

VIII. MIGHTYFIST EAGLES CUP INTERNATIONAL CHAMPIONSHIP

CHILDREN, CADETS, JUNIORS, SENIORS, ADVANCED SENIORS

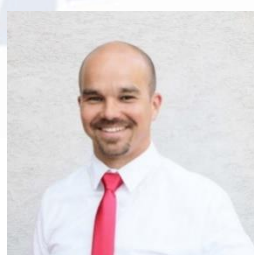
2019

- DESIGNATION: **VIII. MIGHTYFIST EAGLES CUP INTERNATIONAL
ITF TAEKWON-DO CHAMPIONSHIP**
- ORGANIZERS: Hungarian ITF Taekwon-do Federation
Sasok Sports Club
Zen Power Taekwon-do Club
- CHAIRMEN: Gábor Szalay VI. dan
Csaba Békássy V. dan
- CONTACT: Gábor Szalay +36/30-329-0383 (HUN)
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eaglescup.hungary@gmail.com
- DATE: **21-22 September 2019**
- LOCATION: Monor Városi Sportcsarnok (Sports Hall of Monor)
2200 Monor, Balassi Bálint utca
GPS: Sz. (LAT): 47.355665, H. (LON): 19.434865



Gábor Szalay
VI. dan

Sasok Sports Club



Csaba Békássy
V. dan

Zen Power Taekwon-do Club



VIII. MIGHTYFIST TAEKWON-DO
EAGLES CUP 2019
 children-cadets-juniors-seniors-advanced seniors



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

AGE DIVISIONS: **Children:** *Born in and after 2007*
Cadets: *Born in years 2005 - 2007*
Juniors: *Born in years 2001 - 2005*
Seniors: *Born years 1983 - 2001*
Advanced Seniors: *Born before 1983*

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

MINIMUM BELT LEVELS: **Individual: Children and Cadets:** *patterns - 9th gup
 sparring - 8th gup*
Juniors and Seniors: *8th gup*
Team: Juniors and Seniors: *8th gup*

ENTRY FEE: **Individual: Juniors, Seniors and advanced seniors**
25 EUR/competitor (incl. all individual categories)
Children and Cadets
20 EUR/competitor (incl. all individual categories)
Team: 30 EUR/team
For team members entering only team categories:
 20 EUR/competitor

DEADLINES: **Pre-registration, umpire registration:**

15TH SEPTEMBER 2019. SUNDAY 24:00

Modifications: 18th September 2019 Wednesday 24:00

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!**



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REGISTRATION WEBSITE: This year again we will use online registration, which you will find on our website. Please follow our website and Facebook page for updates.

CONTACT E-MAIL ADDRESS: eaglescup.hungary@gmail.com

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

FACEBOOK: <https://www.facebook.com/events/370611797066317/>

TERMS AND CONDITIONS: Age and belt restrictions according to the invitation
Valid medical permission (youth divisions 6, seniors 12 months)
Standard ITF dobok (colored fist ITF logo on the dobok is a must)
Taekwon-do pass / ID card
Registration sent in time
Payment of the entry fee
Insurance

PROTEST: In according to the rules of ITF. Protest fee: 30 EUR. Each protest must be written in the 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 positive decision, the protest fee will be paid back.

WEIGHT CHECK: In individual sparring categories all the competitors should compete in their own weight groups. Competing in other weight groups is not allowed.

MERGING: If we have only one competitor in a sparring category – according to the registrations – we merge this category with the next one. If the competitor and his/her coach refuse this option, the competitor will get his/her gold medal, but the result doesn't count in the final ranking of competitors and clubs.

AWARDS: Individual and team categories: gold, silver, two bronzes

Best competitors (by individual points)

Best club (by individual and team points)

(Individual: gold 3 point, silver 2 point, bronze 1 point – when the category consists of minimum 4 competitors)

(Team: gold 5 point, silver 4 point, bronze 3 point)

REFEREES: **CHANGE! Teams registered for the competition must delegate their own umpires.**

1-5 competitors – optional

6-14 competitors – 1 umpire

15+ competitors – 2 umpires are mandatory to be registered.



Clubs failing to adhere the above rules must pay 100 EUR penalty fee. Important: the registered umpire does not have to belong to your club, you can ask other clubs' umpires to attend on your club's behalf! The final umpire team will be selected by the Umpire Committee of the event after the pre-registration deadline. (Important! The registration of the umpires must happen on or before 15th September!)

After reaching the necessary number of umpires the Umpire Committee may refuse the umpire application, in which case the team does not have to pay penalty.

