



TAEKWONDO

2020 Euro Mulimpia® | Rules & Regulations

GENERAL RULES

1. This tournament is governed by the championship rules and guidelines of the World Taekwondo but is open to all member of Taekwondo practising federations.
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 their **age of May 30th, 2020**

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

Categories & Divisions | Individual Competitions

Category	Divisions	Candidates
Individual Poomsae Forms	LK 1 (10th - 5th Geup)	Age 10 and under
		Age 11-14
		Age 15-17
		Age 18-39
		Age 40+
	LK 2 (4th. - 1st 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 4th Dan	

Category	Divisions	Candidates
Individual Kyokpa Ap-Chaki (Front Kick)	Color Belts	Age 10 and under
		Age 11-14
		Age 15-17
		Age 18+
	Dan/Poom	Age 10 and under
		Age 11-14
		Age 15-17
		Age 18+

Individual Kyokpa Sonal-Chigi (Hand Blade)	Color Belts	Age 10 and under
		Age 11-14
		Age 15-17
		Age 18+
	Dan/Poom	Age 10 and under
		Age 11-14
		Age 15-17
		Age 18+

Categories & Divisions | Group Competitions

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

Rules & Regulations | Individual Competitions

Individual Poomsae - Form	
LK 1 (10th - 5th Geup)	<u>Main and Final:</u> The participant may choose the poomsae.
LK 2 (4th. - 1st 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.
<p><u>Rules:</u></p> <ul style="list-style-type: none"> - Competition Rules of the World Taekwondo Federation - KO-System: Two (2) competitors perform a Form 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 Form 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. <p>Group Form: One Team consists of three participants</p>	

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 and board made of toughened plastic with a break point in centre.

Main Round:

- Children and Juniors: five (5) roof tiles
- Seniors: one (1) board
- 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 or boards.
- After an unsuccessful attempt the participant will not get a new chance.