



MMXXII

POREC, CROATIA



EITF EUROPEAN ITF TAEKWON-DO CHAMPIONSHIPS



EITF EUROPEAN ITF TAEKWON-DO CHAMPIONSHIPS
POREC, CROATIA MARCH 25th - APRIL 2nd 2022



Promoted by

Organised by

**CROATIAN TRADITIONAL ITF
TAEKWON-DO ASSOCIATION**
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52100 Pula
Croatia

EITF
38 Millarace Close
Lisvane
Cardif Cf14 OUQ
Wales, UK

Organised by

**ITF ASSOCIATION FOR TRADITIONAL
TAEKWON-DOSLOVENIA**
Trg mladosti 6
3320 Velenje
Slovenia



LOC

Nenad Seferagic – project manager
Emin Durakovic – sport programme manager
Lorena Plisko Seferagic – accommodation manager
Dragan Zdjelar – logistics manager
To be assigned - Transportation

EITF – OC for Porec 2022

Michael Prewett - President
Ladislav Burian – TC
Emin Durakovic – UC
Nenad Seferagic – LOC
Anton Archipov – ITF

EITF TOURNAMENT COMMITTEE

Ladislav Burian - President
Master Eleftherios Polydorou
Ilona Tsvetkova
Carrie King
Jan Labik

EITF UMPIRE COMMITTEE

GM Michael E Prewett
GM Gary Miller
Master Emin Durakovic
Master Vergilly Sitnilskiv



Dear Grand Masters, Masters, NGB representatives, coaches and athletes

I am happy to invite you at the EITF European ITF Taekwon-Do Championships in Porec, Croatia.

This is a joint venture project developed between Croatian Traditional ITF Taekwon-Do Association and ITF Association For Traditional Taekwon-Do Slovenia.

On behalf of the whole Croatian Traditional ITF Taekwon-Do community, I would like to express my gratitude for inviting best European athletes in Croatia. It's a wonderful occasion to be together and experience the beauty of our sport. For us this is very important project as it is happening on the new beginning for ITF Taekwon-Do in Croatia after our sport has been recognized in our country after 30 years.

Therefore I wish to express my sincere gratitude to all the participants that will take part in this event as it will be a big step towards better future.

This event is not only about sports. Recently EITF joined Sports for Climate Action Framework. This UN initiative aims at supporting and guiding sports actors in achieving global climate change goals. We will encourage all the participants to follow our guidelines in order to run an event that will have less impact on the environment.

During our events we do more than just sport – we broaden our horizons, get to know other cultures, we promote healthy mind in a healthy body.

I want to express my appreciation to the Local Organizing Committee and its partners for the great job they have done. And of course, my gratitude to the authorities for their auspices of this event. My special thanks for the support are addressed to the EITF President GM Michael E Prewett, EITF Tournament Committee and EITF Umpire Committee.

I believe that this Championships will bring the participants positive experiences and good results. I am sure that the athletes will compete in a fair play manner, respecting the rules and their opponents and will please the spectators with their performance.

I wish you will enjoy your stay, your achievements and your time spent in Croatia!

Good luck!

Nenad Seferagic
President
Croatian Traditional ITF Taekwon-Do Association



Dear Grand Masters, Masters, NGB representatives, coaches and athletes,

I am honoured that me and the president of the Croatian Traditional ITF Taekwon-Do Association Mr. Nenad Seferagić have the opportunity to invite you to the EITF European ITF Taekwon-Do Championships, which will be held in beautiful Poreč, Croatia.

Thousands of years of living as neighbours as well as history and culture which connect us with our brothers and friends nowadays bind us together in the noble sport of Taekwon-Do.

It's a sport that educates us and boosts our confidence, has high moral standards, strives for sound and fair competitiveness, respects the roots of our ancestors and historical achievements as well as believes in the future. What's more, it promotes valuable respect for all people we meet through this sport, all our peculiarities and originality as well as our independence and creativity.

To put it simply, it's about respect for all our role models, colleagues and opponents in competitions, since only competitiveness that follows the rules and principles of our sport allows us as athletes to gain recognition and to succeed.

All this also unites us after competitions, as we share friendship, harmony of humanity and common values to build a future world of peace and prosperity.

