



RULES AND REGULATIONS FOR EUROPEAN CHAMPIONSHIPS 2026, CRETE, GREECE

I. GENERAL INFORMATION

The Championship is conducted in accordance with the ITF Tournament Rules, unless specific exceptions are stated. In matters not covered by the ITF Tournament Rules, the provisions of this Information Pack shall apply as approved for this event by the ITF Headquarters and the ITF Tournament Committee.

- **Program of Competitions:** A preliminary ring-by-ring schedule will be provided before the start of the competition. The actual schedule may be adjusted at the discretion of the Tournament Committee, depending on the real-time flow of matches.
 - All disciplines may commence on the first day of the Championship.
 - There is no mandatory order of disciplines in the programme; therefore, competitors and teams must be prepared to participate in self-defence, special techniques, or power breaking events even before sparring.
 - Only one team from each country may participate. That team shall compete in Pattern, Sparring, Special Technique, and Power Breaking, but not in the Self-Defence Routine.
 - Any five (5) competitors out of the nine (9) registered for team events may take part in any Team Event, except in the Self-Defence Routine. Each country must register five (5) competitors plus one (1) reserve for every team event before the competition begins, and these registrations cannot be changed.
- Only **ITF affiliated National Governing Bodies (NGBs)** and **ITF registered black belt holders** may participate in the Championship. This is with the exception of the Children's category, where Red Belts (2nd Gup) and above may compete.
- The degree and age of competitors must be valid and identical on ID/Passports and the ITF Database.
- The international **Medical Insurance Certificate** must be uploaded to each participant's personal profile in the ITF Database and will be checked during the check-in/weigh-in procedure.
- The valid WADA e-learning Certificates must be uploaded to each competitor's and each coach's personal profile in the ITF Database and will be verified during the check-in and weigh-in procedures. Any fake Certificates will result in immediate disqualification by the ITF Anti-Doping Committee. **WADA Certificates are not** required for competitors in the **Children's** and **Cadet** categories.
- The organiser will not assume responsibility for any damages or losses incurred by anyone throughout the event.
- The Organizing Committee will provide professional **First Aid** to participants in the Sports Hall during the competition.

II. APPLICATIONS

Applications must be submitted exclusively via the **ITF DB online registration system**. Only ITF-affiliated NGBs and ITF Degree holders registered in the ITF Database will be able to submit applications to participate in the Championships. Should you experience any issues accessing the online application system, please contact: support@taekwondo-itf.com.

III. DRESS CODE FOR COMPETITORS

- Competitors are permitted to wear exclusively the official **ITF-approved Doboks** of the **Daedo** brand.
- Gloves, foot protectors, and helmets must be **exclusively** manufactured by **Daedo**. This requirement **does not apply** to competitors in the **Children's** and **Cadet** categories.
- Dobok Customisation:**
 - The competitor's country name may be displayed on the back of the Dobok jacket, beneath the Taekwon-Do tree.
 - The competitor's ITF Degree should be located below the belt on the back of the Dobok jacket.
 - Competitors may display their NGB logo or their sponsor's trademark on the left sleeve of the Dobok; this should be positioned 15 cm down from the shoulder line.
- Authenticity Checks:** Random authenticity checks will be conducted during the championships. Participants found using counterfeit Daedo products will be disqualified.

IV. ELIGIBILITY REQUIREMENTS FOR COMPETITORS

The **Effective Competition Date** is **22 April 2026**.

Tournament	Age Category	Age Requirement (on 22 April 2026)	Required Grade
Children	10–11	Must be under 12 years of age	2 nd Gup to 1 st Dan
Cadet	12–13	Must be under 14 years of age	2 nd Gup to 1 st Dan
Junior	14–15	Must be under 16 years of age	1 st or 2 nd Dan
Youth	16–17	Must be under 18 years of age	1 st to 3 rd Dan
Adult	18–34	Must be under 35 years of age	1 st to 6 th Dan
Senior	35–44	Must be under 45 years of age	1 st to 6 th Dan
Veteran	45+	Must be at least 45 years of age	1 st to 6 th Dan

V. NUMBER OF COMPETITORS (TEAMS) FOR THE EVENTS OF EACH TOURNAMENT

1. Individual Events

Up to two (2) male and two (2) female competitors per country may participate in the following events:

- **Patterns:** In each grade or degree division.
- **Sparring:** In each weight category.
- **Special Techniques.**
- **Power Breaking:** Exception: up to three (3) competitors may participate in the Senior Tournament

(ages 35–44).

