



Dear Nordic and Baltic Countries,

On behalf of the Swedish Taekwondo Union, I am honored to invite you and your athletes to participate in the Nordic Taekwondo Championships 2022.

The Championships will be held in [Maserhallen](#), Borlänge, Sweden, on 22nd and 23rd of January 2022 and hosted by Dala Taekwondo Akademi.



Maserhallen, Borlänge

With experienced referees and awesome volunteers, we will do our outmost to hold a high-quality organization and competition with transparency and fair play for all athletes.

We look forward to receiving your confirmation of participation for this event no later than December 17th 2021.

Please note that the Nordic Taekwondo championships 2022 will run for two days. The Kyorugi competition will be on Saturday 22nd and the Poomsae competition will take place on Sunday the 23rd of January 2022.

We hope you will enjoy the championships and that you have a great stay in Borlänge!

Yours sincerely,

Fresia Pérez

President of the Swedish Taekwondo Union



Nordic Taekwondo Championships 2022 – General Information

- Competition date** Kyorugi, Saturday 22 January 2022
Poomsae, Sunday 23 January 2022
- Preliminary schedule** The sport hall opens: 08:00
Referee meeting at the venue: 08:00–08:30
The competitions start: 09:00
- No coach meeting will be held. Necessary information will be published on www.stuswe.se and sent out by e-mail before the competition.
- Venue** Maserhallen
Masergatan 22, 784 40
Borlänge – Sweden
- Admission** 18 years and older 100 SEK or 10 €/day, 150 SEK or 15 €/2 days
17 years and younger 50 SEK or 5 €/day, 100 SEK or 10 €/2 days
- 1 coach per 5 competitors has free entrance. Maximum 3 coaches allowed for each team/club for Kyorugi and Poomsae.
- In addition, we allow 1 head of team per team/club for each Kyorugi and Poomsae. Presidents of MNAs are regarded as VIPs.
- Organizers** Swedish Taekwondo Union and Dala Taekwondo Akademi
Email: info@stuswe.se
Please direct all inquiries to the above email address, should you have any questions.
- Participants/qualifications** Participation is only allowed for 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, 4 Gup and higher. **Please note that valid document of identification is required at the weigh-in!**
- Please note that all travel expenses, including transport between the venue and the hotel, airports etc. shall be borne and arranged by each participating national federation. Those who fly to Arlanda airport can travel by train directly to Borlänge which takes around 2 hours. The last train from Arlanda airport goes to Borlänge at 22:34. The official hotel Scandic is located approximately 500 meters from the train station.
- Referees** Each country is invited to send six (6) referees in Kyorugi and five (5) referees in Poomsae of international class or first national class to the championships. Please note that this figure is subject to change, depending on the number of competitors and courts.
- List of referees are to be submitted by each federation by **no later than Friday 17 December 2021**, to the Swedish Referee Chair Reza Abrishami by email to reza.abrishami@stuswe.se with the name, gender,



class/license-level, referee discipline (Kyorugi or Poomsae) dates for check-in and check-out, and email address for each referee.

Round-trip and allowance (per diem) shall be covered by the participating nation. Round trip and allowance/diem shall be borne by each participating nation. Accommodation and board for Kyorugi referees is provided by the organiser from Friday 21 January until Sunday 23 January and, for Poomsae referees from Saturday 22 January until Monday 24 January.

Referees who arrive earlier or stays later than the specified dates are responsible for their hotel reservation and cost for the additional days.

Doping

Random doping control/tests, conducted by the Swedish Anti-doping Organisation, may take place at the championship.

Liability

All participants in the Championship take part at their own risk and must have their own insurances.

The Swedish Taekwondo Union and Dala Taekwondo Akademi hosting nation/organiser committee do not under any circumstances take any responsibility for any damage or loss of equipment, injury or death of participants.

The participation teams are responsible for insurances for their participants.

Sale of products

It will be possible to purchase approved equipment from *inter alia* Daedo at the venue.

Restaurant

There is a restaurant in the venue which will prepare various meals.

