



THE
1st ITF TAEKWON-DO
AFRICAN CLUBS CUP
TUNISIA MARCH 15-20-2023

Matsogi-Sparring

Tul-Patterns

Contact info: <https://www.facebook.com/titc.itf>

City of HAMMAMET

Hammamet is a town in Tunisia. Thanks to its beaches, it is a popular destination for swimming and water sports and is one of the primary tourist destinations in Tunisia. It is located in the south-eastern section of Cap Bon and is part of the Nabeul Governorate.

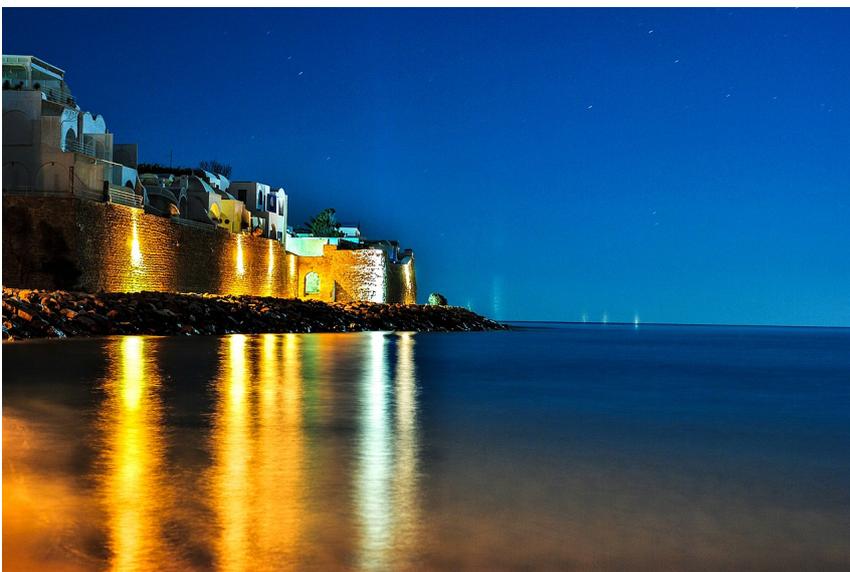
The reported number of inhabitants varies from 100,000 to 400,000 and the population quadruples due to tourists arrival in the summer.

It is particularly known for jasmine, which is the namesake of the tourist resort of **Yasmine Hammamet**. All over Hammamet, souvenirs crafted from jasmine can be found.



Around Hammamet, suburbs are being built as migrants from the southern region of the country come to find employment. As a popular tourist destination, the city is economically important to Tunisia.

The 2005 World Scout Conference was held in Hammamet.



Foundation

In 2004, a necropolis of the Roman settlement Pupput, on whose territory today's Hammamet is located, was discovered. After a fortress was founded in the 13th century, a city emerged there in the 15th century, called Mahomette by the Europeans.

It served as the base of the Corsairs and was repeatedly attacked by the Spaniards.

Organizer and Promotion

Promoter

**International Taekwon-Do Federation
Taekwon-Do Federation of Africa
President: Judge Annali BASSON**
Pretoria-South Africa

Organizer

Tunisian ITF Taekwon-Do Committee
President: Mohamed HAMMAMI
E-mail: hammamimedtkd1976@gmail.com
Vice-President: Chokri SNOUSSI
E-mail: chokri.snoussi@gmail.com

ITF Tournament Committee

Deputy Chairman
Master Frank DIAZ
E-mail: taekwondounionspain@gmail.com

TFA Tournament Committee

Chairman
Mr. Nadir Ait MAKHROUB
E-mail: itfmorocco@hotmail.com
Mr. Jalel CHAOUCH: E-mail: jachtunisiel414@gmail.com
Mr. Habib BEN MANSOUR: E-mail: benmansourhabib@gmail.com

TFA Umpire Committee

Chairman
Mr. Nadir Ait MAKHROUB
E-mail: itfmorocco@hotmail.com

Purpose

The purpose of the 1st ITF Taekwon-Do African Clubs Cup is to promote the friendship and unity of the ITF Taekwon-Do practitioners and encourage all the ITF Taekwon-Do African Clubs to take part on a large scale in the competitions.



Character of the events

The 1st ITF Taekwon-Do African Clubs Cup are competition open to all ITF Taekwon-Do African Clubs.