2. Team Events

2.1 Number of Participating Teams

Each country may enter **one male team** and **one female team** in each team competition.

2.2 Composition of Teams

- Teams must consist of competitors who fall within the required age categories.
- Any five (5) competitors out of the nine (9) registered for team events may take part in any Team Event, except in the Self-Defence Routine. Each country must register five (5) competitors plus one (1) reserve for every team event before the competition begins, and these registrations cannot be changed.
- Veteran competitors may compete in the Senior Team Events. However, Senior competitors are not permitted to compete in the Veteran Team Events.

Team Event / Tournament Category	Team Composition (Main Competitors + Reserve)
PATTERNS & SPARRING	
Junior (14–15), Youth (16–17), Adult (18–34)	5+1 Competitors (Male and Female teams)
Senior (35–44), Veteran (45+)	3+1 Competitors (Male and Female teams)
SPECIAL TECHNIQUES	
Junior (14–15), Youth (16–17), Adult (18–34)	5+1 Competitors (Male and Female teams)
POWER BREAKING	
Adult (18–34) – Male Teams	5+1 Competitors (Male and Female teams)
Adult (18–34) – Female Teams	3+1 Competitors (Male and Female teams)
Senior (35–44) – Male and Female Teams	3+1 Competitors (Male and Female teams)
SELF-DEFENCE ROUTINE	
Junior, Youth, Adult – Male Teams	1 Hero, 3 male opponents
Junior, Youth, Adult – Female Teams	1 Heroine, 2 opponents (male or female)

VI. DISCIPLINES

1. Individual Pattern (Tul)

The Pyramid system will be used for all Individual Pattern competitions. The winner will be indicated by the Jury President in accordance with the result from the electronic scoring system, after the calculation of the points awarded by five umpires during the competition.

1.1 Children's and Cadet's Tournament

All competitors will perform **two designated patterns** together, selected randomly by the electronic system.

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

1.2 Junior, Youth, Adult, Senior and Veteran Tournaments

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

1.3 Disqualification and Point Deductions

1.3.1 **Zero (0) point** in both Individual and Team Events shall be given in the following cases:

- When missing or adding at least 1 movement
- When performing a Pattern mixed with movements of another Pattern
- When performing a Pattern other than the one selected by draw
- When performing incorrect stance or blocking and attacking movement
- When changing the diagram or stances in order to come back to the diagram line
- When moving the wrong foot at the end of the pattern
- When overstepping the line of Corner Referees' seats at any point of performance
- When failing to start the performance within 3 seconds after the start command is given
- When pausing performance for a span of time long enough to perform three (3) sequential movements
- When failing to start performance within twenty (20) seconds after entering the ring (in the Team Events)
- When any part(s) of the body excluding the foot sole touching the ground, with the exception of the existing technical movements in Patterns.

1.3.2 **One (1) point** in both Individual and Team Events shall be deducted in the following cases:

- When failing to correctly perform specific technical movements such as slow motion, fast motion, continuous motion, connecting motion, etc.
- When pausing for a span of time long enough to perform one (1) movement
- When failing to ensure correct heights while performing attacking and blocking movements
- When failing to take correct time intervals between the movements
- When not turning the face toward the required direction for movement
- When displaying hesitation prior to the movement
- When losing the balance
- When stamping or lifting heels unnecessarily
- When shouting at any point of performance (Team Patterns excluded)
- When returning to ready posture before the Center Referee gives the command of “Gu-Man!” (Team Patterns excluded)

1.3.3 Point deductions shall be made for the elements of **Power** in both Individual and Team Events.

- Incorrect use of reaction force
- Failure of identical motions of hands and feet, line of sight, and breathing (concentration)
- When moving not in accordance with the theory of power
- Incorrect breath (breath control)
- Failure of ensuring speed for the performances of individual movements (speed)

1.3.4 Point deductions shall be made for the elements of **Teamwork** and **Choreography** in the Team Event.

- Failure of identical collective performance (with the exceptions of any splits)
- Inharmonious formation and change of array
- Failure of sequential performance and artistic beauty

1.4 Team Patterns (Tul)

The team pattern competition, unlike the individual competition, is a performance where a team of 5 competitors enters the ring and demonstrates their teamwork.

