



14<sup>th</sup> Taekwondo Europe  
European Poomsae Championships  
2- 4 April 2019, Antalya | Turkey

<b>PROMOTER</b>	Taekwondo Europe ✉ <a href="mailto:info@worldtaekwondo-europe.org">info@worldtaekwondo-europe.org</a> ☎ +30 6112 1447 17536
<b>SANCTIONED BY</b>	World Taekwondo
<b>ORGANIZER</b>	Turkish Taekwondo Federation ✉ <a href="mailto:taekwondo@sgm.gov.tr">taekwondo@sgm.gov.tr</a>
<b>VENUE</b>	Specific Venue TBA (Antalya), TURKEY
<b>REGISTRATION &amp; ACCREDITATION</b>	31 March - 3 April 2019 31 March: 10:00 - 13:00 hrs and 14:00 - 18:00 hrs 1 April: 10:00 - 13:00 hrs and 14:00 - 18:00 hrs 2 April: 10:00 - 14:00 3 April: 10:00 - 14:00
<b>COMPETITION DATES</b>	2-4 April 2019 2 April: <b>Detailed time schedule will be released in due time</b> 3 April: 4 April:
<b>DRAW SHEET PUBLICATION</b>	The draw sheets and brackets will be daily published, one (1) day before the start of competition at 18:00 hrs on the following (social) media platforms: <a href="http://www.worldtaekwondo-europe.com">www.worldtaekwondo-europe.com</a> <a href="http://www.facebook.com/tkdeurope">www.facebook.com/tkdeurope</a>  Compulsory poomsae will be announced during the Head of team meeting.
<b>SEEDING</b>	WT Poomsae World Ranking Bylaw in force as of November 14, 2016 shall apply.
<b>HEAD OF TEAM MEETING</b>	The head of team will take place on 1 <sup>st</sup> of April at 19:00. Exact location will be announced in due time. Compulsory poomsae will be announced during the Head of team meeting. In addition all information will be also published on the following (social) media platforms: <a href="http://www.worldtaekwondo-europe.com">www.worldtaekwondo-europe.com</a> <a href="http://www.facebook.com/tkdeurope">www.facebook.com/tkdeurope</a>
<b>CONTEST TIME</b>	<b>Recognized Poomsae</b> Individual, Pair, and Team competitions from 30 seconds to 90 seconds. Break time between 1st poomsae and 2nd poomsae is 30 to 60 seconds. <b>Free Style Poomsae</b> Individual, Pair, and Mixed Team competitions from 60 seconds to 70 seconds.
<b>COMPETITION RULES</b>	<b>POOMSAE / Freestyle</b> WT Poomsae Competition Rules in force as of March 19, 2014



**Tournament system (KO)  
Cut-off system  
Cut-off system**

**U30 and U40:** Single elimination tournament system.  
-All other A- categories .  
-All Freestyle- categories (**single Final Round**)  
The organization is allowed to change this due to organizational matters.

**COMPETITION SYSTEM**

**RECOGNIZED POOMSAE**

Two (2) Poomsae from designated Compulsory Poomsae decided for each division must be performed for all the preliminarily, semi-final and final rounds for all competitions.

**FREESTYLE POOMSAE COMPETITION**

**Scoring Criteria and Divisions**

- Individual: Male or Female (**age: until 17 years old and 18 years old or older**).
- Pair: 1 Male and 1 Female (**age: until 17 years old and 18 years old or older**).
- Mixed team: composition of 5 members including more than 2 males and females (**age: 12 years old or older**).
- Scoring shall be made in accordance with the rules of the WT.
- The types of foot techniques designated are as follows in **sequence & NO supporting /helping**:
  - **Heights of jump** - Jumping side-kick (in case of pair and team division, entire team members must perform this technique).
  - **Number of kicks in a jump** - Jumping front-kick (at least one member of the team must perform this technique).
  - **Gradient of spins in a spin kick** - Spinning hook-kick or turning kick (at least one member of the team must perform this technique).
  - **Performance level of consecutive kicks** - Kyorugi style kick shall be limited \*3 to 5 (at least one member of the team must perform this technique) \*3-5 bouncing steps in a spot is mandatory before execute the kyorugi style kicks.
  - **Acrobatic actions** - Based on the technical difficulty of all acrobatic actions (with taekwondo kick). (at least one member of the team must perform this technique).
- One of the following stances must be included in de performance at least once:
  - Dwitkubi (Backward inflection stance)
  - Beom-sogi (Tiger stance)
  - Hakdari-sogi (Crane stance)
- **Music freestyle (music without Lyrics/words)** Athletes must bring their music in MP3 format on USB-stick. Apple audio format is not allowed. The music shall be the choice of the contestant; however, any **political, social and religious content is not allowed**.

