



# **2022**

## **1<sup>st</sup> European Cup Poomsae**

*4 September 2022*

**Solna hallen  
Stockholm, Sweden**



Dear friends,

Taekwondo is our passion and with this in our mind, ETU has developed a new event: the European Cup for Poomsae. The first edition will be held in Stockholm, Sweden. Together with the Swedish Taekwondo Union we give you the opportunity to participate at 2 big events!

We hope that the poomsae community in Europe will grasp the opportunity to participate at this event. After the World Taekwondo Poomsae championships, this event will be the next major event on the calendar!

We welcome teams and clubs from all over the world and we hope that you athletes will show us how beautiful Poomsae is! I am looking forward to see you soon and wish all of you the best of luck in the competition!

Yours,

**Sakis Pragalos**  
*President*

## **SANCTIONED BY**

World Taekwondo  
10th Floor, Booyoung Taepyeong Building  
55, Sejong-daero, Jung-gu, Seoul  
Republic of Korea 04513

## **ORGANIZER**

**European Taekwondo Union**  
Hofestatt 13, D-57439 Attendorn, Germany  
[www.europeantaekwondounion.org](http://www.europeantaekwondounion.org)  
[info@europeantaekwondounion.org](mailto:info@europeantaekwondounion.org)

## **GLOBAL AND EUROPEAN RANKING**

Global Ranking is applicable  
G2

## **VENUE**

**Solnahallen**  
Ankdammmsgatan 46,  
171 67 Solna, Stockholm

## **COMPETITION DATES & SCHEDULE**

**4 September 2022**  
4 September all medal events

## **REGISTRATION & ACCREDITATION**

**2 – 3 September 2022**      **Venue: Solnahallen**, Ankdammmsgatan 46, 171 67 Solna, Stockholm  
2 – 3 September:              10:00 – 13:00 hrs & 14:00 – 19:00 hrs

## **DRAW SHEETS & BRACKET PUBLICATION**

The Drawing of Lots & draw sheets/brackets will be daily published, one (1) day before the start of competition at 21:00 hrs on the ETU media platforms:

## **SEEDING**

WT seeding rules are applicable

## **COMPETITION RULES & SYSTEM**

The WT Poomsae Competition Rules and Interpretation (in force as of May 14, 2019)  
The WT Poomsae Ranking Bylaw (September 23, 2020)  
The WT Athlete Classification Rules shall be applied.

## **ELIGIBILITY REQUIREMENTS**

1. Holder of a valid 2022 WT Global Athlete License;
2. Member of the team/club of a pertinent Member National Association, recognized by European Taekwondo Union or World Taekwondo;
3. Holder of Taekwondo Dan (Poom) certificate issued by the WT or Kukkiwon.

4. The age limits are based on the year 2022, not on the date.
  - a. Cadets
  - b. Junior
  - c. Under 30, 40, 50, 60, 65
  - d. Over 65

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

## **COACH ELIGIBILITY REQUIREMENTS**

1. Minimum age of 18 years;
2. Holder of a valid 2022 WT Global Official License;
3. Coach is **not** allowed wearing Dobok.

## **METHOD OF COMPETITION FOR POOMSAE**

### **Recognized Poomsae Competition**

Two (2) Poomsae from designated Compulsory Poomsae will be decided by TD for each division and must be performed for all competitions.

### **ONLY FOR THE INDIVIDUAL CATEGORIES (M/F) UNDER 30 and UNDER 40:**

#### **Single elimination tournament system**

From Preliminaries to Finals: All competitions shall be conducted in a single elimination format. All athletes will be seeded based on the WT Poomsae Ranking of June (June 1st). If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. Contestants shall perform two assigned Compulsory Poomsae for each round. Medals shall be awarded to the top four (4) contestants.

