



INVITATION

1° DRAGON CUP 2025

INTERNATIONAL TAEKWON-DO FEDERATION
BELGIUM

AN ORGANISATION OF TAEKWON-DO CLUB GENT
FOR KIDS / YOUTH / PRE-JUNIORS / JUNIORS / SENIORS / ADVANCED SENIORS / VETERANS

COMPETITION INFORMATION

The **Dragon Cup** is an ITF Taekwon-Do tournament organised by Taekwon-Do Club Gent, with the head of organisation: **Sabum Koen Hoerée and Sabum Amber Dellaert**. The competition is open for kids, youth, pre-juniors, juniors, adults, seniors and veterans in the categories sparring, patterns, team patterns, team sparring, specials and power.

In our organisation, tournaments are open ONLY to our ITF members. Special cases must request permission through the TUIC from ITF-Belgium.

PRACTICAL INFORMATION

Date	Sunday May 11th 2025
Location	Sportarena Tolhuis Tolhuislaan 77 9000 Ghent, Belgium
Spectators	Spectators are welcome in the tribunes, free of charge. Spectators are not allowed into the competition area.
Registration deadline	Wednesday 25 April 2025 at 23:59 h Corrections can be made for an amount of €20 per change, until 2nd may 2025
Inscription fees	€ 25 per competitor € 5 per extra discipline € 25 per team
Disciplines	Individual Patterns Team Patterns Kids sparring Individual Sparring Team Sparring Power Specials

- All registration fees should be transferred to the TUIC ITF-Belgium on **may 3th 2025** at the latest, with inclusion of the name of the **participating school and Dragon Cup 2025**
Account number: IBAN BE27 0017 1311 4673 - BIC GEBABEB
- Due to the online registration system, registrations will not be possible after the deadline.
- Changes will not be possible on the day of competition. Incorrect height-/weight category = out of competition. Instructors are responsible for the correct height and weight of their pupils and athletes.
- Taekwon-Do Club Gent, The ITF-Belgium TUIC and ITF-Belgium are not responsible for insurances, memberships and injuries.

- The organisation will provide medals or trophies for 1st, 2nd and one 3rd place.
- A declaration of consent and data protection is mandatory for each competitor (see sportdata).
To be handed in at the verification and weigh-in/height check on 10th/11th of May 2025.

TIME SCHEDULE

Doors open	07:15 h
Weigh-in & registration	07:30 h
Umpire meeting	08:15 h
Coach meeting	08:15 h
Start competition	09:15 h

AGE CATEGORIES

Kids	4, 5, 6 and 7 years. (born in 2017 or later)
Youth girls / boys	8, 9, 10 and 11 years (born in 2016, 2015, 2014 or 2013)
Pre-junior female / male	12, 13 and 14 years. (born in 2012, 2011 or 2010)
Junior female / male	15, 16 and 17 years. (born in 2009, 2008 or 2007)
Adult female / male	18 years until 35 years. (born in 2006 until 1989)
Seniors female / male	36 years until 45 years. (born between 1988 and 1980)
Veterans female / male	46 years and older (born in 1979 and before)

DISCIPLINE CATEGORIES

1/ Patterns : 10 th t/m 9 th kup
 : 8 th t/m 7 th kup
 : 6 th t/m 5 th kup
 : 4 th t/m 3 th kup
 : 2 th t/m 1 th kup
 : 1st dan
 : 2nd dan
 : 3rd dan
 : 4th t/m 6th dan

2/ Sparring : A: 1st dan t/m 6th dan
 : B: 5th kup t/m 1st kup
 : C: 10th t/m 6 th kup

Individual Sparring categories with less than three (3) competitors will be merged with another category. If it is not possible to merge categories, the organiser may decide to build categories with less than three (3) competitors.

3/ Teamtul : 4th kup t/m 6th dan

4/ Teamparring : 4th kup t/m 1st kup
: 1st dan t/m 6th dan

VERIFICATION AND WEIGH-IN / HEIGHT CHECK

Weigh-in/Height check & verification will be **in time shifts per school**. We will send the correct times per school via e-mail and sportdata after closure of registrations.

If you are not on time for the verification and weigh-in/height check then you can't compete. If you are only participating in patterns, you also must do the verification and weigh-in/height check! Coaches be aware of this.