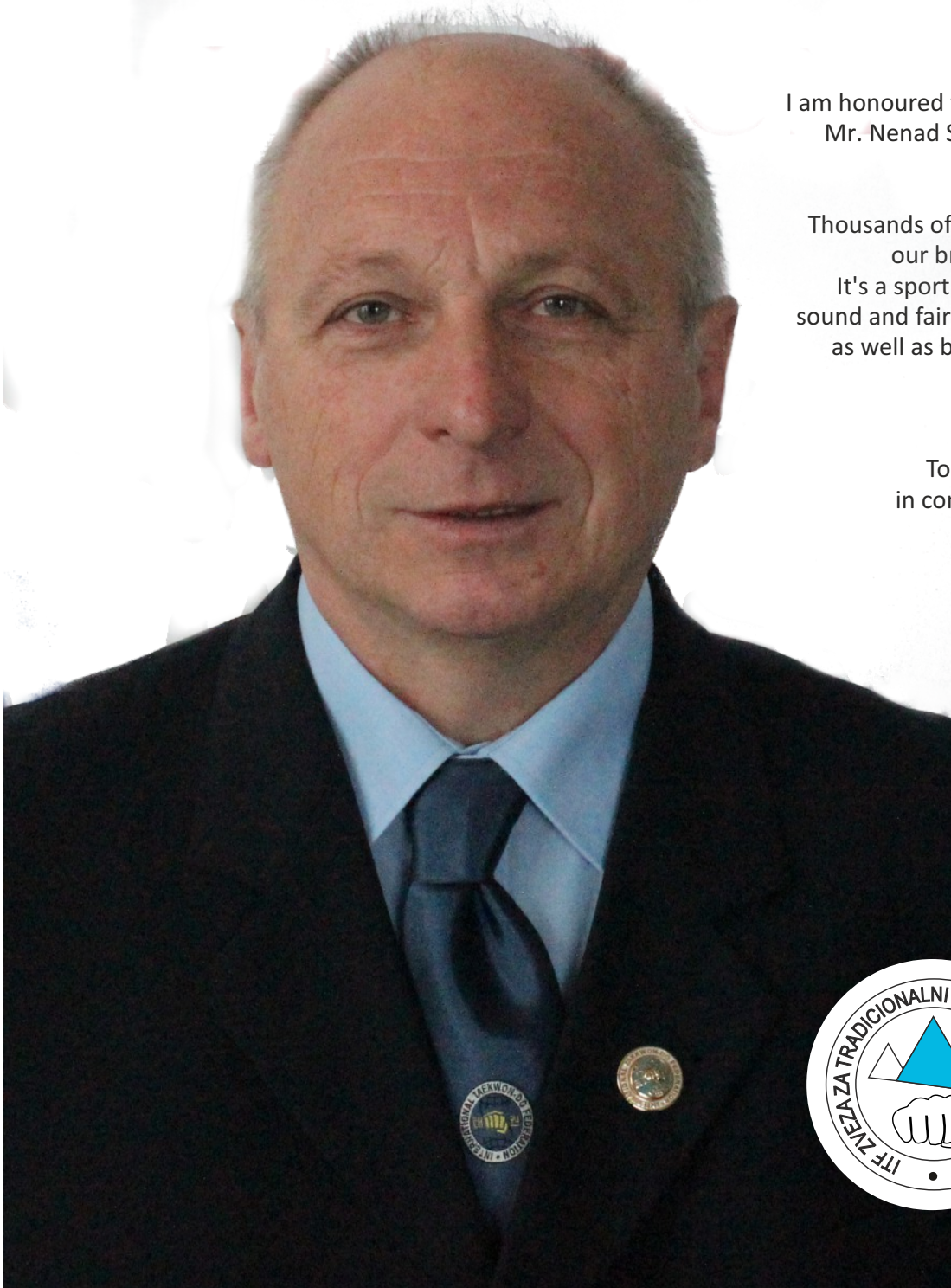
Let us be winners together. Let us show everyone the nobleness of our sport, Taekwon-Do, which makes us stronger and gives us spiritual and physical strength throughout our lives, from childhood to later adulthood, from country to country, from championship to championship.

May the EITF European ITF Taekwon-Do Championships 2022 in Poreč be successful!

Matevž Žugelj
President

ITF Association For Traditional
Taekwon-Do Slovenia

Good luck!





