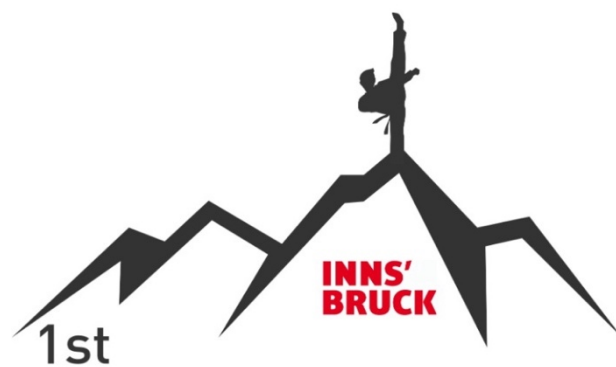


16th

# EUROPEAN POOMSAE TAEKWONDO CHAMPIONSHIP

**30** WELCOME  
BACK TO AUSTRIA  
YEARS ANNIVERSARY CELEBRATION

24. - 26. November 2023  
INNSBRUCK



1st

# EUROPEAN POOMSAE PARA TAEKWONDO CHAMPIONSHIP

24. - 26. November 2023  
INNSBRUCK



PAGE | 1





Dear athletes,

In 1993, Austria was the first country to host the European Poomsae Championships. At that time, these Poomsae championships were the first ever international poomsae championships in the world.

Now, almost 30 years later, the European Poomsae Championships have grown into an amazing event that draws athletes from all of our member federations. Never in our history the performance of our poomsae athletes has been better than it is today.

I hope all athletes are well prepared and I am sure that the best athlete will win! I wish all athletes the best of luck!

Yours,

Sakis Pragalos  
*President*

**WELCOME MESSAGE PRESIDENT  
AUSTRIAN TAEKWONDO FEDERATION**

Dear athletes, team officials and friends,

On behalf of my federation, it is my distinct honour to welcome you in the city of Innsbruck! After 30 years, the European Poomsae Championships return back to the country where the this amazing event started! Even at this edition, athletes and referees that attended the 1st edition will be present 30 years later!

This shows the dedication of the Poomsae athletes and their coaches for our beloved sport. Taekwondo and particular Poomsae is more than just a sport for us. Its our passion. Our Organising Committee has been very passionate about this event and we hope you will experience that during your visit.

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

**Dr. Alexander Hübel**  
*President*





<b>PROMOTOR</b>	<b>European Taekwondo Union</b> Hofestatt 13, Attendorn, Germany <a href="mailto:info@europetaekwondo.org">info@europetaekwondo.org</a> <a href="http://www.europetaekwondo.org">www.europetaekwondo.org</a> President: Sakis Pragalos
<b>SANCTIONED BY</b>	<b>World Taekwondo</b> 10th Fl., Booyoung Taepyeong Bldg. 55 Sejong-daero, Jung-gu, Seoul, Korea, 04513 <a href="mailto:sport@worldtaekwondo.org">sport@worldtaekwondo.org</a> <a href="http://www.worldtaekwondo.org">www.worldtaekwondo.org</a> President: dr. Chungwon Choue
<b>ORGANIZER</b>	<b>Austrian Taekwondo Federation</b> Au 15, 6134 Vomp, Austria President: Dr. Alexander Hübl
<b>VENUE</b>	<b>Olympiaworld</b> Olympiastraße 10, 6020 Innsbruck, Austria <a href="https://www.olympiaworld.at/en/">https://www.olympiaworld.at/en/</a>
<b>REGISTRATION AND ACCREDITATION</b>	<b>23 – 25 November 2023</b> 23 – 25 November:           10:00 – 13:00 hrs 14:00 – 18:00 hrs
<b>COMPETITION DATES</b>	24, 25 and 26 of November 2023
<b>RANKING</b>	G4
<b>DRAW SHEET PUBLICATION</b>	The draw sheets and brackets will be daily published, one (1) day before the start of competition at 21:00 on the following (social) media platforms: <a href="https://europetaekwondo.org/documents/">https://europetaekwondo.org/documents/</a> <a href="https://www.facebook.com/tkdeurope">www.facebook.com/tkdeurope</a>
	Compulsory poomsae will be announced during the Head of Team meeting.
<b>SEEDING</b>	WT Poomsae Ranking Bylaw (May 2, 2023) will apply.
<b>HEAD OF TEAM MEETING</b>	<b>23 November 2023 at 19:00 hrs</b> Ramada Hotel Innsbruck

## CONTEST TIME

### Recognized Poomsae

Individual, Pair, and Team competitions up to 90 seconds. The waiting period time between 1<sup>st</sup> poomsae and 2<sup>nd</sup> poomsae is minimum 30 seconds.

