



Central Police  
Taekwon-Do Club  
www.taekwondo.bg  
balkancup2024@taekwondo.bg

# GENERAL INFORMATION

## III OPEN BALKAN CUP

### INTRODUCTION:

The Balkan Cup was initiated by four countries: Bulgaria, Romania, Slovenia and Greece in 2022. **The I Open Balkan Cup** was in Romania; the **II Open Balkan Cup** was in Slovenia and we are proud to announce that we are hosting the **III Open Balkan Cup** in Bulgaria in November 2024.

In the future the Open Balkan Cups will be hosted by one of the Balkan countries on a rational principal.

### 1. DATES, VENUE AND ACCOMMODATION

#### *1.1 Dates*

The **III OPEN BALKAN CUP** will be held on **15-17 November 2024** in “Sofia” Sports Hall, Sofia City, Bulgaria. Delegations must arrive in Sofia before or on Friday, November 15, 2024 and must proceed directly to the meeting point (Park Hotel Moskva\*\*\*) for registration and weigh-in.

#### *1.2 Organiser:*

Bulgarian Association of Taekwon-Do

[www.taekwondo.bg](http://www.taekwondo.bg)

Central Police Taekwon-Do Club

[www.cptk.com](http://www.cptk.com)

#### **Main Organiser:**

Vencislav Ignatov – President of Bulgarian Association of Taekwon-Do

#### **Contact Details:**

Gergana Finan – 00359878323554

balkancup2024@taekwondo.bg

www.facebook.com/BalkanCup2024



### 1.3. Eligibility

This is a Club competition and it is open for competitors, holders of 10 Gup and above, Children (6-11 years), Pre-Junior (12-14 years), Junior (15-17 years) and Adult (over 18 years)

- ✓ **NB: Age calculation – we will accept the exact date of birth on 15<sup>th</sup> of November 2024 for taking part in the competition disciplines.**

### Competition Disciplines

**Individual Pattern:** all ages; Male and Female Children (6-7 years, 8-9 years, 10-11 years), Pre-Junior (12-14 years), Junior (15-17 years) and Adult (over 18 years)

**Individual Sparring:** Male and Female Children (10-11 years), Pre-Junior (12-14 years), Junior (15-17 years) and Adult (over 18 years);

**Team Sparring:** Male and Female Junior (15-17 years) and Male and Female Adult (over 18 years);

**Special Techniques:** Male and Female Children (6-7 years, 8-9 years, 10-11 years), Pre-Junior (12-14 years), Junior (15-17 years) and Adult (over 18 years);

**Individual Kick:** Male and Female Children (6-7 years, 8-9 years).

**Power test:** Male and Female Children (6-7 years, 8-9 years and 10-11 years), Pre-Junior (12-14 years), Junior (15-17 years) and Adult (over 18 years);

### 1.4. Online Registration

Registration will be done through the ITF SportData online system.

Deadline for registration of teams and competitors: **14.10.2024.**

### 1.5 Venue

#### **“SOFIA” SPORTS HALL**

Address: 1113 Borisova Gradina, Sofia, Bulgaria

(<https://www.google.bg/maps/place/Hall+Sofia/@42.6758127,23.3467503,15z/data=!4m5!3m4!1s0x0:0x60cf01ee2c8b54cd!8m2!3d42.6758127!4d23.3467503>).



- Floor dimensions:  
34 x 37 m
- 500 seats and a balcony with 60 additional for VIPs
- Venue of 135 IIC 2018 and European cup 2022.



### 1.6 How to reach Sofia



✓ By plane

Sofia Airport

<https://sofia-airport.bg/>

✓ By train

Railway Station Sofia

<https://www.bdz.bg/en>



✓ By bus

Central Bus Station Sofia

<http://www.centralnaavtogara.bg/index.php>

### 1.7 Accommodation

#### **Park Hotel Moskva \*\*\***

<https://www.parkhotelmoskva.net/?lang=en>

Single room: **60,00 €** per night (breakfast included);

Twin/double room: **42,00 €** per night (breakfast included) per person;

Triple room: **35,00 €** per night (breakfast included) per person;

Optional lunch (set menu) – 15,00 €;

Optional dinner (set menu) – 15,00 €;



#### **Address:**

25 Nezabravka Str., 1113 Sofia, Bulgaria

#### **GPS:**

N 42.6741459 E 23.3484383



- ❖ Only 5 minutes walking distance to the Venue
- ❖ Hotel has capacity to accommodate 500 competitors in double and triple rooms and only early booking can guarantee you accommodation of offered hotel.
- ❖ If the hotel is full the Organiser's Team can offer a different hotel.



