



Icelandic Taekwondo Federation

**NORDIC TAEKWONDO  
CHAMPIONSHIP 2009  
REYKJAVÍK, ICELAND  
24. JANUARY 2009**

 ICELAND  DENMARK  SWEDEN  NORWAY  FINLAND

Reykjavík , October 9<sup>th</sup> 2008

Dear Taekwondo friends,

It is our pleasure to invite you and your national male and female teams to participate in the Nordic Taekwondo Championship which will be held on January 24<sup>th</sup> 2009.

The event will take place in FRAM Sport Center close to downtown Reykjavík and shopping districts and will be in collaboration with the Icelandic Sport Federation.

For any information, please contact the Icelandic Taekwondo Federation by e-mail (sverrir@taekwondo.is). We will be happy to assist you in any way.

We wish you a pleasant stay in Iceland and look forward to hear from you.

Best regards,

Hlynur Gissurarson  
President  
Icelandic Taekwondo Federation

Sverrir Tryggvason and Írunn Ketilsdóttir  
Organizing Committee  
Icelandic Taekwondo Federation  
[www.taekwondo.is](http://www.taekwondo.is)

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## **OUTLINE – GENERAL INFO:**

**Organizer:** The Icelandic Taekwondo Federation

**Contact person:** Sverrir Tryggvason

**email:** [sverrir@taekwondo.is](mailto:sverrir@taekwondo.is)

**Date:** January 23th-24th 2009

**Place:** Fram Sport Center ,  
Safamyri 26,  
108 Reykjavík

**Deadline for Registration:** **December 15st 2008 .** The Deadline of December 15<sup>st</sup> 2008 must be respected. Registrations after this date will not be accepted.

### **Program:**

Friday, January 23th 2009:

20.00-22.00 Weigh-in for kyorugi

20.00-22.00 Poomse registration

20.30-21.30 Referee meeting

20.30-22.00 Nordic Forum meeting

21.00-22.00 Head of team meeting

Saturday, January 24st 2009:

08.30-09.00 Referee meeting

09.00-12.00 Kyorugi competition

12.00-14.30 Poomse competition

14.30-19.00 Kyorugi competition

Final program, place of weigh-in, meetings and info on divisions/ groups will be announced early January 2009.

### **Qualification:**

**To compete in the Nordic Championship 2009 all participants have to:**

- be a holder of the nationality of the participating team
- be recommended by their national TKD federation
- be a holder of 4th kup or higher.

**Referees:** - Each country is invited to send 3 referees in kyorugi and 3 judges in poomse to the tournament.

The referees/judges need to be of international class or first national class.

-The Referees are to be announced no later than **December 20th 2008** to Hlynur Gissurarsson ( [hlynurorn@simnet.is](mailto:hlynurorn@simnet.is)) – tel. +354 699 8910.

**Entry fee:** Competition fee is **35 Euro** per contestant/team in kyorugi and poomse.

**Payment:** Entry fees for all participants in both kyorugi and poomse have to be paid to:

**Account holder:** Taekwondo Association

**Name of bank:** Glitnir Bank

**Bankcode (SWIFT):** IS04 0515 38 711405 500103 2050 (EUR account )

**SWIFT:** ISBAISRE

**Officials:** Each country can send 1 coach per 5 competitors in kyorugi, and 1 official per 5 competitors in poomse. Presidents and secretary general are regarded as VIP's.

**Doping:** Random doping control/test can take place at NC 2009 conducted by the Icelandic Olympic and Sports Association.

**Liability:** All participants of the Nordic Taekwondo Championship 2009 take part at their own risk. The organizer cannot under any circumstances be held responsible for any damage or loss of equipments, injury or death of participants. The national teams are responsible for insurances for their participants.

**Awards:** There will be medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places. There will be a trophy for the nations that score most points according to the following scoring system:

7 point for gold medal,

5 points for silver medal,

1 point for bronze medal.

There will be trophies for the best fighter and the best poomse.

**Kyorugi competition:**

Participants: maximum 2 participants per weight category per nation.

Competition rules: WTF competition rules. Single knock-out competition system.

Divisions: Junior: Min. 14 – max. 17 years

Senior: Min. 18 years

Weight divisions:

<b>Division</b>	<b>Male</b>	<b>/</b>	<b>Sen.</b>	<b>Female</b>	<b>/</b>	<b>Sen.</b>
Fin	Until		54 kg	Until		47 kg
Fly	54	-	58 kg	47	-	51 kg
Bantam	58	-	62 kg	51	-	55 kg
Feather	62	-	67 kg	55	-	59 kg
Light	67	-	72 kg	59	-	63 kg
Welter	72	-	78 kg	63	-	67 kg
Middle	78	-	84 kg	67	-	72 kg
Heavy	above		84 kg	above	-	72 kg

