



MIGHTYFIST OPEN EAGLES CUP

CHILDREN, CADET, JUNIOR, SENIOR and ADVANCED SENIOR

2023.

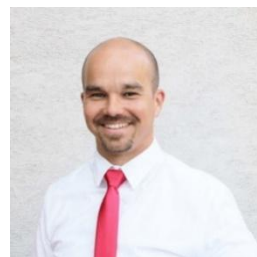
DESIGNATION: X. MIGHTYFIST OPEN EAGLES CUP INTERNATIONAL CHAMPIONSHIP
(for ITF Taekwon-do and Kick-Box competitors)

ORGANIZERS: Hungarian ITF Taekwon-do Federation
Sasok Sports Club
Sasok Taekwon-do Alapítvány
Zen Power Taekwon-do Club

CHAIRMEN:



Gábor Szalay
(VI. dan)



Csaba Békássy
(VI. dan)

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DATE: 07-08. October 2023

LOCATION: Monor Városi Sportcsarnok (Sports Hall of Monor)
2200 Monor, Balassi Bálint utca
GPS: Sz. (LAT): 47.355665, H. (LON): 19.434865

CATEGORIES: **Patterns** (Children / Cadets / Juniors / Seniors)
Sparring (Children / Cadets / Juniors / Seniors / Advanced Seniors)
Special Techniques (Juniors / Seniors / Cadets / Seniors)
Power Breaking (Juniors / Seniors / Cadets / Seniors)
Pre-arranged Free Sparring (Juniors / Seniors)
Team Patterns (Juniors / Seniors)
Team Sparring (Juniors / Seniors)

AGE DIVISIONS:	Children:	<i>Born in and after 2013 (10 and under 10 years of age)</i>
	Cadets2:	<i>Born in years 2011 - 2012 (10-12)</i>
	Cadets1:	<i>Born in years 2009 - 2010 (12-14)</i>
	Cadets1+2:	<i>Born in years 2009 - 2012 (10-14) - just is patterns</i>
	Juniors:	<i>Born in years 2005 - 2008 (14-18)</i>
	Seniors:	<i>Born years 1987 - 2005 (18-36)</i>
	Advanced Seniors:	<i>Born before 1987 (+36)</i>

Competitors born in 2005 have the right to compete in both (junior and senior) age divisions, but they must pay a double registration fee. Advanced seniors (+36) are separated from seniors (18-36) in individual sparring ONLY. In the other competition categories they compete with seniors.

MINIMUM BELT LEVELS:	Individual:	Children and Cadets:	<i>patterns - 9th gup sparring - 8th gup/kyu</i>
		Juniors, Seniors and Advanced Seniors:	<i>8th gup/kyu</i>
	Team:	Juniors and Seniors:	<i>8th gup/kyu</i>

ENTRY FEE:	Individual:	Juniors, Seniors and Advanced Seniors	<i>35 EUR/competitor (incl. all individual categories)</i>
		Children and Cadets	<i>30 EUR/competitor (incl. all individual categories)</i>
	Team:		<i>30 EUR/team</i>

Club registration fee: 40 EUR/ Club

For team members entering only team categories: 20 EUR/competitor

DEADLINES: **Pre-registration, umpire registration:**
24 September 2023. Sunday 23:59

Modification:
03 October 2023. Tuesday 23:59

ATTENTION!

Pre-registration must be completed by all clubs until the first deadline. We can only accept modifications (injuries, illness, etc.) from these clubs ONLY. After the modification deadline we can only make amendments for 10 EUR/modification!

REGISTRATION: BY SENDING THE REGISTRATION TABLE AVAILABLE ON THE WEBSITE. PLEASE FOLLOW OUR WEBSITE AND FACEBOOK PAGE FOR UPDATES.

