



1 ORGANIZER & PROMOTER

1.1 MAIN CONTACT

Main contact address for this EITF Championship: support@eitf-taekwondo.org

Please ALWAYS USE ONLY THIS EMAIL address. Messages sent to this email are automatically sent to Tournament Committee, Organizer and IT Provider. By contacting us via this email we will be able to respond to your questions faster.

1.2 PROMOTER: EUROPE ITF TAEKWON-DO FEDERATION

Alexandra Gate,
Ffordd Pengam
Cardiff Cf24 2SA, Wales
www.eitf-taekwondo.org

1.3 ORGANIZER:

Estonian Taekwon-do Union
Kaera str. 21, 10318, Tallinn, Estonia
www.tkd.ee, Phone: +372 58081044

1.4 ORGANIZING COMMITTEE

GM Michael Prewett, president of EITF, chairman of EITF Umpire Committee

Mr. Ladislav Burian, chairman of EITF Tournament Committee

Mr. Mikhail Kolvart, president of Estonian Taekwon-do Union

1.5 UMPIRE COMMITTEE

Grand Master Michael Prewett, IX. Degree

Senior Master Gary Miller, VIII. Degree

Master Emin Durakovic, VII. Degree

Mr. Igor Scheglov, VI. Degree

Mr. Vegilly Sitnilski, V. Degree

1.6 TOURNAMENT COMMITTEE

Mr. Ladislav Burian

Ms. Ilona Uzlova

Mr. Jan Labik

Mr. Nenad Seferagic

Mr. Lefteris Polydorou

1.7 IT SERVICES

Mr. Ivan Rajtr

Mr. Jan Rajtr

2 BASIC INFORMATION

2.1 DATE:

23th - 29th April 2018

2.2 VENUE:

Registration place: Sokos Hotel Viru Tallinn
(Viru väljak 4, Tallinn), www.sokshotels.fi

Sports hall: Tondiraba Ice Hall
(Varraku 14, Tallinn), www.tondirabaicehall.ee

2.3 CHAMPIONSHIP OFFICIAL WEBSITE:

All information, news, updates and photos will be published at the official website of EITF:
www.eitf-taekwondo.org

2.4 RULES:

This Championship will be held in accordance with these documents:

- General Information pack (this document)
- EITF Tournament Standards
- ITF Tournament rules (**new version – 2017 autumn update!**)

The competition is based on the ITF Tournament rules. Some rules are mentioned in this General Information pack in order to either emphasize or modify several rules. In other words, if there is conflict between “ITF Tournament rules” and “General Information pack”, then the rules in this document are applied, as they are of higher priority.



Dear Grandmasters, Masters, Presidents and Coaches,

It is an honour to host EITF European Championships in Tallinn. Thank you for your support!

You are here during a significant time: it is the year we as a country celebrate 100 years of independence of the Republic of Estonia. Tallinn, capital of Estonia, is a city with a long and rich history and culture. You will see it everywhere in our city. Tallinn upholds the values of the entire country. The year 2018 is the European Year of Cultural Heritage under a slogan – *Our Heritage: where the past meets the future*. It is a special privilege and very meaningful to have EITF European Championships in Tallinn during this year. Taekwon-do is not merely about developing physical exertion and skill but also about learning spiritual discipline and culture. The citizens of Tallinn know how to recognize and value it. As for the leadership of the city, we are very proud to have the tournament take place in Tallinn.

Enjoy the Championships as well as visiting our city! We will do our best to provide competitions on a high level and pleasant stay in Tallinn.

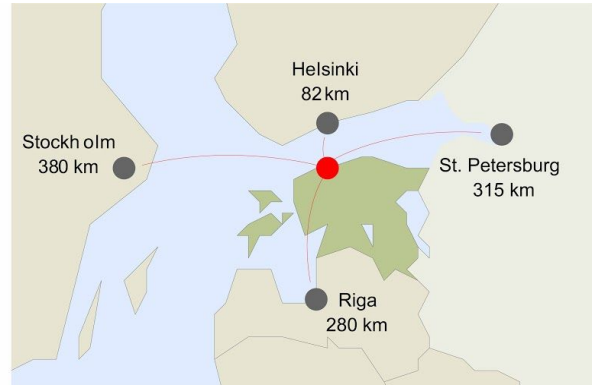
Yours in Taekwon-do,

Mikhail Kolvart
Chairman of the City Council of Tallinn
President of Estonian Taekwon-do Union

3 QUICK FACTS ABOUT TALLINN AND ESTONIA

LOCATION

Tallinn, the capital of Estonia, is located in Northern Europe in the north-eastern part of the Baltic Sea region.



