

ITF ENGLAND

Stronger together

ITF England National Team
Individual and Team
Selections Information Pack
For the:

**34th senior and 25th Junior European
Championships.**

10th -13th October 2019

Sarajevo, Bosnia Herzegovina

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2 OFFICIAL INVITATION

Dear Grand Masters, Masters, Instructors and Coaches,

I have the pleasure to invite your elite competitors to trial for the national team to represent ITF England at the forthcoming European Championships from 10th to 13th October 2019, Sarajevo, Bosnia Herzegovina .

The selections will take place on; Sunday 16 June 2019. Individual sparring competitors must make weight on the selection day and Individual pattern competitors must know all of their grade patterns for selection . Team selections will be made up from those who attend the selection event, with the national coaches making their final selections at squad training.

The selection process is open to all certified ITF black belts from 1st – 6th degree, for Seniors who are 18 years on the 1st January 2019 and 1st-3rd Degree for Juniors who are at least 14 years of age on the first day of the Championships (10th October) up to 17 years on the 1st January 2019 (this means the competitor can turn 18 years old on 2nd January and still compete as a Junior for the whole year).

Competitors must be able attend as many squad training dates as possible for their events leading up to the Championships and be available to travel between 8th – 14th October for the sole purpose of representing England at the European Championships. They must also agree to work with all of the ITF England coaches and staff. It will be possible for competitors to stay for a holiday if they wish (juniors must be accompanied by an adult) after the Championships, but they need to notify the Team Administrator when booking the flights. (The Team Administrator will email out a list of flights to be taken).

Please complete the application form and return it with payment to the ITF England National Team account by the latest Sunday 9th June 2019.

Kind Regards,

Master N Symonds

ITF England Tournament Director

3 GENERAL INFORMATION

As stated above the selections for the Championships will take place on Sunday 16 June at the following venue:

ITF England national selections

Date: Sunday 16 June

Venue: Watford leisure centre, Woodside, Garston, WD25 7HH

Time: 9am – 2pm (arrive at 8am for set up & registration)

3.1 SCHEDULE

The schedule will begin with the Individual Patterns and Sparring followed by Individual Power and Special Techniques. With time permitting initial assessment for team events will take place once the Individual events have concluded.

3.2 RULES

The selections will run under the current ITF Rules:

<http://www.taekwondoitf.org/rules/#rules-regulations>

The only difference will be that we will only have one Power Test Machine and one Special Technique Machine and there will be no medals.

3.3 COST

The cost for the selection is £50.00 per person, this entitles the competitor to compete in all 4 events if required.

3.4 SELECTED COMPETITORS

Once selected all competitors will be expected to attend as many squad training sessions as possible until the Championship. It is possible to miss the occasional session if notice is given in advance with an appropriate reason. Failure to commit to training regularly may result in the competitor being given a warning about their attendance and then being dropped from the national team.

3.5 SELECTIONS FORMAT

The selections will be run using the format described below.

3.5.1 Individual Patterns

The patterns selection competition will use the following rules:

The competitors will perform two designated patterns and will be called up one by one or two up at time depending on the size of the division.

- One designated pattern will be chosen from competitor's three grade patterns.

- The other designated pattern will be chosen from all the patterns up to an including the competitor's three grade patterns.

3.5.2 Individual Sparring

The sparring selection competition will use the following rules. All sparring competitors seeking selection will compete in a league or round robin depending on numbers, against other competitors in that weight class only. If there is only 1 competitor in the weight class then the competitor will be assessed at squad training.

3.5.2.1 Weigh In

All sparring competitors must weigh-in on the morning of the selection wearing Dobok trousers and a T Shirt, they will be allowed a 500gms tolerance, however all competitors must demonstrate they can make the weight.

3.5.2.2 Weight Categories

Please see below for the weight categories used at the Championship.

