



President's Cup Poomsae



European Edition 2025

29.-30.11.2025





Dear Taekwondo Family,
A warm greeting to all attendees of the
WT President's Cup-Europe 2025, which
will take place in the beautiful city of
Innsbruck, Austria.

This prestigious event is a true
celebration of talent, perseverance, and
taekwondo friendship.

Athletes, coaches, and teams from
around the globe have come together to
demonstrate their abilities, commitment,
and love for our sport.

We would like to sincerely thank
Mr. Alexander Hübl, the president of
Austrian Taekwondo federation and
Mr. Ramin Rey, the sports director who
led the event's organizing committee and
whose dedication and hard work made it
possible. Your commitment to organizing
such a high-level tournament guarantees
that both competitors and spectators will
get the finest Taekwondo experience
possible.

As a worldwide Taekwondo family, may
this competition motivate, test, and unite
us all. I wish everyone the best of luck,
and together, let's make the WT
President's Cup – Europe 2025 an
unforgettable event.

Wishing you great success and fair
matches,

Yours,
Sakis Pragalos
President of European Taekwondo Union

Sakis Pragalos
President

1. PROMOTER: European Taekwondo Union

ADDRESS: Hofestatt 13, 57439 Attendorn | Germany

E-MAIL: info@europetaekwondo.org

WEBSITE: <https://europetaekwondo.org>

2. SANCTIONED BY: WORLD TAEKWONDO

ADDRESS: 10th Fl., Booyoung Taepyung Buldg. 55, Sejong-dear, Jung-gu, Seoul, Korea

E-MAIL: sport@worldtaekwondo.org

WEBSITE: <https://www.worldtaekwondo.org>

3. ORGANIZER: Austrian Taekwondo Federation

ADDRESS: Au 15, 6134 Vomp, Austria

E-MAIL: Ramin Rey sportdirektort@otdv.at

4. VENUE: Olympic Sports Centre Innsbruck

ADDRESS: Olympiastrasse 10, 6020 Innsbruck, Austria

WEBSITE: www.olympiaworld.at

5. GLOBAL RANKING:

WT RANKING: G3

6. REGISTRATION & ACCREDITATION

28 November, 14:00 - 18:00 hrs

LOCATION: Olympic Sports Centre Innsbruck, Olympiastrasse 10, 6020 Innsbruck, Austria

7. TRAINING AND FAMILIARIZATION

28 November, 15:00 - 20:00 hrs

LOCATION: Olympic Sports Centre Innsbruck, Olympiastrasse 10, 6020 Innsbruck, Austria

8. COMPETITION DATES & Venue

29-30 November 2025

LOCATION: Olympic Sports Centre Innsbruck, Olympiastrasse 10, 6020 Innsbruck, Austria

9. SCHEDULE

29. November 2025 - Saturday

All individual Divisions

30. November 2025 - Sunday

All Pair, Team, Freestyle

08:00 hrs, Opening of the hall

09:00 hrs, Start of competitions

10. DRAW SHEETS & BRACKET PUBLICATION

The draw sheets and brackets will be daily published, one (1) day before the start of competition at 22:00 hrs on the following (social) media platforms:

<https://europetaekwondo.org/documents/>

11. DESIGNATED POOMSAE PUBLICATION

Designated Poomsae shall be randomly selected and shown through monitor on Field of Play before the match begins.

12. COMPETITION RULES AND SEEDING **RECOGNIZED POOMSAE AND FREESTYLE**

Last updated WT Poomsae Competition Rules & Interpretation (September 30, 2024) shall be applied. For seeding the latest rules and regulations of the WT Poomsae Ranking Bylaw are applicable.

13. HEAD OF TEAM MEETING

28 November, 19:00 hrs – 20:00 hrs

LOCATION: Olympic Sports Centre Innsbruck, Olympiastrasse 10, 6020 Innsbruck, Austria

14. CONTEST TIME

- Recognized Poomsae: individual, pair, and team competitions up to 90 seconds.
- The waiting period time between the 1st poomsae and 2nd poomsae is minimum 30 seconds.
- Free Style Poomsae: individual, pair, and mixed team competitions from 90 seconds to 100 seconds.

