

# BATTLE OF UTRECHT

October 4<sup>th</sup> 2015



**SPARRING • TULS • PRE ARRANGED • HIGH JUMP**  
**youth, junior and senior**



**I.T.F. Netherlands the Master Series**

**Sporthal Nieuw Welgelegen**

Grebbenberglaan 13

3527 VX Utrecht

Netherlands

organization    Master James Tjin-A-Ton  
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# BATTLE OF UTRECHT

## Place/Time Table

**Sports Hall Nieuw Welgelegen Utrecht. The same as the years before.**

**Walking distance from the centre of Utrecht and The train station.**

Grebbergenlaan 13  
3527 VX Utrecht  
Utrecht, Netherlands

Sport hall open:	08.00
Measuring kids and weigh-in juniors/adults weigh-in	08.15-09.00
Umpire meeting:	08.30-09.00
Coach meeting:	09.00
Opening:	09.15
Start Youth & Juniors/Adults Pattern	09.30

## Sparring time:

Youth:	1 x 1,5 minutes (extension time 30sec. If there is still a draw, golden point will follow)
Junior/Senior B classes:	1 x 2 minutes
Junior/Senior A classes:	1 x 2 minutes
Extension time	1 x 1 minutes (If there is still a draw, golden point will follow)
(the organization has the right to change the time and the tournament rules)	

All competitors must come to the weigh-in for a stamp on his/her card. The same goes for pattern, high jump and pre-arranged. Under weight is not allowed.

For the weigh-in **only Dobok trousers and a T-shirt are allowed.**

## Divisions and classes:

*A divisions:* blue belt and higher (continuous sparring)

*B divisions:* white belt up to green/blue belt (point-stop sparring)

-There are divisions and classes for youth/juniors/seniors

-length and weights

-Knock-out system ( 1 x 3e place)

-Male/female kids/juniors/seniors are divided in separate classes, all ITF doboks are allowed.

## Ages:

Youth male:	up to 14 year
Youth female:	up to 14 year
Junior male:	15 / 16 en 17 year
Junior female:	15 / 16 en 17 year
Senior male:	18+ year
Senior female:	18+ year

## **Length Sparring:**

Youth male: -130, -140, -150, -160, -170, +170

Youth female: -130, -140, -150, -160, -170, +170

## **Weight classes Sparring:**

Junior female : -45, -50, -55, -60, -65 kg, +65 kg

Junior male : -50, -56, -62, -68, -75 kg, +75 kg

Senior female : -50, -56, -62, -68, -75 kg, +75 kg

Senior male : -57, -63, -70, -78, -85 kg, +85 kg

Changes in the length/weight classes can be made but will cost **€20,-** per change.  
(The organization reserves the right to put divisions together).

## **Patterns/Tuls:**

Division pattern : 10e t/m 8e Gup, 7e t/m 5e Gup, 4e t/m 1e Gup  
: 1e Dan, 2e Dan, 3e Dan, 4e Dan+

**Colored belts** perform only one **designated** pattern against each other.

**Black belts** perform one **designated** pattern against each other.

2 competitors against each other. KO system

- 10 - 9 gup : up to Chon-Ji  
- 8 gup : up to Dan-Gun  
- 7 gup : up to Do-San  
- 6 gup : up to Won-Hyo  
- 5 gup : up to Yul-Gok  
- 4 gup : up to Joong-Gun  
- 3 gup : up to Toi-Gye  
- 2 gup : up to Hwa-Rang  
- 1 gup : up to Choong-Moo  
- 1 dan : up to Ge-Baek  
- 2 dan : up to Juche  
- 3 dan : up to Choi-Yong  
- 4 dan + : up to Moon-Moo

## **High Jump (Nopi Chagi) scissor technique is mandatory!**

<b>Youth Girls B Class</b>	Length - 140 cm start at	160 cm	<b>A Class</b>	170 cm
	Length - 160 cm start at	170 cm		180 cm
	Length + 160 cm start at	180 cm		190 cm

<b>Youth Boys B class</b>	Length - 140 cm start at	170 cm	<b>A Class</b>	180 cm
	Length - 160 cm start at	180 cm		190 cm
	Length +160 cm start at	190 cm		200 cm

<b>Junior Women B Class</b>	starts at	210 cm
<b>Junior Women A Class</b>	starts at	220 cm
<b>Junior Men B Class</b>	starts at	220 cm
<b>Junior Men A Class</b>	starts at	240 cm
<b>Senior Women B Class</b>	starts at	220 cm
<b>Senior Women A Class</b>	starts at	230 cm
<b>Senior Men B Class</b>	starts at	240 cm
<b>Senior Men A Class</b>	starts at	250 cm

**There will only be a price for the winner.**

## **Umpires:**

Must wear, blue/black trousers, white shirt long sleeves, blue/black tie, white socks and white shoes. Umpire must at least have 4e gup and must be minimum 16 years of age. Please bring your grading card.

