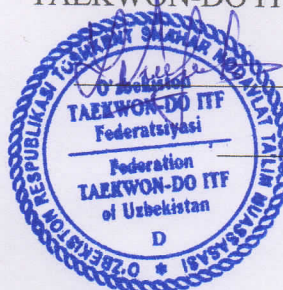




Tashkent, Uzbekistan
TAEKWON-DO ITF
Asian Cup
November - 17-18.11.2023

“APPROVED”

CHAIRMAN OF THE FEDERATION OF
TAEKWON-DO ITF OF THE REPUBLIC
OF UZBEKISTAN
IBRAGIMOV B.B.



24.10. 2023

REGULATIONS

for the
Asian Cup
TAEKWON-DO ITF
on November 17-18.2023



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1. Introduction

On behalf of the ITF Taekwon-Do Federation of Uzbekistan and the Center for Development of Oriental Martial Arts and Martial Arts of the Republic of Uzbekistan, the Organizing Committee would like to express our heartiest greetings to all saboms, delegation leaders, honored guests, officials, participants and so on to participate in this event. It is not only a very great pleasure for FTU to host the "International Tournament" among children, juniors, seniors and veterans on November 19-November 2023 in Tashkent, Uzbekistan. We can assure you that all those in charge of this event will do their best to make your stay enjoyable with full of friendship, joy and cherished memories.

Uzbekistan, officially the Republic of Uzbekistan is a sea-facing state in Central Asia. It borders Kazakhstan to the west and north, Kyrgyzstan and Tajikistan to the east, and Afghanistan and Turkmenistan to the south.

Uzbekistan covers an area of 447400 square kilometers (172700 square miles). It is the 56th largest country in the world by area and 42nd largest by population. Among the CIS countries, it is the fifth largest country by area and the third largest by population.

Uzbekistan has access to the Aral Sea, but along with Liechtenstein, is one of only two countries in the world that requires a two-state crossing to reach the world's oceans - all neighboring countries are also landlocked. Less than 10% of its territory is irrigated land in river valleys and oases. The rest of the space is occupied by a vast desert (Kyzylkum) and mountains.

Tashkent is the most cosmopolitan city in Uzbekistan. The city is known for its tree-lined streets, numerous fountains and pleasant parks. In 2007, Tashkent was named the cultural capital of the Islamic world, as the city is home to numerous historic mosques and religious institutions. Tashkent also owns the earliest version of the Quran, which has been in Tashkent since 1924.

Tashkent International Airport (Yuzhny) is Uzbekistan's main international airport and the largest airport in Central Asia. It is located 12 km (7.5 miles) from the center of Tashkent.



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2. Location:

The competition will be held in Yunusabad Sports Palace, which is located at the address: Uzbekistan, Tashkent, Iftikhor-1 A str..



3. Organizers:

Taekwon-do ITF Federation of the Republic of Uzbekistan

Organizing committee of the competition: itf_uzbekistan@mail.ru

Sabom Kurbanov Khusnutdin - 6 dan Chairman of Organizing Committee. tel: +99894 660 02 08

Bu Sabom Kadirov Shakhzod - 3 dan deputy chairman of organizing committee. tel: +99897 777 47 77.

(For communication with English speaking countries)

3.1. Judging Committee:

Chief judge of the competition - Sabom Konstantin Klimov (Uzbekistan) - 6 dan. Tel: +99890 909 85 29

Deputy Chief Judge - Sabom Sergey Saulite (Latvia) 5th Dan - Tel: +371 2 646 92 574.

Competition rules:

Competitions are held according to the official rules of the International Taekwon-Do ITF Federation.

5. Arrival of teams:

November 15-16, 2023



6. Accreditation of teams and credentials committee:

The application deadline is November 5, 2023.

November 15-16, 2023, from 9:00 to 17:00.

Weigh-ins are conducted according to ITF ITF international rules.