### 1.8.1 Accommodation application and payment deadlines:

- ❖ All accommodation applications must be sent through filled blank (excel file) to e-mail: [balkancup2024@taekwondo.bg](mailto:balkancup2024@taekwondo.bg) on or before **01.10.2024**
- ❖ The excel file will be available to download from the ITF SportData page for the event. We encourage you to use the desktop version of the file, because is more reliable than the mobile version.
- ❖ **50 %** prepayment of total accommodation cost must be made by **01.10.2024**
- ❖ The rest of the amount including small corrections must be sent by **14.10.2024**

### 1.8.2 Accommodation Payment Details

Please note that all payments for **accommodation** will be accepted **ONLY** through **BANK TRANSFER** in **EURO** currency (all bank charges must be on payers account) to the following BANK ACCOUNT:

**Account holder: Central Police Taekwon-Do Club**  
**Address: Sofia, 18 Balsha street, post code 1408**  
**IBAN: BG37UBBS81551060418017**  
**BIC: UBBSBGSF**  
**Bank: United Bulgarian Bank**  
**Bank Address: "Aleksandar Stamboliyski" Blvd 130, 1000 Sofia**

### 1.8.3 Entry Fee Payment Details

Individual entry fee: 30,00 € per competitor for one or two disciplines, participation in any additional discipline will cost 10,00 € per discipline;

Team entry fee: 35,00 € per team per any separate age and gender category.

Full amount of participation fee must be paid in the same bank account as the accommodation (see above) by 14.10.2024 and must correspond to the registration in the Sportdata.

No refunds will be given after transfer of final amount.

## 2. TIMETABLE

### 14 November 2024 (Thursday)

14:00-18:00 Early arrival (hotel check in – after 14:00 hours)  
(*Park Hotel Moskva* \*\*\*)

### 15 November 2024 (Friday)

09:00-15:00 Arrival (hotel check in – after 14:00 hours)  
(*Park Hotel Moskva* \*\*\*)

14:00-17:00 Weigh-in and registration in *Park Hotel Moskva* \*\*\*

17:00-18:30 Umpire and Coach meeting in *Park Hotel Moskva* \*\*\*

### 16 November 2024 (Saturday)

09:00-11:00 Start of the Competition  
11:00-11:30 Opening Ceremony of Open Balkan Cup 2024  
11:30-13:00 Competition  
13:00-14:30 Lunch Break  
14:30-18:00 Competition

### 17 November 2024 (Sunday)

09:00-13:00 Competition  
13:00-14:30 Lunch Break  
14:30-18:00 Competition

### 18 November 2024 (Monday)

09:00-11:00 Check out and Departure



### 3. COMPETITION DISCIPLINES

#### ❖ Pattern rules highlights:

All pattern categories (male, female, individual) will be carried out according to pyramid system of elimination.

Competitors will perform at the same time, 1 designated pattern, randomly chosen by the electronic system, being one of the last 3 ( 2 for 10 to 7 gup) patterns. If there is a draw, the competitors will perform an additional pattern, chosen from all the required patterns for their technical degree.

#### ❖ Range of designated patterns according to technical degree:

10-9 Gup	Saju-Jirugi, Saju-Makgi
8-7 Gup	Chon Ji – Dan Gun
6-5 Gup	Chon Ji – Won Hyo
4-3 Gup	Chon Ji – Joon Gun
2-1 Gup	Chon Ji – Hwa Rang
I Dan	Chon Ji – Ge Baek
II Dan	Chon Ji – Juche
III Dan	Chon Ji – Choi Yong

#### ❖ Sparring rules highlights

All sparring categories (male, female, individual and team) will be carried out according to pyramid system of elimination.

All bouts for Children (10-11 years) will consist of 1 round of 1,5 minute.

All bouts for Pre-Junior (12-14 years) will consist of 1 round of 2 minutes.

All bouts for Junior (15-17 years) and Adult (+18 years) will consist of two rounds of 2 minutes with one-minute break.

