



EITF EUROPEAN TAEKWON-DO CHAMPIONSHIPS RULES AND REGULATIONS

CHAMPIONSHIP RULES AND REGULATIONS

This Championship is held in accordance with the **ITF rules**, unless stated otherwise in specific cases. If not covered by the ITF rules, then the rules in this Info Pack will apply.

1. COMMON RULES VALID FOR ALL AGE CATEGORIES:

- Only ITF affiliated NGBs and ITF registered black belt holders can participate in the Championship. This is with the exception to the Children's category, where Red Belts (2nd Kup) and above may compete.
- The degree and age of competitors must be valid and identical on both degree certificates and ITF Passports and ITF Database.
- All participants must have insurance coverage for their participation in the Championships. The relevant insurance documents shall be presented during the championships weight check/participant check procedure. The organiser is not responsible for any damages or losses incurred through your participation.
- Tatami used for Taekwon-Do disciplines are of standard size 9 by 9 meters with 1m of safety border (11m x 11m total).
- The Competitors must follow the ITF dress code. Only competitors who are wearing the official ITF dobok, manufactured by Sasung or Daedo Company, will be allowed to access the competition.
- If competitors want to have their country's name on their dobok, they are permitted to wear it on the back under the "tree".
- Competitors number should be below the belt on the back of the dobok jacket.
- Competitors are permitted to bear their NGB logo or trademark of their sponsor on the left sleeve of their dobok and this should be 15 cm from the shoulder line.
- Competitors are permitted to bear the national flag on the right part of the front of the dobok shirt at the same level of the ITF Logo and should be 3cm by 5 cm.
- **Team events:** NGBs can bring **separate teams** for patterns, sparring, self-defence, special techniques and power breaking. Team members will be recorded in the application form and cannot be changed.
- **Order of disciplines:** All disciplines may start on the first day of the Championship. There is no mandatory order of disciplines. Therefore, competitors and teams must be ready to come for self-defence, special techniques or power, even before sparring. Detailed schedule of rings will be provided as usual.

2. DISCIPLINES

2.1 Individual Patterns (Tul)

2.1.1 For the children's competitor will perform their optional pattern one after another and then the designated pattern will be performed together. Pyramid system will be used.

Children:

1st Kup

- Optional: TOI-GYE or HWA-RANG
- Designated: From CHON-JI to TOI-GYE

2nd Kup

- Optional: HWA-RANG or GHOONG MOO
- Designated: From CHON-JI to HWA-RANG

1st Dan

- Optional: From KWANG-GAE to GAE-BAEK
- Designated: From WON-HYO to GAE-BAEK

2.1.2 Juniors, Youth, Adults and Veterans competitor will perform their optional pattern one after another and then the designated pattern will be performed together. Pyramid system will be used.

1st Dan

- Optional: From KWANG-GAE to GAE-BAEK
- Designated: From WON-HYO to GAE-BAEK

2nd Dan

- Optional: From EUI-AM to JU-CHE
- Designated: From YUL-GOK to JU-CHE

3rd Dan

- Optional: From SAM-IL to CHOI-YONG
- Designated: From TOI-GYE to CHOI-YONG

4th Dan

- Optional: From YON-GAE to MOON-MOO
- Designated: From HWA-RANG to MOON-MOO

5th Dan

- Optional: From SO-SAN to SE-JONG
- Designated: From CHOONG-MOO to SE-JONG

6th Dan

- Optional: TONG-IL
- Designated: From CHOONG-MOO to SE-JONG

Jury President will indicate the winner in accordance with the result from the electronic scoring system, after calculation of the points awarded by five umpires during the competition.

2.2 Team Patterns (Tul)

The team pattern competition, unlike the individual competitions, is a performance where a team of 5 competitors enter the ring and demonstrate their teamwork. Hence, the technical movements should be performed collectively in accordance with the choreography. However, the technical aspects including fast and slow motions, continuous and connected motions should be executed as laid down in the Encyclopedia. Scoring will not commence until the command “Shi Jak” is given by the Centre Referee. Maximum of twenty (20) seconds will be allowed for the team to arrive at their starting positions.