BASIC INFORMATION

DATES

March 25th - April 2nd, 2022

VENUES

Registration

INTER SPORT CENTER
Zelena Laguna, Porec
45.19572, 13.59087

Competition

SPORT HALL ZATIKA
Vukovarska ulica 3
52440 Porec, Croatia
45.23985, 13.60662

www.szgp.hr/porec/dvorana-zatika/hr

OFFICIAL WEB SITE

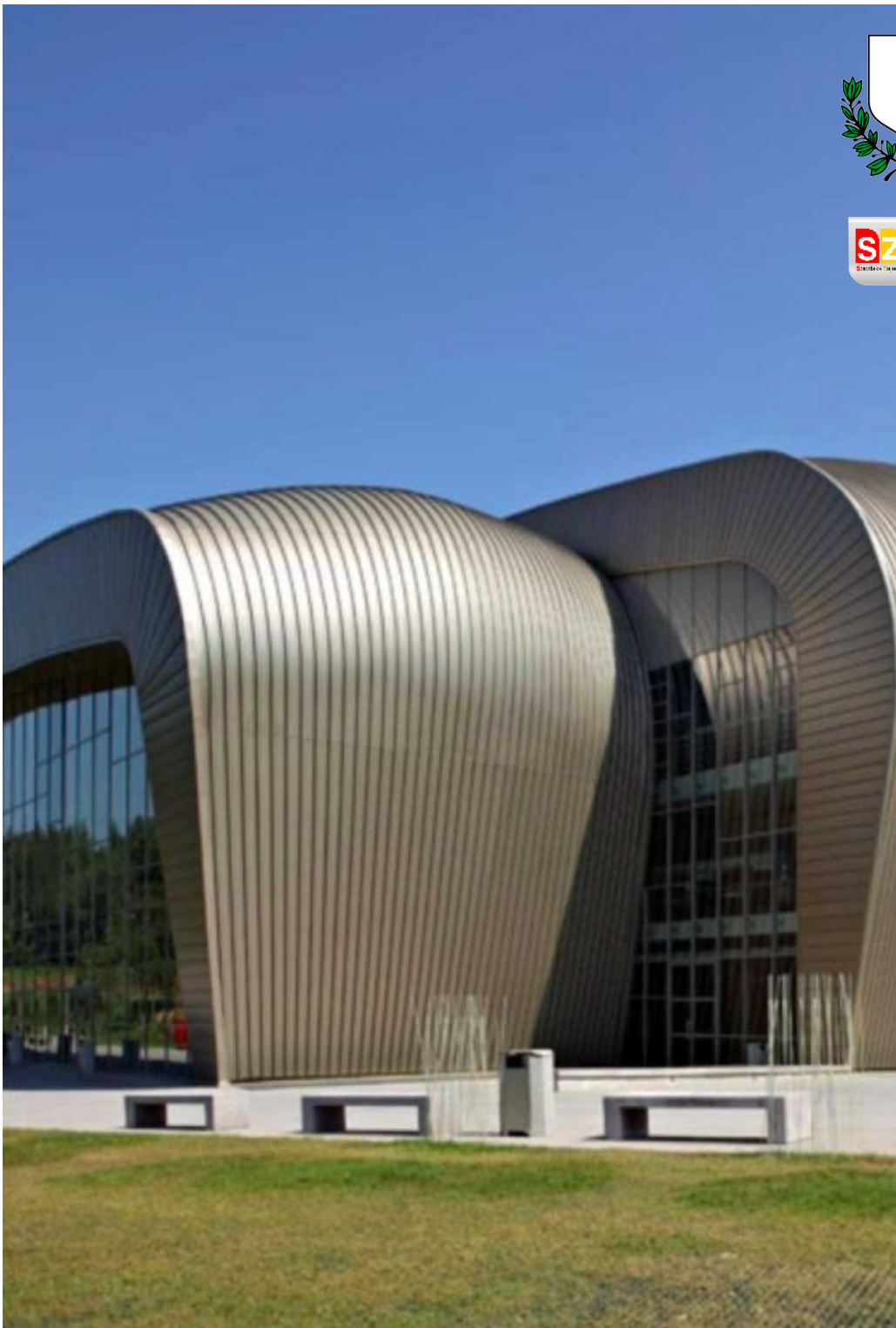
www.eitf-taekwondo.org

RULES

The Championships will be held in accordance with following documents:

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

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



PREPARATION FOR THE CHAMPIONSHIPS

VISA

Countries requiring VISA for Croatia should contact nearest Croatian consulate. Waiting period after submitting application for VISA might vary and therefore please make sure that you apply for VISA as soon as possible.

Deadline for NGB's to require confirmation of participation

January 15th, 2022

APPLICATION FOR THE CHAMPIONSHIPS

Applications must be sent **ONLY** via the official online registration both for accomodation and sport registration.

Accomodation

Deadline for accomodation **January 15th, 2022**

Sport registration

Final deadline for sport registration: **March 11th, 2022**



1 REGISTRATION

1.1 PRELIMINARY REGISTRATION

Deposit **250EUR** per person must be paid upon preliminary registration no later than **January 15th, 2022**.

NEW According to the number of people stated in the preliminary application LOC will issue an invoice for payment.

Please send an email with preliminary registration information (number of people, package selected) to ec2022@taekwondo-itf.com

1.2 SPORT REGISTRATION

NEW NGBs register for the EITF Championship using the ITF Database. Please use this link to register:

<https://data.taekwondo-itf.com/event/21662/3256>

NGBs have to **register their members into the ITF Database first**. After the registration of members within the DB NGBs will be able to start registration for EC 2022 on the above link.

Registration in ITF DB - There will be a **webinar on January 15th (Saturday) at 10 AM CET** for appointed Data Protection coordinators and NGB representatives in order to show them how to register in the ITF DB.

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

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

- List of all competitors, their disciplines and team membership
- List of all teams, including self-defence
- Coaches
- NGB members
- Umpires (both invited and not invited)
- Photos of all participants (JPG, max. resolution 75dpi, max. size 45kB) must be inserted into the application software. Failing to do so might be subject to additional charges.

EITF VIPs

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

2 PAYMENTS & PENALTIES

2.1.1 Payment

Deposit of **250EUR** is paid **per person and is non-refundable**.

The remainder of the payment will be due in cash at the venue registration after confirmation of the final application forms and after the accommodation payment. Travellers/Bank cheques, Visa, Mastercard, Amex or Diners Cards **will not** be accepted.

2.1.2 Fees

- **EITF annual fee: 200 €** per NGB
- **Individual entry fee: 100 €** per competitor.
- Individual entry fees must also be paid by those competitors, who are competing as team members only.
- **Team entry fee: 40 €** per team per discipline, including self-defence
- **Accreditation fee for countries using their own accommodation during their stay at the EITF Championship event, i.e. if not booking via the Organizer: 300 €** per person

This charge will be made for any countries who book their own accommodation for any of the competition dates (Saturday-Sunday) and do not use the services of the organiser.

