EUROPEAN POOMSAE CHAMPIONSHIPS
TAEKWONDO
CHAMPIONSHIPS
2025
TALLINN

EUROPEAN
PARA POOMSAE CHAMPIONSHIPS
TAEKWONDO
CHAMPIONSHIPS
2025
TALLINN

Dear athletes,

With the World Championships Poomsae in Hong Kong fresh in our memory, we are grateful that Estonia has presented itself as host for the European Championships Poomsae 2025.

Also this year, we integrate the Para Poomsae in the European Poomsae championships to fully recognize the Para athletes with their dreams and aspirations!

With Tallinn as host city and the Organizing Committee ETU has been working with for years, we know that the level of organization is far beyond excellent.

I would like to express my gratitude to Mihhail Kõlvart and his team for his dedication to ETU and for organizing these chamopionships!

I wish all the athletes the best of luck and may the best athlete win!

Yours,

Sakis Pragalos
President

1. **PROMOTER: European Taekwondo Union**
   ADDRESS: Hofestatt 13, 57439 Attendorn | Germany
   E-MAIL: info@europetaekwondo.org
   WEBSITE: https://europetaekwondo.org

2. **SANCTIONED BY: WORLD TAEKWONDO**
   ADDRESS: 10th Fl., Booyoung Taepyung Buldg. 55, Sejong-dear, Jung-gu, Seoul,Korea
   E-MAIL: sport@worldtaekwondo.org
   WEBSITE: https://www.worldtaekwondo.org

3. **ORGANIZER: Estonian Taekwondo Federation**
   ADDRESS: Kaera 21, Tallinn 10318, Estonia
   E-MAIL: tallinntournaments2025@gmail.com

4. **VENUE: UNIBET ARENA**
   ADDRESS: Paldiski mint 104b, 13522, Tallinn, Estonia
   WEBSITE: https://unibetarena.ee

5. **GLOBAL RANKING:**
   WT RANKING: G4

6. **REGISTRATION & ACCREDITATION**
   14 – 16 APRIL, **LOCATION: UNIBET ARENA,** Paldiski mint 104b, 13522, Tallinn, Estonia
   10:00 - 13:00 AND 15:00 – 19:00 hrs

7. **TRAINING AND FAMILIARIZATION**
   15 APRIL, **LOCATION: UNIBET ARENA,** Paldiski mint 104b, 13522, Tallinn, Estonia
   15:00 - 20:00 hrs – The OC will allocate time slots for each team.

8. **COMPETITION DATES & SCHEDULE**
   16 – 17 APRIL, **LOCATION: UNIBET ARENA,** Paldiski mint 104b, 13522, Tallinn, Estonia
   09:00 - 22:00 hrs

9. **CLASSIFICATION**
   15 APRIL, **LOCATION: TO BE DETERMINED**
   If you require classification, please inform ETU **BEFORE 10 March 2025** via info@europetaekwondo.org

10. **DRAW SHEETS & BRACKET PUBLICATION**

    The draw sheets and brackets will be daily published, one (1) day before the start of competition at 20:00 hrs on the following (social) media platforms:
    https://europetaekwondo.org/documents/

11. **DESIGNATED POOMSAE PUBLICATION**

    Designated Poomsae shall be randomly selected and shown through monitor on Field of Play before the match begins.

12. COMPETITION RULES AND SEEDING

RECOGNIZED POOMSAE AND FREESTYLE

Last updated WT Poomsae Competition Rules & Interpretation (September 30, 2024) shall be applied. For seeding the latest rules and regulations of the WT Poomsae Ranking Bylaw (September 30, 2024) are applicable.

PARA POOMSAE:

The latest updated World Para Taekwondo Poomsae Competition Rules (September 30, 2024) will be implemented for competition in the Poomsae Sport Classes. Article 9.1 will be used for competition for *P20 Sport Classes,* there is a free choice to athletes to choose any recognized Poomsae and other sport classes can choose (1) Poomsae from Group 1 and (1) Poomsae from Group 2 for each round.

13. HEAD OF TEAM MEETING

15 APRIL, **LOCATION: HOTEL VIRU. Address: Viru Väljak 4, Tallinn Estonia.**
19:00 hrs – 20:00 hrs

14. CONTEST TIME

- Recognized Poomsae: individual, pair, and team competitions up to 90 seconds. The waiting period time between the 1st poomsae and 2nd poomsae is 30 seconds minimum.
- Free Style Poomsae: individual, pair, and mixed team competitions from 90 seconds to 100 seconds.
- Para Poomsae: individual competitions up to 120 seconds. The waiting period time between 1st poomsae and 2nd poomsae is 60 seconds minimum.
- The WT Technical delegate has the authority to adjust the contest time as he sees fit.

15. COMPETITION SYSTEM

RECOGNIZED POOMSAE:

- Single Elimination Tournament System: competition shall be conducted in a single elimination tournament. Designated Poomsae shall be randomly selected and shown through monitor on Field of Play before the match begins.
- Individual Categories: Contestants shall perform two (2) randomly selected Poomsae. Both Chung and Hong players perform their assigned Poomsae simultaneously (side by side).
- Pair and Team Categories: Contestants shall perform two (2) randomly selected Poomsae. Chung and Hong players perform designated Poomsae one by one (not side by side).
- Before each match starts, two (2) designated Compulsory Poomsae will be displayed on the monitor at the Field of Play. All divisions must perform these for the preliminary, semi-final, and final rounds in all competitions.
- Ending Position: The new WT rules and regulations stipulate that there are no deductions in Poomsae performance for ending positions that differ from the starting position.

FREESTYLE POOMSAE:

- All Freestyle medal events: final round (only 1 round), independent of number of athletes
- Cut-off system: The organization can change this due to organizational matters.