Teams will perform one optional pattern and one designated pattern (the same pattern for the 2 competing teams but excluding the optional pattern) selected on a lottery principle by the electronic system.

Optional patterns and designated patterns in team competitions for Children, Junior, Youth, Adult and Veteran Categories.

In Optional Patterns for the team competitions, the Patterns should correspond to the lowest Kup grade or Dan degree holder among the team members.

Children 2nd Kup to 1st Dan

- Optional: From the lowest Dan/Kup holder of the team.
- Designated: CHON-JI to highest pattern according to the lowest Dan/Kup holder of the team.

Juniors

- Optional: From the lowest Dan holder of the team.
- Designated: CHON-JI to GE-BAEK

Youths

- Optional: From the lowest Dan holder of the team
- Designated: CHON-JI to GE-BAEK

Adults

- Optional: From the lowest Dan holder of the team.
- Designated: CHON-JI to GE-BAEK

Veterans

- Optional: From the lowest Dan holder of the team.
- Designated: CHON-JI to GE-BAEK

Teams will perform alternately.

Each team will perform the same designated pattern.

The winner will be decided on in the same manner as in individual pattern.

2.3 Sparring (Matsogi)

2.3.1 In preliminary rounds, Junior and Adult competitors will be divided into groups of three or four. They will compete against each other and those competitors that qualify from the groups will proceed into the Pyramid System stage. In some cases, also the best runner-up of the group will proceed.

2.3.2 Allowed safety equipment:

All Competitors must be in possession of a full set of blue and red approved safety equipment for sparring. Other colors will not be allowed.

Only the following partner brands will be permitted for **Juniors, Youths, Adults and Veterans**.

- **Backfist**
 - **Boyko**
 - **Top Ring**
 - **Ten Dan (Tsim Sport)**
 - **Daedo (ITF official supplier)**
 - **Pride**
-
- Authorised brands also apply to all head protection.
 - Gloves shall be closed, 10 ounces, and must show “10oz” on the gloves.
 - Head guards and shin guards are compulsory for all age categories

Children's safety sparring equipment remains **unchanged** – it is the same as in previous years with velcro strapped, open palm gloves.

2.3.3 4 and 5 point techniques:

- When the Center Referee considers 4 or 5 points techniques has been scored, he/she will stop the competition with the command “Hechyō”. He/she will raise his/her hand indicating 4 or 5 points techniques while pointing with their other arm to the relevant competitor. The Corner Referees ‘must’ score the points given by the Centre Referee.
- The coach of the opposite team can ask for a video protest of the decision of the Centre referee to award 4 or 5 points.
- If an unsuccessful protest for unawarded 4 or 5 points is made, then the Corner Referees should score the points that they have seen (But not 4 or 5 points).

2.3.4 Golden point:

- Coach will be allowed to ask for a video-protest of the final action during the Golden point round.

2.3.5 Team event sparring:

- Each team will have a maximum of 20 seconds for a competitor to be ready to spar. The time clock will be shown with a 20 second countdown for the first team. When this member is ready the clock will be restarted for the opposing competitor, there will be a maximum of 40 seconds between each bout. A competitor who fails to be ready within 20 seconds, will lose that match.

2.4 Power breaking test (Wi Ryok)

Maximum of **two (2)** competitors per country are allowed to enter this division.

- The power breaking will follow the ITF rules – all boards must be broken for each elimination technique.
- The competitor can begin with one ready posture and end with a different ready posture. Prejudging is optional; if a competitor does not want to do prejudging, he or she can go straight from ready stance-break. The competitor will adopt a ready posture in the form of either an L-stance forearm guarding block posture or a sitting ready stance posture.
- On the command from the Centre Referee the competitor will be given 30 seconds to execute the break attempt regardless of the number of prejudging without touching the target. When making his/her break attempt he/she makes a ready posture and shouts “Ya!” with the forearm guarding block or a sitting ready stance posture. The breaking attempt consists of the execution of; bow – ready posture – breaking – ready posture – bow. One or more steps, during the technique may be taken.