Parking

In front of the venue, there is a 3-hours free parking. However, parking disc is required. In the parking area at the right side of the venue there is free parking without the need to use parking disc.

Official hotel

Scandic Hotel
Stationsgatan 21–23, 784 35
Borlänge, Sweden

Team bookings

Prices per room and night, breakfast included.

For the rooms that will be booked by teams/clubs the following price rates apply. Please note that there is only a limited number of rooms pre-booked with these prices. When all of these rooms are booked, prices for individual bookings apply. These rooms are subject to availability, see below.

Single room - SEK 1000: -
Double room - SEK 1100: -
Triple room - SEK 1300: -
Quadruple room - SEK 1500: -



Booking of rooms shall be made by email to group.sweden@scandichotels.com.

When booking, please provide the following information:

- Booking code: TAEKWONDO-NM 2022
- Date and number of nights
- Number of required rooms
- Planned arrival and departure time
- Name list

Payment is made by a guest with a bank card to the hotel in connection with the stay, or through prepayment invoice.

When booking, Scandic's cancellation policy applies to groups that the booking person receives upon booking.

Last day for booking 21/12 2021.

Individual bookings

Prices per room and night incl. breakfast

There are no pre-booked rooms, booking is subject to availability.

Single room - SEK 1100: -

Double room - SEK 1300: -

Triple room- SEK 1600: -

Quadruple room - SEK 1800: -

Bookings are made via Scandic website www.scandichotels.se or by calling Scandic Central bokning on +46 8 517517 00, dial 1.

Enter booking code: **BTAE200122**

Guests must provide credit card information at the time of booking to guarantee their room.

Payment is made by a guest to the hotel in connection with the stay.

Guests can change and/ or cancel their room until 18:00 on the day of arrival, in case of changes or cancellation after 18:00, or in case of no-show, the hotel has the right to charge for missed nights.

Last day for booking 21/12 2021.



Information Kyorugi competition

Competition rules	WT and STU (Swedish) competition rules apply. The competition method used is Single Elimination System.
Divisions	Cadets: 12-14 years Juniors: 15-17 years Seniors: 17 years and above Masters: 35 years and above <i>Please note that only semi contact to the head is allowed for cadets and masters according to Swedish rules!</i>
Age	The age is based on the year that you will be at 31 st of December 2022.
Dispensation	No exemption or dispensation is allowed or shall be granted, regardless of the matter.
Registration & payment	Each participating team/club shall register on www.tpss.eu no later than Friday 17 December 2021 . The registration period will not be extended regardless of circumstances. Payment is made at the same time as registration to Dala TKD Akademi Bankgiro 801–7543 (Nordea) for Swedish clubs. Non-Swedish clubs/teams shall make the payment for the whole team/club to the following bank account. One payment shall be made for each club/team. No individual payments will be accepted. Dala Taekwondo Akademi Name of bank: Nordea Account number: 9960 4209221151 BIC: NDEASESS IBAN: SE25 9500 0099 6042 0922 1151 All clubs must bring and show the receipt of payment at the registration.
Start fee	The competition fee is 500 SEK (50 Euro) per participant. Receipt of payment must be presented upon registration for each team/club. Mark the payment with the name of the club and enter NC 2022 Kyorugi. Payment is made by each club (payments made directly from different players etc. are not valid and will not be refunded). No refund will be made unless a player is left alone in a weight class and does not want to weigh in and receive 1 point and a medal or be moved up to the nearest weight class. Please note that no registration is accepted without payment and team registration on tpss!
Arrival registration:	Registration upon arrival takes place in Maserhallen before weigh-in.

**Weigh-in**

Friday 21 January 16:00 – 20:00.

In order to make the weigh-in process more efficient, each club/team is invited to book a weigh-in time, please email to gibbe2000@gmail.com to get the club's weigh-in time.

Change of weight class:

All teams must register their players in correct weight divisions and categories before the deadline closes in order to avoid paying an additional fee.

All players get two chances to weigh in. Any player who does not pass the first weigh-in can be removed to the next weight division by paying an additional fee of 500 SEK or 50 Euro. Otherwise, if you do not manage to enter the stated weight, you will be removed from the competition.

All teams must register their players in correct weight divisions and categories before the deadline closes in order to avoid paying an additional fee.

Draw and results:

Draws and the result is published on www.stuswe.se and www.tpss.eu.

Age classes:

Cadets 12–14 years,
Juniors 15–17 years, Seniors 17 years and above,
Masters +35 years.

Match time:

Cadets 2 x 2 min
Juniors /seniors 3 x 2 or 3 x 1.5 min
Masters 2 x 2 min

Match times may change depending on the number of participants and other unforeseen events.

Weight classes

Cadet Male: -33 kg, -37 kg, -41 kg, -45 kg, -49 kg, -53 kg, -57 kg, -61 kg, -65 kg, +65 kg

Cadet Female: -29 kg, -33 kg, -37 kg, -41 kg, -44 kg, -47 kg, -51 kg, -55 kg, -59 kg, +59 kg

Junior Male: -45 kg, -48 kg, -51 kg, -55 kg, -59 kg, -63 kg, -68 kg, -73 kg, -78 kg, +78 kg

Junior Female: -42 kg, -44 kg, -46 kg, -49 kg, -52 kg, -55 kg, -59 kg, -63 kg, -68 kg, +68 kg

Senior Male: -54 kg, -58 kg, -63 kg, -68 kg, -74 kg, -80 kg, -87 kg, +87 kg

Senior Female: -46 kg, -49 kg, -53 kg, -57 kg, -62 kg, -67 kg, -73 kg, +73 kg

Masters Male: -58 kg, -68 kg, -80 kg, +80 kg

Masters Female: -49 kg, -57 kg, -67 kg, +67 kg



Equipment:

The organiser will provide Daedo electronic protectors for the championship. All divisions will use PSS.

Daedo socks is personal equipment. So Daedo socks and other protective equipment must be provided by the participants or the participating teams. The equipment must be approved by WT.

More information

Match numbers are not reset between the categories.

Prizes are awarded on an ongoing basis on each court.

We wish that you are ready well before the start of the match.

There will be a place to warm up.

Follow the signs at the venue and please respect the accreditation regulations.

No coach, player or other person may be on the field of play if they are not waiting for a match.



Information Poomsae competition

Participants/qualification Participation is open for members of clubs from the Nordic and Baltic countries – i.e. Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway and Sweden. Minimum 4 Gup is required.

Registration & payment Each club/team shall register on www.tpss.eu **no later than Friday 17 December 2021**. The deadline will not be extended regardless of circumstances.

Payment is made at the same time as registration to Dala Taekwondo Akademi by Bankgiro 801-7543 (Nordea) for the Swedish clubs.

Non-Swedish clubs/teams shall make the payment for the whole team/club to the following bank account. One payment shall be made for each club/team. No individual payments will be accepted.

Dala Taekwondo Akademi
Name of bank: Nordea
Account number: 9960 4209221151
BIC: NDEASESS
IBAN: SE25 9500 0099 6042 0922 1151

All clubs must bring and show the receipt of payment at the registration.

All travel expenses, local transport between the hall – hotels, airports etc. shall be borne by each participating national federation.

Start fee The competition fee is 500 SEK (50 Euro) for all categories, including Freestyle. Receipt of payment must be presented upon registration for each team/club.

Mark the payment with the name of the club and enter NC 2022 Poomsae. Payment is made by each club (payments made directly from different players etc. are not valid and will not be refunded).

Please note that no registration is accepted without payment and team registration on www.tpss.eu.

Competition rules: WT competition rules. Cut-off system will be used for all categories.

Individual categories: Cadet, Junior, Senior -30/-40/-50/-60/+60/-65/+65 (male or female)

Pair categories: Cadet, Junior, Senior -30, Senior +30 (1 female and 1 male)

Team categories: Cadet, Junior, Senior -30, Senior +30 (3 females or 3 males)



Freestyle categories:

Division		- 17	+ 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: The draw will be published Thursday the 19 January days before the championship on <http://www.stuswe.se>

Registration: Registration will take place at the sport hall on Saturday 22 of January between 16:00 and 18:00.

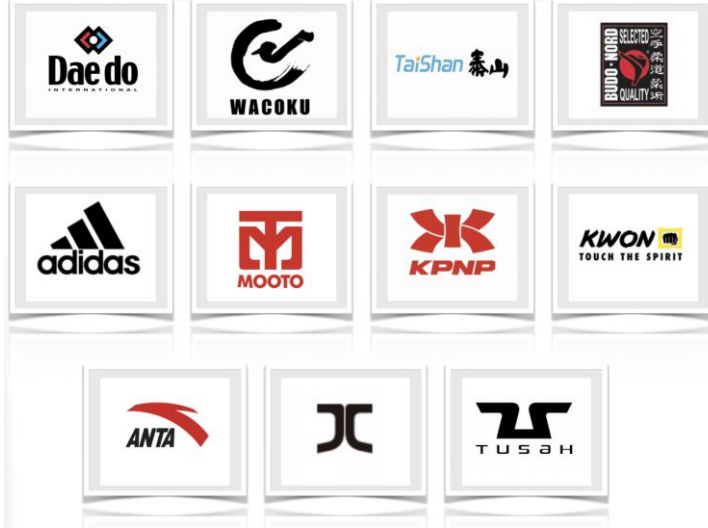
Start time: The competition will start at 09:00 on Sunday 23 January 2022.

The Poomsaes according to WT

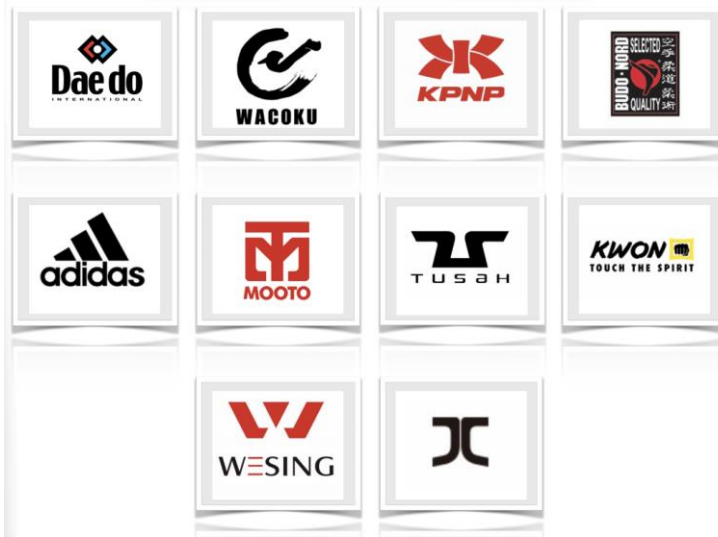
Age category	Preliminary round	Semi final	Final
Cadet	T4-Keumgang	T4-Keumgang	T4-Keumgang
Junior	T4-Taebaek	T4-Taebaek	T4-Taebaek
Senior -30	T6-Sipjin	T6-Sipjin	T6-Sipjin
Senior -40	T6-Sipjin	T6-Sipjin	T6-Sipjin
Senior -50	T8-Cheonkwon	T8-Cheonkwon	T8-Cheonkwon
Senior -60/+60	Koryo-Hansu	Koryo-Hansu	Koryo-Hansu
Cadet pair/team	T4-Keumgang	T4-Keumgang	T4-Keumgang
Junior pair/team	T4-Taebaek	T4-Taebaek	T4-Taebaek
Senior -30 pair/team	T6-Sipjin	T6-Sipjin	T6-Sipjin
Senior +30 pair/team	T8-Cheonkwon	T8-Cheonkwon	T8-Cheonkwon



WT recognized brands – competition uniform



Forearm/ Shin / Groin guards



Gloves/ Head protector / Trunk protector (included)