UMPIRE REGISTRATION: <https://forms.gle/NxnRWabqVbDwhVcf9>

WEBSITE: <http://www.eaglescup.eu/>

FACEBOOK PAGE: <https://www.facebook.com/eaglescup.hungary>



FACEBOOK EVENT: <https://www.facebook.com/events/759693038517045>

- TERMS AND CONDITIONS:
- Age and belt restrictions according to the invitation
 - Valid medical permission (not older than 6 months for youth divisions, not older than 12 months for seniors)
 - Standard ITF dobok (colored fist ITF logo on the dobok is a must for ITF Taekwon-do competitors)
 - Taekwon-do pass / ID card
 - Registration sent in time
 - Payment of the entry fee
 - Insurance
 - Declaration of Consent and Data Protection (must be declared in the registration table)

PROTEST: According to the rules of ITF. Protest fee: 50 EUR. Each protest must be submitted in writing in English or Hungarian language on the official protest form and presented to the Umpire Committee by the coach of the competitor only, within five (5) minutes from the end of the match. In case of finding the protest justified, the protest fee will be reimbursed.

WEIGHT CHECK: In individual sparring categories all the competitors should register in their own weight groups. Competing in other weight groups is not allowed. During the weight-check the competitor must wear a long training pants and a T-shirt. An extra 0.5 kg is accepted.

MERGING: If we have only one competitor in a sparring category - according to the registrations - we merge this category with the closest one. If the competitor and his/her coach refuse this option, the competitor will get his/her gold medal, but the result is not counted in the final ranking of competitors.

AWARDS: Individual and team categories: gold, silver, two bronze medals. (Two bronze medals will be awarded in the event of a tie in breaking categories. In pattern and sparring if 5 or fewer competitors compete in a category due to the round-robin system one bronze medal will be awarded.)

REFEREES: ITF Taekwon-do umpires evaluate in all categories.

The umpire application can be submitted via the following **Google Form** in the end of the pre-registration deadline - **24 September 2023. Sunday 23:59!**

<https://forms.gle/NxnRWabqVbDwhVcf9>

The final umpire team will be announced by the Umpire Committee after the pre-registration deadline! After reaching the required number of umpires the Umpire Committee may refuse the umpire application!



- AGE GROUPS: In the categories of children the responsibility is fully borne by the coach of the competitors (of allowing too small or too young children to compete).
- INSURANCE: All the competitors must have a valid sport insurance. The responsibility is fully borne by the coach.
- ACCOMMODATION: You need accommodation for the duration of the event - we are happy and prepared to help you to find the best solution.

RULES OF THE ROUND-ROBIN SYSTEM

The competitors of the categories (pattern, sparring) will be divided into groups of maximum 5 persons with seeded draw. In every group every competitor of the group should fight with every competitor. The **two** best competitors of the group will get into the pyramid system elimination round. The two best ones from one group will be seeded to the opposite branch of the pyramid elimination table. The result of the pyramid system elimination will be the result of the category. In categories where there are only 2 competitors registered, the match will be a final match (with the length/number of rounds/patterns according to the category). Where there are 3-5 competitors registered for a category, the result of the round-robin round will be the final result of that category.

The Organizers have the right to change the rule to pyramid system if necessary (in case of a high number of competitors on the event).

INDIVIDUAL EVENTS

- Age divisions:** Competitors born in years in between two age groups (Junoir and Senior) have the right to compete in **both age divisions but they have to pay a double registration fee**. Advanced seniors (+36) are separated from seniors (18-36) in individual sparring ONLY. In the other competition categories they compete with seniors.

PATTERNS

- Children:** 3-2-1. gup (Chon-Ji - Choong-Moo)
6-5-4. gup (Chon-Ji - Joong-Gun)
9-8-7. gup (Chon-Ji - Do-San)
- Cadets:** 1. dan (Chon-Ji - Kwang-Gae)
3-2-1. gup (Chon-Ji - Choong-Moo)
6-5-4. gup (Chon-Ji - Joong-Gun)
9-8-7. gup (Chon-Ji - Do-San)
- Juniors:** 1. dan (Chon-Ji - Ge-Baek)
II. dan (Chon-Ji - Juche)

