



6th CROATIAN PARA TAEKWONDO OPEN

POOMSAE

OFFICIAL INVITATION AND INFORMATION PACKAGE

Place:	Zagreb, Croatia
Competition Date/Time:	24.03.2024, 09:00 - 16:00
Organizer:	Croatian Para Taekwondo Federation
Hall:	Hall Combat, Strojarska cesta bb, Zagreb
Entry Fee:	15€ Entry Fee: 15 € for first discipline, Any additional discipline: 15€ per discipline (Team 5€/per person, Pair 7.50€ per person)
Contact:	ured@hpts.hr
Classes:	P10, P20, P30, P40, P50, P70, (Individual, Pairs, Teams)
Registration:	https://www.martial.events/en/events/6th-international-croatia-para-taekwondo-open-2024
Fee:	Bank Account: Hrvatski parataekwondo savez Address: Strojarska cesta 10, Zagreb
	Bank Name: Privredna banka Zagreb Country: Croatia PAYMENT REFERENCE: Team name - CPTO Fee IBAN: HR1623400091110872653 SWIFT-BIC: PBZGHR2X Bank Address: Rackoga 6, Zagreb

WT has introduced from 2023 new rules for competitions in poomsae parataekwondo classes. For the purpose of adjustment, the new rules will be implemented for the most part.

Age categories

1. 8-11 years (in the year of the comp.) - ASPIRANT
2. 12-14 years old (in the competition year) - CADET
3. 15-17 years (in the competition year) - JUNIOR
4. 18 - 30 years (in the competition year) - SENIOR I
5. 31+ years (in the competition year) - SENIOR II

Divisions

1. A Division - Dan holders
2. B Division - 4th - 1st Kup
3. C Division - 9th - 3rd Kup

Male and Female sports classes

P10	P20	P30	P40	P50	P70	P60
P11, P12	P21, P22, P23	P31, P32, P33, P34	P41, P42, P43, P44, P45	P51, P52, P53	P72	P60

P10, P20, P30 Teams and Pairs

Consolidations will be made in the case of one competitor in a class in such a way that a competitor from a lower class performs in a higher class (except P23). In case of consolidation, points will be awarded to the competitor in the primary class.

Timetable

Beginning	End	Activity
09:00	09:45	Registration and scales
09:45	10:00	Meeting of referees and coaches (mandatory)
10:15		Opening of the competition
10:45	16:00	Competition

Requirements

1. Registration for 2024. (CRO Competitors)
2. A valid medical documentation
3. Licensed trainer of competitors (CRO Competitors)
4. 9th cup or more (younger than 8 years old, exceptionally they can perform in the Aspirant division)
5. Proof of international classification or medical documentation proving class

Only accredited persons (coach, referees, sports assistants, athletes and official and technical staff and organizer) will be able to enter the competition hall. The competition schedule will be announced no later than two days before the competition.

Competitors have the right to perform only in the class for which they have the appropriate documentation and for the Team for which they are registered. A competitor can compete in a maximum of three classes or disciplines (overall).

Rules and classes P20 (Intellectual disabilities, Autism)

Class P21

Competitors who meet the Virtus criteria for intellectual disabilities (P21 II1)

Class P22

Competitors who meet the Virtus criteria for intellectual disabilities - Down syndrome (P22 II2)

Class P23

Competitors who meet the Virtus criteria for athletes on the autism spectrum (II3)

P20 class rules

Scoring in P20 classes, for the purpose of adapting competitors to the new system, in 2024: P20 classes perform two (2) poomsae of their own choice, of which in each round one form should be from each group. ASPIRANTS and CADETS perform by choice and NO DEDUCTIONS. Cutt off system. For repeating or performing an illegal form, 1.00 points are deducted through the points system or by the referees, as indicated in the table.

Rules and classes P30 (Neurological difficulties; Hypertonia, Athetosis, Ataxia)

Class P31

Competitors have bilateral impairment (lower limbs more affected), asymmetric bilateral impairment, double unilateral (one arm and leg on the same side) or bilateral (3 limbs affected) with signs of spasticity involvement in both legs (ASAS grade 3 and 2) more than in the arms (1st and 2nd degree) able to walk and stand independently, standing on one leg and changing gravity often lead to difficulties in maintaining balance.