### Free Style Poomsae

Individual, Pair, and Mixed Team competitions from 90 seconds to 100 seconds.

The WT Technical delegate has the authority to adjust the contest time as he sees fit.

### Para Poomsae

Individual competitions up to 120 seconds. The waiting period time between 1<sup>st</sup> poomsae and 2<sup>nd</sup> poomsae is minimum 60 seconds.

## COMPETITION RULES

**WT Poomsae Competition Rules & Interpretation (May 14, 2019).**

### PARA POOMSAE:

The latest updated World Para Taekwondo Poomsae Competition Rules will be implemented for competition in the Poomsae Sport Classes.

Article 9.1 will be used for competition for All Sport Classes there is a free choice to athletes to choose (1) Poomsae from Group 1 and (1) Poomsae from Group 2 for each round.

## COMPETITION SYSTEM

### RECOGNIZED POOMSAE

#### Under 30 (M/F) and Under 40 (M/F):

Single elimination tournament system

#### All other medal events: Cut-off system

Two (2) Poomsae from designated Compulsory Poomsae decided for each division must be performed for all the preliminarily, semi-final and final rounds for all competitions.

## **FREESTYLE POOMSAE**

All Freestyle medal events: final round

### **\*Cut-off system:**

The organization can change this due to organizational matters.

### **\*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 contents that may harm, discriminate or offend others.

### **\*\* Freestyle music:**

Should be submitted at the Head of team Meeting with the following details:

- 1) On the USB, each digital file should contain:
  - A. Name of the country
  - B. Name of the category
  - C. Name of the athlete/athletes

## **PARA COMPETITION SYSTEM**

Single elimination tournament system

## **GENERAL ELIGIBILITY REQUIREMENTS**

**Contestants may compete in maximum two (2) medal events**

Recognized Poomsae and/or Freestyle Poomsae competition unless he or she is limited by gender or age. Example: max. 2 Recognized Poomsae medal events or max. 2 Freestyle Poomsae medal events, or one (1) medal event in Recognized Poomsae and Freestyle Poomsae

1. Holder of a valid 2023 WT Global Athlete License
2. A participant of must be a member of a pertinent Member National Association, recognized by Europe Taekwondo Union or World Taekwondo. (Only National Teams)
3. Para: A participant of must be a member of a pertinent Member National Association, recognized by Europe Taekwondo Union or World

- Taekwondo. (Open for National Teams / Clubs)
4. Holder of the nationality of the participant team.
  5. European Poomsae: 1<sup>st</sup> Dan/Poom, and above-WT regulations
  6. European Para Poomsae: 4<sup>th</sup> Geup and above

## AGE ELIGIBILITY

**European Poomsae:** Born 2011 or before  
**European Para Poomsae:** Born 2005 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.

## COACH ELIGIBILITY REQUIREMENTS

The eligibility requirements for coaches are as follows:

1. Minimum age of 18 years
2. Holder of a valid 2023 WT Global Official License
3. Coaching is not allowed wearing Dobok & sandal
4. Para WT coach certification

## 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 males and 2 females)

ATHLETES		Cadet	Junior	Under 30	Under 40	Under 50	Under 60	Under 65	Over 65	Total
RECOGNIZED POOMSAE	<b>Individual</b> 1 male 1 female	2	2	2	2	2	2	2	2	16
		<b>Cadet</b>	<b>Junior</b>	<b>Under 30</b>	<b>Over 30</b>					
	<b>Pair</b> 1 male 1 female	2	2	2	2					8
	<b>Team</b> 3 male 3 female	6	6	6	6					24
FREE STYLE POOMSAE		Under 17				Over 17				
	<b>Individual</b> 1 male 1 female	2				2				4
	<b>Pair</b> 1 male 1 female	2				2				4
		Over 12								
	<b>Mixed Team</b> 3 male / 2 female <u>or</u> 3 female / 2 male	5 + 1 substitute								6
<b>TOTAL</b>										<b>62</b>

