



# PAN AM

TAEKWONDO CHAMPIONSHIPS

CADET - JUNIOR

KYORUGI AND POOMSAE

29-30  
JUNE

PALACIO DE LOS  
DEPORTES HEREDIA

HEREDIA, COSTA RICA



# 2022 PAN AMERICAN JUNIOR AND CADET TAEKWONDO CHAMPIONSHIPS G2

HEREDIA, COSTA RICA

JUNE 29<sup>TH</sup> TO JUNE 30<sup>TH</sup>

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## **SANCTIONED BY**

World Taekwondo (WT)

President Dr. Chungwon Choue

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## **PROMOTED BY**

Pan American Taekwondo Union

President: Lae. Juan Manuel López Delgado

General Guadalupe Victoria 214, Zona Centro, 20000 Aguascalientes, Ags., Mexico.

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

## **ORGANIZED BY**

Costa Rica Taekwondo Federation

President Wilmar Alvarado Castillo

200 metros Sur de la fábrica de productos Jacks, frente al Ministerio de Salud, Pavas, San José, Costa Rica.

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Website: [tkdrc.org](http://tkdrc.org)

## **DATE AND PLACE OF THE EVENT**

Palacio de los Deportes, Heredia Costa Rica.

June 29<sup>th</sup> – 30<sup>th</sup>, 2022

## **PARTICIPATION REQUIREMENTS:**

1. Must have the National ID of the country you are representing
2. Must be Competition sanctioned by the National Federation
3. Must have WT Global Athlete License 2022 (GAL).
4. Must have WT Coach Certification

## **AFFILIATES:**

Every participant must be a citizen of the country he/she is representing.

There must also be a letter of approval from the corresponding National Federation.

## **COMPETITION RULES:**

The current WT and PATU competitions rules will be used in this event.

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



**AGE GROUPS:**

- A. Cadet: 2008, 2009 & 2010
- B. Junior: 2007, 2006 & 2005

**COACHES:**

The requirements are:

1. Must be 21 years old or above.
2. Must have WT Global Athlete License 2022 (GAL).
3. Coaches and trainers must have WT Coach Certification Course.

**COACHES DRESS CODE:**

Formal attire (jacket) is mandatory for all coaches during semifinals and finals.

**GEAR EQUIPMENT:**

The OC shall bring the electronic chest and head protectors, every athlete must provide their own electronic socks to compete, all athletes are responsible of bringing their own sparring gears.

All athletes must enter the competition area with sparring gears and uniform approved by the 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.

**PSS DAEDO** Will be working for cadets & junior categories.

Cadets PSS Generation 2

Juniors PSS Generation 2

**OFFICIAL UNIFORMS:**

All athletes must wear white dobok with a black V-neck trim, approved by WT & PATU in good conditions. Logos, Team Names, NOC Code, athlete's name, will be allowed under WT uniform rules.

Only uniforms approved by WT, PATU & FCT will be permitted.

[old.worldtaekwondo.org/wp-content/uploads/2019/11/WT-2019chart-A3.jpg](http://old.worldtaekwondo.org/wp-content/uploads/2019/11/WT-2019chart-A3.jpg)

**REGISTRATION FEE:**

**A max of 2 events are allowed per athlete.**

Poomsae & Sparring Division.	Early registration	Regular registration	Late registration	Onsite registration
	Starts 03/15/22	Starts 05/09/22	Starts 05/24/22	
	Deadline 05/08/22	Deadline 05/23/22	Deadline 06/17/22	
1st Division	US \$125	US \$150	US \$ 175	US \$225
2nd Division	US \$ 200	US \$225	US \$ 250	US \$ 300





Poomsae & Sparring Division.	Early registration	Regular registration	Late registration	Onsite registration
	Starts 03/15/22	Starts 05/09/22	Starts 05/24/22	
	Deadline 05/08/22	Deadline 05/23/22	Deadline 06/17/22	
Coach Trainer Doctor Physiotherapist Head of Team Manager MNA Official	US \$100	US \$125	US \$150	US \$200

