

**NORDIC TAEKWONDO CHAMPIONSHIP 2025**  
**OSLO – NORWAY**  
**Saturday and Sunday, January 25 & 26 2025**



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**GENERAL INFORMATION** (VERSJON 1,0)

Oslo, 2024-10-12

**Organizer:** Oslo Taekwondo club  
E-mail: [Nordisk2025@oslotaekwondo.com](mailto:Nordisk2025@oslotaekwondo.com)  
If any questions arise, please direct all inquiries to the above email address.  
Follow updates and news on facebook:  
<https://www.facebook.com/events/923405498874142/>

**On behalf of the Norwegian Martial Art Federation / Taekwondo (WT) the Oslo Taekwondo club will be hosting the Nordic Taekwondo Championship 2025, in Oslo on Saturday January 25<sup>th</sup> (Poomsae) and Sunday January 26<sup>th</sup> (Kyorugi). The event will take place at Norges Idrettshøyskole/Norwegian School of Sport Sciences (NIH). Deadline of entry of December 18, 2024.**

**Date:** **Saturday and Sunday, January 25 & 26 2025**  
*Poomsae competition 3 to 5 courts – January 25, 2025.*  
*Kyorugi competition 5 to 6 courts – January 26, 2025.*

**Location:** **Norges Idrettshøyskole/Norwegian School of Sport Sciences (NIH).**  
Sognsveien 220, 0863 Oslo

<https://maps.app.goo.gl/5FBGUGVwnLMY21Pc8>

**Participants:** Participants shall be members of clubs from the Nordic and Baltic countries, i.e. Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.

**Weigh-in:** **Norges Idrettshøyskole/Norwegian School of Sport Sciences (NIH).**  
Sognsveien 220, 0863 Oslo, Norge

On Saturday January 25 15:00 until 17:00

<https://maps.app.goo.gl/5FBGUGVwnLMY21Pc8>

**Transport:** No official transport for athletes or coaches. Referees will get transport from/to the official hotel to the venue on Saturday January 25 and Sunday January 26.

Public transport from City Center (Oslo S/Jernbanetorget) is subway #5 Sognsvann (every 30 min until 09:00, hereafter every 15 min)

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#### Schedule (please note this is subject to change):

##### Friday, January 24, 2025:

TBD - Referee meeting poomsae at TBD  
TBD - Nordic Forum Meeting at TBD

##### Saturday, January 25, 2025:

08:15 Referee transport from the official hotel to the venue  
09:00-09:20 Official opening ceremony  
09:30-13:00 Competition poomsae  
13:00-14:00 Lunch break  
14:00-19:00 Competition poomsae  
  
15:00-17:00 Weigh-in for kyorugi competition at the venue  
15:00-17:00 Senior kyorugi players health check with O.C. doctors at the venue

TBD - Referee meeting kyorugi at TBD

Award ceremonies in the sport hall throughout the day, as soon as a division is finished.

##### Sunday, January 26, 2025:

08:15 Referee transport from the official hotel to the venue  
09:00-09:20 Official opening ceremony  
09:30-13:00 Competition kyorugi  
13:00-14:00 Lunch break  
14:00-19:00 Competition kyorugi

Award ceremonies in the sport hall throughout the day, as soon as a division is finished.

#### Qualifications:

- Participants shall be members of clubs from the Nordic and Baltic countries, i.e. Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.
- Participants shall hold, at the minimum, 4th cup (equal to B class) and be as a minimum 13 years of age (Norwegian Sports Rule!). Cadet classes are only for participants aging 13 years and 14 years old; born in 2012 or 2011.

#### Registration and Deadline:

SportData is the registration and event system which is used in Norway. The teams and athletes for both kyorugi and poomsae competition shall register in SportData using ***the following online form no later than Wednesday, December 18, 2024.***

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For registration you need a team / club account.

Users which already have registered a team / club account, please re-use your account. In this case you can also re-use all competitors, coaches, referees and officials' data. For teams that have no account yet please register online and create a new team / club account.

