



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



17<sup>th</sup> February 2023 – Lublin, Poland

## Invitation

*Dear Masters, Instructors, Competitors,*

*On behalf of Polish Taekwon-Do Association and All Europe Taekwon-Do Federation  
we have the great pleasure to invite you to the*

### **12<sup>th</sup> AETF Open European Taekwon-Do Cup and International Taekwon-Do Cup for Children**

*which will be held from 15<sup>th</sup> to 18<sup>th</sup> June 2023 in Lublin, Poland.*

*The event shall be held in the **Sports and Entertainment hall of the Medical University of Lublin.***

I would like to welcome all the Grandmasters, Masters, Instructors, Competitors and Taekwon-Do Practitioners to our country to enjoy an amazing experience offering you by Lublin - the City of Inspiration, being in 2023 - the European Youth Capital.

*We sincerely hope that the European Taekwon-Do Cup and the International Taekwon-Do Cup for Children will be a successful event for all competitors, coaches, umpires, VIPs and supporters.*

*Looking forward to welcoming all of you in Poland in June 2023!*

*Yours in Taekwon-Do,*

Master Jerzy Jedut  
President



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)

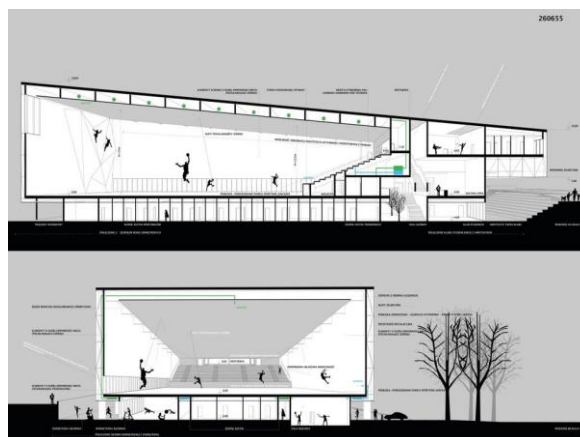
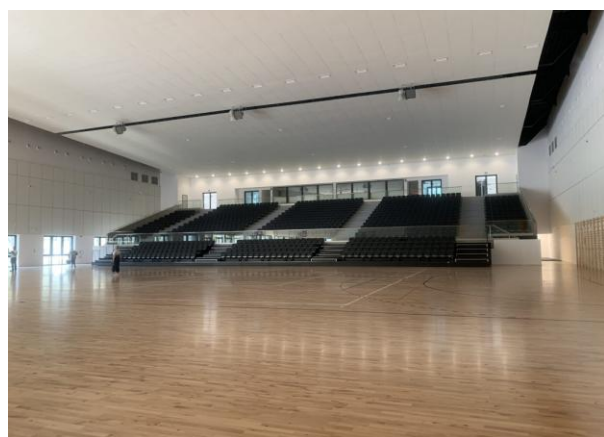


## 12<sup>th</sup> AETF Open European Cup and International Taekwon-Do Cup for Children Lublin, Poland – 2023

### GENERAL INFORMATION

**Date:** 15-18<sup>th</sup> June, 2023

**Venue:** Sports and Entertainment hall of the Medical University of Lublin  
15 Chodźki Str., 20-093 Lublin



**Organizers:** All Europe Taekwon-Do Federation (AETF) & Polish Taekwon-Do Association  
in cooperation with Lubelski Sportowy Klub Taekwon-Do.

**Contact:** [eurocup2023@pztkd.lublin.pl](mailto:eurocup2023@pztkd.lublin.pl)

**Phone/ Fax no:** +48 817431150

### ARRIVAL DATE AND MEETING POINT

Teams must arrive in Lublin, Poland on or before Thursday 15<sup>th</sup> June 2023 before 16.00 o'clock (for participants taking part in International Taekwon-Do Cup for Children) and on or before 16<sup>th</sup> June 2023 before 16.00 o'clock (for participants taking part in the 12<sup>th</sup> AETF European Taekwon-Do Cup) and must proceed to the meeting point in the **Venue: Sports and Entertainment hall of the Medical University of Lublin, 15 Chodźki Str.,**



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



20-093 Lublin, for accreditation and all of the inscription, accommodation payments and weigh in procedure.

## HOW TO GET TO LUBLIN

### I. By Air (suggested airports)

LUBLIN AIRPORT - 14 km from Lublin City Center

<https://www.airport.lublin.pl/en/>

Information how to get to the Lublin Airport from and to Lublin is available here: <https://www.airport.lublin.pl/en/dla-podroznych/dojazd/>



WARSAW CHOPIN AIRPORT – 165 km from Lublin – 1,40 minutes to Lublin

<https://www.lotnisko-chopina.pl/en/index.html>

RZESZÓW AIRPORT – 175 km from Lublin – 1,30 minutes to Lublin

<https://www.rzeszowairport.pl/en>



PLEASE NOTE: For the teams arriving by plane the organizer can provide transfer to sport hall or hotel for an additional payment. The prices will be specified upon requests.

