

HOLLANDCUP.NET

ITF TAEKWON-DO

INVITATION

We would like to invite you to the 14th edition of the Holland Cup. Last year, we had 700 entries, from 60 clubs, representing 10 different nations. For years the Holland Cup has been well known as one of the best-organized international ITF Taekwon-Do tournaments with a high-quality, large, and diverse field of competitors.

Black belt competitors* will compete in the Black Belt League. Through the league system, competitors will have as much time on the tatami as possible against different opponents. This means: more rounds, more tatami time, and more experience!

Competitors in the colour belt categories can participate in the Chon-Ji challenge. Participants in the same pool will all perform Chon-Ji, regardless of their grade.

Register on time to take advantage of the early bird discount and be part of the Holland Cup 2024!

**The Black Belt League isn't available for youth competitors. Competitors may register from the age of 7.*

ORGANIZING TEAM

Organisation:

Tim Kool VI, Corine Kool III,
Sonja Meijler I

Main umpire:

Rory de Vries VI

(social)media:

Bo Rook III, TKD Tekkers

FTW-EVENTS



TOURNAMENT DETAILS

Date:	June 1st, 2024
Sports hall:	Sports hall 'De Viergang'
Address:	Sportlaan 1b, Pijnacker
Doors open:	08:00
Registration:	08:00 - 08:45 <i>In the entrance hall</i>
Height check youth/ weigh-in junior/senior/veteran	08:00 - 08:45 <i>In dressing room 2. Access from the sports hall</i>
Umpire meeting:	08:30 - 08:45
Coach meeting:	08:45 - 09:00
Opening:	09:15
Extra weigh-in senior/veteran	11.00 - 11.30 <i>for competitors that only compete in the sparring category. The extra weigh-in will take place next to the main jury table.</i>

There will be a registration session with height check/weigh-in on the Friday evening before the competition. Times and location will be announced later.

GRADE CLASSES

To keep the pools organized, we divide the various grades into classes. Below, you can see which grade corresponds to each class.

Class	Grade
D-class	10th kup - 8th kup <i>white belt - yellow belt</i>
C-class	7th kup - 5th kup <i>green stripe - blue stripe</i>
B-class	4th kup - 1st kup <i>blue belt - black stripe</i>
A-class	1st dan and above <i>black belt and above</i>

AGE CLASSES

We separate the various age classes into youth, pre-junior, junior, senior, and veteran. Below, you can see the age boundaries for the different classes.

Class	Age
Youth	6 years - 11 years
Pre-junior	12 years - 13 years
Junior	14 years - 17 years
Senior	18 years - 34 years
Veteran	35+ years

SPARRING CATEGORIES

Age class	Gender	Grade class	Division
Youth	Girls	D-/C-/B-class	-130cm, -140cm, -150cm, -165cm, +165cm
Youth	Girls	A-class	-145cm, -160cm, +160cm
Youth	Boys	D-/C-/B-class	-130cm, -140cm, -150cm, -165cm, +165cm
Youth	Boys	A-class	-145cm, -165cm, +165cm
Pre-junior	Females	D-/C-/B-class	-40kg, -50kg, -60kg, +60kg
Pre-junior	Females	A-class	-40kg, -44kg, -48kg, -52kg, -56kg, -60kg, +60kg
Pre-junior	Males	D-/C-/B-class	-45kg, -55kg, -65kg, +65kg
Pre-junior	Males	A-class	-40kg, -45kg, -50kg, -55kg, -60kg, -65kg, +65kg
Junior	Females	D-/C-/B-class	-45kg, -55kg, -65kg, +65kg
Junior	Females	A-class	-45kg, -49kg, -53kg, -57kg, -61kg, -65kg, +65kg
Junior	Males	D-/C-/B-class	-55kg, -65kg, -75kg, +75kg
Junior	Males	A-class	-50kg, -55kg, -60kg, -65kg, -70kg, -75kg, +75kg
Senior	Females	D-/C-/B-class	-55kg, -65kg, -75kg, +75kg
Senior	Females	A-class	-50kg, -55kg, -60kg, -65kg, -70kg, -75kg, +75kg
Senior	Males	D-/C-/B-class	-65kg, -75kg, -85kg, +85kg
Senior	Males	A-class	-57kg, -63kg, -69kg, -75kg, -81kg, -87kg, +87kg
Veteran	Females	D-class & C-class	-62kg, +62kg
Veteran	Females	B-class & A-class	-62kg, +62kg
Veteran	Males	D-class & C-class	-70kg, +70kg
Veteran	Males	B-class & A-class	-70kg, +70kg