When competitors are over their registered height or weight on the day of the competition, he or she, can't compete in that part of the tournament.

The weigh-in follows international rules:

- - Clothes: Dobok pants and t-shirt
- - Weight check: For an athlete to compete, their verified weight MUST fall within the prescribed minimum and maximum weight. The maximum weight is: For the division in which they are officially registered or was merged plus 500 g (clothing factor). The minimum weight is: For the division in which they are officially registered or was merged minus 4 kg allowed underweight plus 500 g (clothing factor). .

COMPETITION

The ITF competition rules will be used (2022v3)

COMPETITION PATTERNS

COLOR BELTS	1 designated pattern (KO-system)	simultaneously
10 th kup	Saju jirugi	Designated
9 th kup	Saju jirugi / Saju makgi	Designated
8 th kup	Chon-Ji	Designated
7 th kup	Chon-Ji / Dan-Gun	Designated
6 th kup	Do-San	Designated
5 th kup	Do-San / Won-Hyo	Designated
4 th kup	Yul-Gok	Designated
3 th kup	Yul-Gok / Joong-Gun	Designated
2 th kup	Toi-Gye	Designated
1 st kup	Toi-Gye / Hwa-Rang	Designated
BLACK BELTS	2 designated patterns according to the ITF competition rules (KO-system)	Consecutively – 1 by 1
1 st dan	Chon-Ji – Ge-Baek	Designated – ITF-Rules
2 nd dan	Chon-Ji – Juche	Designated – ITF-Rules
3 rd dan	Chon-Ji – Choi-Yong	Designated – ITF-Rules
4 th t/m 6 th dan	Chon-Ji – Moon-Moo	Designated – ITF-Rules

All patterns will be designated.

The competitor with the lowest degree determines the drawing of the pattern.

Individual Pattern categories with less than three (3) competitors will be merged with another category. This new category will use the patterns appropriate to the lowest rank.

At least 3 competitors needed per category, League-system if there are 3 competitors in a category. All the rest of the categories work with KO-system.

Separate classes for :

- Kids + Youth (6 – 11)
- pre-juniors (12 – 14)
- juniors (15-17)
- adults + seniors + veterans.(18 and above)

COMPETITION TEAM TUL

	Members	grade	1 Pattern (optional)
Youth + pre-juniors (2010 or younger)	3 – 5	4 th kup – 6 th dan	Chon-Ji to Ge-baek
Juniors + adults + seniors + veterans	3 – 5	4 th kup – 6 th dan	Chon-Ji to Ge-baek

At least 3 competitors needed per category. If there is only 1 or 2 competitor(s) in a category, the organisation will put classes together.

A team competes in a category determined by the highest rank and / or oldest participant.

COMPETITION SPARRING

	Bout	Final	Extra time	And after
Kids	1 minute	1 bout	30 seconds	CR decides
Youth	1,5 minutes	1 bout	45 seconds	Golden point
Pre-juniors	1,5 minutes	1 bout	45 seconds	Golden point
Juniors B & C	2 minutes	2 bouts	1 minute	Golden point
Adults B & C	2 minutes	2 bouts	1 minute	Golden point
Seniors B & C	2 minutes	2 bouts	1 minute	Golden point
Veterans B & C	2 minutes	2 bouts	1 minute	Golden point
Juniors A	2 bouts x 2 minutes	2 bouts	1 minute	Golden point
Adults A	2 bouts x 2 minutes	2 bouts	1 minute	Golden point
Seniors A	2 bouts x 2 minutes	2 bouts	1 minute	Golden point
Veterans A	2 bouts x 2 minutes	2 bouts	1 minute	Golden point

Kids girls & boys	Open category
Youth girls	-120, -130, -140, -150, -160, -170, +170 cm
Youth boys	-120, -130, -140, -150, -160, -170, +170 cm
Pre-junior female	-40, -44, -48, -52, -56, -60, +60 kg
Pre-junior male	-40, -45, -50, -55, -60, -65, +65 kg
Junior female	-45, -49, -53, -57, -61, -65, +65 kg
Junior male	-50, -55, -60, -65, -70, -75, +75 kg
Adult female	-50, -55, -60, -65, -70, -75, +75 kg
Adult male	-57, -63, -69, -75, -81, -87, +87 kg
Seniors female	-57, -63, -69, -75, +75
Seniors male	-63, -70, -77, -84, +84
Veterans female	-60, -67, -74, +74
Veterans male	-68, -76, -84, +84

For Junior, adults, seniors and veterans A-Class: all bouts will be 2 x 2 minutes.