15. COMPETITION SYSTEM

RECOGNIZED POOMSAE:

- Single Elimination Tournament System: competition shall be conducted in a single elimination tournament. Designated Poomsae shall be randomly selected and shown through monitor on Field of Play before the match begins.
- Individual Categories: Contestants shall perform two (2) randomly selected Poomsae. Both Chung and Hong player perform their assigned Poomsae simultaneously (side by side).
- Pair and Team Categories: Contestants shall perform two (2) randomly selected Poomsae. Chung and Hong player perform designated Poomsae one by one (not side by side).
- Before each match starts, two (2) designated Compulsory Poomsae will be displayed on the monitor at the Field of Play. All divisions must perform these for the preliminary, semi-final, and final rounds in all competitions.
- Ending Position: The new WT rules and regulations stipulate that there are no deductions in Poomsae performance for ending positions that differ from the starting position.

FREESTYLE POOMSAE:

- All Freestyle medal events: final round (only 1 round), independent of number of athletes
- Cut-off system: The organization can change this due to organizational matters.

16. FREESTYLE POOMSAE

GENERAL INFORMATION FOR ALL CATEGORIES:

- Acrobatic Kicking Technique
 - All Acrobatic techniques must incorporate Taekwondo kicks.
 - It is allowed to include max. 3 acrobatic combinations during the whole performance.
 - Every extra acrobatic technique or combination will lead to a deduction of 0.3 points from the total score.

- Consecutive sparring kicks (7 – 10 kicks)
 - Minimum number of consecutive sparing Kicks (7 Kicks) should be performed by the same athlete in one direction.
 - It is not allowed to change the direction more than 90 degrees.
 - It is not scored for turnaround (change direction by 180 degrees)
 - It is not allowed to perform 1-1 Sparring (face to face).
 - Punches are not counted for “minimum 7 consecutive sparing kicks”
 - Double kicks is only counted as 1 kick & Triple and more is counted as 2 kicks.
 - It is mandatory to bounce min. 3 to max. 5 times in place (clearly) before execution of consecutive sparring kicks.
 - This means that, if the competitors who forget to bounce, execution of the consecutive sparring kicks is not scored!
- Mixed Team Divisions – Board Breaking
 - Board breakings in the following three technical skills are required:
 - Gradients of spins in a spin kick minimum 1 board
 - Kyorugi style consecutive kicks minimum 3 boards
 - Acrobatic kicking technique minimum 1 board
 - Minimum number of boards breaking during a Performance: 5 (1+3+1) boards.
 - Each compulsory foot technique is awarded a maximum of 0.7 (basic score) if the required minimum number of board breaking is not successfully performed.
 - 0.1 points are deducted for each unsuccessful board breaking.
 - Board Breaking: The pine board has the following measurements:
 - Length 300 mm
 - Width 220 mm
 - Thickness 9 mm (ca. 1/4 inch)

Notice: The required number of boards that fit the given dimensions must be brought by the mixed teams (participants) on their own (5 to 9 boards).

- Board holding sticks prepared by teams are allowed for only the acrobatic board breaking technique.
- Gradients of spins in a spin kick (Jump Turn Kick): Only piggybacking allowed.
- Piggyback refers to the action of sitting on a teammate's shoulders (not standing) to hold a board.
- Acrobatic kicking technique (Acrobatic Kick): Both support/boosting and piggyback are allowed. Support/Boosting means assisting a teammate's jump.
- Holder of the board breaking can only be within the 5 members of the mixed team. Any of the five performing members (not substitute) can execute board breakings.

The required boards are placed inside the court (within the boundary line); Otherwise, 0.3 points will be deducted for each crossing of the boundary line to get the board.

- Mandatory Stances:
 - Hakdari Seogi, Beomseogi, and Dwigubi
 - All stances must be performed clearly and accurately.
 - For pair and mixed team, athletes must perform the stances at the same time.

- 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.
 - Music should be submitted on USB stick at the Head of team Meeting with the following details:
 - Name of the country
 - Name of the category
 - Name of the athlete/athletes

17. 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: Recognized Poomsae max 2, or Freestyle Poomsae max 2, or 1 each of categories.
- Holder of a valid 2025 WT Global Athlete License
- A participant of must be a member of a pertinent Member National Association, recognized by Europe Taekwondo Union or World Taekwondo:
- Holder of the nationality of the participant team.
- European Poomsae: 1st Dan/Poom, and above-WT regulations

18. AGE ELIGIBILITY

- President's Cup Poomsae: born 2013 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.

