







Dear Pan American Taekwondo Friends



For the Pan American Taekwondo Union it is an honor to invite you to participate in the **IV PAN AM SERIES SUB-22 2025**, to be held in San Jose, Costa Rica on March 11-15, 2025.

We will gladly receive all the Selected Athletes, Delegates, Coaches, Doctors and other members of your teams to this beautiful city. We would like to welcome you in the hope that your participation will be the best possible. We always try to guarantee a high quality competition for everyone, trying to provide a beautiful show for our athletes and spectators.

We look forward to having the best exponents of the continent. If you need any help or have any questions, please do not hesitate to contact us.

We look forward to seeing you here!

With my best wishes,

LAE Juan Manuel López Delgado President Pan American Taekwondo Union







1. PROMOTED BY:

Pan American Taekwondo Unión (PATU) President: Lic. Juan Manuel López Delgado

Email: events@panamericantaekwondounion.org

Website: https://www.patutkd.org

2. ORGANIZED BY:

Costa Rica Taekwondo Federation

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

José, Costa Rica.

Telephone number: +506 2220 1310 E-mail: eventstkdcr@gmail.com

3. DATE & VENUE:

March 11-15, 2025.

San José, Costa Rica.

Venue: BN Arena, Hatillo.

4. ELIGIBILITY:

Qualification of the Competitor by the Competition Rules, the competitor must:

- 1: Nationality holder of the participating team.(passport).
- 2: Be a Taekwondo Black Belt.
- 3: Be born between the years 2004 to 2009.
- 4: As part of the Regulations of this Qualifying Process:

EVERY Athlete seeking to Qualify for the Junior Pan American Games Asuncion 2025, must compete in at least 4 of the 5 U22 Pan Am Series events.

5. AGES & CATEGORIES:

U-22 (born between 2004 & 2009)

6. RANKING:

Special Ranking U-22 from PATU P10

7. COMPETITION RULES:

The updated WT Rules and Regulations must be used.

8. COACHES:

Coaches must have a WT Level 1 or 2 License (current), or PATU Coaches Course (approved and current).

PATU Coaches Course (approved and current).







9. COMPETITION METHOD

KYORUGUI / POOMSAE THERE IS NO RESTRICTION ON THE QUANTITY OF ATHLETES PER DIVISION PER COUNTRY (as long as they meet the eligibility requirements).

KYORUGUI

4 Olympic weight categories by genre, for a total of 8 categories

POOMSAE

Individual Recognized Poomsae (Male & Female)
Recognized Poomsae mixed pairs
Recognized Poomsae team (3)
Individual Freestyle (Male & Female) Freestyle
Freestyle Mixed Pairs & Recognized Poomsae Individual (Masc. y Fem.)
(Classifying Categorie for JPJ Asunción 2025)

10. COMPETITION TIMES:

Kyorugui

Best of 3 rounds (2 minutes x 2 or 3 rounds x 1 minut break)
Times may only be modified by the TD (Technical Delegate)

Poomsae

Recognized Poomsae no more than 90 secs. Freestyle 90 - 100 secs.







11. AWARDS:

Ranking Points

Medals for 1st, 2nd & two 3rd places Digital Certificate for all participants

12. CLASSIFYING PROCESS FOR PAN AMERICAN JUNIOR GAMES ASUNCIÓN 2025

Athletes competing in these Games, will obtain points of the Pan American Ranking P10 Sub-22, which will give them the possibility to qualify directly to the Junior Pan American Games Asuncion 2025. (Regulations to be published)

13. WILD CARDS

Winners of 1st & 2nd place will win a Wild Card for the following PanAmerican Championships (jr & Senior)

14. WEIGHT CATEGORIES:

ADULT MALE DIVISION		ADULT FEMALE DIVISION	
Under 58kg	w/o exceeding 58 kg	Under 49kg	w/o exceeding 49 kg
Under 68kg	Over 58 kg & w/o exceeding 68 kg	Under 57kg	Over 49 kg & w/o exceeding 57 kg
Under 80kg	Over 68 kg & w/o exceeding 80 kg	Under 67kg	Over 57 kg & w/o exceeding 67 kg
Under 80kg	Over 80 kg	Over 67kg	Over 67 kg

15. CONDITIONS FOR PARTICIPATING TEAMS:

Round-trip airfare, lodging, meals and transportation expenses will be paid by the participant or his/her respective MNA. Lodging will be in the designated hotels.

16. ONLINE REGISTRATION:

Athletes Registration at www.uptkd.com

17. REGISTRATION FOR TECHNICAL, COACH AND STAFF:

Online registration www.uptkd.com

(THOSE WHO COMPETED IN THE PREVIOUS PANAM SERIES UNDER 22, SHOULD USE THE SAME ID CODE THEY USED WHEN REGISTERING).

All Coaches must be at least 18 years of age and have WT certification level 1 or 2 or Have passed the PATU Coaching Course.







