

1. Organized by Nepal Taekwondo Association and GCS Nepal Chapter
Contact no.: (+977-1) 5543552 / 5551613
(+977) 9841351944 (WhatsApp and Viber)
E-mail: nta.int@outlook.com

2. Local Organizer Gandaki Province Taekwondo Association
Contact no.: (+977) 9841376005 / 9856022707
E-mail: info@3rdmounteveresttaekwondo.org.np
registration@3rdmounteveresttaekwondo.org.np
Website: www.3rdmounteveresttaekwondo.org.np

3. Competition Venue Multi Sports Hall, Sports Complex, Pokhara, Nepal

4. Competition Date:

Poomsae Competition	22 September 2022
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5. Competition Rules

a. The WT Poomsae Competition Rules shall be applied.

6. COVID Protocols

- All the participating officials and athletes should have COVID -19 full vaccinated cards.
- If not fully vaccinated, all the participating officials and athletes should have negative tested PCR report.
- Please visit the following link for CCMC Form.
<https://www.ccmc.gov.np>

7. Classification of Competition

- Poomsae contestant may compete more than one categories of competition unless he or she limited by the gender or age.
- Cut off System for Poomsae Competition shall apply.

8. Recognized Poomsae

Competition	Division	Compulsory Poomsae
INDIVIDUAL	9 – 12 years	Taegeuk 4,5,6
	12 – 14 years	Taegeuk 6, 8 Koryo
	14 – 18 years	Taegeuk 7, Koryo, Geumgang
	18 – 30 years	Taebaek, Pyongwon, Shipjin
	30 – 40 years	Taebaek, Pyongwon, Shipjin
	40 & above	Pyongwon, Shipjin, Jitae
PAIR	9 – 12 years	Taegeuk 4, 5, 6
	12 – 14 years	Taegeuk 6, 8 Koryo
	14 – 18 years	Taegeuk 7, Koryo, Geumgang
	18 – 30 years	Taebaek, Pyongwon, Shipjin
	30 – 40 years	Taebaek, Pyongwon, Shipjin
	40 & above	Pyongwon, Shipjin, Jitae
TEAM	9 – 12 years	Taegeuk 4, 5, 6
	12 – 14 years	Taegeuk 6, 8 Koryo
	14 – 18 years	Taegeuk 7, Koryo, Geumgang
	18 – 30 years	Taebaek, Pyongwon, Shipjin
	30 & above	Taebaek, Pyongwon, Shipjin, Jitae

9. Registration:

On-site registration

10. Poomsae Registration fees:

- | | |
|-----------------------|--------|
| a. Individual Poomsae | USD 30 |
| b. Pair Poomsae | USD 50 |
| c. Team Poomsae | USD 70 |

11. International Referee

- Required Referee officials shall be appointed as per WT Referee Regulation.
- Referee officials must be Holders of valid IR Certificate/Licenses registered by the World Taekwondo.

12. CONDITION FOR PARTICIPATION:

- 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 in course of participation.
- 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 participants stay outside on their own risk.
- O/C will provide the pick-up and drop off facilities only for those participants staying at designated official hotels.
- Shuttle bus services are available for every half an hour interval (hotel/city area/venue) throughout the day from 7 a.m. to 6 p.m. from 20th - 25th September for the participants staying at designated official hotel.
- O/C will issue an separate Bus Pass for participants staying at the designated official hotels.
- Above all the conditions are applicable for Observers and families friends who accompanied with the participating team or individuals participants.

13. Training Space

- Training space shall be provided for each participating country.

14. Competition Schedule

Date	Time	Program	Event
20-21 September	08:00 - 16:00	Participant Team, Officials & Referees Arrival	On-site Registration
21 September	8:00 – 11:00	Referee Meeting & Training	
	11:00 – 13:00	Managers' Meeting	
22 September	9:00 – 13:00	Competition	Individual / Pair / Team Poomsae
	13:00 – 14:00	Lunch Break	
	14:00 – 16:00	Semi-finals & Finals Bouts	
	16:00 – 18:00	Medal Distribution Ceremony	

Note: The above competition schedule may change with prior notice.

15. Visa

a. Visa On Arrival

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 for Visa Application on:

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

16. Accommodation

Please contact registration@3rdmounteveresttaekwondo.org.np

17. Bank Account Details

a.

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 Code Payment for Nepalese

b.

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

Registration Form

Individual Poomsae

Taekwondo Federation/ Club: _____

Country: _____

9-12 Years

S.N	Name	Male	Female	DOB
1				
2				
3				

12-14 Years

S.N	Name	Male	Female	DOB
1				
2				
3				

14-18 Years

S.N	Name	Male	Female	DOB
1				
2				
3				

18-30 Years

S.N	Name	Male	Female	DOB
1				
2				
3				

30-40 Years

S.N	Name	Male	Female	DOB
1				
2				
3				

40 Years & Above

S.N	Name	Male	Female	DOB
1				
2				
3				

Team Manager
Name:

Team Coach
Name:

Pair Poomsae

Taekwondo Federation/ Club: _____

Country: _____

9-12 years

S.N	Name	Male	Female	DOB
1				
2				

12-14 Years

S.N	Name	Male	Female	DOB
1				
2				

14-18 Years

S.N	Name	Male	Female	DOB
1				
2				

18-30 Years

S.N	Name	Male	Female	DOB
1				
2				

30-40 Years

S.N	Name	Male	Female	DOB
1				
2				

40 Years & Above

S.N	Name	Male	Female	DOB
1				
2				

Team Manager
Name:

Team Coach
Name:

Team Poomsae

Taekwondo Federation/ Club: _____

Country: _____

9-12 Years

S.N	Name	Male	Female	DOB
1				
2				
3				

12- 14 Years

S.N	Name	Male	Female	DOB
1				
2				
3				

14-18 Years

S.N	Name	Male	Female	DOB
1				
2				
3				

18-30 Years

S.N	Name	Male	Female	DOB
1				
2				
3				

30-40 Years

S.N	Name	Male	Female	DOB
1				
2				
3				

40 Years & Above

S.N	Name	Male	Female	DOB
1				
2				
3				

Team Manager
Name:

Team Coach
Name:

Head of Team Details:

Designation	Name	Contact No.	E-mail ID
Head of Team			
Team Manager			
Team Coach			

Arrival Information

1	Date of Arrival to Nepal	
2	Flight No.	
3	Airlines	
4	Time of Arrival	
5	Number of the Person	

Departure Information

1	Date of Departure from Nepal	
2	Flight No.	
3	Airlines	
4	Time of Departure	
5	Number of the Person	