



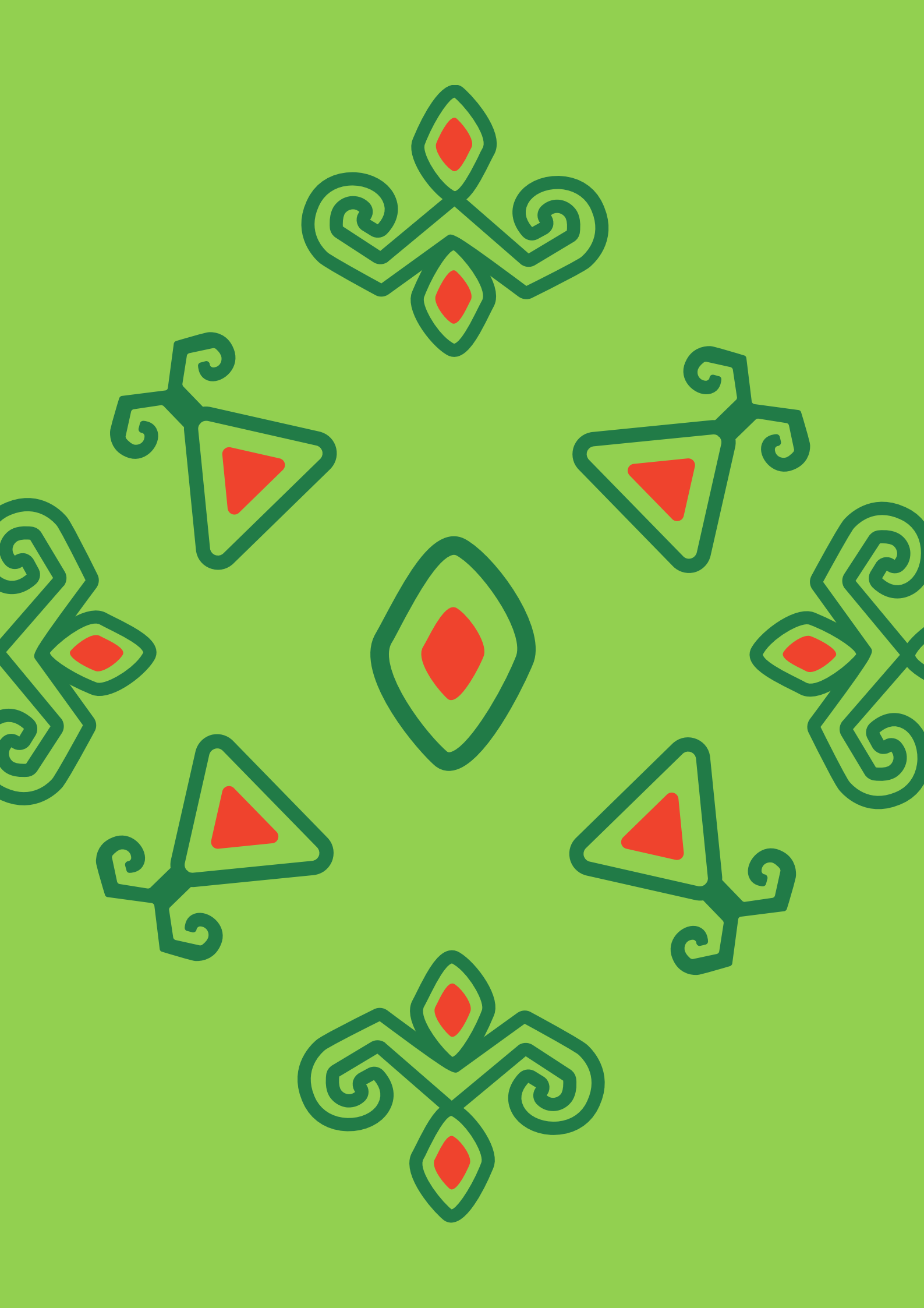
Ashgabat 2017

5th Asian Indoor & Martial Arts Games

Sport Handbook

Taekwondo

September 2017



5th Asian Indoor And Martial Arts Games – in honor of peace and friendship

On behalf of the Country of Turkmenistan, I would like to welcome all of our guests who are coming to participate at Ashgabat 2017 5th Asian Indoor and Martial Arts Games, taking place for the first time in our country.

We are working hard across all levels of the government to develop sport in Turkmenistan, and are working together with International Federations and sporting organisations throughout the world to share knowledge and experience.

I hope that Ashgabat 2017 will establish Turkmenistan's position on an international level, spread our Country's love of sport throughout the world and strengthen our friendly relations between nations.

During the Games, Asian and Oceanic athletes will have the opportunity to share their experiences, demonstrate their sporting skills and build lasting friendships.

We have been working hard to deliver the Games to a high level. The Ashgabat Olympic Complex covers total area of 157km², we have over 30 different sites within the complex, including 15 sport competition venues.

The Athletes village and accommodation for our guests offers international world class catering, relaxation, cultural and entertainment facilities. All of this contributes to the great experience we want our guests to have along with a greater cooperation with Asian, Oceanic and international sport federations.

"Health, Inspiration and Friendship" was chosen as the motto of the Games. This motto is reflective of our healthy society, our nation's inspiration and the importance of developing friendly relations with all nations of the world.

National values, ancient traditions and the rich culture of our nation are depicted in the logo, mascot and brand of Ashgabat 2017. The logo, mascot and brand of the Games, which represent past and present history, and the great future of our nation, will form a starting point for a unique opportunity for our guests to experience our ancient heritage, national legacy, spiritual and cultural values through to modern day times of our country.

Our nation's healthy life style is embedded in each and every one of our citizens. One of the leading principles of the state is to protect our nation's health, to ensure that our citizens enjoy a peaceful and prosperous life, to assure our young generations enjoy sport and to major sporting events in our country.




