



WELCOME MESSAGE

Dear friends,

With pride and pleasure, I am inviting you and your team to join the **WT G1 ranked event Bulgaria Open 2025, which will be held in Sofia, Bulgaria on 3th of March 2025.**

As hosts, we will do our most to provide the best conditions for all team members.

I am sure, your teams will enjoy the hospitality of the Bulgarian Taekwondo Federation and you will have a marvelous time in Sofia!

Good luck to all the teams!

Yours,

**Slavi Binev
President of the Bulgarian Taekwondo Federation
Vice President of the European Taekwondo Union**



BULGARIA OPEN POOMSAE 2025 WT G1

INTERNATIONAL POOMSAE TAEKWONDO TOURNAMENT

03.03.2025
SOFIA, BULGARIA

Promoter: Bulgarian Taekwondo Federation – WT

President: Mr. Slavi Binev – President – BTF

Organizer: Bulgarian Taekwondo Federation – WT

President: Mr. Slavi Binev – President – BTF

E-mail: office@taekwondo-bulgaria.org

GRADE – WT G1

VENUE

Sports Complex "Asics Arena"

Address: Sofia, Bulgaria; street "Manastirska" 35, 1111

Map:<https://goo.gl/maps/i6VT43Aven7o6pjS7>

COMPETITION DATES & SCHEDULE

3 March 2025 all medal events

REGISTRATION & ACCREDITATION

2 March 2024, Venue: Sports Complex "Asics Arena"

Sofia, Bulgaria; street "Manastirska" 35, 1111

Map:<https://goo.gl/maps/i6VT43Aven7o6pjS7>

Working time: 10:00 – 13:00 hrs & 14:00 – 18:00 hrs

DRAW SHEETS & BRACKET PUBLICATION

The Drawing of Lots & draw sheets/brackets will be published one (1) day before the start of the competition at 19:00 hrs on the WT GMS – SimplyCompete, BTF Facebook Page – <https://www.facebook.com/BTFWT>

SEEDING

WT seeding rules are applicable

COMPETITION RULES & SYSTEM

The WT Poomsae Competition Rules and Interpretation (in force as of September 30, 2024) The WT Poomsae Ranking Bylaw (in force as of September 30, 2024)

The WT Athlete Classification Rules shall be applied.

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 seconds**.

2) **Freestyle Poomsae:**

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



ELIGIBILITY REQUIREMENTS

1. Holder of a valid 2025 WT Global Athlete License;
2. Member of the team/club of a pertinent Member National Association, recognized by the European Taekwondo Union or World Taekwondo;
3. Children 2nd Geup and higher,
Cadet, Junior and Senior Athletes holder of 1st Dan/Poom and above (WT regulations).
4. The age limits are based on the year 2025, not on the date. Poomsae (8 years old or older) contestants in the year 2025 – Athletes born in 2017 or before are eligible.

All competitors must prove their age by presenting their passport or identification card at the official registration. For those athletes who 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 the WT Coach License Poomsae Level 1 Coach Certification
3. Holder of a valid 2025 WT Global Official License
4. Coach is **not** allowed to wear 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

U30 and U40: Single elimination tournament system:

Contestants shall perform two (2) randomly selected Poomsae and shown through monitor on the court before the match begins. **Both Chung and Hong player perform designated Poomsae at the same time!!!**

ALL OTHER CATEGORIES:

Cut-off System

- 1) 1st round 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) 2nd round 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) 3rd round 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.

The organization is allowed to change this due to organizational matters. The WT Technical Delegate has the authority to adjust the contest time as they see fit.



Free Style Poomsae Competition

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

1) Freestyle Poomsae is a 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 the boundary of taekwondo. The definition of taekwondo techniques shall be determined by WT Poomsae Committee when the contestant submits performance plan.

2.3 **Board breakings only for mixed teams** in the three technical skills:

Breaking Board (length 300mm, width 220mm, thickness 9mm, maximum 9 boards per team). Breaking Board you have to bring yourself to this event according to the requested dimensions!

2.4 Music and choreography shall be the choice of contestants

Note: Athletes must bring their music (music without lyrics) in MP3 format on USB-stick in an envelope or bag. Apple audio format is not allowed. The music shall be the choice of the contestant; however, any political, social and religious and any contents that may harm, discriminate or offend other is not allowed.

*On the USB-stick, each file should contain the following information:

- Name of the country
- Name of the category
- Name of the athlete/athletes

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.

MEDAL EVENTS

The following medal events are applicable:

DIVISIONS RECOGNIZED POOMSAE:

INDIVIDUAL (male & female)

- Children Division (8 to 11 years old)
- Cadet Division (12 to 14 years old)
- Junior Division (15 to 17 years old)
- Under 30 Division (18 to 30 years old)
- Under 40 Division (31 to 40 years old)
- Under 50 Division (41 to 50 years old)
- Under 60 Division (51 to 60 years old)
- Under 65 Division (61 to 65 years old)
- Over 65 Division (66 years old and Over)

PAIR - 2 athletes (m+f) & **TEAM** - 3 athletes (m+m+m / f+f+f)

- Children Division (8 to 11 years old)
- Cadet Division (12 to 14 years old)
- Junior Division (15 to 17 years old)
- Under 30 Division (18 to 30 years old)
- Under 50 Division (31 to 50 years old)
- Under 60 Division (51 to 60 years old)
- Over 60 Division (61 years old and Over)

FREESTYLE:

INDIVIDUAL (male & female)

- Under 17 Division (12 to 17 years old)
- Over 17 Division (18 years old and Over)

PAIR

- Pair Under 17 Division (12 to 17 years old)
- Pair Over 17 Division (18 years old and Over)

MIXED TEAM

- Under 17 years mixed team (2 male 3 female or 3 male 2 female), Total 5 person (+1 Substitute)
- Over 17 years mixed team (2 male 3 female or 3 male 2 female), Total 5 person (+1 Substitute)

Age categories are based on the year of birth.

