

**NORDIC TAEKWONDO CHAMPIONSHIP 2020**  
**OSLO – NORWAY**  
**Saturday, January 18 2020**



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**GENERAL INFORMATION (VERSJON 1.1)**

**Organizer:** Oslo Taekwondo club  
E-mail: [Nordisk2020@oslotaekwondo.com](mailto:Nordisk2020@oslotaekwondo.com)  
If any questions arise, please direct all inquiries to the above email address.  
Follow updates and news on facebook:  
<https://www.facebook.com/events/1471573022980280/>

**Date:** **Saturday, January 18 2020**  
*Kyorugi competition 5 to 6 courts – January 18 2020.*  
*Poomsae competition 3 to 5 courts – January 18 2020.*

**Location:** **Oppsal Arena**  
Vetlandsveien 49, 0671 Oslo  
  
<https://www.google.com/maps/place/Oppsal+Arena/@59.9096221,10.7811391,14z/data=!4m5!3m4!1s0x0:0x792f5f8aae47507!8m2!3d59.9058025!4d10.8462971>

**Participants:** Participants shall be members of clubs from the Nordic and Baltic countries, i.e. Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.

**Weigh-in:** **Oslo Taekwondo club**  
Bislett Stadion, entrees A  
Bislett Gata 1, 0168 Oslo  
  
<http://www.oslotaekwondo.com/index.php/om-oss/her-er-vi>  
  
[GPS posisjon +59° 55' 29.60", +10° 43' 55.44"](#)

**Transport:** No official transport for athletes or coaches. Referees will get transport from/to the official hotel to the venue on Saturday, January 18.  
  
Public transport from City Center (Oslo S/Jernbanetorget) is subway #3 to Godlia or #2 to Tveita (EAST-bound routes).

**Schedule (please note this is subject to change):**

**Friday, January 17 2020:**

18:00-20:00 Registration of all teams/contestants at Oslo TK club/Bislett Stadium  
18:00-20:00 Weigh-in for kyorugi competition at Oslo TK club /Bislett Stadium

**NORDIC TAEKWONDO CHAMPIONSHIP 2020**  
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**Saturday, January 18 2020**



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19:00-21:00 Referee meeting kyorugi and poomsae at Clarion Hotel The Hub  
21:00-22:00 Nordic Forum Meeting at Clarion Hotel The Hub

**Saturday, January 18 2020:**

07:30 Referee transport from the official hotel to the venue  
08:00-09:00 Senior kyorugi players health check with O.C. doctors  
08:30-09:00 Official opening ceremony  
09:00-13:00 Competition kyorugi and poomsae  
13:00-14:00 Lunch break; competition will continue on 50% of the courts  
14:00-19:00 Competition kyorugi and poomsae

Award ceremonies in the sport hall throughout the day, as soon as a division is finished.

**Qualifications:**

- Participants shall be members of clubs from the Nordic and Baltic countries, i.e. Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.
- Participants shall hold, at the minimum, 4th cup (equal to B class) and be as a minimum 13 years of age (Norwegian Sports Rule!). Cadet classes are only for participants aging 13 years and 14 years old; born in 2007 or 2006.

**Registration and Deadline:**

The teams and athletes for both kyorugi and poomsae competition shall register ***the following online form no later than Wednesday, December 18 2019.***

*Registration to be done via Sportsdata:*

[https://www.sportdata.org/kampsport/set-online/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vern=419#a\\_eventhead](https://www.sportdata.org/kampsport/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=419#a_eventhead)

*A list of registered contestants and their groups will be published on the NC 2020 Facebook page.*

<https://www.facebook.com/events/1471573022980280/>

**Registrations after the deadline will NOT be accepted.**

Amendments and last changes accepted up to Friday, January 3 2020.

The OC will publish the draw on Sunday, January 5 2020.

**NORDIC TAEKWONDO CHAMPIONSHIP 2020**  
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**Entry Fee:**

The competition fee is EUR 50 for each contestant.  
For poomsae, the fee must be paid for each pair and group in addition as well.