19. COACH ELIGIBILITY REQUIREMENTS

- Minimum age of 18 years
- **Holder of a valid 2025 WT Global Official License**
- Coaching is not allowed wearing Dobok & sandal
- Poomsae WT coach certification

20. MEDAL EVENTS

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 (12-14)	Junior (15-17)	Under 30 (18-30)	Under 40 (31-40)	Under 50 (41-50)	Under 60 (51-60)	Under 65 (61-65)	Over 65 (66~)	Total
Recognized Poomsae	Individual 1 Male 1 Female	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	16 (8/8)
	Pair 1 Male 1 Female	Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 50 (31-50)		Under 60 (51-60)		Over 60 (61~)	Total
		2	2	2	2		2		2	12
	Team 3 Male 3 Female	Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 50 (31-50)		Under 60 (51-60)		Over 60 (61~)	Total
		3/3	3/3	3/3	3/3		3/3		3/3	36 (18/18)
		Under 17 (12-17)					Over 17 (18-)			Total
Free Style Poomsae	Individual 1 Male 1 Female	1/1					1/1			4 (2/2)
	Pair 1 Male 1 Female	2					2			4
	Mixed Team 2 Male	5+1 (Substitute)					5+1 (Substitute)			10+2

Notes:

- Age categories are based on the year of birth.
- Only for Free Style Poomsae Mixed Team of Over 17, if the age of a team's each member does not consist of 18 years old or older, the Mixed Team can be formed with up to maximum two of members under the age of 18 (12-17).

21. LIST OF POOMSAE TO BE PERFORMED

Two (2) randomly selected Poomsae (designated Poomsae) will be shown through monitor on the field of play.

Competition	Division	Compulsory Poomsae
Individual	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgan, Taebaek
	Junior Division	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
	U30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon,
	U40	Shipjin, Jitae
	U50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon,
	U60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	U65	
	O65	
Competition	Division	Compulsory Poomsae
Pair and Team	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgan, Taebaek
	Junior Division	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
	U30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon,
	U50	Shipjin, Jitae
	U50	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon,
	U60	Shipjin, Jitae, Chonkwon
	O60	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

22. 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 2025 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:

Officials	Members	
	Max. No. of Members Male	Max. No. of Members Female
Head of Team	1	
Manager	1	
Coach	3	3
Trainer	2	2
Team doctor	1	1
MNA Officials	2	2

23. REGISTRATION DEADLINE

- **14 November 2025, 23:59 CET**
- This deadline is applicable for all sport entries, payments and admitting all required forms.

24. REGULAR ENTRY FEE

Registration and payment must be completed by 10th October 2025

150 euro for each individual athlete

175 euro for each pair / per (mixed) team

LATE PAYMENT

Registration and payment must be completed no later than 14th November 2025

180 euro for each individual athlete, pair, or (mixed) team

200 per individual, pair, or (mixed) team if paid after the deadline or in cash at registration.

25. PAYMENTS

All entry fees shall be paid in advance to the Austrian Taekwondo Federation.

For pair and team categories with athletes from multiple clubs, the club through which the team is registered is responsible for the full payment of the entry fee for the entire team.

Payment must therefore always be made per registered team/club.

All bank transfers shall be paid to the following bank account:

Account name: Oesterreichischer Taekwondo Verband

Name of bank: Sparkasse Schwaz AG

Address of bank: Franz-Josef-Straße 8 – 10, 6130 Schwaz, Austria

IBAN: AT312051001000000487

SWIFT/BIC: SPSCAT22XXX

Reference: PC Poomsae 2025 + name of team

26. PROOF OF PAYMENT REQUIREMENT

All teams are required to send proof of payment (copy of bank transfer) to sportdirektor@otdv.at within (1) week after registration in Simply Compete.

27. NO REFUND POLICY

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

28. 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.

29. REPLACEMENT

The replacement of athletes, pairs, or teams after the registration deadline is only permitted on the official registration day. The following rules apply:

- Replacement can be done only if all entry fees and accommodation obligation fees have been paid in full
- A fee of 150 euro is applicable.

