



1st NTA Open Poomsae League Championship 2023



Outline

- Date: 29th Chaitra, 2079 (12th April, 2023)
- Registration Deadline : 25th Chaitra, 2079 (8th April, 2023)
- Venue: National Taekwondo Academy, Satdobato
- Competition Category: Poomsae
- Organizer: Nepal Taekwondo Association,

NTA Open Taekwondo League Championship Sub- committee

- Contact: +977- 1-5914552 (Nabina Budhathoki Magar)
- E-mail: ntaprogram@gmail.com

WT Poomsae Competition Rules

- The WT Poomsae rules will be applied.
- Athletes must be registered in the respective dojang.
- Registration fee for every event is Rs.500 and for each additional event Rs.200
- For the disclosure of the age of the players, they should submit the document i.e. Birth Certificate, Passport, or Citizenship along with the registration form. The failure to submit the document will lead to disqualification of the registration.
- Participants should have been born by following year according to their category:

Below 8 years: born after 31st Dec, 2015

8 yrs-10yrs: 1st Jan 2014 to 31st Dec, 2015

10 yrs-12 yrs: 1st Jan 2012 to 31st Dec 2013

12 yrs-14 yrs: 1st Jan 2010 to 31st Dec 2011

15 yrs-17yrs: 1st Jan 2007 to 31st Dec 2009

17 yrs-30 yrs : 1st Jan 1994 to 31st Dec 2006

30 yrs and above: before 1st Jan 1994

- Prize Distribution

First Place - Gold Medal with Certificate

Second Place - Silver Medal with Certificate

Third Place - Bronze Medal with Certificate

- Participant Certificate will be provided to all the participants.
- Participants shall wear only WT Senior Taekwondo uniform. Otherwise 0.6 score will be deducted.
- Accommodation and foodingof players and coaches shall be managed by themselves.
- Players can participate only in their respective age category in single, pair and group.
- Registration fee will not be refundable at any circumstances.

Championship Categories

- Individual Poomsae
 - Male
 - Female
- Pair Poomsae
- Group Poomsae
 - Male
 - Female

Championship Categorization

➤ Individual Poomsae

Individual	Below 8Yrs	8-10Yrs	10-12Yrs	12-14Yrs	15-17Yrs	18-30 Yrs	30Yrs Above
Male	*	*	*	*	*	*	*
Female	*	*	*	*	*	*	*

➤ Group Poomsae

Group	Below 8Yrs	8-10Yrs	10-12Yrs	12-14Yrs	15-17Yrs	18-30 Yrs	30Yrs Above
Male	*	*	*	*	*	*	*
Female	*	*	*	*	*	*	*

➤ Pair Poomsae

Pair	Below 8Yrs	8-10Yrs	10-12Yrs	12-14Yrs	15-17Yrs	18-30 Yrs	30Yrs Above
	*	*	*	*	*	*	*

Designated Compulsory Poomsae by division among Recognized Poomsae

Competition	Division	Recognized Poomsae
Individual Male/ Female	Below 8 Yrs	Taegeuk 3 Jang
	8 Yrs -10 Yrs	Taegeuk 4 Jang
	10Yrs -12Yrs	Taegeuk 5 Jang
	12 Yrs -14Yrs	Taegeuk 6 & 7Jang
	15 Yrs -17Yrs	Fal Jang &Koryo
	17Yrs -30 Yrs	Geumgang&Taeback
	30 Yrs and Above	Pyongwon&Sipjin
Group Poomsae Male/ Female	Below 8 Yrs	Taegeuk 3 Jang
	8 Yrs -10 Yrs	Taegeuk 4 Jang
	10Yrs -12Yrs	Taegeuk 5 Jang
	12 Yrs -14Yrs	Taegeuk 6 & 7Jang
	15 Yrs -17Yrs	Fal Jang &Koryo
	17Yrs -30 Yrs	Geumgang&Taeback
	30 Yrs and Above	Pyongwon&Sipjin
Pair	Below 8 Yrs	Taegeuk 3 Jang
	8 Yrs -10 Yrs	Taegeuk 4 Jang
	10Yrs -12Yrs	Taegeuk 5 Jang
	12 Yrs -14Yrs	Taegeuk 6 & 7Jang
	15 Yrs -17Yrs	Fal Jang &Koryo
	17Yrs -30 Yrs	Geumgang&Taeback
	30 Yrs and Above	Pyongwon&Sipjin



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Individual Poomsae Registration Form

Photo

Athlete Name: _____

Gender: _____ Province No: _____

Date of Birth: _____

Contact No.: _____

Category Division: _____

Name of Dojang/ School: _____

Name of Dojang Chief: _____

Name of Team Coach: _____

Photo - Coach



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Pair Poomsae Registration Form

1. Athlete Name: _____

Date of Birth: _____ Gender: _____

2. Athlete Name: _____

Date of Birth: _____ Gender: _____

Province No: _____

Contact No.: _____

Category Division: _____

Name of Dojang/ School: _____

Name of Dojang Chief: _____

Name of Team Coach: _____

Photo 1

Photo 2

Photo - Coach



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Group Poomsae Registration Form

1. Athlete Name: _____

Date of Birth: _____ Gender: _____

2. Athlete Name: _____

Date of Birth: _____ Gender: _____

3. Athlete Name: _____

Date of Birth: _____ Gender: _____

Province No: _____

Date of Birth: _____

Contact No.: _____

Category Division: _____

Name of Dojang/ School: _____

Name of Dojang Chief: _____

Name of Team Coach: _____

Photo 1

Photo 2

Photo 3

Photo- Coach