I would like to express my gratitude to the heads of the Olympic Council of Asia for the support and opportunity to host the 5th Asian Indoor and Martial Arts Games and I would also like to thank the heads of the Asian and Oceania National Olympic Committees for their support in the participation of their athletes in the 5th AIMAG.

I wish success, prosperity and sound health to all the athletes who will participate in the 5th Asian Indoor and Martial Arts Games.

**President of Turkmenistan
Gurbanguly Berdimuhamedov**

Contents



Introduction	6
General Information	9
Technical Information	17-22
General Competition Schedule	23
Maps of Venue and City	24



1. Introduction

In September 2017 Ashgabat will host the 5th Asian Indoor and Martial Arts Games; attracting athletes from 64 delegations from Asia and Oceania to participate across 21 sports.

This is a historic moment for the country, as Ashgabat 2017 will be the first major multi-sport event to be hosted in Turkmenistan. The vision after these games will be for the city of Ashgabat and the wider country to host future major sporting events at an international level.

5th Asian Indoor and Martial Arts Overview

The Games are owned, co-organised, and regulated by the Olympic Council of Asia (OCA).

The first Asian Indoor Games were held in 2005 in Bangkok. After three editions of the Asian Indoor Games, the Olympic Council of Asia merged the event with the Asian Martial Arts Games. This merger created the Asian Indoor and Martial Arts Games, with the 4th AIMAG taking place in Incheon, Korea in 2013.

In 2010 the 5th edition of the Asian Indoor and Martial Arts Games was awarded to the city of Ashgabat, Turkmenistan.

The 2017 Asian Indoor and Martial Arts Games will be held in Ashgabat from 17–27 September 2017.

Ashgabat 2017 5th AIMAG Executive Committee

The Ashgabat 2017 5th AIMAG Executive Committee was established in 2013 under the direction of the President of Turkmenistan Gurbanguly Berdimuhamedov. The Chairman of the 5th AIMAG Executive Committee is Mr. Dayanch Gulgeldiyev.

The Ashgabat 2017 5th Asian Indoor and Martial Arts venues

There are 15 competition venues, with all sports except Equestrian Jumping and Futsal taking place within the Ashgabat Olympic Complex. Equestrian Jumping will take place at the Equestrian Centre located in the north east of the city and Futsal at the Ice Palace located less than 500m from the Ashgabat Olympic Complex.

The Ashgabat 2017 5th Asian Indoor and Martial Arts sports

Twenty-one sports will be contested during the 5th Asian Indoor and Martial Arts Games. The Games will include five Olympic sports: Track Cycling, Equestrian Jumping, Taekwondo, Wrestling and Weightlifting.



Aziya Olimpiya Geŋe

15-16 September



2. Organising Bodies

OCA Executive Board

Title	Name	Country
President	Sheikh Ahmad Al-Fahad Al-Sabah	Kuwait
Honorary Life Vice-President	Raja Randhir Singh	India
Honorary Life Vice-President	Jizhong Wei	China
Vice President	Maj Gen Charouk Arirachakaran	Thailand
Vice President	Timothy Tsun Ting Fok	Hong Kong
Vice President	Lt Gen Syed Arif Hassan	Pakistan
Vice President	HE Sheikh Isa Bin Rashed Al Khalifa	Bahrain
Vice President	Timur Kulibayev	Kazakhstan
Vice President	Tsunekazu Takeda	Japan
Vice President	Prof Dr Hoang Vinh Giang	Vietnam
Vice President	Sapardurdy Toylyyev	Turkmenistan
Vice President	Song Luzeng	China
Vice President	Yu Zaiching	China
Vice President	Rita Sri Wahyusih Subowo	Indonesia
Honorary Vice-President	Hemasiri Fernando	Sri Lanka



General Information

1. Ashgabat 2017 5th Asian Indoor and Martial Arts Games in Brief



1.1 Games Overview

Duration	17–27 September 2017 (12 days of competition)
Location	Ashgabat, Turkmenistan
Games Venue	15 Competition Venues
Sports Programme	21 Sports / 341 Events
Patron	Olympic Council of Asia (OCA)
Host	Ashgabat 2017 5 th AIMAG Executive Committee

1.2 Motto

**Health. Inspiration.
Friendship.**



1.3 Logo

The Ashgabat 2017 logo is made up of several different elements:

Akhal-teke

The akhal-teke horse is a national symbol of Turkmenistan. These horses are renowned for their speed, endurance and intelligence. The horse represents **Health**.

Moon

The crescent Moon is a recognised symbol shown on the Turkmenistan national flag. The Moon represents **Inspiration**.

Star

The star is the symbol of the Olympic Council of Asia, which represents welcoming Asian countries to Turkmenistan. The star represents **Friendship**.

Together the elements of the logo and the colours come together to represent Health, Inspiration and Friendship within Turkmenistan, and the circular shape reflects unity and sharing these values with the world.



1.4 Mascot

The Ashgabat 2017 Mascot is called Wepaly – meaning Loyal Friend in Turkmen. He is an Alabai, a traditional Turkmen dog which is renowned as a beautiful and courageous animal that for many centuries has helped Turkmen shepherds to safeguard flocks of cattle in heavy conditions in the sandy desert. Today the Alabai is treasured by the Turkmen people not only as a courageous protector, but also as a loyal friend. Wepaly wears traditional ceremonial dress and a white telpek fur hat while waving the State Flag of Turkmenistan and the symbol of the Olympic Council of Asia.



2. Accreditation and Validation

The Asian Indoor and Martial Arts Identity and Accreditation Card (AIMAGIAC) is both a visa-waiver document for entry into Turkmenistan for the 5th AIMAG and an identity and access device for access into Games venues.

AIMAGIACs will be distributed to all eligible Games participants via IFs/AFs (Technical Delegates and federation staff), NOCs (athletes and team officials), or the Ashgabat 2017 Executive Committee Sport Team (Technical Officials). The cards will be distributed in the form of a Pre-Valid Card (PVC) which must be validated at an official Games Accreditation location prior to being used to access Games venues.

