



23-25 FEB
2023

50
WORLD
TAEKWONDO
50th Anniversary



8
UNIVERSAL
PO
KYORUNGSAE

PAN-AM
SERIES

PALACIO DE LOS DEPORTES,
HEREDIA, COSTA RICA

eventstkdc@gmail.com / opencostaricatkd@gmail.com / (506) 6251-8782

ORGANIZADO POR LA FEDERACIÓN COSTARRICENSE DE TAEKWONDO



MASTKD





2023 PAN AM SERIES COSTA RICA

HEREDIA, COSTA RICA. FEBRUARY 23-25, 2023

RECOGNIZED BY:

World Taekwondo (WT)
President: Dr. Chungwon Choue
Seochu-Gu, Seoul, Korea
Telephone: +82.2.556.2505 / FAX: +82.2.553.4728
email: wtf@wt.org
Website: www.worldtaekwondo.org

PROMOTED BY:

Pan American Taekwondo Union
President: Lic. Juan Manuel Lopez Delgado
email: events@panamericantaekwoundunion.org
Website: <https://www.patutkd.org>

ORGANIZED BY:

Costa Rican Taekwondo Federation
President: Wilmar Alvarado
200 meters south of the Jacks product factory, in front of the Ministry of Health, Pavas, San José, Costa Rica.
Telephone: (506) 2220 1310 / (506) 2231 4308
e-mail: opencostaricatkd@gmail.com
Website: <https://www.tkdrc.org/>

DATE AND PLACE:

Palacio de los Deportes, Heredia Costa Rica.
February 23th – 25th, 2023

PARTICIPANT REQUIREMENTS:

1. The athlete must have the nationality of the country they represent.
2. The athlete must have the endorsement of the National Federation
3. The athlete must have the WT 2023 Global Athlete License (GAL)
4. The coach must have the WT Level 1 coach certificate.

AFFILIATES:

All participating athletes must have the citizenship of the country they represent and must carry the endorsement letter of the federation they represent.

COMPETITION RULES:

The updated and current rules by WT and PATU will be used
www.worldtaekwondo.org/rules/





OFFICIAL INFORMATION:

Find all the updates and official information here.



KYORUGI

POOMSAE

The draw sheets and draws will be published daily as well as the updated calendar of activities on the following (social) media platforms:
www.patutkd.org

AGE CATEGORIES:

1. Cadets (12-14 years old) 2011-2010-2009
2. Junior (15 -17 years) 2008-2007-2006
3. Senior (17 years and over) 2006

COMPETITION TIMES AND FORMAT:

Best of 3 format. 2-minute rounds

U30-U40 Single elimination. Freestyle and other divisions, cut-off system.

The WT Technical Delegate has the authority to adjust the time of the bout as he sees fit.

COACH:

The requirements are:

1. Be at least 21 years of age.
2. Have the WT license, Global Athlete License 2023 (GAL).
3. Coaches and trainers must have the WT Coach certification course.
4. Payment of registration fees

COACH ATTIRE:

The use of a formal suit is mandatory in the semifinals and finals.

COMPETITION TEAM:

The Organizing Committee will provide the protective equipment (electronic chest protector and helmet). The athlete must wear their own electronic socks to compete, and athletes are responsible for wearing their shin and forearms protection to compete.

All competitors must enter the competition area with the combat equipment and uniforms approved by WT. Groin, shin, and forearm protectors must be worn inside the uniform.

Non-religious items are not allowed on the head; however, they must be reviewed and approved beforehand and worn inside the helmet and uniform. Likewise, it must not cause injury or obstruction of the opponent's actions.





PSS DAEDO

PSS Daedo systems will be used for all black belt categories.

OFFICIAL UNIFORMS:

All athletes must wear a white uniform, black belt, with black neck. Under 15s can wear the white uniform with poom neck, red belt with black or the white uniform, black neck and black belt.

Uniforms must be in good condition, logos, country or team name will be allowed under the WT uniform rules. Only brands endorsed by WT will be allowed.