**Payment:**

Entry fee for the whole team from each club must be paid to Oslo Taekwondo club no later than Friday, January 3 2020. Failure to pay the entry fee will result in cancellation of registration. **One payment must be made for each club and for the whole team** per club. No individual payments will be accepted. All payments must be made through bank transfer (see below) and a copy of receipt of payment **must** be presented upon team's registration.

**All payments must be made to:**

Account owner: Oslo Taekwondo Klubb  
Account post address: Ålesundgata 1b, 0470 OSLO, NORWAY  
Account number: 92351744563

Name of bank: BN Bank (PO 2415 Torgarden, 7005 Trondheim, Norway)  
IBAN: NO0392351744563  
BIC/SWIFT: KBNONO22

**Accommodation and Transportation:**

All travel expenses, local transportation, flight, hotel, etc. shall be at each club's own responsibility. The teams or clubs do not need to book at the official hotel. Hotel accommodation is free of choice.

**Hotels:**

The official NC 2020 hotel is:

**Clarion Hotel The Hub**

Biskop Gunnerus' Gate 3, 0106 Oslo

<https://www.nordicchoicehotels.no/hotell/norge/oslo/clarion-hotel-the-hub/>

Recommended hotels with fixed price\* (Friday 17<sup>th</sup> until Sunday 19<sup>th</sup>), including breakfast:

**Thon Hotel Opera**

Dronning Eufemias Gate 4, 0191 Oslo

<https://www.thonhotels.no/hoteller/norge/oslo/thon-hotel-opera/>

Single room pr night (1pax)	1295,- NOK
Twin room pr night (2pax)	1395,- NOK
Double room pr night (2pax)	1495,- NOK

\*Rates are available until December 20 2019.

**NORDIC TAEKWONDO CHAMPIONSHIP 2020**  
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**Saturday, January 18 2020**



Link for booking at Thon Hotel Opera:

<https://www.thonhotels.com/event/nordic-championship-taekwondo-2020/>

**Thon Hotel Linne:**

Statsråd Mathiesens Vei 12, 0598 Oslo

<https://www.thonhotels.no/hoteller/norge/oslo/thon-hotel-linne/>

Single room pr night (1pax) 795,-  
Double room pr night (2pax) 895,-  
Triple room pr night (3pax) 1095,-

Afternoon sports buffet pr day 205,- NOK pr person.

\*Rates are available until December 1 2019.

Link for booking at Thon Hotel Linne:

<https://www.thonhotels.no/event/nordiskmesterskap-og-norgesmesterskap-i-taekwondo/>

**Referees:**

Each country is invited to send **six (6) referees in kyorugi** and **five (5) referees in poomsae**, of international or first national class (A) to the championship.

List of referees are to be submitted by each federation by Sunday, December 1 2019, to Oslo Taekwondo club – Nordisk2020@oslotaekwondo.com with the name, license-level, referee discipline, kyorugi or poomsae, and e-mail address for each referee.

Round-trip and allowance (per diem) shall be covered by the participating nation, while Oslo Taekwondo club shall cover hotel accommodation and board for referees from Friday, January 17 till Sunday, January 19. The official referee hotel will be Clarion Hotel The Hub at Oslo Central Station. The referees need to organize their own transport to the hotel upon arrival. Recommended from Oslo Airport Gardermoen (OSL) is the local train, VY, to Oslo S. The Airport express train, Flytoget, is close to double in price.

**Admission:**

Admission to watch the tournament shall be free.

**Doping control:**

Random doping tests, conducted by the Norwegian Anti-doping Organization/Norwegian Sports Association, may take place at the championship.

# NORDIC TAEKWONDO CHAMPIONSHIP 2020

## OSLO – NORWAY

### Saturday, January 18 2020



#### Liability:

All participants take part at their own risk and must have their own insurance. Neither Norges Kampsport Forbund, Oslo Taekwondo club nor operators of the competition venue take any responsibility for injuries, accidents, theft, death, damage or loss of equipment or anything similar.

#### Awards:

There will be medals for 1st, 2nd and 2x3rd place for all categories for both kyorugi and poomsae.

