



TAEKWON-DO I.T.F. 26 - 30 OCTOBER  
EUROPEAN CHAMPIONSHIPS **2021**  
HERAKLION, CRETE, **GREECE**



## Welcome to Heraklion, welcome to Crete

Heraklion, the gateway and capital of Crete, one of the most important Mediterranean islands, the city of eternal summer, welcomes you! Enjoy authentic Cretan life-lasting experiences, in an age-long city, so vivid 24/7! Pure life hiding around every corner, day and night: renowned monuments, footpaths of «5+1 civilizations», mouth-watering tastes, ancient palaces, amazing museums, unspoiled crystal-blue waters, Cretan music and dances.





Dear ITF members,

It is a privilege to invite you to the 2021 European Taekwon-Do Championships for Adults, Juniors, Veterans and Children, in Heraklion, the largest city and the administrative capital of the island of Crete.

The championships will take place from 23th to 30th of October 2021, in “Heraklion Indoor Sports Arena, Dyo Aorakia”, an indoor stadium which can host different sports, including martial arts. It includes a smaller second sports hall, which is used for training purposes.

As Crete is one of the most famous and the greatest tourist destination in Greece and Cretans are well known for their hospitality, we are confident that we will offer you more than the usual European Championship accommodation standards. To this will definitely contribute the two great Resort Hotels with high standards of facilities we have chosen to provide your accommodation.

We are looking forward to welcoming you in Crete.

Master Anastasios Valasiadis  
Chairman of Organizing Committee

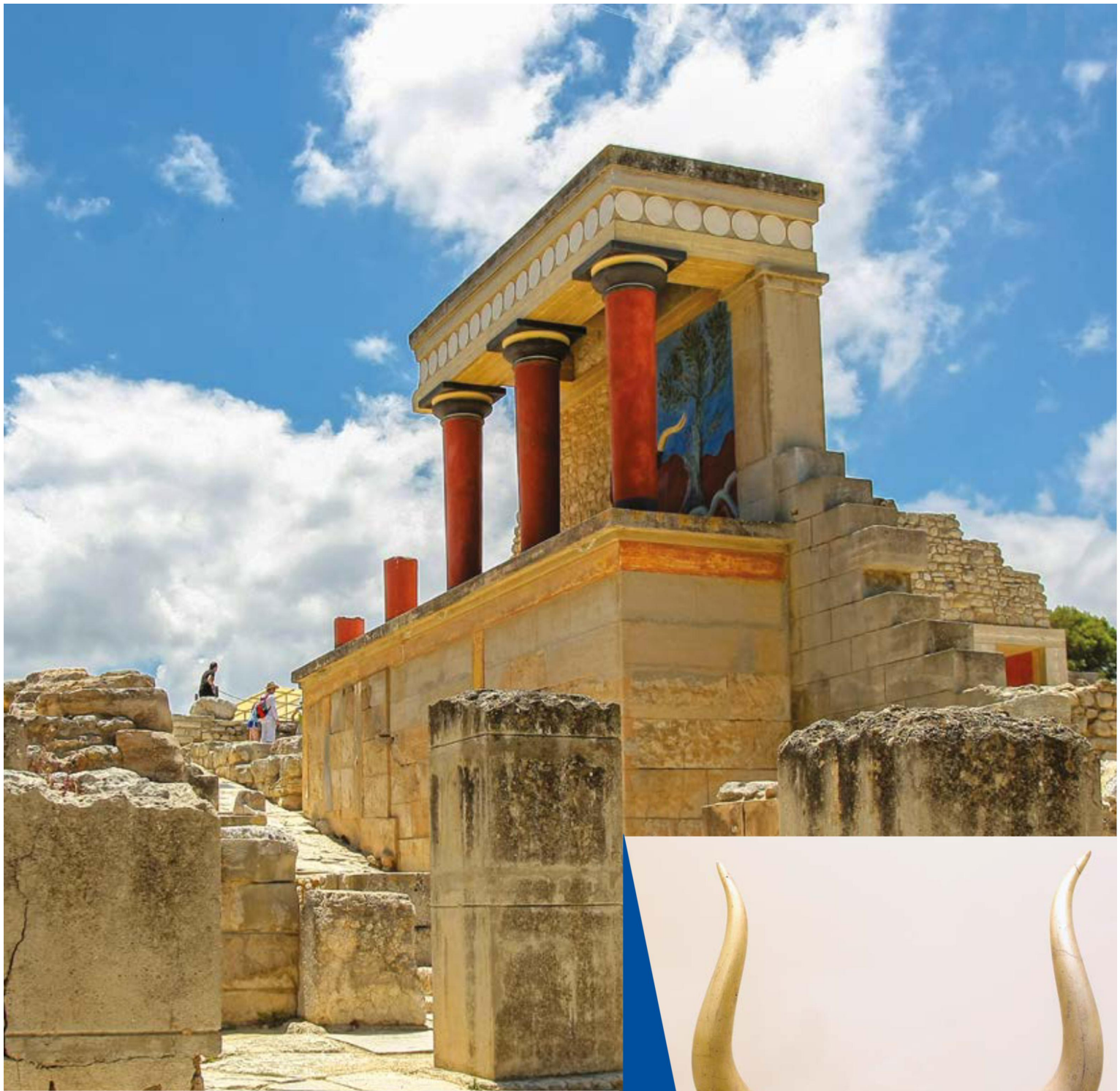


## A meeting place of «5 + 1» civilizations

Called "Kastro" (Fortress) by the Byzantines, "Fortress of the Trench (Rabdh el Chandak) by the Arabs, "Chándax" during the Middle Byzantine period, "Candia" by the Venetians, "Kandiye by the Ottomans and "Heraklion at present. Even before the ship enters the port, you can easily see the strange, tiered and densely built town, the aesthetically inconsistent buildings, the emblematic Fortress Koules also known as "Rocca a Mare" and the Venetian walls embracing the town.