For updates on the status of applications, please contact the IF/AF or NOC that is responsible for your application. Please also contact the relevant responsible organization if you do not receive your PVC before the end of August 2017.



PVCs should be carried with the passport during travel to Turkmenistan – participants may need to show the PVC to airline check-in or border control officials during departure or transit to prove eligibility to enter Turkmenistan. The PVC is a visa waiver document for entry into Turkmenistan between 18 August and 12 October 2017 – participants in possession of a PVC do not need to apply for a separate entry visa for Turkmenistan during this period. The PVC however does not act as a transit visa for any country – participants are required to make their own arrangements for transit visas where required.

Upon arrival into Turkmenistan, the Accreditation Card should be presented with the passport to the border control officials. The passport must be the same as the information submitted as part of the application for accreditation, and it must be valid until at least 28 December 2017.

Validation of the PVC

PVCs must be validated at an official Games Accreditation location before accessing Games venues. Each participant must attend in person with their passport to complete the process.

There will be Accreditation Validation Counters at Ashgabat International Airport (ASB) from 1 September 2017 – all participants arriving into Turkmenistan through ASB are required to complete the validation process at the airport before proceeding to their accommodation.

3. Accreditation Locations and Services

Centre	Client Groups	Validation	Help Office	Lost/Stolen Replacement
Ashgabat International Airport (ASB)	All participants arriving on international flights	YES	-	-
Athletes Village Accreditation Centre	Village residents only	YES	YES	YES
Uniform and Accreditation Centre (UAC)	All	YES	YES	YES
Venue Accreditation Help Offices (VAHOs): <ul style="list-style-type: none"> • Ashgabat Olympic Complex South • Ashgabat Olympic Complex East • Ice Palace/Ashgabat Olympic Complex North • Equestrian Centre 	All	YES	-	YES
OCA Family Hotel Accreditation Centre	OCA Family Hotel residents only	YES	YES	YES

Lost, Stolen and Damaged PVCs and AIMAGIACs

If your PVC is lost prior to departure for Turkmenistan, is lost in transit or is damaged, please contact your IF/AF or NOC in the first instance. They will communicate with the 5th AIMAG Executive Committee to discuss options.

If your AIMAGIAC is damaged in such a way that the photograph, name or access codes are not easily read, or if the barcode area is damaged so that it will not scan at the access control points, please report to any Accreditation Centre where a replacement card will be issued.

Lost or stolen AIMAGIACs should be reported to any Accreditation Centre at the earliest possible opportunity so that it can be cancelled. A new AIMAGIAC will be issued upon completion of a declaration form, and presentation of a valid passport to confirm identity.



4. Transportation

4.1 Transport Services for Arrival and Departure

Shuttle Bus Services will be provided for arriving and departing athlete and team officials, depending on arrival and departure information and flight details. Before departure Shuttle Bus Services require advanced reservation.

4.2 Transport services for Competitions

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between athletes Village and the competition venues as per the competition schedule.

4.3 Transport Services for Training

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between Athletes Village and the training venues as per the training schedule.

4.4 Transport Services for Spectating

The Athlete Village to venue Shuttle Bus Service will be provided to athletes and team officials wishing to watch other sport competition events. The service is also available to all athletes and team officials who are involved in the same events, priority however, will be given to athletes and team officials participating in their own events. Due to the close proximity of the Athletes Village to the Olympic complex the option to walk is available to non-participating athletes and team officials.

4.5 Other Transport Services

The luggage belonging to athletes and team officials should, in principle, be loaded onto the bus they take. If not possible due to insufficient storage space, another vehicle will be provided to transfer baggage to the destination.





VOLUNTEER

INFORMATION
DESK

OLYMPIC COUNCIL OF ASIA

ASHGABAT 2017

ASHGABAT 2017

5. Accommodation

Ashgabat 2017 aims to provide a secure and comfortable environment for athletes and team officials to relax, perform at their best and enjoy the atmosphere of the first Athletes Village in Turkmenistan.

The Athletes Village is conveniently located in the heart of Ashgabat, in near proximity to the city centre and other business, leisure and commercial attractions.

Located across the road from the Ashgabat Olympic Complex (see map), the Athletes Village contains 14 buildings with 12 floors each. The apartments have between two and three bedrooms.

6. Media

6.1 Mixed Zone

There is a mixed zone in every venue, for every sport. Athletes are required to go through the mixed after competition. The mixed zone is made up of broadcasters and written media. Athletes do not have to stop and speak to media but they are required to go through the mixed zone. Generally the mixed zone will have media from the athlete's country.

6.2 Media Conference

Media conferences may occur depending on the sport and the level of media interest. These are arranged through NOCs Media Teams.

7. Medical Service

Medical stations for athletes will be installed at all competition venues and training facilities.

On-site medical treatment and emergency transfer service will be provided during the operating period. The polyclinic in the Athletes Village will provide treatment and consultation by professional medical staff across the departments of internal medicine, general surgery (including orthopedics), ophthalmology, stomatology, medical imaging, physical therapy, pharmacy etc.

It will also have an emergency room open 24 hours per day, with standby ambulance. Any patient who needs further diagnosis and treatment will be transferred to designated hospitals of the Games.

Where accredited persons including OCA Family, VIP guests, NOC guests suffer from acute diseases, acute exacerbations of chronic diseases or acute injuries, they can receive treatment in the Polyclinic or designated hospitals free-of-charge. Services may include emergency treatment, in-patient service, special consultation and ambulance transfer, if required. However, free medical services will not include selective or unnecessary treatment.



8. Host Country/City Information

8.1 Turkmenistan in Brief

Turkmenistan is located in the western part of Central Asia. The country extends 1100 km from west to east and 650 km from north to south.

