



3rd Mt. Everest
Int'l Open Taekwondo Championships 2022 G-2
23rd - 25th Sept, 2022

1. **Sanctioned by** World Taekwondo (WT)
2. **Promoted by** ATU
3. **Organized by** Nepal Taekwondo Association
Satdobato, Lalitpur, Nepal
Contact no.: (+977-1) 5543552 / 5551613
E-mail: nta.int@outlook.com
Website: www.taekwondonepal.org.np
4. **Co - Organizer** International Nepalese Taekwondo Association (INTA)
5. **Host Province** Gandaki Province Taekwondo Association
Contact no.: (+977) 9841376005 / 9856022707
E-mail: info@3rdmounteveresttaekwondo.org.np
registration@3rdmounteveresttaekwondo.org.np
Website: www.3rdmounteveresttaekwondo.org.np
6. **Competition Venue** Multipurpose Covered Hall, Pokhara Stadium, Pokhara, Nepal
7. **Competition Date:**

Junior Kyorugi Competition	23 rd September, 2022
Senior Kyorugi Competition	24 th & 25 th September, 2022

8. Competition Rules

- a. WT COMPETITION RULES of Kyorugi will be applied.

9. ANTI-DOPING TEST

- a. Any use or administration of drugs or chemical substances described in the WADA Prohibited Lists. The WADA Anti-doping Code shall be applied. The Organizing Committee shall be responsible for making all necessary preparations for conducting doping tests.
- b. The details of the WT Anti-Doping Rules shall be enacted as part of the by-laws.



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10. COVID Protocols

- a. All the participating officials and athletes should have COVID -19 full vaccinated cards along with negative tested PCR report.
- b. Please visit the following link for CCMCC Form.
<https://www.ccmc.gov.np>

11. Classification of Competition

- a. Single elimination tournament system.

12. Age Limitation

- a. Juniors 15 years up to 17 (1st January 2005 and 31st Dec.2007)
- b. Seniors 17 years and over (31st Dec 2005 and before)

13. Weight Categories

Senior Male	-54kg, -58kg, -63kg, -68kg, -74kg, -80kg, -87kg, +87kg
Senior Female	-46kg, -49kg, -53kg, -57kg, -62kg, -67kg, -73kg, +73kg
Junior Male	-45kg, -48kg, -51kg, -55kg, -59kg, -63kg, -68kg, -73kg
Junior Female	-42kg, -44kg, -46kg, -49kg, -52kg, -55kg, -59kg, -63kg

14. Protective Equipment & Uniform:

- a. The participants shall wear the WT recognized Taekwondo Uniform (Dobok).
- b. Daedo GEN 2 PSS System will be used.
- c. Organizing Committee will provide the E-Trunk Protector and E-Head Guard during the competition.
- d. Participating athletes are responsible for sensor socks (Daedo G-2), groin guard, arm/shin guard, hand gloves and tooth guard.
- e. White or transparent tooth guard will be considering for the competition.

15. WT Global License & Online Registration:

- a. Registration can be done only through the World Taekwondo Event Registration system
<https://worldtkd.simplycompete.com>
- b. All Athletes, Team officials, Medical Team and Head of Team must FIRST be registered with a WT Global Athlete Licence (GAL) or Global Official Licence (GOL) the valid WT Global License (GAL/GOL) is required for the registration. It is



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notify to all the senior participants to apply your GAL immediately through MNA National Association before registration.

- i. Copy of Passport or National ID Card.
- ii. Copy of Dan Certificate.

16. Registration fees:

- a. The Athlete and Participating official shall pay registration fee to the Organizing Committee by bank transfer. All bank transfer shall be paid to the following:

Account Name	3rd Mount Everest International Open Taekwondo Championships
Name of the Bank	Machhapuchchhre Bank Limited
Account Number	0050991376000015
Bank Address	Pokhara, Nepal
Swift Code	MBLNNPKA



QR Payment for Nepalese

OR

Account Name	3rd Mount Everest International Open Taekwondo Championships
Name of the Bank	Nepal SBI Bank Limited
Account Number	18925240200569
Bank Address	Pokhara, Newroad
Swift Code	NSBINPKA

- b. Early Bird Discounted Registration Fees:

The following registration fee will be applicable for all the participants who register their name before **25th Aug, 2022** in Korea Local Time 06:00 p.m.



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- Senior Kyorugi - USD 60 per athlete
- Junior Kyorugi - USD 40 per athlete

c. Regular Registration:

The following registration fee will be applicable for all the participants who register their name before **8th Sep, 2022** in Korea Local Time 06:00 p.m.

- Senior Kyorugi - USD 80 per athlete
- Junior Kyorugi - USD 50 per athlete

d. On-site Registration:

There is **NO ON-SITE REGISTRATION** in the venue.

e. All registration fees will not be reimbursed under any circumstances.

Note: Payment Voucher should be submitted to O/C via email before 15th Sept, 2022.

17. International Referee

- a. Required Referee officials shall be appointed as per WT Referee Regulation
- b. Referee officials must have valid IR Licenses.