### Here, where the first European civilization flourished

The rich Cretan mythology and reality are just a five-kilometer road apart. This is the distance between Heraklion, the port of the capital of Minoan Crete and Knossos, with the unique palace of King Minos in a lush area full of olive trees, vines and cypresses.





## The city that never sleeps...

The city remains in a never-ending motion which is constantly fuelled by countless cultural, sport and social events.

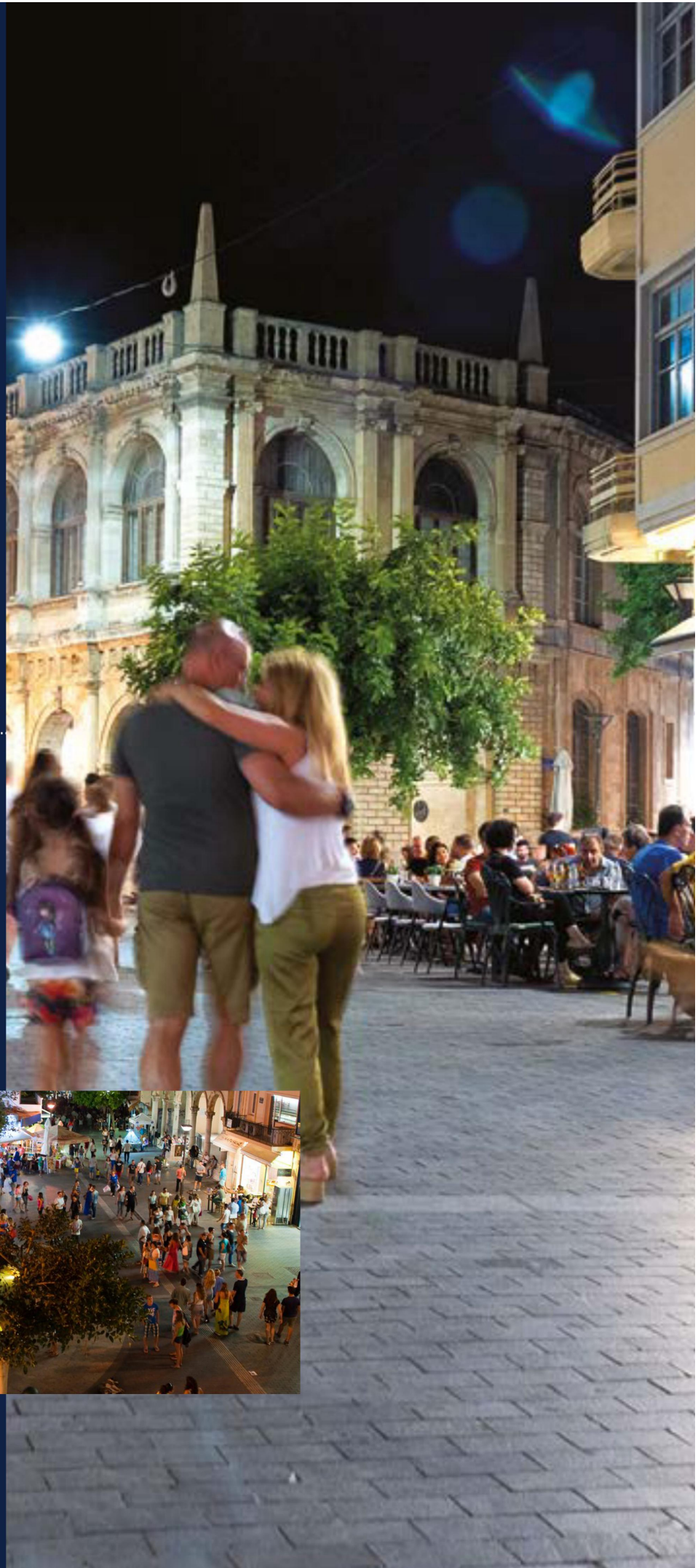
Its streets and bountiful markets are bustling with people.

Night and day, dozens of hangouts are waiting to be discovered.

Local products and unique tastes and flavors of the famous Cretan diet are offered everywhere.

Something is happening, always and everywhere...

an outdoor concert, a street theatre, an artistic event...







### Traditional products which go back in time

Grapes, raisins, wine, herbs, honey, cheese, rusk, olives and olive oil are grown and produced in the fertile grounds of the island.

The wine of the Liatiko variety from the region of Dafnes and Moscato from the region of Agios Myron, the ancient city of Rafkos, are among the most renowned.



## 1 PROMOTER & ORGANIZER

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### 1.1 MAIN CONTACT

Main contact e mail address for this EITF Championship: [support@eitf-taekwondo.org](mailto:support@eitf-taekwondo.org)

Please ALWAYS USE THIS EMAIL ADDRESS ONLY. Messages sent to this email are automatically sent to the Tournament Committee, Organizer and IT Provider. By contacting us via this email we will be able to identify the responsible person and respond to your questions quicker.

### 1.2 PROMOTER

#### Europe ITF Taekwon-Do Federation

Alexandra Gate,  
Ffordd Pengam  
Cardiff Cf24 2SA, Wales

[www.eitf-taekwondo.org](http://www.eitf-taekwondo.org)

### 1.3 ORGANIZER

#### Athletic Taekwon-Do Federation of Hellas (ATFH)

PE.A.K. Neapolis, 56701 Thessaloniki, Greece

Tel: +30 2310 672006

Fax: +30 2310 672009

[www.aote.gr](http://www.aote.gr)