The area of Turkmenistan is 491,210 km². In the south, Turkmenistan borders with Iran and Afghanistan, with Kazakhstan in the north, Uzbekistan to the north and east, and with the Caspian Sea in the west.

Over 80 percent of Turkmenistan's territory is covered by the Karakum desert, which mainly spreads across the centre of the country. Approximately 15 percent of the territory of Turkmenistan is occupied by hills and mountains. The highest peak in the country is Mount Airy Baba with an altitude of 3139m.

Turkmenistan is divided into 5 provinces – Ahal, Balkan, Dashoguz, Lebap and Mary. Each province is divided into districts. There are 50 districts, 24 towns, including 15 district-wide towns, 76 villages and 553 rural councils (rural municipal units) and 1903 rural settlements in Turkmenistan.

Turkmenistan - is a democratic, legal, secular state and its government is a presidential republic, led by President Gurbanguly Berdimuhamedov.

The Constitution of Turkmenistan is the main law of state, according to which the state structure of Turkmenistan is based on the principle of separation of powers into legislative, executive and judicial branches, which operate independently, balancing each other.

The Turkmen President is the guarantor of national independence, of the country's neutrality status, its territorial integrity, the respect for the constitution and international obligations.

On 27 October 1991 Turkmenistan became an independent state and since then this date is celebrated as the country's Independence Day.

On 12 December 1995 with the unanimous support of all 185 Member States of the United Nations General Assembly Member States Turkmenistan was recognised as a permanently neutral state.



8.2 Ashgabat in Brief

Introduction to Ashgabat

The capital city of Turkmenistan is Ashgabat, and the largest administrative and cultural centre of the country.

The city's name comes from the words "Ashk" – love and "abad"- city, giving it the name "city of love". Ashgabat is located in the south of Turkmenistan, 25km north of the border with Iran from which it is separated by Kopetdag mountains, while on the other side the city borders with the Karakum desert.

Settlements on the territory of modern Ashgabat date back to the Neolithic era, around 6000 BC.

History and Culture

Turkmenistan has been at the crossroads of Civilizations for centuries. In medieval times, Merv was one of the great cities of the Islamic world and an important stop on the Silk Road, a caravan route used for trade with China until the mid-15th century. In Turkmenistan there are over two thousand historical and cultural sites. These include open-air museums Of Ancient settlements such as Old Nisa, Kunya Urgench, Atamyrat, Ancient Dehistan, Old Sarakhs, Abiverd and Geoktepe fortress. All of them have become a place of Cultural Pilgrimage for many tourists and scientists from around the world.

Currency

The national currency is manat, put into circulation on November 1, 1993. Currently, the ratio of the national currency to a freely convertible currency is: 3.50 manat = 1 US dollar.

Population

The population of Turkmenistan is more than 6.2 million people. Turkmenistan is a multinational state. There are more than 100 nations and ethnic groups living in the country.

Language

Turkmen is the official state language. The educational institutions of Turkmenistan ensure learning of three languages – Turkmen, English and Russian. In addition, the higher educational institutions and some specialised secondary schools include study of French, Chinese, German, Japanese and some other foreign languages.

9. Weather Conditions

In September the average temperature in Ashgabat is 23.1C, with an average daily maximum of 31.5C and an average daily minimum of 15.4C (source: <http://www.ashgabat.climatemps.com/temperatures.php>).

There is only a 3% chance of rain on any given day, and an average 9 hours and 23 minutes of sunshine per day in September.



Technical Information

1. Competition Date

Taekwondo competitions will be held from September 18th to September 22nd 2017

18 – 21 September: Kyorugi competition
 22 September: Poomsae competition

2. Competition Venue

Competition Venue	Taekwondo and DanceSport Arena
Venue Code	TD4
Venue Cluster/Precinct	South Cluster
Venue Description	The Taekwondo DanceSport Arena is located in Competition/Training Halls 4-7 at the south end of Ashgabat Olympic Complex.
Number of Platforms	1 elevated platform with center court and 2 ground level courts, all with Daedo International mats
Changing Facilities	Male and female changing rooms with separate toilets and showers will be provided for athletes and TOs.

3. Competition Management

3.1 Technical Delegate: Mr. Teong Chin LIM (Singapore)
 3.2 Competition Manager: Mr. Kenneth Schunken

4. Competition Events

Taekwondo competition will consist of two events: Kyorugi and Poomsae. Kyorugi will include 7 weight categories for men and 7 weight categories for women. Poomsae will include 2 Individual Under 30 Years Old for men and women and 2 Team Under 30 Years old for men and women.

Men	Women	Men	Women
Under 54 Kg	Under 46 Kg	Individual Under 30 Years Old	Individual Under 30 Years Old
Under 58 Kg	Under 49 Kg		
Under 63 Kg	Under 53 Kg	Team Under 30 Years Old	Team Under 30 Years Old
Under 68 Kg	Under 57 Kg		
Under 74 Kg	Under 62Kg		
Under 80 Kg	Under 67 Kg		
Under 87 Kg	Under 73 Kg		



5. Competition Schedule

DATE	TIME	EVENT	PLACE
17 September	09:00 - 11:00	Weigh-in	Athlete Village
		W -46, M -54, M -74	
18 September	09:00 - 13:00	Kyorugi Competition W -46, M -54, M -74	TD4
	10:00 - 12:00	Weigh-in W -53, W -73, M -63, M -87	Athlete Village
	13:00 - 15:00	Lunch	Athlete Village
	15:00 - 20:00	Resume Competition	TD4
	20:00 - 21:00	Medal Ceremony	TD4
19 September	09:00 - 13:00	Kyorugi Competition W -53, W -73, M -63, M -87	TD4
	10:00 - 12:00	Weigh-in W -49, W -62, M -58, M -80	Athlete Village
	13:00 - 15:00	Lunch	Athlete Village
	15:00 - 20:00	Resume Competition	TD4
	20:00 - 21:00	Medal Ceremony	TD4
20 September	09:00 - 13:00	Kyorugi Competition W -49, W -62, M -58, M -80	TD4
	10:00 - 12:00	Weigh-in W -57, W -67, M -68,	Athlete Village
	13:00 - 15:00	Lunch	Athlete Village
	15:00 - 20:00	Resume Competition	TD4
	11:30 - 13:30	Poomsae Head of Team and draw of Lots	TBC
	20:00 - 21:00	Medal Ceremony	TD4
21 September	09:00 - 13:00	Kyorugi Competition W -57, W -67, M -68,	TD4
	13:00 - 15:00	Lunch	Athlete Village
	15:00 - 20:00	Resume Competition	TD4
	20:00 - 21:00	Medal Ceremony	TD4
22 September	09:00 - 12:30	Poomsae Competition	TD4
	12:30 - 15:00	Lunch	Athlete Village
	15:00 - 18:00	Resume Competition	TD4
	18:00 - 18:30	Medal Ceremony	TD4