(Note: After payment, these participants, who have booked their own accommodation, will receive an ID card, but no other services:

- Free entrance to opening ceremony
- Free entrance to the sports hall
- Free entrance to the after party
- Medical assistance for competitors injured during the competition
- no transportation
- no lunch in the sports hall or other meals

2.1.3 Penalties

- **Accommodation application sent after Accommodation deadline:** There is no penalty, but after this deadline, proposed package prices are not guaranteed and may be much higher, depending on individual hotels.
- **Application form sent after deadline: 200 €**
- **Each and every change of the application after the Final deadline: 150 €**

Example of changes, which are charged after the Final deadline:

- wrong name
- wrong birthday
- wrong photo
- changing of discipline, weight category, degree, etc.
- adding of extra category

- o adding competitor to team category
 - o competitor **or coach** without WADA certificate
 - o wrong ID of ITF Platform
 - **Change to the ID card (after it was accepted by the coach): 50 €**
 - **ID card replacement: 5 €**
 - **Missing photos of participants in the application form: 15 €**
 - **Separate invoices (for each competitor): 1 €** per invoice
 - **Late arrivals:**
 - o **Penalty for late arrival of responsible person to the registration: 300 €**
 - o **Penalty for late arrival of the whole team to the competitor's check: 100 €** per participant
- Note: These penalties will be applied unless the late arrival is totally out of the participant's control. However, participants need to plan their arrivals with adequate travel time allowing for usual potential delays caused by flight delays, high volume of traffic, etc. (it is recommended that you allow yourselves at least 2 extra hours before the deadline time)

3 COVID MEASURES

3.1 HYGIENE MEASURES

Please follow the most up-to-date rules of Covid measures at this Croatian website:

<https://croatia.hr/en-GB/coronavirus-2019-ncov-q-and-a>

3.2 FINANCIAL MEASURES

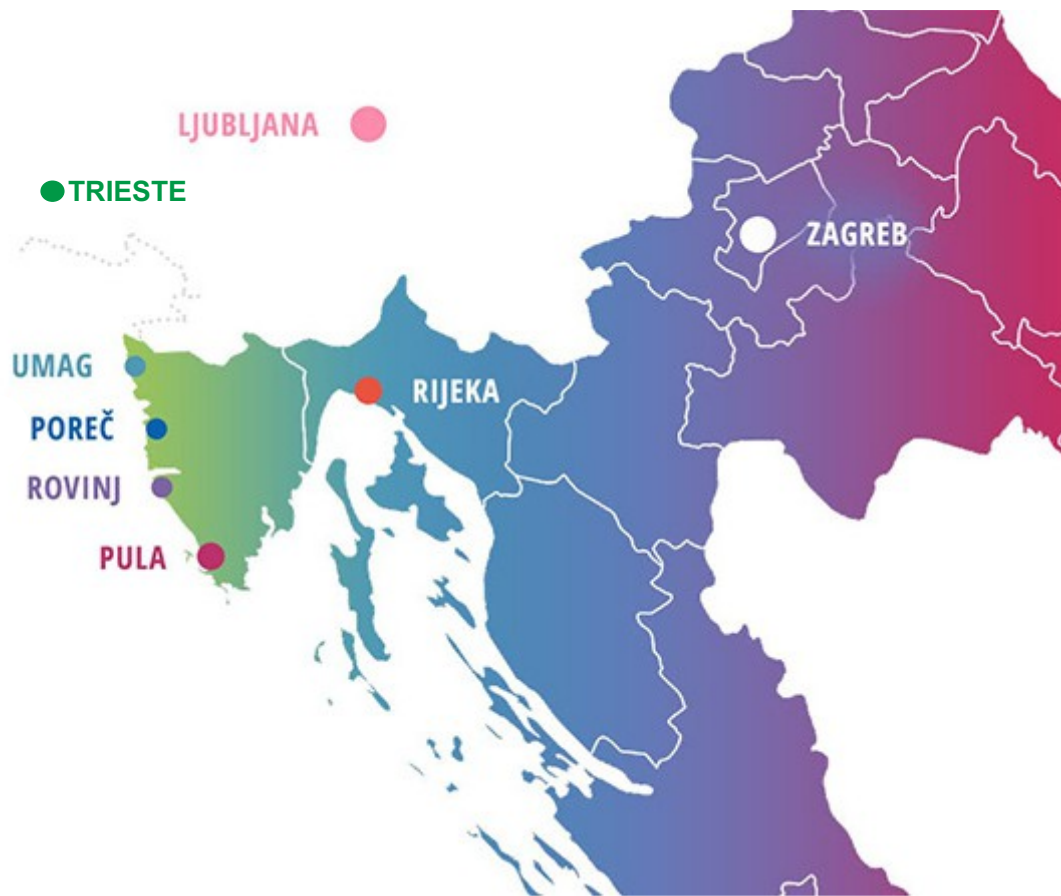
The organizer will refund the deposit payment if the Croatian Government cancels the Championship.

The organizer will also refund the deposit payment to an NGB in case that the Croatian Government will not allow them to enter Croatia because of the situation in Croatia.

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

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

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



TRANSPORTATION AND ARRIVALS

Transportation

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

- Porec bus station (10 minutes for the registration)
- Pula bus station (50 minutes from the registration)
- Pula international airport (50 minutes from the registration)

Transportation with extra charge

- Zagreb airport (3 hours from the registration)
- Ljubljana airport (2.5 hours from the registration)
- Trieste airport (1.5 hours from the registration)
- Rijeka airport (1,5 hours from the registration)

Transportation to and from the venue as well as to and from meetings and other activities will be provided by the organizer. Teams arriving with their own means of transportation should contact organizer for further arrangements.

Transportation will not be available to anyone making their own booking.