GEOGRAPHIC INDICATORS

Total area 159,2 km² (Estonia 45 227 km²)

Coastline 46 km

Green areas 40 km².

CLIMATE

The climate in Tallinn is characterized by a fairly cold winter, a cool spring with little precipitation, a moderately warm summer and a long and rainy autumn.

However, some summers have weeks at a stretch of temperatures around +30°C, and a warm, sunny summer can keep autumn at bay until mid-October.

Average temperature in July +17,8 °C (2016). Average temperature in February +0,7°C (2016).

Weather forecast: www.weather.ee/tallinn

POPULATION

The population of Tallinn is 445 480 (01.08.2017). Nationalities living in Tallinn: Estonian 53.2%, Russian 38%, Ukrainian 3.4%, other 5,3%.

LANGUAGE

Estonian's official language is Estonian. Russian, Finnish, English and German are also understood and widely spoken.

RELIGION

One third of Tallinn's population feels an affiliation to a religion. Among the religious population Orthodox Christians and Lutheran Christians are the most prevalent.

4 PREPARATION FOR THE CHAMPIONSHIP

4.1 APPLICATION FOR THE CHAMPIONSHIP

Applications must be sent only via the official online registration:

- <http://taekwon-do.applicationdata.eu>
- Login credentials are the same as last year and were also sent to all NGBs together with the sending of this document. Should you have any problems accessing the online application, please contact us.

4.1.1 Accommodation Deadline: **1st of February 2018**

This deadline requires NGBs to submit only the “Preliminary Accommodation” section completed.

You need to fill in:

- number of persons
- type of hotel - There is one hotel for competitors, coaches and supporters and a second hotel for umpires, NGB officials and VIPs
- dates of arrival and departure

The overall number of all participants and their accommodation packages is mandatory, but you do not need to put in specific names of competitors etc.

Every change of accommodation details (hotel, number of nights, types of rooms) after the deadline might be penalized by higher hotel prices because package prices will no longer be guaranteed. Other parts of the application form (competitors, teams, etc.) do not have to be completed at this point, or can be amended.

4.1.2 Final Deadline for teams to send the full application: **5th of April 2018**

New! This year we have moved the deadline as close to the Championship as technically possible to give you more time to finalize the application. But please bear in mind, that **after this deadline any changes made will be charged!** Therefore on Monday 23rd April during the registration coaches will come to check the application, but they will need to pay for each and every change, should they need to make any.

After this Final deadline ALL changes are penalized.

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

- List of all competitors, their disciplines and team membership
- List of all teams, including self-defence
- Coaches
- VIP's (please see the *EITF Tournaments Standards* document to know, who can be accredited as VIP)
- 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.

4.2 VISA

Countries requiring a Visa to Estonia should contact the nearest consulate. The waiting period after application of Visas to Estonia might vary, therefore please prepare in advance.

Deadline for NGBs to ask for confirmation of participation: **23rd of February 2018**

4.3 TRANSPORTATION & ARRIVAL

4.3.1 Transportation

Tallinn Airport

The city's international airport, Lennart Meri Tallinn Airport, provides excellent facilities and a wide variety of services. Its convenient location – just 4 km from the city centre – means transport to most destinations takes surprisingly little time. Tallinn Airport will never be the largest in the world, but it can be the world's cosiest airport.

Bus no. 2 makes the trip from the airport to the city centre and port approximately every 20 minutes and operates from ~6:30 am until midnight. Single journey tickets can be bought in cash from the driver for €2. The bus departs from the airport's lowest level, down the escalator from the arrivals hall. The most central stop is the Laikmaa stop on Laikmaa Street, between the Tallink Hotel and the Viru Centre shopping mall, attached to the Sokos Hotel Viru.

Tram no. 4 from the airport to the city centre operates a frequent schedule from 5:30 am until 00:45. The tram stop is located next to the terminal towards the city. Single journey tickets can be bought in cash from the driver for €2. The most central stop is the Viru stop.