### **ALL OTHER CATEGORIES:**

#### **Cut-off System**

- 1) Preliminaries: In case twenty (20) or more contestants/ pairs/teams are participating, the competition shall start from preliminary round with division of groups at different courts. After performing two (2) assigned Compulsory Poomsae, the top half of each group shall advance to semi-final based on the points.
- 2) Semi-final: In case nine (9) to nineteen (19) Contestants / pairs / teams are participating, competition shall start from semi-final. Contestants shall perform two (2) assigned Compulsory Poomsae and top eight (8) of them shall advance to final based on the points.
- 3) Final: When eight (8) or less contestants/ pairs/teams are participating, competition shall start from final round. Contestants shall perform two assigned Compulsory Poomsae for the final round. Medals shall be awarded to the top four (4) contestants/pairs/teams.

### **Free Style Poomsae Competition**

#### **Cut-off System (All Freestyle- categories (single Final Round))**

- 1) FreeStyle Poomsae is the performance based on taekwondo techniques with composition of music and choreography.

## 2) Composition of FreeStyle Poomsae

2.1 Yeon-mu line shall choice of contestant

2.2 Performed techniques must be within boundary of taekwondo. The definition of taekwondo techniques shall be determined by WT Poomsae Committee, when contestant submits performance plan.

2.3 Music and choreography shall be the choice of contestants

Note: Music in USB (sound without words) should NOT contain any political, social and religious and any contents that may harm, discriminate or offend others.

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## GENERAL ELIGIBILITY REQUIREMENTS:

Contestants may compete in maximum two (2) categories in Recognized Poomsae and/or Freestyle Poomsae of competition unless he or she is limited by gender or age.

## Duration of Contest:

- 1) Recognized Poomsae: Individual, Pair and Team competitions up to 90 seconds.  
(Break time between 1st Poomsae and 2nd Poomsae is 30 to 60 seconds.)
- 1) FreeStyle Poomsae: Individual, Pair and Mixed Team competitions from 90 seconds to 100 seconds.

## MEDAL EVENTS

The following medal events are applicable:

### Recognized Poomsae Competition

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

### FreeStyle Poomsae Competition

- Men's Individual
- Women's Individual
- Pair (1 male & 1 female)
- Mixed Team (composition of 5 members including more than 2 male and 2 females)

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

## LIST OF POOMSAE TO BE PERFORMED:

COMPULSORY A – TAEGEUK / POOMSAE to be Performed		
INDIVIDUAL - POOM OR DAN GRADES		
Cadets	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang	
12 - 14 yrs		
Juniors	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taebak	
15 - 17 yrs		
Under 30	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin	
Under 40		
Under 50	Taegeuk 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon	
Under 60		
Under 65	Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu	
Over 65		
	PAIR - POOM OR DAN GRADES (1 male + 1 female)	TEAM - POOM OR DAN GRADES (3 male or 3 female)
Cadet	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang
12 - 14 yrs		
Junior	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taebak	Taegeuk 4, 5, 6, 7, 8 jang, Koryo, Keumgang, Taebak
15 - 17 yrs		
Under 30	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin	Taegeuk 6, 7, 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin
Over 30	Taegeuk 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon	Taegeuk 8 jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae, Chonkwon

## SPORT ENTRIES - ONLINE REGISTRATION

Registration is only possible with a valid 2022 WT Global Licence (GAL issued by assigned GMS club, region and MNA Administrators only). Please find below the direct link to the WT GMS platform: <https://worldtkd.simplycompete.com>

## REGISTRATION DEADLINE

The deadline for registration is set at:

**12 August 2022, 23:59 CET**

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

## APPLICABLE FEES

### NEW ETU RULES ON ENTRY FEE PAYMENT

Teams and athletes have the following option:

#### OPTION 1:

- Standard entry fee:
  - **Individual**  
Early bird: 100 euro per registered individual athlete  
After 12 August: 125 euro per registered individual athlete
  - **Pairs and Teams**  
Early bird: 150 euro per registered pair/team  
After 12 August: 175 euro per registered pair/team
- All accredited team members stay in the official hotel accommodation chosen from the OC hotel list. This includes all team officials (coach, trainer, physio, doctor, head of team etc.).
- Minimum stay over in the official hotel is 1 night.