PARA POOMSAE:

- Single elimination tournament system

16. FREESTYLE POOMSAE

GENERAL INFORMATION FOR ALL CATEGORIES:

- All Acrobatic techniques must incorporate Taekwondo kicks.
- It is allowed to include **max. 3 acrobatic combinations during the whole performance** (**Note: this is new, after World Poomsae championships in Hong Kong)**
- Every extra acrobatic technique or combination will lead to a deduction of 0.3 points from the total score.
- An acrobatic combination can be a single acrobatic action (such as Salto forwards, backwards or sideways) or combination of **consecutive** single acrobatic actions. Each of them will be considered as one acrobatic combination.
- Each simultaneous acrobatic performance of team/pair members will be considered as one acrobatic action/combination!
- If each member of the team or pair performs their acrobatics after the others (not simultaneously), it will not be considered as a single acrobatic combination/action.
- Consecutive sparring kicks (7 – 10 kicks)
- Minimum number of consecutive sparing Kicks (7 Kicks) should be performed by the same athlete in one direction. It is not allowed to change direction more than 90 degrees.
- It is not scored for turnaround (change direction by 180 degrees)
- It is not allowed to perform 1-1 sparring (face to face).
- Punches are not counted for "minimum 7 consecutive sparing kicks"
- Double kicks are only counted as 1 kick.
- Triple and more are counted as 2 kicks.
- It is mandatory to bounce min. 3 to max. 5 times in place (clearly) before execution of consecutive sparring kicks. This means that, if the competitors who forget to bounce, execution of the consecutive sparring kicks is not scored!
- **Mixed Team Divisions – Board Breaking**

  Board breakings in the following three technical skills are required:

- Gradients of spins in a spin kick (**1** to 3 boards) minimum **1** board
- Kyorugi style consecutive kicks (**3** to 7 boards) minimum **3** boards
- Acrobatic kicking technique (**1** to 3 boards) minimum **1** board

- **Minimum number of boards breaking during a Performance: 5 (1+3+1) boards.**
- **Each compulsory foot technique is awarded a maximum of 0.7 (basic score) if the required minimum number of board breaking is not successfully performed.**
- **0.1 points are deducted for each unsuccessful board breaking.**

Board Breaking: The **pine board** has the following measurements:

Length	**300 mm**
Width	**220 mm**
Thickness	**9 mm (ca. 1/4 inch)**

Notice: The required number of boards that fit the given dimensions must be brought by the mixed teams (participants) on their own (5 to 9 boards).

• **Board holding sticks prepared by teams** are allowed for only the **acrobatic** board breaking technique.
• **Gradients of spins in a spin kick** (Jump Turn Kick): **Only piggybacking** allowed. Piggyback refers to the action of sitting on a teammate's shoulders (not standing) in order to hold a board.
• **Acrobatic kicking technique (Acrobatic Kick): Both support/boosting and piggyback are allowed.** Support/Boosting means assisting a teammate's jump.
• **Holder of the board breaking** can only be within the 5 members of the mixed team. Any of the five performing members (not substitute) can execute board breakings.

The required boards are placed inside the court (within the boundary line); Otherwise, 0.3 points will be deducted for each crossing of the boundary line to get the board.

- **Mandatory Stances**:
    - **Hakdari Seogi, Beomseogi, and Dwitgubi**
    - All stances must be performed clearly and accurately. For pair and mixed teams, athletes must perform the stances at the same time.

- Music freestyle:
    - athletes must bring their music (sound without lyrics/words) in MP3 format on USB-stick. Apple audio format is **not** allowed. The music and choreography shall be the choice of the contestant. It should **not** contain any political, social and religious or any content that may harm, discriminate or offend others.
    - Music should be submitted on the USB stick at the Head of team Meeting with the following details:
        - Name of the country
        - Name of the category
        - Name of the athlete/athletes

17. GENERAL ELIGIBILITY REQUIREMENTS

- Contestants may compete in a maximum of two (2) medal events
- Recognized Poomsae and/or Freestyle Poomsae competition unless he or she is limited by gender or age. Example: Recognized Poomsae max 2, or Freestyle Poomsae max 2, or 1 each of categories
- Holder of a valid 2025 WT Global Athlete License
- A participant must be a member of a pertinent Member National Association, recognized by the Europe Taekwondo Union or World Taekwondo (only National Teams)
- Para: a participant must be a member of a pertinent Member National Association, recognized by Europe Taekwondo Union or World Taekwondo. (Open for National Teams only with max. 2 athletes per medal event per national team)
- Holder of the nationality of the participant team.
- European Poomsae: 1st Dan/Poom, and above-WT regulations
- European Para Poomsae: holder of a Para Taekwondo Dan issued or recognized by WT or an 8th – 1st Geup certificate issued or recognized by WT.

18. AGE ELIGIBILITY

- European Championships Poomsae: born 2013 or before
- European Championships Para Poomsae: born 2009 or before
- The age limits for each division are based on the year, not the birthday date
- All competitors must prove their age by presenting their passport or identification card.
- For those athletes that are not adults, a written consent must be submitted (please find enclosed on the last pages) at the registration, signed by one of the parents or legal guardians, accepting their participation and all parts of the official invitation.