A **taxi** stand can be found just outside the arrivals hall. The fare from the airport to the city centre is about €5 to €10.

Port of Tallinn

Ships from Helsinki bring thousands of travellers to Tallinn's busy passenger port each day. There is an overnight ferry link with Stockholm and a weekly cruise ship connection to St Petersburg. Large cruise ships stop in Tallinn from spring until autumn. Tallinn also welcomes visitors arriving with yachts.

Passenger terminals are located within walking distance of the medieval Old Town.

Bus no. 2 connects the port's A-terminal to the city centre and airport, departing approximately every 30 minutes from 7 am until midnight. Tickets can be bought from the driver for 2€.

A taxi from the terminal to the city centre costs about 5€ to 10€. If you want to avoid misunderstandings, you can ask the driver the approximate cost of the trip in advance. Make sure to specify whether the price is per ride or per person!

Tallinn railway station

Baltic Station (*Estonian: Balti jaam*) is the main railway station in [Tallinn, Estonia](#). All local commuter, long distance and international trains depart from the station.

The station has seven platforms, of which two are situated apart from the rest and serve either international Tallinn–[Moscow](#) and Tallinn–[Saint Petersburg](#) routes performed by [GoRail](#).

Walk to the centre of Old Town takes just 10 minutes. Its possible to use tram and taxi.

Tallinn buss station

Two international bus lines offer connections to Tallinn from several other European cities. Regular routes connecting Tallinn with Riga, Vilnius and St Petersburg operate several times a day. To get to the city center, please, use our local bus or tram.

If you like to travel by car

Tallinn can be reached by car on the highways from Latvia and Russia, or via the car ferries from Helsinki and Stockholm. From Latvia, take Via Baltica highway. Travellers crossing from Russia should prepare for more time at the border as they are entering the Schengen area.

Good to know

- Traffic moves on the right-hand side of the road.
- A valid insurance policy required.
- During the day, dipped headlights or daytime driving lights must be switched on. After dark, the main headlights must be switched on.
- The driver and passengers must wear seat belts at all times.
- Speed limits are as follows, unless marked otherwise:
- In residential areas: 20 km/h In built-up areas: 50 km/h Outside built-up areas: 90 km/h, though in summer speeds of 110 km/h are allowed on some specially-marked roads. International filling station chains operate in Estonia, the largest of which are Circle K and Neste.

4.3.2 Arrivals

All necessary information about your arrival must be filled in only in the Application:

- Type of transportation (flight/train/bus/ferry)
- Dates and times of arrivals and number of all NGB participants (including invited and not invited umpires, VIPs and other team members)
- Dates and times of departure of all participants
- Flight, train or bus numbers, where applicable

Transportation from/to Airport, sports hall (Tondiraba ice hall), meeting point (Sokos Viru hotel) and the hotels will be arranged by the organizer. Without booking, transportations are not available. Teams arriving by other means should proceed to the meeting point at the designated time (please see the [Schedule](#) section).

Deadline for NGBs to inform the organizer of all their dates/times of arrival/departure and number people: 5th April 2018

The latest time of arrival to registration: 23rd April (Monday) 19:00

Only 1 coach or other responsible person appointed by its NGB is necessary to come for the registration and payment. The rest of the team may arrive later (see below). Arrival time means time of arrival to registration room (not airport), so please plan your time accordingly.

Latest time of arrival for the whole team (all competitors): 24th April (Tuesday) 19:00

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

4.4 PAYMENTS & PENALTIES

4.4.1 Payment

Deposits of **200 €** (non-refundable) per person must be sent to

Account number: EE611010220029274014

SWIFT code(BIC): EEUHEE 2X

Name of the bank: AS SEB PANK

EESTI TAEKWONDO LIIT, reg.nr.80088167

Address: Tornimäe 2, 15010 Tallinn

Deadline for payment of deposit: 23rd February 2018

Rest of the payment will be done in cash at the venue registration after confirmation of the final application forms and after accommodation.

Travellers/Bank cheques, Visa, Mastercard, Amex or Diners Cards **will not** be accepted.