### II. By Car

<https://www.google.pl/maps/place/Lublin>

From West Europe – A2/A4

From North – A1, S7, S8, S17, S19

From South – S19

From East – S12, S17

## REGISTRATION

Registration of competitors, Coaches, VIPs, Supporters and others will be coordinated by the All Europe Taekwon-Do Federation. Registration for all ITF members will be done in Sportdata through ITF-Online ([data.itftkd.sport](http://data.itftkd.sport)), Please note that there will be separate events for 12<sup>th</sup> Open European Taekwon-Do Cup and International Taekwon-Do Cup for Children.

All non-competitors (for example supporters, coaches, VIPs) must be registered at the event.



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



Registration will be open from March 1st, 2023 to May 28th, 2023 21:00 UTC. No registrations, changes or withdrawals are possible after this period.

Other important information can be found at the following websites:  
[www.itfeurope.org](http://www.itfeurope.org) / <https://www.facebook.com/AETFEuroCup2023>

## ACCOMMODATION

Booking of accommodation must be made by one person in charge from each team/club/country and ONLY through the Polish Taekwon-Do Association

The hotels will be at different walking distances from the venue not longer than 20 minutes by walk; therefore each delegation that will need additional local transportation should contact the Organizers.

Polish Taekwon-Do Association offers the following accommodation during the championships:

### VIP and Umpire Hotel Hotel:

**Hotel ILAN \*\*\*\***, Lublin, 85 Lubartowska Str., 20-123 Lublin,  
Single/double rooms

### Competitors Hotels

**Hotel FOCUS\*\*\*\***, 1 Podzamcze Str., 20-126 Lublin  
<https://www.focushotels.pl/focus-hotel-premium-lublin>

Rooms:

50 x single or double rooms (Double 1 king-size bed OR TWIN - separate beds)

**Hotel IBIS STYLES\*\*\***, 7 Aleja Solidarności Str., 20-841 Lublin

<https://ibislublin.pl/en/legendary-hotel-page-237051>

Rooms:

70 x double rooms (TWIN- separate beds)

4 x triple rooms (1 king-size bed and 1 single bed)

**Hotel HAMPTON BY HILTON\*\*\***, Al. Kompozytorów Polskich 1, 20-848 Lublin

<https://www.hilton.com/en/hotels/luzhxxh-hampton-lublin/>

Rooms:

35 x double rooms (TWIN- separate beds)

40 x double rooms (1 king-size bed and 1 single bed) BUT can be transformed to triple room (1 king-size bed and 1 single bed).

**B&B Hotel Lublin Centrum\*\*\***, Dolna 3 Maja 7, 20-079 Lublin

<https://www.hotel-bb.com/pl/hotel/lublin-centrum>

Rooms:

40 x single rooms

42 x double rooms (TWIN - separate beds)

6 x double rooms (1 king-size bed and 1 single bed) BUT can be USED as triple room



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



4 x triple rooms (1 king-size bed and 2 single beds) BUT can be USED as 4-person room  
2 x 4-persons rooms (separate beds)

**Motel PZM\*\***, B. Prusa 8 20-064 Lublin

<http://www.hotelpzm.pl/lublin/>

Rooms:

6 x single rooms

12 x double rooms (TWIN - separate beds)

8 x double rooms

6 x triple rooms

**HOTELS Lublin\*\*\***, Podzamcze Street 9, Lublin

<https://hotel-lublin.pl/>

Rooms:

10 x single rooms

30 x double rooms

27 x triple rooms

**Hotel FORUM**, 8 Obywatelska Str., 20-092 Lublin

<https://www.hotelforumlublin.pl/>

Type of room	Hotel Focus	Hotel Ibis Styles	Hampton by Hilton	B&B Lublin Centrum	Motel PZM	Hotels Lublin	Hotel Forum
Single room	90 Euro	100 Euro	80 Euro	75 Euro	65 Euro	60 Euro	65 Euro
Double room	70 Euro	70 Euro	60 Euro	60/65 Euro	60 Euro	55 Euro	55 Euro
Triple room	---	---	55 Euro	60 Euro	55 Euro	50 Euro	
4-person room	---	---	---	55 Euro	---	---	

*The price for accommodation includes breakfast and dinner, and it is **cost per person per day**.*

**ATTENTION! Please consider that the number of places in the hotels is very limited.**

Because of the structure of rooms, the booking of accommodation will be based on the order of applications and payments.

In the absence of availability of rooms of a lower standard, places of a higher standard will be allocated.

*In order to obtain the championships ID card all countries must apply for the hotel accommodation through the Polish Taekwon-Do Association.*

*Those countries and their participants NOT booking their Hotel accommodation through Polish Taekwon-Do Association, shall pay **€ 100,00** per person to obtain the competition ID card.*





# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



## Booking process:

### Step 1

Fill in and send the form "Hotel Booking Application Form" **on or before 10<sup>th</sup> May 2023**.

After this date we cannot guarantee places in the hotel or the above mentioned prices.

Send the form via e-mail to: [eurocup2023@pztkd.lublin.pl](mailto:eurocup2023@pztkd.lublin.pl)

The organizers will check your booking and send you an invoice for prepayment of 50% of the total amount for each person listed in the form.

You may pay the whole accommodation amount in advance if you wish to do so.

Please note that the booking will not be confirmed until the requested amount has been registered in the organizer's account. Please remember to pay the transfer costs from your side, if the Organizing Committee has to pay for the transfer costs then you will need to pay this back on arrival.