## PARA MEDAL EVENTS

The following medal events are applicable:

### Para Poomsae Competition

- Men's individual
- Women's Individual

### LIST OF POOMSAE TO BE PERFORMED:

#### Designated Compulsory Poomsae

Two (2) Poomsae from designated Compulsory Poomsae decided for each division must be performed for all the preliminarily, semi-final and final rounds for all competitions. Compulsory Poomsae to be assigned for each division shall be decided at the time of drawing of lots by Technical Delegate in consultation with the ETU officials.



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

### PARA Dan Division – A-Class

Individual division	Choice of Poomsae	
	Group 1	Group 2
<b>Senior I (18-30 yrs)</b>	Taegeuk 4, 5, 6, 7, 8-jang	Koryo (9), Keumgang (10), Taebaek (11), Pyongwon (12), Shipjin (13)
<b>Senior II(31yrs and older)</b>	Taegeuk 4, 5, 6, 7, 8-jang	Koryo (9), Keumgang (10), Taebaek (11), Pyongwon (12), Shipjin (13)

**PARA Geup Division (4th-1st Geup) – B-Class**

Individual division	Choice of Poomsae	
	Group 1	Group 2
Senior I (18-30 yrs)	Taegeuk 3, 4, 5-jang	Taegeuk 6, 7, 8-jang
Senior II(31yrs and older)	Taegeuk 3, 4, 5-jang	Taegeuk 6, 7, 8-jang

**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 2023 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:

Team officials	
Role	Quota
Head of Team	1
Manager	1
Coach	2
Trainer	2
Team doctor	1
Physio	1
MNA Officials	3
<b>TOTAL</b>	<b>11</b>

**REGISTRATION DEADLINE**

**12 November 2023, 23:59 CET**

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

**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.

## REPLACEMENT

Replacement of athletes, pairs or teams after the registration deadline is only possible until **21 November 2023, 23:59 CET**. The following rules are applicable:

- Replacement can be done only if all entry fees and accommodation fees have been paid
- A fee of 75 euro is applicable.

## ACCREDITATION FEES

25 euro for replacement and reprinting request per accreditation card

50 euro for each on-site approved additional requested accreditation card or on the top of the accreditation cards quotas.

## ENTRY FEES

150 euro for each individual athlete  
175 euro for each pair / (mixed) team

## PAYMENTS

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

## PAYMENT REFERENCE

EPC2023 plus NATIONAL TEAM NAME

## PROOF OF PAYMENT REQUIREMENT

All teams are required to send proof of payment (copy of bank transfer) to [info@europeantaekwoundounion.org](mailto:info@europeantaekwoundounion.org) within (1) week after registration in Simply Compete.

**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 the deadline (12 November 2023), 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%).