AGE GROUPS: In the categories of children the responsibility is fully on the coach of the children (When allowing too small or too young children to compete).

INSURANCE: All the competitors have to have valid sport insurance. The responsibility is fully on the coach.

ACCOMMODATION: You have to find your accommodation – however we are ready 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 bests 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 had 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.

INDIVIDUAL EVENTS

Age divisions: Competitors born in 1983, 2001, 2005, 2007 have the right to compete in **both age divisions but they have to pay double registration fee**. Advanced seniors (+36) are separated from seniors (18-36) in individual sparring ONLY. In any other competition category they compete with seniors.

PATTERNS

Children:	3-2-1. gup, 6-5-4. gup, 9-8-7. gup
Cadets:	1. dan (Chon-Ji – Kwan-Gae) 3-2-1. gup, 6-5-4. gup, 9-8-7. gup
Juniors A:	1. dan (Chon-Ji - Ge-Baek), II. dan (Chon-Ji - Juche)
Juniors B:	4. gup - 1. gup
Juniors C:	8. gup - 5. gup
Seniors A:	1. dan (Chon-Ji - Ge-Baek), II. dan (Chon-Ji - Juche), III. dan (Chon-Ji - Choi-Jong), IV.-VI. dan (Chon-Ji - Moong-Moo)
Seniors B:	4. gup - 1. gup
Seniors C:	8. gup - 5. gup

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.

SPARRING

Children girls (kg):	-24, -30, -36, -42, -48, +48
Children boys (kg):	-30, -36, -42, -48, -54, +54
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:** 1x1.5 minutes, final 2x1.5 minutes

Juniors and seniors: 1x2 minutes, final 2x2 minutes

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 according to the draws (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. **(IMPORTANT! According to previous years' rules the category counts as an individual category from the point ladder calculations perspective.)**

SPECIAL TECHNIQUES

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

Every competitor could choose the height level for every technique – above the minimum requirements (see the table below). You can choose in 5 cm steps above the minimum heights.

E.g.: Senior male nopi chagi – minimum height level: 240 cm. The height chosen by the competitor: 265 cm. In case of a successful technique he will get **265** point. In case of unsuccessful technique, he gets **ZERO (0)** points. In case of half success (normally 1 point break), the points will be deducted by 20 points, he will get **265-20=245** points.

CHANGE: 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, see Appendix #1). 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. In according to the competition schedule, it is not possible to have another category of the same age group in the same

time. If the competitor is not there when called, he/she will get ZERO point to the technique after 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 five techniques, the final score will be obtained by adding up the points gained for each technique.

CHANGE: According to ITF rules in women categories there are again 3 techniques.

Minimum height levels

	Twimyo nopi ap cha busigi	Twimyo dollyo chagi	Twimyo bandae dollyo chagi	Twio dolmyo yop cha jirugi	Twimyo nopi yop cha jirugi
Junior female	170	150			70
Junior male	200	180	170	160	90
Senior female	180	160			80
Senior male	210	190	180	170	100

CADET: Only one special technique for cadets: Twimyo nopi chagi.

The technique should be executed for one target hanging down. The competitors should execute the technique one by one. After 5cm rise of the target height, the technique should be executed again, until only one competitor left.

POWER BREAKING

Power breaking is for juniors and seniors only. Every 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, HALF BLACK boards can be chosen **only once** 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.

CHANGE: 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 (see appendix #1). Tiebreaking will continue based on ITF tiebreaking rules.



VIII. MIGHTYFIST TAEKWON-DO
EAGLES CUP 2019
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Male: 1. Ap Joomuk jirugi 2. Songkal taerigi 3. Yop chagi 4. Dollyo chagi 5. Bandoe dollyo chagi

Female: 1. Songkal taerigi 2. Yop cha chirugi 3. Dollyo chagi

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

Cadets will have a chance to compete in a power measurement category for hand techniques.

In this category, cadet competitors can use Songkal or Yop choomok taerigi to hit the power cell target. After performing the hand technique, the power level of the strike will be displayed. The competitors can hit the target three (3) times. The power level of the 3 hits will be summarized. The competitor with the highest score will be the winner.



TEAM EVENTS

Age divisions: **Competitors born in 2001 have the right to compete in both (junior and senior) age divisions but cadets are not allowed to compete in junior teams!**

It is allowed to enter more than one team per club.

TEAM PATTERNS

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

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

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 and this is not depending by 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. For every round won the team shall get two (2) points, the draw is one (1) point ('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 goes to the other team

with the 5 competitors.

TEAM SPECIAL TECHNIQUES

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

Every team could choose the height level for every technique – above the minimum requirements (see the table below). You can choose in 5 cm steps above the minimum heights.