1 up to 7 competitors: 1 umpire  
8 up to 15 competitors: 2 umpires  
16 + competitors: 3 umpires, one centre referee.  
No umpire? There will be a fine of € 75,- for every missing umpire  
**- For every umpire we have a nice hot meal!!!!**

## **Coaches (only in track suite and with a towel):**

1 up to 5 competitors: 1 coach  
6 up to 10 competitors: 2 coaches  
11 up to 15 competitors : 3 coaches  
16 + competitors: 4 coaches

**Attention: We would also like to do something for the coaches, because they stimulate and support their participants to compete and train. For every foreign coach (max 4, see list above) we have a nice hot meal!!!!**

## **Rules:**

- Semi-contact individual points:
  - a. 1 point for all hand techniques head/chest
  - b. 2 points for all kicks to the chest
  - c. 3 points for all kicks to the head.
- No open hand safety kicks or boxing gloves are allowed, i.e too thin black "Kwon" safety's.
- Soft shin protection is allowed,
- Head guard and mouth guard are mandatory for everybody!!!!**
- Semi-contact individual sparring (I.T.F-Taekwon-Do rules );
- Tuls (individual) Knock out system, umpires declare the winner by hand signal.
- Pre-Arranged (**only A class**) Knock out system, umpires declare the winner by hand signal. See **T50 ITF tournament** rules. (0 points for more than an acrobatic movement of a competitor, or not between 60-75 sec, more than one final blow) When it's a tie, it will be the umpires decision.

Points, warnings, minus points and disqualification are according to the ITF rules.

<http://www.tkd-itf.org/pagina.php?idpag=1169&web=47&lng=3> 2015

<http://www.tkd-itf.org/wp-content/uploads/2014/10/Ammendments-2015-Mar-13.pdf>

Beware: Holding and grabbing is a minus point.

In case of a dispute the head referee has the final decision. Protest form available at the WOC table. It has to be written in 5 minutes. Fee is €75,-

## **Competition fee:**

1 event € 25,-  
2 events € 30,-  
3 or more events € 35,-  
Entrance supporters: € 5,- per person  
There will be no restitution of the entry fee

## **Overall winner trophy:**

This year there will also be an Overall winner trophy for the best club of the day.

**Deadline for the entry forms is Sunday 20<sup>th</sup> september 2015**

## **Please send the forms to:**

Henny van Zon en James Tjin-A-Ton & Liesbeth Willems  
Dommelseweg 87A  
5554 NM Valkenswaard  
Tel: +31402070900 / +31654277369 (James)  
E-mail: [info@sportprijzenvalkenswaard.nl](mailto:info@sportprijzenvalkenswaard.nl) en [info@itf-taekwondo.nl](mailto:info@itf-taekwondo.nl)

## **Organisation:**

Taekwon-Do IN NAE DO KWAN  
Master James Tjin-A-Ton & Liesbeth Willems  
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## **Liability:**

Every competitor/school is responsible that he/she is taken part without physical or mental restrictions or medical indication in this tournament.. The organization is not responsible for any damage as a result of careless acts.  
By participation one does agree with these rules.

## **Hotel accommodation:**

Website hotels:  
[www.channels.nl/hotel\\_index\\_nl\\_utrecht.html](http://www.channels.nl/hotel_index_nl_utrecht.html)

## **By Car :**

### **From Amsterdam, Den Haag and 's Hertogenbosch**

- exit 8 A2 follow the sign Papendal/Langerak/**Centrum** stay on the **right** side of the road
- Drive straight , after the roundabout 24 oktoberplein, also straight follow the sign Centrum-Jaarbeurs
- After 500m you will see an **Shell tank station** on your right, turn right the street Overste den Oudenlaan
- Traffic lights, straight, you will see the Sport shall on your right
- First street to your right **Grebbergenlaan** Sports Hall Nieuw Welgelegen

### **Coming from Arnhem follow direction Ring Utrecht-Nieuwegein**

Stay on the right side of the road and please follow the sign Ring Utrecht

- Then follow the exit and sign Jaarbeurs and see above.