**GENERAL ELIGIBILITY  
REQUIREMENTS**

Contestants may compete in maximum four (4) categories (Recognized Poomsae max. 2 & Freestyle Poomsae max 2) of



competition unless he or she is limited by gender or age.

**ELIGIBILITY**

1. Holder of a valid **2019** WT Global Athlete License

**REQUIREMENTS**

2. A participant must be a member of a pertinent Member National Association, recognized by Taekwondo Europe or World Taekwondo;
3. Poomsae: 1<sup>st</sup> Dan/Poom, and above-WT regulations

**AGE ELIGIBILITY**

Born 2007 or before

All competitors must prove their age by presenting their passport or identification card at the official weigh-in. For those athletes that are not adults, a written consent must be submitted (please find enclosed on the last pages) at the registration, signed by one of the parents or legal guardians, accepting their participation and all parts of the official invitation.

**COACHELIGIBILITY  
REQUIREMENTS**

The eligibility requirements for coaches are as follows:

1. Minimum age of 18 years
2. Holder of the WTE Poomsae Coach License or the respective CU Poomsae Coach License (granted by participation in a WT recognized CU Coach Seminar).
3. Holder of a valid **2019** WT Global Official License
4. Coaching is not allowed wearing Dobok

**MEDICAL STAFFELIGIBILITY  
REQUIREMENTS**

The eligibility requirements for medical staff are as follows:

1. Minimum age of 18 years
2. Holder of the WTE Medical License.
3. Holder of a valid **2019** WT Global Official License

**MEDAL EVENTS**

**THE FOLLOWING MEDAL EVENTS ARE APPLICABLE:**

***Recognized Poomsae Competition***

Men's individual ; Women's Individual ;Men's Team (3 males)  
Women's Team (3 females) ;Pair (1 male & 1 Female)

***Free Style Poomsae Competition***

Men's Individual ;Women's Individual ;Pair (1 male & 1 Female)  
Mixed Team (Composition of 5 members including more than 2 males and 2 females)

Athletes		Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 40 (31-40)	Under 50 (41-50)	Under 60 (51-60)	Under 65 (61-65)	Over 65 (66-)	Total
Recognized Poomsae	Individual 1 Male 1 Female	2	2	2	2	2	2	2	2	16
		Cadet (12-14)	Junior (15-17)	Under 30	Over 30					Total
	Pair 1 Male 1 Female	2	2	2	2					8
		Cadet (12-14)	Junior (15-17)	Under 30	Over 30					Total
	Team 3 Male 3 Female	6	6	6	6					24
		Under 17 (12-17)			Over 17 (18-)				Total	
Free Style Poomsae	Individual 1 Male 1 Female	2			2				4	
	Pair 1 Male 1 Female	2			2				4	
	Mixed Team 2 Male 3 Female Or 3 Male 2 Female	5+1 (Substitute)							5+1	
	Total	61+1								

## LIST OF POOMSAE TO BE PERFORMED:

### Designated Compulsory Poomsae

Two (2) Poomsae from designated Compulsory Poomsae decided for each division must be performed for all the preliminarily, semi-final and final rounds for all competitions. 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 WTE officials.

Competition	Division	Compulsory Poomsae
Individual	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taebak Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65	
	Over 65	
Pair	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon
Team	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang
	Junior Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebak
	Under 30	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
	Over 30	Taegeuk 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon

## SPORT ENTRIES

Team entries will only be accepted through the WT GMS online registration system Simply Compete. Registration of athletes is only possible with a valid 2019 WT Global Licence

by assigned GMS MNA Administrators only. Please find below the direct link to the WT GMS platform:

<https://worldtkd.simplycompete.com/>

Each team is eligible to the following Officials' accreditation cards in addition to the athletes' entries :

Officials	Members	Remarks
Head of Team	1	Male & Female (total 1) for Head of Team and Manager
Manager	1	
Coach	2	Recognized Poomsae (1) & Free Style Poomsae (1) for coaches and trainers
Trainer	2	
Team Doctor	1	
MNA Officials	3	
Total	10	

#### REGISTRATION DEADLINE

**25March 2019, 23:59 CET**

This deadline is applicable for all sport entries, payments and admitting all required forms.

