



MARCH 11 - 16, 2025
 BN ARENA
 SAN JOSE, COSTA RICA



COSTA RICA

PRESIDENT'S CUP



up tkd MASTKD



#TodosSomosPATU #WeAreAllPATU



Dear Pan American Taekwondo friends.

We are pleased and honored to invite everyone to participate in the President's Cup 2025 to be held from March 11 to 16, 2025, in San Jose, Costa Rica, at the BN ARENA, Hatillo, a venue specially chosen to celebrate our international event.

We will gladly receive all delegates, MNAs, coaches, athletes, doctors and other members in the wonderful city of San Jose. We would like to welcome you in the hope that your participation will be the best possible and that the organization of the event will live up to your expectations. We always try to guarantee a high quality competition for everyone, trying to provide a beautiful show for our athletes and spectators.

Mark our Event on your calendar and make sure you don't miss this great championship, our team is working hard to make this event a success! If you need any help or have any questions, please don't hesitate to contact us.

Hope to see you here!

Best Regards,

Wilmar Alvarado Castillo
Presidente FCT

1. AUTHORIZED BY:

World Taekwondo (WT) Presidente Dr. Chungwon Choue

Address: Seochu – GU, Seúl – Corea

Phone number: +82.2.556.2505/ Fax: +82.2.553.4728

Email: wtf@wt.org

Website: www.worldtaekwondo.org

2. PROMOTED BY:

Pan American Taekwondo Union (PATU)

President: Lic. Juan Manuel Lopez Delgado

Email: events@panamericantaekwondounion.org

Website: <https://www.patutkd.org>

3. ORGANIZED BY:

Costarrica Taekwondo Federation

Address: 200 metros Oeste de la fábrica de productos
Jacks, frente al Ministerio de Salud, Pavas, San José,
Costa Rica.

Phone number: +506 2220 1310

E-mail: eventstkdcr@gmail.com

4. DATE & VENUE:

March 11-16, 2025.

San José, Costa Rica.

Venue: BN Arena, Hatillo.

5. REQUIREMENTS:

1. In accordance with Article 4: Competitor Qualification of the WT Rules of Competition, the competitor must:
2. Nationality holder of the participating team.
3. Be a Taekwondo Black Belt.
4. WT 2023 Global Athlete License (GAL).
5. All coaches must have WT Level 1 certification (minimum).
6. All coaches must be 21 years of age or older.

6. DRESS CODE:

Formal dress is mandatory for all coaches during the semifinals and finals.

7. AFFILIATES:

Each participant must have citizenship of the country he/she represents. They must have a letter of endorsement from their respective National Federation.

8. COMPETITION GEAR:

The OC will provide the electronic chest and head protectors, each athlete must bring their own electronic insoles to compete, all athletes are responsible for bringing their own competition equipment. All athletes must enter the competition area with their WT approved competition equipment and uniforms. Genital, shin and forearm protectors must be inside the uniform. No items other than helmets may be worn on the head. Any religious items must be approved in advance and worn inside the helmet and uniform and must not cause injury or obstruction to the opponent.

9. OFFICIAL UNIFORM:

All athletes must wear a WT / Pan American Taekwondo Union (PATU) approved white V-neck uniform in good condition. Logos, Team names, Country, Athlete's name, will be allowed under WT uniform rules. Only the following will be allowed. Uniforms approved by WT, Panamerican Taekwondo Union (PATU)

10. AGE & DIVISIONS:

- Cadets: 2011, 2012 or 2013
- Junior: 2008, 2009 or 2010
- Senior: 2008 or before

11. RANKING:

World G3 (Senior Kyorugi)
Panamerican Ranking P8

12. COMPETITION RULES:

The latest updated WT competition rules must be used.

www.worldtaekwondo.org/rules/

13. COMPETITION METHOD:

Single elimination system, best of 3 rounds;

No entry limit in each division;

Times can ONLY be adjusted by the WT TD (Technical Delegate);

14. TIMES:

Best of 3 rounds system

Senior (2 minutes x 2 or 3 rounds x 1 minute interval)

Junior (2 minutes x 2 or 3 rounds x 1 minute interval)

Cadet (1.5 minutes x 2 or 3 rounds x 1 minute interval)

15. AWARDS:

INDIVIDUAL AWARDS

1st PLACE gold medal

2nd PLACE silver medal

3rd PLACE bronze medal

3rd PLACE bronze medal

- MVP Kyorugi (Male & female – Cadete, Junior & Senior)
- MVP Poomsae (Male & female – Recognized & Freestyle)
- Best Coach (Male & female – Senior)
- Best Referee Kyorugi & Poomsae (Male & female)
- Senior Team (1st 2nd & 3rd) Poomsae & Kyorugi (general)
- Medals for el 1st, 2nd y 3rd places
- Digital Certificate for all participants.