2.5 Special techniques (Tuk Gi)

Maximum of **two (2)** competitors per country are allowed to enter this division.

Special techniques will follow the ITF rules - the same format as in the Power breaking test. Also individuals and teams will have to give lengths and heights at registration.

- For high jump techniques the target height will be measured at the middle point of the target.
- For flying long sidekick, the middle point of the target must be above the height of the hurdle.
- When performing Twimyo nopi chagi and Twimyo dollyo chagi, the competitor must take a run-up and take off on the kicking foot, pulling the other leg to the chest. The target must be broken with the jumping foot whilst lowering the other leg (scissor kick).
- There will be an elimination, which will be a free choice, and the paddle must be moved 90 degrees. Once a competitor is successful at the elimination, they will then continue with the other techniques. Scoring 3 points for a paddle moved 90 degrees, 1 point for moving the paddle. Whoever accumulates the most points across all techniques will be the winner.
- The competitor will be given 30 seconds to execute the break attempt regardless of the number of prejudging of distance without touching the target. When making his/her break attempt he/she make a ready posture and shouts “Ya!” with the forearm guarding block. The breaking attempt consists of the execution of; bow – ready posture – breaking – ready posture – bow.

2.6 Self-defence routine (Ho Sin Kyong Gi)

Self-defence routine must consist of 1 + 3 (male hero) and 1 + 2 (female hero).

- The team will have only ten (10) seconds for the introduction before the hero shouts “Ya”.
- For Junior and Adult Championships, competitors should perform within a minimum of 40 seconds and a maximum of 60 seconds. Two points will be deducted for two seconds under or over the time period; any more will result in zero (0).

2.7 Video Protest

Protest are to be made only by the competitors coach.

Protests in pattern can be made for the following, and only after the end of the pattern;

- Penalizing or not penalizing with a “0” point score.

Protests in sparring can be made;

- To validate or contest a 4 or 5 points technique awarded or not to any of the competitors;
- To query a Warning, Yellow or Red card not recorded by the Jury Table.
- To indicate a failure to award to any of the competitors valid designated compulsory techniques.
- To Challenge an incorrectly awarded compulsory technique.

Protest in special technique and power test can be made;

- To contest the reason for a technique not being awarded (You can only protest for your competitor)

2.8 Disqualification and Red card

2.8.1 For the following offences the competitor may be disqualified from the whole competition:

- Serious misconduct against umpires.
- Any competitor suspected of being under influence of alcoholic beverage or drugs.

2.8.2 For the following offences the competitor will receive red card and will be declared as a loser:

- Causing an opponent unable to compete as a result of heavy contact.
- Receiving 3 deductions (yellow card) in the same competition.
- He/she will be able to continue competition in other events within the competition,
- He/she will be able to continue competing within the group stage of the sparring competition
- He/she will be able to continue in double elimination competition format

3. AGE CATEGORIES

3.1 Age Deciding Day (same for all age categories) – first competition day

3.2 Children

Competition for children will take place only on the first 3 days of the Championship (Tuesday-Thursday).

Children must be 11, 12 or 13 years old (on Age Deciding day) and must be red or black belt holders, in line with the ITF promotion rules. Children who are 1st degree must be a minimum of 11 years old.

Each country will be allowed **three (3)** competitors in each division.

3.2.1 Children patterns

In individual pattern, children will be separate for red and black belt holders.

In team patterns from 2nd Kup to 1st Degree together

3.2.2 Children sparring

Sparring: red and black belts will be together (male red and male black belts holders; female red and female black belts holders). There will be seven **weight divisions** for sparring as follows:

Female: - 30 kg, - 35 kg, - 40 kg, - 45 kg, - 50 kg, - 55 kg, + 55 kg

Male: - 35 kg, - 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, + 60 kg

Head guards will be compulsory for all children sparring together with existing compulsory protection. There will be no power and no special technique for children.

Children must wear open palm gloves without any cracks or splits. The competitors must be able to open their hand, and the first half of fingers and thumb must be covered. The palm must not be covered. The fastening strip must be self-adhesive and gloves must be fastened at the wrist. Hand wraps are not allowed.