4-3-2-1. gup (Chon-Ji - Choong-Moo)
 8-7-6-5. gup (Chon-Ji - Yul-Gok)

Seniors:
 I. dan (Chon-Ji - Ge-Baek)
 II. dan (Chon-Ji - Juche)
 III. dan (Chon-Ji - Choi-Jong)
 IV.-V. dan (Chon-Ji - Moong-Moo)
 VI.-VII. dan (Chon-Ji - Se-Jong)
 4-3-2-1. gup (Chon-Ji - Choong-Moo)
 8-7-6-5. gup (Chon-Ji - Yul-Gok)

The event takes place in a **round-robin** system, supported by a *seeded* draw. In the qualifying rounds all competitors must perform ONE designated pattern, in the finals the competitors perform TWO designated patterns. For colored belts the designated pattern cannot be higher than the pattern of the competitor's actual belt degree. In **IV-V degree and VI-VII degree categories** in case of not enough competitors, the categories might be merged, as well as the male-female categories.

SPARRING

Children girls (kg):	-22, -28, -34, -40, +40
Children boys (kg):	-25, -31, -37, -43, +43
Cadet girls (kg):	-30, -36, -42, -48, -54, +54
Cadet boys (kg):	-36, -42, -48, -54, -60, +60
Junior females (kg):	-45, -50, -55, -60, -65, +65
Junior males (kg):	-50, -56, -62, -68, -75, +75
Senior females (kg):	-50, -56, -62, -68, -75, +75
Senior males (kg):	-57, -63, -70, -78, -85, +85
Advanced senior females (kg):	-55, +55
Advanced senior males (kg):	-68, -78, +78

The event takes place in a **round-robin** system, supported by a seeded draw (ITF Light contact system).

Sparring time:	Children and cadets:	<i>1x1.5 minutes, final 2x1.5 minutes</i>
	Juniors and seniors:	<i>1x2 minutes, final 2x2 minutes</i>

All competitors are required to wear protective equipment that complies with the ITF rules. In order to make the scoring clear, the **head guards must be RED or BLUE** in accordance with the drawings (the first name in the bout is RED, the second is the BLUE). In case of gloves and boots, the red and blue set is recommended, but not obligatory.

There is no differentiation between grades within the categories.

PRE-ARRANGED FREE SPARRING

Junior and senior category.

The competing pairs can be made up by two females, two males or one female and one male participant. There are two rounds in this event. The first round is the group stage. The four pairs with the highest score qualify for the knockout stage (the finals), where the pair with the highest score will compete with the pair with the 3rd highest score and the pair with the 2nd highest score will compete with the pair with the 4th highest score. The order is being decided by a draw. The performance should be at least 60 seconds long, but it is not allowed to exceed 75 seconds. The performances are being scored according to the ITF rules.

SPECIAL TECHNIQUES

Attention! The rules of the previous years are still in effect this year! Please read carefully!

Junior and Senior

The competitors must show **two** techniques - Twimyo Nopi Ap Cha Busigi, Twimyo Nomo Yop Cha Jirugi. Every competitor could choose the height level for every technique during the registration.

E.g.: Senior male Twimyo Nopi AP Cha Busigi - minimum height level: 210 cm. The height chosen by the competitor: 265 cm. In case of a successful technique he gets **265** points. In case of unsuccessful technique, he gets **ZERO (0)** points. In case of half success (normally 1 point break), the points will be calculated by deducting 20 points from the chosen height (in this case $265 - 20 = 245$ points).

In the event of a tie the Jury President will select one technique from the list by drawing to be the tiebreaker. The heights will be decided based on the international ITF levels. Tiebreaking will continue based on ITF tiebreaking rules.

The heights of the machines should be set up by the referees and their staff members in 5 cm steps. Every competitor from the age group should be there in time when called. According to the competition schedule, it is not possible to have another category of the same age group competing at the same time. If the competitor does not show up when called, he/she will get ZERO points to the technique after a 1-minute waiting time. Except for competitors competing in two age categories, but they should not be in delay for unnecessarily long time.