Arrivals

All necessary information on your arrival must be filled in the application:

- type of transportation
- date, time and location of arrival
- date, times and location for departure

Deadline for arrival and departure information

March 11th, 2022

City/Town	distance from Porec
Pula	60 km
Rijeka	90 km
Zagreb	251 km
Trieste	80 km
Ljubljana	163 km
Vienna	547 km
Praha	870 km

ACCOMODATION

Minimal lenght of stay:

- for children competitors, their coaches, supporters, parents

3 nights / 4 days

- for junior, adult and veteran competitors

5 nights / 6days

Deadline for arrival and departure information: **March 11th, 2022**

All the hotels are situated in Zelena laguna touristic area and are at max distance of 300 meters from between the hotels.

Transportation time to the venue is 5 minutes.

3 star hotels

Hotel Istra

Hotel Gran Vista

Hotel Plavi (congress hall)

4 star hotels

Hotel Molindrio

Hotel Albatros

Included in the package

Transportation from/to airport, bus station

Full board accomodation (breakfast, lunch, dinner)

Transportation to the venue

Free entrance to the sport hall during the competition days

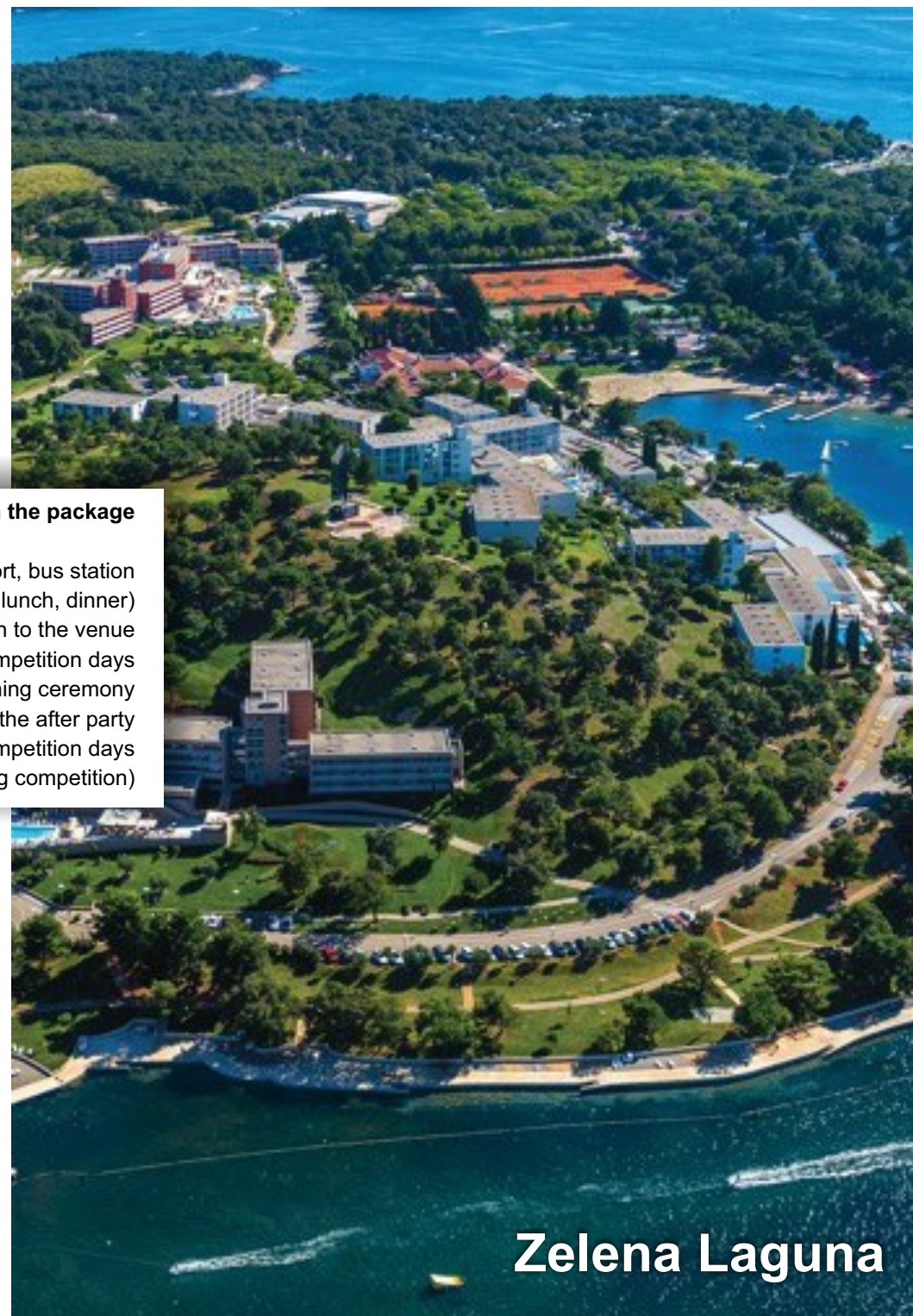
Free entrance to the opening ceremony

Free entrance to the after party

Medical assistance during the competition days
(for competitors injured during competition)

Accomodation options and prices

	Package A 4* hotel	Package B 3* hotel
No of nights	PACKAGE A 4*	PACKAGE B 3*
8 nights	720	640
7 nights	630	560
6 nights	540	480
5 nights	450	400
4 nights	360	320



Zelena Laguna

HOTELS

Zelena Laguna touristic area

All the hotels are situated in the touristic area Zelena Laguna, 5km from the town center and 4km from the sport venue Zatika.