Class P32

Competitors with dyskinesias, athetosis, dystonia, ataxia, mild spasticity (all 4 limbs) or a combination of the above. The athlete can walk, but has difficulties with coordination, smooth execution of movements, slow movements, holding position and maintaining static balance. Coordination is disturbed, involuntary movements, tremors and/or posture disorders of all or some parts of the body.

Class P33

Competitors with unilateral spasticity (arm and leg on the same side) or very mild spastic hemi-dystonia. Grade 2 or 3 spasticity on only one side of the body. Lower limbs; the athlete has difficulty walking on heels and significant difficulty with one-legged stance or hopping on the side. Lateral lunges difficult. Asymmetry in passive and active range of motion. The strength on the affected side is reduced.

Class P34

Competitors with mild unilateral or bilateral involvement (heavily affected lower limbs) (spasticity grade 1-2), mild athetosis, dyskinesia or dystonia, hemidystonia are present for a duration of less than 25% and less than 25% of maximal and very mild ataxia (SARA score from 2-8).

Rules P31, P32, P33, P34

P30 classes perform two (2) poomsae depending on the age category and division, of which in each round one form should be from each group. ASPIRANTS and CADETS perform by choice and NO DEDUCTIONS. Cut off system. For repeating or performing an illegal form, 1.00 points are deducted through the scoring system or by the referees, as indicated in the table.

Rules and classes P40 (Physical handicaps/difficulties; weakened muscle strength, lack of limbs, difference in leg length)

Class P41

Competitors have a bilateral amputation above or through the elbow area. The elbow joint is absent on both sides in an acquired amputation, OR bilateral dysmelia in which the length of each upper extremity is $\leq (0.193 \times \text{standing height})$.

Class P42

Competitors with bilateral amputation, below the elbow but above or through the wrist (no carpal bones in either wrist) OR bilateral dysmelia where the length of each upper limb is $\leq 0.337 \times \text{standing height in cm}$.

P43 class

Competitors with upper limb defects. Unilateral amputation, through or above the joint (ie, no carpal bones in the affected limb) OR unilateral dysmelia in which the length of the affected arm measured from the acromion to the tip of the finger is equal to or shorter than the total length of the humerus and the radius of the unaffected arm OR unilateral dysmelia in which the length of the affected arm from the acromion to the most distal part $\leq 1/3$ the length of the humerus (acromion to the upper head of the radius) of the unaffected arm.

Class P44

Competitors with flexible elbow contracture due to joint arthrodesis or ankylosis with traumatic soft tissue loss or bony joint damage. Arm length is measured from the acromion to the longest finger/end of the affected arm and must be \leq the distance from the acromion to the head of the phalanx on the unaffected arm with the elbow passively extended to its longest point OR Loss of muscle strength; loss of three (3) muscle points in shoulder abduction and/or flexion OR loss of two (2) muscle points in elbow flexion and/or extension.

P45 class

Competitors with disabilities in the lower extremities. Leg length difference OR unilateral amputation above or below the knee (prosthetic device may be used).

Rules P41, P42, P43, P44, P45

P40 classes perform two (2) poomsae depending on the age category and division, of which in each round one form should be from each group. ASPIRANTS and CADETS perform by choice and NO DEDUCTIONS. Cut off system. For repeating or performing an illegal form, 1.00 points are deducted through the points system or by the referees, as indicated in the table.

Rules and classes P50 (Balance aids or wheelchairs; loss of muscle strength, loss of limbs, hypertonia)

Class P51

Competitors with impaired muscle strength (complete or incomplete spinal cord injury - L4-L5) OR medical conditions that cause a weakening of muscle strength OR lack of a lower extremity. Bilateral: the shorter limb (femur: from the greater trochanter to the bony tip of the residual limb) must be \leq the distance from the olecranon to the tip of the middle finger OR Unilateral: amputation above or through the knee OR Lower limb deficiency (Dysmel) bilateral OR Athletes with severe diplegia AND spasticity who cannot move functionally.

