



**SWEDISH OPEN**  
**TAEKWONDO**

**2023**  
**G1 Swedish Open Poomsae**

*30 April 2023*

**Solna Hallen, Solna**  
**Stockholm**  
**Sweden**



Stockholm, 3 Mars 2023

Dear friends,

It is a great pleasure to once again invite you to Sweden to participate in the 2st edition of Swedish Open Poomsae.

We promise an equal unpretentious event as last year. This time you will be able to enjoy the start of the spring in the beautiful archipelago of Stockholm, the capital of Sweden.

Considering the situation in the world today, we aim in making this event as cost effective as possible for you. We do not seek to make financial gains. Instead, we want to go back to taekwondo's humble roots and enjoy a family event.

We are looking forward to making new memories together!

Warmest regards,

A handwritten signature in blue ink, appearing to read 'F. Arriagada', written in a cursive style.

**Ms. Fresia Pérez Arriagada**  
President  
Swedish Taekwondo Union

## **SANCTIONED BY**

World Taekwondo  
10th Floor, Booyoung Taepyeong Building  
55, Sejong-daero, Jung-gu, Seoul  
Republic of Korea 04513

## **ORGANIZER**

**Swedish Taekwondo Union**  
Box 5385, 102 49 Stockholm, Sweden  
[www.svenskataekwoundunionen.se](http://www.svenskataekwoundunionen.se)  
[SwedishOpen@svenskataekwoundunionen.se](mailto:SwedishOpen@svenskataekwoundunionen.se)  
Facebook.com/SwedishOpenTaekwondo  
Instagram.com/SwedishOpenTaekwondo

## **GLOBAL AND EUROPEAN RANKING**

**Global Ranking is applicable**

G1

## **VENUE**

**Solnahallen**  
Ankdammsgatan 46,  
171 67 Solna, Stockholm

## **COMPETITION DATES & SCHEDULE**

**30 April 2023**

30 April all medal events

## **REGISTRATION & ACCREDITATION**

**29 April 2023 Hotel Park Inn**, Hotelgatan 11, 171 25 Solna, Stockholm  
29 April:10:00 – 13:00 hrs & 14:00 – 19:00 hrs

## **DRAW SHEETS & BRACKET PUBLICATION**

The Drawing of Lots & draw sheets/brackets will be daily published, one (1) day before the start of competition at 21:00 hrs on the ETU media platforms:

## **SEEDING**

As per WT rules on seeding

## **COMPETITION RULES & SYSTEM**

The WT Poomsae Competition Rules and Interpretation (in force as of May 14, 2019)  
The WT Poomsae Ranking Bylaw (September 23, 2020)  
The WT Athlete Classification Rules shall be applied.

## **ELIGIBILITY REQUIREMENTS**

1. Holder of a valid 2023 WT Global Athlete License;
2. Member of the team/club of a pertinent Member National Association, recognized by

- European Taekwondo Union or World Taekwondo;
3. Holder of Taekwondo Dan (Poom) certificate issued by the WT or Kukkiwon.
  4. The age limits are based on the year 2023, not on the date.
    - a. Cadets
    - b. Junior
    - c. Under 30, 40, 50, 60, 65
    - d. Over 65

All competitors must prove their age by presenting their passport or identification card at the official weigh-in. For those athletes that are not adults, a written consent must be submitted (please find enclosed on the last pages) at the registration, signed by one of the parents or legal guardians, accepting their participation and all parts of the official invitation.

## **COACH ELIGIBILITY REQUIREMENTS**

1. Minimum age of 18 years;
2. Holder of a valid 2023 WT Global Official License;
3. Coach is **not** allowed wearing Dobok.

## **METHOD OF COMPETITION FOR POOMSAE**

### **Recognized Poomsae Competition**

Two (2) Poomsae from designated Compulsory Poomsae will be decided by TD for each division and must be performed for all competitions.

### **ONLY FOR THE INDIVIDUAL CATEGORIES (M/F) UNDER 30 and UNDER 40:**

#### **Single elimination tournament system**

From Preliminaries to Finals: All competitions shall be conducted in a single elimination format. All athletes will be seeded based on the WT Poomsae Ranking of June (June 1st). If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. Contestants shall perform two assigned Compulsory Poomsae for each round. Medals shall be awarded to the top four (4) contestants.