4.4.2 Fees

- **EITF annual fee:** 200 EUR per NGB
- **Individual entry fee:** 100 EUR per competitor.
- Individual entry fee must be also paid by those competitors, who attend as team members only.
- **Team entry fee:** 40 EUR 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:** 250 EUR per person

This charge will be made for any countries which book their own accommodation for any of the competition dates (24th April - 29th April inclusive) and do not use the services of the organiser.

(Note: after payment, these participants will receive ID card and other package services, excluding full board meals and other accommodation-related services)

4.4.3 Penalties

- **Accommodation application sent after Accommodation deadline:** After this deadline, prepared package prices are not guaranteed and might be much higher, depending on individual hotels.
 - **Application form sent after deadline:** 200 EUR
 - **Each and every change of the application after the Final deadline:** 150 EUR
 - **Change to the ID card (after it was accepted by the coach):** 50 EUR
 - **ID card replacement:** 5 EUR
 - **Missing photos of participants in the application form:** 15 EUR
 - **Separate invoices (for every competitor):** 1 EUR per invoice
 - **Cancellation of accommodation within 5 days prior to the registration date:** 150 EUR per person
 - **Late arrivals:**
 - **Penalty for late arrival of responsible person to the registration:** 300 EUR
 - **Penalty for late arrival of the whole team to the competitor's check:** 100 EUR per participant
- Note: These penalties will be applied unless the late arrival is totally out of participant's control. However participants need to plan their arrivals with adequate travel time for usual potential delays (at least 1-2 hours).

4.5 ACCOMMODATION

Sokos Viru Hotel (****) www.sokoshotels.fi

Viru has been a symbol and milestone through the ages – a legend in which you feel the real heart of Tallinn.

Hestia Hotel Euroopa(****) www.euroopa.ee

Hotel Euroopa is situated in direct proximity of Tallinn passenger harbour, remaining only at the distance of 700 m from Tallinn old town. Hotel Euroopa has been awarded with four stars. The idea for interior decoration of Hotel Euroopa is based on Estonian origin, especially Estonian nature.

Duration of stay	Price - same for both hotels
5 days / 4 nights	320 €
6 days / 5 nights	400 €
7 days/ 6 nights	480 €
8 days/ 7 nights	560 €
Extra Day	80 €
<p>All prices above are per person for a double room. For single room prices add 45 € per day. Payment notice: If deposit for accommodation is paid after 23rd of February 2018, prices will be 15% higher.</p> <p>Should you need accommodation for fewer days, please contact the organizer.</p>	

Each package includes:

- Accommodation according to selected type of package
- Transport from/to airport or train/bus station
- Full board (breakfast, lunch, dinner), including basic non-alcoholic drinks
- Free training facilities for competitors and coaches
- Free entrance to the sport hall during competition days
- Free entrance to the opening/closing ceremony
- Free entrance to the after party
- Medical assistance during the competition days (only for injured competitors)

4.6 REGISTRATION

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

The latest time of arrival to registration: 23rd April (Monday) 19:00

4.7 COMPETITOR'S CHECK

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

- Nationality (A passport of the country or 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
- Weight check for those who are competing in sparring

After the check of all NGB members is finished, the ID cards for all the competitors will be given to the coach.

Latest time of arrival for the whole team (all competitors): 24th April (Tuesday) 19:00

4.8 DOPING TEST

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

5 CHAMPIONSHIP RULES AND REGULATIONS

5.1 COMPETITION RULES

This Championship is held in accordance with the **new ITF rules** (2017 autumn update), unless stated otherwise in specific cases. If not covered by the ITF Rules then the EITF rules will apply.

5.2 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 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 a 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 will be of standard size 9 by 9 meters with 1m of safety border (11x11 meters total).
- 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.
- The Competitors must follow the ITF dress code. Only competitors who wear the official ITF dobok manufactured by Sasung Company will be allowed to access the competition.
 - If competitors want to have their country's name on dobok, they are allowed to wear it on the back under the "tree".
 - Competitor's number should be below the belt on the back of the dobok jacket.
 - Sponsorship logos may be on the right side of the chest at a recommended size of 10cm by 5cm.
 - The National flag may be stitched to the right sleeve on the side approximately 2cm below the shoulder seam.
- **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 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.