<http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>

REGISTRATION & PAYMENT:

SPARRING DIVISION.	Early Registration	Regular Registration	Late registration	Registration on Site
	Start: 01/12/22	Starts: 01/18/23	Start: 11/02/23	
	End: 01/17/23	End: 02/10/23	End: 02/20/23	
One event	\$150 USD	\$175 USD	\$200 USD	\$225 USD
Two Events	\$200 USD	\$225 USD	\$250 USD	\$300 USD

Poomsae Division.	Early Registration	Regular Registration	late registration	Registration on Site
	Start: 01/12/22	Starts: 01/18/23	Start: 11/02/23	
	End: 01/17/23	End: 02/10/23	End: 02/20/23	
One event	\$150 USD	\$175 USD	\$200 USD	\$225 USD
Two Events	\$200 USD	\$225 USD	\$250 USD	\$300 USD

Coach trainer Doctor Physiotherapist Head of Team Manager	Early Registration	Regular Registration	late registration	Registration on Site
	Start: 01/12/22	Starts: 01/18/23	Start: 11/02/23	
	End: 01/17/23	End: 02/10/23	End: 02/20/23	
	US\$100	US\$100	US\$100	

REFEREES:

1. Pan American Taekwondo Union (PATU) will appoint the referees required for the Pan Am Series.
2. Each international referee (IR) must cover his air ticket.
3. The OC will cover 4 nights, PAN AM SERIES, of lodging, food, and transportation (Entry: February 22, 2023 / Departure: February 26, 2023).
4. The OC will pay US\$100 for 3 days of competition.





WEIGHING:

- I. Athletes must be weighed the day before the competition. (Palace of Sports), Heredia, San José.
- II. During the weigh-in, the male competitor must wear underpants, and the female competitor must wear underpants and a bra. However, SENIOR players may not wear these garments for their weigh-in.
- III. Cadets and juniors must weigh themselves with underwear and 100 grams will be allowed to compensate.
- IV. Under no circumstances underage athletes are allowed to weigh themselves in full nudity.

MEDICAL SERVICE:

1. The OC will provide medical services only in emergency situations in which a participant is injured.
2. Participants will be responsible for all expenses incurred for injuries and/or hospitalization.
3. The OC recommends that the participant have health insurance and have the documents handy.

VISA INFORMATION:

All participants will be responsible for obtaining a visa to enter the country. The invitation letter will be available upon request by writing to eventstkdcr@gmail.com no later than Dec 31st, 2022.

PAYMENT METHOD:

The payment of the participants will be made at the registry office only in cash.
Registration will take place at the Best Western Irazú from February 17 to 20, 2023.
Registration after February 20th will take place at the venue (Palacio de los Deportes de Heredia) until February 26, 2023. (Onsite registration is only allowed until ONE day prior to weigh-in for the respective category)

AWARDS:

1. All athletes will receive a Certificate of Participation.
2. Awards:
 - a. Best Male Referee / Best Female Poomsae Referee.
 - b. Best male and female athlete in Poomsae.
 - c. Best male and female Poomsae coach.
 - d. To the 1st, 2nd, and 3rd overall of Poomsae.
 - e. Best Male Referee / Best Female Referee Kyrougi.
 - f. Best male and female athlete in Kyrougi.
 - g. Best male and female coach Kyrougi.
 - h. To the 1st, 2nd and 3rd overall of Kyrougi.

GROUND TRANSPORTATION:

Ground transportation will be provided for national teams upon arrival and departure free of charge, provided they book through the official lodging website and provide the Organizing Committee has been informed of the date, time, and flight number of the national team. Arrival and departure no later than the designated deadline date (February 12, 2023). Daily transportation is also provided in San José between official hotels and venues for athlete training, registration, head of team meeting, and competition days.





LODGING:

Local transportation between the San José SJO International Airport and the official Hotel will be provided only to those who reserve and pay for their accommodation through the event and Hotel reservation system. See names below.

Please note that transports are only for those who have requested accommodation and provided their travel schedule.

During the event, there will be transportation to the venue from the official Hotel only for those who reserve and pay for their accommodation through the official hosting page of the event at the Hotel (Reservations will not be accepted through Booking, Expedia, Trivago, etc. for transportation (Airport-Hotel-Venue and vice versa)).