Divisions of the 1st ITF Taekwon-Do African Clubs Cup:

The 1st ITF Taekwon-Do African Clubs Cup will be held in 4 divisions: Children, Junior, Adult and Veteran and all competitions will be run as individual events.

- 1) Participation in the 1st ITF Taekwon-Do African Clubs Cup will be from 8th Gup to 6th Dan.
- 2) ITF Taekwon-Do practitioners from 7 to 13 years old will participate in the Children's Game.
- 3) Junior, Adult and Veterans competitions will be held as described in the current ITF tournament rules.



Veterans category

Individual competitions (Male-Female)

Class Silver (40-49 years)

Class Gold (50-59 years)

Pattern-Tul

Dan division 1 Dan, 2 Dan, 3 Dan, 4 Dan, 5 Dan, 6 Dan (40-59 years)

Sparring-Matsogi

Dan division til 6°Dan

5 weight divisions (**Class Silver**)

3 weight divisions (**Class Gold**)

Male

-64 kg, -73 kg, -80 kg, -90 kg, +90 kg (Class Silver)

-66 kg, -80 kg, +80 kg (Class Gold)

Female

-54 kg, -61 kg, -68 kg, -75 kg, +75 kg (Class Silver)

-60 kg, -75 kg, +75 kg (Class Gold)

Adult category

Individual competitions (Male-Female)

Pattern-Tul

Gup division A, B, C, D

Dan division 1 Dan, 2 Dan, 3 Dan, 4 Dan, 5 Dan, 6 Dan

Sparring-Matsogi

Gup division (18-39 years)

Dan division (18-39 years)

Male-Adult

-52 kg, -58 kg, -64 kg, -71 kg, -78 kg, -85 kg, -92 kg, +92 kg

Female-Adult

-47 kg, -52 kg, -57 kg, -62 kg, -67 kg, -72 kg, -77 kg, +77 kg

Junior category

Individual competitions (Male-Female)

Pattern-Tul

Gup division A, B, C, D

Dan division 1 Dan, 2 Dan, 3 Dan

Sparring-Matsogi

Gup division (14-15 years) and (16-17 years)

Dan division (14-15 years) and (16-17 years)

Junior (Male) of 14-15 (years)

-45 kg, -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, +70 kg

Junior (Female) of 14-15 (years)

-40 kg, -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, +65 kg

Junior (Male) of 16-17 (years)

-45 kg, -51 kg, -57 kg, -63 kg, -69 kg, -75 kg, +75 kg

Junior (Female) of 16-17 (years)

-40 kg, -46 kg, -52 kg, -58 kg, -64 kg, -70 kg, +70 kg

Children category

Individual competitions (Male-Female)

Pattern-Tul

Gup division A, B, C, D

Dan division E

Sparring-Matsogi

Gup division (7-13 years)

Dan division (11-13 years)

Children-Gup (Male) of 7-9 (years)

-23 kg, -26 kg, -29 kg, -32 kg, -35 kg, -38 kg, -41 kg, -44 kg, -48 kg, +48 kg

Children-Gup (Female) of 7-9 (years)

-20 kg, -23 kg, -26 kg, -29 kg, -32 kg, -35 kg, -38 kg, -41 kg, -44 kg, +44 kg

Children-Gup (Male) of 10-11 (years)

-27 kg, -30 kg, -33 kg, -37 kg, -41 kg, -45 kg, -49 kg, -53 kg, -57 kg, +57 kg

Children-Gup (Female) of 10-11 (years)

-23 kg, -26 kg, -29 kg, -33 kg, -37 kg, -41 kg, -44 kg, -47 kg, -51 kg, +51 kg

Children-Gup (Male) of 12-13 (years)

-33 kg, -37 kg, -41 kg, -45 kg, -49 kg, -53 kg, -57 kg, -61 kg, -65 kg, +65 kg

Children-Gup (Female) of 12-13 (years)

-29 kg, -33 kg, -37 kg, -41 kg, -44 kg, -47 kg, -51 kg, -55 kg, -59 kg, +59 kg

Children-Dan (Male) of 11-13 (years)

-33 kg, -37 kg, -41 kg, -45 kg, -49 kg, -53 kg, -57 kg, -61 kg, -65 kg, +65 kg

Children-Dan (Female) of 11-13 (years)