### 1.4 ORGANIZING COMMITTEE

**GM Michael E. Prewett**, president of EITF, chairman of EITF Umpire Committee

**Mr. Ladislav Burian**, chairman of EITF Tournament Committee

**Master Anastasios Valasiadis**, president of Athletic Taekwon-Do Federation of Hellas

### 1.5 UMPIRE COMMITTEE

Grand Master Michael E. Prewett, IX. Degree

Grand Master Gary Miller, IX. Degree

Master Emin Durakovic, VIII. Degree

Master Vergilly Sitnilski, VII. Degree

Mr. Igor Scheglov, VI. Degree

### 1.6 TOURNAMENT COMMITTEE

Mr. Ladislav Burian

Master Lefteris Polydorou

Ms. Carrie King

Ms. Ilona Uzlova

Mr. Jan Labik

### 1.7 IT SERVICES

Mr. Ivan Rajtr

Mr. Jan Rajtr



## 2 BASIC INFORMATION

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### 2.1 DATE

**23<sup>rd</sup> - 30<sup>th</sup> October 2021**

### 2.2 VENUES

#### Registration place:

Hotel Lyttos Beach

Address: 70014 Hersonissos, Crete, Greece

GPS: 35.3352, 25.3523

#### Sports hall:

Heraklion New Sports Arena “Dio Aorakia”

Address: Nea Alikarnassos

Google Maps: <https://goo.gl/maps/cv685SBGdexd12898>

GPS: 35.326856, 25.170781

### 2.3 CHAMPIONSHIP OFFICIAL WEBSITE:

[www.eitf-taekwondo.org](http://www.eitf-taekwondo.org)

<https://ec2021.aote.gr>

### 2.4 RULES:

This Championship will be held in accordance with these documents:

- General Information Pack (this document)
- EITF Tournament Standards
- ITF Tournament Rules

The competition is based on the ITF Tournament Rules. Some rules are mentioned in this General Information Pack in order to either emphasize or update and clarify several rules. In other words, if there is a conflict between “ITF Tournament Rules” and “General Information Pack”, then the rules in this document are applicable, as they are of higher priority.

## 3 PREPARATION FOR THE CHAMPIONSHIP

### 3.1 VISA

Countries requiring a visa to the Hellas should contact their nearest consulate. The waiting period after applying for visas might vary, therefore please ensure that you apply in plenty of time.

#### **IMPORTANT:**

Countries who receive Greek Visa through the organizing committee, **MUST** only be accommodated at hotels as provided by the Organizer. **This applies for their whole stay.**

**Deadline for NGBs to ask for confirmation of participation: 30<sup>th</sup> August 2021**

### 3.2 APPLICATION FOR THE CHAMPIONSHIP

Applications must be sent **ONLY** via the official online registrations:

- Accommodation
- Sport registration

#### 3.2.1 Accommodation

~~As in past years the main Accommodation deadline is 2 months before the Championship with the price of 200 EUR deposit per person. However this year there are also second and third (alternative) deadlines. If NGB does not send the deposit until 30th August, then the second deadline 20th September is applicable with a Deposit of 300 EUR and higher accommodation prices. If deposit is sent even later, between 21th September and 10th October, then the deposit amount is 400 EUR per person.~~

**The organizing committee, aware of the countries' concern about the situation created by Covid-19, decided to change the accommodation packages and the terms for deposits return.**

All the payments and penalties for your NGB will be available within the online Application, therefore your Head of delegation can prepare their payment in advance.

EITF VIPs - The NGB cannot register VIPs. The invited persons from EITF will be registered by the website admin and the NGB will have to confirm by putting a tick "Will Come" or "Not Come".

Process of Accommodation registration

1. NGB sends deposit payment before the deadline
  - a. **200 EUR per person, if sending before 30th August (standard accommodation prices [see table 1 section 3.6.1](#))**
  - b. **300 EUR per person, if sending before 8th October (standard accommodation prices before 1st deadline [see table 1 section 3.6.1](#))**
  - c. ~~300 EUR per person, if sending between 31th August and before 20th September~~
  - d. ~~400 EUR per person, if sending between 21th September and 10th October~~
2. It is recommended that NGB sends proof of payment to [support@eitf-taekwondo.org](mailto:support@eitf-taekwondo.org)
3. Accommodation reservation is open for NGB after payment
4. NGB coaches/representatives use the online system (<https://athleticdb.info/itf>) to reserve their requested number of rooms. Accommodation registration system will open for the first time on **10.9.2021, 12:00 GMT+3**



Accommodation deadlines - summary	
30.08.	<ul style="list-style-type: none"> <li>• Visa deadline</li> <li>• Deposit <b>200 EUR</b></li> <li>• Cheaper accommodation prices (I, <a href="#">see table 1 section 3.6.1</a>)</li> </ul>
08.10.	<ul style="list-style-type: none"> <li>• Deposit <b>300 EUR</b></li> <li>• Standard accommodation prices (I, <a href="#">see table 1 section 3.6.1</a>)</li> <li>• Until 08.10. the deposit is 100% refundable</li> </ul>
<del>20.09.</del>	<ul style="list-style-type: none"> <li><del>• Deposit <b>300 EUR</b> per person</del></li> <li><del>• Higher accommodation prices (II, <a href="#">see table 2 section 3.6.2</a>)</del></li> </ul>
after 08.10.	<ul style="list-style-type: none"> <li>• Deposit <b>400 EUR</b> per person</li> <li>• Higher accommodation prices (II, <a href="#">see table 2 section 3.6.2</a>)</li> </ul>
Before 15.10.	<ul style="list-style-type: none"> <li>• Deposit is 50% refundable if participation is cancelled before 15.10.</li> </ul>
After 15.10.	<ul style="list-style-type: none"> <li>• Non-refundable deposit</li> </ul>

Should you have any problems accessing the online application, please contact us:

[support@eitf-taekwondo.org](mailto:support@eitf-taekwondo.org)

### 3.2.2 Sport application

Link to sport application: <https://tkd.applicationdata.eu>

Login credentials to the Sports application are the same as last year. These will also be sent to all NGBs.

NGBs will only be allowed to register their participants after their deposit is paid. NGB can only register as many participants as for how many the deposit was paid and registered on the accommodation platform.

Should you have any problems accessing the online application, please contact us at [support@eitf-taekwondo.org](mailto:support@eitf-taekwondo.org).