Best Western Irazu
Milena Vega
Phone +506 7014 7727
Email: milevega@gmhospitality.net



City Express San Jose Airport
Mirtha Salas Montero +506 8707 1182
Room Reservations +5062209 2300 ext. 192
E-mail: cesjo.ventas@cityexpress.com.mx

REFEREES, WT & PATU OFFICIALS ONLY



Hotel Country Inn & Suites
Frescia Chinchilla +506 8847 9926
Room Reservations +506 2239 2272
Email: fchinchilla@countryinns.co.cr

TOURIST INFORMATION:

Tours will be available during and after the event (not covered by the OC). There will be a discount for those who use the code TKDCR2022.



CarlosZuniga Cuadra
Cell: +506 6011-5804
E-mail: carlos@utlcr.com



**KYROUGI
WEIGHT DIVISIONS:**

CADET DIVISIONS			
Male divisions		Female divisions	
under 33kg	Not exceeding 33kg	under 29kg	Not exceeding 29kg
under 37kg	Over 33kg & not exceeding 37kg	under 33kg	Over 29kg & not exceeding 33kg
under 41kg	Over 37kg & not exceeding 41kg	under 37kg	Over 33kg & not exceeding 37kg
Under 45kg	Over 41kg & not exceeding 45kg	under 41kg	Over 37kg & not exceeding 41kg
under 49kg	Over 45kg & not exceeding 49kg	under 44kg	Over 41kg & not exceeding 44kg
under 53kg	Over 49kg & not exceeding 53kg	under 47kg	Over 44kg & not exceeding 47kg
under 57kg	Over 53kg & not exceeding 57kg	under 51kg	Over 47kg & not exceeding 51kg
under 61kg	Over 57kg & not exceeding 61kg	Under 55kg	Over 51kg & not exceeding 55kg
under 65kg	Over 61kg & not exceeding 65kg	under 59kg	Over 55kg & not exceeding 59kg
Over 65kg	Over 65kg	Over 59kg	Over 59kg

JUNIOR DIVISIONS			
Under 45kg	Not exceeding 45kg	under 42kg	Not exceeding 42kg
under 48kg	Over 45kg & Not exceeding 48kg	under 44kg	Over 42kg & Not exceeding 44kg
under 51kg	Over 48kg & Not exceeding 51kg	under 46kg	Over 44kg & Not exceeding 46kg
Under 55kg	Over 51kg & Not exceeding 55kg	under 49kg	Over 46kg & Not exceeding 49kg
under 59kg	Over 55kg & Not exceeding 59kg	under 52kg	Over 49kg & Not exceeding 52kg
under 63kg	Over 59kg & Not exceeding 63kg	Under 55kg	Over 52kg & Not exceeding 55kg
under 68kg	Over 63kg & Not exceeding 68kg	under 59kg	Over 55kg & Not exceeding 59kg
Under 73kg	Over 68kg & Not exceeding 73kg	under 63kg	Over 59kg & Not exceeding 63kg
Under 78kg	Over 73kg & Not exceeding 78kg	under 68kg	Over 63kg & Not exceeding 68kg
Over 78kg	Over 78kg	Over 68kg	Over 68kg

SENIOR DIVISIONS			
under 54kg	Not exceeding 54kg	under 46kg	Not exceeding 46kg
under 58kg	Over 54kg & Not exceeding 58kg	under 49kg	Over 46kg & Not exceeding 49kg
under 63kg	Over 58kg & Not exceeding 63kg	under 53kg	Over 49kg & Not exceeding 53kg
under 68kg	Over 63kg & Not exceeding 68kg	under 57kg	Over 53kg & Not exceeding 57kg
under 74kg	Over 68kg & Not exceeding 74kg	under 62kg	Over 57kg & Not exceeding 62kg
under 80kg	Over 74kg & Not exceeding 80kg	under 67kg	Over 62kg & Not exceeding 67kg
Under 87kg	Over 80kg & Not exceeding 87kg	Under 73kg	Over 67kg & Not exceeding 73kg
Over 87kg	Over 87kg	over 73kg	over 73kg



POOMSAE

Individual

Division	Cadet	Junior	under 30	under 40	under 50	under 60	under 65	over 65
Years	12-14 years	15-17 years	18-30 years	31-40 years	41-50 years	51-60 years	61-65 years	66 years and over

Pairs & Teams Poomsae

Division	Cadet	Junior	under 30	under 40
Years	12-14 years	15-17 years	18-30 years	31 years and over