1.1 DISCIPLINES:

- Patterns
- Sparring
- Self-defence routine
- Power breaking
- Special techniques

1.1.1 Patterns (tul)

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

Team event:

- 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

5.2.1 Sparring

According to new ITF rules:

- In preliminary rounds, competitors will be divided in groups of three or four where possible. They will compete against each other and the competitors who receive more points will proceed to the pyramid system.
- head guards are compulsory for all age categories
- shin guards are compulsory for all age categories
- Allowed safety equipment
 - gloves shall be closed 10 ounce, showing “10oz” on the gloves. This applies for adults, juniors and veterans.
 - Children safety sparring equipment does not change - same as in previous years.
- Allowed 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”.
- Team event sparring:
 - Each team will have a maximum of 20 seconds for a competitor to be ready to spar. Time clock will be shown with 20 second countdown for first team. When this member is ready the clock will be restarted for the opposing competitor, this will be a maximum of 40 seconds between each bout. Failure with competitor to be ready within 20 seconds, will result in him/her losing that match.

1.1.2 Power breaking test

The power breaking will follow the ITF rules – system of qualification technique which must be scored with full points.

1.1.3 Special techniques

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

- For high jump techniques target height will be measured at the **middle point of the target**.
- For flying long sidekick 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 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 elements. 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.

5.2.2 Self-defence routine

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

According to new ITF rules:

- The team will have only ten (10) second introductions 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 zero (0).

5.3 AGE CATEGORIES

5.3.1 Children

Competition of children will take place only during first 2 days of the Championship (Thursday and Friday).

Children must be 11, 12 or 13 years old on **Monday 23rd April 2018** and must be red or black belt holders, in line with the ITF promotion rules. Children 1st degree must be minimum of 11 years old.

Each country will be allowed two (2) competitors in each division for the children's competition.

5.3.1.1 Children patterns

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

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

Patterns will be separate for red and black divisions.

5.3.1.2 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:

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

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

5.3.2 Juniors

There are two junior divisions:

- **Younger juniors** must be 14-15 years old on **Monday 23rd April 2018** and must be 1st, 2nd, or 3rd degree ITF black belt certificate holders.
- **Older juniors** must be 16-17 years old on **Monday 23rd April 2018** 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 sparring.

Juniors 2nd degree must be minimum of 14 1/2 years old, juniors 3rd degree must be a minimum of 16 ½ years old.

Maximum of two (2) junior competitors per country are allowed for individual divisions. Two (2) for juniors 14-15 years old and two (2) for juniors 16-17 years old.

5.3.2.1 Patterns (tul)

Patterns for Juniors will be separated by grade and gender, but not by age category. 1st to 3rd Dan

5.3.2.2 Sparring (Matsogi)

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

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

5.3.2.3 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

5.3.2.4 Junior teams

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

5.3.3 Adults

Competitors participating in Adult age category must be 18-39 years old on **Monday 23rd April 2018** 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.

Two (2) adult competitor per country are allowed for individual division or category.

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 lowest degree in the team.

5.3.3.1 Adult patterns (tul)

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

5.3.3.2 Adult sparring

Male: -52 kg, - 58 kg, - 64 kg, - 71 kg, - 78 kg, - 85 kg, - 92 kg. + 92 kg.

Female: 47 kg, - 52 kg, - 57 kg, - 62 kg, - 67 kg, - 72 kg, - 77 kg., + 77 kg.

5.3.3.3 Adult teams

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

5.3.3.4 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

5.3.3.5 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	-

5.3.4 Veterans

Competitors for the Veteran Championship must be 40 – 49 years old (Silver Class), 50 – 59 years old (Gold Class) on **Monday 23rd April 2018**. 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 only allowed 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 self-defence will not be included.

5.3.4.1 Veteran Patterns (tul)

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

5.3.4.2 Veteran Sparring (Matsogi)

Sparring will be organized in 5 weight divisions (Silver), and 3 weight divisions (Gold Class).

5.3.4.3 Veteran teams

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

5.3.4.4 Veteran power test

Individual power breaking will be organized Silver Class only.

Team power breaking can include Silver and Gold Class.

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

5.4 UMPIRES

The Organizing Committee will pay **7 days/ 6 nights** (Tuesday – Monday) hotel accommodation for 50 qualified umpires and 5 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. Invited umpires will be required to attend all the Umpire Meetings and carry out all their duties as scheduled in the period 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 by 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 the 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 Umpire rules.

