

# XV Costa Rica

TAEKWONDO OPEN G2  
CHAMPIONSHIPS

## **SANCTIONED BY**

World Taekwondo (WT)  
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## **PROMOTED BY**

Pan-American Taekwondo Union (World Taekwondo Panamericana)  
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7617 Dunoon Ave, Dallas TX 75248  
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## **ORGANIZED BY**

Costa Rica Taekwondo Federation  
President Wilmar Alvarado  
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Telephone: (506) 2220 1310 / (506) 2231 4308  
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Website: [www.tkdcrc.org](http://www.tkdcrc.org)

## **DATE AND PLACE OF THE EVENT**

PALACIO DE LOS DEPORTES, HEREDIA, Costa Rica.  
JUNE 15<sup>th</sup>, 2023 Poomsae Divisions (see poomsae invitation)  
JUNE 16<sup>th</sup> – 17<sup>th</sup>, 2023  
JUNE 18<sup>th</sup>, 2023 Color belts (see color belts invitation)

## **PARTICIPATION REQUIREMENTS:**

1. Must have the National ID of the country you are representing.
2. Must be Competition sanctioned by the National Federation
3. Must have WT Global Athlete License 2023 (GAL).
4. Must have WT Coach Certification

## **AFFILIATES:**

Every participant must be a citizen of the country he/she is representing. There must also be a letter of approval from the corresponding National Federation.

## **COMPETITION RULES:**

World Taekwondo Poomsae Rules will be followed.

Recognized Poomsae:

Under 30 and Under 40: Single elimination tournament system. Two Poomsae performed for all rounds.



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All other divisions: Contestants shall perform one (1) assigned compulsory Poomsae in the preliminary and semi-final rounds and two (2) assigned compulsory Poomsae in the final round. All contestants will compete in the preliminary round. The highest 50% scores from the preliminary round will advance to the semifinals. At the end of the semi-final round the highest eight (8) scoring contestants will advance to the final round. The highest score in four (4) contestants will be awarded medals (1st, 2nd, 3rd, 3rd) based on scores.

- Divisions with fewer than 20 contestants will start with the semi-final round.
  - Divisions with fewer than 9 contestants will start with the final round.
- Designated poomsae forms will be drawn at the Poomsae Head of Team Meeting and posted online after the meeting.

Freestyle Poomsae:

Poomsae Freestyle: Cut-off system for all Freestyle categories (single Final Round).  
The OC may change this due to organizational matters.

Scoring shall be made in:

- CONTEST TIME
- ATHLETE ELIGIBILITY REQUIREMENTS
- COACH ELIGIBILITY REQUIREMENTS

In accordance with the rules of World Taekwondo. [www.worldtaekwondo.org/rules/](http://www.worldtaekwondo.org/rules/)

## CONTEST TIME:

Recognized Poomsae

Individual, Pair, and Team competitions up to 90 seconds. The waiting period between 1st poomsae and 2nd poomsae is minimum of 30 seconds.

Free Style Poomsae

Individual, Pair, and Mixed Team competitions from 90 seconds to 100 seconds.

The WT Technical Delegate has the authority to adjust the contest time as seen fit.

## ATHLETE ELEGIBILITY REQUIREMENTS:

1. Holder of a valid WT Global Athlete License.
2. Member of the team/club of a pertinent Member National Association, recognized by the Pan American Taekwondo Union or World Taekwondo.
3. Holder of 1st Dan/Poom, and above (WT regulations) for Cadet's athletes and above.

Contestants may compete in a maximum of two events per WT Competition Rules (in recognized poomsae and/or freestyle poomsae). If an athlete is registered in more than two events, the athlete will randomly be removed from the needed events until meeting the two limit criteria.

## COACHES ELEGIBILITY REQUIREMENTS:

The requirements are:

1. Must be 21 years old or above.
2. Must have WT Global Athlete License 2023 (GAL).
3. Coach is not allowed to wear a Dobok.





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### COACHES DRESS CODE:

Formal wear is mandatory for all coaches during semifinals and finals.

### SPORTS EQUIPMENT:

Mats: WT Recognized mats will be used at the event Dobok.

Athletes can only use WT recognized products while participating at the event. See a list of recognized products at: <http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>

Approved Poomsae Competition Uniforms

Children Division (6-11): Color code as Cadets is highly encourage, but participants may compete in fully white V neck dobok.

Division (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.

Junior and Senior Division (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females.

Master Division (Ages 51 and up): Yellow top and dark blue pants for both males and females.