Payment for accommodation should be sent to the following account:

**Incumbent:** Polski Związek Taekwon-Do

**Incumbent address:** 5/B Milenijna, 20-884 Lublin, Poland

**Bank:** Bank Pekao SA I Oddział w Lublinie

**Bank address:** 4 Karłowicza, 20-027 Lublin, Poland

**Account:** PL 58 1930 1695 2500 0505 0789 0009

**SWIFT:** PKOPPLPW

### Step 2

After the amount has been accounted, your booking will be officially accepted. This will be confirmed to the responsible person of each delegation.

### Step 3

The accommodation balance (whole amount for accommodation) must be paid **on or before 15<sup>th</sup> May 2023** or, **after agreement with the organizer, by cash upon arrival**.

**Note!** All hotel payments must be made electronically to the organizer's account according to the due dates.

### Step 4

It is possible to make small changes in the hotel accommodation reservation until **15<sup>th</sup> of May 2023**.

After this date it is not possible to change the reservations and the accommodation form will be used as the base of calculating the accommodation cost for each country delegation.

### PLEASE REMEMBER!

**Due to the high tourist season and limited number of hotel rooms the organizer cannot guarantee accommodation for those that apply after 10<sup>th</sup> of May 2023.**



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



## WEIGH IN

### a. 12<sup>th</sup> Open European Cup

The Weigh In for the participants of 12<sup>th</sup> Open European Cup shall take place on **Friday, 16<sup>th</sup> June 2023 at 14.30** according to the Weigh In time table per country in the **Sports and Entertainment hall of the Medical University of Lublin**, 15 Chodźki Str., 20-093 Lublin.

### b. International Taekwon-Do Cup for Children

The Weigh In for the participants of International Taekwon-Do Cup for Children shall take place on **Thursday, 15<sup>th</sup> June 2023 from 14:00 till 18:00 hours**.

#### Please note!

All competitors must be present at the Weigh In regardless of the event they compete in. If they don't make the weight until 18:00 o'clock, then they shall be removed from the sparring category and shall not be allowed to enter any other weight category.

The competitors must also be in possession of a valid identification document (passport, national ID), EuroCup 2023 official ID cards, ITF small black belt card.

All competitors must make the weight in their ITF approved dobok trousers and T- or polo shirt. In order for an athlete to compete, their verified weight **MUST** fall within the prescribed minimum and maximum weights (+500 grams) for the division in which they officially registered.

#### **IMPORTANT!**

All competitors must bring a printed and signed copy of the "**Declaration of consent Form**" which is an integral part of this invitation.

## ENTRY FEE:

### a. 12<sup>th</sup> Open European Cup

Individual entry fees are **€ 100 Euros per competitor** (individual and/or team member). No refunds will be given for any reason even if a competitor is disqualified.

Team entry fees are **€ 50 Euros per team**. No refunds will be given for any reason even if a competitor is disqualified.

The competitor entry fees can be transferred electronically and must be cleared by **21st May 2023** to the AETF Bank Account. Please remember to pay the transfer costs from your side, if the AETF has to pay for the transfer costs then you will need to pay this back on arrival.

**Incumbent:** All Europe Taekwon-Do Federation

**Incumbent address:** 5/B Milenijna, 20-884 Lublin, Poland

**Bank:** BPS SA. o/ Lublin

**Bank address:** 4 Karłowicza, 20-027 Lublin, Poland

**Account:** PL 16 1930 1695 2500 0518 6754 0002

**SWIFT:** POLU PL PR

or paid by cash at arrival directly to the AETF registration point.



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



## **b. International Taekwon-Do Cup for Children**

Individual entry fees are **€ 40 Euros per competitor**. No refunds will be given for any reason even if a competitor is disqualified.

The competitor entry fees can be transferred electronically and must be cleared by **21st May 2023** to the Organizer Bank Account. Please remember to pay the transfer costs from your side, if the Organizer has to pay for the transfer costs then you will need to pay this back on arrival.

**Incumbent:** Polski Związek Taekwon-Do

**Incumbent address:** 5/B Milenijna, 20-884 Lublin, Poland

**Bank:** Bank Pekao SA I Oddział w Lublinie

**Bank address:** 4 Karłowicza, 20-027 Lublin, Poland

**Account:** PL 58 1930 1695 2500 0505 0789 0009

**SWIFT:** PKOPPLPW

or paid by cash at arrival directly to the Organizers registration point.

## COMPETITION RULES

### **12<sup>TH</sup> OPEN EUROPEAN CUP**

Competition rules for the European Cup will be based on the "Official ITF Rules of Competition - Version 2022v2" (with exception of the team sparring OLD ITF RULES) and International Taekwon-Do Cup for Children Rules.

Competitors are divided into the following divisions:

#### **Age divisions:**

PRE-JUNIOR: 12-14 years old

Born in between 2010 and 2008

JUNIORS: 15-17 years old

Born in between 2007 and 2005

YOUTH: 18 - 21 years old

Born in between 2004 and 2001

ADULT: 18 – 35 years old

Born in between 2004 - 1987

SENIOR: 36 – 45 years old

Born in between 1986 - 1977

VETERANS: 46 years old and above

Born in or before 1976

Competitors born in between 2004 and 2001 can take part as a youth OR as a senior, but they must decide before the registration deadline in which category they would like to participate. Mixing/changing of age divisions is not allowed!





# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



## **Belt division**

Individual and/or Team:

- a. Colour Belts - Blue and red belts (one division)
- b. Black belts - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> to 6<sup>th</sup> degree, Masters,

## **Events:**

- a. Individual Pattern
- b. Individual Sparring
- c. Team Pattern
- d. Team Sparring
- e. Pre Arranged sparring

Competitors shall compete in the divisions laid down in the following rules, but all competitors must be healthy and registered with their National Associations or their own School.

Competitors must be of blue belt grade or higher and **be aged above 12 years old**. The minimum age of 12 years must be attained by the competitor during the year 2023 (minimum year of birth 2010).

Only clubs and schools, that have a valid ITF plaque certificate, and/or national teams, representing countries that have paid the annual fee to the AETF, may take part in the European Cup.

## **DIVISION OF COMPETITION**

Competition is divided into INDIVIDUAL and TEAM match.

Pattern, Sparring and Pre-arranged sparring events will be decided by the pyramid tournament system.

### **TEAM**

Team match is divided into age categories:

Pattern Male/Female

Sparring Male/Female

Each team may perform in Pattern and Sparring.

In Sparring competitors may be of any weight.

## **INDIVIDUAL AND TEAM**

Changes of the team competitors are not allowed once they have been indicated for the various team events.

NOTE: If there is more than one team representing a school/country, one team member can compete in pattern or sparring only in the same team (Team 1 or Team 2). Therefore the participation e.g. in Team 1 for pattern and Team 2 for sparring is not allowed.



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



## A. PATTERN DIVISIONS

Male/female

Individual/Team

### Pattern rules highlights:

All pattern categories (male, female, individual and team) will be carried out according to pyramid system of elimination.

Competitors will perform 1 designated pattern randomly chosen by the electronic system, being one of the last 3 patterns. On semi-finals and finals competitors will perform 2 designated patterns - one of the last 3 patterns and one from the rest.

In case of a draw competitors will perform 1 designated pattern randomly chosen by the electronic system, being one of all patterns.

<u>Pattern</u>	
Pre Junior (12-14 years) Colour (Blue/Red) Belts	Pre Junior (12-14 years) Black Belts
Male Individual Pattern	Male Individual Pattern - I / II degree
Female Individual Pattern	Female Individual Pattern - I / II degree
Junior (15-17 years) Colour (Blue/Red) Belts	Junior (15-17 years) Black Belts
Male Individual Pattern	Male Individual Pattern - I / II / III degree
Female Individual Pattern	Female Individual Pattern - I / II / III degree
Male Team Pattern	Male Team Pattern
Female Team Pattern	Female Team Pattern
Youth (18-21 years) Colour (Blue/Red) Belts	Youth (18-21 years) Black Belts
Male Individual Pattern	Male Individual Pattern - I / II / III degree
Female Individual Pattern	Female Individual Pattern - I / II / III degree
Adult-(18-35 years) Colour (Blue/Red) Belts	Adult (18-35 years) Black Belts
Male Individual Pattern	Male Individual Pattern - I / II / III / IV-VI degree
Female Individual Pattern	Female Individual Pattern - I / II / III / IV-VI degree
Male Team Pattern	Male Team Pattern
Female Team Pattern	Female Team Pattern
Senior (35-46 years) Colour (Blue/Red) Belts	Senior (35-46 years) Black Belts
Male Individual Pattern	Male Individual Pattern - I / II / III / IV-VI degree
Female Individual Pattern	Female Individual Pattern - I / II / III / IV-VI degree
Veterans (+46 years) Colour (Blue/Red) Belts	Veterans (+46 years) Black Belts
Male Individual Pattern	Male Individual Pattern - I / II / III / IV-VI degree
Female Individual Pattern	Female Individual Pattern - I / II / III / IV-VI degree
	Masters
	Individual Male Pattern
	Individual Female Pattern



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



Range of designated patterns according to technical degree:

4 Gup	CHON-JI to JOONG-GUN
3 Gup	CHON-JI to TOI-GYE
2 Gup	CHON-JI to HWA-RANG
1 Gup	CHON-JI to CHOONG-MOO
I Degree	CHON-JI to GE-BAEK
II Degree	CHON-JI to JUCHE
III Degree	CHON-JI to CHOI-YONG
IV-VI Degree	CHON-JI to MOON-MOO
VII-VIII Degree	CHON-JI to TONG-IL

## B. SPARRING

### DIVISIONS

#### INDIVIDUAL

(A) Male and Female groups.