HOTEL GRAN VISTA 3*



HOTEL ALBATROS 4*



HOTEL ISTRA 3*



HOTEL PLAVI 3*



4 UPON ARRIVAL

4.1 REGISTRATION

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

The latest time of arrival to Registration: Saturday 26th March 2022, 22:00

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

4.2 COMPETITOR'S CHECK

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

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

- Nationality - passport of the country, VISA or other residency document (e.g. employer card, student card) must be presented to prove that the competitor may compete for their country
- Black Belt ID card
- ITF passport
- **ITF platform registration (new 2021 ITF rules)**
- Weight check for those who are competing in sparring

- Each competitor will have to sign a Liability waiver form as introduced in the ITF rules.

- **WADA certificate**
All competitors (of all age categories) and **all coaches** must have the official WADA certificate, in case of missing this certificate the athlete has the opportunity to complete the certificate by the end of the Competitor's check, otherwise the athlete can not participate.

Latest time of arrival for the whole team (all competitors): Sunday 27th March 2022, 10:00

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

4.3 DOPING TEST

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

5 CHAMPIONSHIP RULES AND REGULATIONS

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

5.1 COMMON RULES VALID FOR ALL AGE CATEGORIES:

- Only ITF affiliated NGBs and ITF registered black belt holders can participate in the Championship. This is with the exception to the Children's category, where Red Belts (2nd Kup) and above may compete.
- The degree and age of competitors must be valid and identical on both degree certificates and ITF Passports.
- It is the responsibility of each competitor to have their own health insurance. The organizer is not responsible for any damage or losses.
- Tatami used for Taekwon-Do disciplines are of standard size 9 by 9 metres with 1m of safety border (11 x 11 metres total).
- The Competitors must follow the ITF dress code. Only competitors who are wearing the official ITF dobok, manufactured by Sasung or Daedo Company, will be allowed to access the competition.
 - If competitors want to have their country's name on their dobok, they are permitted to wear it on the back under the "tree".
 - Competitors number should be below the belt on the back of the dobok jacket.
 - Competitors are permitted to bear their NGB logo or trademark of their sponsor on the left sleeve of their dobok and this should be 15 cm from the shoulder line.
 - Competitors are permitted to bear the national flag on the right part of the front of the dobok shirt at the same level of the ITF Logo and should be 3cm by 5 cm.
- **Team events:** NGBs can bring **separate teams** for patterns, sparring, self-defence, special techniques and power breaking. Team members will be recorded in the application form and cannot be changed.
- **Order of disciplines:** As per new ITF rules all disciplines may start on the first day of the first day of the Championship. There is no mandatory order of disciplines. Therefore competitors and teams must be ready to come for self-defence, special techniques or power, even before sparring. Detailed schedule of rings will be provided as usual.

5.2 DISCIPLINES

5.2.1 Individual Patterns (Tul)

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

5.2.2 Team Patterns (Tul)

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

5.2.3 Sparring (Matsogi)

- In preliminary rounds, competitors will be divided into groups of three or four where possible. They will compete against each other and the competitors who receive the most points will proceed to the pyramid system. Please see the official ITF explanation of the system.
- **Allowed safety equipment:**
 - All Competitors must be in possession of a full set of blue and red approved safety equipment for sparring. Other colours will not be allowed.
 - **Juniors, Adults and Veterans**
 - **NEW RULES AFTER 2019 CONGRESS**

Only the following partner brands will be permitted:

 - **Backfist**
 - **Boyko**
 - **Top Ring**
 - **Ten Dan (Tsimasport)**
 - **Daedo (ITF official supplier)**
 - Allowed brands apply also to helmets.
 - Gloves shall be closed, 10 ounces, and must show “10oz” on the gloves.
 - Children's safety sparring equipment remains unchanged – it is the same as in previous years.
 - head guards and shin guards are compulsory for all age categories
- **Permitted hand techniques and kicks:**
 - Hand techniques – Hand techniques using “Ap jumok”, “Dung jumok” and “Yop jumok”.
 - Foot parts – “Ap kumchi”, “Bal Dung”, “Balkal”, “Bal duitchuk”, “Balbadak”.
- **4 and 5 point techniques:**
 - When the center referee considers a 4 or 5 point technique has been scored, he/she will stop the match and will raise a hand indicating 4 or 5 point technique, while pointing the relevant competitor with their other hand. The coach of the opposite team can ask for a video protest about the decision of the center referee.
- **Golden point:**
 - Coach will be allowed to ask for a video-protest of the final action during the Golden point round.
- **Team event sparring:**
 - Each team will have a maximum of 20 seconds for a competitor to be ready to spar. The time clock will be shown with a 20 second countdown for the first team. When this member is ready the clock will be restarted for the opposing competitor, there will be a maximum of 40 seconds between each bout. A competitor who fails to be ready within 20 seconds, will lose that match.

5.2.4 Power breaking test (Wi Ryok)

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

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

5.2.5 Special techniques (Tuk Gi)

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

Special techniques will follow the ITF rules - the same format as in the Power breaking test. Also individuals and teams will have to give lengths and heights at registration. Minimal lengths and heights are set for juniors and adults (see the Age categories sections below).