18. REGISTRATION FEES:

The registration fee must be paid at the place of registration and accreditation. This payment must be made in cash

ATHLETES

POOMSAE	EARLY REGISTRATION	REGULAR REGISTRATION	LATE REGISTRATION
	Starts: 1 / 12 / 24	Starts: 1 / 1 / 25	Starts 15 / 2 / 25
	Ends: 31 / 12/24	Ends: 14 / 2 / 25	Ends: 7 / 3 / 25
INDIVIDUAL	\$125	\$150	\$175
PAIRS	\$200	\$225	\$250
TEAM (3)	\$150	\$175	\$200
TEAM (5)	\$250	\$275	\$300
FREESTYLE PAIR	\$200	\$225	\$250
(Classifying Category for JPJ 2025)			

Explanatory Notes:

1. The Entry Fee for the Freestyle Pairs Category (JPJ 2025 Qualifiers)
Includes the Freestyle Pairs competition & the Traditional Individual Poomsaes (Female & Male). Recognized (Female and Male)

KYORUGUI	EARLY REGISTRATION	REGULAR REGISTRATIO N	LATE REGISTRATIO N
	Starts: 1 / 12 / 24	Starts: 1 / 1 / 25	Starts 15 / 2 / 25
	Ends: 31 / 12/24	Ends: 14 / 2 / 25	Ends: 7 / 3 / 25
Por Evento	US \$ 125	US \$ 150	US \$ 175

TECHNICAL COMISSION

СОАСН	EARLY REGISTRATIO N	REGULAR REGISTRATIO N	LATE REGISTRATION
	Starts: 1 / 12 / 24	Starts: 1 / 1 / 25	Starts 15 / 2 / 25
	Ends: 31 / 12/ 24	Ends: 14 / 2 / 25	Ends: 7 / 3 / 25
	US \$75	US \$100	US \$ 120

Explanatory Notes:

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







19. INTERNATIONAL REFEREES:

PATU shall appoint the International Referees, including the PATU Chair Referee. The appointed International Referees shall govern by the following conditions:

- a. International Referees must pay their own round-trip airfare.
- b. The Organizing Committee will cover the living expenses for 4 nights lodging and meals for the kyorugui and poomsae competition.

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

PATU will appoint 1 (one) Technical Delegate and up to 3 (three) persons for the Competition Supervisory Board (CSB).

21. TECHNICAL MEETING:

The Technical Meeting shall be held 1 (one) day prior to the start of the competitions. See general schedule for details.

22. ELECTRONIC SYSTEMS:

Electronic Gear: Daedo

Poomsae Electronic System: **Taekwonsoft** Electronic Systems **OVR/IVR: UPTKD**

23. INFORMATION & SERVICES:

Insurance:

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

Lodging:

- Round-trip airfare, lodging, food and lodging expenses.
- Transportation will be paid by the participant or his/her respective MNA.
- Lodging will be in the designated hotels, and will have internal transportation service.







EVENT SCHEDULE (MAY CHANGE)

DATE	TIME	ACTIVITY	VENUE
	15:00 -	W I . W. DANAM GEDVEG II 22	
	17:00	Weigh-in IV PANAM SERIES U-22	_
March-11		MEETING AND TRAINING OF	HOTEL
	17:00	REFEREES	
	19:00	TECHNICAL MEETING	
	9:00 - 17:00	RANDOM WEIGH-IN U- 22 IV PANAM SERIES	
	7.00 - 17.00	TANAMI SERIES	-
M1- 10	9:00 - 17:00	KYORUGUI COMPETITION	DNI ADENIA
March-12	9:00 - 17:00	IV PANAM SERIES U-22	BN ARENA
	18:00	AWARD CEREMONY(MAY CHANGE)	
	18:00	CHANGE)	
		RANDOM WEIGHT-IN JUNIOR &	
	9:00 - 17:00	CADETE	
			-
March-13	9:00 -17:00	KYORUGUI COMPETITION	BN ARENA
		JUNIOR & CADETE	-
		AWARD CEREMONY(MAY	-
	18:00	CHANGE)	
	08:00	RANDOM WEIGH-IN G3 SENIOR	
	09:00 -	KYORUGUI COMPETITION	-
March-14	18:00	G3 SENIOR	BN ARENA
		OS BELVIOR	
		AWARD CEREMONY(MAY	
	18:00	CHANGE)	
		POOMSAE COMPETITION	
	09:00 -	U- 22 (IV PANAM SERIES OPEN)	
36 1 45	18:00	PRESIDENTS CUP	DNI ADENIA
March-15			BN ARENA
		AWARD CEREMONY(MAY	
	18:00	CHANGE)	
March-16	08:00	COLOR BELT FESTIVAL	BN ARENA
THATCH TO	00.00	UULUR DEBT TENTI (TIE	







WAIVER

I, the undersigned, certify that I will hold harmless and release the Panamerican Taekwondo Union and the Organizing Committee, its board members, directors, officers, members, employees, consultants, agents, attorneys, from and against any and all damages, injuries, penalties, fines, claims, demands, demands, liabilities, costs, attorneys' fees, court costs and expenses of every kind and nature suffered by or asserted against the Indemnitee as a direct or indirect result of participation in the IV PAN AM SERIES SUB 22, SAN JOSE COSTA RICA 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
Cionatura		
Signature:		
In case the participant is a n	ninor a parent or legal guardian	
Name:	Date:/	/2025
Relationship to the minor: _		
Signature:		