(B) Weights

<b><i>Sparring</i></b>	
<b>Pre Junior (12-14 years) Colour (Blue/Red) Belts</b>	<b>Pre Junior (12-14 years) Black Belts</b>
Male Individual Sparring -40 kg / -45 kg / -50 kg / -55 kg / -60 kg / -65 kg / +65 kg Female Individual Sparring -40 kg / -44 kg / -48 kg / -52 kg / -56 kg / -60 kg / +60 kg	Male Individual Sparring -40 kg / -45 kg / -50 kg / -55 kg / -60 kg / -65 kg / +65 kg Female Individual Sparring -40 kg / -44 kg / -48 kg / -52 kg / -56 kg / -60 kg / +60 kg
<b>Junior (15-17 years) Colour (Blue/Red) Belts</b>	<b>Junior (15-17 years) Black Belts</b>
Male Individual Sparring -50 kg / -55 kg / -60 kg / -65 kg / -70 kg / -75 kg / +75 kg Female Individual Sparring -45 kg / -49 kg / -53 kg / -57 kg / -61 kg / -65 kg / +65 kg Male Team Sparring Female Team Sparring	Male Individual Sparring -50 kg / -55 kg / -60 kg / -65 kg / -70 kg / -75 kg / +75 kg Female Individual Sparring -45 kg / -49 kg / -53 kg / -57 kg / -61 kg / -65 kg / +65 kg Male Team Sparring Female Team Sparring
<b>Youth (18-21 years) Colour (Blue/Red) Belts</b>	<b>Youth (18-21 years) Black Belts</b>
Male Individual Sparring -57 kg / -63 kg / -69 kg / -75 kg / -81 kg / -87 kg / +87 kg Female Individual Sparring -50 kg / -55 kg / -60 kg / -65 kg / -70 kg / -75 kg / +75 kg	Male Individual Sparring -57 kg / -63 kg / -69 kg / -75 kg / -81 kg / -87 kg / +87 kg Female Individual Sparring -50 kg / -55 kg / -60 kg / -65 kg / -70 kg / -75 kg / +75 kg
<b>Adult (18-35 years) Colour (Blue/Red) Belts</b>	<b>Adult (18-35 years) Black Belts</b>
Male Individual Sparring -57 kg / -63 kg / -69 kg / -75 kg / -81 kg / -87 kg / +87 kg Female Individual Sparring -50 kg / -55 kg / -60 kg / -65 kg / -70 kg / -75 kg / +75 kg Male Team Sparring Female Team Sparring	Male Individual Sparring -57 kg / -63 kg / -69 kg / -75 kg / -81 kg / -87 kg / +87 kg Female Individual Sparring -50 kg / -55 kg / -60 kg / -65 kg / -70 kg / -75 kg / +75 kg Male Team Sparring Female Team Sparring



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



Senior (35-46 years) Colour (Blue/Red) Belts	Senior (35-46 years) Black Belts
Male Individual Sparring -63 kg / -70 kg / -77 kg / -84kg / +84kg Female Individual Sparring -57 kg / -63 kg / -69 kg / -75 kg / +75 kg	Male Individual Sparring -63 kg / -70 kg / -77 kg / -84kg / +84kg Female Individual Sparring -57 kg / -63 kg / -69 kg / -75 kg / +75 kg
Veterans (+46 years) Colour (Blue/Red) Belts	Veterans (+46 years) Black Belts
Male Individual Sparring -68 kg / -76 kg / -84 kg / +84 kg Female Individual Sparring -60 kg / -67 kg / -74 kg / +74 kg	Male Individual Sparring -68 kg / -76 kg / -84 kg / +84 kg Female Individual Sparring -60 kg / -67 kg / -74 kg / +74 kg

N.B.: In individual sparring matches competitors shall participate in the category according to their weight. It is not allowed to participate in any other weight class.

Individual sparring categories with less than four (4) competitors will be merged with another category following age and grade or degree criteria. A category with two competitors will take place if all of the above mentioned options are not applicable.

## TEAM

**According to the AETF European Cup Tournament Rules in team matches "The old rules of team sparring" will be applied.**

### DURATION OF BOUTS & DECISIONS

Individual elimination and final bouts will be for:

- Colour and Black Belts seniors and youth – two (2) rounds of two (2) minutes with a one-minute break between rounds.
- Colour and Black Belts pre-juniors, juniors, advances seniors, veterans - (2) rounds of one and half (1,5) minutes with a one-minute break between rounds.

Team:

Each team bout will be one (1) round of two (2) minutes.

### ATTENTION!

**In according to the AETF European Cup Tournament Rules in team matches the following decisions will apply:**

(The "old" rules of team sparring)

- When three (3) or four (4) corner referees give a decision in favour of one competitor then that competitor is the winner and two (2) points will be added to the team score.
- When three (3) or four (4) corner referees decide that it is a draw then one (1) point will be added to each team score.
- When two (2) corner referees give a decision in favour of one competitor (two (2) for one competitor + one (1) for the other + one (1) given it as a draw or two (2) giving it as a draw) then that competitor who got the decision of the two (2) corner referees is the winner and two (2) points will be added to the team score.



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



- iv. When two (2) corner referees give a decision in favour of one competitor and the other two (2) corner referees give a decision in favour of the other competitor then the result will be a draw and one (1) point will be added to each team score.
- v. When all five (5) bouts are finished and the result is a draw then each coach will select one (1) competitor to spar an extra bout of two (2) minutes. The team whose competitor wins this bout will be the winner.
- vi. If at this time it results in a further draw then the first scored point will decide who the winner is.
- vii. When two (2) corner referees give a decision in favour of one competitor in case of the first scored point bout then that competitor is the winner.