3.2.3 Juniors

- **Juniors** must be 14-15 years old and must be 1st or 2nd degree ITF black belt certificate holders.

Each country will be allowed **three (3)** competitors in individual sparring and pattern.

3.2.3.1 Patterns

Patterns for Juniors will be separated by gender and by grade 1st and 2nd degree.

Female: 1st, 2nd Degree

Male: 1st, 2nd Degree

3.2.3.2 Sparring

Female: - 40 kg, - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, + 65 kg.

Male: - 45 kg, - 50 kg, - 55 kg, - 60 kg, - 65 kg, - 70 kg, + 70 kg.

3.2.4 Youths

- **Youths** must be 16-17 years old and must be 1st, 2nd or 3rd degree ITF black belt certificate holders.

Each country will be allowed **three (3)** competitors in individual sparring and pattern.

3.2.4.1 Patterns

Patterns for Youths will be separated by gender and by grade 1st to 3rd degree.

Female: 1st, 2nd, 3rd Degree

Male: 1st, 2nd, 3rd Degree

3.2.4.2 Sparring

Female: - 40 kg, - 46 kg, - 52 kg, - 58 kg, - 64 kg, - 70 kg, + 70 kg.

Male: - 45 kg, - 51 kg, - 57 kg, - 63 kg, - 69 kg, - 75 kg, + 75 kg.

3.2.4.3 Junior and Youth special techniques minimum heights

Technique	Male	Female
Flying high front kick (twimyo nopi chagi)	2.7m	2.2m
Flying high turning Kick (twimyo dollyo chagi)	2.4m	2.1m
Flying high back kick (twimyo bandae dollyo chagi)	2.3m	2.0m
Flying long side kick (twimyo nomo chagi)	2.5m x 0.7m	1.5m x 0.7m
Flying high reverse (twimyo dolimyo chagi 360°)	2.3m	2.0m

3.2.4.4 Junior and Youth teams

NGBs may register separate teams (5+1) only for individual sparring and pattern. In the Juniors (14-15) Team Pattern and Sparring event, the teams must include only competitors 14 or 15 years old. In the junior (16-17) Team Pattern and Sparring event, the team must only include competitors 16 or 17 years old.

NEW There will be NO separate Self Defense and Special Technique divisions for teams Juniors and Youths. The teams may include competitors from 14 to 17 years old.

3.2.5 Adults

Competitors participating in the Adult age category must be **18-34 years old** and must be 1st, 2nd, 3rd, 4th, 5th or 6th Dan ITF black belt certificates.

Each country will be allowed **three (3)** competitors in each division.

The 5th and 6th degrees will compete in degree for pattern and be able to compete within the existing divisions of sparring, power, special technique and self-defense routine. They will also be eligible to enter the team events, therefore the adult teams will be allowed to perform any pattern up to the lowest degree in the team.

3.2.5.1 Adult pattern

Patterns for adults will be separated by grade, and gender. 1st to 6th Degree.

Female: 1st, 2nd, 3rd, 4th, 5th, 6th Degree

Male: 1st, 2nd, 3rd, 4th, 5th, 6th Degree

3.2.5.2 Adult sparring

Female: - 47 kg, - 52 kg, - 57 kg, - 62 kg, - 67 kg, - 72 kg, - 77 kg, + 77 kg.

Male: - 52 kg, - 58 kg, - 64 kg, - 71 kg, - 78 kg, - 85 kg, - 92 kg, + 92 kg.

3.2.5.3 Adult teams

NGBs may register separate teams (5+1) for each discipline.