#### APPLICABLE FEES

Regular entry fee  
100 euro per registered individual athlete

Poomsae/Freestyle Team and Pair entry fee  
150 euro for each team and pair (example: a team of three persons will pay 150€ in total)

Coaches license fee  
200 euro. Coaches/trainers that do **not** hold a valid CU Poomsae Coach License shall pay 200euro in order to receive a valid coach accreditation card for the event.

Additional Accreditation cards  
50 euro for each on-site approved additional requested Accreditation card.

#### PAYMENT ENTRY

All entry fees shall be paid in advance to Taekwondo Europe. Cash payments will **not** be accepted. All bank transfer shall be paid to the following bank account:

Beneficiary: Stichting World Taekwondo Europe  
Name of the bank: BUNQ  
IBAN: NL83 BUNQ 2206 1203 99  
BIC/SWIFT: BUNQNL2A  
Bank identifier: BUNQ

#### PAYMENT REFERENCE

Team payments  
EPC2019 plus NATIONAL TEAM NAME

#### PROOF OF PAYMENT REQUIREMENT

All teams are **required** to send proof of payment (copy of bank transfer) to [info@worldtaekwondo.org](mailto:info@worldtaekwondo.org) within one (1) week after registration in Simply Compete. **TaekwondoEurope/Organizing Committee has the right to delete sport entries from teams that do not send proof of payment from the system in order for other athletes to register and to prevent 'ghost athletes'.**



## NO REFUND

Taekwondo Europe/ Organizing Committee does not refund entry fees paid.

## ACCREDITATION CARD DISTRIBUTION

Registered teams only receive the athlete and officials accreditation cards if all financial obligations have been fulfilled. For all registered athletes, the entry fee has to be paid before the accreditation cards will be distributed to the respective team.

## SPORT EQUIPMENT

### Dobok

Athletes can only use WT recognized products while participating at the event. See a list of recognized products at: <http://www.worldtaekwondo.org/wtf-partners/recognized/>

WT approved poomsae competition uniforms:

1. **Cadet Division (Ages 12-14):** White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.
2. **Junior and Senior Division (Ages 15-49):** White top with dark blue pants for males; white top with light blue pants for females.
3. **Master Division (Ages 50 and up):** Yellow top and dark blue pants for both males and females.

### Identification of NOC Code and Manufacturer

National flag shall be located between 3.5cm below the right shoulder line of upper garment. Flag size should be 10cm width x 7cm height.

NOC Code is a three-letter National Olympic Committee abbreviation, and it shall be printed at the back of the upper garment of Poomsae competition uniform in black color and centered 12cm from the top line of the upper garment within the size of 30cm width x 12cm height. The font of the letters shall be in bold "Verdana". Please see attached guidelines on NOC code and national flag.

The number of manufacturer's identification (name, designation trademark, logo or any distinctive sign of the manufacturer) shall be one per garment within 20cm<sup>2</sup> except at the location of the WT logo according to the related WT guidelines in force as of this event. The end of the belt must be at least 10cm or higher above the knee.

## FIELD OF PLAY

By accepting a Taekwondo Europe accreditation card, all accredited persons agree to comply with the Field of Play regulations applicable at Taekwondo Europe events.

## AWARDS

Individual awards

- 1<sup>st</sup> place - gold medal and certificate
- 2<sup>nd</sup> place - silver medal and certificate
- 3<sup>rd</sup> place - bronze medal and certificate
- 3<sup>rd</sup> place - bronze medal and certificate

## MEDICAL AND ANTI-DOPING

Accreditation for Medical staff

All medical staff of the respective teams have to apply for a Medical License. Only medical staff that has applied for or is in the possession of a valid CU Medical Licence shall receive an



accreditation. For more information, please check the Taekwondo Europe website at:  
[www.worldtaekwondo-europe.com](http://www.worldtaekwondo-europe.com)

#### Applicable doping rules

The WT Anti-Doping Rules and the WADA Anti-Doping Code are applicable. Compulsory random doping tests will be conducted among the all athletes. World Taekwondo and/or WADA may carry out random out-of-competition testing prior to the event. Therefore, all participating contestants are required to submit their latest and most accurate Athlete Location (Whereabouts Info) Forms to WT.