### **ALL OTHER CATEGORIES:**

#### **Cut-off System**

- 1) Preliminaries: In case twenty (20) or more contestants/ pairs/teams are participating, the competition shall start from preliminary round with division of groups at different courts. After performing two (2) assigned Compulsory Poomsae, the top half of each group shall advance to semi-final based on the points.
- 2) Semi-final: In case nine (9) to nineteen (19) Contestants / pairs / teams are participating, competition shall start from semi-final. Contestants shall perform two (2) assigned Compulsory Poomsae and top eight (8) of them shall advance to final based on the points.
- 3) Final: When eight (8) or less contestants/ pairs/teams are participating, competition shall start from final round. Contestants shall perform two assigned Compulsory Poomsae for the final round. Medals shall be awarded to the top four (4) contestants/pairs/teams.

### **Free Style Poomsae Competition**

#### **Cut-off System (All Freestyle- categories (single Final Round))**

- 1) Free Style Poomsae is the performance based on taekwondo techniques with composition of music and choreography.
- 2) Composition of Free Style Poomsae
  - 2.1 Yeon-mu line shall choice of contestant
  - 2.2 Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WT Poomsae Committee, when contestant submits performance plan.
  - 2.3 Music and choreography shall be the choice of contestants  
Note: Music in USB (sound without words) should NOT contain any political, social and religious and any contents that may harm, discriminate or offend others.

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### **GENERAL ELIGIBILITY REQUIREMENTS:**

Contestants may compete in maximum two (2) categories in Recognized Poomsae and/or Freestyle Poomsae of competition unless he or she is limited by gender or age.

### **Duration of Contest:**

- 1) Recognized Poomsae: Individual, Pair and Team competitions up to 90 seconds.  
(Break time between 1st Poomsae and 2nd Poomsae is 30 to 60 seconds.)
- 1) Free Style Poomsae: Individual, Pair and Mixed Team competitions from 90 seconds to 100 seconds.

## **MEDAL EVENTS**

The following medal events are applicable:

### **Recognized Poomsae Competition**

- Men's individual
- Women's Individual
- Men's Team (3 males)
- Women's Team (3 females)
- Pair (1 male & 1 Female)

### **Free Style Poomsae Competition**

- Men's Individual
- Women's Individual
- Pair (1 male & 1 female)
- Mixed Team (composition of 5 members including more than 2 male and 2 females)

## LIST OF POOMSAE TO BE PERFORMED:

COMPULSORY A – TAEGEUK / POOMSAE to be Performed		
INDIVIDUAL - POOM OR DAN GRADES		
Cadets 12 - 14 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang	
Juniors 15 - 17 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback	
Under 30 Under 40	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin	
Under 50	Taegeuk 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon	
Under 60 Under 65 Over 65	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	
	PAIR - POOM OR DAN GRADES (1 male + 1 female)	TEAM - POOM OR DAN GRADES (3 male or 3 female)
Cadet 12 - 14 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
Junior 15 - 17 yrs	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taeback
Under 30	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

## SPORT ENTRIES - ONLINE REGISTRATION

Registration is only possible with a valid 2023 WT Global Licence (GAL issued by assigned GMS club, region and MNA Administrators only). Please find below the direct link to the WT GMS platform: <https://worldtkd.simplycompete.com>

## REGISTRATION DEADLINE

The deadline for registration is set at:

**16 April 2023, 23:59 CET**

This deadline is applicable for all sport entries, payments and admitting all required documents.

## APPLICABLE FEES

- Standard entry fee:
  - **Individual**  
Early bird: 100 euro per registered individual athlete  
After 8 April: 125 euro per registered individual athlete
  - **Pairs and Teams**  
Early bird: 150 euro per registered pair/team  
After 8 April: 175 euro per registered pair/team

### **Extra accreditation cards**

Per 5 athletes, 1 coach accreditation card is issued. If your team requires additional accreditation cards, a fee of 50 euro is charged.

### **Protest fee**

In case the WT Competition Rules allow a protest, a non-refundable fee of 200 euro shall be paid.

## SPECTATORS

Spectators pay the following admission fee: 15 Euro or 160 Swedish Krona

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## BANK DETAILS

All entry fees shall be transferred to the following bank account. All bank charges shall be borne by the participating teams (option OUR).

**Name of bank:** Swedbank  
**Address of bank:** Box 121 43, 102 24 Stockholm,  
**Bank Swift Code:** Sweden SWEDSESS  
**Account No.: Name of Account:** SE35 8000 0842 4496 4347 8341 Svenska Taekwondounionen  
**Address of Account: Country:** Box 5385, 102 49 Stockholm Sweden  
**Reference:** Swedish Open Poomsae 2023 + team name

The Organizing Committee does not refund entry fees paid. In case the athlete has not been removed from the list of participants before the deadline his/her team or official must fully (100%) pay the entry fee(s) for participation. In case of no show the invoice will be send to the team after the tournament.