JUNIOR MALE	JUNIOR FEMALE	SENIOR MALE	SENIOR FEMALE
<50Kgs	<45Kgs	<57Kgs	<50Kgs
<56Kgs	<50Kgs	<63Kgs	<56Kgs
<62Kgs	<55Kgs	<70Kgs	<62Kgs
<68Kgs	<60Kgs	<78Kgs	<68Kgs
<75Kgs	<65Kgs	<85Kgs	<75Kgs
+75Kgs	+65Kgs	+85Kgs	+75Kgs

3.5.3 Individual Power Test

All competitors will be expected to attempt the following breaks:

	JUNIOR MALE	JUNIOR FEMALE	SENIOR MALE	SENIOR FEMALE
Forefist Punch	1	TBC	2	TBC
Knifehand Strike	2	1	2	1
Side Kick	3	2	3	2
Turning Kick	2	1	2	2
Reverse Turning Kick	1	TBC	2	TBC

These are subject to change by the ITF.

3.5.4 Individual Special Technique

All competitors will be expected to attempt the following techniques:

	JUNIOR MALE	JUNIOR FEMALE	SENIOR MALE	SENIOR FEMALE
Flying High Front Kick	260cm	210cm	270cm	220cm
Flying Turning Kick	240cm	190cm	250cm	200cm
Flying Reverse Turning Kick	210cm	TBC	220cm	TBC
360 Mid Air Kick	210cm	TBC	230cm	TBC
Flying High Side Kick	130cm	110cm	140cm	120cm

These are subject to change by the ITF.

3.5.5 Pre-Arranged Sparring

A junior and senior team can be selected from those competitors who have already been successful in being selected for other events. Coaches and Umpires will select suitable candidates to be put forward.

3.6 APPLICATIONS

Only one entry form per association will be accepted and must be sent from their secretary or coach, entries sent from an instructor or student independently from their group will not be accepted. All competitors must complete each of the fields on the application form including degree number and ITF ID Number (these are different numbers), if the degree has been applied for then please put (pending) in the field.

Each association must be responsible for ensuring that only competitive students take part in the selections where they have already proven themselves at national and international level. Please also only enter competitors for events they wish to be competitive for, if a student has been entered for an event by the instructor, then they will be expected to take part in that event unless they are injured.

3.7 PAYMENTS

Payments must be made by the associations and not by individuals to the ITF England Bank Account below using their name as reference. The bank details are as follows:

ITF England national team

Lloyds bank

account. 65303968

sort code. 309897

Application forms and payment confirmation must be emailed to Mater Symonds (tournamentdirector@itfengland.com) by 9 June 2018. Entries may not be accepted after this date.

3.8 COMPETITORS

All competitors must wear any official approved ITF Dobok and any ITF approved safety equipment. Competitors may have the name of their association/club on the back of their Dobok however England Doboks will not be allowed. Juniors must wear black belts with a white stripe through the middle.

3.9 COACHES

Associations can provide up to two coaches if they have more than one competitor in the same event and they must wear the appropriate coaching attire. Training shoes, track suit trousers, track

suit top or Association/Club T shirt, a towel and a bottle of water. Coaches must be ITF Black Belts, registered with their association and licenced.

3.10 UMPIRES

ITF England will be selecting the umpires for the event; however associations wishing to support the event may wish to send their own umpires to help out during the day for experience. Dress code is navy blue suit and navy blue tie with white trainers and white shirt. Umpire briefing to be held at 8.30am. If you have an umpire who wishes to assist then please add them to the email with the Competitors Application Form.

3.11 NOTIFICATION OF SELECTION

All competitors will be notified by email directly with their coach / Instructor copied in, with the result of the selection. The ITF England coaches will communicate only with the competitor from this point onwards and no longer with the coach / Instructor for further emails on training and the Championships.

3.12 EXCEPTIONAL CIRCUMSTANCES

We understand that there may be some exceptional circumstances that may lead to a competitor who has entered the Selection competition being unable to compete on the day due to the following:

1. Illness on the day of the selection competition.
2. Has suffered a family bereavement at the time of the selection competition.
3. Injured during the selections and is unable to take any further part.
4. Injured prior to Selections.
5. Competitor taking GCSE or 'A'-level final exams at the time of selections.

In case of exceptional circumstances, the competitor will be invited to attend a one off session to be evaluated this is providing that there is a vacant spot available after the selection day has been completed. Please note there is no guarantee that a vacant spot will be available. The date will be agreed by the Head Coach and the competitor will be evaluated under competition conditions in front of ITF England Umpires and the Tournament Director. This will be the only chance to select an Individual competitor outside of the selection days.

3.13 PROVISIONAL SQUAD TRAINING DATES.

A list of squad training dates will be given upon selection.