## NO REFUND

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

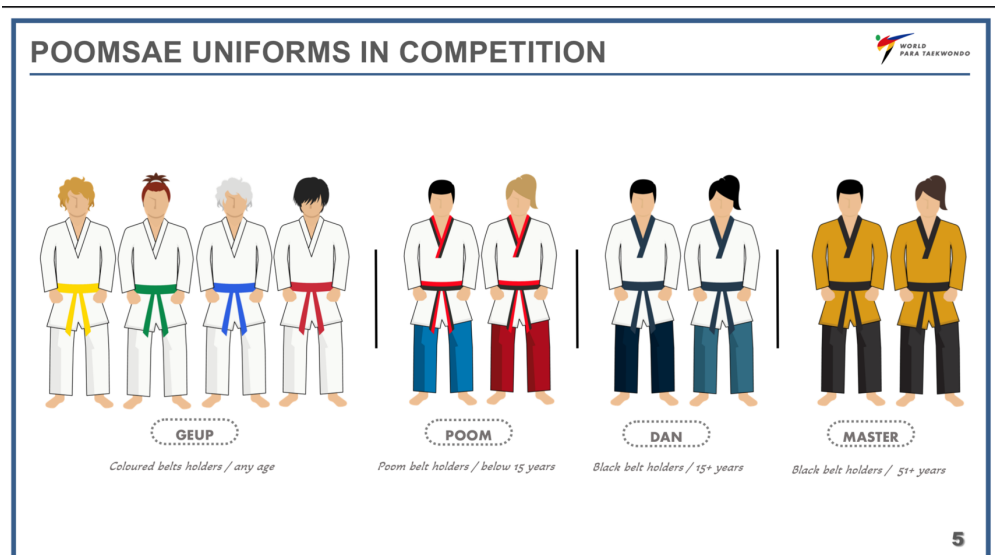
## ACCREDITATION CARD DISTRIBUTION

Registered teams only receive the athlete and officials accreditation cards if all financial obligations have been fulfilled. For all registered athletes, the entry fee must be paid before the accreditation cards will be distributed to the respective team.

## 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 and Para Poomsae competition uniforms:



### 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 10 cm width x 7 cm 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.



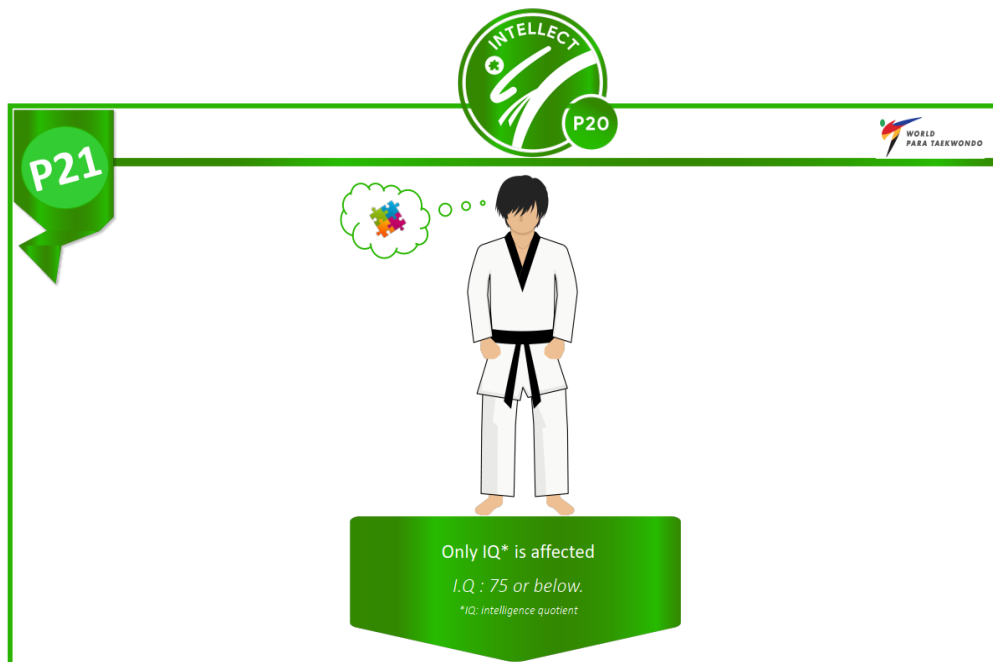
The end of the belt must be at least 10cm or higher above the knee.