NOTE: This competition schedule is subject to change depending on the number of final entries as well as the necessity of the Asian taekwondo Union.



6. Competition Rules

The Taekwondo competition of Ashgabat 2017 will be held in accordance with the World Taekwondo Competition Rules for Kyorugi and Poomsae:

- World Taekwondo Competition Rules and Interpretation (version 24 June 2017)
- World Taekwondo Poomsae Competition Rules and Interpretation (version 7 March 2014)

7. Competition Format

Kyorugi

Taekwondo kyorugi competition at the Asian Indoor and Martial Arts Games has a G1 ranking and shall be conducted in a single elimination tournament system (with no repêchage for the bronze medal). The winner of the final contest will receive the gold medal and the loser will receive the silver medal. The losers of the semi-finals during the elimination phase will receive the bronze medals. The athletes who have been disqualified from the competition based on disciplinary decision from Competition Supervisory Board cannot advance to the next round.

In the event the winner cannot be decided after three rounds, a fourth round (golden point round) will be conducted in one-minute round. In this case, all scores awarded during the first three (3) rounds shall be void. The first athlete to score a point(s) or whose opponent receives two “Gam-jeoms” in the golden point round shall be declared the winner.

If neither athlete has scored a point after the completion of the golden point round, the winner shall be decided by superiority based the following criteria:

- The athlete who achieved a higher number of hits registered by the PSS during the golden point round;
- If the number of hits registered by the PSS is tied, the athlete who won more rounds in first three rounds;
- If the number of rounds won is tied, the athlete who received less numbers of Gam-jeoms during all four rounds;
- If the three above criteria are the same, the referee and judges shall determine superiority based on the content of the golden point round;
- If the superiority decision is tied among the referee and judges, the referee shall decide the winner.

Official standing of each division shall be as follows:

- 1st place and Gold medallist: winner of the final contest
- 2nd place and Silver medallist: loser of the final contest
- 3rd place and Bronze medallists: losers of the semi-finals
- 5th place: losers of the bronze medallists in the semi-finals
- 7th place: quarterfinalists who fail to advance to the semi-finals
- 11th place: athletes who lost at the preliminary phase and fail to advance to the quarter finals
- Next position after 11th placed athletes: athletes who have not passed weigh-in or have been disqualified from the tournament.

Poomsae

Taekwondo poomsae competition at the Asian Indoor and Martial Arts Games shall be conducted using the cut off system. The number of rounds and number of competitors in each round depends on the number of athletes entered in each division. The competitor ranked first in the standings after the final round receives the gold medal and the competitor ranked second receives the silver. Two bronze medals are awarded to the athletes ranked third and fourth in the final round. The athletes who have been disqualified from the competition based on disciplinary decision from Competition Supervisory Board cannot advance to the next round.

The taekwondo poomsae competition at the Asian Indoor and Martial Arts Games will have the following divisions:

- Under 30 Individual (Male and Female)
- Under 30 Team (3 Males and 3 Females)

In the individual competition 2 gold, 2 silver, and 4 bronze medals will be awarded.

In the team competition 6 gold, 6 silver, and 12 bronze medals will be awarded.

In each round, the athletes will perform two poomsae. Their rank for the round will be based on the judges' scores of their poomsae. Accuracy shall be scored separately from presentation. Final score shall be the average point of the total points summed up except the highest and lowest points in respective points for accuracy and presentation.



In the event of a tie, the following procedure will be used:

- The winner shall be the contestant who has more points in presentation.
- In case the score are still tied, then the one who has higher total points (total points of all judges, including highest and lowest points) is the winner.
- If it's still tied then a rematch shall be conducted to determine the winner. The referee will decide on the Poomsae to be assessed. The rematch will feature one compulsory Poomsae. The previous score will not affect the score from the rematch.
- In case of a tied score after the rematch, the winner shall be the contestant who is awarded more points in total, including the highest and lowest scores that were not included in collection of scores.

7.1. Field of Play

Kyorugi

There are 3 courts in the 5th AIMAG. The contest areas consist of one elevated court and two courts on the floor. Each court is 12m X 12m and the contest area for Kyorugi is 8m X 8m octagonal shaped. All mats used are of the brand Daedo International.

Poomsae

There is 1 court in the 5th AIMAG for poomsae. The contest area consists of one elevated court of 12m X 12m and the contest area and for Poomsae is 10m X 10m square shaped. All mats used are of the brand Daedo International.

7.2 Duration of Contests

Kyorugi

Each match consists of 3 rounds, each round is 2 minutes with one minute rest in between. In case of a tie score a fourth round - 1 minute Golden Round - will be added. The first athlete to score a point in this round will be the winner.

Poomsae

The competition will be divided into a number of rounds based on the total number of competitors in the division. Each round, each competitor will perform two designated poomsae. Each poomsae must be between 30 and 90 seconds. There is a 30 second break between the poomsae. If there is a tie, both athletes have to perform an additional poomsae which takes per poomsae between 30 and 90 seconds.