## C. PRE ARRANGED SPARRING

<b><u>Pre-Arranged Sparring</u></b>
<b>Pre Junior (12-14 years) Black Belts</b>
Pre-Arranged Sparring
<b>Junior (15-17 years) Black Belts</b>
Pre-Arranged Sparring
<b>Youth (18-21 years) Black Belts</b>
Pre-Arranged Sparring
<b>Adult (18-35 years) Black Belts</b>
Pre-Arranged Sparring
<b>Senior (35-46 years) Black Belts</b>
Pre-Arranged Sparring

### Pre-Arranged Sparring rules highlights

Pre-arranged sparring events will be decided by the pyramid tournament system.

Male, Female and/or Mixed Couples (Black Belts ONLY)

**NB:** Competitors aged 18-21 years can choose to compete as Youths or Seniors but cannot be included in both age divisions!

## INTERNATIONAL TAEKWON-DO CUP FOR CHILDREN

Competitors shall compete in the divisions laid down in the following rules, but all competitors must be healthy and registered with their National Associations or their own School.

Competitors must be of minimum 10th gup belt grade or higher and be aged above 10 years old. The minimum age of 10 years must be attained by the competitor during the year 2023 (minimum year of birth 2012).





# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



Competitors are divided into the following divisions:

## Age divisions:

CHILDREN: 10-11 years old

Born in between 2011 and 2012

## CATEGORIES:

Individual Pattern;

Individual Sparring;

Individual Special Techniques;

## PATTERN

### Belt divisions:

10-9<sup>th</sup> gup: from Saju Jirugi, Saju Makgi - Chon-Ji;

8-7<sup>th</sup> gup: from Dan-Gun - Do-San;

6-5<sup>th</sup> gup: from Chon-Ji - Won-Hyo;

4-3<sup>rd</sup> gup: from Chon-Ji - Joong-Gun;

2-1<sup>st</sup> gup: from Chon-Ji - Hwa-Rang;

\* In case of 1 competitor in category the participant will be moved to higher category following age and then degree criteria. Competitor can be moved maximum 2 age groups above its own. A category with two competitors will take place if all of the above mentioned options are not applicable.

## PATTERN DIVISIONS

### ELIMINATIONS – INDIVIDUAL

The pyramid system of elimination will be used. Competitors will compete 1 to 1 and will perform simultaneously one (1) designated Pattern. In the semi-finals and finals there will be two (2) designated Patterns (one from the last three, and one from all the others). The Judges will choose the best competitor to go forward to the next round.

### PERFORMANCE AND DECISIONS – INDIVIDUAL

The designated Pattern being any one from

- |                             |                    |
|-----------------------------|--------------------|
| o SAJU JIRUGI to SAJU MAKGI | in case 10th gup   |
| o CHON-JI                   | in case of 9th gup |
| o CHON-JI to DAN-GUN        | in case of 8th gup |
| o CHON-JI to DO-SAN         | in case of 7th gup |
| o CHON-JI to WON-HYO        | in case of 6th gup |
| o CHON-JI to YUL-GOK        | in case of 5th gup |
| o CHON-JI to JOONG-GUN      | in case of 4th gup |
| o CHON-JI to TOI-GYE        | in case of 3rd gup |
| o CHON-JI to HWA-RANG       | in case of 2nd gup |
| o CHON-JI to CHOONG-MOO     | in case of 1st gup |



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



## SPARRING:

The participants will compete in Individual Sparring category according to Taekwon-Do ITF competition rules.

**Competitors must be of minimum 8th gup belt grade or higher and be aged above 10 years old.**

**Obligatory protective gear:** red or blue gloves, feet pads and helmet (depending on the draw) of approved type and trade mark; groin protector (only for male competitors) – worn under the dobok pant; **transparent** mouth guard;

**Optional protective gear:** chest protector (only for female competitors) – worn under the dobok jacket, shin guards of acceptable type and material.

## Individual Categories:

### Children (10-11 years)

#### Sparring belt divisions:

8 - 6 gup

5 - 1 gup

Boys (10-11 years): -30 kg., -35 kg., -40 kg., -45 kg., -50 kg.; +50 kg.;

Girls (10-11 years): -30 kg., -35 kg., -40 kg., -45 kg.; +45 kg.;

N.B.: In individual sparring matches competitors shall participate in the category according to their weight. It is not allowed to participate in any other weight class.

Individual Sparring categories must consist of at least two (2) competitors. In case of only one (1) competitor they shall be moved to another weight category maximum 2 weight categories over his/her own.

The pyramid system of elimination will be used.

## DURATION OF BOUTS & DECISIONS

Individual elimination and final bouts will be for two (2) rounds of one (1) minutes with a one-minute break between rounds.

## SPECIAL TECHNIQUES

### Categories:

Male and female: 10 - 11 years,

	Twimyo Nopi Ap Cha Busigi*
Boys 10-11 years	170 cm
Girls 10-11 years	160 cm

\*each competitor has two attempts.



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



## DISPUTE PROCEDURE

### PROTEST

- a. Only the Coach can present a protest when a decision seems to violate the rules.
- b. Each protest must be written in the English language on the official protest form and presented to the Chairman of the Tournament and Umpire Committee within five (5) minutes from the end of the match.
- c. The protest must be precise and circumstantial and must be accompanied by a fee that will be fixed by the Tournament Committee at the beginning of each tournament, in order to limit such protests to cases where decisions are really questionable.
- d. Only in cases where the Umpire Committee positively accepts the protest the fee will be returned to the coach.
- e. In case of a protest the winner cannot compete again before the decision of the Umpire Committee has been made.

