

EUROPEAN CHAMPIONSHIP - RULES AND REGULATIONS

This Championship is conducted under the ITF rules as updated in 2021. Exceptions apply to the Children's Tournament for ages 11-13, which will follow temporary regulations specially adopted by the EITF, not covered by current ITF rules. Detailed information on these temporary rules can be found on the EITF website at www.eitf-taekwondo.org.

COMMON MEDICAL RULES APPLICABLE TO ALL:

- To ensure the health and safety of all participants during the European Championships, the ITF Medical Rules and regulations shall be strictly enforced by the EITF Tournament Organising Committee under the supervision of the ITF Medical Committee. For further information, please consult the ITF HEALTH PROTECTION CHECKLIST available at: <https://www.itf-tkd.org/rules-and-forms/>
- The international Medical Insurance Certificate must be uploaded to each participant's personal profile in the ITF database and will be verified during the check-in/weigh-in procedure. The organiser accepts no liability for any damages or losses sustained by any individual throughout the event.
- The Organising Committee will ensure the availability of professional First Aid services for participants within the Sport Hall during the competition.

COMMON ANTI-DOPING RULES APPLICABLE TO ALL:

Please be advised that doping tests will be conducted for Adult Male and Female competitors in the individual sparring and individual power breaking divisions. Any competitor who refuses or fails to comply with the instructions of the Doping Control Official will be disqualified.

All participants are required to have the following valid documents uploaded to their personal ITF database profiles prior to arrival at the event. These documents will be subject to mandatory verification during the check-in/weigh-in procedure:

Competitors:

- ADEL Certificates issued by WADA upon successful completion of the anti-doping e-learning program.
- ATHLETE ANTI-DOPING CONSENT FORM (attached to this Info Pack), duly signed by the athlete (or parent/guardian, where applicable).

Coaches:

- COACH TRUE Certificates issued by WADA upon successful completion of the anti-doping e-learning program. For further details, please refer to the following link on the ITF website: <https://www.itf-tkd.org/anti-doping-education-tools/>

DRESS CODE FOR COMPETITORS:

- Competitors are permitted to wear only the official ITF-approved Doboks from Dae Do brands.
- Competitors may display their country name on the back of the Dobok jacket, positioned beneath the Taekwon-Do “tree”.
- The competitor’s ITF ID number must be placed below the belt on the back of the Dobok jacket.
- Competitors may display the trademark of their sponsor on the left sleeve of the Dobok. This logo should be positioned 15 cm down from the shoulder line.
- Competitors may display their national flag (3 cm by 5 cm) on the right side of the front of the Dobok jacket, aligned with the ITF logo on the left side of the jacket.

GENERAL:

- Programme of Competitions: A detailed preliminary schedule by ring will be issued prior to the start of the competitions.
- The schedule is subject to change at the discretion of the EITF Tournament/Umpire Committee during the event.

- All disciplines may commence on the first day of the Championship, with no mandatory sequence of events. Consequently, competitors and teams must be prepared to participate in self-defence, special techniques, or power breaking events prior to the sparring event.
- Team events: NGBs may bring separate teams for Pattern, Sparring, Special Technique, Power Breaking, and the Self-Defence Routine. All Team members should be recorded in the application form.

DISCIPLINES

Individual Pattern (Tul)

ALL competitors will perform two designated patterns together. First designated pattern according to their Dans/Gups (as stipulated below) and second designated pattern by randomly selected by the electronic system. Pyramid system will be used.

Children:

1 st Gup	1st Dan
1 st Designated: HWA-RANG or CHOONG MOO	1 st Designated: From KWANG-GAE to GAE-BAEK
2 nd Designated: From CHON-JI to HWA-RANG	2 nd Designated: From WON-HYO to GAE-BAEK
2 nd Gup	
1 st Designated : TOI-GYE or HWA-RANG	
2 nd Designated: From CHON-JI to TOI-GYE	

Juniors, Youth, Adult and Veteran

1st Dan	4th Dan
1 st Designated: From KWANG-GAE to GAE-BAEK	1st Designated: From YON-GAE to MOON-MOO
2 nd Designated: From WON-HYO to GAE-BAEK	2 nd Designated: From HWA-RANG to MOON-MOO
2nd Dan	5th Dan
1st Designated: From EUI-AM to JU-CHE	1st Designated: From SO-SAN to SE-JONG
2 nd Designated: From YUL-GOK to JU-CHE	2 nd Designated: From CHOONG-MOO to SE-JONG
3rd Dan	6th Dan
1 st Designated: From SAM-IL to CHOI-YONG	1 st Designated: TONG-IL
2 nd Designated: From TOI-GYE to CHOI-YONG	2 nd Designated: From CHOONG-MOO to SE-JONG

The Jury President shall announce the winner based on the results generated by the electronic scoring system, following the calculation of points awarded by the umpires during the competition.