19. COACH ELIGIBILITY REQUIREMENTS

- Minimum age of 18 years
- Holder of a valid 2025 WT Global Official License
- Coaching is not allowed wearing Dobok & sandal
- Poomsae WT coach certification
- Para WT coach certification

20. MEDAL EVENTS

Recognized Poomsae Competition

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

Freestyle Poomsae Competition

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

Para Poomsae Competition:

- Men's individual
- Women's Individual

Athletes		Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 40 (31-40)	Under 50 (41-50)	Under 60 (51-60)	Under 65 (61-65)	Over 65 (66~)	Total
Recognized Poomsae	Individual 1 Male 1 Female	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	16 (8/8)
	Pair 1 Male 1 Female	Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 50 (31-50)		Under 60 (51-60)		Over 60 (61~)	Total
		2	2	2	2		2		2	12
	Team 3 Male 3 Female	Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 50 (31-50)		Under 60 (51-60)		Over 60 (61~)	Total
		3/3	3/3	3/3	3/3		3/3		3/3	36 (18/18)
		Under 17 (12-17)				Over 17 (18-)				Total
Free Style Poomsae	Individual 1 Male 1 Female	1/1				1/1				4 (2/2)
	Pair 1 Male 1 Female	2				2				4
	Mixed Team 2 Male	5+1 (Substitute)				5+1 (Substitute)				10+2

Notes:

- Age categories are based on the year of birth.
- Only for Free Style Poomsae Mixed Team of Over 17, if the age of a team's each member does not consist of 18 years old or older, the Mixed Team can be formed with up to maximum two of members under the age of 18 (12-17).

21. LIST OF POOMSAE TO BE PERFORMED

Two (2) randomly selected Poomsae (designated Poomsae) will be shown through a monitor on the field of play.

<table>
<tr><th>Competition</th><th>Division</th><th>Compulsory Poomsae</th></tr>
<tr><td rowspan="7">Individual</td><td>Cadet Division</td><td>Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgan, Taebaek</td></tr>
<tr><td>Junior Division</td><td>Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon</td></tr>
<tr><td>U30</td><td rowspan="2">Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae</td></tr>
<tr><td>U40</td></tr>
<tr><td>U50</td><td>Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon</td></tr>
<tr><td>U60</td><td rowspan="3">Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu</td></tr>
<tr><td>U65</td></tr>
<tr><td>O65</td></tr>
<tr><th>Competition</th><th>Division</th><th>Compulsory Poomsae</th></tr>
<tr><td rowspan="6">Pair and Team</td><td>Cadet Division</td><td>Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgan, Taebaek</td></tr>
<tr><td>Junior Division</td><td>Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon</td></tr>
<tr><td>U30</td><td>Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae</td></tr>
<tr><td>U50</td><td>Taegeuk 8 Jang, Koryo, Keumgang, Taebaek,Pyongwon, Shipjin, Jitae, Chonkwon</td></tr>
<tr><td>U60</td><td rowspan="2">Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu</td></tr>
<tr><td>O60</td></tr>
</table>

22. PARA POOMSAE DIVISION

Athletes chooses from the following Poomsae which to perform in each match. Group 1 for 1st round and Group 2 for 2nd round Poomsae. Only P20 Sport Classes have a free choice to choose any Poomsae.

Individual division compulsory Poomsae Group 1 and Group 2. Senior (16yrs and Over) T3, T3, T5, T6, T7, T8, Koryo (9) Keumgang (10)* Taeback (11), Pyongwon (12), Shipjin (13).

Athletes in the P20 Sport Classes may choose any recognized poomsae for round 1 and round 2 of a match.

Division – Individual (M/F)	Compulsory Poomsae	
	Group 1	Group 2
Senior (16 yrs. and over)	Taegeuk 3, 4, 5, 6, 7-jang	Taegeuk 8-jang, Koryo (9), Keumgang (10)*, Taebeak (11), Pyongwon (12), Shipjin (13)

***Poomsae Keumgang shall be excluded from P30 sport classes**

23. SPORT ENTRIES

- Team entries will only be accepted through the WT GMS online registration system Simply Compete. Registration of athletes is only possible with a valid 2025 WT Global License by assigned GMS MNA Administrators only. Please find below the direct link to the WT GMS platform: **https://worldtkd.simplycompete.com/**

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

Officials	Members	
	Max. No. of Members Male	Max. No. of Members Female
Head of Team	1	
Manager	1	
Coach	3	3
Trainer	2	2
Team doctor	1	1
MNA Officials	3	3

- For Para Poomsae an additional assistant is allowed per 3 Para athletes.

24. GENERAL REGISTRATION DEADLINE

01 April 2025, 23:59 CET

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

25. CLASSIFICATION APPLICATION DEADLINE

10 MARCH 2025, 23:59 CET

This deadline is applicable for all Para Athletes that need classification.

26. ENTRY FEES

100 euro for all Para Athletes participating at European Para Poomsae Championships
150 euro for each individual athlete
175 euro for each pair / per (mixed) team
200 euro for all entries paid after the registration deadline

27. PAYMENTS

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

Beneficiary:	European Taekwondo Union
Name of the bank:	Sparkasse ALK
IBAN:	DE32 4625 1630 0000 0632 71
BIC/SWIFT:	WELADED1ALK
Bank address:	Kölner Str. 10, 57439 Attendorn - Germany

PAYMENT REFERENCE: EPC2025 plus NATIONAL TEAM NAME

28. PROOF OF PAYMENT REQUIREMENT

All teams are required to send proof of payment (copy of bank transfer) to finance@europetaekwondo.org within (1) week after registration in Simply Compete.

29. NO REFUND POLICY

European Taekwondo Union/ Organizing Committee does not refund entry fees paid.

30. PROTEST FEE

200 euro which is non-refundable. Each team is responsible for submitting the protest in the proper manner and according to the applicable rules and regulations.

31. REPLACEMENT

Replacement of athletes, pairs or teams after the registration deadline is only possible until 13 April 2025, 23:59 CET. The following rules are applicable:

- Replacement can be done only if all entry fees and accommodation obligation fees have been paid in full
- A fee of 150 euro is applicable.

32. ACCREDITATION FEES

25 euro for replacement and reprinting request per accreditation card
50 euro for each additional coach accreditation
50 euro for each on-site approved additional requested accreditation card or on the top of the accreditation cards quotas.