### DISQUALIFICATION

Team Managers/Representatives or Individuals who persist in arguing against decisions made by the Tournament and Umpire Committee may, at their discretion, have the whole team, school or club or the individual, disqualified from all further events at the championship.

The Tournament Committee will consider the matter at a later date with a view to further action being taken.

### DRESS

- a. Officials will wear the dress requirements as laid down in the I.T.F Umpires rules.
- b. It is ALLOWED to have club logo on the dobok.
- c. Sponsorship is allowed on the left sleeve measuring 5 x 8 cm.
- d. Female competitors may wear a white T-shirt under the dobok jacket.

### SAFETY EQUIPMENT AND PROTECTIVE WEAR

1. Competitors must wear:
  - i. Red or blue colour hand and feet safety equipment of an approved type.
  - ii. Groin guards must be worn inside the dobok trousers – male only.
  - iii. Red or blue colour safety helmet of an approved model.
  - iv. Mouth guards being of a transparent colour.
2. Competitors may, optionally, wear the following:
  - i. Shin protectors.
  - ii. Breast protectors (must be worn INSIDE the dobok jacket) (female only).
  - iii. Groin guards must be worn inside the dobok trousers – female only. These all being of an approved type consisting of elasticised material with sponge or rubber type padding and containing no metal, bone or hard plastic or similar hard material whatsoever, nor involving the use of zip, lace or stud fasteners.
3. No other protective or safety equipment may be worn, except in special



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



circumstances with the approval of the Tournament Committee.

4. All competitors with injuries which require bandaging or strapping of any kind must satisfy the Tournament doctor of their need, and obtain approval of type before performing i.e. no pins or hard material can be worn, neither can bandaging give extra support so that it constitutes an advantage to that competitor.
5. No jewellery, watches or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

## INJURY LIABILITY AND INSURANCE – COMPETITORS

All competitors must be in possession of Insurance coverage as the host is not responsible for any eventuality and/or injury.

## COACHES

For individual or team competition there will be only one (1) coach close to the square. During the tournament, coaches must wear a training suit, gymnastic shoes and carry a towel. They will be seated at least one (1) meter away from the square. They must not interfere in the competition by action or words. They are the only ones allowed to present an official protest.

Failure to abide by the above mentioned rules may render the coach liable to be disqualified from his advisory position.

## UMPIRES

The Organizing Committee will cover full board accommodation (no drinks included) for 5 days / 4 nights from **Thursday, 15<sup>th</sup> June, 2023 to Monday, 19<sup>th</sup> June, 2023** for maximum of 50 umpires.

- Umpires will be accommodated in twin/double (2 persons) rooms.
- Where an Umpire is sharing accommodation, the guest will need to pay the rate of € 60,00 per day
- Umpires wishing to be accommodated in a single room will have to pay an extra fee of € 40,00 per day. Please note that single rooms are limited and this option is valid in case of availability.
- Umpires not selected, but wishing to participate and approved by the AETF Tournament & Umpire Committee, must cover their hotel accommodation according to above mentioned arrangements and will not receive any expense reimbursement by AETF.
- Umpires must attend the Umpire meeting on Thursday June 15<sup>th</sup>, 2023 from 16.00-17.00 hours in **Hotel ILAN**, 85 Lubartowska Str., 20-123 Lublin. Umpires not present at the mentioned umpire meeting will be removed from the umpire list and shall pay their own accommodation expenses.
- Umpires will wear the dress requirements as laid down in the Official ITF Rules of Competition – Version 2022v2.



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

http://www.pztkd.lublin.pl e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



## ATTENTION!

Countries should complete the UMPIRE application form ("*European Cup 2023 Umpire application form*") available under the link:

[https://docs.google.com/forms/d/e/1FAIpQLSfzTRWcynctYvuOMwbthH6\\_bwzWFGZpsOcWM3S8G31tS94ECtg/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSfzTRWcynctYvuOMwbthH6_bwzWFGZpsOcWM3S8G31tS94ECtg/viewform?vc=0&c=0&w=1&flr=0)

on or before **26<sup>th</sup> of March 2023** in order to be accepted as an Umpire for the European Cup 2023.

In case of any question please contact Mr. Attila SOLTI ([umpire@itf-taekwon-do.eu](mailto:umpire@itf-taekwon-do.eu)) with a copy to the AETF HQ ([info@itfeurope.org](mailto:info@itfeurope.org))

The AETF T&U Committee shall provide the Umpire rooming list to Polish Taekwon-Do Association on or before **9<sup>th</sup> of April 2023**, who shall then take care of the required hotel accommodation.

## ANNOUNCEMENTS

It will be announced in which square an event will take place and it is the responsibility of the competitors/teams to be close to the square so that they may compete without delay when called upon to do so. They will be called to the red or blue side of the square complete with any equipment (such as safety equipment) which they require. Should they not come forward immediately then their name and/or club/country will be called for a second time. Should the individual/team still not come forward to the square within one (1) minute from the second call then they will be disqualified.