3.2.5.4 Adult special techniques minimum heights

Technique	Male	Female
Flying high front kick (twimyo nopi chagi)	2.8m	2.3m
Flying high turning Kick (twimyo dollyo chagi)	2.5m	2.2m
Flying high back kick (twimyo bandae dollyo chagi)	2.4m	2.1m
Flying long side kick (twimyo nomo chagi)	2.5m x 0.7m	1.5m x 0.7m
Flying high reverse (twimyo dolimyo chagi 360°)	2.4m	2.1m

3.2.5.5 Adult special techniques minimum heights

Technique	Male	Female
Ap Joomuk	2	-
Sonkal	2	1.5
Balkal	4	3
Bal Ap Kumchi	3	2
Bal Dwit Chuk	3	-

3.2.6 Veterans

Competitors for the Veteran Championship must be 35 – 44 years old (Silver Class), 45 + years old (Gold Class). There is no Platinum class.

Competitors must be holders of 1st, 2nd, 3rd, 4th, 5th or 6th Dan ITF black belt certificates.

For Veteran competition each country is permitted to send up to **three (3)** competitors to the individual sparring according to the weight divisions for the Silver and Gold Class. The veteran's self-defence will not be included.

3.2.6.1 Veteran Patterns

Patterns for Veterans will be separated by grade, gender and age classification. 1st to 6th Dan

Female Silver Class: 1st, 2nd, 3rd, 4th, 5th, 6th Degree

Female Gold Class: 1st, 2nd, 3rd, 4th, 5th, 6th Degree

Male Silver Class: 1st, 2nd, 3rd, 4th, 5th, 6th Degree

Male Gold Class: 1st, 2nd, 3rd, 4th, 5th, 6th Degree

3.2.6.2 Veteran Sparring

Female (Silver Class): - 47 kg, - 51 kg, - 55 kg, - 59 kg, - 64 kg, - 69 kg, - 74 kg., + 74 kg,

Female (Gold Class): -54 kg, -61 kg, -68 kg, -75 kg, +75 kg

Male (Silver Class): - 52 kg, - 56 kg, - 60 kg, - 64 kg, - 69 kg, - 74 kg, - 80 kg, - 87 kg, - 94 kg. + 94 kg.

Male (Gold Class): -64 kg, -73 kg, -80 kg, -90 kg, +90 kg

3.2.6.3 Veteran power test

Individual power breaking will be organised for Silver Class only.

Team power breaking can include the Silver and Gold Class.

Technique	Male	Female
Sonkal	2	1.5
Balkal	3	2
Bal Ap Kumchi	3	2

3.2.6.4 Veteran teams

Separate teams are permitted for each discipline from one country. Teams may consist of both Silver and Gold classes.

5+(1) For Sparring and Patterns, 3+(1) for Power.

4. UMPIRES

The Organising Committee will pay for a maximum of 8 days/7 nights hotel accommodation for 60 qualified umpires and the Tournament & Umpire Committee members.

Umpires are selected by the Umpire committee and invited personally by the EITF Umpire Committee. NGBs must confirm if their invited umpires are able to arrive.

Late arrival is not acceptable. The latest arrival for invited umpires is Tuesday 18th April 2023, allowing time to be ready to start the umpires seminar at 15:00 Hrs.

Invited umpires will be required to attend all the Umpire Meetings and carry out all their duties as scheduled for the duration of the event. Their accommodation is paid excluding any extra services (drinks, telephone calls etc.). The EITF Umpire Committee will dismiss any Umpires who do not abide by the work schedules or guidelines and such Umpires will have to pay for the hotel accommodation and meals themselves.

Other (not invited) umpires may also attend but they must pay for the Hotel expenses and may or may not be used by the umpire committee.

The Umpire's dress code will consist of a navy-blue blazer jacket, white long-sleeved shirt, navy blue trousers, navy blue necktie, white short socks and white sport shoes as stated in the ITF Umpire rules.

EITF UMPIRE and COACHES REFRESHING COURSE

This course is mandatory for all invited umpires, and recommended for all umpires and coaches. Umpires must be dressed in their official umpire uniform and have their doboks.

Price: free

Start: Saturday 18th Apr, 15:00 Hrs.

Location: To Be Confirmed.....

5. COACHES

Coaches are the only responsible persons who may stand in for the competitor to hand in ID cards, protests, etc.

A Coach must be a database registered ITF Black belt holder, 1st degree or above. Coaches must attend the coaches meeting. Only one coach is allowed to enter the ring with the competitor or team.