## PARA POOMSAE SPORT CLASSES

SPORT CLASSES		
	Men	Women
P21 (II1), P22 (II2), P23* (II3)	Senior I (18-30 yrs) (A-class)	Senior I (18-30 yrs) (A-class)
	Senior II (31yrs and older) (A-class)	Senior II (31yrs and older) (A-class)
	Senior I (18-30 yrs) (B-class)	Senior I (18-30 yrs) (B-class)
	Senior II (31yrs and older) (B-class)	Senior II (31yrs and older) (B-class)
P31, P32, P33, P34, P35*	Senior I (18-30 yrs) (A-class)	Senior I (18-30 yrs) (A-class)
	Senior II (31yrs and older) (A-class)	Senior II (31yrs and older) (A-class)
	Senior I (18-30 yrs) (B-class)	Senior I (18-30 yrs) (B-class)
	Senior II (31yrs and older) (B-class)	Senior II (31yrs and older) (B-class)
P51, P52, P53	Senior I (18-30 yrs) (A-class)	Senior I (18-30 yrs) (A-class)
	Senior II (31yrs and older) (A-class)	Senior II (31yrs and older) (A-class)
	Senior I (18-30 yrs) (B-class)	Senior I (18-30 yrs) (B-class)
	Senior II (31yrs and older) (B-class)	Senior II (31yrs and older) (B-class)
P72	Senior I (18-30 yrs) (A-class)	Senior I (18-30 yrs) (A-class)
	Senior II (31yrs and older) (A-class)	Senior II (31yrs and older) (A-class)
	Senior I (18-30 yrs) (B-class)	Senior I (18-30 yrs) (B-class)
	Senior II (31yrs and older) (B-class)	Senior II (31yrs and older) (B-class)

## Para Poomsae Sport Classes & Eligibility

For the P20 Sport Class, Virtus International Eligibility is still recognized. There will be an Medical Daignostic Form (MDF) for P20. IQ test from verified psychologist will be required as well as 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.



**P21**

**INTELLECT**  
P20

WORLD PARA TAEKWONDO

Only IQ\* is affected  
I.Q. : 75 or below.  
\*IQ: intelligence quotient



**P22**

**INTELLECT**  
P20

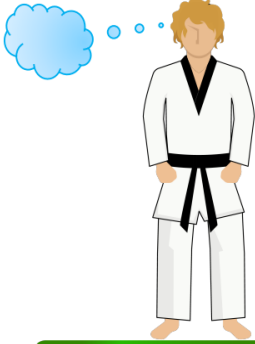
WORLD PARA TAEKWONDO

IQ affected + Other health conditions  
I.Q: 75 or below.  
*Other Medical conditions e.g. Neuromuscular.*

**INTELLECT**  
P20

WORLD PARA TAEKWONDO

P23




Autism  
Athletes diagnosed with  
Autism Spectrum Disorder (ASD)

**NEURO**  
P30

WORLD PARA TAEKWONDO

P31




Which condition: Hypertonia (Spasticity) or Athetosis or Dystonia or Ataxia  
Severity: Moderate  
Number of limbs affected: 4 Limbs affected

**NEURO**  
P30

WORLD PARA TAEKWONDO

**P32**

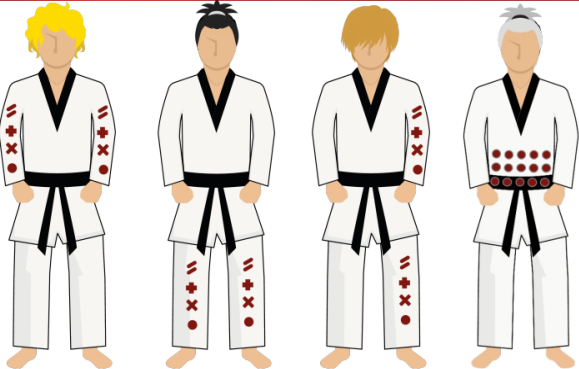


Which condition: Hypertonia (Spasticity) or Athetosis or Dystonia or Ataxia  
 Severity: Moderate  
 Number of limbs affected: 3 Limbs affected