Techniques will be performed with a breaking frame unit. After performing the two techniques, the final score will be obtained by adding up the points gained for each technique.

CHILDREN and CADET:

Only one special technique for both children and cadet categories will be performed: Twimyo Nomo Yop Cha Chirugi.

The technique should be executed for one target hanging down. The starting height will be decided by the jury president based on the average height of the competitors. The competitors should execute the technique one by one. Each competitor may try to break twice. The successful competitors carry on competing, with the height of the target being raised by 10 cm after each round. The event is concluded when there is only one successful competitor left.

If necessary, the organizers can divide the category into several groups based on the age and the height recorded in the registration.

POWER BREAKING

Children and cadets will have a chance to compete in a power measurement category, using a power cell target (see details below).

JUNIOR and SENIOR:

Power breaking for juniors and seniors will be performed as follows, they need to choose **one technique with HAND and one technique with FEET**. Each competitor should choose the starting amount of the breaking boards for each technique. Breaking boards have two types: WHITE (3 points, half-broken 2 points) - HALF BLACK board (2 points, half-broken 1 point). The WHITE boards can be selected in any amount, but **only one HALF BLACK** board can be included per technique.

E.g.: Female Songkal Taerigi. The competitor's chosen number of boards is one white and one half black board. Upon successful breaking the competitor gets 3 (broken white) + 2 (broken half black) = 5 points. For an unsuccessful, invalid attempt the competitor gets 0 points. For not complete success, e.g. the white board is not completely broken, but the half black is broken, the competitor gets 2 (half-broken white) + 2 (broken half black) = 4 points.

In the event of a tie the Jury President will select one technique from the list by drawing to be the tiebreaker. The number of boards will be decided based on ITF rules. Tiebreaking will continue based on ITF tiebreaking rules.

Male: 1. Ap Joomuk Jirugi 2, Sonkal Taerigi 3. Yop Cha Jirugi 4. Dollyo Chagi
5. Badae Dollyo Chagi

Female: 1. Palkup Taerigi 2. Sonkal Taerigi 3. Yop Cha Jirugi 4. Dollyo Chagi
5. Badae Dollyo Chari

Techniques will be performed with a breaking frame unit. After performing the two techniques, the final score will be obtained by adding up the points gained for each technique.

CHILDREN and CADET:

Children and cadets will have a chance to compete in a power measurement category.

In this category, cadet competitors can use a hand and a leg technique to hit the power cell target. After performing the technique, the power level of the strike will be displayed. The competitors can hit the target two (2) times per technique. The higher power level of the 2 techniques will be summarized. The competitor with the highest score will be the winner.

TEAM EVENTS

Age divisions: **Junior and Senior**
Competitors born on the year between age divisions have the right to compete in both (junior and senior) age divisions but cadets are not allowed to compete in junior teams!

More than one team per club is allowed to enter the competition. It is allowed to form one team from maximum TWO clubs.

TEAM PATTERNS

Minimum grade: 8. gup

Number of competitors in a team:

Junior female - male: 3-5 people
Senior female - male: 3-5 people

There is no obligatory assigned pattern for this event.
Optional pattern:

Juniors: optional from any of the 24 patterns of ITF Taekwon-do
Seniors: optional from any of the 24 patterns of ITF Taekwon-do

The competition takes place in Junior and Senior categories with the participation of mixed teams.
The composition of the teams can be only female, only male or mixed!