E.g.: Senior male nopi chagi – minimum height level: 240 cm. The height chosen by the team: 265 cm. In case of a successful technique they get 265 point. In case of unsuccessful technique, they get ZERO (0) points. In case of half success (normally 1 point break), they get $265-20=245$ points. In the first the techniques must be performed by different members of the team, while in the tiebreaking in every round any member of the team could be selected. In the event of a tie the Jury President will select one technique from the list by drawing to be the tiebreaker.

CHANGE: The heights will be decided based on the international (ITF levels). Tiebreaking will continue based on ITF tiebreaking rules.

Minimum height levels

	Twimyo nopi ap cha busigi	Twimyo dollyo chagi	Twimyo bandae dollyo chagi	Twio dolmyo yop cha jirugi	Twimyo nopi yop cha jirugi
Junior female	170	150			70
Junior male	200	180	170	160	90
Senior female	180	160			80
Senior male	210	190	180	170	100

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

TEAM POWER BREAKING

Power breaking is for juniors and seniors only. Every 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, HALF BLACK boards can be chosen only **once** per technique.

E.g.: Female ap palkup 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 main round the techniques should be performed by different members of the team, but in tiebreaking in each round any selected competitor might perform the chosen technique.

In the event of a tie the Jury President will select one technique from the list by drawing to be the tiebreaker.

CHANGE: The number of boards will be decided based on the international (ITF) rules. Tiebreaking will continue based on ITF tiebreaking rules.

Male: 1. Ap Joomuk jirugi 2. Songkal taerigi 3. Yop cha jirugi 4. Dollyo chagi 5. Bandoe dollyo chagi

Female: 1. Songkal taerigi 2. Yop cha chirugi 3. Dollyo chagi

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

SCHEDULE (PLANNED)

20 September 2019 Friday

17:30 – 20:30

Registration, weight in for clubs from abroad and from around Budapest.

Location: **SASOK SPORTCENTRUM (ONLY on FRIDAY!)**

Address: 1101 Budapest, Hungária körút 5-7.

21 September 2019 Saturday

FIRST DAY – EVERY AGE GROUPS

07:00 registration, weight in

08:30 coach and umpire meeting

09:00 opening ceremony

09:30 patterns qualifying rounds and finals
 pre-arranged free sparring (juniors and seniors)
 team patterns

sparring qualifying rounds and finals

19:00 awarding ceremony

(during the whole day: individual and team special technique and power events)

22 September 2019 Sunday

SECOND DAY – JUNIORS AND SENIORS

08:30 coach and umpire meeting

09:00 sparring qualifying rounds and finals

team sparring

18:00 awarding ceremony

(during the whole day: team special technique and power events)

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

Sasok Sports Club and Zen Power Taekwon-do Club

Appendix #1

ITF heights and number of boards for tiebreaking

Power Breaking

KOREAN	ENGLISH	BOARDS Junior	BOARDS Senior
<i>MALE – Junior and Senior</i>			
Ap-Joomuk Jirugi	Forefist Front Punch	2	3
Sonkal Taerigi	Knifehand Strike	2	3
Yopcha Jirugi	Side Piercing Kick	3	4
Dollyo Chagi	Turning Kick	2	3
Bandae Dollyo Chagi	Reverse Turning Kick	2	3
<i>FEMALE – Junior and Senior</i>			
Sonkal Taerigi	Knifehand Strike	1	2
Yopcha Jirugi	Side Piercing Kick	2	3
Dollyo Chagi	Turning Kick	1	2

Special Technique

KOREAN	ENGLISH	HEIGHTS Junior	HEIGHTS Senior
<i>MALE – Junior and Senior</i>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	250 cm	260 cm
Twimyo Dollyo Chagi	Flying Turning Kick	230 cm	240 cm
Twimyo Bandae Dollyo Chagi	Flying Reverse Turning Kick	210 cm	220 cm
Twio Dolmyo Yop Cha Jirugi	360 Mid Air Kick	210 cm	220 cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	130 cm	140 cm
<i>FEMALE – Junior and Senior</i>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	210 cm	220 cm
Twimyo Dollyo Chagi	Flying Turning Kick	190 cm	200 cm
Twio Nomo Yop Chagi	Flying Overhead Side Kick	110 cm	120 cm

Source: <https://www.taekwondoitf.org/wp-content/uploads/2014/10/ITF-World-Junior-Senior-Tournament-Rules-%E2%80%93-Rules-and-Regulations-Clarification-Feb-3rd-2017-1.pdf>

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