### REGISTRATION FEE:

	Early registration	Regular registration	Late registration
Sparring Division.	Starts 01/04/23	Starts 01/05/23	Starts 01/06/23
	Deadline 30/04/23	Deadline 31/05/23	Deadline 12/06/23
1st Division	US \$175	US \$200	US \$ 225
2nd Division	US \$ 225	US \$250	US \$ 275
Coach			
Trainer			
Doctor			
Physiotherapist	US \$100	US \$125	US \$150
Head of Team			
Manager			
MNA Official			

### REGISTRATION METHOD AND DEADLINE:

Early registration starts: APRIL 1<sup>ST</sup>, 2023 at 00:01am Costa Rica time.

Early registration deadline is: APRIL 30<sup>th</sup>, 2023 at 23:59pm Costa Rica time.

Regular registration deadline is: MAY 31<sup>ST</sup>, 2023 at 23:59pm Costa Rica time.

Late registration deadline is: JUNE 12<sup>th</sup>, 2023 at 23:59pm Costa Rica time.



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## NO SHOW POLICY:

Athletes who do not show up for registration and have not previously notified that they will not participate in the event before the early registration deadline, **must pay their registration fee**. Only cancellations with a medical certificate will be accepted after this date, if there is no legal medical document, the corresponding payment must be made, Deadline June 01<sup>th</sup> 2023.

## REFEREES:

1. Pan American Taekwondo Union (PATU) will designate the number of referees required.
2. Each international Referee must cover their own plane tickets.
3. Five nights of room, board and meals will be covered by the OC (Check In: June 14<sup>th</sup>, 2023 / Check Out: June 19<sup>th</sup>, 2023).
4. The OC will pay an honorary of \$150 USD for the four days of competition.

## MEDICAL SERVICE:

1. The OC will provide medical services only in emergency where a participant is injured.
2. Participants will be responsible for all expenses incurred from injury and/or hospitalization.
3. The OC recommends to the participant they have medical insurance and have all documents on hand.

## VISA INFORMATION:

The payment for the competition is to be made at the registration office in **cash only**. Registration will take place at the Best Western Irazú from June 12<sup>th</sup> - 14<sup>th</sup>, 2023 and at the venue (Palacio de los Deportes de Heredia) from June 15<sup>th</sup> – 18<sup>th</sup>, 2023.

## PAYMENT METHOD:

All participants will be responsible for obtaining the necessary visas. The invitation letter is available at request by writing to [opencostaricatkd@gmail.com](mailto:opencostaricatkd@gmail.com) by no later than April 20<sup>th</sup>, 2023.

## AWARDS:

1. All athletes will receive a Certificate of Participation.
2. Awards: World Ranking G-2 / G-2.
  - a. A best male and female Referee Open trophy will be awarded, Poomsae & Kyrougi.
  - b. A best male and female athlete Open trophy will be awarded G-2 Poomsae.
  - c. A best male and female coach Open trophy will be awarded G-2 Poomsae.
  - d. A 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>er</sup> place Open trophy will be awarded G-2 Poomsae.

## Ground Transportation:

Ground transportation must be provided by every national team, only for teams who book via the official hotel website or hotel phone the Organizing Committee via the host hotels will provide airport – hotel – airport transportation, time and flight number of the national team's arrival and departure must be provided to the host hotels at the latest by the designated deadline (August 16<sup>th</sup>, 2022). During the event there will be transportation to the venue from the official Hotel only for those who book and pay their accommodation through the Hotel Manager (**Reservations through: Booking, Expedia, Trivago, etc. will not be accepted to shuttle Airport-Hotel-Competition Venue**).



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## CREDENTIALS:

CRCTKD has a NO REFUND policy.

Athletes will receive an event credential via email if they have paid in full by the registration deadline. If an athlete has not paid in full, they must come to the registration desk onsite to complete any outstanding items with their profile before they will be emailed a credential.

Coaches will not be emailed a credential. All coaches will receive a physical credential onsite at the event. All participants must provide a valid ID to weigh-in. There will be no exception to this policy. A valid ID can be any of the following: school ID, state issued ID, GAL, or passport. If the athlete is a minor and does not have a valid ID then the parent/legal guardian must provide a copy of their birth certificate.

## ACCOMODATION:

Local transportation between San José International Airport SJO and the official Hotel will be provided only for those who book and pay their accommodation through the Hotel Manager (Reservations through: Booking, Expedia, Trivago, will not be allowed to have the OC venue – hotel – venue transportation).

Please kindly note that transportations are only for those who applied for accommodation and provide their travel schedule.