33. IMPORTANT NOTES:

- The European Taekwondo Union/Organizing Committee has the right to delete sport entries from teams that do not send proof of payment from the system in order for other athletes to register and to prevent 'ghost athletes'.
- Any athlete registering on-line who does not take part in the competition and who has not been removed from the entry list before **06 April 2025**, is liable for paying his/her entry-fee in full. For any athlete not presenting at registration, his/her team or official will be liable for ensuring full payment has been received, prior to the team's participation.
- If a team does not show up at the event and has not requested a participation cancellation before the deadline, the federation will be invoiced to settle the payment of the entry fees in full (100%).

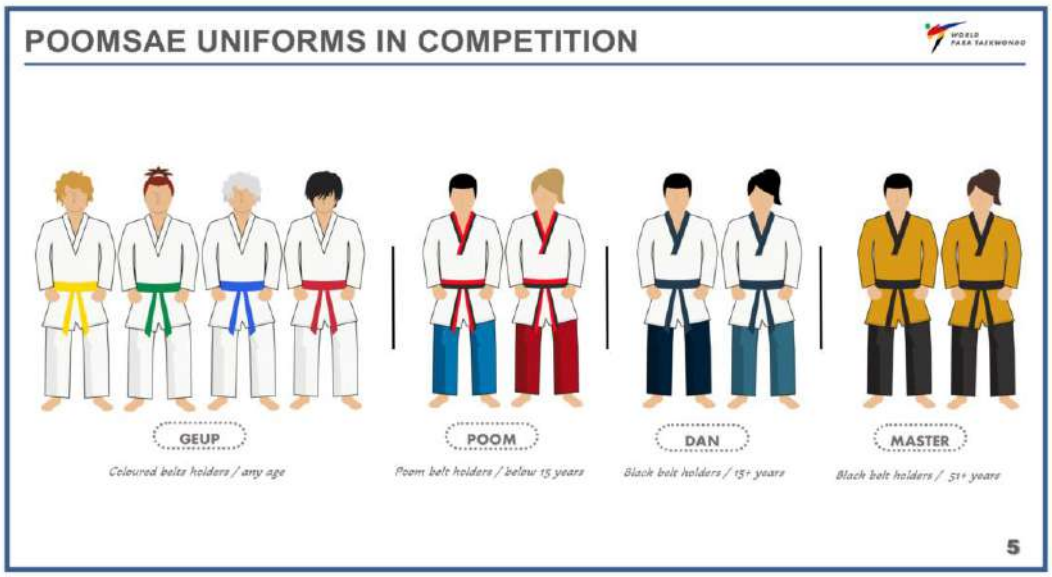
34. ACCREDITATION CARD DISTRIBUTION

For all registered athletes, the entry fee must be paid before the accreditation cards will be distributed to the respective team.

Registered teams will receive all the accreditation cards (athletes, coaches etc.) if all financial obligations (including hotel fees) have been fulfilled.

35. SPORT EQUIPMENT

Dobok: participating contestants must wear the WT-recognized Poomsae Competition uniform. Any contestants who do not wear WT-approved Poomsae competition uniform will not be permitted to compete. The latest version of WT-recognized manufacturers' list is available at the website of WT((http://www.worldtaekwondo.org/wtpartners-wt/recognize.html). WT approved poomsae and Para Poomsae competition uniforms:

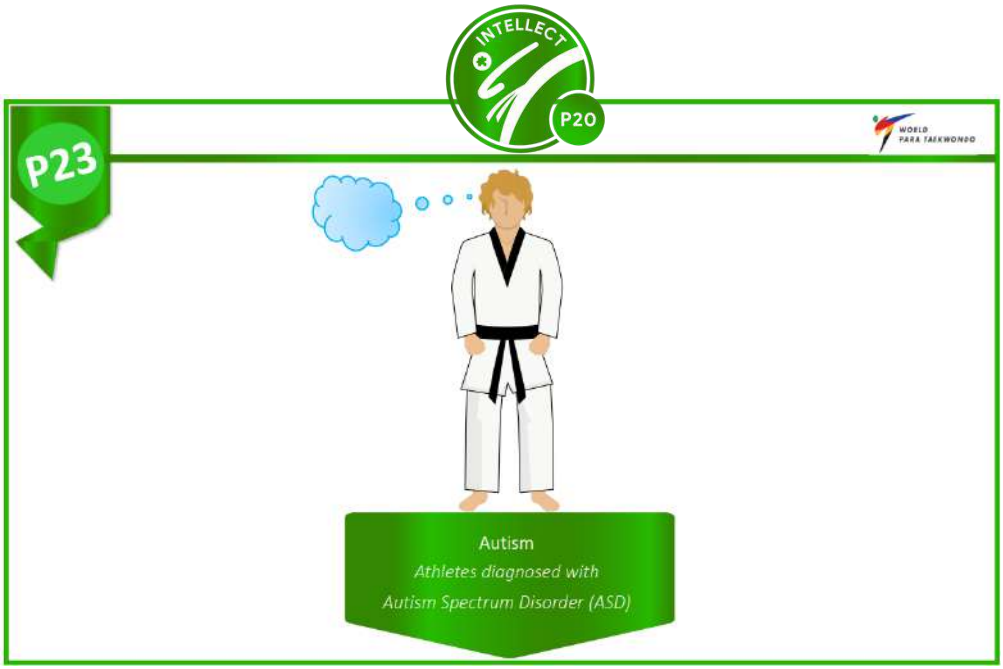


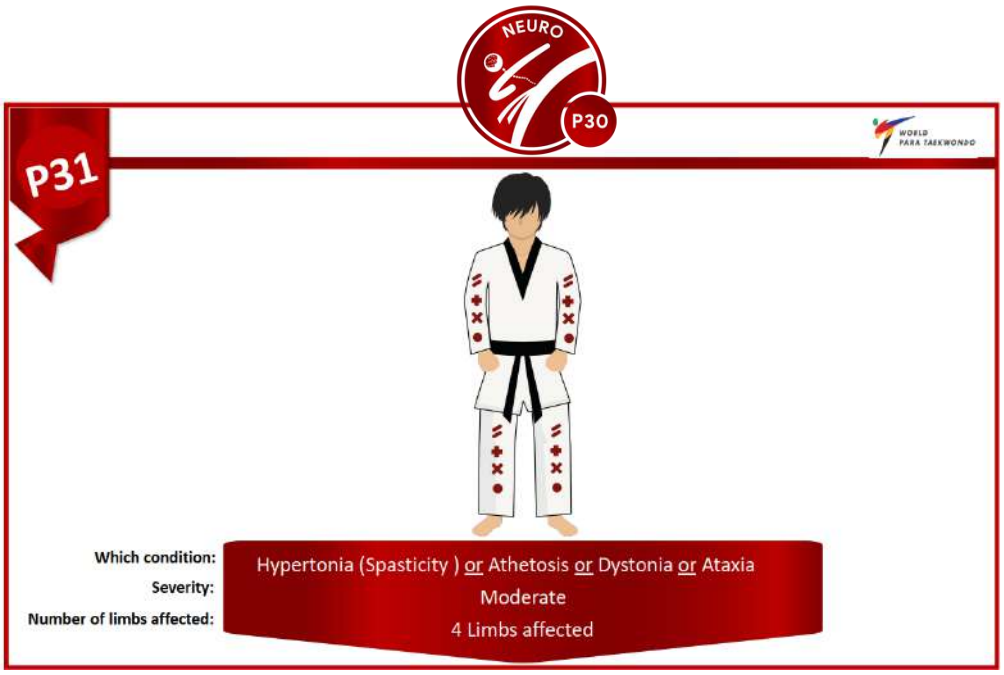
36. PARA POOMSAE SPORT CLASSES

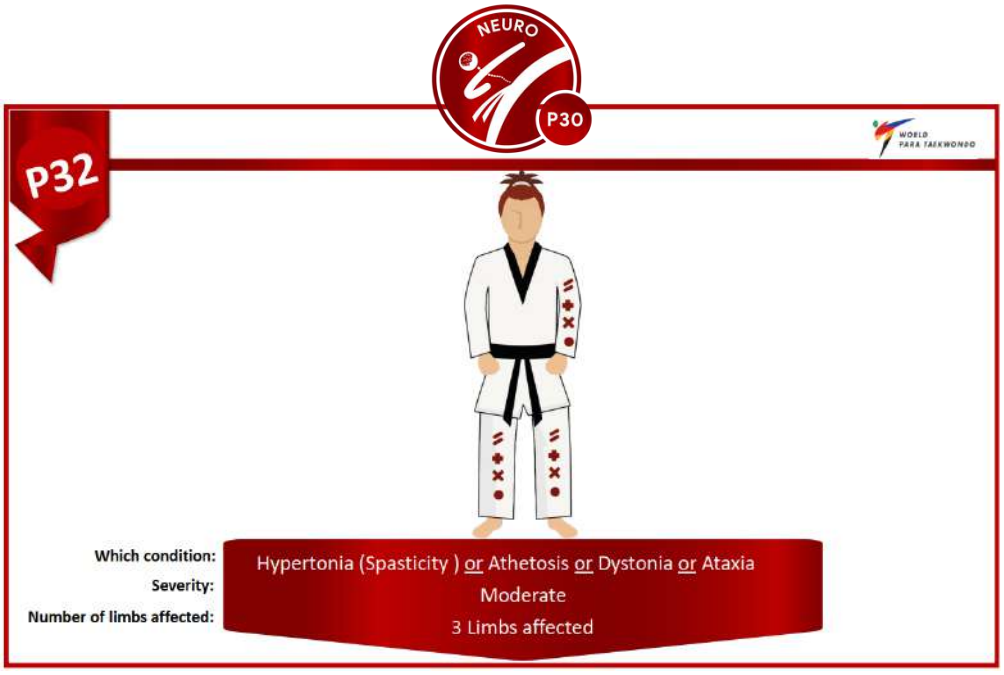
Impairment	Sport Classes	Division (Dan & Geup)	
		Male	**Female**
Intellectual Impairments	**P21 (II1)**	**Senior**	**Senior**
	P22 (II2)	**Senior**	**Senior**
	P23 (II3)	**Senior**	**Senior**
Neurological Impairments	**P31**	**Senior**	**Senior**
	P32	**Senior**	**Senior**
	P33	**Senior**	**Senior**
	P34	**Senior**	**Senior**
	P35	**Senior**	**Senior**
Assistive Devices	**P51**	**Senior**	**Senior**
	P52	**Senior**	**Senior**
	P53	**Senior**	**Senior**
Short stature	**P72**	**Senior**	**Senior**

