



TAEKWONDO

2016 Euro Mulimpia[®] | Rules & Regulations

GENERAL RULES

1. This tournament is governed by the championship rules and guidelines of the European Taekwondo Association and is only open to current members of the European Taekwondo Association and the World Taekwondo Federation.
2. All competitors must wear a complete Taekwondo uniform with authorized markings only (no visible clothing under the dobok).
3. Etiquette is of utmost importance within Taekwondo. In the event that a competitor shows bad etiquette, this may result in deduction of points or disqualification.
4. Note that in all divisions, male and female competitors may be combined. We reserve the right to combine or add divisions to best accommodate everyone.
5. Competitors will be assigned to a division based on Geup or Dan promotions until August 31st, 2016. Example: promoted to 1st Dan on September 5th, 2016 means this competitor will compete in the Color Belt [Goh Geup] division.

❖ *These rules and regulations are subject to change.*

Categories & Divisions | Individual Competitions

| Category | Divisions | Candidates |
|------------------------------------|------------------------------------|------------------|
| Individual Kyorugi Sparring | Cho Geup (10. - 7. Geup) | Age 10 and under |
| | | Age 11-14 |
| | | Age 15-17 |
| | | Age 18+ |
| | Joong Geup (6. - 4. Geup) | Age 10 and under |
| | | Age 11-14 |
| | | Age 15-17 |
| | | Age 18+ |
| | Goh Geup & Dan/Poom (> 3. Geup) | Age 10 and under |
| | | Age 11-14 |
| | | Age 15-17 |
| | | Age 18+ |
| Individual Poomsae Forms | Cho Geup (10. - 7. Geup) | Age 10 and under |
| | | Age 11-14 |
| | | Age 15-17 |
| | | Age 18-39 |
| | | Age 40+ |
| | Joong Geup (6. - 4. Geup) | Age 10 and under |
| | | Age 11-14 |
| | | Age 15-17 |
| | | Age 18-39 |
| | | Age 40+ |
| | Goh Geup (3. -1. Geup) | Age 10 and under |
| | | Age 11-14 |
| | | Age 15-17 |
| | | Age 18-39 |
| | | Age 40+ |
| | Dan/Poom | Age 10 and under |
| | | Age 11-14 |
| | | Age 15-17 |
| | | Age 18-39 |
| | | Age 40+ |
| Instructors & Masters | All ages - From 4. Dan | |

| Category | Divisions | Candidates |
|--|-------------|------------|
| Individual Kyokpa Ap-Chaki (Front Kick) | Color Belts | Age 11-14 |
| | | Age 15-17 |
| | | Age 18+ |
| | Dan/Poom | Age 11-14 |
| | | Age 15-17 |
| | | Age 18+ |
| Individual Kyokpa Sonal-Chigi (Hand Blade) | Color Belts | Age 18+ |
| | Dan/Poom | Age 18+ |

Categories & Divisions | Group Competitions

| Category | Divisions | Candidates |
|-----------------------------|--------------------------|------------|
| Group Pomsae (3 persons) | Color Belts (all levels) | All ages |
| | Dan/Poom (all levels) | All ages |

Rules & Regulations | Individual Competitions

Individual Kyorugi - Sparring

Rules:

- Competition rules of the World Taekwondo Federation
- All participants for Kyorugi must be registered online. Please visit www.ma-regonline.com
- The application is limited to maximum 250 participants.

Individual Poomsae - Form

| | |
|---|--|
| Cho Geup (10. - 7. Geup) | <u>Main and Final:</u> The participant may choose the poomsae. |
| Jong Geup (6. - 4. Geup) | <u>Main and Final:</u> The participant may choose the poomsae. |
| Goh Geup & Dan/Poom for Kyorugi (> 3. Geup) | <u>Main and Final:</u> The participant may choose the poomsae. |
| Dan/Poom | <u>Main and Final:</u> The participant may choose the poomsae. |
| Instructors and Masters | <u>Main and Final:</u> The participant may choose the poomsae. |

Note: Kukkiwon/World Taekwondo Headquarters authorized Poomsae only.

Rules:

- Competition Rules of the World Taekwondo Federation
- KO-System: Two (2) competitors perform a Poomsae at the same time
The better competitor (technique, power, dynamic) will come forth to the next round.
Three (3) judges decide about the performance by rising a blue or red flag.
- There is no demand which Poomsae has to be performed
- All competitors must wear a complete white Taekwondo dobok.
- For individual Poomsae only: different Poomsae has to be performed in each round.

Individual Kyokpa Ap-Chagi - Front Kick Breaking

Main Round:

- The target of the first kick is 10 cm above the body height of the participant.
- One chance per participant.

Finals:

- The target of the first kick is 20 cm above the body height of the participant.
- As long as the participant is successful, the target is raised in 10 cm steps.
- Each participant has one chance per height.

Individual Kyokpa Sonnal-Chigi - Hand Blade Breaking

The Kyok-Pa is conducted with plastic roof tiles.

Main Round:

- 15 roof tiles
- Each participant has one chance

Finals:

- The participants may decide the number of roof tiles
- After a successful Kyok-Pa the participants can ask to add more roof tiles.
- After an unsuccessful attempt the participant will not get a new chance.

Rules & Regulations | Group Competitions

Group Poomsae - Form

Note: Group consists of max. 3 persons.
Kukkiwon/World Taekwondo Headquarters authorized Poomsae only.

Rules:

- Competition Rules of the World Taekwondo Federation
- KO-System:
The better group (technique, power, dynamic) will come forth to the next round.
Three (3) judges decide about the performance by rising a blue or red flag.
- There is no demand which Poomsae has to be performed
- All competitors must wear a complete white Taekwondo dobok.