[https://www.sportdata.org/kampsport/set-online/registrate\\_registrator\\_main.php?active\\_menu=registration](https://www.sportdata.org/kampsport/set-online/registrate_registrator_main.php?active_menu=registration)

For registration of competitors, coaches, referees and officials please follow these steps:

1. Log in with your account
2. Check your team data. Please check if the data is correct and up to date
3. Enter or change the data of your competitors, coaches, referees and officials.
4. In the event calendar go to the event you want to register for, click on the "Registration" button of the event you want to register.
5. On the bottom of the entries site, you will see the functions to make new entries
6. Register your competitors / teams in categories, coaches, referees and officials

If you have any questions, please check the online help and video tutorials:

[https://www.sportdata.org/kampsport/set-online/faq\\_en.php?active\\_menu=faq&fbclid=IwAR0Yc15AUSdAEiwFA5Os8dxiZ8tBIFW7beqeofYAw4QLOfNfXoKUYpAyr5g](https://www.sportdata.org/kampsport/set-online/faq_en.php?active_menu=faq&fbclid=IwAR0Yc15AUSdAEiwFA5Os8dxiZ8tBIFW7beqeofYAw4QLOfNfXoKUYpAyr5g)

***Registration to the event will be done via SportData:***

[https://www.sportdata.org/kampsport/set-online/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vernr=832#a\\_eventhead](https://www.sportdata.org/kampsport/set-online/veranstaltung_info_main.php?active_menu=calendar&vernr=832#a_eventhead)

*A list of registered contestants and their groups will be published on the NC 2025 Facebook page.*

<https://www.facebook.com/events/923405498874142>

**Registrations after the deadline will NOT be accepted.**

Amendments and last changes accepted up to Friday, January 10, 2025.  
The OC will publish the draw on Sunday, January 12, 2025.

**Entry Fee:**

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Participation fee is **60 €** per individual/pair/team/mix-team + **5€** pr bank transfer

#### **Kyorugi:**

- Any change to weight category after the deadline can be made by paying an additional fee of 60 €.
- If a competitor doesn't pass the weigh-in, he/she can be moved to the next weight category by paying an additional fee of 60 €.

#### **Payment:**

Entry fee for the whole team from each club must be paid to Oslo Taekwondo club no later than Friday, January 10, 2025. Failure to pay the entry fee will result in cancellation of registration. **One payment must be made for each club and for the whole team** per club. No individual payments will be accepted. All payments must be made through bank transfer (see below) and a copy of receipt of payment **must** be presented upon team's registration.

#### **All payments must be made to:**

Account owner: Oslo Taekwondo Klubb  
Account post address: Ålesundgata 1b, 0470 OSLO, NORWAY  
Account number: 92351744563

Name of bank: BN Bank (PO 2415 Torgarden, 7005 Trondheim, Norway)  
IBAN: NO0392351744563  
BIC/SWIFT: KBNONO22

#### **Accommodation and Transportation:**

All travel expenses, local transportation, flight, hotel, etc. shall be at each club's own responsibility. The teams or clubs do not need to book at the official hotel. Hotel accommodation is free of choice.

#### **Hotels:**

The official NC 2025 hotel is **TBD**

#### **Referees:**

Each country is invited to send **six (6) referees in kyorugi** and **five (5) referees in poomsae**, of international or first national class (A) to the championship.

List of referees are to be submitted by each federation by Sunday, December 1 2024, to Oslo Taekwondo club – [Nordisk2025@oslotaekwondo.com](mailto:Nordisk2025@oslotaekwondo.com) with the name, license-level, referee discipline, kyorugi or poomsae, and e-mail address for each referee.

Round-trip and allowance (per diem) shall be covered by the participating nation, while Oslo Taekwondo club shall cover hotel accommodation and board for referees from for

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Poomsae from Friday, January 24 until Sunday, January 26, and Kyorugi from Saturday, January 25 until Monday, January 27. The official referee hotel will be **TBD**. The referees need to organize their own transport to the hotel upon arrival. Recommended from Oslo Airport Gardermoen (OSL) is the local train, VY, to Oslo S. The Airport express train, Flytoget, is close to double in price.

#### **Admission:**

Admission to watch the tournament will be **100NOK**. (Payable by Vipps or credit card)

#### **Doping control:**

Random doping tests, conducted by the Norwegian Anti-doping Organization/Norwegian Sports Association, may take place at the championship.

#### **Liability:**

All participants take part at their own risk and must have their own insurance. Neither Norwegian Martial Art Federation, Oslo Taekwondo club, nor operators of the competition venue take any responsibility for injuries, accidents, theft, death, damage or loss of equipment or anything similar.

#### **Awards:**

There will be medals for 1st, 2nd and 2x3rd place for all categories for both kyorugi and poomsae.

There will be trophies for 1st, 2nd and 3rd place for the most winning club and the country with the most points gained by: 7 points for gold, 3 points for silver, 1 point for bronze and 1 point for each athlete that starts at the competition on January 25 and 26.

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**KYORUGI COMPETITION OUTLINE:**

**Participants:**

Participants shall be members of clubs from the Nordic and Baltic countries, i.e. Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.

**Competition rules:**

**Norwegian Government and Sports rules, regarding age and full-contact rules:**

Cadet **13-14** years old (Norwegian Sports Rule!), born in 2011 or 2012.

Senior must be 18 years old, on the day of the event – born before January 26, 2007, and not exceeding 40 years of age – born after January 26, 1985.

Veteran from **35 years** of age (**WT rule**), on the day of the event.

Cadet, Junior, Veteran are not allowed full contact to the head by Norwegian Government rules.

Classes	Contact to the trunk (Hit level)	Contact to the headgear. (Hit level)
<b>Cadet (13-14)</b> <b>Junior (15-17+)</b> <b>Veteran (35+)</b>	Full contact to the trunk. WT rules and WT hit level	Light contact to the head. Norwegian rules. WT hit level on the headgear.
<b>Senior (18-40)</b>		Full contact to the headgear. WT rules and WT hit level.

**Kyorugi class/division with only three contestants:**

If a class/division only has three (3) contestants and it is not deemed responsible to join together another class/division, the class must be arranged as a series:

- 1.1 The winner (gold) is the contestant who has won both his/her fights. 1<sup>st</sup> runner up (silver) is the contestant who has won one (1) fight. 2<sup>nd</sup> runner up (bronze) is the contestant who has lost both his/her fights.
- 1.2 If all contestants have won one (1) fight each, point difference in each fight determines the winner. The contestant with the highest point difference wins.
- 1.3 If point difference is equal between two contestants, the end-result (including Golden Round result – if any) of the specific fight between the two contestants in question shall determine the winner.

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1.4 If a contestant withdraws from a fight in the series, the contestant shall be given 3rd place, no matter previous results in the series.

1.4.1 If a contestant, however, has to withdraw because of a medical evaluation by the Competition Medical Staff, the ranking of the contestant applies according to regulations 1.1-1.3 as above.

**Furthermore:** WT competition rules & Interpretation in effect from September 1, 2022 will apply.

**Divisions – cup/dan:** Minimum of 4th cup.

**Divisions – age:**

Cadet **13-14** years old (Norwegian Sports Rule!), born in 2011 and 2012.

Junior 15-17+ years old, born in 2008, 2009, 2010, or after January 25, 2007.

Senior must be 18 years old, on the day of the event – born before January 26, 2007, and not older than 40 years of age – born after January 26, 1985.

Veteran from 35 years of age (WT rule), on the day of the event.

**Dispensation:** No dispensation shall be granted regarding either age or gender.

**Weigh-in:** Saturday, January 25, 2025 from 15:00 until 17:00 at **Norges Idrettshøyskole/Norwegian School of Sport Sciences (NIH)**.  
Sognsveien 220, 0863 Oslo, Norge

**Start time:** Competition will start Sunday, January 26, 2025 at 09:00 hrs.

**Equipment:** The organizer will provide Daedo Electronic protectors GEN2 for the championship. Daedo socks will NOT be provided by the organizer and must be supplied by each contestant.

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**Weight categories:** Cadet, junior and senior/veteran

<b>Male</b>	<b>Cadet</b>	<b>Female</b>	<b>Cadet</b>
Until	33 kg	Until	29 kg
33	37 kg	29	33 kg
37	- 41 kg	33	- 37 kg
41	- 45 kg	37	- 41 kg
45	- 49 kg	41	- 44 kg
49	- 53 kg	44	- 47 kg
53	- 57 kg	47	- 51 kg
57	- 61 kg	51	- 55 kg
61	- 65 kg	55	- 59 kg
Over	65 kg	Over	59 kg

<b>Male</b>	<b>/</b>	<b>Jr.</b>	<b>Female</b>	<b>/</b>	<b>Jr.</b>
Until		45 kg	Until		42 kg
45	-	48 kg	42	-	44 kg
48	-	51 kg	44	-	46 kg
51	-	55 kg	46	-	49 kg
55	-	59 kg	49	-	52 kg
59	-	63 kg	52	-	55 kg
63	-	68 kg	55	-	59 kg
68	-	73 kg	59	-	63 kg
73	-	78 kg	63	-	68 kg
Over		78 kg	Over		68 kg

<b>Male</b>	<b>/</b>	<b>Sr/Vet</b>	<b>Female</b>	<b>/</b>	<b>Sr/Vet</b>
Until		54 kg	Until		46 kg
54	-	58 kg	46	-	49 kg
58	-	63 kg	49	-	53 kg
63	-	68 kg	53	-	57 kg
68	-	74 kg	57	-	62 kg
74	-	80 kg	62	-	67 kg
80	-	87 kg	67	-	73 kg
Over		87 kg	Over	-	73 kg



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**POOMSAE COMPETITION OUTLINE**

**Participants:**

Participants shall be members of clubs from the Nordic and Baltic countries, i.e. Denmark, Estonia, Faroe Islands, Finland, Iceland, Latvia, Lithuania, Norway and Sweden.

**Competition rules:**

Cadet **13-14** years old (Norwegian Sports Rule!). Born in 2011 and 2012.

Junior 15-17 years old.

Senior 18 years old (classes by -30, -40, -50, -60, -65, +65).

Age criteria in Poomsae is based on the age the contestant will have reached on December 31, 2025.

**Furthermore:** Poomsae competition rules & Interpretation in effect from Sep 30 2024 will apply.

Competition can be started directly from the semi-final round if it's necessary for the schedule.

In pair/team/mix-team categories the pair/team members can represent multiple clubs/teams/countries. In possible team/country rankings, the points are divided in the ratio of the pair/team member.

**Individual categories** Cadet (13-14), Junior (15-17), Senior -30, -40, -50, -60, -65, +65.

**Pair categories** Cadet (13-14), Junior (15-17), Senior -30, Senior +30 (1 male and 1 female).

**Group categories** Cadet (13-14), Junior (15-17), Senior -30, Senior +30 (3 males or 3 females).

**Freestyle categories:**

Division		under 17	over 17
Age		12-17	18 years old or over
Individual	m	1	1
	f	1	1
Pair		2	2
Mixed Team (Composition of 5 members including more than 2 males and 2 females)		5 (+1 substitute max.)	

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**Draw:** Draw for poomsae will be published on Sunday, January 12 2025, on the event's Facebook site.

**Start time:** Competition will start Saturday, January 25 2025 at 09:00 hrs.

**Applicable poomsae:**

<b>Age Category</b>	<b>Preliminary round</b>	<b>Semi final</b>	<b>Final</b>
Cadet (13-14)	T4-Keumgang	T4-Keumgang	T4-Keumgang
Junior (15-17)	T4-Taeback	T4-Taeback	T4-Taeback
Senior (18-29)	T6-Sipjin	T6-Sipjin	T6-Sipjin
Senior (30-39)	T6-Sipjin	T6-Sipjin	T6-Sipjin
Senior (40-49)	T8-Cheonkwon	T8-Cheonkwon	T8-Cheonkwon
Senior (50-59/60+)	Koryo-Hansu	Koryo-Hansu	Koryo-Hansu
Cadet pair/team	T4-Taeback	T4-Taeback	T4-Keumgang
Junior pair/team	T5-Pyongwon	T5-Pyongwon	T5-Pyongwon
Senior -30 pair/team	T7-Jitae	T7-Jitae	T7-Jitae
Senior +30 pair/team	T8-Cheonkwon	T8-Cheonkwon	T8-Cheonkwon