#### OPTION 2

- Standard entry fee:
  - **Individual**  
Early bird: 100 euro per registered individual athlete  
After 12 August: 125 euro per registered individual athlete
  - **Pairs and Teams**  
Early bird: 150 euro per registered pair/team  
After 12 August: 175 euro per registered pair/team
- **All accredited team members** pay an extra fee of 40 euro. This includes all team officials (coach, trainer, physio, doctor, head of team etc.).

If you do not stay in the official hotel, the team automatically chooses for option 2!!

#### **Extra accreditation cards**

Per 5 athletes, 1 coach accreditation card is issued. If your team requires additional accreditation cards, a fee of 50 euro is charged.

#### **Protest fee**

In case the WT Competition Rules allow a protest, a non-refundable fee of 200 euro shall be paid.

## SPECTATORS

Spectators pay the following admission fees:

1 – day admission: 10 euro

2 – day admission: 15 euro

## BANK DETAILS

All **entry fees** shall be transferred to the following bank account. All bank charges shall be borne by the participating teams (option OUR).

**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

## NO REFUND

The Organizing Committee does not refund entry fees paid. In case the athlete has not been removed from the list of participants before the deadline his/her team or official must fully (100%) pay the entry fee(s) for participation. In case of no show the invoice will be send to the team after the tournament.

## SPORT EQUIPMENT

### *Dobok*

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

### **WT approved poomsae competition uniforms:**

1. **Cadet Division** (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.



2. **Junior and Senior Division** (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females.



3. **Master** Division (Ages 51 and up): Yellow top and dark blue pants for both males and females.



**Identification of NOC Code and Manufacturer**

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



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



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

## FIELD OF PLAY REGULATIONS

By accepting an accreditation card, all accredited persons agree to comply with the Field of Play regulations applicable at Taekwondo events. Only the competitors and their coaches will have admittance with valid accreditations to the contest areas.

## AWARDS

### *Individual awards*

1<sup>st</sup> place – gold medal and certificate

2<sup>nd</sup> place – silver medal and certificate

3<sup>rd</sup> place – two bronze medals and certificate

All participants will receive a certificate of participation.

## ACCESS TO FIELD OF PLAY

Only for one (1) coach, one (1) athlete and one (1) officially licenced Medical Doctor are allowed to enter the Field of Play with their official accreditation. The OC has the right to refuse participants access to the Field of Play.

## MEDICAL AND ANTI-DOPING

### *Applicable doping rules*

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

### *Therapeutic Use Exemption*

Athletes who take any substance or medicine listed in the “Prohibited List” of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to visit the website of WADA and make online filing of their TUE applications on ADAMS. Report TUE applications also to the WT Sport Department via [sport@worldtaekwondo.org](mailto:sport@worldtaekwondo.org).

### *ADAMS login*

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

### *For more details, please visit*

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

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

Some contestants chosen at random may be tested.

## MEDIA AND PRESS

### *Media accreditation*

Registered media and press officials or official photographers are entitled to receive a media and press accreditation card.

### ***Photo positions***

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

## **ACCOMMODATION**

Below you can find the official hotels of the Organizing Committee. Please fill out the hotel form for your hotel bookings. Bookings can only be made once your payment for the reservation has been received by the OC. After the deadline of **12 August 2022**, any hotel fees paid cannot be refunded!

### **Park Inn by Radisson**

★★★★

Stockholm, Solna

Hotellgatan 11, 171 25 Solna, Sweden

Phone: +46 8 470 9100

Single room: 110 euro per night per room

Double room: 140 euro per night per room

Superior room: 160 euro per night per room

Triple room: 180 euro per night per room

Family room: 200 euro per night per room (2 grownups and 2 children up to 15 years)

Prices above are between 2 – 4 September. Before and after 15 € per night will be added.  
Breakfast included in all prices.