# SPORT EQUIPMENT

## Dobok

Athletes can only use WT recognized products while participating at the event. See a list of recognized products at: <http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>

WT approved poomsae competition uniforms:

1. Cadet Division (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.



2. Junior and Senior Division (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females.



3. Master Division (Ages 51 and up): Yellow top and dark blue pants for both males and females.





### **Identification of NOC Code and Manufacturer**

National flag shall be located between 3.5cm below the right shoulder line of upper garment. Flag size should be 10cm width x 7cm height.



NOC Code is a three-letter National Olympic Committee abbreviation, and it shall be printed at the back of the upper garment of Poomsae competition uniform in black color and centered 12cm from the top line of the upper garment within the size of 30cm width x 12cm height. The font of the letters shall be in bold "Verdana".



The number of manufacturer's identification (name, designation trademark, logo or any distinctive sign of the manufacturer) shall be one per garment within 20cm<sup>2</sup> except at the location of the WT logo according to the related WT guidelines in force as of this event. The end of the belt must be at least 10cm or higher above the knee.

## **FIELD OF PLAY REGULATIONS**

By accepting an accreditation card, all accredited persons agree to comply with the Field of Play regulations applicable at Taekwondo events. Only the competitors and their coaches will have admittance with valid accreditations to the contest areas.

## **AWARDS**

### **Individual awards**

1<sup>st</sup> place – gold medal and certificate

2<sup>nd</sup> place – silver medal and certificate

3<sup>rd</sup> place – two bronze medals and certificate

All participants will receive a certificate of participation.

## **ACCESS TO FIELD OF PLAY**

Only for one (1) coach, one (1) athlete and one (1) officially licenced Medical Doctor are allowed to enter the Field of Play with their official accreditation. The OC has the right to refuse participants access to the Field of Play.

## **MEDICAL AND ANTI-DOPING**

### **Applicable doping rules**

The WT Anti-Doping Rules and the WADA Anti-Doping Code are applicable. Compulsory random doping tests may be conducted among the all athletes. World Taekwondo and/or WADA may carry out random out-of-competition testing prior to the event. Therefore, all participating contestants are required to submit their latest and most accurate Athlete Location (Whereabouts Info) Forms to WT.

### **Therapeutic Use Exemption**

Athletes who take any substance or medicine listed in the “Prohibited List” of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to visit the website of WADA and make online filing of their TUE applications on ADAMS. Report TUE applications also to the WT Sport Department via [sport@worldtaekwondo.org](mailto:sport@worldtaekwondo.org).

### **ADAMS login**

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or WT Sport Department at [marcoienna@worldtaekwondo.org](mailto:marcoienna@worldtaekwondo.org)

### ***For more details, please visit***

<http://www.wada-ama.org/en/ADAMS/>

<http://www.worldtaekwondo.org/medical-antidoping/anti-doping/therapeutic-use-exemptions-tues/>

Some contestants chosen at random may be tested.

## **MEDIA AND PRESS**

### **Media accreditation**

Registered media and press officials or official photographers are entitled to receive a media and press accreditation card.

### **Photo positions**

All accredited photographers are only allowed to use the designated photo positions while working in the Field of Play. By accepting a media and press accreditation, the accredited person agrees to follow at all times the instructions of the OC and Press officer.

## ACCOMMODATION

Below you can find the official hotels of the Organizing Committee. Please fill out the hotel form for your hotel bookings. Bookings can only be made once your payment for the reservation has been received by the OC. After the deadline of **16 April**, any hotel fees paid cannot be refunded.

### **Park Inn by Radisson**

★★★★

Stockholm, Solna

Hotellgatan 11, 171 25 Solna, Sweden

Phone: +46 8 470 9100

Single room: 110 euro per night per room

Double room: 135 euro per night per room

Triple room: 160 euro per night per room

Family room: 180 euro per night per room (2 grownups and 2 children up to 15 years)

Breakfast included in all prices.

### **Best Western Plus Grow Hotel**

★★★★

Stockholm, Solna

Landsvägen 30, 171 54 Solna, Sweden

+46 8 557 607 00

Single room: 120 euro per night per room

Double room: 145 euro per night per room

Triple room: 170 euro per night per room

Breakfast included in all prices.