- The technical movements should be performed collectively in accordance with the choreography.
- The technical aspects, including fast and slow motions, and continuous and connecting motions,

should be executed as laid down in the Encyclopaedia.

- Scoring will not commence until the command “Shi Jak” is given by the Referee.
- A 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 designated pattern will be the same for the two competing teams and will be selected on a lottery principle by the electronic system (excluding the optional pattern).

- Teams will perform alternately.
- The winner will be decided in the same manner as in individual pattern competitions.

Optional and Designated Patterns in Team Competitions

In Optional Patterns for team competitions, the Pattern performed must correspond to the **lowest Dan holder** among the team members.

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

2. SPARRING

2.1 Competition Format

- 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 who qualify from the groups will proceed to the Pyramid System stage.
- In some cases, the best runner-up of the group will also proceed.
- "Round robin" will be applicable in categories with five or less competitors.

2.2 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.

2.3 3, 4 and 5 Point Techniques

- When the Centre Referee determines that a 3, 4 or 5-point technique has been scored, they will stop the competition with the command "Hechyo".
- They will raise their hand indicating 3, 4 or 5 points 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 Referee's decision to award 3, 4 or 5 points.
- If an unsuccessful protest is made for unawarded 4 or 5 points, the Corner Referees should score the points they have seen (but not 3, 4 or 5 points).
- **Compulsory Technique** - No compulsory technique requirement will apply.

2.4 Golden Point Round

- The coach will be allowed to ask for a video protest of any action during the Golden Point round.
- A video protest during the golden point round will only be allowed if the coach has not lost his

video protest card in the first three rounds.

- **2.5 Team Event Sparring**

- Each team will have a maximum of 20 seconds for a competitor to be ready to spar.
- The time clock will show a 20-second countdown for the first team.
- Once this competitor 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.

2.6 Criteria for Valid Scores

- All the attacks must be controlled at the point of contact.
- When an attack is delivered directly or through contact with the hand(s) or forearm(s) of the opponent, it shall score points.

- An attack delivered when the hand or forearm is in contact with the body shall score points.
- The attack delivered on the upper arm(s) shall never score points, in any cases.
- When two hand attacks are valid, each of them shall score points.
- When two or more flying hand attacks or hand-foot combined attacks are valid, each attack shall score points.

- When the attack(s) are successful with clear and correct movements, which are followed by foul(s) (warning or point deduction), the attack shall score points and the warning or point deduction shall be calculated separately.

- When a competitor delivers a successful attack but falls down because of the opponent, the attack shall be valid and score points and the opponent should be given a warning.
- When a competitor delivers a successful attack and falls down because of his/her own fault, the attack shall be invalid and the competitor should be given a warning.
- The attack delivered with foul movements shall be invalid.
- The blind hand attack, without looking at the opponent, shall be invalid and score no points.
- Points given before the warning should be deducted by Jury President after consulting the Center referee.

3. Power Breaking (Wi Ryok)

A maximum of two (2) competitors per country are allowed to enter this division.

- 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.
- Pre-judging is optional; if a competitor does not wish to do pre-judging, they can go straight from ready stance to the 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 pre-judging attempts, and without touching the target.
- When making their break attempt, they must adopt 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.

4. Special Techniques (Tuk Gi)

A 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.
- Individuals and teams will have to provide 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 round, 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. The competitor who 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 pre-judging attempts of distance, without touching the target.
- When making their break attempt, they must adopt a ready posture and shout “Ya!” with the forearm guarding block.
- The breaking attempt consists of the execution of: bow – ready posture – breaking – ready posture – bow.
- [Allowed parts of the Foot in Special Techniques](#)
 - ✓ **Twimyo Nopi Chagi (Flying High Kick)**

Ap Kumchi (ball of the foot), Balkut (toes)

✓ **Twimyo Dollyo Chagi (Flying Turning Kick)**

Apkumchi (ball of the foot), Balkut (toes), Baldung (instep)

✓ **Twimyo Bandae Dollyo Chagi (Flying Reverse Turning Kick)**

Dwichook (back heel), Apkumchi (ball of the foot), Dwikumchi (back sole), Bal Badak (sole)
(Balkal (foot sword) excluded)

✓ **Twimyo 360° Dolmyo Chagi (Mid-air 360° Kick)**

Balkal (foot sword), Balbadak (sole)

✓ **Twimyo Nomo Chagi (Overhead Kick)**

Balkal (foot sword), Balbadak (sole)

IMPORTANT: For a kick to be deemed correct, it must follow the proper trajectory and angle without altering the technical form, while maintaining the requisite body position throughout its entire execution to successfully reach the target.