- For high jump techniques the target height will be measured at the middle point of the target.
- For flying long sidekick the middle point of the target must be above the height of the hurdle.
- When performing Twimyo nopi chagi and Twimyo dollyo chagi, the competitor must take a run-up and take off on the kicking foot, pulling the other leg to the chest. The target must be broken with the jumping foot whilst lowering the other leg (scissor kick).
- There will be an elimination, which will be a free choice, and the paddle must be moved 90 degrees. Once a competitor is successful at the elimination, they will then continue with the other techniques. Scoring 3 points for a paddle moved 90 degrees, 1 point for moving the paddle. Whoever accumulates the most points across all techniques will be the winner.

5.2.6 Self-defence routine (Ho Sin Kyong Gi)

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

- The team will have only ten (10) seconds for the introduction before the hero shouts "Ya".
- For Junior and Adult Championships, competitors should perform within a minimum of 40 seconds and a maximum of 60 seconds. Two points will be deducted for two seconds under or over the time period; any more will result in zero (0).

5.3 AGE CATEGORIES

5.3.1 Age Deciding Day (same for all age categories)

Saturday, 26th March 2022

5.3.2 Children

Competition for children will take place only on the first 3 days of the Championship (Tuesday-Thursday).

Children must be 11, 12 or 13 years old (on Age Deciding day) and must be red or black belt holders, in line with the ITF promotion rules. Children who are 1st degree must be a minimum of 11 years old.

Each country will be allowed **two (2)** competitors in each division.

5.3.2.1 Children patterns

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

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

Patterns will be separate for red and black divisions.

5.3.2.2 Children sparring

Sparring: red and black belts will be together (male red and male black belts holders; female red and female black belts holders). There will be seven **weight divisions** for sparring as follows:

Female: -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, +55 kg

Male: -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, +60 kg

Head guards will be compulsory for all children sparring together with existing compulsory protection.

There will be no power and no special technique for children, there will also be no team event for children.

Children must wear open palm gloves without any cracks or splits. The competitors must be able to open their hand, and the first half of fingers and thumb must be covered. The palm must not be covered. The fastening strip must be self-adhesive and gloves must be fastened at the wrist. Hand wraps are not allowed.

5.3.3 Juniors

There are two junior divisions:

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

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

Juniors 2nd degree must be a minimum of 14 years old, juniors 3rd degree must be a minimum of 16 years old.

Each country will be allowed **two (2)** competitors in each division. **Two (2)** for juniors 14-15 years old and **two (2)** for juniors 16-17 years old.

5.3.3.1 Patterns

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

Female 14-15 years: 1st, 2nd Degree

Male 14-15 years: 1st, 2nd Degree

Female 16-17 years: 1st, 2nd, 3rd Degree

Male 16-17 years: 1st, 2nd, 3rd Degree

5.3.3.2 Sparring

Female 14-15 years: -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, +65 kg

Female 16-17 years: -40 kg, -46 kg, -52 kg, -58 kg, -64 kg, -70 kg, +70 kg

Male 14-15 years: -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, +70 kg

Male 16-17 years: -45 kg, -51 kg, -57 kg, -63 kg, -69 kg, -75 kg, +75 kg

5.3.3.3 Junior special techniques minimum heights

Juniors	Male	Female
Flying high front kick (twimyo nopi chagi)	2,7m	2,2m
Flying high turning Kick (twimyo dollyo chagi)	2,4m	2,1m
Flying high back kick (twimyo bandae dollyo chagi)	2,3m	2,0m
Flying long side kick (twimyo nomo chagi)	2,5m x 0,7m	1,5m x 0,7m
Flying high reverse (twimyo dolimyo chagi 360°)	2,3m	2,0m

5.3.3.4 Junior teams

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

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

5.3.4 Adults

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

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

Each country will be allowed **two (2)** competitors in each division.

The 5th and 6th degrees will compete in degree for pattern and be able to compete within the existing divisions of sparring, power, special technique and self-defence routine. They will also be eligible to enter the team events, therefore the adult teams will be allowed to perform any pattern up to the lowest degree in the team.

5.3.4.1 Adult patterns

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

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

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

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

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

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

5.3.4.3 Adult teams

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

5.3.4.4 Adult special techniques minimum heights

Adults	Male	Female
Flying high front kick (twimyo nopi chagi)	2,8m	2,3m
Flying high turning Kick (twimyo dollyo chagi)	2,5m	2,2m
Flying high back kick (twimyo bandae dollyo chagi)	2,4m	2,1m
Flying long side kick (twimyo nomo chagi)	2,5m x 0,7m	1,5m x 0,7m
Flying high reverse (twimyo dolimyo chagi 360°)	2,4m	2,1m

5.3.4.5 Adult power test

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

5.3.5 Veterans

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

Competitors must be holders of 1st, 2nd, 3rd, 4th, 5th or 6th Dan ITF black belt certificates.

For Veteran competition each country is permitted to send up to three (3) competitors to the individual sparring according to the weight divisions for the Silver and Gold Class.

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

5.3.5.1 Veteran Patterns

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

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

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

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

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

5.3.5.2 Veteran Sparring

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

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

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

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

5.3.5.3 Veteran teams

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

5.3.5.4 Veteran power test

Individual power breaking will be organized for Silver Class only.

Team power breaking can include the Silver and Gold Class.

