

PATU PAN AM SERIES II TAEKWONDO CADET, JUNIOR & SENIOR CHAMPIONSHIPS G2, HEREDIA, JULY 1ST TO JULY 3RD

SANCTIONED BY

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PROMOTED BY

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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.
Telephone: (506) 2220 1310 / (506) 2231 4308
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Website: tkdcrc.org

DATE AND PLACE OF THE EVENT

Palacio de los Deportes, Heredia Costa Rica.
July 1st - 3rd, 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/





AGE GROUPS:

- A. Cadet: 2008, 2009 & 2010
- B. Junior: 2007, 2006 & 2005
- C. Senior: 2004 & before

FEDERACION COSTARRICENSE DE TAEKWONDO

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 wear is mandatory for all coaches during semifinals and finals.

GEAR EQUIPMENT:

The OC shall bring the electronic chest and head protectors, ever 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 uniformed approved by the WT. Groin, shin and forearm guards must be wormed 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, juniors and senior categories.

Cadets PSS Generation 2

Juniors PSS Generation 2

Senior PSS Generation 2

OFFICIAL UNIFORMS:

All athletes must wear a V-neck white dobok, V neck approved by WT/Panamericana (PATU) in good condition, black V neck uniform. Logos, Team Names, country, athlete's name, will be allowed under WT uniform rules. Only uniforms approved by WT, WT Panamericana (PATU) & FCT will be permitted.

old.worldtaekwondo.org/wp-content/uploads/2019/11/WT-2019chart-A3.jpg

REGISTRATION FEE:

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 15th, 2022 at 00:01am Costa Rica time.

Early registration deadline is: May 8th, 2022 at 23:59pm Costa Rica time.

Regular registration deadline is: May 23rd, 2022 at 23:59pm Costa Rica time.

Late registration deadline is: June 17th, 2022 at 23:59pm Costa Rica time.

Onsite registration deadline is: June 23th, 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: July 1st, 2022 / Check Out: July 4th, 2022).
- The OC will pay an honorary of \$100 USD for the three days of competition.

WEIGH-IN:

- The weigh-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. However, weigh-in may be conducted in the nude if the contestant wishes to do so.
- 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 by no later than May 31st, 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 23rd - 28th, 2022 and at the venue (Palacio de los Deportes de Heredia) from June 29th – July 2nd, 2022.





AWARDS:

1. All athletes will receive a Certificate of Participation.
2. Awards: World Ranking G-2 / G-2.
 - a. A best male and female Referee Open trophy will be awarded, Poomsae & Kyrougi.
 - b. A best male and female athlete Open trophy will be awarded G-2 Poomsae.
 - c. A best male and female coach Open trophy will be awarded G-2 Poomsae.
 - d. A 1st, 2nd and 3^{er} place Open trophy will be awarded G-2 Poomsae.
 - e. A best male and female athlete Open trophy will be awarded G-2 Sparring.
 - f. A best male and female coach Open trophy will be awarded G-2 Sparring.
 - g. A 1st, 2nd and 3^{er} place Open trophy will be awarded G-2 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 23rd, 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
Milena Vega
Tel +506 7014 7727
Email: milevega@gmhospitality.net



City Express San José Aeropuerto
Mirtha Salas Montero +506 8707 1182
Room Reservations +506 2209 2300 ext. 192
Email: cesjo.ventas@cityexpress.com.mx



Hotel Country Inn & Suites
Fresca Chinchilla +506 8847 9926
Room Reservations +506 2239 2272
Email: 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.



Carlos Zúñiga Cuadra
Cel: +506 6011-5804
Email: carlos@utlcr.com



WEGHT DIVISIONS

FEDERACION COSTARRICENSE DE TAEKWONDO

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

Senior Weight categories are classified as follows:

Men's division		Women's division	
Under 54kg	Not exceeding 54 kg	Under 46kg	Not exceeding 46 kg
Under 58kg	Over 54 kg & not exceeding 58 kg	Under 49kg	Over 46 kg & not exceeding 49 kg
Under 63kg	Over 58 kg & not exceeding 63 kg	Under 53kg	Over 49 kg & not exceeding 53 kg
Under 68kg	Over 63 kg & not exceeding 68 kg	Under 57kg	Over 53 kg & not exceeding 57 kg
Under 74kg	Over 68 kg & not exceeding 74 kg	Under 62kg	Over 57 kg & not exceeding 62 kg
Under 80kg	Over 74 kg & not exceeding 80 kg	Under 67kg	Over 62 kg & not exceeding 67 kg
Under 87kg	Over 80 kg & not exceeding 87 kg	Under 73kg	Over 67 kg & not exceeding 73 kg
Over 87kg	Over 87kg	Over 73kg	Over 73kg