Best Western Irazú  
Milena Vega  
Tel +506 7014 7727  
Email: milevega@gmhospitality.net



City Express San José Aeropuerto  
Mirtha Salas Montero +506  
8707 1182  
Room Reservations +506  
2209 2300 ext. 192



Email: [cesjo.ventas@cityexpress.com.mx](mailto:cesjo.ventas@cityexpress.com.mx)

Hotel Country Inn & Suites  
Fresca Chinchilla +506 8847 9926  
Room Reservations +506 2239 2272  
Email: [fchinchilla@countryinns.co.cr](mailto:fchinchilla@countryinns.co.cr)



## INFORMACIÓN TURÍSTICA:

Durante y al finalizar los eventos, habrá tours disponibles para quienes así lo deseen (**no** está cubierto por el CO). Tendrán un descuento quienes den el código TKDCR2023 al contacto que se adjunta.



Carlos Zúñiga Cuadra  
Cel: +506 6011-5804

Email: [carlos@utlcr.com](mailto:carlos@utlcr.com)

## REFEREES ONLY:

WYNDHAM Garden, Escazú  
Lizy Jiménez +506 8870 9158  
Room Reservations +506 4031 9999  
Email: [ljimenez@roccacr.com](mailto:ljimenez@roccacr.com)



WYNDHAM Garden, San José  
Jennifer Salazar +506 8746 1919

English <https://forms.gle/txHnb3RQGQeuRs8GA>  
Español <https://forms.gle/85DmA5pNhLpc4tXA>  
Email: [jsalazar@wyndhamherradura.com](mailto:jsalazar@wyndhamherradura.com)



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## INDIVIDUAL POOMSAE RECOGNIZED

AGE CLASSES AGE	DIVISIONS BELT	COLOR RANK
PRECADET C	6-7 YEARS OLD	BLACK
PRECADET B	8-9 YEARS OLD	
PRECADET A	10-11 YEARS OLD	
CADET	12-14 YEARS OLD	
JUNIOR	15-17 YEARS OLD	
UNDER 30	18-30 YEARS OLD	
UNDER 40	31-40 YEARS OLD	
UNDER 50	41-50 YEARS OLD	
UNDER 60	51-60 YEARS OLD	
UNDER 65	61-65 YEARS OLD	
OVER 65	66 & OLDER	
OVER 70	71 & OLDER	

## PAIRS POOMSAE RECOGNIZED

DIVISION	BELT
Cadet (12-14)	Black
Juniors (15-17)	
Under 30 (18-30)	
Over 30 (31+)	
Over 50 (51+)	

## TEAM POOMSAE RECOGNIZED

DIVISION	BELT
Cadet (12-14)	BLACK
Cadet (12-14)	
Juniors (15-17)	
Juniors (15-17)	
Under 30 (18-30)	
Under 30 (18-30)	
Over 30 (31+)	
Over 30 (31+)	
Over 50 (51+)	
Over 50 (51+)	

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## INDIVIDUAL FREESTYLE POOMSAE

DIVISION	BELT
12 - 17	BLACK
12 - 17	
18+	
18+	

## PAIRS FREESTYLE POOMSAE

DIVISION	BELT
12 - 17	BLACK
18+	

## TEAMS FREESTYLE POOMSAE

DIVISION	BELT
12 - 17	Black
18+	Black

Para los colores por favor verifique la invitación oficial Costa Rica Taekwondo Color Belts Open 2023 (fecha de competición: June 18<sup>th</sup>, 2023 at BN ARENA).

### COLOR BELTS POOMSAE DIVISIONS:

Poomsae according to belts division is:

BELT	POOMSAE
WHITE	Taeguk 1
YELLOW	Taeguk 1-2
GREEN	Taeguk 1-3
BLUE	Taeguk 1-5
RED	Taeguk 1-8
BLACK (until 11 years old)	Taeguk 2-Taebek

BELT	INDIVIDUAL	PAIR	TEAM
White	*	*	*
Yellow	*		
Green	*		
Blue	*	*	*
Red	*		
BLACK (until 11 years old)	*	*	*

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Individual competition shall be done in both genders (male / female) separately. Pair division must have both genders (same gender will not be allow). Teams' competition shall be done in both genders (male / female) black belts and colors belts separately.

