

1ST INTERNATIONAL VLADO POŽEŽANAC PARA TAEKWONDO OPEN

In Memory of Beloved Coach

#honouringCoachVlado



**ONLINE AND VENUE
COMBINED CHAMPIONSHIPS
POOMSAE 19/12/2020 (ONLINE)
KYORUGI 26/12/2020 (VENUE)**

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1ST INTERNATIONAL VLADO POŽEŽANAC PARA TAEKWONDO OPEN

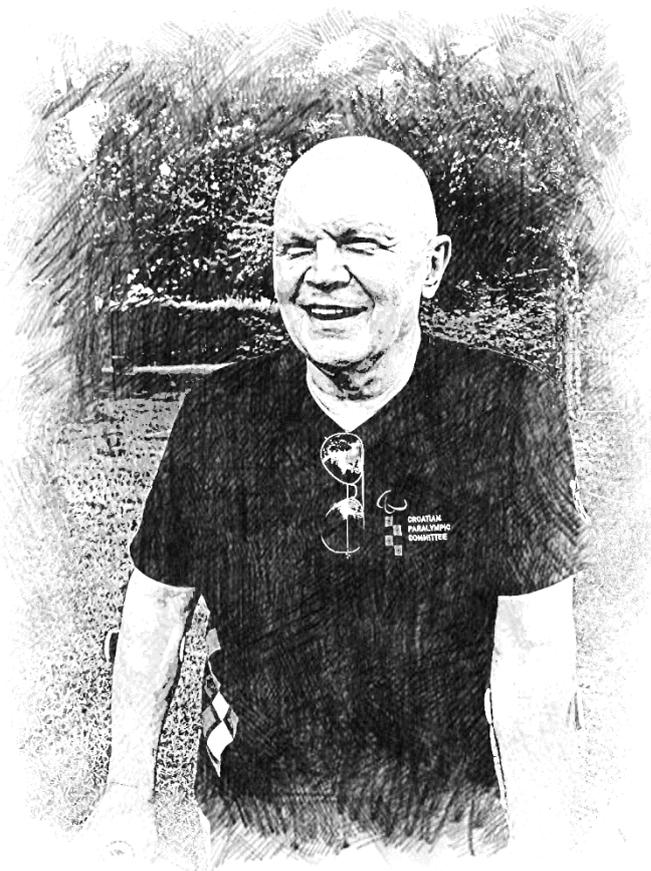
INTERNATIONAL VLADO POŽEŽANAC PARA TAEKWONDO OPEN

will be held in honor of our great coach and co-founder of Croatian para-taekwondo Federation.

An excellent coach knows how to keep, motivate and maintain his athletes. He is capable of creating a world within a world with his coaching talent.

Vlado was a great coach. He always knew what athletes needed.

Coach Vlado was different, despite not all life's challenges and blows, he was dedicated to his students. He believed in people, he believed that borders do not exist and that everyone deserves a chance, both in life and in sports.



He always emphasized values, always called for empathy and acceptance of diversity.

Taekwondo, for him, was not just about coaching or playing sports. It was a way of being, definitely a way and a meaning of life. He created a world of values for his students. Those who have entered that world will carry it in their hearts forever.

Despite many adversities and difficulties on the para taekwondo path, he never gave up on his students and their needs. It was never difficult for him to do everything possible for his students. Although he won many battles in life, he lost the battle with a serious illness. He fought with great passion and until his last breath it was hard to believe he could die. However, Vlado died of a serious illness on June 13, 2019. He left his contribution to all of us as a legacy. All of us around the world who knew Vlado carry so many memories within us. Thank him.

