

**REPUBLIC OF IRELAND TAEKWON-DO ASSOCIATION
(R.I.T.A. Est. 1972)**

RITA IRISH OPEN 2024

SATURDAY, 23rd NOVEMBER, 2024

**Athlone International Arena, Technological University of the
Shannon: Midlands Midwest Athlone Campus, University
Road, Bunnavally, Athlone, Co. Westmeath, N37 A3W4, Ireland**





Dear Grand Masters, Masters, Instructors and Competitors,

On behalf of the R.I.T.A. Tournament Committee, I would like to invite you to the RITA Irish Open 2024, which will be hosted in the **Athlone International Arena, Technological University of the Shannon: Midlands Midwest Athlone Campus, University Road, Bunnally, Athlone, Co. Westmeath, N37 A3W4, Ireland.**

The individual events will include:

- Patterns and Sparring for all Junior, Senior, and Veteran competitors.
- Inclusive Sections available - please contact tournaments@rita-itf.org
- Special Technique will only be open to Junior and Senior competitors.
- Power will only be open to Senior and Veteran competitors.

Please note that this is a **pre-register only event**. All entries should be made using **Kihapp website no later than Friday, 15th November 2024, 11.59 pm**. Please remember that accurate information is the responsibility of the instructor, any errors cannot be amended on the day.

If you have any questions in relation to this event, please do not hesitate to contact us at tournaments@rita-itf.org.

Further details of the event and Link to the application form are available on www.rita-itf.org

Link to RITA Irish Open 2024 registration website:

<https://www.kihapp.com/tournaments/15676-rita-irish-open-2024>

It is the participants' responsibility to have full insurance coverage for all eventualities. The organising committee will not be responsible for any injury or loss for participants before, during, and after the Tournament howsoever arising.

We look forward to seeing you at the event.

RITA Tournament Committee



Please note important amendment to the Sparring rules below:

We would like to bring your attention to the following amendment to our RITA Tournament sparring rules.

Change in rules for Sparring divisions in RITA tournaments

Introduced in 2015, the ITF rule regarding **compulsory technique** for sparring will be implemented for all junior and Senior Sparring divisions in both RITA tournaments, ITF Ireland Cup and Irish Open. Please note, it will not apply to Veteran colour or black belt divisions.

The rule states as follows:

56.2.3 2 points should be deducted from a competitor's score if he or she fails to execute at least midair kick (180' or more) in each round of competition. Only the midair kick (180' or more) which are performed in time of attack and defence or while in contact with the opponent should be recognized as valid points. The midair kicks which are blindly performed in the air should not be recognized.

This rule stipulates that 2 points will be deducted if a competitor fails to execute a midair 180 kick. This will be implemented by starting all competitors with -2 points and adding back the points once the kick is executed. The centre referee will indicate that the kick has been performed to the Jury President who will cancel the point deduction if they agree that the compulsory kick has been performed.

SAFETY EQUIPMENT AND PROTECTIVE WEAR

Please note that all competitors must wear head guards as per Official ITF Rules of Competition.

We believe that by bringing our tournaments in line with International events we will further raise the standard of our competitors and events.



Tournament Details:

- Saturday 23rd November 2024
- Doors Open at 8.30am
- Umpire Meeting at 8.45am sharp
- Competition starts at 9am sharp
- Please note it is planned that all Adult, Veteran and Junior black belts will compete in the morning at 9 am and Junior, Senior and Veteran colour belt sections will commence approximately at 10:30 am.

Venue: Athlone International Arena, Technological University of the Shannon:
Midlands Midwest Athlone Campus, University Road, Bunnavally, Athlone, Co.
Westmeath, N37 A3W4, Ireland



Individual Fees:

Section	Fees
9th Kup – Juniors	€10
9th Kup – Seniors & Veterans	€15
Juniors - Colour & Black Belt	€30
Seniors – Colour & Black Belt	€35
Veterans – Colour & Black Belt	€35

Family Rates:

1. The first family member pays full price
2. The second family member is discounted by €5
3. The third family member is discounted by €5
4. Any additional family members are free

Please note this applies to immediate family members only (ie brothers/sisters/parents) which must be verified by their Instructor.