-29 kg, -33 kg, -37 kg, -41 kg, -44 kg, -47 kg, -51 kg, -55 kg, -59 kg, +59 kg

In all patterns competition, competitors from 8th Gup to 1st Dan will be competed in all 5 categories and the designated and optional patterns are as follows:

Class A: (8th Gup-7th Gup)

Optional: DAN-GUN/DO-SAN

Designated: CHON-JI/DO-SAN

Class B: (6th Gup-5th Gup)

Optional: WON-HYO/YUL-GOK

Designated: CHON JI/YUL-GOK

Class C: (4th Gup-3th Gup)

Optional: JOON-GUN/TOI-GYE

Designated: CHON-JI/TOI-GYE

Class D: (2nd Gup-1st Gup)

Optional: HWA-RANG/CHOONG-MOO

Designated: CHON-JI/CHOONG-MOO

Class E: (1st Dan)

Optional: KWANG-GAE/PO-EUN/GE-BAEK

Designated: CHON-JI/GE-BAEK

*Childrens Danes from 11-13 years old will be class E.

*In all the competitions, the patterns of Dan holders shall be done as descibed in the ITF tournament rules.

ITF Tournament rules

The participation in the events of pattern and sparring is not compulsory, and the competitor may select the event of pattern or sparring to take part in.

The 1st ITF Taekwon-Do African Clubs Cup regards it as a principle to organize the competitions according to the Gup and Dan, however may be organized regardless of the Gup and Dan according to the number of participants.

Coach is the only person who presents an athlete and can file a protest (protest fee USD 100). Only one coach is allowed to remain at the ring during the match. Coaches must attend the draw and the coach meeting.

Duration of the sparring

Sparring:

- 1) For Children there will be 2 rounds of 1 minute each with a 40 second break.
- 2) For Juniors and Adults, both male and female, the competitions will be 2 rounds of 2 minutes «of real combat time» with 1 minute break between rounds.
- 3) For Veterans, the elimination and the final fight will consist of 2 rounds of 1,5 minutes each, with 1 minute break between rounds.

Important requirements:

For participation in the 1st ITF Taekwon-Do African Clubs Cup, all those involved: Competitors and Coach, must comply with all the requirements stipulated by the ITF in its regulations that apply to all members.

The competitors should show ITF Dan certificates at the registration when they attend at the Dan category competitions.

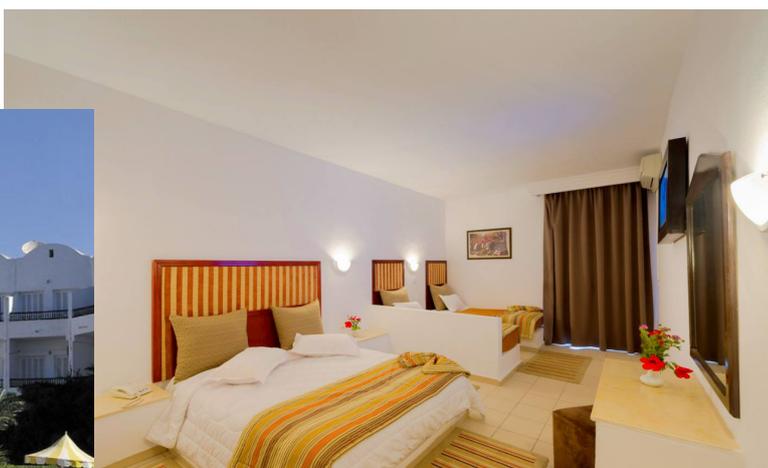
Hotels

Package «A»



4-star hotel: Double rooms-4 nights, 50 EUROS (per person-per night).

Package «B»



3-star hotel: Double rooms-4 nights, 40 EUROS (per person-per night).

«Eden residence»



Eden residence: Apartment- 2 rooms-4 nights (per 4 person) 20 EUROS (per person-per night).

Reservations

For Eden residence, hotel or package reservations, participants can contact the Tunisian ITF Taekwon-Do Committee.
E-mail: titc.itf@gmail.com
Tel: +216 98 119 805

Registration

Registration for the competition begins on **15-11-2022 and ends on 20-01-2023.**

Liability waiver: <https://docdro.id/EVBrj01>
Athlete: <https://forms.gle/EEE3fxpKxhuUfra1A>
Coach & Umpire: <https://forms.gle/o6j4eemrktScmtiX8>
Head of the team: <https://forms.gle/nC9pawxKzBNP4aADA>

Also on our page: <https://www.facebook.com/titc.itf>

The entry fee to participate in the competition for each specialty is 25 Euros for each athlete. No refundable deposit.