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

6 UMPIRES

The Organizing Committee will pay for a maximum of **8 days/7 nights** hotel accommodation for **68 qualified umpires** and **3 Umpire Committee members**. Umpires are selected by the Umpire committee and invited personally by the President of the EITF Umpire Committee. NGBs must confirm if their invited umpires are able to arrive.

Late arrival is not acceptable. The latest arrival for invited umpires is Saturday 26th March 2022, 16:00 (start time of umpire seminar)

Invited umpires will be required to attend all the Umpire Meetings and carry out all their duties as scheduled for the duration of the event. Their accommodation is paid excluding any extra services (drinks, telephone calls etc.). The EITF Umpire Committee will dismiss any Umpires who do not abide by the work schedules or guidelines and such Umpires will have to pay for the hotel accommodation and meals themselves.

Other (not invited) umpires may also attend but they must pay for the Hotel expenses and may or may not be used by the umpire committee.

The Umpire's dress code will consist of a navy blue blazer jacket, white long sleeved shirt, navy blue trousers, navy blue necktie, white short socks and white sport shoes as stated in the ITF Umpire rules.

6.1 EITF UMPIRE SEMINAR

This course is mandatory for all invited umpires, and recommended for all umpires and coaches. Umpires must be dressed in their official umpire uniform and have their doboks.

Price: free

Start: Saturday 26th March, 16:00

Location: Hotel Plavi

6.2 COACHES

Coaches are the only responsible persons who may stand in for the competitor, hand in protests, etc.

A Coach must be an ITF Black belt holder, I. degree minimum. Coaches must attend the coaches meeting. Only one coach is allowed to enter the ring with the competitor or team.

6.3 AWARDS FOR PARTICIPANTS

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

Preliminary schedule – Days before competition

25th March (Friday)	
12:00-21:00	Accommodation
17:00	Arrival of TC + IT
18:00-19:00	TOC init meeting
19:00-21:00	EITF Sport Registration EITF payment
26th March (Saturday)	
09:00 – 12:00	Accommodation
13:00 – 21:00	EITF Sport Registration EITF payment Competitor's check
19:00	Deadline for coaches to arrive to Registration
16:00 – 19:00	ITF Umpire Course, day 1
20:00 – 21:30	Executive Board meeting
27th March (Sunday)	
10:00	Deadline for teams to arrive for Competitor's check
08:00-13:00	Competitor's check
09:00 – 12:00	ITF Umpire Course, day 2
14:00 – 18:00	
13:00-17:00	Preparation of Starting list
17:00	Publishing of draws for coaches (online)
18:00-19:00	Coach meeting, paid changes possible after coach meeting
19:30	Deadline for paid changes
21:00	Publishing of final draws (IT)

Preliminary schedule - Competition days

28th March (Monday)	
09:00 - 18:00	First day of competition
18:00 - 19:00	Opening ceremony
29th March (Tuesday)	
approx. 9:00 – 18:00	Competition, medal awarding
20:00 – 21:30	EITF Congress
30th March – 1st April (Wednesday – Friday)	
approx. 9:00 – 19:00	Competition, medal awarding
2nd April - Saturday	
All day	Departures
10:00 – 12:00	TOC Conclusion meeting

EITF FOR BETTER FUTURE



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International Volunteering Program

Croatian Traditional ITF Taekwon-Do Association is running this International Volunteering Program (IVP) attached to the European EITF Taekwon-Do Championships to be held in Porec, Croatia from March 25th to April 2nd, 2022.

We kindly invite all Taekwon-Do practitioners in Europe to send their application for participation on IVP.

Application for the IVP must be sent to the Croatian Traditional ITF Taekwon-Do Association (CTITA) through the NGB's members of EITF. Number of volunteers is limited and the selection of volunteers is a sole responsibility of CTITA.

To the selected volunteers CTITA will offer:

- accommodation based on Full board service
- Championships T-shirt
- volunteers sponsor pack
- confirmation of volunteer service letter

Volunteers will be involved in:

- content creation for social networks
- In Competition TV feed production
- Awarding ceremonies
- Opening Ceremony
- VIP services
- EITF Congress

CTITA will ensure that volunteers have enough free time for touristic sightseeing and private arrangements all through the championships. Motivation letters should be sent to the NGB in a country of your provenience will then send motivation letter to the CTITA for selection process. It must include info on your age, gender, motivation, experiences and contact info.

Entry deadline for motivation letters to be sent is January 31st, 2022.

7 SUMMARY

7.1 MEETING POINT FOR REGISTRATION AND ACCOMMODATION

Inter Sport Center

Address: Zelena Laguna, Porec, Croatia

GPS: 45.19572, 13.59087

7.2 CONTACTS

7.2.1 Main contact address:

support@eitf-taekwondo.org

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

7.2.2 Contact person for arriving teams and EMERGENCY NUMBER during competition

Mr. Nenad Seferagic

+385911576467

7.3 DEADLINES

- **Visa application deadline:**
15th January 2022
- **Accommodation deadline:**
15th January 2022
- **Prepayment (deposit) deadline:**
15th January 2022
- **Full application deadline:**
11th March 2022
- **Latest arrival of coach for registration:**
Saturday, 23rd October 2022, 19:00
- **Latest arrival of the whole team for competitor's check:**
Sunday, 24th October 2022, 16:00

CHANGE LOG

Version	Date, time	description
1.0	10.01.2022	published version of full Infopack