There will only be one Third place.

If there are only 1 or 2 competitors in a category, the organization will put classes together. At least 3 competitors needed per category.

Kids sparring: Extra information:

We want to create a fun atmosphere for the kids.

The participants must be able to follow the correct protocol according to the commands of the center referee.

- Bowing
- Jumbi /ready stance
- Haechyo/Goman
 - No contact for kids.
 - Only one category (female + male) regardless of the belt.
 - Referees will evaluate technical performance, sportsmanship, originality, creativity and perseverance.
 - In case of a second draw, the first point-system will not apply. The center referee will have a vote in the decision of the winner.

COMPETITION TEAM SPARRING

Junior female	3 competitors	4 th t/m 1 st kup / 1 st t/m 6th dan	No weight categories
Junior male	3 competitors	4 th t/m 1 st kup / 1 st t/m 6th dan	No weight categories
Senior female	3 competitors	4 th t/m 1 st kup / 1 st t/m 6th dan	No weight categories
Senior male	3 competitors	4 th t/m 1 st kup / 1 st t/m 6th dan	No weight categories

- Separate categories if enough teams, otherwise the organisation will put categories together
Each team must consist of 3 competitors (+ 1 reserve = optional)
- The team obtaining - after three (3) sparring bouts of **1x 2'** the majority of total **umpire votes** (= points) shall be declared the winner and advance to the next round of competition.
The JP will keep score and will announce it.
- If there is a draw, each team will select 1 competitor to spar an extra bout of 2'
if there is still a draw, then 1st point (same competitors) will select the winning team.
- In case of 'withdrawal' of a competitor, the other team receives **15** points.
In case of 'injury' or 'disqualification' of a competitor, the other team receives **4** points

COMPETITION SPECIALS

Coloured and black belts will compete together.

	Youth/pre junior	Youth/pre junior	Youth/pre junior	Youth/pre junior	Youth/pre junior
	Mixed - 130	Female - 150	Male - 150	Female + 150	Male + 150
Twimyo nopi apcha busigi	130 cm	160 cm	170 cm	160 cm	210 cm

	Junior female	Junior male	Senior female	Senior male
Twimyo dollyo chagi	200 cm	230 cm	210 cm	240 cm
Twimyo nopi yopcha jirugi	110 cm	130 cm	120 cm	140 cm

Attention for twimyo yopcha jirugi = high jump, **NOT** long jump

Each competitor has sixty (60) seconds per technique to pre-judge the distance once (= compulsory with NO touching allowed), followed by the attempt to turn the board.

An L-Stance forearm guarding block ready posture must be adopted to start + before and after the attempt to turn the board (= 3x). Always keep your balance.

Do not forget to turn the foot in the correct angle: use the ball for dollyo + the heel for yop!

Each fully moved board (>90°) will count as three (3) points and each relocated board (>45°- <90°) will count as one (1) point.

For the nopi yopcha jirugi:

Avoid knocking down the hurdle or the obstacle.

A person will complete both techniques first, before going to the next person, etc.

The three or four highest scores will set 1st, 2nd, and one (1) or two (2) 3rd place winners, depending on the scores.

In the event of a tie, the Jury President will decide how high the jump will be. The tied competitors will then continue until the places are decided.

Competitors who didn't score at first attempt in the match cannot continue the competition unless nobody scored during the whole round. They cannot receive any medal either.

COMPETITION POWER BREAKING

Separate Classes for males & females

Separate classes for juniors (15-17) and seniors (18 and above).

Only from 4^o kup and above !

Power breaking	Senior male boards	Senior female boards	Junior male boards	Junior female boards
Yopcha jirugi	3	2	2	2
Sonkal taerigi: can be either inward or outward	2	1	1	1
Dollyo chagi	2	1	1	1

Each competitor has sixty (60) seconds per technique to pre-judge the distance once (= compulsory with 1 touching allowed), followed by the attempt to break the board(s).

A forearm guarding block must be adopted to start + before and after each attempt to break the board(s) (= 3x).