#### Therapeutic Use Exemption

Athletes who take any substance or medicine listed in the “Prohibited List” of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to visit the website of WADA and make online filing of their TUE applications on ADAMS. Report TUE applications also to the WT Sport Department via [marcoienna@worldtaekwondo.org](mailto:marcoienna@worldtaekwondo.org) by no later than 31 January 2019.

#### ADAMS login

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or WT Sport Department at [marcoienna@worldtaekwondo.org](mailto:marcoienna@worldtaekwondo.org)

For more details, please visit:

<http://www.wada-ama.org/en/ADAMS/>

<http://www.worldtaekwondo.org/medical-anti-doping/anti-doping/therapeutic-use-exemptions-tues/>

## MEDIA AND PRESS

#### Media accreditation

Registered media and press officials or official photographers are entitled to receive a media and press accreditation card. For more information please contact the Taekwondo Europe Media department at [media@worldtaekwondo-europe.org](mailto:media@worldtaekwondo-europe.org).

#### Photo positions

All accredited photographers are only allowed to use the designated photo positions while working in the Field of Play. By accepting a media and press accreditation, the accredited person agrees to follow at all times the instructions of the Taekwondo Europe Media and Press officer.

## ACCOMMODATION

#### Hotel accommodation

All accredited persons participating at the 14<sup>th</sup> Taekwondo Europe European Poomsae Championships 2019 shall mandatory book their hotel accommodation via the Organizing Committee. Any person that does not comply with this regulation shall pay a fee of 100 euro before receiving an Accreditation card.

#### Transportation

The Organizing Committee shall provide transportation between the airport and hotel and vice-versa and between the hotel and the competition venue for those teams that have booked their hotel via the Organizing Committee.



**INFORMATION ON ACCOMMODATION AND TRANSPORTATION  
WILL BE RELEASED IN DUE TIME**

**HASH TAGS &  
SOCIAL MEDIA**

Hash tags

Taekwondo Europe uses the following hash tags:

#taekwondoeurope

#taekwondofamily

#EPC2019

Social media platforms

Taekwondo Europe is present at the following social media platforms:

Facebook: @tkdeurope

Instagram: @tkdeurope

Twitter: @tkdeurope

YouTube Channel: Taekwondo Europe

**VISA**

It is highly recommended that foreigners, who wish to visit Turkey, should read the related information about our country's visa regime. Visa regime for Touristic and Business Purposed visit of a country may differ from Work and Education Purposed visit. Also Turkey's visa regime may change according to reciprocity principle. While some applicants may be exempt from visa for their touristic or business visit to Turkey, the others can obtain a Visa. All other applicants will need to obtain a visa through Turkish Representations in the abroad. An information note about visa regime of Turkey is available in the following address: [www.mfa.gov.tr](http://www.mfa.gov.tr) .Please contact the Organizing Committee for support in acquiring your visa at [taekwondo@sgm.gov.tr](mailto:taekwondo@sgm.gov.tr)

**INDEMNITIES**

It is the responsibility of each registering team to ensure that their athletes and team officials have filled out the indemnification forms correctly and have duly signed them, thereby indemnifying WT, WTE, the Organizing Committee and all other officials and athletes from any claims of injuries, losses or otherwise arising in the course of participation at the the14<sup>th</sup> Taekwondo Europe European Poomsae Championships 2019 or any activities linked therewith.

It is the responsibility of each registered team to ensure and guarantee that sufficient insurance coverage has been arranged for all athletes, team officials and other participants. Without sufficient insurance coverage, teams will not be allowed to compete.

Please fill out the Personal Indemnity Forms and return them to the Organization Committee before 25 March 2019. Each participant (athletes, team officials, etc.) has to fill out the indemnification form.

**MEDICAL INSURANCE**

All participating athletes, coaches and team officials shall have mandatory a medical insurance that covers medical care and in case of emergency repatriation to home country. All relevant documents proving that such an insurance is present, including insurance policy papers, should be taken to the



event in case a medical situation occurs.