Freestyle Poomsae: Individual, Pairs, Mixed Teams

Division	minus 17	over 17
Years	12-17 years	18 years and over

Competition	Division	Compulsory Poomsae
Individual	Cadet Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	junior division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	minus 30 minus 40	Taeguk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	less than 50	Taeguk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
	less than 60 under 65 over 65	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Pair	Cadet Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	junior division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	minus 30	Taeguk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	More than 30	Taeguk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
team	Cadet Division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	junior division	Taeguk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	minus 30	Taeguk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
	More than 30	Taeguk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon

For the color belt event, please see the official invitation of the Costa Rica Taekwondo Color Belts 2023 (Sunday, February 26, 2023 at the Palacio de los Deportes, Heredia).





SCHEDULE OF ACTIVITIES

PROGRAM

*Subject to change

DATE	HOUR	EVENT	PLACE
FEBRUARY 15 TO 20	ALL DAY	ARRIVAL OF TEAMS AND OFFICIALS	SJO - AIRPORT
	09:00 - 20:00	REGISTRATION OF ATHLETES AND OFFICIALS	BEST WESTERN HOTEL
		TEAM TRAINING.	
FEBRUARY 22		HEAD OF TEAM MEETING: PAN AM SERIES	SPORT'S PALACE
FEBRUARY 23	08:00 - 12:00	POOMSAE PAN AM SERIES COMPETITION: MEN / FEMALE, CADET, JUNIOR & SENIOR.	
	10:00 - 12:00	PAN AM SERIES SENIOR WEIGH-IN: 8 MALE DIVISIONS & 8 FEMALE DIVISIONS	
FEBRUARY 24	07:00	RANDOM WEIGHT-IN FOR SENIOR DIVISIONS	
	08:00 - 18:00	KYORUGUI SENIOR PAN AM SERIES COMPETITION: MALE / FEMALE.	
	10:00 - 12:00	CADET & JUNIOR PAN AM SERIES WEIGH-IN: MALE & FEMALE DIVISIONS	
FEBRUARY 25	07:00	RANDOM WEIGHT-IN FOR CADET & JUNIOR DIVISIONS	
	08:00 - 18:00	KYORUGUI CADET & JUNIOR PAN AM SERIES COMPETITION: MALE / FEMALE.	
FEBRUARY 26-27	ALL DAY	DEPARTURE OF TEAMS & OFFICIALS	SJO - AIRPORT





LIABILITY WAIVER

All participants must print & sign this waiver (signed by parent or legal guardian if under 18 years).

Please submit completed Liability Waiver at Accreditation on February 23th – 25th, 2023.

Please do not email or mail liability waiver

Competitor, coach, referee, volunteers, officials, tournament staff and media waiver and release of liability, assumption of risk and parental consent and indemnity agreement.

I am not entering this competition in reliance of any written or oral representation by the Costa Rica Taekwondo Federation and World Taekwondo regarding the applicable rules and qualifications of the judges and referees. I am in good health and physical condition to participate in this tournament. I fully understand that my entry fee is non-refundable. I consent that any picture furnished by me or any pictures taken of me in connection with the championships can be used for publicity, promotion or television showing, and I waive all compensation in regard, thereto. I understand that Martial Arts is a body contact sport and I further understand all the contents of the rules and general information which was published by the organizing committee and I agree to them in their entirety.

I understand the nature of the **Pan Am Series G1** activities and believe that my experience and capabilities, or that of the minor, to be qualified to participate in **Pan Am Series G1** which will be held in Heredia, Costa Rica. I understand that Costa Rica taekwondo federation and world taekwondo tournament activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death. These risk and danger may be caused by me or the minor child's own action, or inactions, and/or the actions or inactions of others participating in the training. In addition, I fully authorize Costa Rica Taekwondo Federation to transport me/my child to a nearby medical care facility to seek medical care in the case of emergency.

I have read this agreement, fully understand it's terms, understand that I or the minor child given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intent it to be a complete and unconditional release of all liability to the greatest extent allowed by the law and agree that if any portion of the agreement is held to be valid that the balance, notwithstanding, shall continue in full force and effect.

Participant's Print Name: _____

Signature: _____ Date: _____

Participant's Guardian Print Name: _____

Signature: _____ Date: _____





Reviewed: December 01, 2022

Published: December 03, 2022

Last modification: December 12, 2022