There will be trophies for 1st, 2nd and 3rd place for the most winning club and the country with the most points gained by: 7 points for gold, 3 points for silver, 1 point for bronze and 1 point for each athlete that starts at the competition on January 18.

## KYORUGI COMPETITION OUTLINE:

#### Participants:

Participants shall be members of clubs from the Nordic and Baltic countries, i.e. Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.

#### Competition rules:

##### Norwegian Government and Sports rules, regarding age and full-contact rules:

Cadet **13-14** years old (Norwegian Sports Rule!), born in 2006 or 2007.

Senior must to be 18 years old, on the day of the event – born before January 19 2002, and not exceeding 40 years of age – born after January 18 1980.

Veteran from **35 years** of age (**WT rule**), on the day of the event.

Cadet, Junior, Veteran are not allowed full contact to the head by Norwegian Government rules.

Classes	Contact to the trunk (Hit level)	Contact to the headgear. (Hit level)
<b>Cadet (13-14)</b> <b>Junior (15-17+)</b> <b>Veteran (35+)</b>	Full contact to the trunk. WT rules and WT hit level	Light contact to the head. Norwegian rules. WT hit level on the headgear.
<b>Senior (18-40)</b>		Full contact to the headgear. WT rules and WT hit level.

**NORDIC TAEKWONDO CHAMPIONSHIP 2020**  
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**Saturday, January 18 2020**



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**Kyorugi class/division with only three contestants:**

If a class/division only has three (3) contestants and it is not deemed responsible to join together another class/division, the class must be arranged as a series:

- 1.1 The winner (gold) is the contestant who has won both his/her fights. 1<sup>st</sup> runner up (silver) is the contestant who has won one (1) fight. 2<sup>nd</sup> runner up (bronze) is the contestant who has lost both his/her fights.
- 1.2 If all contestants have won one (1) fight each, point difference in each fight determines the winner. The contestant with the highest point difference wins.
- 1.3 If point difference is equal between two contestants, the end-result (including Golden Round result – if any) of the specific fight between the two contestants in question shall determine the winner.
- 1.4 If a contestant withdraws from a fight in the series, the contestant shall be given 3rd place, no matter previous results in the series.
  - 1.4.1 If a contestant, however, has to withdraw because of a medical evaluation by the Competition Medical Staff, the ranking of the contestant applies according to regulations 1.1-1.3 as above.

**Futhermore:** WT competition rules & Interpretation in effect from May 15 2019 will apply.

**Divisions – cup/dan:** Minimum of 4th cup (B class and higher).

**Divisions – age:**

Cadet **13-14** years old (Norwegian Sports Rule!), born in 2006 and 2007.

Junior 15-17+ years old, born in 2003, 2004, 2005, or after January 18 2002.

Senior must to be 18 years old, on the day of the event – born before Jan 19 2002, and not older than 40 years of age – born after January 18 1980.

Veteran from **35 years** of age (WT rule), on the day of the event.

**Dispensation:** No dispensation shall be granted regarding either age or gender.

**Weigh-in:** Friday, January 17 2020 from 18:00-20:00 hrs at Oslo Taekwondo club/Bislett Stadium, Bislett Gata 1, 0168 Oslo.

**Start time:** Competition will start Saturday, January 18 2020 at 09:00 hrs.

**Equipment:** The organizer will provide Daedo Electronic protectors GEN2 for the championship. Daedo socks will NOT be provided by the organizer, and must be supplied by each contestant.

