

# OUTLINE

## TAEKWONDO NORDIC CHAMPIONSHIPS

January 21<sup>st</sup>-22<sup>nd</sup> 2023



SUOMEN TAEKWONDOLIITTO RY  
THE FINNISH TAEKWONDO FEDERATION

Welcome to Nordic Championships 2023 organized by The Finnish Taekwondo Federation!

- Dates: Kyorugi: 21<sup>st</sup> of January 2023  
Poomsae: 22<sup>nd</sup> of January 2023
- Venue: Urhea hall  
(National Olympic Training Center Helsinki)  
Mäkelänkatu 47  
00550 Helsinki  
Finland
- Official website: [www.suomentaekwondoliitto.fi/nc-2023](http://www.suomentaekwondoliitto.fi/nc-2023)
- Qualifications: Participation is only allowed for members of clubs (members of national taekwondo federations) from the Nordic and Baltic countries: Finland, Sweden, Denmark, Norway, Iceland, Estonia, Latvia, and Lithuania
- Minimum belt grade for participation is 4<sup>th</sup> Geup (for both Kyorugi and Poomsae)
- Registration: All registrations through [www.tpss2021.eu](http://www.tpss2021.eu).  
Deadline for entries is the 8<sup>th</sup> of January 2023. No registrations after this date will be accepted.
- Also team officials must be registered though [www.tpss2021.eu](http://www.tpss2021.eu).  
Registration at the venue for competitors/official cards shall be made clubwise.
- Admission: Admission for spectators is 10 € for the whole tournament.  
1 coach per 4 competitors has free entrance.
- Entry fees: The entry fee is 50 € per category (individual/pair/team). All payments must be made by the 15<sup>th</sup> of January 2023 to the Finnish Taekwondo Federation's bank account. The entry fee payment shall be made clubwise. Receipt of the payment must be sent to: [office@taekwondo.fi](mailto:office@taekwondo.fi) by the 15<sup>th</sup> of January 2023.
- All travel expenses, local transportation between the venue, hotels, airport etc. shall be borne by each participating club.
- Any change to weight category after the deadline can be made by paying an additional fee of 50 €. If a competitor doesn't pass the weigh-in, he/she can be moved to the next weight category by paying an additional fee of 50 €.

- Bank details:** The Finnish Taekwondo Federation  
Valimotie 10, 00380 Helsinki, Finland  
Bank name: Danske Bank A/S, Finland Branch, Televisiokatu 1,  
PL 1243, 00075 DANSKE BANK  
Account number: FI75 8000 1070 3538 68  
SWIFT: DABAFIHH  
Payment narrative: NC2023 + Team name
- Referees:** Each country is invited to send 4 kyorugi (the first 24 registrations will be accepted) and 3 poomsae (the first 18 registrations will be accepted) referees of international class or highest national class. Round trip and allowance shall be borne by each participating nation. Accommodation (including breakfast) and meals (lunch and dinner for the competition day) shall be provided by the Finnish Taekwondo Federation as follows:
- for kyorugi referees from Friday the 20<sup>th</sup> to Sunday the 22<sup>nd</sup>
  - for poomsae referees from Saturday the 21<sup>st</sup> to Monday the 23<sup>rd</sup>
- Referees (recommended by their National Federations) must register by the 21<sup>st</sup> of December 2022 by following the instructions which has been sent to the National Federations.
- Team officials:** Each team/club can send 1 coach for every 4 competitors in kyorugi and 1 coach for every 4 competitors in poomsae, and 1 head of team for kyorugi and 1 head of team for poomsae. MNA presidents are considered VIP.
- Anti-doping:** Doping tests may be conducted by the Finnish Anti-Doping Agency.
- Liability:** All participants in the Nordic Championships take part at their own risk and must have their own insurances. The participating teams/clubs are responsible for the insurances of their competitors and officials.  
The Finnish Taekwondo Federation doesn't take any responsibility for any damage or loss of equipment, injury or death of participants under any circumstances.
- Awards:** There will be medals/trophies for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places for kyorugi and 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> places in poomsae. Also, there will be a team award for the best team in kyorugi and the best team in poomsae.
- Accommodation:** Please see the official tournament website for recommended hotels.

Lunch: Lunch orders for each competition day must be made in advance through the competition website:  
[www.suomentaekwondoliitto.fi/nc-2023/lunch/](http://www.suomentaekwondoliitto.fi/nc-2023/lunch/)

Lunch orders are binding. Payment via credit/debit card on site.

Contacts: Tournament Director  
Ms. Laura Ojanen  
+358 40 517 8662, [laura.h.ojanen@gmail.com](mailto:laura.h.ojanen@gmail.com)

Finnish Taekwondo Federation  
Secretary General  
Mr. Tatu Iivanainen  
+358 400 519 531, [tatu.iivanainen@taekwondo.fi](mailto:tatu.iivanainen@taekwondo.fi)

Kyorugi Referee Director  
Mr. Ari Lindroos  
[ari.lindroos@aloy.fi](mailto:ari.lindroos@aloy.fi)

Poomsae Referee Director  
Ms. Jenni Pohjonen  
[jenni.pohjonen@taekwondo.fi](mailto:jenni.pohjonen@taekwondo.fi)

Payments  
[office@taekwondo.fi](mailto:office@taekwondo.fi)

# KYORUGI

Categories: Cadets, Juniors, Seniors  
Single elimination tournament and best of three system is applied in all categories.