16. WILDCARDS:

Senior Category: The first place winners will obtain a direct pass to the next Senior Pan American Championship.

Cadet and Junior Category: The first and second place winners will obtain a direct pass to the next Pan American Cadet & Junior Championship to be held in Queretaro.

17. DIVISIONS:

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

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

CADETES DIVISION			
MALE DIVISIONS		FEMALE DIVISIONS	
Under 33 kg	Not exceeding 33kg	Under 29kg	Not exceeding 29 kg
Under 37kg	Over 33 kg & w/o exceeding 37 kg	Under 33kg	Over 29 kg w/o exceeding 33 kg
Under 41kg	Over 37 kg & w/o exceeding g 41 kg	Under 37kg	Over 33 kg w/o exceeding 37 kg
Under 45kg	Over 41 kg & w/o exceeding 45 kg	Under 41kg	Over 37 kg w/o exceeding 41 kg
Under 49kg	Over 45 kg & w/o exceeding 49 kg	Under 44kg	Over 41 kg w/o exceeding 44 kg
Under 53kg	Over 49 kg & w/o exceeding 53 kg	Under 47kg	Over 44 kg w/o exceeding 47 kg
Under 57kg	Over 53 kg & w/o exceeding 57 kg	Under 51kg	Over 47 kg w/o exceeding 51 kg
Under 61kg	Over 57 kg & w/o exceeding 61 kg	Under 55kg	Over 51 kg w/o exceeding 55 kg
Under 65kg	Over 61 kg & w/o exceeding 65 kg	Under 59kg	Over 55 kg w/o exceeding 59 kg
Under 65kg	Over 65 kg	Under 59kg	Over 59 kg

KIDS DIVISION			
BORN 2013 & 2014 MALE & FEMALE		BORN 2015 & 2016 MALE & FEMALE	
Under 30kg	Not exceeding 30kg	Under 21kg	Not exceeding 21kg
Under 35kg	Over 30 kg & not exceeding 35 kg	Under 25kg	Over 21 kg & not exceeding 25 kg
Under 40kg	Over 35 kg & not exceeding 40 kg	Under 31kg	Over 25 kg & not exceeding 31 kg
Under 45kg	Over 40 kg & not exceeding 45 kg	Under 36kg	Over 31 kg & not exceeding 36 kg
Over 45kg	Over 45 kg	Over 36kg	Over 36 kg

18. CONDITIONS FOR PARTICIPATING TEAMS:

Round-trip airfare, lodging, food and transportation expenses will be paid by the participant or their respective MNA. Lodging in official hotels is not mandatory.

No transportation of any kind will be provided by the Organizing Committee.

19. WT GLOBAL LICENSE AND ONLINE REGISTRATION:

- WT Global License Registration. All athletes and team officials must first be registered with a WT Global Athlete License (GAL) OR a WT Global Official License (GOL).
- Online registration in the WT (Simply Compete).
- Registration is only possible with a valid WT Global License.

20. TECHNICAL REGISTRATION:

- WT Global License Registration. All team officials must first have a WT Global License. All team officials must first be registered with a WT Global Official License (GOL).
- WT online registration (Simply Compete).
- All technicians must be at least 18 years old.
- All technicians must have WT Coach at least Level 1.

21. REGISTRATION FEES:

The Organizing Committee shall collect the registration fees in dollars upon registration at the competition venue, no other type of payment will be accepted. Registered athletes and coaches will not be allowed to participate in the competition without payment. The Organizing Committee has a NO REFUND policy under any circumstances. Registration will take place at the Best Western Irazú Hotel according to the event schedule.

ATHLETES

KYORUGI	EARLY REGISTRATION	REGULAR ENTRY	LATE REGISTRATION
	Starts: 1/12/24 Ends: 31/12/24	Starts: 1/1/25 Ends: 14/2/25	Starts: 15/2/25 Ends: 7/3/25
Per Event	US \$ 150	US \$ 175	US \$ 200

TECHNICAL COMMITTEE:

COACH DOCTOR OR PHYSICAL THERAPIST	EARLY REGISTRATION	REGULAR ENTRY	LATE REGISTRATION
	Starts: 1/12/24 Ends: 31/12/24	Starts: 1/1/25 Ends: 14/2/25	Starts: 15/2/25 Ends: 7/3/25
	US \$ 50	US \$ 75	US \$ 100

Notes:

1. THERE WILL BE NO ON-SITE REGISTRATION, ONLY THROUGH THE SIMPLY COMPETE SYSTEM.
2. NO CHANGES WILL BE ALLOWED AFTER LATE REGISTRATION IS CLOSED.

