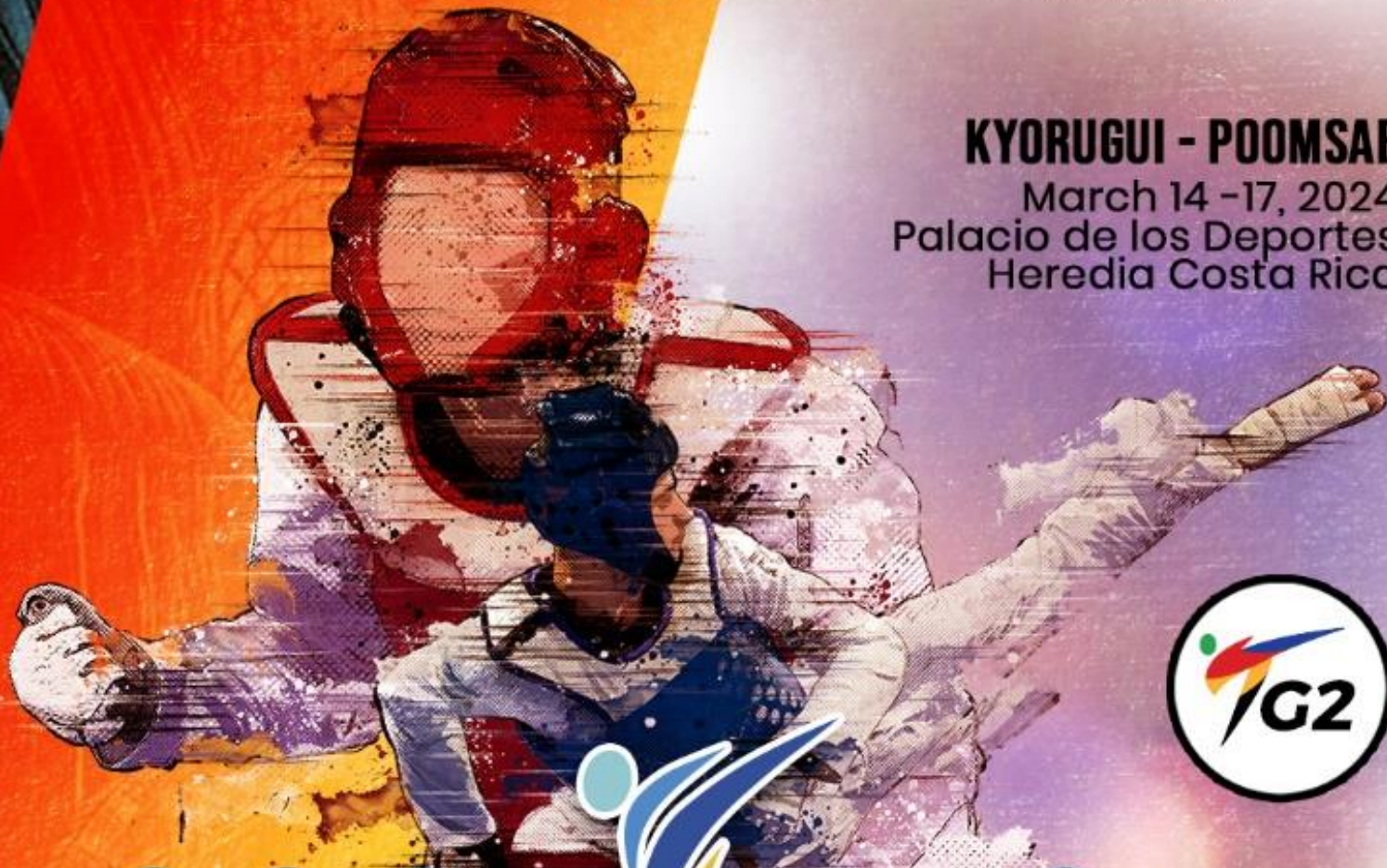




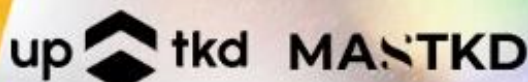
# KYORUGUI - POOMSAE

March 14 -17, 2024  
Palacio de los Deportes  
Heredia Costa Rica



# COSTA RICA

## PRESIDENT'S CUP



#TodosSomosPATU #WeAreAllPATU

Dear Friends of Taekwondo Pan American,



We are pleased and honored to invite everyone to participate in the Presidents Cup 2024 to be held in March 2024 in Heredia, Costa Rica at Palacio de los Deportes, the stage location is specially chosen to hold our international event.