**Final Deadline for teams to send the sport application: 15<sup>th</sup> October 2021**

**After this Final deadline ALL changes will be penalized.** We have moved the deadline as close to the Championship as technically possible to give you more time to finalize the application. But please bear in mind that after this deadline each and every change will be charged! Therefore, during Registration coaches will check the application, but they will need to pay for each and every change of any item in the application, should they need to make any.

Please do not forget to fill in all the important parts of the application:

- List of all competitors, their disciplines and team membership
- List of all teams, including self-defence
- Coaches
- VIPs (please see the *EITF Tournaments Standards* document to know who can be accredited as VIP)
- NGB members

- Umpires (both invited and not invited)
- Photos of all participants (JPG, max. resolution 75dpi, max. size 45kB) must be inserted into the application software. Failing to do so might be subject to additional charges.

### 3.3 TRANSPORTATION & ARRIVAL

#### 3.3.1 Transportation options

Organizers will provide transportation for teams from any of the following:

- Transport included in accommodation packages
  - Heraklion Airport (approx 30min from Lyttos hotel / registration)
  - Heraklion sea port
- Transport paid extra
  - Chania airport (2,5hrs)
  - Sitia airport (approx 2hrs)

#### 3.3.2 Arrivals

All necessary information about your arrival must be filled in only in the Application:

- Type of transportation (flight/ferry)
- Dates and times of arrivals and number of all NGB participants (including invited and not invited umpires, VIPs and other team members)
- Dates and times of departure of all participants
- Flight, train or bus numbers, where applicable

Transportation from/to the Airport, sports hall and meeting point will be arranged by the organizer. Transportation will not be available to anyone making their own booking. Teams arriving by other means should proceed to the meeting point at the designated time (please see the Schedule section).

**Deadline for NGBs to inform the organizer of all their dates and times of their arrivals, departures and total number of people: 15<sup>th</sup> October 2021**

### 3.4 PAYMENTS & PENALTIES

#### 3.4.1 Payment

Deposits are paid **per person and are non-refundable**. NGB must send the deposit to:

**Account number (IBAN):** GR90 0172 2150 0052 1509 5574 704  
**SWIFT code (BIC):** PIRBGRAA  
**Bank account name:** Athletic Taekwon-do Federation of Hellas

**Deadlines for payment of deposit:**

	Date	Deposit in EUR
First deadline	30.08.2021	200 EUR
Second deadline	08.10.2021	300 EUR
Third deadline	after 08.10.2021	400 EUR



The remainder of the payment will be due in cash at the venue registration after confirmation of the final application forms and after the accommodation payment.

Travellers/Bank cheques, Visa, Mastercard, Amex or Diners Cards **will not** be accepted.

### 3.4.2 Fees

- **EITF annual fee: 200 €** per NGB, will only be paid for year 2021, not 2020
- **Individual entry fee: 100 €** per competitor.
- Individual entry fees must also be paid by those competitors, who are competing as team members only.
- **Team entry fee: 40 €** per team per discipline, including self-defence
- **Accreditation fee for countries using their own accommodation during their stay at the EITF Championship event, i.e. if not booking via the Organizer: 300 €** per person  
This charge will be made for any countries who book their own accommodation for any of the competition dates (Saturday-Sunday) and do not use the services of the organiser.  
(Note: After payment, these participants, who have booked their own accommodation, will receive an ID card, but no other services:
  - Free entrance to opening ceremony
  - Free entrance to the sports hall
  - Free entrance to the after party
  - Medical assistance for competitors injured during the competition
  - no transportation
  - no lunch in the sports hall or other meals

### 3.4.3 Penalties

- **Accommodation application sent after Accommodation deadline:** There is no penalty, but after this deadline, proposed package prices are not guaranteed and may be much higher, depending on individual hotels.
- **Application form sent after deadline: 200 €**
- **Each and every change of the application after the Final deadline: 150 €**  
Example of changes, which are charged after the Final deadline:
  - wrong name
  - wrong birthday
  - wrong photo
  - changing of discipline, weight category, degree, etc.
  - adding of extra category
  - adding competitor to team category
  - competitor **or coach** without WADA certificate
  - wrong ID of ITF Platform
- **Change to the ID card (after it was accepted by the coach): 50 €**
- **ID card replacement: 5 €**
- **Missing photos of participants in the application form: 15 €**
- **Separate invoices (for each competitor): 1 €** per invoice
- **Late arrivals:**
  - **Penalty for late arrival of responsible person to the registration: 300 €**
  - **Penalty for late arrival of the whole team to the competitor's check: 100 €** per participant  
Note: These penalties will be applied unless the late arrival is totally out of the participant's control. However, participants need to plan their arrivals with adequate travel time allowing for usual potential delays caused by flight delays, high volume of traffic, etc. (it is recommended that you allow yourselves at least 2 extra hours before the deadline time)

### 3.4.4 Covid financial measures

The organizer will refund the deposit payment if the Greek Government cancels the Championship. The organizer will also refund the deposit payment to an NGB in case that the Greek Government will not allow them to enter Greece.

In case an NGB cannot attend due to their Government decision or other reason, the Organizer will not refund the deposit payment.

All participants, including EITF officials are advised to purchase flight tickets with insurance for cancellation, in case of covid measures introduced by departure/transfer/arrival countries.

**No one is entitled to receive any compensation for flight tickets in case of a cancelled Championship or any other situation.**

## 3.5 COVID HYGIENE MEASURES

At the moment the measures for the competitions in Greece are:

- Everybody must wear FFP2 masks except the competitors during the match.
- Spectators are not allowed at the Sports Hall
- Only 2.500 persons were allowed inside the venue (Required championship ID card).
  - The total seats of the venue are 5,222.
  - athletes, coaches, team leader, chief of delegation and umpires can enter the stadium if they have vaccination certificate or negative test (PCR or Rapid)
  - Others can enter the stadium if they have a vaccination certificate.
- Detailed rules for testing of all participants will be issued in months before the Championship, based on current Greek national rules and WHO recommendations.
- The Organizing Committee covers the cost of
  - a test when their travel test will expire
  - the test before the departure of the team
- In case of any person being tested positive on Covid during the Championship
 

In case of a positive Covid test the organizing committee will transfer the person to a quarantine hotel that the Greek Government has already organized for the new cases of Covid. In the municipality of the official championship hotels there are 2 quarantine hotels.