**NB: A category of Individual Sparring consists of color and black belts. There are no different categories according to technical degree. Minimum requirement for sparring 8 gup.**

**Sparring categories:**

**Children (10-11 years)**

Male: -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, +50 kg

Female: -30 kg, -35 kg, -40 kg, -45 kg, +45 kg;

**Pre-Junior (12-14 years)**

Male: -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, +65 kg;

Female: -32 kg, -36 kg, -40 kg, -44 kg, -48 kg, -52 kg, -56 kg, -60 kg, +60 kg;

**Junior (15-17 years)**

Male: -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, +75 kg;

Female: -45 kg, -49 kg, -53 kg, -57 kg, -61 kg, -65 kg, +65 kg;

**Adult (+18 years)**

Male: -57 kg, -63 kg, -69 kg, -75 kg, -81 kg, -87 kg, +87 kg;

Female: -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, +75 kg;

❖ **Safety equipment and protective gear**

➤ Competitors **must** wear:

Red or blue colored hand and feet safety equipment of an ITF approved trademark and type; groin guards must be worn inside the dobok trousers – male only; red or blue colored safety helmet of an approved model; mouth guards being of a transparent colour.

➤ Competitors may, **optionally**, wear the following:

Shin protectors, breast protectors (must be worn **INSIDE** the dobok jacket) (female only), groin guards must be worn inside the dobok trousers – female only.

❖ **Team Sparring rules highlights**

• All team sparring categories (male, female) will be carried out according to pyramid system of elimination.

• Teams may consist of minimum of 3 competitors and maximum of 6 competitors (5 + 1 reserve). Teams with less than 5 competitors will start the round with 4 points assigned to the opponent team for every missing competitor.

• The winner will be the team that collects the most umpire votes from all the rounds.

**NB: A category for Team Sparring consists of color and black belts. There are no different categories according to technical degree. Minimum requirement for sparring – 8 gup.**



### ❖ Individual Kick Categories

- Boys (6-7 years);
- Girls (6-7 years);
- Boys (8-9 years);
- Girls (8-9 years);

### DOLLYO CHAGI



### ❖ Individual kick highlights

- All individual kick categories (sparring for children), (male, female) will be carried out according to pyramid system of elimination.
- Two competitors will perform at the same time the dolyo chagi technique on electronic devices which will count the number of kicks. The competitors will be permitted to kick using **only one leg with a step required between each kick**. The duration of the bout is 30 seconds and the competitor with higher result will proceed to next round. In case of a draw an extra round of 15 seconds will decide the winner.

### ❖ Special Techniques highlights

Age divisions:	Twimyo Nopi Ap Cha Busigi	Twimyo Nopi Yop Cha Jirugi
Boys 6-7 years	130 cm	-
Girls 6-7 years	120 cm	-
Boys 8-9 years	150 cm	-
Girls 8-9 years	140 cm	-
Boys 10-11 years	170 cm	80 cm
Girls 10-11 years	160 cm	60 cm
Pre-Junior Male (12-14 years)	220 cm	110 cm
Pre-Junior Female (12-14 years)	190 cm	90 cm

Junior Male (15-17 years)	240 cm	120 cm
Junior Female (15-17 years)	210 cm	100 cm
Adult Male (18+ years)	250 cm	130 cm
Adult Female (18+ years)	220 cm	110 cm

❖ **Power test rules**

- In the power test discipline for all Children and Pre-junior (6-14 years), as well as for Junior (14-17 years) and Adult up to 7 gup inclusive, a dynamometer will be used.
- Kicks – Sonkal Taerigi and Dollyo Chagi.
- For Junior and Adult – male and female with a minimum technical degree - 6 gup, there will be the following breaking boards counts.

	Ap-joomuk Jirugi (ap palkup taerigi for female)	Sonkal Taerigi	Yopcha Jirugi	Dollyo Chagi	Bandae Dollyo Chagi
<b>Male Junior (15-17 years)</b>	1.5	1.5	2.5	1.5	1.5
<b>Female Junior (15-17 years)</b>	1	1	1.5	1	1
<b>Male Adult (18+)</b>	2.5	2.5	3	2.5	2.5
<b>Female Adult (18+)</b>	1.5	1.5	2.5	1.5	1.5

**NB: Each competitor will chose only one hand strike and only one kick to perform and the winner will be the competitor with the most points.**

- All rules and clarifications which are not stated here will be according to the acting rules of ITF.