We will gladly welcome all MNAs Delegates, athletes, coaches, doctors, and other staff to the wonderful city of Heredia. We would like to welcome you, hoping that your participation will be the best possible and that the organization of the event will live up to your expectations. We always try to guarantee a high-quality competition for everyone, trying to bring a beautiful show to our athletes and spectators.

Mark our event on your calendar and make sure you don't miss this wonderful championship. Our team is working hard to make this event a success!

If you need help or have any questions, please don't hesitate to get in contact with us.

I look forward to seeing you here!

Best regards,

Wilmar Alvarado Castillo

President FCT



**1. Sanctioned by:**

World Taekwondo (WT) President Dr. Chungwon Choue

Address: Seochu – GU, Seoul – Korea

Telephone: +82.2.556.2505/ Fax: +82.2.553.4728

E-mail: [wtf@wt.org](mailto:wtf@wt.org)

Website: [www.worldtaekwondo.org](http://www.worldtaekwondo.org)

**2. Promoted by:**

Pan American Taekwondo Union President: Lic. Juan Manuel López Delgado Email:

[events@panamericantaekwondounion.org](mailto:events@panamericantaekwondounion.org) Website:

<https://www.patutkd.org>

**3. Organization MNA:**

Costa Rica Taekwondo Federation

Address: 200 metros Oeste de la fábrica de productos Jacks, frente al Ministerio de Salud, Pavas, San José, Costa Rica. Phone: +506 2220 1310

E-mail: [eventstkdcr@gmail.com](mailto:eventstkdcr@gmail.com)

**4. Date and Place:**

March 14th -17th, 2024. Heredia, Costa Rica. Venue:

Palacio de los Deportes.

**5. Requirements:**

According to Article 4: Competitor Qualification of the WT Competition Rules, the competitor must:

Criteria 1: Hold of the nationality of the participating team

Criteria 2: Holder Black Belt Taekwondo Dan

Criteria 3: WT Global Athlete License (GAL) 2023

Criteria 4: All coaches must have WT Level 1 certification.

Criteria 5: All coaches must be 21 years old or above.

**6. Coaches Dress Code:**

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



**7. Affiliates:**

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

**8. Gear Equipment:**

All athletes must enter the competition area with sparring gears and uniformed approved by WT. Groin, shin and forearm guards must be worn inside the uniform. Any other article besides headgear is not permitted to be worn on the head. Any religious article must be approved beforehand and worn inside the headgear and uniform and must not cause injury or obstruction to the opponent.

**9. Official Uniforms:**

All athletes must wear a V-neck white dobok, V-neck approved by WT/Pan American Taekwondo Union (PATU) in good condition, black V-neck uniform. Logos, Team Names, country, athletes name, will be allowed under WT uniform rules. Only uniforms approved by WT, PATU & FCT will be permitted.

**10. Categories and ages:**

Adult: over 17 years old (2007)

Junior: 15 -17 years old (2007 – 2009)

Cadet: 12 -14 years old (2010 – 2012)

**11. Ranking:**

World and Olympic G2 (Senior Kyorugi).

Pan American Ranking P8

**12. Competition Rules:**

The latest update of the WT competition rules will be used.

[www.worldtaekwondo.org/rules/](http://www.worldtaekwondo.org/rules/)

**13. Competition Method:**

- Single elimination System, best of 3 rounds.
- There is no limit of entries in each division.
- Times may be adjusted by WT TD (Technical Delegate) ONLY.



#### 14. Dispute Time:

Best of 3 rounds system

Senior (2 minutes x 2 or 3 rounds x 1 minute break)

Junior (2 minutes x 2 or 3 rounds x 1 minute break)

Cadet (1.5 minutes x 2 or 3 rounds x 1 minute break)

#### 15. Awards

##### INDIVIDUAL

##### AWARDS

**1st Place**

Gold Medal

**2nd Place**

Silver Medal

**3rd Place**

Bronze Medal

**3rd Place**

Bronze Medal

- Team awards will be given out to the top three (3) teams in each of the Men's and Women's (Kyorugi and Poomsae).
- Best Male and Best Female athlete in the Senior, Junior and cadet Kyorugi Division
- Best Male and Best Female athlete in the recognized and freestyle Poomsae. • Best Male and Female Kyorugi and Poomsae International Referees
- Best Male and Female Senior Kyorugi Coach.