Instructors please email tournaments@rita-itf.org to receive a discount code that can be used at the checkout on Kihapp should you need one.

NB. Please note that it is the lowest price entry fees that will be waived.

Examples:

Family with 1 Adult & 2 Juniors

$$€35+€30+€30 = €95 \text{ less family Rate (€10)} = €85.$$

Family with 1 Adult & 3 Juniors (same price as above)

$$€35+€30+€30+\text{free Junior} = €95 \text{ less family Rate (€10)} = €85.$$

Family with 2 Adults & 2 Juniors

$$€35+€35+€30+\text{Free Junior} = €90 \text{ less family Rate (€10)} = €80.$$



Please complete all payments via one of below available payment methods.

If paying via bank transfer, please email a copy of the receipt or proof of payment to tournaments@rita-itf.org by **Friday, 15th November 2024**.

Payment Methods:

- **Card on Kihapp website during the registration** (Visa, Mastercard and American Express are accepted). Receipt will be issued to your email once the payment has been completed. Competitors will be automatically entered after payment has been processed.
- **EFT / Online Banking / Bank Transfer:** Fees can be transferred into the bank account details below. Please email a copy of the receipt or proof of payment to tournaments@rita-itf.org. Competitors will not be entered until the entry fees have been received.

Fees & entries must be received by Friday, 15th November 2024.

Bank Account Details are as follows:

- **Bank Name:** Permanent TSB
- **Account Name:** RITA No. 1 Account
- **Account Number:** 28279895
- **Sort Code:** 990624
- **IBAN:** IE76IPBS99062428279895
- **BIC:** IPBSIE2D
- **Please include your shopping cart number (from Kihapp) in the message / reference section and “Irish Open” where possible.**



Medals:

Patterns:	1st, 2nd, Joint 3rd
Sparring:	1st, 2nd, joint 3rd
Special Technique:	1st only
Power Test:	1st only

Awards:

Overall Junior
Overall Senior
Overall Veteran
Overall School

Age:

- 'Junior' refers to any competitor aged 17 years or under on 23/11/2024
- 'Senior' refers to any competitors aged 18 years or over on 23/11/2024



General:

- This tournament is only open to ITF style members (9th Kup to 6th Dan)
(4th Dan – 6th Dan members can wear stripes while competing)
- 9th Kup members may compete in the patterns division and special technique
- Full white TKD Dobok must be worn by all competitors
- For Sparring, approved **hand and foot pads** must be worn. Black Belts may use 10 ounce gloves if they wish to do so (10oz must be displayed on the gloves). **Mouth guards and head guards** are mandatory for all competitors, and groin guards (worn inside the Dobok) are mandatory for male competitors
- **One qualified Umpire (Age 18+) for up to and including every 10 Competitors MUST be supplied. This rule will be enforced and schools without the required amount of umpires will not be allowed to compete (Schools can share Umpires to make the numbers)**

Umpires:

- For up to and including every 10 competitors entered, you must provide one qualified **non-competing** umpire. (Example; 6 Competitors = 1 Umpire, 12 Competitors = 2 Umpires)
- **Non-RITA schools should enter their umpires through Kihapp when registering their competitors**
- A qualified umpire is a black belt, over 18 years, who has successfully completed a recognised umpire course
- Umpires must wear the approved umpire's uniform with white running shoes
- Umpires must sign in and attend the Umpires' meeting in the morning and be available to umpire for the whole day. Even if your school is only entering senior competitors. This will help to keep the whole day on schedule
- Schools whose umpires are not present at the Umpire meeting will have their competitors removed from the tournament
- For further information in relation to umpires please contact the R.I.T.A.'s Chief Umpire Master John Jacob (john.jacob@rita-itf.org)



Disputes:

Protests must be made on the official form to the Chief Umpire and be accompanied by a protest fee of €100 which will be refunded only if the protest is upheld. Any protest must be made observing the correct courtesies and protocols. Protests not made in the correct manner will not be entertained.

Competition Divisions/Sections:

Each section must consist of two or more competitors. If there is only one competitor in a section, he/she will compete in a higher or lower section as deemed appropriate.

Patterns - Colour Belts – Junior, Senior and Veteran:

- Competition will be in the form of a pyramid system.
- Competitors will be asked to perform one optional pattern of their choice. This can be any pattern from Chon-Ji to the pattern of their grade.
- In the event of a draw, competitors will be asked to perform another pattern.

Patterns – Black Belts – Junior, Senior and Veteran:

- Competition will be in the form of a pyramid system.
- Competitors will be required to perform 2 patterns, optional and designated.
 - Optional patterns must be from their Dan Patterns, **with exception of 5th and 6th Dan members, their optional pattern must be a 4th Dan Pattern.**
 - Designated patterns will be any pattern from Chon-Ji up to and including their Dan Patterns (4th Dan Patterns being the highest).

Sparring – Colour Belts:

- Children Sparring (up to 10yrs) – All bouts will be 1 X 1 minute rounds
- Junior Sparring (11-17yrs) – All bouts will be 2 X 1 minute rounds with 30 seconds in between rounds
- Senior Sparring (18yrs +) – All bouts will be 1 X 2 minute rounds
- Veteran Sparring (40yrs +) – All bouts will be 1 X 1.5 minute rounds
- All competitors **MUST** wear Head Safety Equipment
- Children sparring (up to 11yrs) will take place in a smaller ring



Sparring – Black Belts

- Junior Sparring (up to 17yrs) – All bouts will be 2 X 2 minute rounds*
- Senior Sparring (18yrs +) – All bouts will be 2 X 2 minute rounds*
- Veteran Sparring (40yrs +) – All bouts will be 2 X 1.5 minute rounds*

*Time permitting all black belt sections will be 2 rounds, Tournament Committee reserve the right to reduce this to one round until final if time constraints do not allow 2 rounds.

Power/Special Technique:

- Junior and Senior Colour and Black Belt – Special Technique
- Senior Colour, Veteran Colour and Black Belts – Power Only

Power

- White Focus Boards will be used for the Power Sections
- 3 points will be awarded for a Clean Break, and 1 point for a bent board
- ITF procedures regarding measuring, the ready position, etc., must be strictly followed
- Eliminators will take place in all sections

Special Technique

- Special Technique will operate with a minimum starting height for all techniques as the 1st round eliminator. This will then increase during each subsequent round
- Black belt competitors must successfully perform one of the designated techniques as their eliminator in order to proceed to the next stage
- ITF Procedure as regards to measuring, ready position etc must be strictly followed



Patterns

Junior Colour and Black Belt (Male and Female will compete together)

Section	Grade	Pattern
Up to 10yrs	Yellow Tag	Pattern of Choice
11 – 13yrs	Yellow Tag	Pattern of Choice
14 – 17yrs	Yellow Tag	Pattern of Choice
Up to 10yrs	Yellow Belt	Pattern of Choice
11 – 13yrs	Yellow Belt	Pattern of Choice
14 – 17yrs	Yellow Belt	Pattern of Choice
Up to 10yrs	Green Belt	Pattern of Choice
11 – 13yrs	Green Belt	Pattern of Choice
14 – 17yrs	Green Belt	Pattern of Choice
Up to 10yrs	Blue Belt	Pattern of Choice
11 – 13yrs	Blue Belt	Pattern of Choice
14 – 17yrs	Blue Belt	Pattern of Choice
Up to 10yrs	Red Belt	Pattern of Choice
11 – 13yrs	Red Belt	Pattern of Choice
14 – 17yrs	Red Belt	Pattern of Choice
Under 18 yrs	Black Belt	Optional Pattern Designated Pattern



Sparring

Junior Colour and Black Belt

Male Sections:

Section	Grade	Weight / Height
Up to 10yrs	All colour belts	-125cm
Up to 10yrs	All colour belts	126cm – 135cm
Up to 10yrs	All colour belts	136cm – 145cm
Up to 10yrs	All colour belts	+145cm
11 – 13yrs	Yellow & Green Belt	-145cm
11 – 13yrs	Yellow & Green Belt	146cm – 155cm
11 – 13yrs	Yellow & Green Belt	+155cm
11 – 13yrs	Blue & Red Belt	-145cm
11 – 13yrs	Blue & Red Belt	146cm – 155cm
11 – 13yrs	Blue & Red Belt	+155cm
14 – 17yrs	Yellow & Green Belt	-52Kgs
14 – 17yrs	Yellow & Green Belt	52kgs – 60kgs
14 – 17yrs	Yellow & Green Belt	+60kgs
14 – 17yrs	Blue & Red Belt	-52Kgs
14 – 17yrs	Blue & Red Belt	52kgs – 60kgs
14 – 17yrs	Blue & Red Belt	+60kgs
Under 18yrs	Black Belt	-60kgs
Under 18yrs	Black Belt	+60kgs



Sparring

Junior Colour and Black Belt

Female Sections:

Section	Grade	Weight / Height
Up to 10yrs	All colour belts	-125cm
Up to 10yrs	All colour belts	126cm – 135cm
Up to 10yrs	All colour belts	136cm – 145cm
Up to 10yrs	All colour belts	+145cm
11 – 13yrs	Yellow & Green Belt	-145cm
11 – 13yrs	Yellow & Green Belt	146cm – 155cm
11 – 13yrs	Yellow & Green Belt	+155cm
11 – 13yrs	Blue & Red Belt	-145cm
11 – 13yrs	Blue & Red Belt	146cm – 155cm
11 – 13yrs	Blue & Red Belt	+155cm
14 – 17yrs	Yellow & Green Belt	-53Kgs
14 – 17yrs	Yellow & Green Belt	+53kgs
14 – 17yrs	Blue & Red Belt	-53Kgs
14 – 17yrs	Blue & Red Belt	+53kgs
Under 18yrs	Black Belt	-53Kgs
Under 18yrs	Black Belt	+53kgs



Special Technique

Junior Colour and Black Belt Special Technique

Section	Grade	Technique
Up to 10yrs (Male)	All colour belts	Twimyo Nomo Yop Chagi (Flying Kick) (50x100cm)
Up to 10yrs (Female)	All colour belts	Twimyo Nomo Yop Chagi (Flying Kick) (50x90cm)
11 – 13yrs (Male) 14 – 17yrs (Male)	All colour belts	Twimyo Nopi Ap Chagi (Jump High Kick) (190cm) Twimyo Nopi Ap Chagi (Jump High Kick) (210cm)
11 – 13yrs (Female) 14 – 17yrs (Female)	All colour belts	Twimyo Nopi Ap Chagi (Jump High Kick) (180cm) Twimyo Nopi Ap Chagi (Jump High Kick) (200cm)
Up to 17yrs (Male)	Black Belts	1) Twimyo Nopi Apcha Busigi (220 cm) 2) Twimyo Dollyo Chagi (200 cm) 3) Twimyo Bandae Dollyo Chagi (200 cm) 4) Twimyo 360 Yopcha Jirugi (200 cm) 5) Twimyo Nomo Chagi (70cm x 200cm)
Up to 17yrs (Female)	Black Belts	1) Twimyo Nopi Apcha Busigi (200 cm) 2) Twimyo Dollyo Chagi (190 cm) 3) Twimyo Bandae Dollyo Chagi (190cm) 4) Twimyo 360 Yopcha Jirugi (190 cm) 5) Twimyo Nomo Chagi (70 cm X 150cm)



Patterns

Senior / Veteran Colour and Black Belt

(Male and Female will compete together, Senior & Veteran members will compete together unless otherwise stated)

Section	Grade	Pattern
18yrs +	Yellow Tag	Pattern of Choice
18yrs +	Yellow Belt	Pattern of Choice
18yrs +	Green Belt	Pattern of Choice
18yrs +	Blue Belt	Pattern of Choice
18yrs +	Red Belt	Pattern of Choice
40yrs +	All Colour Belts	Pattern of Choice
18yrs +	I & II Degree	Optional Pattern Designated Pattern
40yrs +	I & II Degree	Optional Pattern Designated Pattern
18yrs +	III, IV, V, VI Degree	Optional Pattern Designated Pattern
40yrs +	III, IV, V, VI Degree	Optional Pattern Designated Pattern



Sparring

Senior / Veteran Colour and Black Belt Sparring

Male Sections:

Section	Grade	Weight / Height
18yrs +	Yellow & Green Belt	-75kg
18yrs +	Yellow & Green Belt	+76kg
40yrs +	Yellow & Green Belt	All Weights
18yrs +	Blue & Red Belt	-75kg
18yrs +	Blue & Red Belt	+76kg
40yrs +	Blue & Red Belt	All Weights
18yrs +	Black Belt	- 66.9 kg
18yrs +	Black Belt	67 - 79.9 kg
18yrs +	Black Belt	+80 kg
40yrs +	Black Belt	All Weights

Female Sections:

Section	Grade	Weight / Height
18yrs +	Yellow & Green Belt	-65kg
18yrs +	Yellow & Green Belt	+66kg
40yrs +	Yellow & Green Belt	All Weights
18yrs +	Blue & Red Belt	-65kg
18yrs +	Blue & Red Belt	+66kg
40yrs +	Blue & Red Belt	All Weights
18yrs +	Black Belt	-65kg
18yrs +	Black Belt	+66kg
40yrs +	Black Belt	All Weights



Power Test

Senior / Veteran Colour and Black Belt Power

Male Sections

Section	Grade	Technique	Boards (White)
18yrs +	Green & Blue Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Side Piercing Kick	2 Boards
		Turning Kick	2 Boards
40yrs +	Green & Blue Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Side Piercing Kick	2 Boards
		Turning Kick	2 Boards
18yrs +	Red Belt	Punch	1 Board
		Reverse Knife Hand	1 Board
		Turning Kick	2 Boards
		Reverse Turning Kick	2 Boards
40yrs +	Red Belt	Punch	1 Board
		Reverse Knife Hand	1 Board
		Turning Kick	2 Boards
		Reverse Turning Kick	2 Boards
18yrs +	Black Belt	Punch	2 Boards
		Knife Hand	2 Boards
		Side Piercing Kick	2 Boards
		Turning Kick	2 Boards
		Reverse Turning Kick	2 Boards
40yrs +	Black Belt	Punch	2 Boards
		Knife Hand	2 Boards
		Side Piercing Kick	2 Boards
		Turning Kick	2 Boards
		Reverse Turning Kick	2 Boards



Power Test

Senior / Veteran Colour and Black Belt Power

Female Sections

Section	Grade	Technique	Boards (White)
18yrs +	Green, Blue, Red	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1 Board
		Side Piercing Kick	1 Board
40yrs +	Green, Blue, Red	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1 Board
		Side Piercing Kick	1 Board
18yrs +	Black Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1 Board
		Side Piercing Kick	1 Board
		180 Side Kick	1 Board
40yrs +	Black Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1 Board
		Side Piercing Kick	1 Board
		180 Side Kick	1 Board



Special Technique

Senior Colour and Black Belt Special Technique

Male Sections:

Section	Grade	Technique
18yrs +	All colour belts (9th Kup+)	Twimyo Nopi Ap Chagi (Jump High Kick) (200cm)
18yrs +	Black Belts	1) Twimyo Nopi Apcha Busigi (220 cm) 2) Twimyo Dollyo Chagi (200 cm) 3) Twimyo Bandae Dollyo Chagi (200 cm) 4) Twimyo 360 Yopcha Jirugi (200 cm) 5) Twimyo Nomo Chagi (70 cm x 200cm)

Female Sections:

Section	Grade	Technique
18yrs +	All colour belts (9th Kup+)	Twimyo Nopi Ap Chagi (Jump High Kick) (190cm)
18yrs +	Black Belts	1) Twimyo Nopi Apcha Busigi (200 cm) 2) Twimyo Dollyo Chagi (200 cm) 3) Twimyo Bandae Dollyo Chagi (200 cm) 4) Twimyo 360 Yopcha Jirugi (200 cm) 5) Twimyo Nomo Chagi (70 cm x 200cm)