**NORDIC TAEKWONDO CHAMPIONSHIP 2020**  
**OSLO – NORWAY**  
**Saturday, January 18 2020**



**Weight categories:** Cadet, junior and senior/veteran

<b>Male</b>	<b>Cadet</b>	<b>Female</b>	<b>Cadet</b>
Until	33 kg	Until	29 kg
33	37 kg	29	33 kg
37	- 41 kg	33	- 37 kg
41	- 45 kg	37	- 41 kg
45	- 49 kg	41	- 44 kg
49	- 53 kg	44	- 47 kg
53	- 57 kg	47	- 51 kg
57	- 61 kg	51	- 55 kg
61	- 65 kg	55	- 59 kg
Over	65 kg	Over	59 kg

<b>Male</b>	<b>/</b>	<b>Jr.</b>	<b>Female</b>	<b>/</b>	<b>Jr.</b>
Until		45 kg	Until		42 kg
45	-	48 kg	42	-	44 kg
48	-	51 kg	44	-	46 kg
51	-	55 kg	46	-	49 kg
55	-	59 kg	49	-	52 kg
59	-	63 kg	52	-	55 kg
63	-	68 kg	55	-	59 kg
68	-	73 kg	59	-	63 kg
73	-	78 kg	63	-	68 kg
Over		78 kg	Over		68 kg

<b>Male</b>	<b>/</b>	<b>Sr/Vet</b>	<b>Female</b>	<b>/</b>	<b>Sr/Vet</b>
Until		54 kg	Until		46 kg
54	-	58 kg	46	-	49 kg
58	-	63 kg	49	-	53 kg
63	-	68 kg	53	-	57 kg
68	-	74 kg	57	-	62 kg
74	-	80 kg	62	-	67 kg
80	-	87 kg	67	-	73 kg
Over		87 kg	Over	-	73 kg

**NORDIC TAEKWONDO CHAMPIONSHIP 2020**  
**OSLO – NORWAY**  
**Saturday, January 18 2020**



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## **POOMSAE COMPETITION OUTLINE**

### **Participants:**

Participants shall be members of clubs from the Nordic and Baltic countries, i.e. Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.

### **Competition rules:**

Cadet **13-14** years old (Norwegian Sports Rule!). Born in 2006 and 2007.

Junior 15-17 years old.

Senior 18 years old (classes by -30, -40, -50, -60, -65, +65).

Age criteria in Poomsae is based on the age the contestant will have reached on December 31 2020.

**Futhermore:** Poomsae competition rules & Interpretation in effect from May 14 2019 will apply.

**Individual categories** Cadet (13-14), Junior (15-17), Senior -30, -40, -50, -60, -65, +65.

**Pair categories** Cadet (13-14), Junior (15-17), Senior -30, Senior +30 (1 male and 1 female).

**Group categories** Cadet (13-14), Junior (15-17), Senior -30, Senior +30 (3 males or 3 females).

### **Freestyle categories:**

Division		under 17	over 17
Age		12-17	18 years old or over
Individual	m	1	1
	f	1	1
Pair		2	2
Mixed Team (Composition of 5 members including more than 2 males and 2 females)		5 (+1 substitute max.)	

**Draw:** Draw for poomsae will be published on Thursday, January 16 2020 on the event's Facebook site.

**Start time:** Competition will start Saturday, January 18 2020 at 09:00 hrs.



**NORDIC TAEKWONDO CHAMPIONSHIP 2020**  
**OSLO – NORWAY**  
**Saturday, January 18 2020**



**Applicable poomsae:**

<b>Age Category</b>	<b>Preliminary round</b>	<b>Semi final</b>	<b>Final</b>
Cadet (13-14)	T4-Keumgang	T4-Keumgang	T4-Keumgang
Junior (15-17)	T4-Taebak	T4-Taebak	T4-Taebak
Senior (18-29)	T6-Sipjin	T6-Sipjin	T6-Sipjin
Senior (30-39)	T6-Sipjin	T6-Sipjin	T6-Sipjin
Senior (40-49)	T8-Cheonkwon	T8-Cheonkwon	T8-Cheonkwon
Senior (50-59/60+)	Koryo-Hansu	Koryo-Hansu	Koryo-Hansu
Cadet pair/team	T4-Keumgang	T4-Keumgang	T4-Keumgang
Junior pari/team	T4-Taebak	T4-Taebak	T4-Taebak
Senior -30 pair/team	T6-Sipjin	T6-Sipjin	T6-Sipjin
Senior +30 pair/team	T8-Cheonkwon	T8-Cheonkwon	T8-Cheonkwon