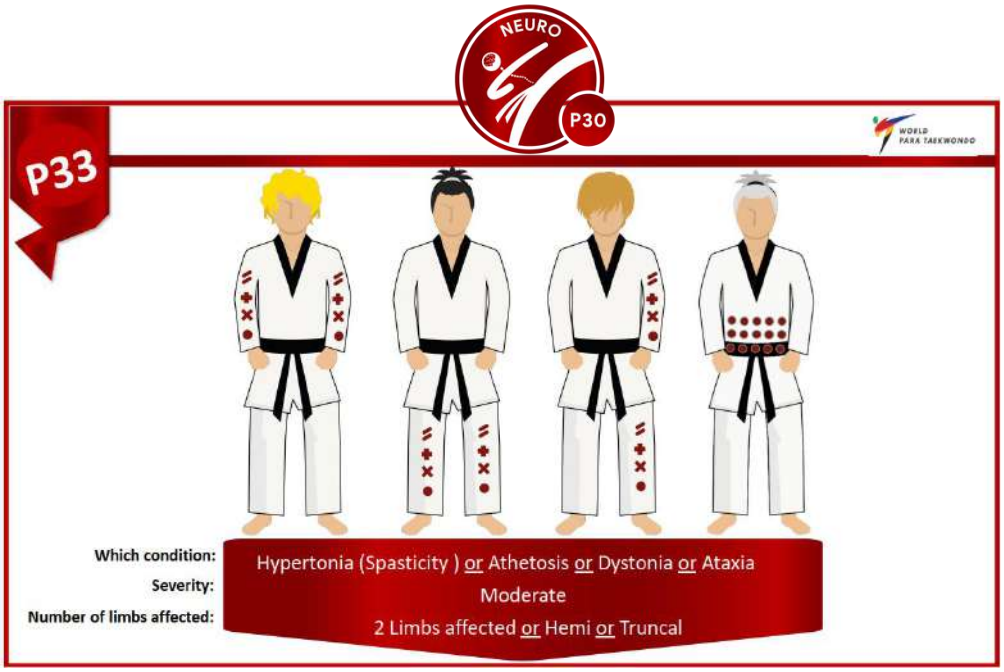
37. <u>PARA POOMSAE SPORT CLASSES & ELIGIBILITY</u>

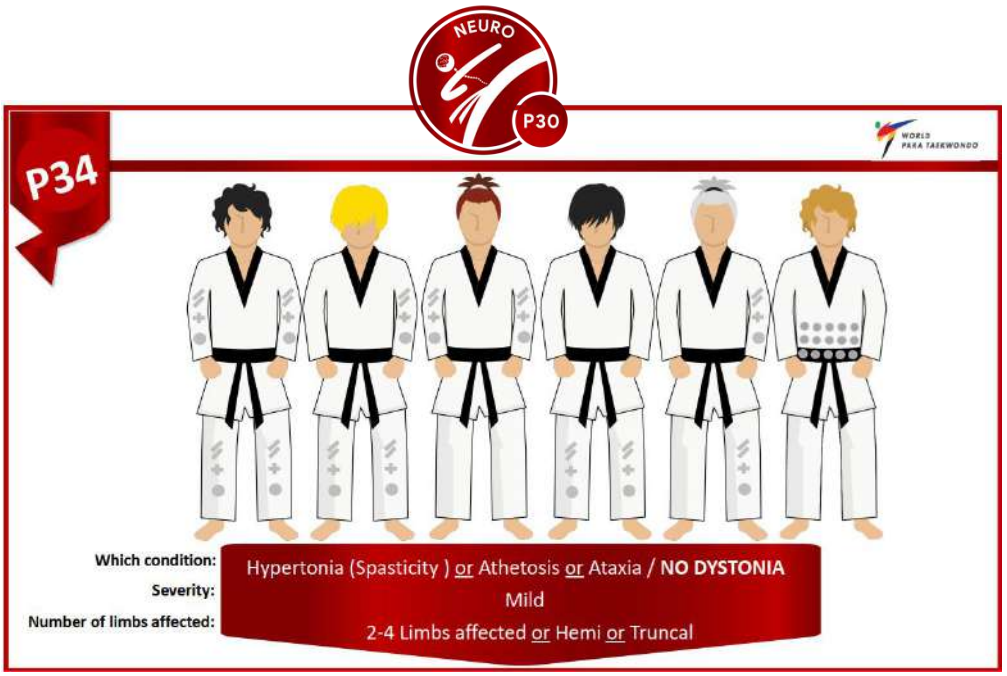
For the P20 Sport Class, Virtus International Eligibility is still recognized. WT will conduct its own sport specific classification for P20 sport classes. There will be a Medical Diagnostic Form (MDF) for P20. An IQ test from a verified psychologist will be required as well as a medical report. If Atlanto-Axial Instability (AAI) is present with downs syndrome this needs to be noted too. MDF and IQ test, AAI is required to be uploaded to the WTCS.




NEURO
P30
P31
WORLD PARA TAEKWONDO
Which condition:
Severity:
Number of limbs affected:
Hypertonia (Spasticity) or Athetosis or Dystonia or Ataxia
Moderate
4 Limbs affected