All athletes and non-sparring athletes must be present at the accreditation.

If the weight of the athlete will exceed the weight specified in the application form for sparring he/she will be penalized and transferred to another weight.

Weighing in tobka pants and white T-shirt, tolerance to 500 gr..

7. Participation fees:

Payment shall be made in national currency (Uzbek soum) at the exchange rate.

This Cup is open to all clubs and members of our ITF International Federation.

8. Competitions are held among:

A) group-1 2016-2015 years of age.

B) group-2 2014-2013 years of age.

9. Competitions are held among:

A) cadets 2012-2011 years of age.

B) Pre-Juniors 2010-2009 years of age

C) juniors 2008-2005

D) seniors 2004 and older.

In personal tules, personal sparring..

Team disciplines:

Team Tuli is held only 2 gyp and above among Pre-Junior male-female, Junior male-female and seniors male.

Team sparring is held 2 gyp and above among Pre-Junior male-female, Junior male-female and seniors male.

10. Categories.

Individual Disciplines: Formal complexes - TUL children (group-1 to group-2)

Gyp:	Age
8-5 gyp.	2016-2013
4-1 gyp	2016-2013
1 dan	2016-2013



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Individual disciplines: Formal complexes - TUL cadets male-female, pre-juniors male-female

Gyp:	Age
8-5 gyp.	2012-2009
4-1 gyp	2012-2009
I dan	2012-2009
II dan	2012-2009
III dan	2012-2009

Individual disciplines: Formal complexes - TUL Juniors male-female, Seniors male-female

Gyp:	Age
8-5 gyp	juniors, seniors
4-1 dan	juniors, seniors
I dan	juniors, seniors
II dan	juniors, seniors
III dan	juniors, seniors
IV dan	seniors

Upon being called to the tatami, the athlete performs one tulle as assigned by the referee from the program of his qualification.

Taekwondo Festival: male-female

Age	Qualification - gyp, dan
2016 - 2015	8-7 gyp, 6 gyp +
2014 - 2013	8-7 gyp, 6-5 gyp, 4 gyp +

Group	Age	Weight category				Timer	Doyang
Group-1:	2016-2015	-22 kg	-25 kg	-28 kg	+28 kg	1,5 min	8 x 8 m
Group-2:	2014-2013	-25 kg	-30 kg	-35 kg	+35 kg	1,5 min	8 x 8 m



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Taekwondo Festival: female

Group	Age	Weight category				Timer	Doyang
Group-1:	2016-2015	-22 kg	-25 kg	-28 kg	+28 kg	1,5 min	8 x 8 m
Group-2:	2014-2013	-25 kg	-30 kg	-35 kg	+35 kg	1,5 min	8 x 8 m

Duration of preliminary bouts: Group-1, Group-2, 1 round - 1.5 minutes.
Final bouts 2 rounds of 1 minute each, with 1 minute intervals.

Sparring: cadets male-female, pre-juniors male-female, juniors male-female, seniors male-female

Age	Qualification - gyp, dan
2012-2011	8-7 gyp, 6-5 gyp, 4-1 gyp, black belts
2010-2009	8-6 Gyp, 5-1 Gyp, black belts
2008-2005	8-6 Gyp, 5-1 Gyp, black belts
2004 and older	4 gyp and above

Sparring: cadets male, pre-juniors male, juniors male, seniors male.