7.3 Scoring

Kyorugi

The Protector and Scoring System of the brand KP&P will be used at the 5th AIMAG. The On Venue Result

- One (1) point for a valid punch to the trunk protector
- Two (2) points for a valid kick to the trunk protector
- Three (3) points for a valid turning kick to the trunk protector
- Three (3) points for a valid kick to the head
- Four (4) points for a valid turning kick to the head
- One (1) point awarded for every one "Gam-jeom" given to the opponent contestant

Poomsae

For scoring, Woorisports will provide all scoring equipment.

Recognized Poomsae (10.0)

- Accuracy (4.0)
 - Accuracy of basic movements
 - Balance
 - Accuracy of details of each Poomsae
- Presentation (6.0)
 - Speed and power
 - Strength/speed/rhythm
 - Expression of energy



7.4 Decision

Kyorugi

- 1 Win by Referee Stops Contest (RSC)
- 2 Win by final score (PTF)
- 3 Win by point gap (PTG)
- 4 Win by Golden Point (GDP)
- 5 Win by Superiority (SUP)
- 6 Win by withdrawal (WDR)
- 7 Win by disqualification (DSQ)
- 8 Win by referee's punitive declaration (PUN)

Poomsae

- 1 Win by score
- 2 Win by Referee Stop the Contest (RSC)
- 3 Win by withdrawal of opponent
- 4 Win by disqualification of opponent
- 5 Win by opponent's penalties

7.5 Contestant uniform and protective equipment

Participating athletes are required to wear WT-recognized doboks and WT-recognized protective equipment. Any contestant who wears non-recognized and thus unofficial doboks or protective equipment will not be permitted to enter the field of play. AIMAG has prepared for a small number of replacement equipment and shall prepare white masking tapes to cover up any kind of identification of the manufacturers not recognized by the WT.

7.1 Contestant uniform and protective equipment

Participating athletes are required to wear WT-recognized doboks and WT-recognized protective equipment. Any contestant who wears non-recognized and thus unofficial doboks or protective equipment will not be permitted to enter the field of play. AIMAG has prepared for a small number of replacement equipment and shall prepare white masking tapes to cover up any kind of identification of the manufacturers not recognized by the WT.

Kyorugi

AIMAG will provide Protector and Scoring System (PSS) and the electronic head protector from the brand KP&P. The athletes themselves are required to bring their own gloves and sensing socks, groin guards, mouthpieces, and shin and forearm guards for their personal use. Before entering the field of play, all athletes will proceed to the inspection desk for inspection of their doboks and protective equipment.

7.2 Drawing of lots

Kyorugi

The Head of team meeting and drawing of lots shall be conducted under the joint control of the Technical Delegate and AIMAG two days prior to the first competition day. A certain number of athletes shall be seeded based on the WT Ranking. The number of athletes seeded shall be set forth in the Standing Procedures of the championships or in the outline of the championships. In all WTF recognized events a minimum 25% of athletes shall be seeded while the rest of the athletes will be drawn randomly. There shall be no redraw even if two athletes are all disqualified in same bracket.

After the announcement of seeded athletes, there shall be, in principle, no change of seeding order. In the case that the seeded athletes cannot compete due to some reasons, the next highest seeded athlete will take up the position, and so forth. Once the list of seeded athletes is handed over to AIMAG at the latest 1 hour before the draw, there shall be no further change of seeded athletes.



Poomsae

The drawing of lots shall be conducted at the Head of Team meeting one day or 2 days prior to the first competition day in the presence of WT officials, including the WT Technical Delegate, and representatives of the participating nations. Technical delegate shall draw lots on behalf of the officials of participating nations not present at the Head of Team Meeting. Participating nations not present in the Head of Team Meeting shall follow the decisions made at the meeting. The Compulsory Poomsae to be assigned for each division shall be decided at the time of drawing of lots by Technical Delegate in consultation with the WTF officials. The drawing number of each contestant assigned at the drawing of lots session represents the order of contest for preliminary round and semi-final. Contest shall be held in the order from lower number to higher number at the preliminary round and semi-final. The order of contest at the final shall be decided by the scores from the semi-final in the order from lower scores to higher scores. The Compulsory Poomsae to be assigned for each division shall be decided at the time of drawing of lots by Technical Delegate in consultation with the WT officials.

7.3 Weigh-in

As a weight category defined sport all athletes must attend a weigh in and meet the requirements of the category in which they have been entered. The weigh in takes place the day before the competition at the Athlete Village. Weigh-in shall be made once, however, one more weigh-in is granted within the time limit to any athlete who did not qualify the first time. The weigh-in is schedule on:

17 September 2017:	09:00 – 11:00
18 September 2017:	10:00 – 12:00
19 September 2017:	10:00 – 12:00
20 September 2017:	10:00 – 12:00

8. Sport Entries

8.1 Eligibility, non-pregnancy and gender check

Only OCA and ONOC member NOCs are entitled to send athletes to participate in the Taekwondo competition at the 5th Asian Indoor and Martial Arts Games. Only athletes who comply with the OCA Constitution and Rules and its By-laws are entitled to participate in the Taekwondo competition. Each NOC is responsible for athlete check of non-pregnancy and gender and shall ensure that all team members have been given medical examinations showing them to be of adequate health and fitness to participate.

8.2 Entry Timeline

Entry by Number – Deadline: Saturday June 17, 2017

Entry by Name – Deadline: Thursday August 3, 2017

8.3 Entry Policies

All NOCs can have 2 athletes in all individual categories.

All NOCs can have only one team participating in the team events.

9. Technical Officials

AF/IF has the right to appoint the Technical Delegate and ITOs in coordination and approval of the OCA. In case of violation of the IF/AF Rules and Games Rules and Regulations by any participants, the OCA has the right to revoke the AD Card and propose change of the person to the concerned party.