  - The Greek Government covers the cost for:
    - the accommodation including the meals
    - the daily covid test
  - The person must stay for 7 days in this hotel. In case of a negative test before the 7th day the person can leave the quarantine hotel.



### 3.6 ACCOMMODATION

Minimal lengths of stay:

- for children competitors and parents or coaches who accompany them: **4 nights / 5days**
- for junior, adult and veteran competitors: **6 nights / 7 days**

#### 3.6.1 Table 1: Prices for deposit payments **paid before 8th October**

Package A - hotel Lyttos, prices I						
prices per person [EUR]	Studio 5 persons with 2 rooms & 2 bathrooms	Studio 4 persons with 2 rooms & 2 bathrooms	Studio 4 persons with 2 rooms & 1 bathroom	Studio 3 persons with 2 rooms & 1 bathroom	Double	Single
5 days / 4 nights	320	320	300	360	400	600
6 days / 5 nights	400	400	375	450	500	750
7 days / 6 nights	480	480	450	540	600	900
8 days / 7 nights	560	560	525	630	700	1050
9 days / 7 nights	640	640	600	720	800	1200
10 days / 9 nights	720	720	675	810	900	1350
extra night	80	80	75	90	100	150

Package B - Porto Greco hotel, prices I				
prices per person [EUR]	Studio 4 persons with 2 rooms & 1 bathroom	Tripple with 1 bathroom	Double	Single
5 days / 4 nights	280	300	320	440
6 days / 5 nights	350	375	400	550
7 days / 6 nights	420	450	480	660
8 days / 7 nights	490	525	560	770
9 days / 7 nights	560	600	640	880
10 days / 9 nights	630	675	720	990
extra night	70	75	80	110

## 3.6.2 Table 2 - Prices for deposit payments paid after 8th October

<b>Package A - hotel Lyttos, prices II</b>						
prices per person [EUR]	Studio 5 persons with 2 rooms & 2 bathrooms	Studio 4 persons with 2 rooms & 2 bathrooms	Studio 4 persons with 2 rooms & 1 bathroom	Studio 3 persons with 2 rooms & 1 bathroom	Double	Single
5 days / 4 nights	360	360	340	400	440	640
6 days / 5 nights	450	450	425	500	550	800
7 days / 6 nights	540	540	510	600	660	960
8 days / 7 nights	630	630	595	700	770	1120
9 days / 7 nights	720	720	680	800	880	1280
10 days / 9 nights	810	810	765	900	990	1440
extra night	90	90	85	100	110	160

<b>Package B - Porto Greco hotel, prices II</b>				
prices per person [EUR]	Studio 4 persons with 2 rooms & 1 bathroom	Tripple with 1 bathroom	Double	Single
5 days / 4 nights	320	340	360	480
6 days / 5 nights	400	425	450	600
7 days / 6 nights	480	510	540	720
8 days / 7 nights	560	595	630	840
9 days / 7 nights	640	680	720	960
10 days / 9 nights	720	765	810	1080
extra night	80	85	90	120

Each package includes:

- Transport from/to airport or train/bus station
- Full board (breakfast, lunch, dinner), including basic non-alcoholic drinks
- Free entrance to the sport hall during competition days
- Free entrance to the opening ceremony
- Free entrance to the after party
- Medical assistance during the competition days  
(only for competitors injured during this competition)

Note:

- If you want to enjoy your stay in Crete for additional days before or after the Championship, booking of additional days is possible. Please contact us at [support@eitf-taekwondo.org](mailto:support@eitf-taekwondo.org)

### 3.6.3 Free facilities

The Organizing Committee has organised all participants accommodation in Resort Hotels with high standards, providing additional facilities without extra cost (free of charge):

Free facilities	
Package A	Package B
Wi-Fi in rooms and common areas	Wi-Fi in all hotel rooms and common areas
Complimentary use of Waterpark	Gym room, fully equipped
Sun umbrellas, towels and sun chairs at Pools and beach	4 swimming pools (fresh water, open air)
All suites & units with own pool are provided with slippers and bathrobes	Sunbeds and umbrellas at pools

### 3.6.4 Extra paid facilities

Extra paid facilities	
Use of the “only-adults Gym” (Package A, Lyttos hotel)	20 EUR / athlete, whole stay
Use of the hall with tatami	50 EUR / team / hour

## 3.7 REGISTRATION UPON ARRIVAL

Only one (1) responsible person per NGB (coach or other responsible representative) is needed to register the whole team and to make the payments. The rest of the team are able to arrive later to attend the Competitor’s check. Registration is only possible between the given office hours. NGBs who fail to attend on time might be suspended from the Championship or may pay a penalty for late registration. (This decision is at the discretion of the Organizing committee)

**The latest time of arrival to Registration: Saturday 23rd October 2021, 19:00**

Arrival time means the time of arrival to the registration room (not the airport), so please plan your time accordingly, with sufficient reserve.

## 3.8 COMPETITOR’S CHECK

3.8.1 After completion of the checks by all NGB members, all ID cards for the competitors will be given to the coach.

3.8.2 All competitors must be present. They will be checked for:

- Nationality - passport of the country, VISA or other residency document (e.g. employer card, student card) must be presented to prove that the competitor may compete for their country
- Black Belt ID card
- ITF passport



- **ITF platform registration (new 2021 ITF rules)**
- Weight check for those who are competing in sparring
- Each competitor will have to sign a Liability waiver form as introduced in the ITF rules.
- **WADA certificate - new rule!**  
**All competitors** (of all age categories) and **all coaches** must have the official WADA certificate, in case of missing this certificate the athlete has the opportunity to complete the certificate by the end of the Competitor's check, otherwise the athlete can not participate.

