

## SPORTS INFORMATION GUIDE

European Masters Games 2023 offers each athlete the opportunity to compete in a maximum of three sports (five disciplines) at the Games.

### COMPETITION DATES

	3.7. Mon	4.7. Tue	5.7. Wed
<b>OFFICIAL PRACTICE (ALL DISCIPLINES)</b>	19.00 – 21.00	19.00 – 21.00	
<b>POOMSAE ALL CATEGORIES</b>		10.00 – 19.00	
<b>KYORUGI ALL CATEGORIES</b>			10.00-19.00
<b>WEIGH-IN FOR KYORUGI</b>		19.00 – 21.00	

All times are subject to change.

### COMPETITION SPORTS AND DISCIPLINES

The events and age categories for taekwondo at EMG2023 are as follows:

Sport	Discipline	Age Groups	Categories	Grades
Taekwondo	Sparring (kyorugi)	U35, U45, O45	Women's: -46 kg, -49 kg, -53 kg, -57 kg, -62 kg -67 kg, -73 kg, +73 kg Men's: -54 kg, -58 kg, -63 kg, -68 kg, -74 kg, -80 kg, -87 kg, + 87 kg	Level A – Competitive Level B – Recreational
Taekwondo	Patterns (poomsae)	U35, U40, U45, U50, U55, U60, U65, O65	Recognized Poomsae Men's and women's individual	Level A – Competitive Level B – Recreational

If there are insufficient number of entries in an age category, categories may be combined in order to conduct a good quality competition. The awarding of medals will not be affected, meaning that individuals will still be awarded medals in the age category in which they originally entered.

In case a competitor is alone in his/her weight category, he/she will be allowed to switch to a higher weight category.

The age limit is based on the year, not on the date. Age is determined at 31<sup>st</sup> December 2023. All competitors must be 30 years of age or older (born before 31<sup>st</sup> December 1993).

Grade definitions:

Level A – Competitive: For elite and competitive competitors who have competed at international level.

Level B – Recreational: For competitors who have competed only at national level, as well as social and casual competitors.

## VENUE DETAILS

EMG2023 taekwondo competition takes place at:

<b>Venue Name</b>	Tampere Exhibition and Sports Centre
<b>Competition hosted</b>	Taekwondo kyorugi and poomsae
<b>Venue Information</b>	Ilmailunkatu 20, 33900 Tampere, Finland

## COMPETITION DETAILS

### Sparring rules

World Taekwondo Competition Rules & Interpretation in effect at the time of the competition will be used.

Single elimination tournament system without repechage will be used in all categories. The best of three (3) system will be used. No seeding will be used.

Match duration:

A – Competitive: there (3) rounds of one (1) and thirty (30) seconds for all age groups

B – Recreational: three (3) rounds of one (1) minute for age groups

Daedo Protector and Scoring System (PSS) Gen 2 including PSS Headgear will be used.  
Instant Video Replay System (IVR) will be used.

Each competitor must pass the weigh-in during the designated weigh-in time in accordance with the World Taekwondo Rules & Interpretation. No random weigh-in will be conducted.

### Patterns rules

World Taekwondo Poomsae Competition Rules & Interpretation in effect at the time of the competition will be used.

Cut off system will be used in all categories. Only a final round will be held if there are eight (8) or fewer competitors. If there are nine (9) or more competitors, a semi-final round will be held, and the eight (8) competitors with the highest score will advance to the final round. In all rounds, two (2) drawn poomsae will be performed.

For each round, two (2) poomsae from the compulsory poomsae list will be drawn on the day before the competition and published on the competition website by 20.00. Any individual poomsae can only be drawn once per age category. Separate poomsae draws will be made for each age category, gender category, and grade category.

Age Category	Compulsory Poomsae
U35, U40	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin
U45, U50	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
U55, U60, U65, O65	Koryo, Keumgang, Taeback Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

### Medals

In European Masters Games, the athletes do not represent their country of origin, therefore the prize-awarding ceremonies will be carried out without hoisting of flags. No National Anthem of the winning team will be played. The medals will be provided by the Organizing Committee.

Sparring: one (1) gold medal for the first place, one (1) silver medal for the second place, and two (2) bronze medal for the third place. No bronze medal contest will be held.

Patterns: one (1) gold medal for the first place, one (1) silver medal for the second place, one (1) bronze medal for the third place, and one (1) bronze medal for the fourth place.

### Technical meeting

A Technical Meeting will take place before the start of the competitions in order to introduce the competitions, remind those involved of the regulations and the behavior that is expected.

### Personal accident insurance and medical certificate

It is the participant's own responsibility to take out adequate and valid accident and health insurance. The competitor registration fee does not cover personal accident insurance.

### Anti-doping

The IMGA has adopted an anti-doping policy in line with the WADA (World Anti-Doping Agency) code, which means that testing will be conducted during the games. Each participant must comply with and independently consent to the IMGA Anti-Doping policy <https://imga.ch/masters-sports/anti-doping/>.

## EQUIPMENT

Daedo Protector and Scoring System (PSS) Gen 2 including PSS Headgear will be used. The Organizing Committee will provide Protector and Scoring System (PSS) to the participating contestants. Participating contestants are required to bring their own groin

guards, mouthpieces, gloves, sensing socks (Daedo) and shin and forearm guards for their personal use.

## UNIFORMS

In sparring, participants are required to wear WT-style competition uniform or WT-style dobok. In patterns, participants are required to wear WT-style poomsae uniform or WT-style dobok.

## TRAINING FACILITIES

A separate warm-up area will be designated in the competition hall and will be available for the competitors throughout the competition day. In addition, the competition mats will be available for practice at designated official practice times.

## FURTHER INFORMATION

Planning for the EMG2023 competition will continue throughout 2022 and spring 2023. Additional sport specific information will be communicated to registered participants and this Sports Information Guide will be updated according to possible changes.

All participants are encouraged to monitor the EMG2023 website at [www.emg2023.fi](http://www.emg2023.fi) as well as other Games communication channels to find out the latest information.

For more taekwondo specific information, please contact Mr. Tatu Iivanainen, [tatu.iivanainen@taekwondo.fi](mailto:tatu.iivanainen@taekwondo.fi)

For general information about EMG2023, please contact [info@emg2023.fi](mailto:info@emg2023.fi).