10. Pre competition Activities

National Technical Officials training

Date: 15 September 2017
Time: 09:00 – 13:00 hrs.
Location: TD 4

TD4 Medical Team training Taekwondo

Date: 15 September 2017
Time: 15:00 – 17:00 hrs.
Location: TD 4

Referee meeting and training Kyorugi

Date: 16 September 2017
Time: 10:00 – 15:00 hrs.
Location: TD 4

Head of Team meeting and Draw Kyorugi

Date: 16 September 2017
Time: 13:00 – 15:00 hrs.
Location: Village Plaza Cinema room – Level 2

Referee meeting and training Poomsae

Date: 16 September 2017
Time: 16:00 – 21:00 hrs.
Location: TD 4

Weigh-in

Date: 17 September 2017
Time: 09:00 – 11:00
Location: Athlete Village (AVL)

Dress rehearsal

Date: 17 September 2017
Time: 10:00 – 12:00 hrs.
Location: TD 4

Weigh-in

Date: 18 – 20 September 2017
Time: 10:00 – 12:00
Location: Athlete weigh-in Athlete Village (AVL)

Head of Team meeting Poomsae

Date: 21 September 2017
Time: 12:00 – 14:00 hrs.
Location: Village Plaza Cinema room – Level 2

Each NOC can have training sessions during the period of 14 – 17 September. The slots for training are pre-scheduled. More information can be found at the Sport Information Desk in the Athlete Village.

Each Kyorugi athlete will receive a unique BIB number. In order to have this BIB number attached to the dobok, each NOC has to go with all doboks to the sewing room in the Athlete Village. There the BIB numbers will be attached to the dobok.



On 16 September, all athletes and coaches have the opportunity to walk through the venue and get familiarized with the venue. Staff will be on site to answer questions with regard to competition procedures. One representative from each NOC must attend the Head of Team meeting, and attendance is limited to two members per NOC (the team leader and head coach are advised to attend). The meeting will incorporate the Taekwondo technical meeting and the drawing of lots. Before the Head of Team meeting and competition draw, all NOCs must check the relevant details on Games Results and Information System (GRIS) output C38 (entry data checklist), and must either submit any changes or confirm that all details are correct to the SIC in the Athletes Village.

11. Protests and Appeals

In case there is an objection to a judgment of the refereeing officials during the contest, the coach of a team can make a request to the center referee for an immediate review of the video replay. The decision of the Review Jury is final; no further appeals during the contest or protest after the contest will be accepted. In the case that there is a clear erroneous decision from the refereeing officials on identification of the contestant or errors in the scoring system, any of the refereeing officials shall request for review and correct the decision at any time during the contest. Once the refereeing officials leave the contest area, it will not be possible for anyone to request for review or to change the decision. In the case of a successful appeal, the Competition Supervisory Board may investigate the contest at the end of the competition day and take disciplinary action against the concerned refereeing officials, if necessary. Any athlete/NOC can appeal to CAS, in case he/she feels that there is violation of IF/AF Technical Rules or OCA Constitution which is not related to reversing the decision of the referee or result.

12. Equipment and Clothing

Equipment used and clothing worn by athletes and other relevant participants in competition must comply with the rules and regulations of the OCA and WTF in force. Neither athletes nor technical officials can attach any form of commercial advertising to his or her competition uniform without prior agreement with OCA and AIMAG EC.

Kyorugi

The dobok for kyorugi should be white trousers and jacket with a black V-neck. Athletes should use white or transparent mouth guards. With regard to the Kyorugi competition, Athos is the contractor for Protection and Scoring System. They will use the KP&P system. As the Taekwondo Competition at AIMAG 2017 has live broadcast, coaches are required to wear formal attire. NOC Medical Doctors accompanying the athlete into the Field of Play should be properly attired.

Poomsae

The dobok for athletes should meet the following requirements: white top with dark blue pants for males; white top with light blue pants for females. As the Taekwondo Competition at AIMAG 2017 has live broadcast, coaches are required to wear formal attire. NOC Medical Doctors accompanying the athlete into the Field of Play should be properly attired.

13. Bib numbers and NOC code

Each kyorugi athlete will be assigned a unique bib number. Poomsae athletes are not receiving a bib number. In the Athletes Village, there will be facilities to have the bib numbers attached to an athlete's competition dobok(s). The national flag shall be located between 3.5 cm below the right shoulder line of upper garment. Flag size should be 10 cm width x 7 cm height. More information can be found at the Sport Information Centre (SIC) in the Athletes Village. Each athlete must have their NOC code printed on the back of their competition dobok(s) which fall within the following guidelines:

Kyorugi

- Three-letter NOC code
- Printing to be in black, bold Veranda font
- Must be printed within the dimensions of 30cm x 12cm
- Located 5cm or higher from the bottom line of the upper garment

Poomsae

- Three-letter NOC code
- Printing to be in black, bold Veranda font
- Must be printed within the dimensions of 30cm x 12cm
- Located 12cm centred from the top line of the upper garment



14. Athlete Conduct

During the Games athletes' ongoing accreditation is conditional upon them not:

- Taking any sport equipment and/or national flag onto the podium during a Medal Ceremony;
- Making any kind of demonstration or promote political, religious or racial propaganda in any Games venue or associated areas during the period of the Games.

15. Competition Procedures

Warm-up area

The Warm-up area is accessible for competing athletes and supporting staff only. Each NOC will receive one extra day pass for one extra athlete to access the Warm-up area for warm-up purposes.

Call Room

The Call Room, located in the warm up area, may only be accessed by competing athletes. In the Call Room, the PSS gear will be distributed and the final check by the international referees will be completed.

Warm-up and call to contest/PSS distribution

Athletes will be called to warm up before their contest according to the procedure detailed below.