Every competitor must enroll to weight-in at the venue.  
Please check the schedule for weigh-in times.

Category	Age	Duration	Weight classes
Cadets WT rules, except no knockouts from head allowed, face masks mandatory	12-14 y. 2009-2011	3 x 1,5 min rest 45 sec	Girls: -29, -33, -37, -41, -44, -47, -51, -55, -59, +59 Boys: -33, -37, -41, -45, -49, -53, -57, -61, -65, +65
Juniors WT rules	15-17 y. 2006-2008	3 x 1,5 min rest 45 sec	Female: -42, -44, -46, -49, -52, -55, -59, -63, -68, +68 Male: -45, -48, -51, -55, -59, -63, -68, -73, -78, +78
Seniors WT rules	+17 y. 2006 or earlier	3 x 1,5 min rest 45 sec	Female: -46, -49, -53, -57, -62, -67, -73, +73 Male: -54, -58, -63, -68, -74, -80, -87, +87

The age limit for each division is based on the year, not on the date, when the competition is held. For this year, a person born between January 1<sup>st</sup> 2006 and December 31<sup>st</sup> 2008 is eligible to participate in the junior category.

Competition rules: The latest published WT Competition Rules & Interpretation shall be applied.

Explanation: WT competition rules will be used in Juniors and Seniors. In Cadets the WT competition rules will be used as implemented in Finland. In cadets, no knockouts from head are allowed and face masks are mandatory.

Daedo PSS Gen. 2 + e-headgear (+ face masks in cadet categories) will be used in all categories and will be provided by the Organizing Committee. All athletes must bring their own Daedo sensor socks (Gen. 2 approved).

Video replay will be used in all categories.

Groin/forearm/shin guards and gloves are mandatory and must be brought by the contestants. Mouth piece is also mandatory (only white or transparent).

Preliminary schedule: Friday  
19.00-21.00 Weight-in and registration

Saturday

06:00 Publishing selected athletes for random weight-in

08.00-08.30 Referee meeting

08.00-08.15 Random weight-in

08.30-09.00 Head of Team meeting

09.00-20.00 Fights

12.00-12.45 Lunch

12.45-13.15 Opening ceremony

The Organizer reserves the right to make changes to schedules.  
The schedule will be updated to Finnish Taekwondo Federations  
website at [www.suomentaekwondoliitto.fi/nc-2023](http://www.suomentaekwondoliitto.fi/nc-2023)

## **POOMSAE**

Categories: All official categories according to WT Poomsae Competition  
Rules & Interpretation (May 14, 2019)

Designated Compulsory Poomsae by division among Recognized  
Poomsae:

Categories	Age	Gender	Compulsory Poomsae
Cadets	12-14 y.	Girls and boys in their own categories	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Juniors	15-17 y.	Girls and boys in their own categories	aegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
Under 30	18-30 y.	Women and men in their own categories	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
Under 40	31-40 y.	Women and men in their own categories	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
Under 50	41-50 y.	Women and men in their own categories	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Under 60	51-60 y.	Women and men in their own categories	Koryo, Keumgang, Taeback Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Under 65	61-65 y.	Women and men in their own categories	Koryo, Keumgang, Taeback Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Over 65	+66 y.	Women and men in their own categories	Koryo, Keumgang, Taeback Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Pairs under 14	12-14 y.	One (1) girl and one (1) boy	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Pairs under 17	15-17 y.	One (1) girl and one (1) boy	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
Pairs under 30	18-30 y.	One (1) woman and one (1) man	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
Pairs over 30	+31 y.	One (1) woman and one (1) man	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Teams under 14	12-14 y.	Three (3) girls or three (3) boys in their own categories	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
Teams under 17	14-17 y.	Three (3) girls or three (3) boys in their own categories	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
Teams under 30	18-30 y.	Three (3) women or three (3) men in their own categories	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
Teams over 30	+31 y.	Three (3) women or three (3) men in their own categories	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Freestyle individual under 17	12-17 y.	Girls and boys in their own categories	
Freestyle individual over 17	+18 y.	Women and men in their own categories	
Freestyle pair under 17	12-17 y.	One (1) girl and one (1) boy	
Freestyle pair over 17	+18 y.	One (1) woman and one (1) man	
Freestyle mix-team	+12 y.	Three (3) women and two (2) men, or two (2) women and three (3) men.	

The age limit for each division is based on the year, not on the date, when the competition is held. For this year, a person born between January 1<sup>st</sup> 2005 and December 31<sup>st</sup> 2007 is eligible to participate in the junior category.

Rules:

The WT Poomsae Competition Rules & Interpretation (as of May 14, 2019) will be used except as noted below.

- Cut-off system will be used in all categories.
- The Organizer reserves the right to start the competition directly from the semi-final round if necessary due to time schedule constraints.
- Prizes: one (1) gold medal for the first place, one (1) silver medal for the second place, and two (2) bronze medals for the third place and the fourth place.

Preliminary Schedule:

Saturday

19.00-21.00 Registration

20.00-21.00 Head of Team meeting

Sunday

08.00-09.00 Registration

08.00-09.00 Referee meeting

09.00-20.00 Competition.

12.00-12.45 Lunch

12.45-13.15 Opening ceremony

The Organizer reserves the right to make changes to schedules. The schedule will be updated to Finnish Taekwondo Federation's web site at [www.suomentaekwondoliitto.fi/nc-2023](http://www.suomentaekwondoliitto.fi/nc-2023)