**Latest time of arrival for the whole team (all competitors): Sunday 24th October 2021, 16:00**

Arrival time means time of arrival to the weight-check room (not the airport), so please plan your time accordingly, with sufficient reserve.

### **3.9 DOPING TEST**

The doping test can be performed on any randomly selected competitor. A Competitor who declines the doping test or does not come on time will be disqualified.

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## 4 CHAMPIONSHIP RULES AND REGULATIONS

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### 4.1 COMPETITION RULES

This Championship is held in accordance with the **ITF rules** (2021 update), unless stated otherwise in specific cases. If not covered by the ITF rules then the EITF rules will apply.

### 4.2 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 (2<sup>nd</sup> Kup) and above may compete.
- The degree and age of competitors must be valid and identical on both degree certificates and ITF Passports.
- It is the responsibility of each competitor to have their own health insurance. The organizer is not responsible for any damage or losses.
- Tatami used for Taekwon-Do disciplines are of standard size 9 by 9 metres with 1m of safety border (11 x 11 metres total).
- The Competitors must follow the ITF dress code. Only competitors who are wearing the official ITF dobok, manufactured by Sasung 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:** As per new ITF rules all disciplines may start on the first day of 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.

### 4.3 DISCIPLINES

#### 4.3.1 Individual Patterns (Tul)

The competitors will perform their optional pattern one after another and then the designated pattern will be performed together.

#### 4.3.2 Team Patterns (Tul)

Scoring will not commence until the command "Shi Jak" is given. Maximum of ten (10) seconds will be allowed for the team to arrive at their starting positions.

### 4.3.3 Sparring (Matsogi)

- In preliminary rounds, competitors will be divided into groups of three or four where possible. They will compete against each other and the competitors who receive the most points will proceed to the pyramid system. Please see the official ITF explanation of the system.
- **Allowed safety equipment:**
  - All Competitors must be in possession of a full set of blue and red approved safety equipment for sparring. Other colours will not be allowed.
  - **Juniors, Adults and Veterans**
    - **NEW RULES AFTER 2019 CONGRESS!**  
Only the following partner brands will be permitted:
      - **Backfist**
      - **Boyko**
      - **Top Ring**
      - **Ten Dan (Tsim Sport)**
      - **Daedo (ITF official supplier)**
    - Allowed brands apply also to helmets.
    - Gloves shall be closed, 10 ounces, and must show “10oz” on the gloves.
  - Children's safety sparring equipment remains unchanged – it is the same as in previous years.
  - head guards and shin guards are compulsory for all age categories
- **Permitted hand techniques and kicks:**
  - Hand techniques – Hand techniques using “Ap jumok”, “Dung jumok” and “Yop jumok”.
  - Foot parts – “Ap kumchi”, “Bal Dung”, “Balkal”, “Bal duitchuk”, “Balbadak”.
- **4 and 5 point techniques:**
  - When the center referee considers a 4 or 5 point technique has been scored, he/she will stop the match and will raise a hand indicating 4 or 5 point technique, while pointing the relevant competitor with their other hand. The coach of the opposite team can ask for a video protest about the decision of the center referee.
- **Golden point:**
  - Coach will be allowed to ask for a video-protest of the final action during the Golden point round.
- **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.

### 4.3.4 Power breaking test (Wi Ryok)

Maximum of 2 competitors per country are allowed to enter each division.

The power breaking will follow the ITF rules – all boards must be broken for each elimination technique.

### 4.3.5 Special techniques (Tuk Gi)

Maximum of 2 competitors per country are allowed to enter each 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. Minimal lengths and heights are set for juniors and adults (see the Age categories sections below).



- 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.

#### 4.3.6 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).

## 4.4 AGE CATEGORIES

### 4.4.1 Age Deciding Day (same for all age categories)

**Sunday, 24<sup>th</sup> October 2021**

### 4.4.2 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 1<sup>st</sup> degree must be a minimum of 11 years old.

Each country will be allowed **three (3)** competitors in each division. Please note, that in case of 3 competitors in the same division, it is only guaranteed that one of these 3 competitors will not meet the other two in the first round.

#### 4.4.2.1 Children patterns

Patterns for children's red belts: Chon-Ji to Hwa-Rang or Choong-Moo

Patterns for children's black belts: Chon-Ji to Ge-Baek.

Patterns will be separate for red and black divisions.

#### 4.4.2.2 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, there will also be no team event 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.**

#### 4.4.3 Juniors

There are two junior divisions:

- **Younger juniors** must be 14-15 years old and must be 1<sup>st</sup> or 2<sup>nd</sup> degree ITF black belt certificate holders.
- **Older juniors** must be 16-17 years old and must be 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> degree ITF black belt certificate holders.

Junior age groups of 14-15 and 16-17 are only for Individual and team patterns and sparring.

Juniors 2<sup>nd</sup> degree must be a minimum of ~~14-1/2~~ **14 years old**, juniors 3<sup>rd</sup> degree must be a minimum of ~~16~~ **16 years old**.

Each country will be allowed **three (3)** competitors in each division. **Three (3)** for juniors 14-15 years old and **three (3)** for juniors 16-17 years old. Please note, that in case of 3 competitors in the same category, it is only guaranteed that one of these 3 competitors will not meet the other two in the first round.

##### 4.4.3.1 Patterns

Patterns for Juniors will be separated by gender, by grade 1<sup>st</sup> to 3<sup>rd</sup> degree, **and by age category** (14-15, 16-17).