Kyorugi

Minutes before start of contest	Activity
18 minutes	First call of athlete
13 minutes	Athlete to call room - Accreditation check
12 minutes	Equipment issue
9 minutes	ITO inspection
6 minutes	Hand over athletes to FoP team member
2 minute	Athletes enter FoP

Poomsae

Minutes before start of contest	Activity
16 minutes	First call of athlete
12 minutes	Athlete to call room - Accreditation check
11 minutes	ITO inspection
8 minutes	Hand over athletes to FoP team member
1 minute	Athletes enter FoP

Athletes will be required to show their accreditation in the Call Room to verify their identity and receive their equipment. In accordance with WT rules, athletes may be accompanied onto the field of play by one coach and one team medical attendant. These personnel may sit in the designated seats at the edge of the podium.

Leaving the field of play

Athletes will be escorted from the field of play to the back-of-house area by field of play attendants. The athletes will walk to the Broadcast Mixed Zone and, when necessary. Coaches and team medical attendants will not accompany athletes through the Broadcast Mixed Zone. Athletes must report back to the Call Room to collect their accreditation and return their PSS equipment.

16. Doping Control

The 5th Asian Indoor and Martial Arts Games will include a full anti-doping program. The anti-doping program will be run in accordance with the WADA International Standard for Testing and Investigation and following the Olympic Council of Asia Anti-Doping Rules. The program will include pre-competition and in-competition urine and blood testing. Athletes who wish to use a Prohibited Substance or a Prohibited Method in connection with the event and do not already have a Therapeutic Use Exemption (TUE) should apply to OCA TUE Committee (OCA TUEC) by August 06, 2017.



Where the athlete already has a TUE granted by his or her National Anti-Doping Organization or International Federation, he/she should apply to the OCA TUEC for recognition of that TUE.

14. Medal Ceremony

Gold, silver, and 2 bronze medals will be awarded to the athletes/teams ranked top three. There are two third places for each event. Medalists must wear their NOC official uniforms. Medalists are requested to report to the holding area as soon as announced by the announcer. They will be briefed on the procedures before the medal ceremony starts.

15. Media Interview

Athletes and officials may take part in media interviews at various times throughout the Games. For athletes, this may take place in the mixed zone or at media conferences. Additional media interviews may take place, but these are generally arranged through the teams. All athletes must pass through the mixed zone but are not obligated to provide interviews.

16. Sport Information Center

The major distribution point for Sports Information is the Sport Information Center (SIC) at the Village Plaza in the Athletes' Village which provides clients with information relating specifically to training and competition for each of the 21 sports. The role of the Sport Information Center is to help the Sport Competition Management team communicate generic Games and Sport specific competition information to Chefs de Missions, Deputy Chef de Missions, and Team officials.

17. Therapeutic Use Exemptions (TUEs)

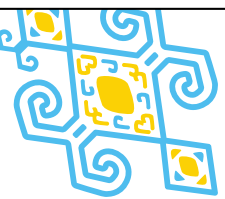
Athletes who take any substance or medicine listed in the "Prohibited List" of the World Taekwondo Anti-Doping Rules and Anti-Doping Code of World Anti-Doping Agency (WADA) for therapeutic purposes are requested to visit the website of WADA and make online filing of their TUE applications on ADAMS (<http://www.wada-ama.org/en/ADAMS/>) and report to the WT Sport Department at marcoienna@wtf.org as soon as possible. For more details, please see the following page of the WTF website: <http://www.worldtaekwondo.org/medical-anti-doping/anti-doping/therapeutic-use-exemptions-tues/>. For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or WT Sport Department at marcoienna@wtf.org.



General Competition Schedule

Ashgabat 2017 5th Asian Indoor & Martial Arts Games

Sport	Competition Venue	September														
		16 / Sat.	17 / Sun.	18 / Mon.	19 / Tue.	20 / Wed.	21 / Thu.	22 / Fri.	23 / Sat.	24 / Sun.	25 / Mon.	26 / Tue.	27 / Wed.			
1 3x3 Basketball	3x3 Basketball Arena															
2 Belt Wrestling	Main Indoor Arena															
3 Billiard Sports	Billiard Sports Arena															
4 Bowling	Bowling Centre															
5 Chess	Chess Arena															
6 DanceSport	Taekwondo DanceSport Arena															
7 Equestrian Jumping	Equestrian Centre															
8 Futsal	Ice Palace															
9 Indoor Athletics	Indoor Athletics Arena															
10 Indoor Tennis	Indoor Tennis Centre															
11 Judo	Judo Arena															
12 Kickboxing	Muay Judo Arena															
13 Karate	Marial Arts Arena															
14 Muaythai	Muay Judo Arena															
15 Sambo	Marial Arts Arena															
16 Short Course Swimming	Aquatics Centre															
17 Taekwondo	Taekwondo DanceSport Arena															
18 Traditional Wrestling	Main Indoor Arena															
19 Track Cycling	Velodrome															
20 Weightlifting	Weightlifting Arena															
21 Wrestling	Main Indoor Arena															



Ashgabat Olympic Complex



- 1. Ashgabat Olympic Stadium**
Ashgabat 2017 Opening and Closing Ceremonies
- 2. Taekwondo and DanceSport Arena**
Taekwondo, DanceSport
- 3. Billiard Arena**
Billiard Sports
- 4. Martial Arts Arena**
Ju Jitsu, Kurash, Sambo
- 5. Muaythai and Kickboxing Arena**
Muaythai, Kickboxing
- 6. Weightlifting Arena**
Weightlifting
- 7. Main Indoor Arena**
Wrestling, Belt Wrestling, Traditional Wrestling
- 8. Aquatics Centre**
Short course Swimming

- 9. Tennis Centre**
Tennis
- 10. Velodrome**
Track Cycling
- 11. 3x3 Basketball Arena**
3x3 Basketball
- 12. Indoor Athletics Arena**
Indoor Athletics
- 13. Bowling Centre**
Bowling
- 14. Chess Centre**
Chess
- 15. Ice Palace**
Futsal
- 16. Equestrian Centre**
Equestrian – Jumping
- 17. Athlete Village**