**NEURO**  
P30

WORLD PARA TAEKWONDO

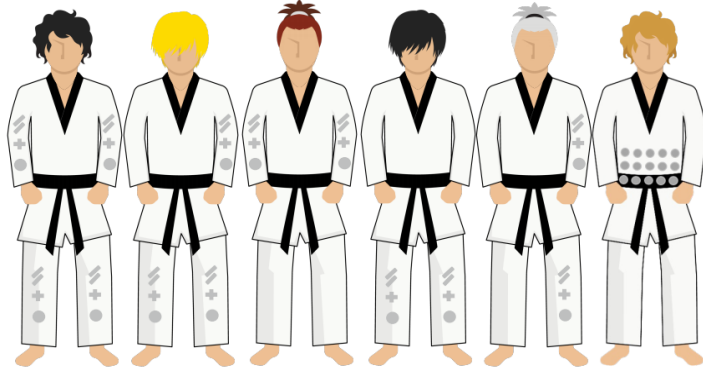
**P33**



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



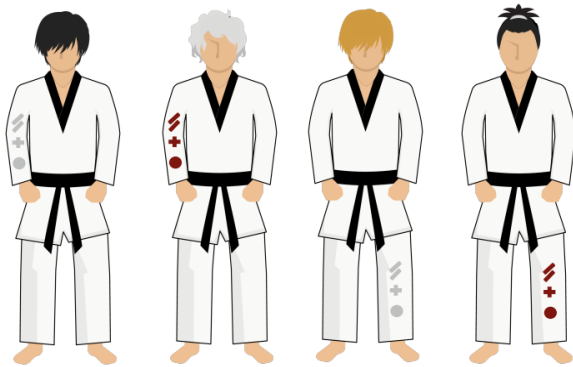
P34



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



P35



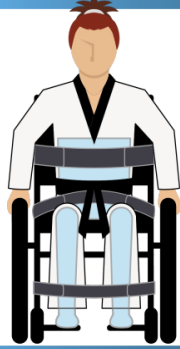
Which condition: Hypertonia (Spasticity) or Athetosis or Ataxia / **NO DYSTONIA**  
 Severity: Mild or Moderate  
 Number of limbs affected: 1 Limb affected



**P51**

**WHEELCHAIR P50**

WORLD PARA TAEKWONDO



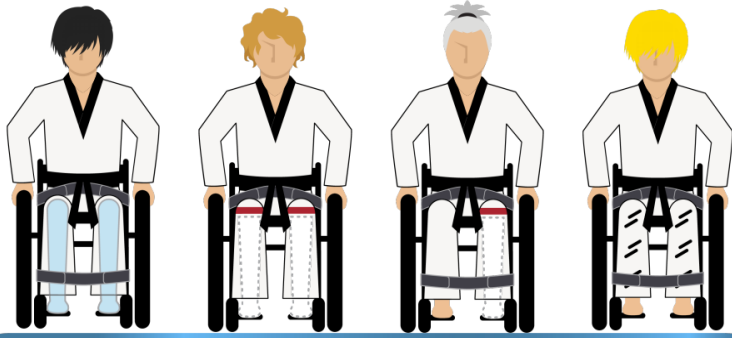
Any medical condition (e.g. impaired muscle power, impaired passive range of movement or neuro-muscular conditions) that affects BOTH lower limbs and THE TRUNCAL AREA to an extent that an athlete CAN NOT stand and would require a back strap to stabilise on the wheelchair.

**MUST APPLY TRUNK & THIGH STRAP**  
Leg strap and leg rest (if applicable), side handles can be kept

**P52**

**WHEELCHAIR P50**

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)

**P53**

**WHEELCHAIR**  
P50



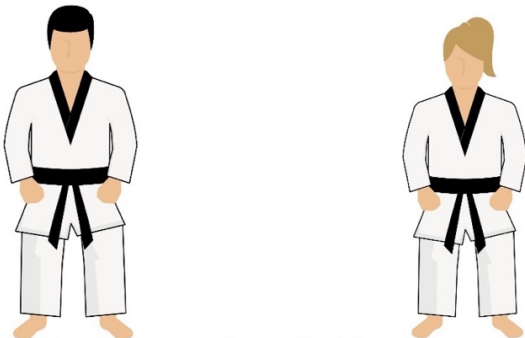
Any medical condition (e.g. impaired muscle power, impaired passive range of movement or neuromuscular conditions) that affects ONE or BOTH lower limbs to an extent that an athlete CAN stand stable using an assistive device.

**MUST HAVE BOTH LOWER LIMBS**

WORLD PARA TAEKWONDO

**P72**

**SHORT STATURE**  
P70



Standing height  $\leq 145$  cm.  
and \*Arm length  $\leq 66$  cm  
and Standing height + arm length  $\leq 200$

Standing height  $\leq 137$  cm.  
and \*Arm length  $\leq 63$  cm  
and Standing height + arm length  $\leq 190$

\*Arm measured from acromion to the tip of longest finger.