22. NO SHOW POLICY:

Athletes who do not show up for registration and have not previously notified that they will not participate in the event before the early registration deadline, must pay their registration fee. Cancellations will only be accepted with a medical certificate after this date, if there is no legal medical document, the corresponding payment must be made by February 25, 2024.

23. INTERNATIONAL REFEREES

PATU will appoint the International Referees. The appointed international referees shall act in the President's Cup 2025; the following conditions apply:

- a. International Referees must pay their own round-trip airfare.

24. TECHNICAL DELEGATE AND COMPETITION SUPERVISORY BOARD (CSB):

WT/PATU shall appoint 1 (one) Technical Delegate and up to 5 (five) persons to the Competition Supervisory Board (CSB).

25. TECHNICAL MEETING

The Team Leader meeting shall be held 1 (one) day before the start of the activities of each type of competition. See general schedule for details.

26. PSS SYSTEM: DAE DO

27. INFORMATION & SERVICES:

INSURANCE:

- The respective national taekwondo associations and/or teams must ensure that all officials and participants have effective medical and travel insurance coverage.
- All participants must sign the liability waiver upon registration.

28. HOTEL:

See the Accommodation Guide available on WT's Simply Compete.

29. TRANSPORTATION:

The OC will only provide transportation for Referees and Staff.

Transportation of teams, athletes and coaches will be at their own expense



30. VISA INFORMATION:

Visa recommendation letters will be generated by the Organizing Committee. The deadline to apply for a visa is January 15, 2025. Email eventstkdc@gmail.com with a copy of your valid passport and proof of registration to obtain a visa invitation letter.

31. MEDICAL-CARE:

The OC will provide medical care only in case of emergency when a participant is injured. Participants will be responsible for all expenses incurred for injuries and/or hospitalization. The OC recommends the participant to have his/her medical insurance and to have all documents at hand.

**EVENT SCHEDULE
(MAY CHANGE)**

DATE	TIME	ACTIVITY	VENUE
March-11	15:00 - 17:00	Weigh-in IV PANAM SERIES U-22	HOTEL
	17:00	MEETING AND TRAINING OF REFEREES	
	19:00	TECHNICAL MEETING	
March-12	9:00 - 17:00	RANDOM WEIGH-IN U- 22 IV PANAM SERIES	BN ARENA
	9:00 - 17:00	KYORUGUI COMPETITION	
		IV PANAM SERIES U-22	
	18:00	AWARD CEREMONY(MAY CHANGE)	
March-13	9:00 - 17:00	RANDOM WEIGHT-IN JUNIOR & CADETE	BN ARENA
	9:00 -17:00	KYORUGUI COMPETITION	
		JUNIOR & CADETE	
	18:00	AWARD CEREMONY(MAY CHANGE)	
March-14	08:00	RANDOM WEIGH-IN G3 SENIOR	BN ARENA
	09:00 - 18:00	KYORUGUI COMPETITION	
		G3 SENIOR	
	18:00	AWARD CEREMONY(MAY CHANGE)	
March-15	09:00 - 18:00	POOMSAE COMPETITION	BN ARENA
		U- 22 (IV PANAM SERIES OPEN)	
	18:00	PRESIDENTS CUP	
March-16	08:00	AWARD CEREMONY(MAY CHANGE)	BN ARENA
		COLOR BELT FESTIVAL	



WAIVER

I, the undersigned, certify that I will indemnify, hold harmless and hold harmless Panamerican Taekwondo Union and the Organizing Committee, its board members, directors, officers, members, employees, consultants, agents, attorneys, contractors (including, without limitation, sponsors, suppliers, licensees and other representatives (each, an "Indemnatee" and, collectively,

"Indemnitees"), from and against any and all damages, injuries, penalties, fines, claims, demands, liabilities, costs, attorneys' fees court costs and expenses of every kind and nature suffered by or asserted against the Indemnatee as a direct or indirect result of participation in the 2024 President's Cup March 14-17, 2024 in the broadest sense of the word. By signing and submitting the following form, I accept and agree to the terms and covenants contained in this Indemnity, Release, Waiver of Liability, Release and Consent Not to Sue. I verify that by signing and submitting this form, that I have read and agree to all of the terms and conditions provided above.

Name: _____ Date: ____ / ____ /2025

Signature: _____

In case the person is a minor, a parent or legal guardian

Name: _____ Date: ____ / ____ /2025

Relationship the minor: _____

Signature: _____