Team Patterns (Tul)

- The team pattern competition, unlike individual competitions, is a team performance in which five competitors enter the ring to demonstrate their collective teamwork. Therefore, the technical movements must be executed together in accordance with the general choreographic composition requirements. The technical aspects, including fast and slow movements, as well as continuous and connected motions, should be carried out as specified in the Encyclopaedia. Scoring will not commence until the command “Shi Jak” is given by the Centre Referee. A maximum of twenty (20) seconds will be allowed for the team to take their starting positions.
- Each team will perform one optional pattern and one designated pattern. The designated pattern will be the same for both competing teams and will be selected at random by the electronic system (excluding any optional patterns previously performed in the round).
- The optional and designated patterns for team competitions in the Junior, Youth, Adult, and Veteran categories are listed below.
- In the case of optional patterns for team competitions, the patterns should correspond to the lowest degree holder among the team members.

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

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

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

Sparring (Matsogi)

In preliminary rounds, Junior, Youth 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. "Round robin" will be applicable in the categories with 5 competitors.

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.
- Only the following brand will be permitted for **Junior, Youth, Adult and Veteran: Daedo (ITF official supplier)**
- Authorised brand 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.

4 and 5 point techniques:

When the Centre Referee considers 4 or 5 points techniques has been scored, they will stop the competition with the command “Hechyo”. They will raise their 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 Referee.

The coach of the opposite team can ask for a video protest of the decision of the 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).

Golden point:

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

In case the coaches lose their video protest cards during the first three rounds, the Jury president will NOT give back their cards at the beginning of 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.

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, they 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 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 their break attempt they make a ready posture and shout “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.

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 bottom 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 their break attempt they 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.

Self-defence routine (Ho Sin Kyong Gi)

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

The team will have only ten (10) seconds for the introduction before the hero shouts “Ya”.

For Junior, Youth and Adult Championships, competitors should perform within a minimum of 40 seconds and a maximum of 60 seconds.

Two points will be deducted for up to two seconds under or over the time period; any more will result in zero(0).

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;

- Penalising or not penalising 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)

Disqualification and Red card

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.

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

- Causing an opponent to be unable to compete as a result of heavy contact.
- Receiving 3 deductions (yellow card) in the same competition.

They will be able to continue competition in other events within the competition,

They will not be able to continue competing within the group stage of the sparring competition

AGE CATEGORIES

Age Deciding Day (same for all age categories) – 30.04.2025

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 two (2) competitors in each division.

Children patterns

In individual pattern, children will be separate for red and black belt holders. In team patterns from 2nd Gup to 1st Degree together

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 team events, 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.

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 two (2) competitors in individual sparring, pattern and special technique.

Patterns

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

Female: 1st, 2nd Degree Male: 1st, 2nd Degree

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.

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 two (2) competitors in individual sparring, pattern and special technique.

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

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.

Junior and Youth special techniques minimum heights;

Technique	Junior Male	Youth Male	Junior Female	Youth Female
Flying high front kick (twimyo nopi chagi)	2.6 m	2.7 m	2.1 m	2.2 m
Flying high turning Kick (twimyo dollyo chagi)	2.3 m	2.4 m	2.0 m	2.1 m
Flying high reverse turning kick (twimyo bandae dollyo chagi)	2.2 m	2.3 m	1.9 m	2.0 m
Flying long side kick (twimyo nomo chagi)	2.3 m x 0.7 m	2.5 m x 0.7 m	1.3 m x 0.7 m	1.5 m x 0.7 m
Flying high back kick (twimyo dollmyo chagi 360°)	2.2 m	2.3 m	1.9 m	2.0 m

Junior teams

In the Juniors (14-15) Team Pattern, Sparring, Special Technique and Self-defense routine events, the teams must include only competitors 14 or 15 years old. NGBs may register separate teams (5+1) for each discipline.

Youth U-18 teams

In the Youth U-18 Team Pattern, Sparring, Special Technique and Self-defense routine events, the team must only include competitors 16 or 17 years old. NGBs may register separate teams (5+1) for each discipline.

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 two (2) 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.

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

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.

Adult teams

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

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 reverse turning 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 back kick (twimyo dollmyo chagi 360°)	2.4m	2.1m

Adult Power Test minimum boards;

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

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.

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

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

Veteran power test

Individual power breaking will be organised for Silver Class only. Team power breaking can include the Silver and Gold Class.

Adult Power Test minimum boards;

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

Veteran teams

Separate teams are permitted for each discipline from one country. Teams may consist of both Silver and Gold classes. 3+(1). Silver class cannot be included in Gold class sparring teams.