Do not forget to use the correct technique in the correct manner: Do not forget to turn the foot in the correct angle: use the ball of the foot for dollyo + the heel for yop.

Use the correct part of the hand for sonkal taerigi, not with the arm.

A person will complete both techniques first, before going to the next person, etc.

Each separated board will count as three (3) points and each bent board will count as one (1) point. The three or four highest scores will set 1st, 2nd and one (1) or two (2) 3rd place winners, depending on the scores.

In the event of a further tie, the JP will decide on the number of boards and/or technique. The tied competitors will then continue until the places are decided. Competitors who didn't score at first attempt in the match cannot continue the competition, unless nobody scored during the whole round. They cannot receive any medal either.

EXTRA INFORMATION

UMPIRES

The head of umpires is Master Eddy Van Damme.

The Dragon Cup organisation uses the electronic Sportdata system.

3 – 8 competitors	1 fulltime referee
9 – 16 competitors	2 fulltime referees
17 – 29 competitors	3 fulltime referees
30 or more competitors	4 fulltime referees

Per missing umpire, a fee of 50 euro will be charged.

- All referees (incl IT-assistants) have to wear the dress requirements as laid down in the ITF umpire rules: blue trousers and jacket, blue tie, white long-sleeved shirt, white sport shoes, white socks.
- Lunch and drinks will be provided by the organisation for PT and FT referees and IT-assistants.
- A Part-Time referee is available for at least 4 hours or can participate for only one discipline.
- All Umpires need to attend the **umpire meeting at 8.15h** in the **briefing room (next to the cafeteria at the end)**.
- Age, grade/degree and preferences need to be **mentioned upon registration through Sportdata** (in the column 'category' – degree in the column 'ID') or by sending a separate e-mail to Master Eddy Van Damme (eddyvandamme53@gmail.com)

COACHES

Competing teams are allowed to have the following number of coaches as outlined below. Please note, all coaches need to be registered through Sportdata.

1 – 4 competitors	1 coach
5 – 10 competitors	2 coaches
11 – 15 competitors	3 coaches
16 – 20 competitors	5 coaches
21 – 25 competitors	6 coaches
+ 25 competitors	8 coaches

- Coaches need to have a towel.
- Coaches have to wear a track suit or T-shirt and sport shoes. A dobok, bare feet or slippers are not allowed.
- Coaches need to take care their competitors are ready at the ring at the start of the category!
- All coaches need to attend the **coach meeting at 8.15h** in the **briefing room (next to the cafeteria)**.
- Minimum age 16 years

MEDIA

During the championships, the organization will take pictures and movies with the intention to publish them. Persons that do not agree have to inform the photographers themselves.

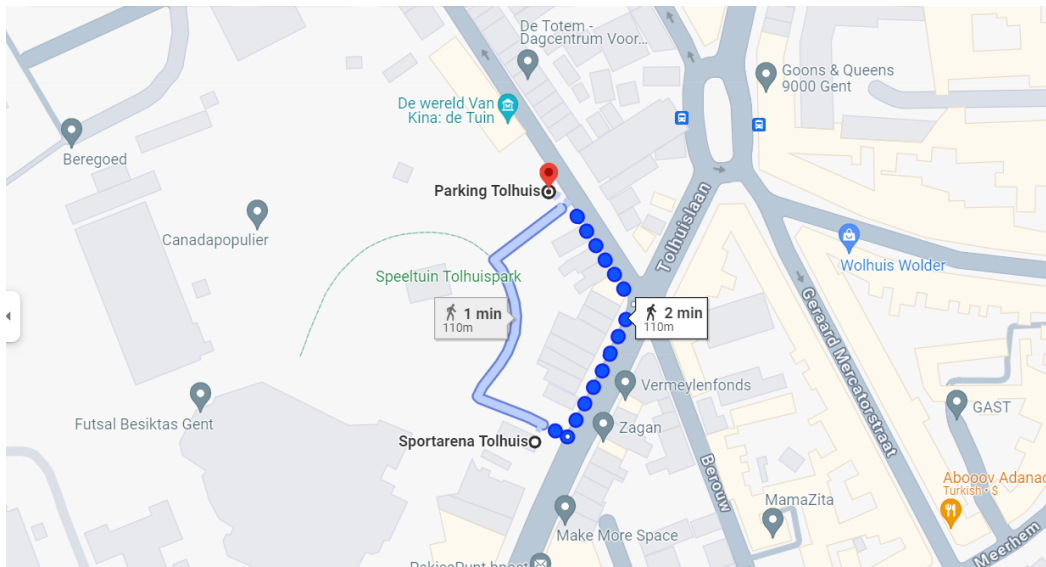
Per club subscribed max. one photographer will be allowed into the competition area.