#### 16. WILDCARDS:

Senior Category: The first place winners will have a direct pass to the 2024 Pan American Senior Championship in Brazil.

Infant, cadet & junior categories: The first and second place winners will have a direct pass to the Pan American Championship (Children, Cadet & Youth) to be held in July (venue to be designated).



### 17. Categories in dispute:

Senior Male divisions		Senior Female divisions	
Under 54kg	Not exceeding 54kg	Under 46kg	Not exceeding 46 kg
Under 58kg	Over 54 kg & not exceeding 58 kg	Under 49kg	Over 46 kg & not exceeding 49 kg
Under 63kg	Over 58 kg & not exceeding 63 kg	Under 53kg	Over 49 kg & not exceeding 53 kg
Under 68kg	Over 63 kg & not exceeding 68 kg	Under 57kg	Over 53 kg & not exceeding 57 kg
Under 74kg	Over 68 kg & not exceeding 74 kg	Under 62kg	Over 57 kg & not exceeding 62 kg
Under 80kg	Over 74 kg & not exceeding 80 kg	Under 67kg	Over 62 kg & not exceeding 67 kg
Under 87kg	Over 80 kg & not exceeding 87 kg	Under 73kg	Over 67 kg & not exceeding 73 kg
Over 87kg	Over 87 kg	Over 73kg	Over 73 kg

JUNIORDIVISION			
Male divisions		Female divisions	
Under 45kg	Not exceeding 45kg	Under 42kg	Not exceeding 42 kg
Under 48kg	Over 45 kg & not exceeding 48 kg	Under 44kg	Over 42 kg & not exceeding 44 kg
Under 51kg	Over 48 kg & not exceeding 51 kg	Under 46kg	Over 44 kg & not exceeding 46 kg
Under 55kg	Over 51 kg & not exceeding 55 kg	Under 49kg	Over 46 kg & not exceeding 49 kg
Under 59kg	Over 55 kg & not exceeding 59 kg	Under 52kg	Over 49 kg & not exceeding 52 kg
Under 63kg	Over 59 kg & not exceeding 63 kg	Under 55kg	Over 52 kg & not exceeding 55 kg
Under 68kg	Over 63 kg & not exceeding 68 kg	Under 59kg	Over 55 kg & not exceeding 59 kg
Under 73kg	Over 68 kg & not exceeding 73 kg	Under 63kg	Over 59 kg & not exceeding 63 kg
Under 78kg	Over 73 kg & not exceeding 78 kg	Under 68kg	Over 63 kg & not exceeding 68 kg
Over 78kg	Over 78 kg	Over 68kg	Over 68 kg



CADET HEIGHT DIVISION			
Men's division		MAX Weight	MIN Weight
Under 148cm	Not exceeding 148cm	45kg	33kg
Under 152cm	Over 148cm & not exceeding 152cm	48kg	35kg
Under 156cm	Over 152cm & not exceeding 156cm	51kg	37kg
Under 160cm	Over 156cm & not exceeding 160cm	53kg	39kg
Under 164cm	Over 160cm & not exceeding 164cm	56kg	41kg
Under 168cm	Over 164cm & not exceeding 168cm	59kg	43kg
Under 172cm	Over 168cm & not exceeding 172cm	61kg	45kg
Under 176cm	Over 172cm & not exceeding 176cm	64kg	47kg
Under 180cm	Over 176cm & not exceeding 180cm	67kg	49kg
Over 180cm	Over 180cm	80kg	52kg

CADET HEIGHT DIVISION			
Women division		MAX Weight	MIN Weight
Under 144cm	Not exceeding 144cm	43kg	32kg
Under 148cm	Over 144cm & not exceeding 148cm	45kg	33kg
Under 152cm	Over 148cm & not exceeding 152cm	48kg	35kg
Under 156cm	Over 152cm & not exceeding 156cm	51kg	37kg
Under 160cm	Over 156cm & not exceeding 160cm	53kg	39kg
Under 164cm	Over 160cm & not exceeding 164cm	56kg	41kg
Under 168cm	Over 164cm & not exceeding 168cm	59kg	43kg
Under 172cm	Over 168cm & not exceeding 172cm	61kg	45kg
Under 176cm	Over 172cm & not exceeding 176cm	64kg	47kg
Over 176cm	Over 176cm	80kg	50kg