## 4. COMPETITORS

### 4.1 Dresscode

- Weigh In - all competitors must wear official dobok trousers and polo shirt / T-shirt.
- During the competition - all competitors must wear official dobok and protection gear currently approved by the ITF.
- Awarding dress code – no competitors will be admitted to awarding ceremony wearing shorts, casual pants, flip flops or bare foot. They can wear full dobok or full track suit.

### 4.2 Insurance

- The Organizers and the Promotor of the event will not be responsible for any accidents and/or injuries caused during the competition. All competitors must have full insurance coverage by their own organization/country.

## 5. COACHES

- ❖ At least 1 coach from participating country must attend the official Coaches Meeting on Friday 15<sup>th</sup> of November 2024 from 17.00 hours at **Park Hotel Moskva** \*\*\*.
- ❖ During competition they must wear either a training suit or a T-shirt and trousers and running shoes while coaching.
- ❖ Only one (1) coach of a team is allowed entering the coaching zone at the same time. Only a coach can present an official protest.

## 6. UMPIRES

The umpires will be paid 65 euro for each day of the competition and their lunch will be covered for the duration (Saturday 16<sup>th</sup> and Sunday 17<sup>th</sup> 2024).

The Organising Committee will not cover accommodation therefore the umpires will need to arrange their own accommodation and food.

Umpires must attend the official Umpires Meeting on Friday November 15<sup>th</sup> 2024 from 17:00 till 18:30 hours at **Park Hotel Moskva**.

Umpires will wear the dress requirements as laid down in the ITF Umpire rules.

All participating teams need to bring the following number of umpires as follows:

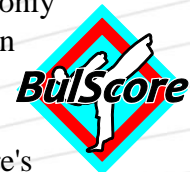
- Up to 10 competitors – 1 umpire;
- From 10 to 20 competitors – 2 umpires, etc.

Clubs are free to apply more than the requested umpires. Those which don't fulfill the requested quota will be charged 150 EUR for every missing umpire.

Umpires not present at the mentioned umpire meeting will be removed from the umpire list. Umpires will wear the dress requirements as laid down in the ITF Umpire rules.

**6.1 Umpire scoring system - BulScore.** The system has been developed only for the needs of Taekwon-Do ITF umpires and for the last 12 years is fully in accordance with the active ITF Competition Rules.

*BulScore* is developed in the form of three hardware variants, which are: wired version, wireless version and mixed version in which the umpire's joystick can work either with cable or without cable.



**7. Awarding** – the winners from first to third place, from each category will be awarded with medals and a certificate. In the team categories, each team member will be awarded with a medal and a certificate.

Nation classification – The first, second and third country will be awarded with trophies. The ranking will be made by the amount of gold medals, silver medals and bronze medals, each country gets.

## 8. ADDITIONAL INFORMATION

➤ **Currency** – Bulgarian lev /BGN/  
1,00 € = 1,95583 BGN

➤ **Visa**

Please contact Organising Committee **at least one month prior** the competition in case you need any assistance

➤ **Speed limit:**

- Speed limit for **cars:**

50 km/h within towns; 90 km/h outside towns; 140 km/h on motorways

- Speed limit for **motorcycles, buses and trucks without trailers:**

50 km/h within towns, 80 km/h outside towns, 100 km/h on motorways

- Speed limit for **cars, buses and trucks with trailers:**

50 km/h within towns, 70 km/h outside towns, 100 km/h on motorways

➤ **Vignettes**

Vignettes are obligatory for all vehicles and are on expense of the arriving delegations.

➤ **Lights and seatbelts**

- In Bulgaria is obligatory to have the lights on during daytime.

- All seatbelts must be used where available.

➤ **Emergency calls number – 112**

➤ **Voltage**

Electrical appliances work on 220 V



### DEADLINES SUMMARY

- ✓ Registration of teams and competitors – **14.10.2024**. (online)
- ✓ Accommodation applications and **50 %** prepayment of total accommodation cost (to Organizers) - **01.10.2024**
- ✓ Payment of the rest of the amount for accommodation including small corrections (to Organisers) – **14.10.2024**
- ✓ Full amount of participation fee must be cleared by – **14.10.2024** (to Organisers)

**WAITING TO SEE YOU IN BULGARIA!**