Group	Age	Weight category							Timer	Doyang
Cadets:	2012-2011	-27 kg	-32 kg	-37 kg	-42 kg	+42 kg	-	-	1,5 min	8 x 8 m
Pre-Juniors:	2010-2009	-40 kg	-45 kg	-50 kg	-55 kg	-60 kg	-65 kg	+65 kg	2 min	8 x 8 m
Juniors:	2008-2005	-50 kg	-55 kg	-60 kg	-65 kg	-70 kg	-75 kg	+75 kg	2 min	8 x 8 m
Seniors:	2004 and older	-57 kg	-63 kg	-69 kg	-75 kg	-81 kg	-87 kg	+87 kg	2 min	8 x 8 m

Sparring: cadets female, pre-juniors female, juniors female, seniors female

Group	Age	Weight category							Timer	Doyang
Cadets:	2012-2011	-32 kg	-37 kg	-42 kg	+42 kg	-	-	-	1,5 min	8 x 8 m
Pre-Juniors:	2010-2009	-40 kg	-44 kg	-48 kg	-52 kg	-56 kg	-60 kg	+60 kg	2 min	8 x 8 m
Juniors:	2008-2005	-45 kg	-49 kg	-53 kg	-57 kg	-61 kg	-65 kg	+65 kg	2 min	8 x 8 m
Seniors:	2004 and older	-50 kg	-55 kg	-60 kg	-65 kg	-70 kg	-75 kg	+75 kg	2 min	8 x 8 m

Duration of preliminary bouts: cadets, 1 round - 1.5 minutes.
Final bouts 2 rounds of 1.5 minutes, with breaks of 1 minute.
Duration of preliminary bouts: Pre-Juniors, Juniors, Seniors 1 round - 2 minutes.
Final bouts 2 rounds of 2 minutes, with breaks of 1 minute..



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11. Rules and Regulations

11.1 The competition is held according to ITF rules, if there will be a change, the organizers of the competition together with the judging committee lead the rule changes.

11.2 All competitors must comply with the rules and regulations. Violation of any rules and regulations will result in disqualification of the competitor with forfeiture of any trophy or certificate issued.

11.3 The organizer reserves the right to reject any entry without giving reasons.

11.4 In the event of insufficient entries in any tournament categories, the Organizer reserves the discretion to cancel, combine or modify any tournament categories.

11.5. All participants must bring their ITF license dobok and ITF license equipment with them

11.6. Each participant must have an ITF ID card to pass the credentials committee.

12. Place of accommodation.

12.1 Moffah Grand Hotel 4*

\$ 40 per person not based on lodging.



12.2 Velara Hotel

\$40 triple occupancy,

\$47.50 double occupancy,

\$65 single occupancy.





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12.3 Hotel Uzbekistan

\$ 38 per person for double and triple occupancy.
\$ 50 for single occupancy.



12.4 Novza Palace

\$45 per person not based on lodging

12.5 Shodlik Palace

\$27.5 for double and triple occupancy and \$40 for single occupancy.



13. Accommodation, transportation, participation.

13.1. Arrival, accommodation, meals for delegations at the expense of the arriving countries.

13.2. The Organizing Committee shall provide a bus from Tashkent International Airport to the hotel and from the hotel to Tashkent International Airport free of charge.

13.3 All judges, coaches, participants, fans and officials must make hotel reservations through the Organizing Committee.



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14. Additional information.

For judging, a team of 5 to 10 persons registers a minimum of 1 accredited judge, 11 or more persons, 2 accredited judges. A delegation not providing judges shall pay a fine of 100 USD in the national currency (Uzbek Soum) at the exchange rate, for each judge.

15. Insurance.

The Organizing Committee urges delegates to consult with their medical insurance company prior to travel to Uzbekistan to determine whether their insurance policy applies abroad and covers contingencies. All participants and members of the delegation should provide their own medical and personal travel insurance coverage.

16. Doping

ITF anti-doping rules will be strictly enforced during the tournament.

17. National flag

1. Each delegation must bring the anthem (CD) and 2 national flags of their country/region or the Olympic Flag and bring them to the Event Office during registration.
2. The size of the flag should not be larger than 150 sm x 100 sm.

18. Requests.

Please send applications to the Taekwon-do ITF Uzbekistan on or before the deadline to this email: itf_uzbekistan@mail.ru.

Deadline: On or before November 5, 2023.

19. This provision is an official invitation.