[Link to list of invited umpires \(PDF\)](#)

5.5 COACHES

Coaches are the only responsible persons who may stand in for the competitor, hand in protests, etc. Only one coach is allowed to enter the ring with the competitor or team. Coaches must attend the coaches meeting.

5.6 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 the Diplomas and Medals.

5.7 CEREMONIES

For the Opening Ceremonies, the participants can wear the ITF Dobok or the team apparels.

Each Country must submit two participants and officials to represent their country during the official parade.

6 PRELIMINARY SCHEDULE

DAYS BEFORE COMPETITION

Monday 23 April	
10:00 – 13:00	Registration at Sokos Viru Hotel
10:00 – 13:00	Competitor's check and weight check at Sokos Viru Hotel
13:00 – 14:00	Lunch break
14:00 – 20:00	Registration at Sokos Viru Hotel
13:00 – 20:00	Competitor's check and weight check at Sokos Viru Hotel
20:00	Dinner
Tuesday 24 April	
07:00 – 08:00	Breakfast
08:00 – 11:00	Preparation of the sports hall
09:00 – 12:00	Competitor's check and weight check at Sokos Viru Hotel
12:00 – 13:00	Lunch break
13:00 – 20:00	Competitor's check and weight check at Sokos Viru Hotel
20:00	deadline for paid changes in applications
17:00 – 19:00	EITF Executive Board meeting
19:00	Dinner
20:00 - 23:00	Preparation of starting lists, draws online at 23:00
Wednesday 25 April	
07:00 – 08:00	Breakfast
09:00 - 11:00	EITF Congress at Sokos Viru Hotel
12:00 – 13:00	Lunch break
13:00 - 15:00	Umpire and coaches meeting at Sokos Viru Hotel
15:00 - 17:00	Coach meeting at Sokos Viru Hotel
18:00 – 19:00	Opening ceremony
20:00	Dinner

COMPETITION DAYS

Thursday 26 April	
06:30 – 07:30	Breakfast
09:00 – 13:00	Competition in Sports hall
13:00 – 14:00	Lunch (buffet in the stadium canteen)
14:00 – 20:00	Competition in Sports hall
20:00	Dinner
Friday 27 April	
06:30 – 07:30	Breakfast
08:30 – 13:00	Competition in Sports hall
13:00 – 14:00	Lunch (buffet in the stadium canteen)
14:00 – 20:00	Competition in Sports hall
20:00	Dinner
Saturday 28 April	
06:30 – 07:30	Breakfast
08:30 – 13:00	Competition in Sports hall
13:00 – 14:00	Lunch (buffet in the stadium canteen)
14:00 – 20:00	Competition in Sports hall
20:00	Dinner
Sunday 29 April	
06:30 – 07:30	Breakfast
08:30 – 13:00	Competition in Sports hall
13:00 – 14:00	Lunch (buffet in the stadium canteen)
14:00 – 20:00	Competition in Sports hall
20:00	Dinner
21:00	After party
Monday 30 April	
07:00 – 09:00	Breakfast
07:00 – 12:00	Departure

7 SUMMARY

7.1 DEADLINES

- **Accommodation application deadline:** 1st February 2018
- **Visa application deadline:** 23rd February 2018
- **Prepayment (deposit) deadline:** 23rd February 2018
- **Full application deadline:** 5th April 2018
- **Latest arrival of coach for registration:** Monday, 19:00, 23rd April 2018
- **Latest arrival of the whole team for competitor's check:** Tuesday, 19:00, 24th April 2018

7.2 MEETING POINT FOR REGISTRATION AND ACCOMMODATION

Sokos Viru Hotel, Viru Väljak 4, Tallinn

7.3 CONTACTS

7.3.1 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 Tournament Committee, Organizer and IT Provider.

7.3.2 Contact person for arriving teams and emergency number during competition

Telephone number: +372 58081044

7.3.3 Tournament Committee

Ladislav.burian@exchange4u.cz

7.3.4 IT Provider

rajtr@rajtr.cz

CHANGE LOG

Version	Date, time	description
1.0	12.1.2018	First version, sending out