Comments

Adjusting divisions:	The organization reserves the right to merge/split divisions in all categories based on the number of registrations.
Length allowance:	An allowance of 1.5 cm is applied relative to both the upper and lower limits of the division.
Weight allowance:	An allowance of 2 kg is applied relative to both the upper and lower limits of the division.
Changes:	Due to the bigger allowance, changes after the deadline listed in the 'Important Dates' overview are <u>not</u> possible.
More information:	For more information about the categories or rules, we refer to the Holland Cup rule set, which can be found at www.hollandcup.net .

PATTERN CATEGORIES

Age class	Gender	Divisions		
Youth	Girls	10 th kup	-	9 th kup
		8 th kup	-	7 th kup
		6 th kup	-	5 th kup
		4 th kup	-	1 st kup
		1 st dan	&	2 nd dan

Age class	Gender	Divisions		
Youth	Boys	10 th kup	-	9 th kup
		8 th kup	-	7 th kup
		6 th kup	-	5 th kup
		4 th kup	-	1 st kup
		1 st dan	&	2 nd dan

Pre-junior	Females	10 th kup	-	8 th kup
		7 th kup	-	5 th kup
		4 th kup	-	1 st kup
		1 st dan		
		2 nd dan	&	3 rd dan

Pre-junior	Males	10 th kup	-	8 th kup
		7 th kup	-	5 th kup
		4 th kup	-	1 st kup
		1 st dan		
		2 nd dan	&	3 rd dan

Junior	Females	10 th kup	-	8 th kup
		7 th kup	-	5 th kup
		4 th kup	-	1 st kup
		1 st dan		
		2 nd dan	&	3 rd dan

Junior	Males	10 th kup	-	8 th kup
		7 th kup	-	5 th kup
		4 th kup	-	1 st kup
		1 st dan		
		2 nd dan	&	3 rd dan

Senior & Veteran	Females	10 th kup	-	8 th kup
		7 th kup	-	5 th kup
		4 th kup	-	1 st kup
		1 st dan		
		2 nd dan		
		3 rd dan		
		4 th dan and above		

Senior & Veteran	Males	10 th kup	-	8 th kup
		7 th kup	-	5 th kup
		4 th kup	-	1 st kup
		1 st dan		
		2 nd dan		
		3 rd dan		
		4 th dan and above		

Comments

Adjusting divisions:	The organization reserves the right to merge/split divisions in all categories based on the number of registrations.
Changes:	Due to the bigger allowance, changes after the deadline listed in the 'Important Dates' overview are <u>not</u> possible.
Veteranen:	There is no separate pattern division for veterans.
Performance:	Competitors will perform their pattern at the same time side by side.
More information:	For more information about the categories or rules, we refer to the Holland Cup rule set, which can be found at www.hollandcup.net .

CHON-JI CHALLENGE

Information

The Chon-Ji Challenge is a true test of skill. Competitors in the same division will all perform Chon-Ji regardless of their grade or gender.