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1ST INTERNATIONAL VLADO POŽEŽANAC PARA TAEKWONDO OPEN

OFFICIAL INVITATION AND INFORMATION PACKAGE VENUE AND ONLINE COMBINED CHAMPIONCHIPS

Organizer: Croatian Para Taekwondo Association

Coorganizer and Host: TKOI URIHO

Contact: Tel: +385 1 410 55 66, Tel: +385 91 4909 024, e-mail: ured@hpts.hr

Promoter: Croatian Paralympic Committee

Venue: Sports hall „Combat centar Zagreb“ , Strojarska cesta bb, ex Gredelj, Zagreb

Competition date Poomsae: 19.12.2020 / Online

Competition date Kyorugi: 26.12.2020 / Venue (due covid situation can be postponed)

Registration deadline: 15.12.2020

Poomsae Upload deadline: 16.12.2020

Entries and registration will only be accepted through the <https://www.martial.events/>

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1ST INTERNATIONAL VLADO POŽEŽANAC PARA TAEKWONDO OPEN

Qualification Requirements

- 1) Holder of the nationality or citizenship of the participating team
- 2) For Para Kyorugi: Holder of a WT Para Taekwondo Dan or 5-1 Kup issued by NA
- 3) For Para Poomsae: Holder of a WT Para Taekwondo Poom/Dan or 9-1 Kup issued by NA

RULES AND REGULATIONS

The WT Poomsae Competition Rules & Interpretation (May 14, 2019) and WT Para

Taekwondo Poomsae Competition Rules (Jan. 1, 2017) are applicable for WT Official Classes.

“P30” and “K40” Athletes must provide proof of Classification or be signed in "WT Para-Taekwondo Classification Master List". In case the athlete is unable to provide proof he or she will be required to fill out the WT or IPC Medical Diagnostics Form and send to CPTA (klasifikacija@hpts.hr) prior the competition. Athletes in the P20 Sport Class Must provide proof of Virtus Provisional Eligibility (Virtus number).

Kyorugi K40 Sport Classes

The Para Taekwondo Kyorugi K40 Sport Classes (K41, K42, K43 & K44) - for athletes with a physical impairment.

MEN'S EVENTS (3)	WOMEN'S EVENTS (3)
Under 61 Kg	Under 49 Kg
Under 75 Kg	Under 58 Kg
Over 75 Kg	Over 58 Kg

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Combination of classes and divisions:

The Organizer holds the right to combine classes and divisions in case of insufficient participation of athletes. Combination of classes and/or divisions will be made by Head of Classification. In the case of insufficient number of athletes, participating in a sport class consolidation of classes shall be made as follows:

K41 → K42

K42 → K43

K43 → K44

*Once an athlete has been consolidated into another class he/she will compete for medals in that class.

Each team may enter as many athletes into each Sport Class and weight division as they like.

RULES K40 CLASS

The WT Para Taekwondo Competition Rules as of June 23, 2017 will be implemented.

<http://www.worldtaekwondo.org/wp-content/uploads/2017/08/WT-Para-Taekwondo-Competition-Rules-as-of-June-23-2017.pdf>

The competitions in the K40 Sport will be held in single elimination tournament system.

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POOMSAE

The WT Para Taekwondo Poomsae Competition Rules as of January 1, 2017 will be implemented for the Para Taekwondo Poomsae competitions of the P20 and P30 Sport Classes. (Age categories will not apply to the P30 Sport Classes).

Poomsae P20 Sport Class

The Para Taekwondo Poomsae P20 Sport Class competition will be held according to the classification rules of Virtus, the international sports federation for para-athletes with an intellectual impairment.

MEN'S EVENTS (3)	WOMEN'S EVENTS (3)
Junior (12-15 years old)	Junior (12-15 years old)
Under 30 (16-29 years old)	Under 30 (16-29 years old)
Over 30 (30 or older)	Over 30 (30 or older)

*Organizer reserves the right to combine age categories

Combination of classes and divisions

The Organizer holds the right to combine age divisions in case of insufficient participation. Combination of age divisions will be made by Head of Classification.

In case of insufficient number of athletes, participating in a sport class consolidation of classes shall be made as follows:

Junior → Under 30

Under 30 → Over 30

Each team may enter as many athletes into each age division as they like

P20 Team and P20 Pair

Pairs and teams can compete in mixed gender and ages categories.

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P20-II3AU

Class include Intellectual Impairment not P20 Classifiable

- all grades/ages
- (One Male and One Female category)
- Free Choice Poomsae
- will include autism

*To be able to enter these categories please send medical documentation.

Poomsae P30 Sport Class

The Para Taekwondo Poomsae P30 Sport Classes (P31, P32, P33 & P34) competitions for athletes with a neurological motor impairment.