## PROTESTS

Protests must be made as per competition rules by the official coach within 10 minutes after the end of the pertinent contest to the Technical Delegate. Protest fee is € 200 and non-refundable. The decision on the protest shall be announced after 30 minutes.

## NATIONAL FLAG & ANTHEM

Every participating Member National Association is required to provide the following items for use during the Opening and/or Closing ceremonies:

- Two (2) IOC-recognised national flags • Size: 90cm x 130cm
  - A USB key of the pertinent IOC-recognised national anthem
- Items mentioned above must be submitted to the Organising Committee during registration at the Registration/Accreditation Desk.

## SCHEDULE (SUBJECT TO CHANGE)

**DETAILED TIMETABLE WILL BE RELEASED IN DUE TIME**

# PERSONAL INDEMNIFICATION FORM

THIS INDEMNIFICATION, HOLD HARMLESS, RELEASE AND CONSENT NOT TO SUE executed this on:

\_\_\_\_\_ (insert date of signing).

I, the undersigned, certify that I will indemnify, hold harmless and release the Taekwondo Europe, World Taekwondo, the Turkish Taekwondo Federation and the Organizing Committee, its executive board members, directors, officers, members, employees, consultants, agents, attorneys, contractors (including without limitation sponsors, suppliers, licensees and other representatives (each, an "Indemnitee" and, collectively, "Indemnitees"), from and against any and all damages, injuries, penalties, fines, claims, suits, liabilities, costs, attorneys' fees court costs and expenses of every kind and nature suffered by or asserted against the Indemnitee as a direct or indirect result of participating in the 14<sup>th</sup> Taekwondo Europe European Poomsae Championships 2019 in the broadest sense of the word.

By signing and submitting the form below, I accept and agree to the terms and covenants contained in this Indemnification, hold harmless, release and consent not to sue.

I verify that by signing and submitting this form, that I have read and agree to all of the terms and conditions provided above.

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature:**

In case the person involved is a minor, the legal guardian has to sign:

**Name:** \_\_\_\_\_

**Relation towards the minor:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signature:**

Please send this form to: [taekwondo@sgm.gov.tr](mailto:taekwondo@sgm.gov.tr)



# LIABILITY DECLARATION

(only for under aged athletes)

My name:

I live in:

I am the parent/guardian of:

Date of birth (competitor): \_\_\_\_/\_\_\_\_/\_\_\_\_

I declare that I accept the participation of \_\_\_\_\_ at the 14<sup>th</sup> Taekwondo Europe European Poomsae Championships 2019 on 2-4April 2019and that I accept all parts of the official invitation of this tournament.

For physical reasons nothing speaks against a participation of the aforementioned athlete and I understand that all competitors are considered to participate at their own risk. Taekwondo Europe, World Taekwondo, the Turkish Taekwondo Federation and the Organizing Committee assume no responsibility for any damages, injuries or losses. All athletes must bring their own documents and the forms or any medical insurance in Turkey.

Place: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of the parents/legal guardian:

Please, send this form to e-mail: [taekwondo@sgm.gov.tr](mailto:taekwondo@sgm.gov.tr)



## VISA ASSISTANCE FORM

**Important:**

Please fill out this form and send it to: [taekwondo@sgm.gov.tr](mailto:taekwondo@sgm.gov.tr) along with **passport copies** of all visa applicants and **Simply Compete Registration Summary**, to receive an invitation letter.

LOCATION of EMBASSY FOR VISA

APPLICATION: \_\_\_\_\_

e-mail of EMBASSY: \_\_\_\_\_

Insert name of country: \_\_\_\_\_

Family name as shown in passport: \_\_\_\_\_

Given name as shown in passport \_\_\_\_\_

Date of birth: \_\_\_\_\_

Nationality: \_\_\_\_\_

Passport no.: \_\_\_\_\_

Passport date of issue: \_\_\_\_\_

Passport expiration date: \_\_\_\_\_

Name of the team: \_\_\_\_\_

Signature of the President: \_\_\_\_\_

Stamp of the club/team: \_\_\_\_\_

Please fill out and send this form to the Organizing Committee by **email no later than 20 March 2019.**