INFANT DIVISION			
2013 & 2014 YEARS OLD MALE & FEMALE		2015 & 2016 YEARS OLD MALE & FEMALE	
Under 30kg	Not exceeding 30kg	Under 21kg	Not exceeding 21kg
Under 35kg	Over 30 kg & not exceeding 35 kg	Under 25kg	Over 21 kg & not exceeding 25 kg
Under 40kg	Over 35 kg & not exceeding 40 kg	Under 31kg	Over 25 kg & not exceeding 31 kg
Under 45kg	Over 40 kg & not exceeding 45 kg	Under 36kg	Over 31 kg & not exceeding 36 kg
Over 45kg	Over 45 kg	Over 36kg	Over 36 kg

**18. Conditions for participating teams:**

Round-trip airfare, accommodation, meals and transportation expenses will be paid by the participants or their respective MNA.

**19. WT Global License and Online Registration:**

- WT Global License Registration. All athletes and team officials must first be registered with a WT Global Athlete License (GAL) OR Global Official License (GOL).
- Online registration at WT Simply Compete is mandatory.
- Registration is only possible with a valid WT Global License.

**20. Technician Registration:**

- WT Global License Registration. All athletes and team officials must first be registered with a WT Global Athlete License (GAL) OR Global Official License (GOL).
- WT Online Registration (Simply Compete)
- All coaches must be at least 18 years old.
- All coaches must have WT Coach Level 1.

**21. Registration Fees:**

The OC must collect registration fees in US dollars (cash only) at the Registration Hall according to the competition schedule, no other type of payment will be accepted. Registered athletes and coaches will not be able to participate in the competition without payment. The OC has a NO REFUND policy under any circumstances. Registration will take place at the Best Western Irazú Headquarters Hotel according to the event schedule.





Athletes:

KYORUGI	Early Registration	Regular Entry	Late Registration	ON SITE REGISTRATION
	Start: 01/01/24	Start: 02/01/24	Start: 02/25/24	At registration room only
	End: 01/31/24	End: 02/24/24	End: 03/11/24	
Per Event	<b>US \$ 150</b>	<b>US \$ 175</b>	<b>US \$ 200</b>	<b>US \$ 225</b>

Technical Commission:

COACH	Early Registration	Regular Entry	Late Registration	ON SITE REGISTRATION
	Start: 01/01/24	Start: 02/01/24	Start: 02/25/24	At registration room only
	End: 01/31/24	End: 02/24/24	End: 03/11/24	
	<b>US \$ 50</b>	<b>US \$ 75</b>	<b>US \$ 100</b>	<b>US \$ 150</b>

**22. NO SHOW POLICY:**

Athletes who do not show up for the 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 documentation, the corresponding payment must be made by deadline February 25<sup>th</sup>, 2024.

**23. International Referees:**

The PATU will appoint a total of 30 International Referees, including the PATU Referee Chairman. The appointed international referees shall officiate at the President's Cup 2023; the following conditions shall apply:

- a) International Referees are required to pay for their own round-trip airfares.
- b) The Organizing Committee will cover the expenses of 5 nights' accommodation and board for the kyorugui and poomsae competition. Check-in: 13/03/2024 - Check-out: 17/03/2024.
- c) The Organizing Committee will pay a per diem of US\$ 150 to the International Referees selected for the competition and training period (total 4 days; US\$ 600 per referee, training day and competition).



**24. Technical Delegate and Competition Supervisory Board (CSB):**

The WT/PATU will appoint 1 (one) Technical Delegate and up to 5 (five) members of the Competition Supervisory Board (CSB).

**25. Head of Team Meeting (Technical Meeting):**

The head of team meeting shall be conducted one (1) day prior to the start of the activities of each competition mode. See the general schedule for more details.

**26. PSS System:**

DAEDO

**INFORMATION & SERVICES:**

**27. Insurance:**

- a. The respective national taekwondo associations and/or teams must ensure that all officials and participants have effective medical and travel insurance coverage.
- b. All participants must sign the term of responsibility waiver upon registration.

