hotel/ Approx. 50 minutes from Haneda International Airport to the official hotel).

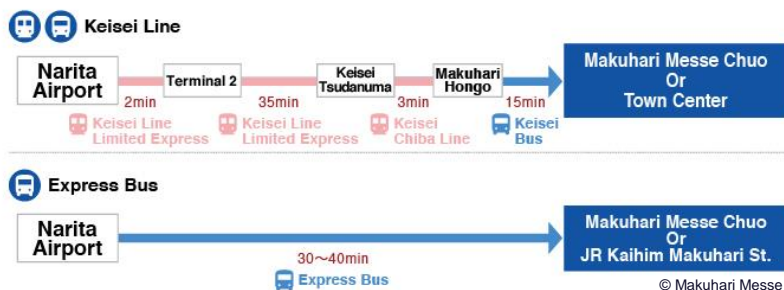
TRANSPORT (Getting around Tokyo)

The official hotel and the competition venue are located in Makuhari New City area, Mihama Ward. The nearest subway station is **JR Kaihim Makuhari Station**.

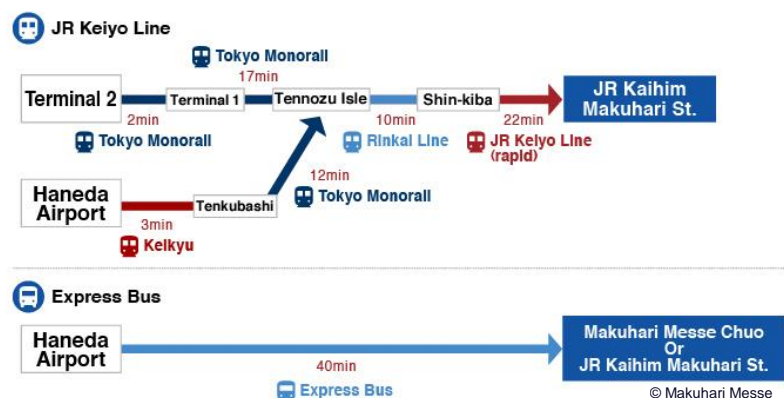


For those athletes and team officials who do not reserve the Transport service through KNT-CT, please refer this link (https://www.m-messe.co.jp/en/access/access_airport) to see how to take the public transportation from the airports to the official hotel.

- From Narita International Airport by train or bus



- From Haneda International Airport by train or bus



- From JR Kaihim Makuhari Station to Hotel Green Tower



For more information of public transportation, please check the following links.

Access and Transportation in Tokyo: <https://www.japan-guide.com/e/e2017.html>

Online Railway and Subway Route Map: https://www.jreast.co.jp/e/downloads/pdf/routemap_e.pdf

https://www.jreast.co.jp/e/info/map_a4ol.pdf

5.2 VISAS

KNT-CT Holdings Co., Ltd., the appointed travel agency can provide and assist to all MNAs needing a Visa for the Ready Steady Tokyo Test Events-Taekwondo here in Japan.

For those athletes and team officials who require Visa to enter Japan, please contact KNT-CT. KNT-CT will provide a formal invitation letter from Tokyo 2020 that must be submitted with the visa application at the chosen Japanese Embassy/Consulate in their country.

Please note that the documents issued by Tokyo 2020 do not assure the applicants of obtaining the visa but will be judged by the Japanese Embassy or Consulate where you have applied for your visa. Please be reminded that it is important that you arrange all necessary visas well in advance of the respective deadlines.

To request an invitation letter, please submit

1. **Visa request form**
2. **Copies of passport for each individual athletes and team officials.**

Send an email to gt_iod07@or.knt.co.jp by no later than **August 3, 2019.**

Please see the list of countries and regions whose citizens are eligible for visa exemptions at the following URL:

https://www.mofa.go.jp/j_info/visit/visa/short/novisa.html

Please see the detailed information about entry procedures at the following URL and apply to a Japanese embassy or consulate overseas with the required visa application documents:

https://www.mofa.go.jp/j_info/visit/visa/index.html

For a list of addresses of Japanese embassies and consulates and their business hours, see at the following URL:

https://www.mofa.go.jp/about/emb_cons/mofaserv.html

5.3 CATERING

Teams are responsible for their own catering.

There are variety of restaurants near the official hotel and competition venue. Please check the link (<https://www.m-messe.co.jp/en/newcityguide/gourmet?id=restaurantTit>) for more information.



For Muslim participants, please check the link (<https://www.halgourmet.jp/>) to find the Halal and Muslim Friendly Restaurants.



OTHER USEFUL INFORMATION

CLIMATE

The temperature in Tokyo and Chiba during the period of the test event is as bellow:

	Celsius	Fahrenheit
Average High	26	79
Average Low	20	68
Average	23	73

For more information, please check the latest weather forecast on the Japan Meteorological Agency website (<http://www.jma.go.jp/jma/indexe.html>).

CURRENCY EXCHANGE

The official currency of Japan is the YEN (¥). Regular stores and restaurants accept only Japanese yen when paying in cash. Currency exchange is available at hotels and designated foreign exchange banks.

CREDIT CARDS, DEBIT CARDS, TRAVELER'S CHECKS AND ATMS

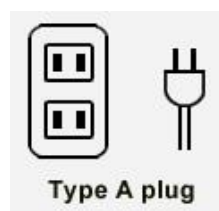
Major credit cards such as VISA, MasterCard, Diners Club and American Express are widely accepted in Japan. Personal checks are not accepted anywhere in Japan. Foreign debit cards are not accepted in most Japanese shops or restaurants. Traveler's checks are accepted only at limited, designated leading foreign exchange banks and certain currency exchange shops.

CONSUMPTION TAX

Consumption tax is currently 8%.

ELECTRICITY

The local power supply is uniformly 100 volts. The frequency is 50Hz in Tokyo (Eastern Japan). The type of power outlet/connector is "Type A" which is a two parallel-pronged type.



SMOKING

Smoking is available only in the designated areas. Public transportation such as trains, buses and taxis are generally non-smoking. Most hotels have separated rooms, smoking or non-smoking.

EMERGENCY CALLS

To Where	Phone Number
Police	110
Ambulance or Fire	119

DISCOVER JAPAN

Useful Digital Pamphlet about Japan is available from below Link:

<https://www.jnto.go.jp/>

Useful Digital Pamphlet about Tokyo is available from below Link:

<https://www.gotokyo.org/book/?la=en>

Useful Digital Pamphlet about Chiba is available from below Link:

<https://japan-chiba-guide.com/en/index.html>



CONTACTS

FOR EVENT COMPETITION

Ready Steady Tokyo-Taekwondo - Tokyo 2020 Office

E-mail: oly.taekwondo.te@tokyo2020.jp

FOR ACCOMMODATION, TRANSPORT, AND VISA

Travel agency - KNT-CT Holdings Co., Ltd.

E-mail: gt_iod07@or.knt.co.jp