5. Self-Defence Routine (Ho Sin Kyong Gi)

- All participants in the routine, including the Hero or Heroine, must be from the same age group.
- 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 time deviation will result in zero (0) points.

6. Video Protest

Protests are to be made **only** by the competitor's coach.

6.1 Protests in Pattern (Tul)

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.

6.2 Protests in Sparring (Matsogi)

Protests in Sparring can be made for the following:

- To validate or contest a 3, 4 or 5-point technique awarded or not awarded to any of the competitors.
- To query a Warning, Yellow, or Red card not recorded by the Jury Table.

6.3 Protests in Special Technique and Power Breaking

Protests in Special Technique and Power breaking can be made for the following:

- To contest the reason for a technique not being awarded. (A protest can only be made for your own competitor) .

7. Penalties (Red Cards)

7.1 Expulsion (Red Card)

Expulsion (Red Card) shall be issued for:

- Causing the opponent to be unable to compete any further with a heavy blow.
- Attacking a prohibited area, causing serious injury.
- Receiving three (3) times point deductions (Yellow Cards) in the same competition.

The expelled competitor is prohibited from continuing in the current event but may participate in other events.

7.2 Disqualification (Red Card)

Disqualification (Red Card) may result from:

- Competing under the influence of alcohol or stimulants.
- Behaving towards the Center Referee and all the other officials in an extremely disrespectful manner.

The disqualified competitor is barred from the entire competition of the tournament or is subject to corresponding discipline based on the severity of the offence.

VII. AGE AND WEIGHT CATEGORIES

1. Age Categories –

Age Deciding Day (same for all age categories) - **22 April 2026**

1.1 Children's Tournament (Ages 10 to 11 – Based on Eligibility Section)

Division	Weight Categories
Male	-25 kg, -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, +55 kg
Female	-23 kg, -27 kg, -31 kg, -35 kg, -39 kg, -43 kg, -47 kg, +47 kg

1.2 Cadet Tournament (Ages 12 to 13)

Division	Weight Categories
Male	-30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, +60 kg
Female	-25 kg, -29 kg, -33 kg, -37 kg, -41 kg, -45 kg, -49 kg, +49 kg

1.3 Children and Cadet Patterns

- In individual patterns, Children will be separated for Red and Black Belt holders.
- In team patterns, competitors from 2nd Gup to 1st Degree will compete together.

1.4 Children and Cadet Sparring

- Sparring: Red and Black Belts will compete together (male Red and male Black Belt holders; female Red and female Black Belt holders).

- **Gloves:** Children and Cadet 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.

2. Junior Tournament (Ages 14–15)

2.1 Eligibility

- **Age Range:** 14–15 years old.
- **Belt Requirements:** Must hold 1st or 2nd Degree ITF Black Belt certificates.
- **Competitor Limit:** Each country is allowed two (2) competitors in individual sparring and pattern events.

2.2 Individual Patterns (Tul)

Patterns for Juniors will be categorised by gender and grade (1st and 2nd Degree):

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

2.3 Individual Sparring (Matsogi)

Division	Weight Classes
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

2.4 Special Techniques: Minimum Heights

Technique	Male (Minimum Height/Distance)	Female (Minimum Height/Distance)
<i>Twimyo Nopi Chagi</i> (Flying High Kick)	2.4 m	1.9 m
<i>Twimyo Dollyo Chagi</i> (Flying Turning Kick)	2.2 m	1.9 m

<i>Twimyo Bandal Dollyo Chagi</i> (Flying Reverse Turning Kick)	2.1 m	1.8 m
<i>Twio Dolmyo Chagi</i> (360°) (Mid-air 360° Kick)	2.1 m	1.8 m
<i>Twio Nomo Chagi</i> (Overhead Kick)	2.2 m x 0.7 m	1.2 m x 0.7 m

3. Youth U-18 Tournament

3.1 Eligibility

- **Age Range:** 16–17 years old.
- **Belt Requirements:** Must hold 1st, 2nd, or 3rd Degree ITF Black Belt certificates.
- **Competitor Limit:** Each country is allowed two (2) competitors in individual sparring and pattern events.