**1**

WORLD PARA TAEKWONDO

## **MEDICAL DIAGNOSTIC FORM (MDF) for K40, P20, P30, P50 & P70**

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 a 15 October, 2023 before the athlete undergoes athlete evaluation. This applies to all athletes with a 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. 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.

Link to download MDF -

[http://www.worldtaekwondo.org/att\\_file\\_up/para/Medical%20Diagnostic%20Form%202022.pdf](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.

## **VIRTUS CLASSIFICATION SYSTEM P20 SPORT CLASS**

Intellectually Impaired (II) athletes require Virtus International Eligibility as seen on the Virtus Master List. <https://www.virtus.sport/eligibility-master-list>.

For the P20 Sport Class, Virtus International Eligibility is still recognized. A new system for eligibility will be introduced. 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>

## 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.

## AWARDS

### **Recognized & Para 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 – 2 bronze medals and certificates

### **Team Awards – trophies**

#### *Female Team Award*

1<sup>st</sup> Place, 2<sup>nd</sup> Place and 3<sup>rd</sup> Place

#### *Male Team Award*

1<sup>st</sup> Place, 2<sup>nd</sup> Place and 3<sup>rd</sup> Place

#### *Overall Team*

1<sup>st</sup> Place, 2<sup>nd</sup> Place and 3<sup>rd</sup> Place

#### *Overall Para Team*

1<sup>st</sup> Place, 2<sup>nd</sup> Place and 3<sup>rd</sup> Place

## 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](mailto:tue@ita.sport). Report TUE applications also to the WT Sport Department via [antidoping@worldtaekwondo.org](mailto:antidoping@worldtaekwondo.org) by no later than 5 September 2023.

#### **ADAMS login:**

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or [tue@ita.sport](mailto:tue@ita.sport) with copy to [antidoping@worldtaekwondo.org](mailto:antidoping@worldtaekwondo.org)

#### **For more details, please visit:**

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

[http://www.worldtaekwondo.org/anti\\_doping-wt/therapeutic.html](http://www.worldtaekwondo.org/anti_doping-wt/therapeutic.html)

## **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 [info@europeantaekwoundunion.org](mailto:info@europeantaekwoundunion.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 European Taekwondo Union, Media and Press officer.

## **ACCOMMODATION**

### **Hotel accommodation**

All athletes participating at the 16<sup>th</sup> European Poomsae Championships & 1<sup>st</sup> European Para Poomsae Championships 2023 shall mandatorily book their hotel accommodation via the Organizing Committee. **Any member of the team that does not comply with this regulation shall prepay a fee of 100 euro to the OC to receive an Accreditation card.**



## TRANSPORTATION

For those teams that stay in the official hotel, the Organizing Committee offers the Innsbruck Welcome Card. This card enables people to use public transport. Teams can apply online before they come to Innsbruck for the Welcome Card to use public transport when they arrive at Innsbruck airport or Innsbruck main station. Moreover, the Welcome Card can be used for transportation to the venue and back to the hotel or leisure “transport”. **It is advised to synchronize the flight schedule or train schedule with the bus/tram service of Innsbruck, which is available at <https://www.ivb.at/en/>**

## HASH TAGS & SOCIAL MEDIA

### Hash tags:

European Taekwondo Union uses the following hash tags:

#taekwondoeurope  
#taekwondofamily  
#EPC2023  
#EPPC2023

### Social media platforms:

European Taekwondo Union is present at the following social media platforms:

Facebook:

@tkdeurope

Instagram:

@tkdeurope

Twitter:

@tkdeurope

YouTube Channel: Taekwondo Europe

## VISA

It is highly recommended that foreigners, who wish to visit Austria, should read the related information about our country’s visa regime. Visa regime for Touristic and Business Purposed visit of a country may differ from Work and Education Purposed visit. Also, Austria visa regime may change according to reciprocity principle. While some applicants may be exempt from visa for their touristic or business visit to Austria, the others can obtain a Visa.