**Reservation payments shall be made to the OC directly:**

To: Swedish Taekwondo Union  
Bank Swift Code: SWEDSESS  
Account No: SE35 8000 0842 4496 4347 8341

**Please send the accommodation form and proof of payment to:  
[accommodation@svenskataekwondounionen.se](mailto:accommodation@svenskataekwondounionen.se)**

## TRANSPORTATION

You can find the information concerning transportation in the transportation guide. The OC shall not provide transportation between the airport and hotel and hotels and venue.

## INDEMNITIES

It is the responsibility of each registering team to ensure that their athletes and team officials have filled out the indemnification forms correctly and have duly signed them, thereby indemnifying WT, ETU, the Organizing Committee and all other officials and athletes from any claims of injuries, losses or otherwise arising in the course of participation at the G1 Swedish Open Poomsae 2023 or any activities linked therewith.

It is the responsibility of each registered team to ensure and guarantee that sufficient insurance coverage has been arranged for all athletes, team officials and other participants. Without sufficient insurance coverage, teams will not be allowed to compete.

Please fill out the Personal Indemnity Forms and return them to the Organization Committee before 10 April 2023. Each participant (athletes, officials, etc.) has to fill out the indemnification form.

## MEDICAL INSURANCE

All participating athletes, coaches and team officials shall have mandatory a medical insurance that covers medical care and in case of emergency repatriation to home country. All relevant documents proving that such an insurance is present, including insurance policy papers, should be taken to the event in case a medical situation occurs.

## HASH TAGS & SOCIAL MEDIA

The Swedish Open G1 uses the following hash tags at Facebook and Instagram:  
#SwedishOpenG1 and #SwedishOpenWT

### Social media platforms

The Swedish Open G1 is present at the following social media platforms:

Facebook.com/SwedishOpenTaekwondo

Instagram.com/SwedishOpenTaekwondo

## TIMETABLE

*(subject to change)*

DATE	TIME	EVENT
29 April	10:00 – 13:00 hrs 14:00 – 19:00 hrs	Registration & Accreditation
	21:00 hrs	Publication of draw sheets Swedish Open 2023
30 April	09:00 – 12:30 hrs	Start competition Swedish Open 2023
	12:30 – 13:15 hrs	Lunch break
	13:15 – 21:00 hrs	Competition and awarding ceremony

**PERSONAL INDEMNIFICATION FORM**

THIS INDEMNIFICATION, HOLD HARMLESS, RELEASE AND CONSENT NOT TO SUE executed this

on: \_\_\_\_\_ (insert date of signing).

I, the undersigned, certify that I will indemnify, hold harmless and release the European Taekwondo Union, World Taekwondo and the Organizing Committee, its executive board members, directors, officers, members, employees, consultants, agents, attorneys, contractors (including without limitation sponsors, suppliers, licensees and other representatives (each, an “Indemnatee” and, collectively, “Indemnitees”), from and against any and all damages, injuries, penalties, fines, claims, suits, liabilities, costs, attorneys’ fees court costs and expenses of every kind and nature suffered by or asserted against the Indemnatee as a direct or indirect result of participating in the G1 Swedish Open Poomsae 2023 on 30 April 2023 in the broadest sense of the word. By signing and submitting the form below, I accept and agree to the terms and covenants contained in this Indemnification, hold harmless, release and consent not to sue. I verify that by signing and submitting this form, that I have read and agree to all of the terms and conditions provided above.

**Name:**

\_\_\_\_\_

**Date:**

\_\_\_\_\_

**Signature:**

*In case the person involved is a minor, the legal guardian has to sign:*

\_\_\_\_\_

**Name:**

\_\_\_\_\_

**Relation towards the minor:**

\_\_\_\_\_

**Date:**

\_\_\_\_\_

**Signature:**

\_\_\_\_\_

**LIABILITY DECLARATION**  
(only for under aged athletes)

My name:

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I live in:

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I am the parent/guardian of:

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Date of birth (competitor): \_\_\_\_/\_\_\_\_/\_\_\_\_

I declare that I accept the participation of \_\_\_\_\_ at the G1 Swedish Open Poomsae 2023 at 30 April 2023 and that I accept all parts of the official invitation of this tournament.

For physical reasons nothing speaks against a participation of the aforementioned athlete and I understand that all competitors are considered to participate at their own risk. The Organizing Committee assume no responsibility for any damages, injuries or losses. All athletes must bring their own documents and the forms or any medical insurance in Sweden.

Place: \_\_\_\_\_

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

Signature of the parents/legal guardian:

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