PARKING POSSIBILITY, ACCOMMODATIONS, AND SIGHTSEEING

PARKING POSSIBILITY:

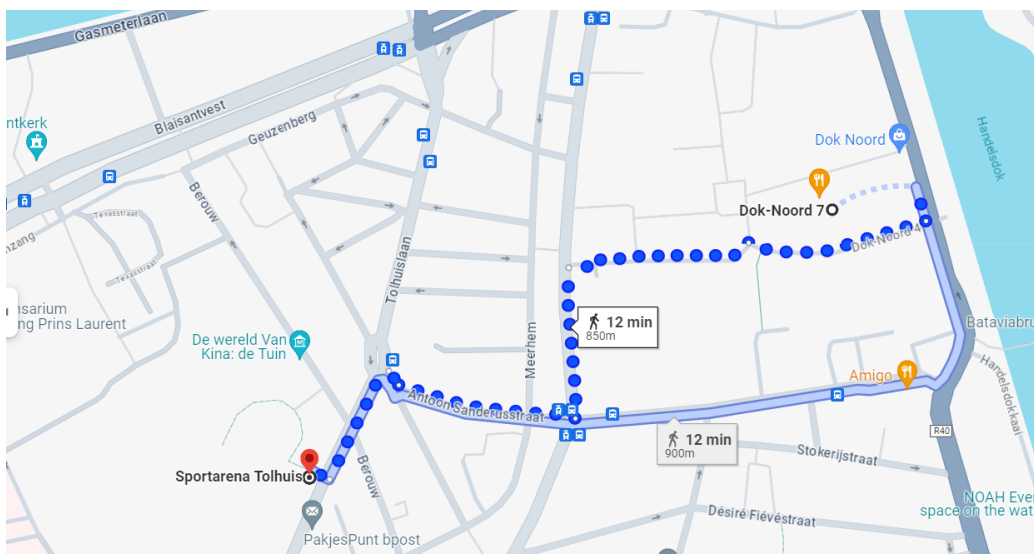
The tournament venue is located at the Tolhuis Sportarena, tolhuislaan 77, 9000 Ghent, Belgium. There are three parking options available.

- **Option 1:** Underground parking of the venue



Be careful! The number of spaces is limited to 80 cars. Once full, the entrance gate will no longer open.

- **Option 2:** Parking Shopping center Dok-Noord



- **Option 3:** Streets around the venue

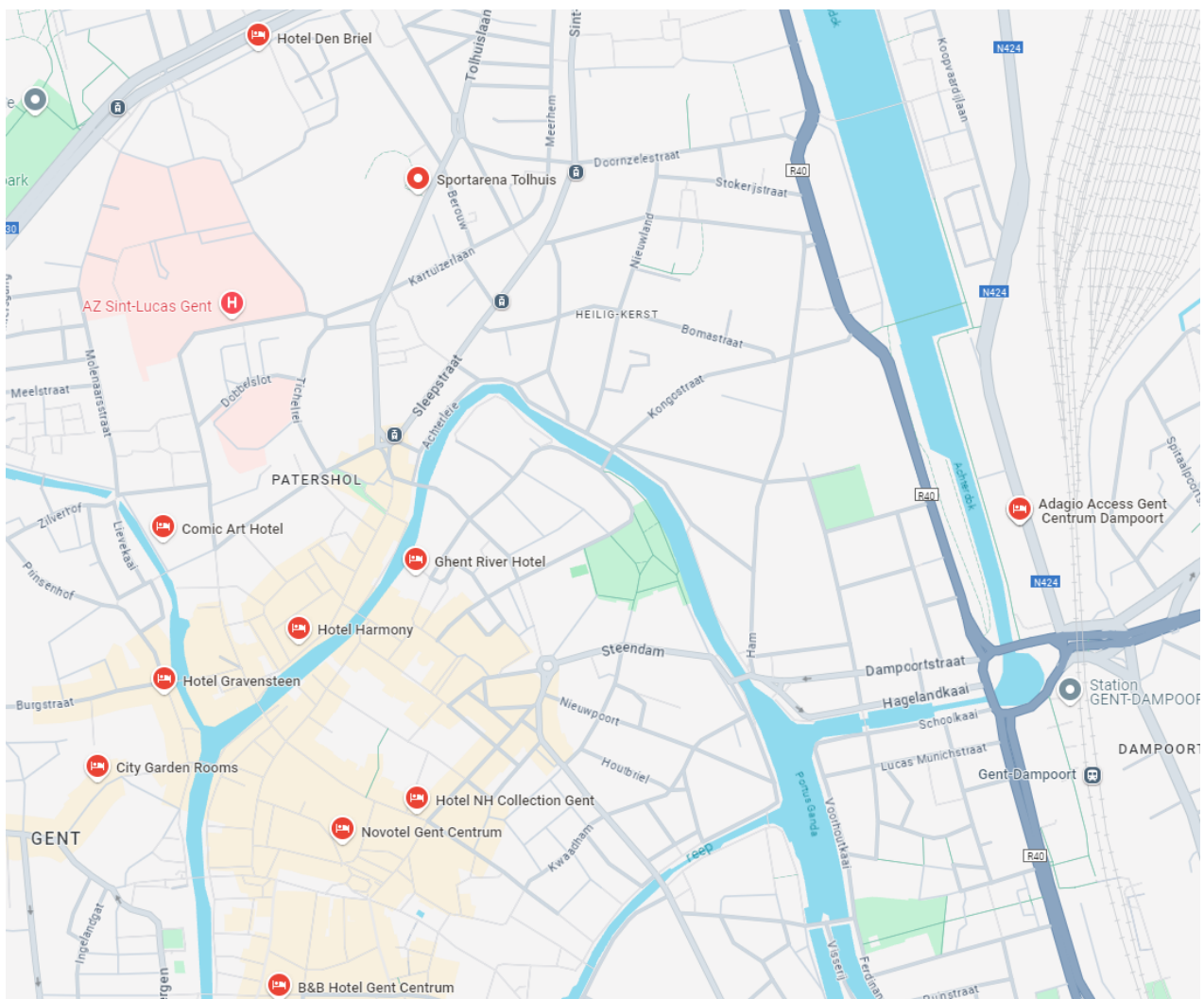
You can park for free from 9:00 to 23:00 in the streets around the venue, which are in the orange zone. For more information, please visit the link below:

Parkeertarieven op straat | Stad Gent

ACCOMODATIONS:

There are countless hotels ranging from classic business hotels to more luxurious and picturesque bed-and-breakfasts, at various price points near the venue.

To ease your search for accommodations during this tournament weekend, we have compiled a list and map below of the various accommodations that are closest to the venue. They are all located near the city center, within a walking distance of 10 to 20 minutes from the competition venue.



Hotel Den Briel: Hotel met zorg - Den Briel

Comic Art Hotel: Welcome | Comic Art Hotel ****

Ghent River Hotel: Authentic hotel in the centre of Ghent

Hotel Gravensteen: Hotel Gravensteen - Historic Hotels Belgium (Gent)

City Garden Rooms: City Garden Rooms by Hotel de Flandre | Ghent

B&B Hotel Gent Centrum: Affordable hotels in Ghent: book online | B&B HOTELS

Novotel Gent Centrum: Hotels in . ALL - Accor Live Limitless

Hotel NH Collection Gent: Hotel NH Collection Gent | Hotel in Gent, België | nh-hotels.nl

Adagio Access Gent Centrum Dampoort: Adagio Aparthotel - Home - NL

Ibis Budget Gent Dampoort: Ibis Budget Gent - Home

SIGHTSEEING:

A tournament is, for many, the chance to do some sightseeing around town. Ghent is the ideal place for that and offers many artistic and historic sights, with one of its nicknames being 'the historic heart of Flanders.' You will find all the information about sightseeing possibilities on the tourist information website 'Visit Gent': See & Do | Visit Gent

Would you be interested in seeing the majestic tower of Sint-Bavo, which is home to the Mystic Lamb painting? Or perhaps visiting the castles of the counts and the Belfry tower? Maybe you're in the mood for a walk through the city and the shopping area? Ghent has it all for both young and old!"