PLEASE NOTE ALL WEIGHTS MUST BE GIVEN IN KILOGRAMS

<u>Kilograms</u>	<u>Stones</u>	<u>Kilograms</u>	<u>Stones</u>
27	4.3	72	11.3
28	4.4	74	11.7
30	4.7	78	12
32	5	80	12.6
34	5.4	82	13
36	5.7	84	13.2
38	6	88	13.8
40	6.3	90	14
42	6.6	92	14.4
44	6.9	94	14.8
46	7.2	96	15
48	7.6	98	15.4
50	7.9	100	15.7
52	8.2	101	16
54	8.6	102	16.06
56	8.9	103	16.21
58	9.3	104	16.4
60	9.5	105	16.6
62	9.8	106	16.7
64	10.1	107	16.9
66	10.4	108	17
68	10.7	109	17.2
70	11	110	17.3



PLEASE NOTE THAT ALL HEIGHTS MUST BE GIVEN IN CM's

<u>Feet/Inches</u>	<u>CM</u>	<u>Feet/Inches</u>	<u>CM</u>	<u>Feet/Inches</u>	<u>CM</u>
4 ft 0 Inches	122	5 ft 0 Inches	152	6 ft 0 Inches	182
4 ft 1 Inch	124	5 ft 1 Inch	155	6 ft 1 Inch	185
4 ft 2 Inches	127	5 ft 2 Inches	157	6 ft 2 Inches	188
4 ft 3 Inches	130	5 ft 3 Inches	160	6 ft 3 Inches	190
4 ft 4 Inches	132	5 ft 4 Inches	163	6 ft 4 Inches	193
4 ft 5 Inches	135	5 ft 5 Inches	165	6 ft 5 Inches	195
4 ft 6 Inches	137	5 ft 6 Inches	168	6 ft 6 Inches	198
4 ft 7 Inches	140	5 ft 7 Inches	170	6 ft 7 Inches	200
4 ft 8 Inches	142	5 ft 8 Inches	172	6 ft 8 Inches	203
4 ft 9 Inches	145	5 ft 9 Inches	175	6 ft 9 Inches	205
4 ft 10 Inches	147	5 ft 10 Inches	178	6 ft 10 Inches	208
4 ft 11 Inches	150	5 ft 11 Inches	180	6 ft 11 Inches	210



(Optional Form for Instructors to Collect Competitor Information for Kihapp.com
Registration)

RITA Irish Open 2024, Colour & Black Belt Tournament

**Athlone International Arena, Technological University of the Shannon:
Midlands Midwest Athlone Campus, University Road, Bunnavally, Athlone, Co.
Westmeath, N37 A3W4, Ireland.**

Saturday, November 23rd 2024

Competitor Application Form

First Name: _____ Family Name: _____

Date of Birth (DD/MM/YYYY): _____ Age: _____ Sex: _____ (Male/Female)

Taekwon-Do School: _____ Association: _____

Sections to compete:

Grade: _____ (Kup / Dan)

Patterns

Height: _____ cm

Sparring

Weight: _____ kg

Special Technique

Power

I confirm that all the information given is true and correct and I agree to abide by the tournament rules and accept the Chief Umpire's decision as final.

I confirm that I am fully insured to take part in this event and understand that the organising committee will not be responsible for any injury or loss for participants before, during, and after the Tournament howsoever arising.

I confirm that I can be given Medical/First Aid treatment if required and that I may be photographed and videoed at the event which may be used for Taekwon-Do promotional purposes.

Signature: _____ (If under 18 Years Parents or Guardians signature)

Please return to your instructor to have your name included on the application form.

Fees:

9th Kup – Juniors : €10

Juniors - Colour & Black Belt : €30

9th Kup – Seniors : €15

Seniors – Colour & Black Belt : €35

Veterans – Colour & Black Belt : €35



ACCOMODATION OPTIONS

[Creggan Court Hotel](#)

[Arch House B&B and Apartments](#)

[Radisson Blu Hotel, Athlone](#)

[Bastion B&B](#)

[Sheraton Athlone Hotel](#)

[Athlone Springs Hotel](#)

[Hodson Bay Hotel](#)

[Shines Guesthouse](#)

HOW TO ARRIVE

Nearest airports to Athlone

Dublin (129 km)

Shannon (142 km)

Cork (214 km)

Ireland West Airport Knock (103 km)

Buses from Dublin

Bus 720 (leaves from Dublin Airport Zone 11)

Bus 763 (leaves from Dublin Airport Zone 11) - towards Galway Coach Station