<https://vistos.mne.gov.pt/en/short-stay-visas-schengen/general-information/who-needs-a-visa>

All other applicants will need to obtain a visa through Austria Representatives in the abroad. An information note about visa regime of Austria is available in the following address: <https://imigrante.sef.pt/en/entrada-em-portugal/> . Please contact the Organizing Committee for support in acquiring your visa at [vp\\_desportivo@fptaekwondo.pt](mailto:vp_desportivo@fptaekwondo.pt)

## 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 16<sup>th</sup> European Poomsae Championships & 1<sup>st</sup> European Para Poomsae Championships 2023 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 12 November 2023. Each participant (athletes, team officials, etc.) must fill out the indemnification form.

## 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 an 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 Austria before arrival to the venue.

## TIME SCHEDULE (subject to change)

DATE	TIME	EVENT	LOCATION	
23 November	09:00 - 13:00	Registration & Accreditation	OFFICIAL HOTEL	
	09:00 – 13:00	Para Athlete Classification		
	14:00 – 18:00			
	19:00 – 20:00	Head of Team Meeting		
	20:00	Publication of drawsheets Competition Day 1		
24 November	09:00 - 13:00 14:00 - 20:00	<b>Recognized Poomsae</b> Individual Cadets (M/F) Individual Under 30 (M/F) Individual Under 50 (M/F) Pair Junior	VENUE	
		<b>Freestyle Poomsae</b> Individual Under 17 (M/F) Pair Over 17		
		<b>All Para Poomsae medal events</b>		
	13:00 - 14:00	Lunch break		
	20:00	Medal Ceremony		
	21:30	Publication of drawsheets Competition Day 2		
	25 November	09:00 - 13:00 14:00 - 20:00		<b>Recognized Poomsae</b> Individual Juniors (M/F) Individual Under 40 (M/F) Individual Under 60 (M/F) Pairs Cadets Teams Under 30 (M/F) Teams Over 30 (M/F)
<b>Freestyle Poomsae</b> Individual Over 17 (M/F) Pair Under 17				
13:00 - 14:00		Lunch break		
20:00 hrs		Medal Ceremony		
21:30 hrs		Publication of drawsheets Competition Day 3		
26 November		09:00 - 13:00 14:00 - 20:00	<b>Recognized Poomsae</b> Individual Under 65 (M/F) Individual Over 65 (M/F) Pair Under 30 Pair Over 30 Team Cadet (M/F) Team JUNIOR (M/F)	VENUE
	<b>Freestyle Poomsae</b> Mixed Team Over 12			
	13:00 - 14:00		Lunch break	
	20:00	Medal Ceremony		
	22:00	After Party	Bar and Nightclub 'Filou' Stiftgasse 12, 6020 Innsbruck	

## 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, the Austria 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 16<sup>th</sup> European Poomsae Championships 2023 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 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:



**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 16<sup>th</sup> European Poomsae Championships 2023 on 24, 26 and 27 November 2023 and that I accept all parts of the official invitation of this tournament.

For physical reasons nothing speaks against a participation of the afore mentioned athlete and I understand that all competitors are considered to participate at their own risk. Europe Taekwondo Union, World Taekwondo, the Austria 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 Austria.

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

Signature of the parents/legal guardian:

Please, send this form to e-mail:

## VISA ASSISTANCE FORM

**Important:**

Please fill out this form and send it to:

along with passport copies of all visa applicants and Simply Compete Registration Summary, to receive an invitation letter.

LOCATION of EMBASSY FOR VISA

APPLICATION: \_\_\_\_\_

e-mail of EMBASSY: \_\_\_\_\_

Insert name of country: \_\_\_\_\_

Family name as shown in passport: \_\_\_\_\_

Given name as shown in passport \_\_\_\_\_

Date of birth: \_\_\_\_\_

Nationality: \_\_\_\_\_

Passport no.: \_\_\_\_\_

Passport date of issue: \_\_\_\_\_

Passport expiration date: \_\_\_\_\_

Name of the team: \_\_\_\_\_

Signature of the President: \_\_\_\_\_

Stamp of the MNA: \_\_\_\_\_

Please fill out and send this form to the Organizing Committee by **email no later than 1 October 2023.**