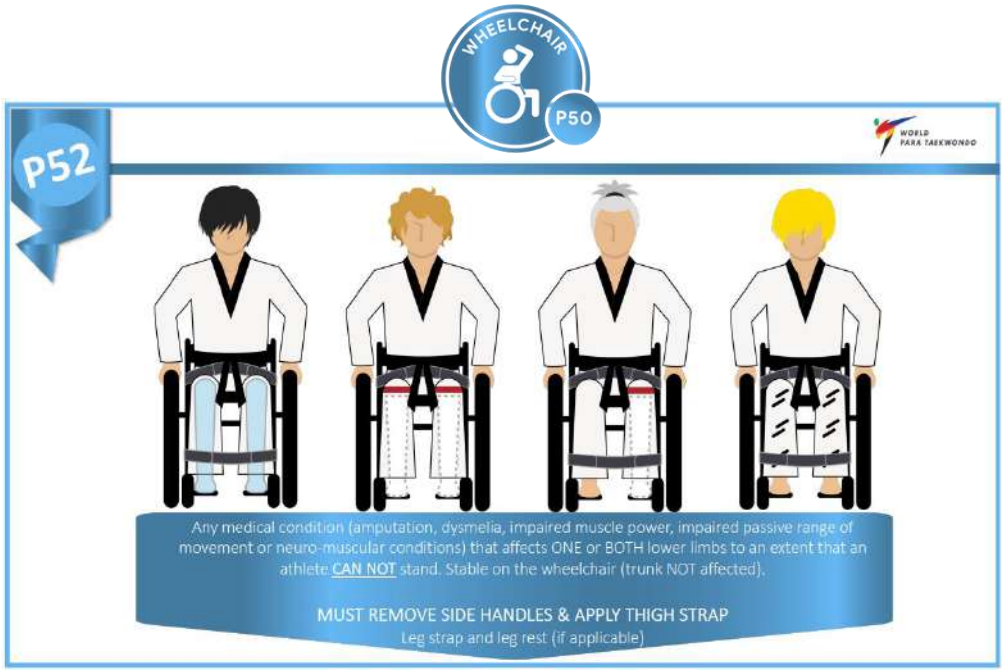

NEURO
P30
P32
WORLD PARA TAEKWONDO
Which condition:
Severity:
Number of limbs affected:
Hypertonia (Spasticity) or Athetosis or Dystonia or Ataxia
Moderate
3 Limbs affected


NEURO
P30
P33
Which condition:
Severity:
Number of limbs affected:
Hypertonia (Spasticity) or Athetosis or Dystonia or Ataxia
Moderate
2 Limbs affected or Hemi or Truncal


NEURO
P30
P34
Which condition:
Severity:
Number of limbs affected:
Hypertonia (Spasticity) or Athetosis or Ataxia / NO DYSTONIA
Mild
2-4 Limbs affected or Hemi or Truncal

NEURO
P30
P35
Which condition:
Severity:
Number of limbs affected:
Hypertonia (Spasticity) or Athetosis or Ataxia / NO DYSTONIA
Mild or Moderate
1 Limb affected

WHEELCHAIR
P50
P51
Any medical condition (e.g. impaired muscle power, impaired passive range of movement or neuro-muscular conditions) that affects BOTH lower limbs and THE TRUNCAL AREA to an extent that an athlete CAN NOT stand and would require a back strap to stabilise on the wheelchair.
MUST APPLY TRUNK & THIGH STRAP
Leg strap and leg rest (if applicable), side handles can be kept


WHEELCHAIR
P50
P52
WORLD PARA TAEKWONDO
Any medical condition (amputation, dysmelia, impaired muscle power, impaired passive range of movement or neuro-muscular conditions) that affects ONE or BOTH lower limbs to an extent that an athlete CAN NOT stand. Stable on the wheelchair (trunk NOT affected).
MUST REMOVE SIDE HANDLES & APPLY THIGH STRAP
Leg strap and leg rest (if applicable)

WHEELCHAIR
P50
P53
WORLD PARA TAEKWONDO
Any medical condition (e.g. impaired muscle power, impaired passive range of movement or neuro-muscular conditions) that affects ONE or BOTH lower limbs to an extent that an athlete CAN stand stable using an assistive device.
MUST HAVE BOTH LOWER LIMBS

38. <u>MEDICAL DIAGNOSTIC FORM (MDF) for K40, P20, P30, P50 & P70</u>

- The Medical Diagnostic Form (MDF) is to be completed in English by the athlete's individual physician or physio therapist.
- The completed form must be submitted on 11 March, 2025 before the athlete undergoes athlete evaluation. This applies to all athletes with physical impairment competing in WT. Depending on the athlete's health condition and impairment, additional medical information is to be attached to this form (see page 2). Please consult the WT Classification rules for a list of eligible impairments and underlying health conditions for Kyorugi and Poomsae.
- There will be separate MDFs for P20, P30, P50, P70
- For the P20 Sport Classes a new system for eligibility will be introduced. There will be an "MDF" for P20. An IQ test from a verified psychologist will be required as well as a medical report. If AAI is present with downs syndrome this needs to be noted too.
- Link to download MDF - http://www.worldtaekwondo.org/att_file_up/para/Medical%20Diagnostic%20Form%202022.pdf
- NOTE: Failure to submit MDF and medical information can lead to your athlete not being able to be classified and receiving a "Classification Not Complete", "CNC". The athlete will then not be able to compete at the event.

39. <u>P20 CLASSIFICATION</u>

- https://www.virtus.sport/eligibility-master-list.
- For the P20 Sport Class, Virtus International Eligibility is still recognized, WT will conduct its own P20 sport specific classification. There will be an "MDF" for P20. IQ test from verified psychologist will be required as well as medical report. If AAI is present with downs syndrome this needs to be noted too.
- MDF and IQ test, AAI will need to be uploaded to the WTCS.

- Athlete Eligibility: https://www.virtus.sport/applying-for-athlete-eligibility

40. FIELD OF PLAY

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

41. AWARDS

Recognized & Para Individual awards

1st place – gold medal and certificate
2nd place – silver medal and certificate
3rd place – 2 bronze medals and certificates

Team Awards – trophies

Female Team Award
1st Place, 2nd Place and 3rd Place

Male Team Award
1st Place, 2nd Place and 3rd Place

Overall Team
1st Place, 2nd Place and 3rd Place

Overall Para Team
1st Place, 2nd Place and 3rd Place

42. MEDICAL AND ANTI-DOPING

- **Applicable medical rules:** the WT Medical Code is applicable, which all MNA participating this event must comply.
- **Applicable doping rules:** the WT Anti-Doping Rules and the WADA Anti-Doping Code are applicable. Compulsory random doping tests will be conducted among all athletes. World Taekwondo and/or WADA may carry out random out-of-competition testing prior to the event.
- **Therapeutic Use Exemption:** athletes who take any substance or medicine listed in the "Prohibited List" of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to submit TUE applications via ADAMS, together with the required medical information.
- Otherwise, please download the TUE Application Form (found on https://ita.sport/TUE), and once duly completed and signed, send it together with the required medical file to tue@ita.sport. Report TUE applications also to the WT Sport Department via antidoping@worldtaekwondo.org by no later than **4 February 2025.**
- **ADAMS login:**
  For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or tue@ita.sport with copy to antidoping@worldtaekwondo.org
- **For more details, please visit:**
  http://www.wada-ama.org/en/ADAMS/
  http://www.worldtaekwondo.org/anti_doping-wt/therapeutic.html

43. MEDIA AND PRESS

- **Media accreditation:** registered media and press officials or official photographers are entitled to receive a media and press accreditation card. For more information, please

contact the European Taekwondo Union at media@europeataekwondo.org

- **Photo positions:** all accredited photographers are only allowed to use the designated photo positions while working in the Field of Play. By accepting a media and press accreditation, the accredited person agrees to always follow the instructions of the ETU, Media and Press officer.