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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

Senior Random Weight categories 5% allowance:

Male Category	5% allowance	Female Category	5% allowance
M-54	Not exceeding 56.7kg	W-46	Not exceeding 48.3kg
M-58	Not exceeding 60.9kg	W-49	Not exceeding 51.5kg
M-63	Not exceeding 66.2kg	W-53	Not exceeding 55.7kg
M-68	Not exceeding 71.4kg	W-57	Not exceeding 59.9kg
M-74	Not exceeding 77.7kg	W-62	Not exceeding 65.1kg
M-80	Not exceeding 84kg	W-67	Not exceeding 70.4kg
M-87	Not exceeding 91.4kg	W-73	Not exceeding 76.7kg

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Individual Poomsae

FEDERACION COSTARRICENSE DE TAEKWONDO

Division	Cadet	Junior	Under 30	Under 40	Under 50	Under 60	Under 65	Over 65
Age	12-14 years old	15-17 years old	18-30 years old	31-40 years old	41-50 years old	51-60 years old	61-65 years old	66 years old and over

Pair & Team Poomsae

Division	Cadet	Junior	Under 30	Over 30
Age	12-14 years old	15-17 years old	18-30 years old	31 years old and over

Freestyle Poomsae: Individual, Pair, Team Mixed

Division	Under 17	Over 17
Age	12-17 years old	18 years old and over

Competition	Division	Compulsory Poomsae
Individual	Cadet Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30 Under 40	Taeguk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Under 50	Taeguk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60 Under 65 Over 65	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Pair	Cadet Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30	Taeguk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30	Taeguk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
Team	Cadet Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Under 30	Taeguk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	Over 30	Taeguk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

DATE	TIME	EVENT	PLACE
June 23 th - 27 th	All day	Arrival of Teams & Officials	SJO - Airport
	9:00 - 18:00	Athletes' registration	Best Western Hotel
		Team's training	
June 30 th	19:00 - 21:00	Technical Meeting	Palacio de los Deportes
July 1 st	7:00 - 7:30	G-2 Weigh-in for: All male/female Cadet & Junior Categories	Palacio de los Deportes
	8:00 - 20:00	Poomsae Competition: All male/female divisions	
July 2 nd	7:00 - 7:30	G-2 Random weigh-in for: ALL Cadet & Junior Categories	Palacio de los Deportes
	7:00 - 20:00	G-2 Weigh-in for: All male/female Senior Categories	
	8:00 - 20:00	Competition: All male/female Cadet & Junior Categories. ALL color belts (6-7, 8-9, 10-11, cadet, junior & senior/ black belts up to 11 years old)	
July 3 rd	7:00 - 7:30	G-2 Random weight-in for: ALL Senior Categories	Palacio de los Deportes
	8:00 - 20:00	G-2 Competition: All male/female Senior Categories	
July 4 th	All day	Departure of Teams & Officials	SJO - Airport



FEDERACION COSTARRICENSE DE TAEKWONDO

DATE	TIME	COLOR BELT EVENT	PLACE
July 1 st	All day	Arrival of Teams & Officials	SJO - Airport
	9:00 - 18:00	Athletes' registration (Color Belts only)	Palacio de los Deportes
July 2 nd	8:00 - 20:00	ALL color belts (6-7, 8-9, 10-11, cadet, junior & senior/ black belts up to 11 years old)	Palacio de los Deportes
July 3 rd	All day	Departure of Teams & Officials	SJO - Airport

SERIES II

CADETS - JUNIORS - SENIORS

POOMSAE AND KYORUGI TAEKWONDO

CHAMPIONSHIPS

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am

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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 July 1st – July 3rd, 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 PAN AM SERIES II TAEKWONDO CADET, JUNIOR & SENIOR CHAMPIONSHIPS G2** to be held on July 1st – July 3rd, 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 PAN AM SERIES II TAEKWONDO CADET, JUNIOR & SENIOR CHAMPIONSHIPS G2** activities and believe that my experience and capabilities, or that of the minor, to be qualified to participate in **PATU PAN AM SERIES II TAEKWONDO CADET, JUNIOR & SENIOR 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: _____

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am

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