LIST OF RECOGNIZED POOMSAE TO BE PERFORMED:

Competitio	Division	Compulsory Poomsae
Individual	Children Division	Taegeuk 4, 5, 6, 7, 8 Jang
	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo (P9), Keumgang (P10), Taeback (P11)
	Junior Division	Taegeuk 5, 6, 7, 8 Jang, Koryo (P9), Keumgang (P10), Taeback (P11), Pyongwon (P12)
	Under 30	Taegeuk 7, 8 Jang, Koryo (P9), Keumgang (P10), Taeback (P11), Pyongwon (P12), Shipjin (P13), Jitae (P14)
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo (P9), Keumgang (P10), Taeback (P11), Pyongwon (P12), Shipjin (P13), Jitae (P14), Chonkwon (P15)
	Under 60	Koryo (P9), Keumgang (P10), Taeback (P11), Pyongwon (P12), Shipjin (P13), Jitae (P14), Chonkwon (P15), Hansu (P16)
	Under 65	
Over 65		
Pair & Team	Children Division	Taegeuk 4, 5, 6, 7, 8 Jang
	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo (P9), Keumgang (P10), Taeback (P11)
	Junior Division	Taegeuk 5, 6, 7, 8 Jang, Koryo (P9), Keumgang (P10), Taeback (P11), Pyongwon (P12)
	Under 30	Taegeuk 7, 8 Jang, Koryo (P9), Keumgang (P10), Taeback (P11), Pyongwon (P12), Shipjin (P13), Jitae (P14)
	Under 50	Taegeuk 8 Jang, Koryo (P9), Keumgang (P10), Taeback (P11), Pyongwon (P12), Shipjin (P13), Jitae (P14), Chonkwon (P15)
	Under 60	Koryo (P9), Keumgang (P10), Taeback (P11), Pyongwon (P12), Shipjin (P13), Jitae (P14), Chonkwon (P15), Hansu (P16)
	Over 60	

* Note: Contestants may compete in maximum two (2) categories (Recognized Poomsae & Freestyle Poomsae combined) of competition unless he or she is limited by gender or age.

Ex) Recognized Poomsae max 2, or Freestyle Poomsae max 2, or 1 each of categories



SPORT ENTRIES - ONLINE REGISTRATION

Registration is only possible with a valid 2025 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:

23:59 Bulgarian time (GMT +2) on 21st of February 2025

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

APPLICABLE FEES

Regular Entry Fee:

- **Individual** – 120 euro per registered individual athlete by the time of the deadline
- **Pairs and Teams** – 150 euro per registered pair/team by the time of the deadline

Late Entry Fee:

- **Entry fee after the deadline** (21.02.2025) – an additional processing fee of **25 euro per person** will apply.
- Extra accreditation cards Per 5 athletes, 1 coach accreditation card is issued. If your team requires additional accreditation cards, a fee of 25 euro is charged.

Protest fee

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

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).

Recipient: Bulgarian Taekwondo Federation
Name of Bank: First Investment Bank, Bulgaria
IBAN: BG42 FINV 9150 10E0 0750 35
BIC: FINVBGSF
Bank address: Dragan Tzankov Blvd, 37, Sofia, Bulgaria
Reason for payment: **Team name + BOP2025**

All payments by bank transfer have to be done without any deduction of expenses. When the wire transfer is set, mark option "OUR". Any costs of the bank transfer must be paid by the sender otherwise the team representatives will be charged at the Registration desk.

A copy of the bank transfer must be sent to:

E-Mail: office@taekwondo-bulgaria.org

Applications without a copy of the transfer are invalid.

If an athlete registered online through the WT registration system does not take part in the competition for some reason, but he/she has not been removed from the list of participants before the deadline (**23:59 Bulgarian time (GMT +2) on 21st of February 2025**), his/her team official must fully (100%) pay his/her entry fee for participation. The Organizing Committee does not refund entry fees paid.

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.
(**Only Poom belt shall be permitted**)



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.



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

- 1st place – gold medal and certificate
- 2nd place – silver medal and certificate
- 3-4rd 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.

ADAMS login

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or

WT Sport Department at 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: All participants must organize their accommodation on their own.

TRANSPORTATION: All participants must organize their transportation on their own.

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 G1 Bulgaria Open Poomsae 2025 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 registration on 02 March 2025. 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.

TIMETABLE

(Subject to change)

DATE	TIME	PROCEDURE	PLACE
02.03.2025	10:00-13:00	Registration & Accreditation	Sports Complex "Asics Arena"
	13:00-14:00	Lunch break	
	14:00-18:00	Registration & Accreditation	
	19:00-20:00	Publication of draw sheets Bulgaria Open Poomsae 2024	WT GMS - SimplyCompete
03.03.2025	08:00	International Referees meeting	Sports Complex "Asics Arena"
	08:30	Head of team meeting	
	09:00	Start of the competition	
	13:00	Opening Ceremony	
	13:30-17:00	Competitions	
	17:00-19:00	Semi-finals, Finals and Awarding Ceremony	
04.03.2025	All day	Departure	



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 BTF, 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 Bulgaria Open Poomsae 2025 on 3th March 2025 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:

Date:

Signature:

In case the person involved is a minor, the legal guardian has to 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 Bulgaria Open Poomsae 2025 on 3th March 2025 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 Bulgaria.

Place: _____

Date: _____

Signature of the parents/legal guardian:
