



# “Lithuania Open 2023” International Taekwondo Tournament



**Date:** 25/03/2023

**Venue:** Vilnius culture, entertainment and sports palace

**Address:** Žirmūnų g. 1E, Vilnius, Lithuania

**Organizer:** Lithuanian Taekwondo Federation

+370 670 217 01, [taekwondolt@yahoo.com](mailto:taekwondolt@yahoo.com), [www.taekwondo.lt](http://www.taekwondo.lt)

**Deadline:** 22/03/2023 (or 200 contestant limit)

**Registration:** [TPSS](#) (TaekoPlan Subscription Site)

**Official Hotel:** ibis Vilnius Centre (Rinktinės g. 18, Vilnius, Lithuania) - 33€ person/night (3 stars) with breakfast, free Wi-Fi, perfect location (900m from the venue). All rooms are twin rooms.

**Please do accommodation reservations as soon as possible by e-mail.**

**Hotel reservation deadline:** 15/03/2023

**Hotel reservation requests:** [taekwondolt@yahoo.com](mailto:taekwondolt@yahoo.com)

**Competition starts:** 10:00

**Registration and weigh-in:**

24/03/2023 – Friday 20:00 - 21:00 in the official hotel

25/03/2023 – Saturday 8:00 - 9:00 in the venue (contestants not matching their weight will be disqualified)

**Rules:** WT, LTF

Cadets, Juniors and Seniors will use electronic headgear and video replay will be provided.

**Awards:** 1<sup>st</sup>, 2<sup>nd</sup> and two 3<sup>rd</sup> places, 3 best teams and the best contestant.

**Entry fee:** Regular – 35 €. Competing in two categories – 60 €.

Weight change during registration – 15 €.

For contestants without a MNA license – extra 35 €.

**Categories:**

Class B – without head contact

Class A – with head contact

Age Category	Rounds	Sex	Weight (kg.)
Small Kids (2015-2016) Class B only	3 x 1min (30sec break)	Male and Female	-22, -24, -27, -30, -33, -36, -40, -44, -48, +48
Kids (2012-2014) Class A and B	3 x 1min (30sec break)		
Cadets (2009-2011) Class A and B	3 x 1.5min (45sec break)	Male	-33, -37, -41, -45, -49, -53, -57, -61, -65, +65
		Female	-29, -33, -37, -41, -44, -47, -51, -55, -59, +59
Juniors (2006-2008) Class A only	3 x 1.5min (45sec break)	Male	-48, -55, -63, -73, +73
		Female	-44, -49, -55, -63, +63
Seniors (2006+) Class A only	3 x 1.5min (45sec break)	Male	-58, -68, -80, +80
		Female	-49, -57, -67, +67

Categories with less than 2 contestants will be merged with the closest upper category if possible.

Participants must have an insurance and consent of their parents (under 18). All competitors are considered to participate at their own risk. LTF assume no responsibility for any damages, injuries or losses.

Participants have to be members of taekwondo clubs practicing kyorugi by WT rules.

WT approved headgear, groin, forearm and shin protectors, gloves and mouth guard must be brought by the contestants, which is compulsory. Contestants fight in DaeDo EBP and need to wear sensor socks. Electronic body protectors and headgear will be provided by LTF.

Referees are welcome. International referee will get 35€, 1 night accommodation in the official hotel and a meal during the competition day.