### **Best Western Plus Grow Hotel**

★★★★

Stockholm, Solna

Landsvägen 30, 171 54 Solna, Sweden

+46 8 557 607 00

Single room: 120 euro per night per room

Double room: 150 euro per night per room

Triple room: 180 euro per night per room

Prices above are between 2 – 4 September. Before and after 15 € per night will be added.  
Breakfast included in all prices.

### **Reservation payments shall be made to the OC directly:**

To: Swedish Taekwondo Union

Bank Swift Code: SWEDSESS

Account No: SE35 8000 0842 4496 4347 8341

**Please send the accommodation form and proof of payment to:  
[accommodation@svenskataekwoundunionen.se](mailto:accommodation@svenskataekwoundunionen.se)**

## **TRANSPORTATION**

You can find the information concerning transportation in the transportation guide. The OC shall not provide transportation between the airport and hotel and hotels and venue.

## **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 in the course of participation at the G2 European Cup Poomsae 2022 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 15 August 2022. Each participant (athletes, team officials, etc.) has to fill out the indemnification form.

## **MEDICAL INSURANCE**

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

## **CORONA COVID-19 OUTBREAK**

### ***General***

The OC cannot predict the developments in the next coming months with regard to the Corona COVID-19 outbreak in Europe. The teams have to bear in mind that due to the uncertain nature of the Corona COVID-19 outbreak and sole authority of each government on how to respond, restrictions to access the Host country may be applicable. It is the responsibility of each and every participating team to make sure they meet all entry requirements in order to enter the Host country and to monitor the Swedish policy with regard to entry policies.

### ***Sufficient insurance***

The teams are strongly urged and advised to make sure to have their own sufficient travel, cancellation and medical insurance.

### ***Liability***

In this respect, please be informed that the OC shall not and cannot be held liable for any expenses and costs incurred by the teams for travelling to the event in case of cancellation of the event due to (further) outbreak of the Corona COVID-19 virus in the Host Country. The teams are strongly urged and advised to make sure to have their own sufficient travel, cancellation and medical insurance. The OC shall not accept any claims or requests for compensation in case of cancellation of the event.

# TIMETABLE

*(subject to change)*

DATE	TIME	EVENT
<b>2 September</b>	10:00 – 13:00 hrs 14:00 – 19:00 hrs	Registration & Accreditation
	21:00 hrs	Publication of draw sheets Swedish Open 2022
<b>3 September</b>	09:00 – 12:30 hrs	Start competition Swedish Open 2022
	12:30 – 13:30 hrs	Lunch break
	13:30 – 21:00 hrs	Competition and awarding ceremony
	21:00 hrs	Publication of draw sheets European Cup Poomsae 2022
<b>4 September</b>	09:00 – 12:30 hrs	Start competition European Cup Poomsae 2022
	12:30 – 13:30 hrs	Lunch break
	13:30 – 21:00 hrs	Competition and awarding ceremony

**PERSONAL INDEMNIFICATION FORM**

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

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

I, the undersigned, certify that I will indemnify, hold harmless and release the European Taekwondo Union, World Taekwondo 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 "Indemnatee" 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 Indemnatee as a direct or indirect result of participating in the European Poomsae Cup 2022 on 4 September 2022 in the broadest sense of the word. By signing and submitting the form below, I accept and agree to the terms and covenants contained in this Indemnification, hold harmless, release and consent not to sue. I verify that by signing and submitting this form, that I have read and agree to all of the terms and conditions provided above.

**Name:**

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**Date:**

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**Signature:**

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

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**Name:**

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**Relation towards the minor:**

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**Date:**

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**Signature:**

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**LIABILITY DECLARATION**

(only for under aged athletes)

My name:

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I live in:

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I am the parent/guardian of:

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

I declare that I accept the participation of \_\_\_\_\_ at the European Poomsae Cup 2022 on 4 September 2022 and that I accept all parts of the official invitation of this tournament.

For physical reasons nothing speaks against a participation of the aforementioned athlete and I understand that all competitors are considered to participate at their own risk. 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 Sweden.

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

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

Signature of the parents/legal guardian:

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