Grade & Age classes	Tournament format	Awards
C- & D-class youth, girls & boys	single-elimination	1 st place trophy
B- & A-class youth, girls, & boys	single-elimination	1 st place trophy
B- & C- & D-class pre-junior & junior, female & male	single-elimination	1 st place trophy
B- & C- & D-class senior & veteran, female & male	single-elimination	1 st place trophy

ROUNDS & TOURNAMENT FORMAT

Sparring

Grade & Age classes	Number of rounds	Round format	Tournament format	Comments
C-/D-class youth	1	1,5 minutes	single-elimination	point fight
A-/B-class youth	1	1,5 minutes	single-elimination	continuous fight system
C-/D-class pre-junior/junior/senior/veteran	1	2 minutes	single-elimination	point fight
B-class pre-junior/junior/senior/veteran	1	2 minutes	single-elimination	continuous fight system
A-class pre-junior/junior/senior/veteran	1	2 minutes	league system	continuous fight system

Pattern

Grade & Age classes	Number of rounds	Pattern selection	Tournament format	Comments
B-/C-/D-class youth/pre-junior/junior/senior	1	designated	single-elimination	excluding the pattern for the new grade
A-class youth	1	designated	single-elimination	selected from the 3 highest pattern
A-class pre-junior/junior/senior	1	designated	league system	selected from the 3 highest pattern

REGISTRATION FEES

Age class	Grade class	Categories	Tournament format	Awards	Early bird	Regular fee
Youth	A-/B-/C-/D-class	Sparring, Pattern, Chon-Ji challenge	Single-elimination	Medal gold/zilver/bronze	€ 35,=	€ 40,=
(pre-)junior/ senior/veteran	B-/C-/D-class	Sparring, Pattern, Chon-Ji challenge	Single-elimination	Medal gold/zilver/bronze	€ 35,=	€ 40,=
(pre-)junior/ senior/veteran	A-class	Sparring, Pattern	League system	Medal gold/zilver/bronze + winner custom made wooden shoe trophy	€ 45,=	€ 50,=

Comments

Number of categories:	The registration fee remains the same regardless of the number of categories.
Early bird conditions:	The early bird rates apply when registration <u>and</u> payment are completed before the deadline mentioned in the 'Important Dates' section.
Entertainment:	All participants will have access to the 360cam and the Photobooth.

SPECTATORS

Stands access

0 - 10 years	Free entrance
10+ jaar	€ 5,= p.p.

Sports hall access

0 - 10 years	€ 5,= p.p.
10+ years	€ 10,= p.p.

Excluding access to the competition area

UMPIRES

For foreign clubs/schools that register more than 5 competitors it is mandatory to register at least one umpire. Having a diverse and high-quality team of referees enables the Holland Cup to remain impartial.

Number of competitors	Number of umpires
5+ competitors	1 umpire
Gyms with less than 6 competitors are strongly encouraged to register an umpire/umpires as well.	

Comments

Dresscode:	Navy blue pants, white shirt, navy blue tie, white socks, white sneakers.
Minimum age:	16 years
Registration:	Via Sportdata at www.sportdata.org .
Requirement relates to:	Participating clubs/schools from outside the Netherlands & Belgium.
Compensation missing umpire:	€ 75,= <i>For each missing, absent (without appropriate replacement), late arriving, or early departing referee, the fee will be deducted afterward.</i>

COACHES

Each club/school may register coaches according to the table below.

Number of competitors	Number of coaches
1 - 5 competitors	2 coach ID cards
6 - 10 competitors	3 coach ID cards
10+ competitors	4 coach ID cards

Comments

Dress code:	Tracksuit, sneakers en towel
Minimum age:	16 years
Registration:	Via Sportdata at www.sportdata.org .
Cost extra coach ID card:	€ 10,= per ID card