## TAEKWONDO OPENING CHAMPIONSHIPS

### COMPULSORY POOMSAE:

COMPULSORY POOMSAE - BLACK BELTS	
INDIVIDUAL DIVISIONS	COMPULSORY POOMSAE
PRECADET C	Taegeuk 2, 3, 4, 5, 6, 7, 8 Jang, Koryo
PRECADET B	
PRECADET A	
CADET	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
JUNIOR	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
UNDER 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
UNDER 40	
UNDER 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
UNDER 60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
UNDER 65	
OVER 65	
OVER 70	

PAIRS DIVISIONS (co-ed)	COMPULSORY POOMSAE
CADET	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
JUNIOR	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
UNDER 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
OVER 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
OVER 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

TEAM DIVISIONS	COMPULSORY POOMSAE
CADET	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
JUNIOR	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
UNDER 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin
OVER 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
OVER 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon



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**TIMETABLE**

(SUBJECT TO CHANGE)

DATE	TIME	EVENT	PLACE
JUNE 12 - 14	All day	Arrival of Teams & Officials	SJO - Airport
	9:00 - 18:00	Athletes' registration	Best Western Hotel
		Team's training	
JUNE 14	16:00 - 18:00	Referee Meeting	Best Western Hotel
	19:00 - 21:00	Technical Meeting	
JUNE 15	8:00 - 20:00	Poomsae Competition: All male/female divisions	PALACIO DE LOS DEPORTES
	10:00 - 12:00	G-2 Weigh-in for: All male/female Senior Categories	
	14:00 - 16:00		
JUNE 16	7:00 - 7:30	Random weight-in for Senior Categories	PALACIO DE LOS DEPORTES
	8:00 - 20:00	Senior G-2 Competition: All male/female divisions weight in	
	10:00 - 12:00	Weigh-in for: All male/female Cadets & Junior Categories All divisions weight in	
JUNE 17	7:00 - 7:30	Random weight-in Cadets & Junior Categories	PALACIO DE LOS DEPORTES
	8:00 - 20:00	Cadets & Junior Competition: All male/female weight divisions	
	16:00 - 18:00	Weight-in: All no G2 black belts & color belts categories & divisions	
JUNE 18	8:00 - 20:00	Competition: All no G2 black & color belts categories & divisions	PALACIO DE LOS DEPORTES
JUNE 19	All day	Departure of Teams & Officials	SJO - Airport



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## LIABILITY WAIVER

ALL PARTICIPANTS must PRINT & SIGN THIS WAIVER (signed by parent or legal guardian if under 18 years).

Please submit completed Liability Waiver at Accreditation on June 12<sup>th</sup> – 14<sup>th</sup>, 2023.

**PLEASE DO NOT E-MAIL or MAIL LIABILITY WAIVER**

**COMPETITOR, COACH, REFEREE, VOLUNTEERS, OFFICIALS, TOURNAMENT STAFF AND MEDIA WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT AND INDEMNITY AGREEMENT.**

In consideration of your acceptance of my entry for **XV COSTA RICA OPEN G2 CHAMPIOSHIPS** to be held on June 15<sup>th</sup> – June 18<sup>th</sup>, 2023 at PALACIO DE LOS DEPORTES, HEREDIA, COSTA RICA, I do hereby, for myself, my heirs, executors, and administrators waive, release and forever discharge any and all rights and claims for damages, including bodily injury which I may have or which may occur to me against the referees, medical staff and all members of this championships or their respective officers, representatives, successors, and/or assigns against any competitor for any and all damages which may be in connection with my associates with or entry into this championships event, or which may arise out for traveling to, participating in and returning from this tournament event. I am not entering this competition in reliance of any written or oral representation by the Costa Rica Taekwondo Federation and World Taekwondo regarding the applicable rules and qualifications of the judges and referees. I am in good health and physical condition to participate in this tournament. I fully understand that my entry fee is non-refundable. I consent that any picture furnished by me, or any pictures taken of me in connection with the championships can be used for publicity, promotion or television showing, and I waive all compensation in regard, thereto. I understand that Martial Arts is a body contact sport and I further understand all the contents of the rules and general information which was published by the organizing committee, and I agree to them in their entirety.

I understand the nature of the **XV COSTA RICA OPEN G2 CHAMPIOSHIPS** activities and believe that my experience and capabilities, or that of the minor, to be qualified to participate in **XV COSTA RICA OPEN G2 CHAMPIOSHIPS** which be held in HEREDIA, Costa Rica. I UNDERSTAND THAT COSTA RICA TAEKWONDO FEDERATION AND WORLD TAEKWONDO TOURNAMENT ACTIVITIES INVOLVE RISKS AND DANGERS OF THE SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH. These risk and danger may be caused by me or the minor child's own action, or inactions, and/or the actions or inactions of others participating in the training. In addition, I fully authorize Costa Rica Taekwondo Federation to transport me/my child to a nearby medical care facility to seek medical care in the case of emergency.

I have read this agreement, fully understand it's terms, understand that I or the minor child given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intent it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of the agreement is held to be valid that the balance, notwithstanding, shall continue in full force and effect.

Participant's Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant's Guardian Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