### REGISTRATION METHOD AND DEADLINE:

Early registration starts: March 15<sup>th</sup>, 2022, at 00:01am Costa Rica time.  
 Early registration deadline: May 8<sup>th</sup>, 2022, at 23:59pm Costa Rica time.  
 Regular registration deadline: May 23<sup>rd</sup>, 2022, at 23:59pm Costa Rica time.  
 Late registration deadline: June 17<sup>th</sup>, 2022 at 23:59pm Costa Rica time.  
 Onsite registration deadline: June 23<sup>th</sup>, 2022 at 23:59pm Costa Rica time.

### REFEREES:

- PATU will designate the number of referees required.
- Each international Referee must cover their own plane tickets.
- Three nights of room, board and meals will be covered by the OC (Check In: June 28<sup>th</sup>, 2022 / Check Out: July 1<sup>st</sup>, 2022).
- The OC will pay an honorary of \$100 USD for the three days of competition.

### WEIGH-IN:

- The weight-in for the athletes must take place the day before competition.
- During weigh-in, the male contestant shall wear underpants and the female contestant shall wear underpants and a brassiere.
- Cadet and junior contestant must be weighed with underwear(s) and 100 grams will be allowed to compensate.

### MEDICAL SERVICE:

- The OC will provide medical services only in emergency situation where a participant is injured.
- Participants will be responsible for all expenses incurred from injury and/or hospitalization.
- The OC recommends to the participant they have medical insurance and have all documents on hand.

### VISA INFORMATION:

All participants will be responsible for obtaining the necessary visas. The invitation letter is available at request by writing to [eventstkdc@gmail.com](mailto:eventstkdc@gmail.com) by no later than May 31<sup>st</sup>, 2022.

### PAYMENT METHOD:

The payment for the competition is to be made at the registration office in cash only. Registration will take place at the Best Western Irazú from June 23<sup>rd</sup> - 28<sup>th</sup>, 2022.



## AWARDS:

1. All athletes will receive a Certificate of Participation.
2. Awards:
  - a. A best male and female Referee trophy will be awarded, Poomsae & Kyrongi.
  - b. A best male and female athlete trophy will be awarded Poomsae.
  - c. A best male and female coach trophy will be awarded Poomsae.
  - d. A 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>er</sup> place trophy will be awarded Poomsae.
  - e. A best male and female athlete trophy will be awarded Sparring.
  - f. A best male and female coach trophy will be awarded Sparring.
  - g. A 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>er</sup> place trophy will be awarded Sparring.

## Ground Transportation:

Ground transportation will be provided for national teams on arrival and departure free of charge, only for teams who book via the official hotel website or hotel phone and provided that the Organizing Committee has been informed of the date, time and flight number of the national team's arrival and departure at the latest by the designated deadline (June 23<sup>rd</sup>, 2022). Daily transportation is also provided in San Jose between official hotels and venues for athlete training, registration, head of team meeting and competition days.

## ACCOMODATION:

Local transportation between San José International Airport SJO and the official Hotel will be provided only for those who book and pay their accommodation through the Hotel Manager.

Please kindly note that transportations are only for those who applied for accommodation and provide their travel schedule.

During the event there will be transportation to the venue from the official Hotel only for those who book and pay their accommodation through the Hotel Manager (Reservations through: Booking, Expedia, Trivago, etc. will not be accepted to shuttle Airport-Hotel-Competition Venue).



Best Western Irazú  
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Room Reservations +506 2239 2272  
Email: [fchinchilla@countryinns.co.cr](mailto:fchinchilla@countryinns.co.cr)



## TOURS INFORMATION:

During and after the event there will be tours available (**not** covered by the OC). There will be a discount for those who use the code TKDCR2022.