IMPORTANT DATES

Action	Date	Description
Opening registration	<u>April 1st, 2024</u>	Opening registration Sportdata at www.sportdata.org > ITF Events > Holland Cup.
Deadline registrations early bird discount	<u>30th april 2024</u>	The early bird discount is valid when registration is completed before 23:59 and payment is received.
Opening pre-sale Holland Cup T-shirts	<u>May 1st, 2024</u>	Official Holland Cup T-shirts can be pre-ordered at www.sstk-shop.nl . Your order can then be collected at the Holland Cup store on the day of competition after 09:30.
Deadline registration	<u>May 19th, 2024</u>	Registration closes 23:59.
Deadline pre-order Holland Cup T-shirts	<u>May 19th, 2024</u>	The pre-sale for the official Holland Cup T-shirts ends. T-shirts are still available for purchase in limited numbers at the regular price on the competition day at the Holland Cup store.
Deadline changes	<u>May 22nd, 2024</u>	Changes in Sportdata can be made until 23:59.
Deadline payments	<u>May 23rd, 2024</u>	Payments for participation at the Holland Cup must be received by 23:59 on the account of FTW Events If there are any problems regarding international payments or really high transfer costs, please contact hollandcup@ftw-events.nl so we can find a solution.
Holland Cup	<u>June 1st, 2024</u>	Holland Cup competition day!



ADDITIONAL INFORMATION

Registratie Sportdata:	Only clubs/schools can register participants on www.sportdata.org >ITF Events > Holland Cup. Individual registrations are not accepted. Please contact hollandcup@ftw-events.nl if you are the only participant from your club/school who wishes to participate in the Holland Cup.		
Declaration of consent and privacy:	All participants must submit a signed “Declaration of Consent and Privacy” form prior to the height check/weigh-in. You can download this form from the Holland Cup page on Sportdata under the ‘Download’ section.		
Dobok requirements:	Participants are only allowed to wear a white dobok from any brand. No other colors are allowed. The ITF clothing regulations for 1st to 3rd dan dobok and 4th to 6th dan dobok must be adhered to. The organizing committee must approve all sponsors before the start of the tournament.		
Dress code registration:	All competitors must wear dobok trousers and a T-shirt to the height check/weight-in.		
Sparring equipment:	Mandatory	Hand-/foot protectors	All colors are allowed. Gloves must be closed. Boxing gloves are <u>not</u> allowed.
	Mandatory	Head guard	Vision must not be limited by the head protector.
	Mandatory	Mouth guard	Mouth guard must be transparent.
	Mandatory	Groin protector	For male competitors, to be worn under the dobok pants.
	Allowed	Shin protectors	Made of soft material.
	Allowed	Chest protectors	For female competitors, to be worn under the dobok jacket.
	Allowed	Groin protector	For female competitors, to be worn under the dobok pants.
Tournament rules:	The tournament rules, applicable to the Holland Cup, can be downloaded at www.hollandcup.net . In case of ambiguity, the decision of the main umpire will be final.		
Liability:	Each participant/school owner is responsible for participating in this tournament without physical or mental limitations or medical indications. The organizer is not liable for damage/injury incurred during the tournament as a result of careless behavior. If the organizer is liable due to culpable behavior, the liability does not exceed the maximum of the liability insurance taken out by Sportschool Tim Kool.		
Press- & promotional material:	Promotional material (e.g. banners, flags) is strictly reserved for the organizing school. Other promotional material is not allowed. Coaches, staff of the Holland Cup and people with the correct accreditation are exclusively allowed to film/photograph on the competition area. Competitors can only film/photograph behind the fences. Photographs made by the Holland Cup staff can be found after the tournament on the official “Holland Cup” Facebook page.		
Bank details:	Company name:	FTW Events	
	IBAN:	IBAN: NL91 INGB 0009 0464 45	
	Reference:	Club-/school name	
	BIC/Swift number:	INGBNL2A	
	ING bank address:	ING Bank N.V. Foreign Operations PO Box 1800 1000 BV Amsterdam	
Contact:	For questions please contact us at: hollandcup@ftw-events.nl .		

SPORTS HALL 'DE VIERGANG'

Information

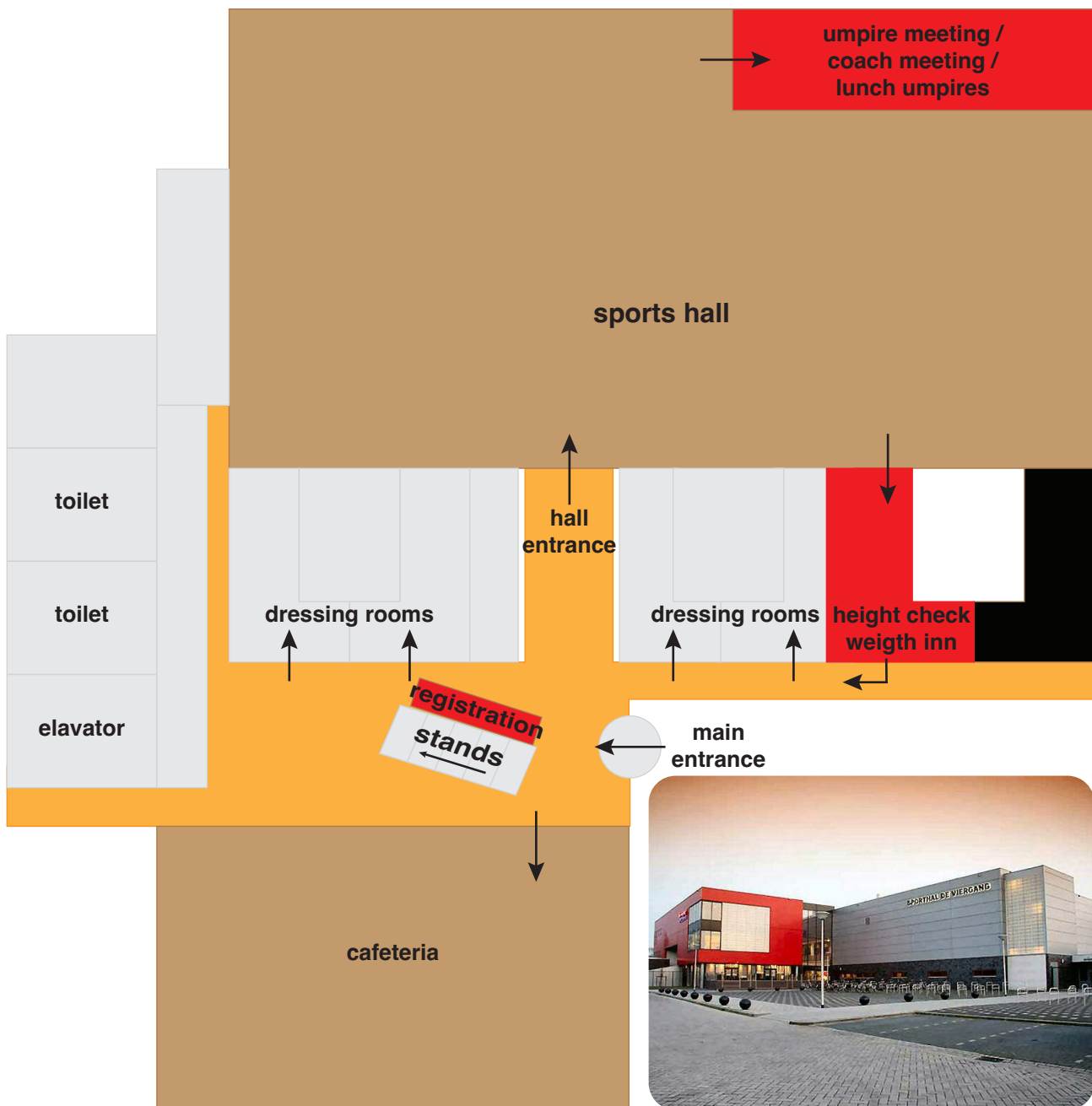
Sports hall 'De Viergang' in Pijnacker is a modern sports complex located at Sportlaan 1b in Pijnacker. The Holland Cup has been organized here since its first year.

Parking at the sports hall is free of charge. If the parking lot is full, overflow parking is available at the parking lot of 'De Viergang' swimming pool, which is located just around the corner from the sports hall at Noordweg 79.

The cafeteria next to the sports hall offers a diverse menu. You don't even need to bring your own refreshments. They've got you covered.

More information about the sports hall and cafeteria can be found at www.viergang.nl.

Below, you will find a map of 'De Viergang' indicating all the important locations.



HOTELS

Information

Unfortunately in Pijnacker itself, there are no hotels. Fortunately, Pijnacker is close to Delft where plenty of hotels can be found. Below, you'll find a few options. It is also advisable to consult websites such as www.booking.com, www.hotels.nl, www.trivago.nl.



Westcord Hotel

Olof Palmestraat 2, 2616 LM Delft

The Westcord hotel is conveniently located next to the A13 highway near Delft, right next to IKEA. The hotel offers 140 design rooms with air conditioning. Free WIFI is available throughout the hotel. Guests can relax in the fitness center with sauna, and then enjoy a drink in the bar or on the heated terrace. The homely atmosphere makes guests feel truly at home. To make a reservation, visit:

www.westcordhotels.nl/hotels/Hotel-Delft.

Ibis Styles Delft City

Van Leeuwenhoekpark 2, 2611 DW Delft

The ibis Styles Delft City Centre is located near Delft city centre and has stunning views of the city. You can easily explore the beautiful historic center of Delft. The ibis Styles Delft City hotel is situated right next to Delft's train station, providing perfect connections from/to Schiphol Airport and the rest of the Netherlands. To make a reservation, visit:

www.ibisstylesdelftcity.nl.



The Social Hub

Van Leeuwenhoekpark 1, 2611 DW Delft

The Social Hub Delft is a hotel where the community of travelers, locals, and students come together to learn, stay, work, and play. Whether you're looking for a communal workspace, a hotel room for a day or a year, or a restaurant where you can host a party, The Social Hub has it all. Additionally, The Social Hub is located right next to Delft Central train station for easy travel throughout the Netherlands when needed. To make a reservation, visit:

www.thesocialhub.co/delft.



TRANSPORTATION

Information

To get from wherever you are to The Holland Cup is already quite easy. With the information provided from below it should really be no problem to find your way from your home to the Holland Cup sports hall.

Airports



Schiphol Airport

Located near Amsterdam

Schiphol Airport, one of Europe's busiest, is situated near Amsterdam. Serving as a major international hub, it provides flights to destinations worldwide. With modern amenities, efficient operations, and convenient transportation links, Schiphol offers a seamless travel experience. Traveling from Schiphol Airport to Delft takes approximately 45 minutes by train. The train station at Schiphol is conveniently located within the airport, facilitating easy train travel.

Rotterdam The Hague Airport

Located near Rotterdam

Rotterdam The Hague Airport, situated between Rotterdam and The Hague, serves primarily as a hub to domestic and European flights. Offering convenient access to both cities, it is a good choice for passengers who seek to explore the Netherlands and nearby European destinations. By bus it takes about 45 min to go from The Hague Rotterdam Airport to Delft. By taxi it will take about 20 minutes.



Public transportation

The Dutch public transport system comprises an extensive network of buses, trams, and trains operated by various transport companies. It provides reliable and efficient connections between cities and regions. With the mobile app '9292 OV' will include all public transport options when you navigate to your destination.



Taxi

If you are in Delft and you need a taxi there are a top of companies that could help you out. We will give you 3 of them to help you out.

- Delftse Taxi Centrale
- Delft Taxi Service
- Taxi van der Pol Delft



THE WARRIOR OPEN

Information

The Warrior Open is one of the largest ITF Taekwon-Do tournaments held annually in London. Master Johann DeSilva and Sabum Tim Kool lead the organization, supported by Sabum Rory de Vries, Boosabum Corine Kool, and Boosabum Edward Hampson-Phow. These names may sound familiar, as they also contribute to the success of the Holland Cup. Mark your calendars for The Warrior Open!



**THE
WARRIOR
OPEN 25
LONDON**

**MARCH
8 & 9**

TKD TEKKERS

Information

TKD Tekkers is an online training hub that also captures major ITF Taekwon-Do tournaments, including European and World Championships, The Holland Cup, and The Warrior Open. Join TKD Tekkers on Instagram and download the TKD Tekkers app now!