<i>MEN'S EVENTS (3)</i>	<i>WOMEN'S EVENTS (3)</i>
Under 30 (12-29 years old)	Under 30 (12-29 years old)
Over 30 (30 or older)	Over 30 (30 or older)

Combination of classes and divisions

The Organizer holds the right to combine classes and divisions in case of insufficient participation of athletes. Combination of classes and/or divisions will be made by Head of Classification. In case of insufficient number of athletes, participating in a sport class consolidation of classes shall be made as follows:

P31 → P34

P32 → P34

P33 → P34

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Poomsae P10 Sport Class

The Para Taekwondo Poomsae P10 Sport Classes competitions for athletes with a visual impairment.

One age Category. (12+)

Each team may enter as many athletes as they like, P10 Sport Class shall perform two (2) free-choice Recognized Poomsae: Taegeuk 5-jang to Hansu *In the case an athlete chooses to perform Taeguk 1-4; 0,5 deduction points will be made to the final score for each Poomsae.

Poomsae P50 Sport Class

The Para Taekwondo Poomsae P50 Wheelchair Sport Class

P50 Class: *perform two (2) free-choice Recognized Poomsae.

Each team may enter as many athletes as they like.

One age Category. (12+)

Poomsae P60 Sport Class

The Para Taekwondo Poomsae P60 Hearing impairment Sport Class

P60 Class: *perform two (2) free-choice Recognized Poomsae.

Each team may enter as many athletes as they like.

One age Category. (12+)

Poomsae P70 Sport Class

The Para Taekwondo Poomsae P70 Short Stature Sport Class

P70 Class: *perform two (2) free-choice Recognized Poomsae.

Each team may enter as many athletes as they like.

One age Category. (12+)

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Inclusive Classes

For inclusivity there will be following classes:

Poomsae P35/40 Sport Class

The Para Taekwondo Poomsae P40 Physical impairments Sport Class (amputation or impairment of lower or upper limb, Non-classifiable)

P 35/40 Class: *perform two (2) free-choice Recognized Poomsae.

Each team may enter as many athletes as they like.

One age Category. (12+)

Pairs and Teams (Online Only)

P10 - Pairs and teams can compete in mixed gender and age categories.

P30 - Pairs and teams can compete in mixed gender and age categories.

P50 - Pairs and teams can compete in mixed gender and age categories.

P60 - Pairs and teams can compete in mixed gender and age categories.

Mixed impairment class - Pairs and teams can compete in mixed gender and age categories.

Mixed – impairment+non-impairment Pair - Pairs can compete in mixed gender and age categories.

Para Freestyle – music or no music, duration max 120 sec.

Para Individual Freestyle - music or no music, duration max 120 sec.

Para Pair Freestyle - music or no music, Pairs can compete in mixed gender and age categories.

Para Demo performance teams - Teams can compete in mixed gender and age categories. Team can include 5 to 8 members. Each team has 3 to 6 minutes to perform. Demo team can include one non impairment member. Music or no music.

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Payment - Entry Fee

There is no Entry Fee.

You can make a donation according to your abilities, which will be used to send medals to the online winners of the competition and further development of para-taekwondo.

Bank Account: Hrvatski para taekwondo savez

Address: Strojarska cesta 10, Zagreb

Bank Name: Privredna banka Zagreb

Country: Croatia

IBAN: HR1623400091110872653

SWIFT-BIC: PBZGHR“X

Bank Address: Rackoga 6, Zagreb

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An explanation of Poomsae video and venue competition

Croatian athletes should participate in the competition in venue. Croatian athletes can also perform online if they are in self-isolation or there is another reasonable cause. Foreign athletes and non-residents can participate in the venue competition or can submit a video of poomsae performances for their category.

The competition will be performed in such a way that the received videos are displayed in the category to which they belong to, on the projector screen and the referees score the performance in real time during the venue competition. For video contestants, medals will be delivered by mail. Venue competitor will be awarded with 0,3 adduction points.