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## KYROUGI WEGHT DIVISIONS

Cadet Weight categories are classified as follows:

Men's division		Women's division	
Under 33kg	Not exceeding 33 kg	Under 29kg	Not exceeding 29 kg
Under 37kg	Over 33 kg & not exceeding 37 kg	Under 33kg	Over 29 kg & not exceeding 33 kg
Under 41kg	Over 37 kg & not exceeding 41 kg	Under 37kg	Over 33 kg & not exceeding 37 kg
Under 45kg	Over 41 kg & not exceeding 45 kg	Under 41kg	Over 37 kg & not exceeding 41 kg
Under 49kg	Over 45 kg & not exceeding 49 kg	Under 44kg	Over 41 kg & not exceeding 44 kg
Under 53kg	Over 49 kg & not exceeding 53 kg	Under 47kg	Over 44 kg & not exceeding 47 kg
Under 57kg	Over 53 kg & not exceeding 57 kg	Under 51kg	Over 47 kg & not exceeding 51 kg
Under 61kg	Over 57 kg & not exceeding 61 kg	Under 55kg	Over 51 kg & not exceeding 55 kg
Under 65kg	Over 61 kg & not exceeding 65 kg	Under 59kg	Over 55 kg & not exceeding 59 kg
Over 65kg	Over 65kg	Over 59kg	Over 59kg

Junior Weight categories are classified as follows:

Men's division		Women's division	
Under 45kg	Not exceeding 45 kg	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 59kg & 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 73 kg	Under 68kg	Over 63 kg & not exceeding 68 kg
Over 78kg	Over 78kg	Over 68kg	Over 68kg



## RANDOM WEGHT DIVISIONS ALLOWENS

Cadet Random Weight categories 5% allowance:

Male Category	5% allowance	Female Category	5% allowance
M-33	Not exceeding 34.7kg	W-29	Not exceeding 30.5kg
M-37	Not exceeding 38.9kg	W-33	Not exceeding 34.7kg
M-41	Not exceeding 43.1kg	W-37	Not exceeding 38.9kg
M-45	Not exceeding 47.3kg	W-41	Not exceeding 43.1kg
M-49	Not exceeding 51.5kg	W-44	Not exceeding 46.2kg
M-53	Not exceeding 55.7kg	W-47	Not exceeding 49.4kg
M-57	Not exceeding 59.9kg	W-51	Not exceeding 53.6kg
M-61	Not exceeding 64.1kg	W-55	Not exceeding 57.8kg
M-65	Not exceeding 68.3kg	W-59	Not exceeding 62.0kg

Junior Random Weight categories 5% allowance:

Male Category	5% allowance	Female Category	5% allowance
M-45	Not exceeding 47.3kg	W-42	Not exceeding 44.1kg
M-48	Not exceeding 50.4kg	W-44	Not exceeding 46.2kg
M-51	Not exceeding 53.6kg	W-46	Not exceeding 48.3kg
M-55	Not exceeding 57.8kg	W-49	Not exceeding 51.5kg
M-59	Not exceeding 62.0kg	W-52	Not exceeding 54.6kg
M-63	Not exceeding 66.2g	W-55	Not exceeding 57.8kg
M-68	Not exceeding 71.4kg	W-59	Not exceeding 62.0kg
M-73	Not exceeding 76.7kg	W-63	Not exceeding 66.2kg
M-78	Not exceeding 81.9kg	W-68	Not exceeding 71.4kg

## POOMSAE:

Individual Poomsae

Division	Cadet	Junior
Age	12-14 years old	15-17 years old

Pair & Team Poomsae

Division	Cadet	Junior
Age	12-14 years old	15-17 years old

Freestyle Poomsae: Individual, Pair, Team Mixed

Division	Under 17
Age	12-17 years old



Competition	Division	Compulsory Poomsae
Individual	Cadet Division	Taekguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taekguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
Pairs	Cadet Division	Taekguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taekguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
Team	Cadet Division	Taekguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taekguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback

**TIMETABLE**  
(SUBJECT TO CHANGE)

DATE	TIME	EVENT	PLACE
June 23 <sup>rd</sup> -27 <sup>th</sup>	All day	Arrival of Teams & Officials	SJO - Airport
	9:00 - 18:00	Athletes' registration	Best Western Hotel
		Team's training	
June 28 <sup>th</sup>	9:00 - 15:00	Referee Meeting	Best Western Hotel
	15:00 - 17:00	Technical Meeting	
June 29 <sup>th</sup>	8:00 - 20:00	Poomsae Competition: All male/female divisions	Palacio de los Deportes
	10:00 -12:00	Weigh-in for: All male/female Cadet Divisions	
	14:00 - 16:00	Weigh-in for: All male/female Junior Divisions	
June 30 <sup>th</sup>	7:00	Random weight-in for: ALL Cadet & Junior Categories	Palacio de los Deportes
	8:00 - 20:00	Cadet & Junior G-2 Competition: All male/female weight divisions	





# LIABILITY WAIVER

ALL PARTICIPANTS must PRINT & SIGN THIS WAIVER (signed by parent or legal guardian if under 18 years).

Please submit completed Liability Waiver at Accreditation on June 29<sup>th</sup> – 30<sup>th</sup>, 2022.

**PLEASE DO NOT E-MAIL or MAIL LIABILITY WAIVER**

## COMPETITOR, COACH, REFEREE, VOLUNTEERS, OFFICIALS, TOURNAMENT STAFF AND MEDIA WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND PARENTAL CONSENT AND INDEMNITY AGREEMENT.

In consideration of your acceptance of my entry for **PATU PANAMERICAN TAEKWONDO CADET & JUNIOR CHAMPIONSHIPS G1** to be held on June 29<sup>th</sup> – 30<sup>th</sup>, 2022 at Palacio de los Deportes de Heredia, I do hereby, for myself, my heirs, executors, and administrators waive, release and forever discharge any and all rights and claims for damages, including bodily injury which I may have or which may occur to me against the referees, medical staff and all members of this championships or their respective officers, representatives, successors, and/or assigns against any competitor for any and all damages which may be in connection with my associates with or entry into this championships event, or which may arise out for traveling to, participating in and returning from this tournament event. I am not entering this competition in reliance of any written or oral representation by the Costa Rica Taekwondo Federation and World Taekwondo regarding the applicable rules and qualifications of the judges and referees. I am in good health and physical condition to participate in this tournament. I fully understand that my entry fee is non-refundable. I consent that any picture furnished by me, or any pictures taken of me in connection with the championships can be used for publicity, promotion or television showing, and I waive all compensation in regard, thereto. I understand that Martial Arts is a body contact sport and I further understand all the contents of the rules and general information which was published by the organizing committee, and I agree to them in their entirety.

I understand the nature of the **PATU PANAMERICAN TAEKWONDO CADET & JUNIOR CHAMPIONSHIPS G2** activities and believe that my experience and capabilities, or that of the minor, to be qualified to participate in **PATU PANAMERICAN TAEKWONDO CADET & JUNIOR CHAMPIONSHIPS G2** which be held in Heredia, Costa Rica. I UNDERSTAND THAT COSTA RICA TAEKWONDO FEDERATION AND WORLD TAEKWONDO TOURNAMENT ACTIVITIES INVOLVE RISKS AND DANGERS OF THE SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH. These risk and danger may be caused by me or the minor child's own action, or inactions, and/or the actions or inactions of others participating in the training. In addition, I fully authorize Costa Rica Taekwondo Federation to transport me/my child to a nearby medical care facility to seek medical care in the case of emergency.

I have read this agreement, fully understand it's terms, understand that I or the minor child given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intent it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of the agreement is held to be valid that the balance, notwithstanding, shall continue in full force and effect.

Participant's Print Name: \_\_\_\_\_

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

Participant's Guardian Print Name: \_\_\_\_\_

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