**28. Accommodations:**

Check accommodation guide available on WT's Simply Compete

**29. Transportation:**

The OC will provide ground transportation only to those staying at the host hotels through the Accommodation Guideline contacts found on WT's simplycompete website. Transportation will be: airport – hotel – competition – hotel – airport, according to the schedules provided by the OC. Local transportation between Juan Santamaría International Airport (SJO) and the Official Hotel will be provided only to those who reserve and pay for their accommodation through the Host Hotel Manager (Reservations through: Booking, Expedia, Trivago, and others will not be allowed have the benefit of ground transportation) and provide their complete travel itineraries along with the names of users who need this benefit.

**30. Visa information:**

Visa recommendation letters will be generated by the Organizing Committee. The deadline for visa application is February 1st, 2024. Please email [eventstkdc@gmail.com](mailto:eventstkdc@gmail.com) with a copy of your valid passport and proof of registration to obtain a visa invitation letter.

**31. Medical Service:**

The OC will provide doctors only in case of emergency when a participant is injured. Participants will be responsible for all expenses incurred due to injuries and/or hospitalization. The OC recommends that the participants have their medical insurance and have all documents handy.



**SCHEDULE OF THE EVENT (SUBJECT TO CHANGE):**

<b>DATE</b>	<b>TIME</b>	<b>EVENT</b>	<b>PLACE</b>
<b>MARCH 12<sup>TH</sup></b>	<b>7:00 – 19:00</b>	<b>Accreditation</b>	<b>Best Western Irazú Hotel</b>
<b>MARCH 13<sup>TH</sup></b>	<b>16:00</b>	<b>Referee Training</b>	
	<b>18:00</b>	<b>Technical Congress</b>	
<b>MARCH 14<sup>TH</sup></b>	<b>7:00 – 19:00</b>	<b>Accreditation</b>	<b>Palacio de los Deportes HEREDIA</b>
	<b>8:00</b>	<b>Poomsae Competition</b>	
	<b>10:00</b>	<b>Senior Weigh-In</b>	
	<b>18:00</b>	<b>Award Ceremony</b>	
<b>MARCH 15<sup>TH</sup></b>	<b>7:00</b>	<b>Senior Random Weight-In</b>	
	<b>8:00</b>	<b>Senior Competition Kyorugi</b>	
	<b>8:00 – 10:00</b>	<b>Infant Weigh-In</b>	
	<b>10:00 – 12:00</b>	<b>Cadet Weight-In</b>	
	<b>12:00-14:00</b>	<b>Junior Weight-In</b>	
	<b>14:00-16:00</b>	<b>TK3 Weight-In</b>	
<b>MARCH 16<sup>TH</sup></b>	<b>18:00</b>	<b>Award Ceremony</b>	
	<b>7:00</b>	<b>Cadet, Junior &amp; TK3 Random Weigh-In</b>	
	<b>8:00</b>	<b>Infant, Cadet, Junior &amp;TK3</b>	
<b>MARCH 16<sup>TH</sup></b>	<b>18:00</b>	<b>Award Ceremony</b>	
	<b>18:00</b>	<b>Award Ceremony</b>	
<b>MARCH 17<sup>th</sup></b>	<b>7:00</b>	<b>Color Belts Festival</b>	



## STATEMENT OF RESPONSIBILITY

I, the undersigned, certify that I will indemnify, hold harmless and release Panamerican Taekwondo and the Organizing Committee, its board members, directors, officers, members, employees, consultants, agents, attorneys, contractors (including, without limitation, sponsors, suppliers, licensees and other representatives (each, an "Indemnatee" and collectively, an "Indemnatee"), from and against any and all damages, injuries, penalties, fines, claims, demands, liabilities, costs, attorneys' fees, court costs and expenses of every kind and nature incurred or claimed against the Indemnified Party as a direct or indirect result of participating at Presidents Cup having place in march 14<sup>th</sup> -17<sup>th</sup>, 2024 in the broadest sense of the word By signing and sending the following form, I accept and agree with the terms and agreements contained in this Indemnity, Waiver, Waiver and Consent Not to Process I confirm that by signing and submitting this form, I have read and agree to all the terms and conditions provided above.

Name: \_\_\_\_\_ Date: \_\_/\_\_\_\_\_/2024

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

If the person involved is a minor, the legal guardian must sign

Name: \_\_\_\_\_ Date: \_\_/\_\_\_\_\_/2024

Relationship with the minor: \_\_\_\_\_

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