There are two rounds in this event. The first round is the group stage, where teams perform one optional pattern. The four teams with the highest score qualify for the knockout stage (the finals). The team with the highest score will be up against the team with the 3rd highest score and the team with the 2nd highest score will be up against the team with the 4th highest score. In the finals the teams only perform one optional pattern. ***The optional pattern can be any of the 24 patterns of ITF Taekwon-do regardless the grade of the members in the team.***

TEAM SPARRING

Minimum grade: 8. gup

Number of competitors in a team:

Junior female: 3-5 people

Junior male: 3-5 people

Senior female: 3-5 people

Senior male: 3-5 people

Knockout system is applied during this event, supported by a draw. The ITF Light contact system will be used. Sparring time is 2 minutes per match. All competitors are required to wear protective equipment that complies with the ITF rules, as in individual sparring - the red team wearing red head guards, the blue one, blue. For every round won the team shall get two (2) points, the draw is one (1) point (as per 'old' team sparring rules). If a team has 3 competitors and the other team has 5 competitors, then the team of 3 has two "lost" fights, and so 4 points go to the other team with the 5 competitors.

SCHEDULE (PLANNED)

06 October 2023. Friday 16:00-19:00 Registration, weight in for clubs from abroad and from around Budapest.
Location: **SASOK SPORTCENTRUM (ONLY on FRIDAY!)**
Address: 1101 Budapest, Hungária körút 5-7.

07 October 2023. Saturday

- 07:00 registration, weigh-in
- 08:30 coach and umpire meeting
- 09:00 opening ceremony
- 09:30 CHILDREN-CADET
 - patterns qualifying rounds and finals
 - sparring qualifying rounds and finals
 - JUNIOR special techniques (individual and team)
- 13:00 lunchbreak, medal awarding ceremony
- 14:30 CHILDREN-CADET-JUNIOR-SENIOR
 - patterns qualifying rounds and finals
 - sparring qualifying rounds and finals
 - special techniques
 - pre-arranged free sparring
 - team patterns

19:00 medal awarding ceremony

08 October 2023. Sunday

07:30 registration, weigh-in (JUNIORS-SENIORS)

08:30 coach and umpire meeting

09:00 JUNIOR-SENIOR

patterns qualifying rounds and finals

pre-arranged free sparring

team patterns

sparring qualifying rounds and finals

special techniques individual and teams

power breaking individual and teams

13:00 lunchbreak, medal awarding ceremony

14:30 JUNIOR-SENIOR

sparring qualifying rounds and finals

team sparring

special techniques individual and teams

power breaking individual and teams

19:00 medal awarding ceremony

THE ORGANIZERS RESERVE THE RIGHT TO CHANGE IT UNTIL THE START OF THE CHAMPIONSHIP!

SPECIAL RULES FOR COVID SITUATION

Local and nationwide regulations shall apply for all participants on the event!

Martial arts equipment will be on sale in the hall (MightyFist), as well as event T-shirt, original team T-shirts and martial arts T-shirts.

WISHING ALL THE COMPETITORS AND THE COACHES
 SUCCESSFUL PREPARATION FOR THE EVENT!

Sasok Sports Club and Zen Power Taekwon-do Club



Nemzeti
 Együttműködési
 Alap



MINISZTERELNÖKSÉG



BETHLEN GÁBOR
 Alapkezelő Zrt.



DECLARATION OF CONSENT AND DATA PROTECTION

- Mightyfist Open Eagles Cup 2023, Monor -

I, _____ declare that I am healthy and free of infectious diseases and that I have sufficient accident and health insurance to participate on this championship.

I further declare my unrestricted agreement to participate in the above event as a competitor. I acknowledge that the organizer do not assume any liability for personal injury, property damage and/or material damage of any kind.

I also agree that all photos and videos taken during this championship may be used by the organizer for the purpose of reproduction on their website or social media, as well as for distribution to the press for publication.

I agree without restriction that my first and last name, my date of birth, my gender, my Taekwon-do/ Kick-Box graduation and my weight are managed and stored by the organizer for the purpose of organizing an conducting the competition. I also agree without restriction that all entry lists, competition list, and result list of the championship, on which my name is written, will be published on the website of the Eagles Cup. <http://www.eaglescup.eu/>

Place

Date

Signature

As the legal guardian of the above minor, I confirm that I have read the declaration and declare my unrestricted agreement with it.

Name of parent or guardian

Signature of parent or guardian