VIDEO RECORDINGS

Minimum video requirements for Poomsae event:

- minimum of 1080p with 60 frames per second
- The athlete must be 100% full body inside the video screen at all times
- The camera can be moved to facilitate this coverage
- The athlete must be facing the camera in the starting position
- The camera must be fixed but may be rotated no more than 45 degrees left and right, zoom is allowed, as long as the full body is in the video screen
- Video must be in *landscape* mode

DEDUCTIONS

- Poor quality videos that are unable to be judged by the referees will be deducted to a minimum score of 1.5 per poomsae.
- 0.3 will be deducted if any part of the contestant's body is out of the video frame.
- The deductions will apply **for each movement**, where a part of the body is not visible.

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VIDEO UPLOAD

The video needs to be uploaded to You Tube in high resolution and after Registration must be submitted via link at <http://vladopozezanacopen.online/yt-submit-link/>

The video name should be:

Competitor name - Country - Poomsae name - Class - Vlado Pozezanac Open

MEDALS AND CERTIFICATES

Medals will be awarded to the Gold, Silver and Bronze medalists and will be sent to medal winners' home address. Electronic certificates will be sent to all medal winners. All athletes will receive an electronic participation certificate.

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DESIGNATED POOMSAE DRAW

P10 CLASS *no deduction will be made		
DIVISION	POOMSAE 1	POOMSAE 2
P10 M	Free Choice	Free Choice
P10 F	Free Choice	Free Choice

P20 CLASS *adduction will be made according WT rules				
Poomsae		Bonus		
Taegeuk 1-jang - Taegeuk 3-jang		No bonus		
Taegeuk 4-jang - Taegeuk 7-jang		0,3 bonus		
Taegeuk 8-jang - Shipjin		0,5 bonus		
DIVISION	POOMSAE 1	POOMSAE 2	POOMSAE 3	POOMSAE 4
			*If 9 or more competitors	
P20 M -15	Free Choice		Free Choice	
P20 M - 30	Free Choice		Free Choice	
P20 M +30	Free Choice		Free Choice	
P20 F - 15	Free Choice		Free Choice	
P20 F - 30	Free Choice		Free Choice	
P20 F +30	Free Choice		Free Choice	

P30 (31/32/33/34) CLASS * deductions will be made according WT rules	
Age Division	Poomsae
- 30 yrs	Taegeuk 4-jang do Shipjin (no Keumgang)
+ 30 yrs	Taegeuk 8-jang do Hansu (no Keumgang)
Poomsae	deduction
Taegeuk 1-jang - Taegeuk 3-jang	Extra - 0,5
Taegeuk 4-jang - Taegeuk 7-jang	Extra - 0,3
Taegeuk 8-jang - Shipjin	No Extra dedduction

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DIVISION	POOMSAE 1	POOMSAE 2	POOMSAE 3	POOMSAE 4
			*If 9 or more competitors	
P30 M - 30 P31/32/33/34	Free Choice *deduction will be made according upper table			
P20 M +30 P31/32/33/34	Free Choice *deduction will be made according upper table			
P30 F - 30 P31/32/33/34	Free Choice *deduction will be made according upper table			
P30 F +30 P31/32/33/34	Free Choice *deduction will be made according upper table			

P35/40 CLASS *no deduction will be made

DIVISION	POOMSAE 1	POOMSAE 2
P35/40 M	Free Choice	Free Choice
P35/40 F	Free Choice	Free Choice

P50 CLASS *no deduction will be made

DIVISION	POOMSAE 1	POOMSAE 2
P50 M	Free Choice	Free Choice
P50 F	Free Choice	Free Choice

P70 CLASS *no deduction will be made

DIVISION	POOMSAE 1	POOMSAE 2
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P70 M	Free Choice	Free Choice
P70 F	Free Choice	Free Choice

P20I3AU CLASS *no deduction will be made

DIVISION	POOMSAE 1	POOMSAE 2
P20I3AU M	Free Choice	Free Choice
P20I3AU F	Free Choice	Free Choice

INCLUSIVE CLASSES (TEAMS,PAIRS)

*no deduction will be made / online only

DIVISION	POOMSAE 1	POOMSAE 2
ALL	Free Choice	Free Choice

INCLUSIVE CLASSES (DEMO TEAMS, FREESTYLE)

*no deduction will be made / online only

DIVISION	ONE PERFORMANCE
DEMO TEAM	Free Performance
FREESTYLE	Free Performance

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PARA ATHLETE DECLARATIONATHLETE CONFIRMATION

Compulsory for previously nonclassified competitors (also please attach MDF form or medical documentation)

I, the undersigned, declare that I am a Para Taekwondo athlete.