## EQUIPMENT CHECK

Competitors' dobok and/or equipment check will take place outside of the square to ensure that they are of an officially approved type and that they are not defective. Should any item(s) not be satisfactory then they must be changed. The competitor/team has a maximum of three (**3**) minutes to change what is requested, following which they will be disqualified and the match points awarded to the opponent where appropriate.

## AWARDS

### European Taekwon-Do Cup

#### Individual

1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners are awarded with medals and diplomas

#### Team

1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners are awarded with medals and diplomas

Overall pre-junior club/school winner

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners are awarded with trophy

Overall junior club/school winner

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners are awarded with trophy

Overall senior club/school winner

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners are awarded with trophy





# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



## Overall club/school winner

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners are awarded with trophy

The best schools will be selected according to the point classification below:

### Colour belt category:

1<sup>st</sup> place – 3 points

2<sup>nd</sup> place – 2 points

3<sup>rd</sup> place – 1 point

### Black belt category:

1<sup>st</sup> place – 5 points

2<sup>nd</sup> place – 3 points

3<sup>rd</sup> place – 2 point

All points from Individual and Team events (Male and Female) will be counting except those with less than 4 competitors/teams.

## International Taekwon-Do Cup for Children

### Individual

1<sup>st</sup>, 2<sup>nd</sup> and two (2) 3<sup>rd</sup> place winners are awarded with medals and diplomas

## Overall club/school winner

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place winners are awarded with trophy

The best schools will be selected according to the point classification below:

### Children and cadets categories:

1<sup>st</sup> place – 3 points

2<sup>nd</sup> place – 2 points

3<sup>rd</sup> place – 1 point

All points from Individual events (Children) will be counting except those with less than 4 competitors/teams.

Pattern and Sparring events will be decided by the pyramid tournament system, special techniques, by the system of points.

## VISA

Countries who need VISA for entering Poland should apply for it to the Polish Embassy in their country as soon as possible.

Send a copy of the Official Invitation letter to the Polish Embassy and a list with the names of the persons travelling, dates of birth, passport date of issue and expire, name, address, telephone and e-mail to the head of the group during travelling.

Important! Please also send a copy of this list to the e-mail: [eurocup2023@pztkd.lublin.pl](mailto:eurocup2023@pztkd.lublin.pl)

## CURRENCY

Polish Zloty (PLN)



# POLISH TAEKWON-DO ASSOCIATION

20-884 Lublin, 5/B Milenijna Str., tel: +48 81 7430150, tel/fax: +48 81 7431150

<http://www.pztkd.lublin.pl> e-mail: [info@pztkd.lublin.pl](mailto:info@pztkd.lublin.pl)



## IMPORTANT DATES

- 26<sup>th</sup> March 2023** – Deadline for submitting Umpire application forms
- 10<sup>th</sup> May 2023** – First deadline for all reservations of accommodation
- 10<sup>th</sup> May 2023** – Deadline for payment of 50% for accommodation
- 15<sup>th</sup> May 2023** – Last date to make small changes in accommodation
- 28<sup>th</sup> May 2023** – Deadline for the online registration

## PRELIMINARY SCHEDULE

### 14 June 2023 (Wednesday)

Early arrivals (hotel check in – **after 14:00 hours**)

### 15 June 2023 (Thursday)

09:00-15:00 Arrival (hotel check in – **after 14:00 hours**)

**Meeting point: Sports and Entertainment hall of the Medical University of Lublin, 15 Chodźki Str., 20-093 Lublin**

14:00-18:00 Weigh-in and registration for  
International Taekwon-Do Cup for Children

**Sports and Entertainment hall of the Medical University of Lublin, 15 Chodźki Str., 20-093 Lublin**

16:00-17:00 Umpire meeting for  
International Taekwon-Do Cup for Children and 12<sup>th</sup> Open European Taekwon-Do Cup

**Hotel Ilan, 85 Lubartowska Str., 20-123 Lublin,**

17:00-18:00 Coach meeting

**Sports and Entertainment hall of the Medical University of Lublin, 15 Chodźki Str.,**

### 16 June 2023 (Friday)

09:30-18:00 Competition - International Taekwon-Do Cup for Children

14:30 Weigh-in and registration for XII AETF Open European Cup

**Sports and Entertainment hall of the Medical University of Lublin, 15 Chodźki Str.,**

17:00-18:00 Coach meeting for XII AETF Open European Cup

**Sports and Entertainment hall of the Medical University of Lublin, 15 Chodźki Str.,**

### 17-18 June 2023 (Saturday and Sunday)

09:00-18:00 Competition - XI AETF Open European Cup

### 19 June 2023 (Monday)

Departure or stay for holiday

Contact to the Organizing Committee of the 12<sup>th</sup> European Cup in Poland (accommodation, hotel booking, transportation): [eurocup2023@pztkd.lublin.pl](mailto:eurocup2023@pztkd.lublin.pl)

Contact in Umpire related matters:

Mr. Attila Solti (AETF Tournament and Umpire Committee Member):

[umpire@itf-taekwon-do.eu](mailto:umpire@itf-taekwon-do.eu)

We look forward to see you in Lublin, Poland in June 2023!