44. HOTEL ACCOMMODATION

All athletes participating at the 17th European Poomsae Championships & 2nd European Para Poomsae Championships 2025 shall mandatorily book their hotel accommodation via the Organizing Committee for the duration of their stay. **Any member of the team that does not comply with this regulation shall pay a fee of 100 euro to the OC.**

45. TRANSPORTATION

The OC will provide transportation from airport to hotel and vice versa upon departure for the teams that booked their hotel accommodation via the Organizing Committee. On 15 April dedicated transportation is provided to the venue for training. For details check the Transportation Boards in your hotel. At competition days, dedicated transportation is provided for accreditation holders only from the hotels to the venue between 07:30 and 9:30 (shuttle) and after the competition ends. Transportation in between is to be organized by each team itself. Para Poomsae athletes in wheelchairs are requested to contact (tallinntournaments2025@gmail.com) the Organizing Committee.

46. HASH TAGS AND SOCIAL MEDIA

Hash tags:

European Taekwondo Union uses the following hash tags:
#taekwondoeurope
#taekwondofamily
#EPC2025
#EPPC2025

Social media platforms:

European Taekwondo Union is present at the following social media platforms:
Facebook: @tkdeurope
Instagram: @tkdeurope
Twitter: @tkdeurope
YouTube Channel: Taekwondo Europe

47. VISA

Visa forms should be sent back to tallinnchampsvisa@gmail.com by the 10 of March 2025, 23:59 CET. Forms sent after 10th of March 2025 will not be accepted at any reason. All wrong information provided (mistakes in names, document numbers, dates etc.) - is on your own responsibility. In order to get a visa invitation, you need to send:

1. proof of registration in GMS.
2. pre-book your accommodation via OC (mandatory)
3. Please refer to the form attached under the event.
4. Please, be informed, in case You will not get visa on time - Your payments is not refundable at any

48. INDEMNITIES

It is the responsibility of each registering team to ensure that their athletes and team officials have filled out the indemnification forms correctly and have duly signed them, thereby indemnifying WT, ETU, the Organizing Committee and all other officials and athletes from any claims of injuries, losses or otherwise arising during participation at the 17th European Poomsae Championships & 2nd European Para Poomsae Championships 2025 or any activities linked therewith.

It is the responsibility of each registered team to ensure and guarantee that sufficient insurance coverage has been arranged for all athletes, team officials and other participants. Without sufficient insurance coverage, teams will not be allowed to compete. Please fill out the Personal Indemnity Forms and return them to the Organization Committee before 06 April 2025. Each participant (athletes, team officials, etc.) must fill out the indemnification form.

49. MEDICAL INSURANCE

- All participating athletes, coaches, team officials, technical officials and participants at ETU events shall have mandatorily an international medical insurance that covers medical care and in case of emergency repatriation to the country of origin, valid on the days present in the host country of the event. ETU nor the Organizing Committee shall be responsible to cover any medical costs incurred for medical treatment before, on or during the competition or repatriation in the broadest sense of the word.
- All relevant documents proving that such insurance is present, including insurance policy papers, should be taken to the event in case a medical situation occurs.
- Each MNA/Club, Team doctor or team medical staff must ensure their athletes and team officials have valid international health insurance that covers medical and emergency care at the designated hospitals in Estonia before arrival to the venue.

PERSONAL INDEMNIFICATION FORM

THIS INDEMNIFICATION, HOLD HARMLESS, RELEASE AND CONSENT NOT TOSUE executed this

on:_____(insert date of signing).

I, the undersigned, certify that I will indemnify, hold harmless and release the European Taekwondo Union, World Taekwondo, the Estonian Taekwondo Federation and the Organizing Committee, its executive board members, directors, officers, members, employees, consultants, agents, attorneys, contractors (including without limitation sponsors, suppliers, licensees and other representatives (each, an "Indemnitee" and, collectively, "Indemnitees"), from and against any and all damages, injuries, penalties, fines, claims, suits, liabilities, costs, attorneys' fees court costs and expenses of every kind and nature suffered by or asserted against the Indemnitee as a direct or indirect result of participating in the 17th European Poomsae Championships & 2nd European Para Poomsae Championships 2025 in the broadest sense of the word.

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

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

Name: _____

Date: _____

Signature:

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

Name: _____

Relation towards the minor:_____

Date: _____

Signature:

Please, send this form to e-mail:

info@europetaekwondo.org

LIABILITY DECLARATION

(Only for under aged athletes)

My name:

I live in:

I am the parent/guardian of:

Date of birth (competitor):_____/_____/_____

I declare that I accept the participation of_____at the 17th European Poomsae Championships on 16 and 17 April 2025 and that I accept all parts of the official invitation of this tournament.

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

Place:_____Date: _____

Signature of the parents/legal guardian:

Please, send this form to e-mail:
info@europetaekwondo.org

PROTEST FORM

Name athlete:

WT License no.:

Weight division:

End time of the pertinent contest:

Rule violation: Please specify on what ground the protest is being made, clarify which article of the WT competition has been breached according to you.

To be filled out by ETU official:

Time of protest submitted:

Process fee paid: