



Dear Nordic and Baltic Countries,

On behalf of the Swedish Taekwondo Union and Dala Taekwondo Akademi, I am honored to invite you and your athletes to participate in the Nordic Taekwondo Championships 2022 as well as Nordic Dala Open for the beginners. New competition rules with best of three system for Kyorugi will be applied to the both competitions.

The Championships will be held in [Maserhallen](#), Borlänge, Sweden, on 4 and 5 June 2022 and they are hosted by Dala Taekwondo Akademi.



Maserhallen, Borlänge

With skilled referees and experienced volunteers, we will do our utmost to maintain a high-quality organisation 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 Friday 20 May 2022.

Please note that the Nordic Taekwondo Championships 2022 and the Nordic Dala Open will take place on two days. The Kyorugi competitions will be conducted on Saturday 4 June whereas the Poomsae competitions will be conducted on Sunday 5 of June 2022.

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

Yours sincerely,

Reza Abrishami
Board Member of the Swedish Taekwondo Union



Nordic Taekwondo Championships 2022 & Nordic Dala Open – General Information

Competition date	Kyorugi, Saturday 4 June 2022 Poomsae, Sunday 5 June 2022
Competition classes	Elite/advanced (4 gup and above) and beginners (9–5 gup)
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.svenskataekwondounionen.se and sent out by email to participating teams prior to the competition.
Venue	Maserhallen Masergatan 22, 784 40 Borlänge – Sweden
Admission	18 years and older: 100 SEK or 10 EUR for one day, 150 SEK or 15 EUR for two days 17 years and younger: 50 SEK or 5 EUR for one day, 100 SEK or 10 EUR for two 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: Nordic2022@svenskataekwondounionen.se . Please direct all inquiries to this email address, should you require any information.
Participants/qualifications	Participation is only allowed for members of clubs from the Nordic and Baltic countries – <i>i.e.</i> Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway and Sweden. Participants for Nordic Taekwondo Championships shall hold, at the minimum, 4 Gup and higher. For Nordic Dala Open the requirement is 9–5 Gup. Please note that valid document of identification is required and must be shown 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 departs to Borlänge at 22:34. The nearest recommended hotels is located 269 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.

Participating referees shall be registered by each federation **no later than Friday 20 May 2022** at www.tkdreferee.com.

Round-trip and allowance (per diem) shall be covered by the participating nation. Accommodation and board for Kyorugi referees is provided by the organizer from Friday 3 June until Sunday 5 June and, for Poomsae referees from Saturday 4 June until Monday 6 June.

Referees who arrive earlier or stay later than the specified dates are responsible for their hotel reservation and shall bear the cost relating to the additional days.

COVID-19

The organiser is unable to predict the developments regarding the COVID-19 outbreak in Europe. The teams have to bear in mind that due to the uncertain nature of the COVID-19 outbreak and sole authority of each government on how to respond, restrictions to access the host country may be applicable. It is the responsibility of each participating team to make sure they meet all entry requirements in order to enter the Host country and to monitor the Swedish policy with regard to entry policies.

Sufficient insurance

The teams are strongly urged and advised to make sure to have their own sufficient travel, cancellation and medical insurance.

Liability

In this respect, please be informed that the organiser shall not and cannot be held liable for any expenses and costs incurred by the teams for travelling to the event in case of cancellation of the event due to (further) outbreak of the COVID-19 virus in the Sweden. The organiser shall not accept any claims or requests for compensation in case of cancellation of the event.

Doping

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

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.



Recommended hotels

Best Western Gustaf Wasa Hotell

Tunagatan 1 | SE-784 34 | Borlänge

+46 (0) 243 21 74 00 | info@gustafwasa.se | www.gustafwasa.se

Single room with breakfast SEK 700:-

Double room with breakfast 900:-

Family room with breakfast SEK 1100:-

For booking with these prices call or email, code **NTC 2022**

Distance to the central station 269 m and to the Maserhallen 1,7 km.

Quality Hotel Galaxen

Jussi Björlings väg 25 | SE-781 29 | Borlänge

+46 (0) 243 21 60 00 | Q.galaxen@choice.se | www.galaxen.com

Single room with breakfast SEK 618:-

Double room with breakfast SEK 818:-

Triple room with breakfast SEK 1017:-

For booking with these prices call or email, code **NTC 2022**

Distance to the central station 920 m and to the Maserhallen 1,5 km.

Gylle Hotell

Gyllehemsvägen 22 | SE-784 37 | Borlänge

+46 (0) 243 22 99 00 | info@gyllehotell.se | www.gyllehotell.se

Single room with breakfast for SEK 624:-

Double room with breakfast for SEK 824:-

Family room with breakfast 4 people for 1399: -

For booking with these prices call or email, code **NTC 2022**

Distance to the central station 2,7 km and to the Maserhallen 3,9 km.



Information Kyorugi competition

Competition rules	WT new competition rules and STU (Swedish) competition rules will be applied for both advanced and beginners. IVR will also be applied for all categories. The competition method used is Single Elimination System.
Competition classes	Elite/advanced (4 gup and above) and beginners (9–5 gup)
Divisions	Miniors: 7-11 years Cadets: 12-14 years Juniors: 15-17 years Seniors: 17 years and above Masters: 35 years and above <i>Please note that, according to Swedish rules, only semi-contact to the head is allowed for cadets, masters and beginners. For minors kick to the head is not allowed at all.</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 20 May 2022. 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 bank charges shall be borne by the participating teams (option OUR). All clubs must bring and show the receipt of payment at the registration.
Competition fee	<i>The competition fee is 500 SEK (50 EUR) for each participant. The teams that do not pay the competition fees in full until 20 May will be removed from registration and the competition will be planned only for those teams that have paid the fee. Receipt of payment must be presented upon registration for each team/club.</i> 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. <i>Please note that no registration is accepted without payment and team registration on www.tpss.eu!</i>

**Arrival registration**

Registration upon arrival takes place in Maserhallen before weigh-in.

Weigh-in

Friday 3 June 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 Nordic2022@svenskataekwondounionen.se to receive 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 moved to the next weight division by paying an additional fee of 500 SEK or 50 EUR. In other case, an athlete who fails the weigh-in 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 result will be published on www.svenskataekwondounionen.se and www.tpss.eu.

Contest time:

Seniors/ Juniors: 3 x 2 min

Masters/ Cadets: 3 x 1,5 min

Minors: 3 x 1 min

Rest period is one-minute between rounds.

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

Weight classes

Minior: -26 kg, -28 kg, -30 kg, -32 kg, -34 kg, -38 kg, -42 kg, -46 kg, -50 kg, -54 kg, -57 kg, +57 kg

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

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

Other

Match numbers do not reset between the categories.

Prizes are awarded on an ongoing basis on each court.

Please be ready 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 is allowed to be on the field of play if he or she is 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.

Competition classes Elite/advanced (4 gup and above – Nordic Championships) and beginners (9–5 gup – Dala Nordic Open)

Registration & payment Each club/team shall register on www.tpss.eu **no later than Friday 20 May 2022.**

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 bank charges shall be borne by the participating teams (option OUR). 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 EUR) for all categories, including Freestyle. The teams that do not pay registration fees in full **until 20 May** will be removed from registration and the competition will be planned for paid entries. 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: Minior (**only for beginners, Nordic Dala Open**), Cadet, Junior, Senior - 30/-40/-50/-60/+60/-65/+65 (1 female or male)

Pair categories: Minior (**only for beginners, Nordic Dala Open**), Cadet, Junior, Senior - 30, Senior +30 (1 female and 1 male)



Team categories: Minior (**only for beginners, Nordic Dala Open**), 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 Wednesday 1 June 2022 before the championship on www.svenskataekwondounionen.se

Registration: Registration will take place at the sport hall on Saturday 4 June between 16:00 and 18:00.

Start time: The competition will start at 09:00 on Sunday 5 June 2022.

The Poomsaes according to WT (Nordic Championships)

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



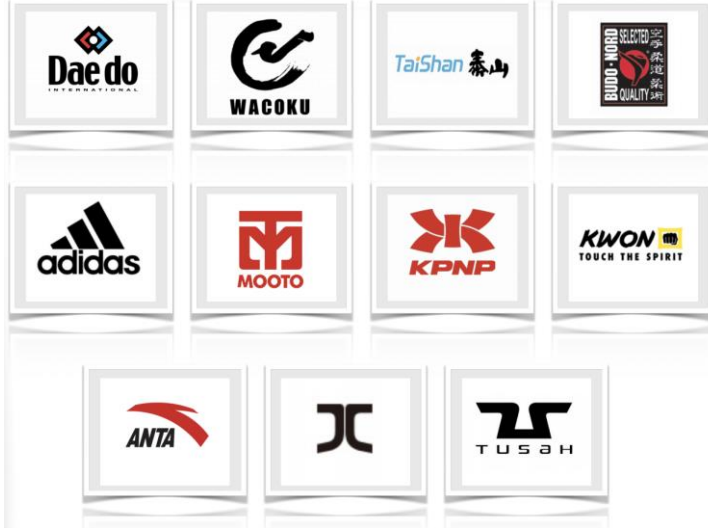
Poomsae for beginner categories (all age categories) **ONLY FOR DALA NORDIC OPEN**

Category	Preliminary round	Semi final	Final
Minior/Cadet/Junior/ Seniors	Two Poomsaes free of choice T1–T8	Two Poomsaes free of choice T1–T8	Two Poomsaes free of choice T1–T8

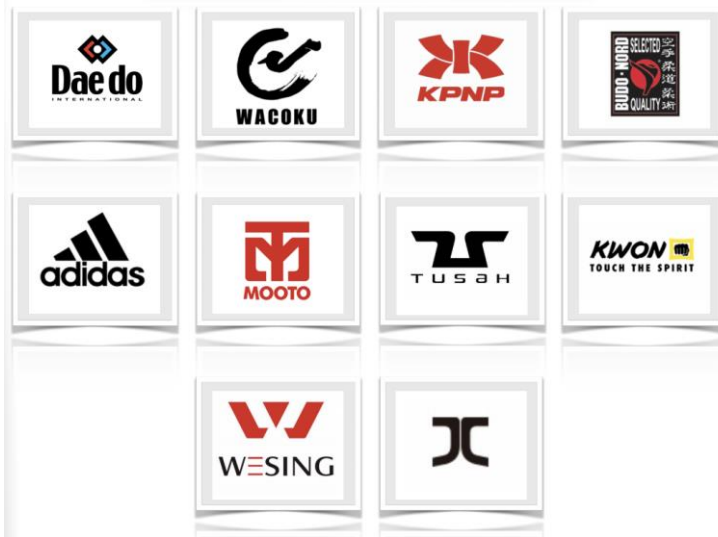
Please note that beginners are not allowed to perform the same Poomsae twice in the same round.



WT recognized brands – competition uniform



Forearm/ Shin / Groin guards



Gloves/ Head protector / Trunk protector (included)