3.2 Individual Patterns (Tul)

Patterns for Youth U-18 will be categorised by gender and grade (1st to 3rd Degree):

- **Female:** 1st, 2nd, 3rd Degree
- **Male:** 1st, 2nd, 3rd Degree

3.3 Individual Sparring (Matsogi)

Division	Weight Classes
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

3.4 Special Techniques: Minimum Heights (Youth U-18)

Technique	Male (Minimum Height/Distance)	Female (Minimum Height/Distance)
<i>Twimyo Nopi Chagi</i> (Flying High Kick)	2.7 m	2.2 m
<i>Twimyo Dollyo Chagi</i> (Flying Turning Kick)	2.4 m	2.1 m
<i>Twimyo Bandal Dollyo Chagi</i> (Flying Reverse Turning Kick)	2.3 m	2.0 m
<i>Twio Nomo Chagi</i> (Flying Overhead Kick)	2.5 m x 0.7 m	1.5 m x 0.7 m
<i>Twio Dolmyo Chagi</i> (360°) (Flying Spin Kick 360°)	2.3 m	2.0 m

4. Adult Tournament (Ages 18–34)

4.1 Eligibility

- **Age Range:** 18–34 years old.
- **Belt Requirements:** Must hold 1st, 2nd, 3rd, 4th, 5th or 6th Degree ITF Black Belt certificates.
- **Competitor Limit:** Each country is allowed to enter two (2) competitors in each individual division.

4.2 Individual Patterns (Tul)

Patterns for Adults will be categorised by grade and gender (1st to 6th Degree):

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

4.3 Individual Sparring (Matsogi)

Division	Weight Classes
Female (1st to 6 th Degree)	-47 kg, -52 kg, -57 kg, -62 kg, -67 kg, -72 kg, -77 kg, +77 kg
Male (1st to 6 th Degree)	-52 kg, -58 kg, -64 kg, -71 kg, -78 kg, -85 kg, -92 kg, +92 kg

4.4 Special Techniques: Minimum Heights (Adults)

Technique	Male (Minimum Height/ Distance)	Female (Minimum Height/ Distance)
<i>Twimyo Nopi Chagi</i> (Flying High Kick)	2.8 m	2.3 m
<i>Twimyo Dollyo Chagi</i> (Flying Turning Kick)	2.5 m	2.2 m
<i>Twimyo Bandae Dollyo Chagi</i> (Flying Reverse Turning Kick)	2.4 m	2.1 m
<i>Twio Nomo Chagi</i> (Flying Overhead Kick)	2.5 m x 0.7 m	1.5 m x 0.7 m
<i>Twio Dolmyo Chagi (360°)</i> (Flying Spin Kick 360°)	2.4 m	2.1 m

4.5 Power Breaking Techniques

Technique	Male (Number of Boards)	Female (Number of Boards)
<i>Ap Joomuk</i> (Forefist)	2	–
<i>Sonkal</i> (Knife Hand)	2	1.5
<i>Balkal</i> (Foot-Sword/Side of Foot)	4	3
<i>Bal Apkumchi</i> (Ball of Foot)	3	2
<i>Bal Dwitchook</i> (Back Heel)	3	–

5. Senior Tournament (Ages 35–44)

5.1 Eligibility

- **Age Range:** Competitors for the Senior Championship must be 35–44 years old.
- **Belt Requirements:** Must be holders of 1st, 2nd, 3rd, 4th or 5th or 6th Dan ITF Black Belt certificates.
- **Competitor Limit:** Each country is permitted to send up to three (3) competitors to the individual sparring according to the weight divisions.
- **Note:** The Senior Self-Defence Routine will not be included.

5.2 Individual Patterns (Tul)

Patterns for Seniors will be categorised by grade and gender (1st to 6th Degree):

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

5.3 Individual Sparring (Matsogi)

Division	Weight Classes (Silver Class) (Adult Categories)
Female (1st to 6 th Degree)	-47 kg, -52 kg, -57 kg, -62 kg, -67 kg, -72 kg, -77 kg, +77 kg
Male (1st to 6 th Degree)	-52 kg, -58 kg, -64 kg, -71 kg, -78 kg, -85 kg, -92 kg, +92 kg

6. Veteran Tournament (Ages 45+)

(Corresponds to the "Gold Class" in the original source material.)

6.1 Eligibility

- **Age Range:** Competitors for the Veteran Championship must be 45+ years old.
- **Belt Requirements:** Must be holders of 1st, 2nd, 3rd, 4th, 5th, or 6th Dan ITF Black Belt certificates.
- **Competitor Limit:** Each country is permitted to send up to three (3) competitors to the individual sparring according to the weight divisions.
- **Note:** The Veteran Self-Defence Routine will not be included.