Female 14-15 years: 1<sup>st</sup>, 2<sup>nd</sup> Degree  
 Male 14-15 years: 1<sup>st</sup>, 2<sup>nd</sup> Degree  
 Female 16-17 years: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Degree  
 Male 16-17 years: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Degree

##### 4.4.3.2 Sparring

Female 14-15 years: -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, +65 kg  
 Female 16-17 years: -40 kg, -46 kg, -52 kg, -58 kg, -64 kg, -70 kg, +70 kg  
 Male 14-15 years: -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, +70 kg  
 Male 16-17 years: -45 kg, -51 kg, -57 kg, -63 kg, -69 kg, -75 kg, +75 kg

##### 4.4.3.3 Junior special techniques minimum heights

Juniors	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

#### 4.4.3.4 Junior teams

As per new ITF rules, NGBs may register separate teams (5+1) for each discipline. In the junior 14-15 Team Tul and Sparring event, the teams must include only competitors 14 or 15 years old. In the junior 16-17 Team Tul and Sparring event, the team must only include competitors 16 or 17 years old.

**NEW** There will be a separate patterns division for teams 14-15 and teams 16-17.

#### 4.4.4 Adults

Competitors participating in the Adult age category must be 18-39 years old and must be 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> or 6<sup>th</sup> Dan ITF black belt certificates.

In line with ITF promotion rules: Adult 4<sup>th</sup> degree must be a minimum of 22 years old.

Each country will be allowed **three (3)** competitors in each division. Please note, that in case of 3 competitors in the same division, it is only guaranteed that one of these 3 competitors will not meet the other two in the first round.

The 5<sup>th</sup> and 6<sup>th</sup> degrees will compete in degree for pattern and be able to compete within the existing divisions of sparring, power, special technique and self-defence 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.

##### 4.4.4.1 Adult patterns

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

Female: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> Degree

Male: 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> Degree

##### 4.4.4.2 Adult sparring - **NEW: entry allowed for 1st to 6th degree**

Female, 1st to 6th degree: -47 kg, -52 kg, -57 kg, -62 kg, -67 kg, -72 kg, -77 kg, +77 kg

Male, 1st to 6th degree: -52 kg, -58 kg, -64 kg, -71 kg, -78 kg, -85 kg, -92 kg, +92 kg

##### 4.4.4.3 Adult teams

As per new ITF rules, NGBs may register separate teams (5+1) for each discipline.



**4.4.4.4 Adult special techniques minimum heights**

Adults	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

**4.4.4.5 Adult power test**

Adult Minimum boards	Male	Female
Ap Joomuk	2	-
Sonkal	2	1.5
Balkal	4	3
Bal Ap Kumchi	3	2
Bal Duit Chuk	3	-

**4.4.5 Veterans**

Competitors for the Veteran Championship must be 40 – 49 years old (Silver Class), 50 – 59 years old (Gold Class) . There is no Platinum class.

Competitors must be holders of 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> or 6<sup>th</sup> 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.

Following the ITF rules, the veteran self-defence will not be included.

**4.4.5.1 Veteran Patterns**

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

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

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

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

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

**4.4.5.2 Veteran Sparring**

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

Female (Gold Class): -60 kg, -75 kg, +75 kg

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

Male (Gold Class): -66 kg, -80 kg, +80 kg

**4.4.5.3 Veteran teams**

According to the new ITF rules, separate teams are permitted for each discipline from one country. Teams may consist of both Silver and Gold classes.

**4.4.5.4 Veteran power test**

Individual power breaking will be organized for Silver Class only.

Team power breaking can include the Silver and Gold Class.

Veteran Minimum boards	Male	Female
Sonkal	2	1.5
Balkal	3	2
Bal Ap Kumchi	3	2

**4.5 UMPIRES**

The Organizing Committee will pay for a maximum of **8 days/7 nights** hotel accommodation for **68 qualified umpires** and **5 Umpire Committee members**. Umpires are selected by the Umpire committee and invited personally by the President of 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 Saturday 23rd October 2021**

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.

#### **4.6 UMPIRE REFRESHER COURSE**

This theoretical session (no practice in dobok) will take place on Sunday 24th October (full day). This seminar is only for invited umpires. Umpires must be dressed in their official umpire uniform.

Starting at: 9:00

Location: Lyttos hotel, Big conference room

#### **4.7 COACHES**

Coaches are the only responsible persons who may stand in for the competitor, hand in protests, etc. A Coach must be an ITF Black belt holder, I. degree minimum. Coaches must attend the coaches meeting. Only one coach is allowed to enter the ring with the competitor or team.

#### **4.8 AWARDS FOR PARTICIPANTS**

All participants will receive a Certificate of Participation signed by the EITF President and President of the Organizing Committee. Finalists of specified divisions and categories will receive Diplomas and Medals.

#### **4.9 CEREMONIES**

For the Opening Ceremonies, the participants can wear the ITF dobok or the team apparel.

Each Country must submit two participants and officials to represent their country during the official parade.