18. CONDITION FOR PARTICIPATION:

- a. All the participants are responsible for ROOM CHARGE, DAILY MEAL and to and from AIR FARE or any means of transportation from their respective county or place of origin in course of participation.
- b. Organizing Committee strongly recommend to all the participants must stay at the designated official hotels for the security reason however, O/C will not be responsible for any incident occurs if any participants stay outside on their own risk.
- c. O/C will provide the pick-up and drop off facilities only for those participants staying at designated official hotels.
- d. O/C has arranged the regular shuttle bus services for every half an hour interval (hotel/city area/venue) throughout the day from 7 a.m. to 6 p.m. from 23rd - 25th September for the participants staying at designated official hotel.



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- e. O/C will issue the shuttle Bus Pass for participants staying at the designated official hotels.
- f. Above all the conditions are applicable for Observers and families friends who accompanied with the participating team or individuals participants.

19. Coach Eligibility Requirements

- a. Holder of WT Coach License Level I. Holder of a valid 2022 WT Global Official License

20. Training Space

- a. Space shall be provided for training purpose for the participant athletes.
- b. The protective equipment for training should be managed by participants themselves.

21. Competition Schedule

Date	Time	Program	Event
21 st September	08:00-16:00	Arrival Participant Team and Referees	Registration
		Participant Team Practice	Individual Team Training
22 nd September	9:00 - 16:00	Arrival Participant Team and Referees Officials	Registration
		Participant Team Practice	Individual Team Training
	09:00-16:00	Referee Meeting & Training	Junior Kyorugi
22 nd September	8:00 – 11:00	Referee Meeting & Training	Senior Kyorugi
	11:00-13:00	Managers' Meeting	Kyorugi
	13:00-16:00	Drawing Lots	Kyorugi



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	8:00 – 18:00	Weigh-In	Junior Men's Under 45kg/48kg/51kg/55kg/59kg/63kg/68kg/ 73kg Junior Women's Under 42kg/44kg/46kg/49kg/52kg/55kg/59kg/63kg
23 rd September	8:00 -18:00	Weigh-In	Men's- Under 54kg/68kg/74kg/Over 87kg Women's - Under 46Kg/57kg/62kg/ Over 73 kg
	9:00 – 13:00	Competition	Junior Men's Under 45kg/48kg/51kg/55kg/59kg/63kg/68kg/ 73kg Junior Women's Under 42kg/44kg/46kg/49kg/52kg/55kg/59kg/ 63kg
	TBC	Opening Ceremony	3 rd Mount Everest International Open Taekwondo Championship WT G-2 2022
	13:00 – 14:00	Lunch Break	
	14:00 – 16:00	Semi-finals & Finals Bouts	Junior Gyorugy Male/Female
	16:00 – 18:00	Medal Distribution Ceremony	Junior Gyorugy Male/Female
24 th September	8:00 - 10:00	Weigh-In	Men's - Under 58kg/63kg/80kg/87kg Women's - Under 49kg/53kg /67kg/73 kg
	9:00 - 13:00	Competition (Senior Kyorugi)	Men's- Under 54kg/68kg/74kg/Over 87kg Women's - Under 46 Kg/57kg/62kg/Over 73 kg
	13:00 - 14:00	Lunch Break	
	14:00 - 16:00	Semi-finals & Finals Bouts	Senior Kyorugi
	16:00 - 18:00	Medal Distribution Ceremony	Senior Kyorugi
25 th September	8:00 - 13:00	Competition	Men's - Under 58kg/63kg/80kg/87kg Women's - Under 49kg/53kg /67kg/ 73 kg



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13:00 - 14:00	Lunch Break	
14:00 - 16:00	Semi-finals & Finals Bouts	Senior Kyorugi
16:00- 18:00	Closing Ceremony & Medal Distribution	Senior Kyorugi

Note: The above competition schedule can be changed with prior notice.

22. Visa

a. On Arrival Visa

On arrival Visa is available to all the participants except the holder of passport of following countries listed below. Below in listed countries must apply visa to the Nepal Embassy in their respective country.

b. On arrival visa is not available for following countries:

Nigeria, Ghana, Zimbabwe, Swaziland, Cameroon, Somalia, Liberia, Ethiopia, Iraq, Palestine, Afghanistan, Syria and Refugees with Travel Documents.

c. Please visit the following link for visa application:

<http://www.nepalimmigration.gov.np/page/visa-on-arrival>

23. Weather Information

The temperatures of Pokhara in September are comfortable with low of 15°C and high up to 22°C. We can expect rain for roughly half of the month of September in Pokhara. We're expecting roughly 8 to 15 days of rain, so your rubber boots and umbrella are going to see plenty of use this month if you're keen on staying dry.

(Source: <https://www.weather25.com>)

24. Currency and Exchange Information

The Nepalese rupee (ISO code NPR) is the official currency of Nepal. It is subdivided into 100 paisa. The most commonly used symbol of the Rupee is Rs or Rs. The issuance of the currency is controlled by the Nepal Rastra Bank, the central bank of Nepal.

Please visit the following link for currency and exchange information:

<https://www.nrb.org.np/forex>

24. Accommodation

All the room registration must be done through:

registration@3rdmouteveresttaekwondo.org.np