6.2 Individual Patterns (Tul)

Patterns for Veterans will be categorised by grade and gender (1st to 6th Degree):

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

6.3 Individual Sparring (Matsogi)

Division	Weight Classes (Gold Class)
Female	-54 kg, -61 kg, -68 kg, -75 kg, +75 kg
Male	-64 kg, -73 kg, -80 kg, -90 kg, +90 kg

7. Power Breaking (Senior and Veteran)

7.1 Participation Rules

- Individual Power Breaking will be organised for the Senior Class (35–44) only.
- Team Power Breaking can include both the Senior Class (35–44) and the Veteran Class (45+).

7.2 Required Breaking Techniques (Individual Senior Only)

Technique	Male (Number of Boards)	Female (Number of Boards)
<i>Sonkal</i> (Knife Hand)	2	1.5
<i>Balkal</i> (Foot-Sword/Side of Foot)	3	2
<i>Bal Apkumchi</i> (Ball of Foot)	3	2

IMPORTANT: Veteran competitors may compete in the Senior Team Events. However, Senior competitors are not permitted to compete in the Veteran Team Events.

8. UMPIRES

8.1 Appointment and Attendance

- Qualified ITF referees will be invited. Attendance at all meetings and training sessions is mandatory for selected referees.
- The Organising Committee will cover 7 days/6 nights of hotel accommodation for 70 qualified Umpires. These umpires are selected by the EITF Umpire Committee to officiate during the competitions.

8.2 Rotation Structure

- **Corner Referees:** Each ring will have six corner referees assigned to oversee sparring and patterns. They will rotate roles, typically with four or five on duty and one or two resting, depending on the discipline, and switching at designated intervals.
- **Centre Referees:** Three centre referees will also work on a rotating basis: one will be in the ring, one in the equipment checking area, and one at rest.
- **Jury Presidents:** Two jury presidents per ring will operate on a similar rotating schedule.

8.3 Conduct and Disqualification

- Late arrivals will not be tolerated. Selected umpires must attend all Umpire Meetings and perform all assigned duties during the event.
- The EITF Umpire Committee or the Tournament Organising Committee reserves the right to disqualify any umpires who fail to adhere to the work schedules or guidelines.
- Disqualified umpires will be responsible for their own hotel and meal expenses.

- The provided accommodation covers only basic lodging, excluding any extra services (e.g., drinks, phone calls).

8.4 Self-Funding Umpires

Self-funding umpires are welcome to attend; however, they must cover their hotel costs and will serve as standby officials, subject to call-up by the EITF Umpire Committee.

8.5 Dress Code

The Umpire dress code includes a navy blue blazer, a white long-sleeved shirt, navy blue trousers, a navy blue necktie specific to the umpire's position, white short socks, and white sports shoes, as outlined in the Umpire rules.

9. Coaches Guidelines

9.1 Role and Responsibility

- **Sole Representative:** Coaches are the sole representatives responsible for the competitor, including submitting protests and other official communications.
- **Competitor Conduct:** Coaches are responsible for ensuring their competitors behave courteously and comply with ITF Tournament Rules.
- **Authority Compliance:** Coaches must comply with all commands and decisions from Umpires, the Umpire Committee, the Tournament Committee, the Organising Committee, and staff, provided these do not contradict ITF Tournament & Umpire Rules.
- **Ring Protocol:** Only one coach is allowed to accompany the competitor or team into the ring.

9.2 Qualifications

- Coaches must hold an ITF Black Belt and be proficient in the official ITF language, English, using both English and Korean terminology.
- **Knowledge of Rules:** Coaches must be fully acquainted with and strictly adhere to ITF Tournament & Umpire Rules.

9.3 Protest Procedures

- **Protest Submission:** Official protests must be immediately reported to the Jury President at the end of the match. After the verbal notification, coaches have **5 minutes** to submit the protest in writing.
- **Protest Fee:** A fee of **EUR 100** must be paid when presenting a protest. If the protest is successful, the fee will be refunded to the coach.
- **Video Protest:** During events like patterns, sparring, self-defence, special technique, and power tests (individual and team), coaches may request a "Video Protest" from the referee. The decision of the "Video Protest Commission" is final, and no further protests for that match will be accepted.