In order to participate at 1st International Vlado Požežanac Para Taekwondo Open, I declare that I am a Para Taekwondo athlete.

I am aware that the organizer may transfer me to a class that matches my medical records.

NAME: _____

DATE OF BIRTH: _____

Date: Signature:

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1ST INTERNATIONAL VLADO POŽEŽANAC PARA TAEKWONDO OPEN

COVID 19 PROTECTION RULES

FOR THE PURPOSE OF PREVENTING THE SPREAD OF THE Sars-CoV2
DURING INTERNATIONAL VLADO POŽEŽANAC PARA TAEKWONDO OPEN

ONLY FOR VENUE — KYORUGI PARTICIPANTS

These regulations are in accordance with the instructions of the Croatian Institute of Public Health and are implemented for the purpose of preventing the spread of Corona virus.

- physical interactions between participants should be kept as minimal as possible to reduce the possibility of infection transmission, no close contact is allowed in the venue
- proper wearing of a medical or face protective mask is mandatory for all attendants
- used gloves, handkerchiefs and masks should be thrown in specially designed bins
- all competitors, assistants, Club Officials, and coaches must leave the hall after the match in pertinent class or category
- the Organizer will keep a registry with contact information of all attendants, for the purpose of potential further informing of possible Covid contacts about a potentially infected attendant, provided by a Covid security guard
- every attendant who wants to participate in the competition, must sign the consent
- all attendants must provide negative Covid tests or sign a Covid consent form
- foreign citizens for whom mandatory testing is prescribed on a national level, shall perform a PCR test for SARS CoV2, 48 hours before arrival and send the results to the Organizer via e-mail
- the Organizer will provide face protection masks and disinfectants
- wearing a face protective mask is mandatory, except during sport performing
- all Participants and competitors official Teams are asked to adhere to the restrictions of the Covid-19 pandemic, to preserve the health of the athletes
- all persons entering the venue are required to access body temperature measurement and disinfection as well as wear protective masks
- During the performance (poomsae and kyorugi), contestants can take off their protective face masks
- medals will be awarded at the end of every class and category
- all matches and weight in will take place separately for each class, according to a schedule
- after each class, mats, equipment, and chairs will be disinfected
- only the upcoming class is permitted to use/stay in the designated warm up area
- photographs of the award ceremony will be taken by the official photographer and published by the Organizer; hence the use of personal photography devices is strictly forbidden

Info about current Covid-19 situation In Croatia can be found at:

<https://www.koronavirus.hr/en> (EN language)

<https://www.hzjz.hr/sluzba-epidemiologija-zarazne-bolesti/koronavirus-najnovije-preporuke/> (HR language)

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Timetable (*subject to change - depending on the number of competitors and Covid situation)

Online registration deadline: 15.12.2020

Poomsae Upload deadline: 16.12.2020

Saturday, 19.12.2020. Online Poomsae competition and covid triage at venue for venue competitors

Saturday, 26.12.2020. Venue Kyourugi competition and covid triage at venue for venue competitors

K40 (K41, K42, K43, K44)

registration and weight in: 10:30-11.00

Competition: 11:30

Medals will be awarded after each Kyotugi class on venue or send to online competitors home address.

Team Awards will be awarded only for venue team standings at the end of the competition.

SPECTATORS (KYORUGI) ARE NOT ALLOWED.

Participants and competitors official Teams are asked to adhere to the restrictions on the Covid-19 pandemic, in order to preserve the health of athletes. All persons entering the venue are required to access contactless body temperature check and disinfection and wear masks. During the performance (poomsae and kyorugi), contestants are allowed to take off their face mask.

All further info will be posted, in a timely manner, on <https://www.martial.events> and <https://vladopozezanacopen.online>

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