Official dress-protective

For participation in sparring participant own the following set of protective equipment:

- 1) Gloves of a standard from (7-13 years-open hand ITF standard gloves, 14-39 years-ITF standard closed gloves 10 OZ).
- 2) ITF standard foot protectors.
- 3) Mouth guard.
- 4) ITF standard protective helmet.
- 5) Female (7-39 years) a protective breastplate under the jacket dobok.
- 6) Shin guard.
- 7) Groin guard for male competitors.

Each participant must own personal set of protective equipment of red and blue colors. Equipment of any other color is not allowed.

Umpire and coaches are required to follow the official dress code according to the ITF rules.

Dress code for competitors: Competitors shall wear official ITF-approved doboks.

Officials

The head of the team, authorized by the President of the national organization represents the country at the competitions. Only the head members are responsible for the delegation during



registration, present the documents, interact with the organizing committee and other officials. The head members are responsible for all team members throughout the entire period of staying in Tunisia, including checking tickets and visa compliance with the planned duration of stay in the country, and provides all payments during registration.

The awarding ceremony

At the awarding ceremony the athlete should be dressed in ITF dobok or team uniforms, other uniforms are not allowed. Unmotivated ignoring the official awarding ceremony by an athlete (medalist) meets penalty in amount of 50 USD.

Competitor's check

After completion of the checks by all team members, all ID cards for the competitors will be given to the coach.

All competitors must be present, they will be checked for:

- 1) Nationality-passport of the country, visa or other residency document (e.g. employer card student card) must be presented to prove that the competitor may compete for their country.
- 2) Black belt ID card.
- 3) ITF passport.
- 4) Tunisian ITF platform registration.
- 5) Weight check for those who are competing in sparring.
- 6) Each competitor will have to include on liability waiver from as introduced in the ITF rules.

Doping test

The doping test can be performed on any randomly selected competitor. A competitor who declines the doping test or does not come on time will be disqualified.



Tunisian ITF medical

To protect the health safety of all participants during the 1st ITF Taekwon-Do African Clubs Cup, the following ITF rules and regulations will be strongly enforced by the local Tournament Organising Committee.

For further details, please refer to the original documents published at:
<https://www.itf-tkd.org/rules-and-forms/>

Awards



The Gold, Silver, Bronze medals will be awarded to the competitors who took the place of 1st, 2nd and 3rd (two players) and the corresponding certificate in the respective events of pattern and sparring



A trophy awarded for the ranking of teams 1st, 2nd, 3rd place



Trophy awarded for best umpire (Male-Female)



Winning team sports pride trophy

Activity program

15th March

Arrival of Delegations-registration

5:00 p.m weigh-in (1st arrival)

16th March

During the morning. Arrival of the Delegations

9:00 a.m international umpire seminar (Master Frank DIAZ and Mr. Nadir Ait MAKHROUB)

11:00 a.m international technical seminar (Master Jaren PHILLIPS)

1:00 p.m break

3:00 p.m weigh-in (2nd arrival)

4:00 p.m key draw-Coache's meeting

5:00 p.m Umpire's meeting

6:00 p.m opening ceremony

17th March

9:00 a.m Children Gup-Dan competition (patterns and sparring)

12:00 a.m break

2:00 p.m Children Gup-Dan competition (patterns and sparring)

6:00 p.m day's end

7:00 p.m dinner

18 th March

9:00 a.m Junior Gup-Dan competition (patterns and sparring)

12:00 a.m break

2:00 p.m Junior Gup-Dan competition (patterns and sparring)

6:00 p.m day's end

7:00 p.m dinner

19 th March

9:00 a.m Adult Gup-Dan competition-Veterans Dan competition (patterns and sparring)

12:00 a.m break

2:00 p.m Adult Gup-Dan competition-Veterans Dan competition (patterns and sparring)

6:00 p.m day's end

7:00 p.m closing ceremony

9:00 p.m seminar

20 th March

Return of the Delegations

Data sheet by
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Tunisian ITF Taekwon-Do Committee
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