P52 class

Competitors with impaired muscle strength (spinal cord lesion or similar) without abdominal muscles (no balance when sitting, trunk must be attached to the back of the chair). There is no active trunk rotation. Normal upper limb function OR Lower limb deficiency - incomplete or complete trunk function and lower limb deficiency (bilateral or unilateral lower limb amputation or dysmelia). Athletes with incomplete trunk function can attach their trunk to the back of a chair. (Athletes with bilateral or unilateral hip disarticulation, athletes with bilateral or unilateral amputation or dysmelia)

Class P53

Competitors with severe unilateral or bilateral spasticity that limits movement and need canes or crutches or walkers for balance, movement or competition.

Rules P51, P52, P53

P50 classes perform two (2) poomsae depending on the age category and division, of which in each round one form should be from each group. Cutt off system. ASPIRANTS and CADETS perform by choice and NO DEDUCTIONS. For repeating or performing an illegal form, 1.00 points are deducted through the scoring system or by the referees, as indicated in the table.

Rules i class P70 (Short statue)

Class P72 male competitors - seniors

Competitors who have standing height ≤ 145 cm, arm length ≤ 66 cm, sum of standing height plus arm length ≤ 200 cm.

The longer arm is measured in the supine position from the acromion to the tip of the longest finger, with 90 degrees of abduction.

Class P72 female competitors - seniors

Competitors with standing height ≤ 137 cm, arm length ≤ 63 cm, sum of standing height plus arm length ≤ 190 cm.

The longer arm is measured in the supine position from the acromion to the tip of the longest finger, with 90 degrees of abduction.

For short growth in aspirants, cadets and juniors, the above classification is not applicable and it is sufficient to attach medical documentation proving achondroplasia, osteochondrodysplasia or similar.

Rules P72

P70 classes perform two (2) poomsae depending on the age category, of which in each round one form should be from each group. ASPIRANTS and CADETS perform by choice and NO DEDUCTIONS. For repeating or performing an illegal form, 1.00 points are deducted through the points system or by the referees, as indicated in the table.

Rules and classes P10 and P60

P10 and P60 classes perform two (2) poomsae depending on the age category, of which in each round one form should be from each group. ASPIRANTS and CADETS perform by choice and NO DEDUCTIONS. For repeating or performing an illegal form, 1.00 points are deducted through the points system or by the referees, as indicated in the table.

Age	Group 1	Group 2	Deduction
ASPIRANT	by choice	by choice	No deduction
KADET	by choice	by choice	No deduction
JUNIOR A	Taegeuk 4, 5, 6, 7-jang.	Taeguk 8-jang, Koryo (9), Keumgang (10), Taebaek (11)	1,00 per performance
SENIOR I, II A	Taegeuk 4, 5, 6, 7, 8-jang.	Koryo (9), Keumgang (10), Taebaek (11), Pyongwon (12), Shipjin (13)	1,00 per performance
JUNIOR B, SENIOR I, II B	Taegeuk 3, 4, 5-jang.	Taegeuk 6, 7, 8-jang.	1,00 per performance
JUNIOR C, SENIOR I, II C	Taegeuk 1, 2-jang.	Taegeuk 3, 4-jang.	1,00 per performance

* Poomsae Keumgang will be excluded from P30 classes.

Teams P10, P20, P30

Teams and pairs can be composed of competitors from various divisions and age classes from main class. (The exception is that competitors from the P23 subclass cannot compete in teams and pairs of the P20 class.)

Teams are made up of three competitors of the same gender, Pairs are made up of two competitors of different genders.

Teams and pairs perform one poomsae of their choice.

APPEAL PROCESS

A written complaint with a payment of €100 is submitted by an authorized person of the club to the management of the competition.

SCORING AND AWARDS

INDIVIDUAL

1st place - gold medal (7 points)

2nd place - silver medal (3 points)

3rd place - bronze medal (1 point)

For competitors who are alone in the category - gold medal (2 points)

TEAM

Scoring for the club standings (1st, 2nd, 3rd place) - will be done collectively for the A and B division based on individual points.

Scoring in the C division will be done on the basis of individual points (1st place)

RESPONSIBILITY

Athletes compete at their own risk. The organizer assumes no responsibility for any injury, destruction or alienation of personal property.