## 5 SCHEDULE

Friday, October 22 <sup>nd</sup> , 2021		
13:00 - 21:00	EITF Registration, EITF Payment, Accommodation payment	Lyttos Hotel
Saturday, October 23 <sup>rd</sup> , 2021		
all day	Arrival of participants	Lyttos Hotel
10:00 - 12:00	EITF Registration EITF Payment Accommodation payment	Lyttos Hotel
10:00 - 12:00	Competitor's check and weight check	Lyttos Hotel
12:00 - 14:00	Lunch	Hotels
13:00 - 21:00	EITF Registration EITF Payment Accommodation payment	Lyttos Hotel
13:00 - 21:00	Competitor's check and weight check	Lyttos Hotel
<b>19:00</b>	<b>Deadline for coaches to arrive at the Registration</b>	<b>Lyttos Hotel</b>
19:00 - 22:00	Dinner	Hotels
Sunday, October 24 <sup>th</sup> , 2021		
all day	Arrival of participants	Lyttos Hotel
07:00 - 09:00	Breakfast	Hotels
09:00 - 12:00	Umpire refresher course, part 1	Lyttos Hotel
09:00 - 13:00	Competitor's check and weight check	Lyttos Hotel
12:00 - 14:00	Lunch	Hotels
14:00 - 18:00	Umpire refresher course, part 2	Lyttos Hotel
14:00 - 18:00	Competitor's check and weight check	Lyttos Hotel
<b>16:00</b>	<b>Deadline for teams to arrive for Competitor's &amp; weight check</b>	<b>Lyttos Hotel</b>
<b>18:00</b>	<b>Deadline for paid changes in applications</b>	<b>Lyttos Hotel</b>
19:00 - 22:00	Dinner	Hotels
18:00 - 21:00	Preparation of starting lists (draws) for online publishing	
20:00 - 22:00	EITF Executive Board meeting	Lyttos Hotel
Monday, October 25 <sup>th</sup> 2021		
06:00 - 09:00	Breakfast	Hotels
<b>09:00 - 12:00</b>	<b>EITF Congress</b>	Lyttos Hotel
12:00 - 14:00	Lunch	Hotels
<b>13:00 - 14:30</b>	<b>Coach meeting</b>	Lyttos Hotel
15:00-15:45	Transport of all participants to Sportshall	Hotels => Sportshall
16:00 - 19:00	Opening ceremony	Sportshall
20:00 - 22:00	Dinner	Hotels



**Tuesday, October 26<sup>th</sup> 2021***1st competition day*

06:00 - 09:00	Breakfast	Hotels
07:30	Departure of Competitors for first matches	Lyttos Hotel
08:15	Departure of Competitors	Lyttos Hotel
08:00 - 08:30	Umpire meeting in the hotel	LyttosHotel
08:30	Departure of EITF Umpires	Lyttos Hotel
09:00 - 18:30	Competition in Sports hall	Sportshall
12:00 - 14:00	Lunch cafeteria open	Sportshall
18:30	Departure of umpires	
18:30 - 19:30	Medal awarding	Sportshall
18:45 - 19:00	Coach meeting	Sportshall
19:30	Departure to hotels (all participants)	Sportshall
20:00 - 22:00	Dinner	Hotels

**Wednesday - Friday (same time schedule for these days)***2nd - 4th competition days*

06:00 - 09:00	Breakfast	Lyttos Hotel
07:30	Departure of Competitors for first matches	Lyttos Hotel
08:15	Departure of Competitors	Lyttos Hotel
08:00 - 08:30	Umpire meeting in the hotel	LyttosHotel
08:30	Departure of Umpires	
09:00 - 18:30	Competition in Sports hall	Sportshall
12:00 - 14:00	Lunch cafeteria open	Sportshall
18:30	Departure of umpires	
18:30 - 19:30	Medal awarding	Sportshall
18:45 - 19:00	Coach meeting	Sportshall
19:30	Departure to hotels (all)	Sportshall
20:00 - 22:00	Dinner	Hotels

**Saturday, October 30<sup>th</sup> 2021***5th (last) competition day*

06:00 - 09:00	Breakfast	Lyttos Hotel
07:30	Departure of Competitors for first matches	Lyttos Hotel
08:15	Departure of Competitors	Lyttos Hotel
08:00 - 08:30	Umpire meeting in the hotel	LyttosHotel
08:30	Departure of Umpires	
09:00 - 18:30	Competition in Sports hall	Sportshall
12:00 - 14:00	Lunch cafeteria open	Sportshall
18:20 - 20:00	Award Ceremony in Sports hall	Sportshall
20:00 - 22:00	Dinner	Hotels
20:00 - 01:00	Afterparty	Lyttos Hotel

**Sunday, October 31<sup>st</sup> 2021**

06:00 - 09:00	Breakfast	Hotels
	Departure of participants	

## 6 SUMMARY

### 6.1 DEADLINES

- Visa application deadline: **30<sup>th</sup> August 2021**
- First deadline for accommodation: **30<sup>th</sup> August 2021**
- Prepayment (deposit) deadline: **30<sup>th</sup> August 2021**
- Accommodation & Sport Registration will open for NGBs: **10<sup>th</sup> September 2021**
- Second deadline for accommodation (300EUR) deposit prepayment: **before 8<sup>th</sup> October 2021**
- Thirds deadline for accommodation (400EUR) deposit prepayment: **after 8<sup>th</sup> October 2021**
- Full application deadline: **15<sup>th</sup> October 2021**
- Latest arrival of coach for registration: **Saturday, 23<sup>rd</sup> October 2021, 19:00**
- Latest arrival of the whole team for competitor's check: **Sunday, 24<sup>th</sup> October 2021, 16:00**

### 6.2 MEETING POINT FOR REGISTRATION AND ACCOMMODATION

**Lyttos Beach Hotel Lyttos Hotel \*\*\*\***

Hotel Lyttos Beach

Address: 70014 Hersonissos, Crete, Greece

website: <http://www.lyttosbeach.gr>

GPS: 35.3352, 25.3523

### 6.3 CONTACTS

**6.3.1 Main contact address: [support@eitf-taekwondo.org](mailto:support@eitf-taekwondo.org)**

Please ALWAYS USE ONLY THIS EMAIL address. It will help us answer your emails faster and be up-to-date with all important information during the preparation of the Championship. E-mails sent to this address are automatically sent to the Tournament Committee, Organizer and IT-provider and will be replied by a responsible person depending on your question or request.

**6.3.2 Contact person for arriving teams and EMERGENCY NUMBER during competition**

**Mr. Ilias Tzanidis, tel. +30 69 44 99 48 98**

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## CHANGE LOG

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Version	Date, time	description
1.0	4.8.2021	1st published version for NGBs
2.0	9.9.2021	<ul style="list-style-type: none"><li>• Changes of deadlines</li><li>• changes of deposit refunding</li><li>• correction of minimum age limits for 1st, 2nd, 3rd degree as stated by current ITF rules</li></ul> <p>note: all changes are highlighted in yellow like this note</p>