30. ACCREDITATION FEES

50 euro for replacement and reprinting request per accreditation card

50 euro for each additional coach accreditation

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

31. IMPORTANT NOTES:

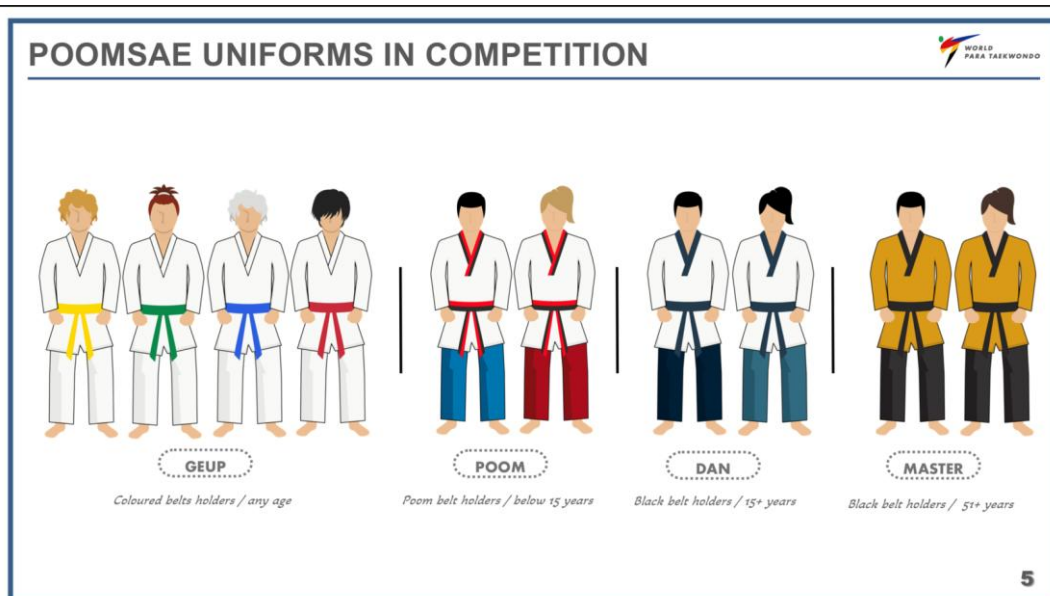
- European Taekwondo Union/Organizing Committee has the right to delete sport entries from teams that do not send proof of payment from the system in order for other athletes to register and to prevent 'ghost athletes'.
- Any athlete registering on-line who does not take part in the competition and who has not been removed from the entry list before 09 November 2025, 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%).

32. ACCREDITATION CARD DISTRIBUTION

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

33. SPORT EQUIPMENT

Dobok: participating contestants must wear the WT-recognized Poomsae Competition uniform. Any contestants who do not wear WT-approved Poomsae competition uniform will not be permitted to compete. The latest version of WT-recognized manufacturers' list is available at the website of WT(<http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>). WT approved poomsae competition uniforms:



34. 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.

35. AWARDS

Individual awards

- 1st place – gold medal
- 2nd place – silver medal
- 3rd place – 2 bronze medals

Team Awards – Trophies

Team awards will be given to the top three (3) teams.

1st Place, 2nd Place and 3rd Place

36. 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. Report TUE applications also to the WT Sport Department via antidoping@worldtaekwondo.org by no later than 30 Oktober 2025.

- **ADAMS login:**
For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or tue@ita.sport with copy to antidoping@worldtaekwondo.org
- **For more details, please visit:**
<http://www.wada-ama.org/en/ADAMS/>
http://www.worldtaekwondo.org/anti_doping-wt/therapeutic.html

37. 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 media@europeataekwondo.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 ETU, Media and Press officer.

38. HOTEL ACCOMMODATION

Participants and teams may contact the Organizing Committee for assistance with accommodation if required (sportdirektor@otdv.at)
Booking accommodation through the Organizing Committee or staying in an official hotel is not mandatory.

39. TRANSPORTATION

All teams and participants are responsible for their own transportation.

40. HASH TAGS AND SOCIAL MEDIA

Hash tags:

European Taekwondo Union uses the following hash tags:

#taekwondoeurope
#taekwondofamily
#EPC2025
#EPPC2025

Social media platforms:

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

Facebook: @tkdeurope
Instagram: @tkdeurope
Twitter: @tkdeurope
YouTube Channel: Taekwondo Europe

41. VISA

Visa forms should be sent back to sportdirektor@otdv.at by the 10 of November 2025, 23:59 CET. Forms sent after 10th of November 2025 will not be accepted at any reason.

All wrong information provided (mistakes in names, document numbers, dates etc.) - is on your own responsibility. In order to get a visa invitation, you need to send:

1. proof of registration in GMS.
2. pre-book your accommodation via OC
3. Please refer to the form attached under the event.
4. Please, be informed, in case You will not get visa on time - Your payments is not refundable at any

42. 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 President's Cup Poomsae Championships 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 ensure that the Personal Indemnity Forms are fully completed and submitted to the Organizing Committee on the registration day, 28 November 2025.

Each participant (athletes, team officials, etc.) must fill out the indemnification form.

43. 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 Estonia before arrival to the venue.

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 Austrian 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 "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 President's Cup Poomsae Championships 2025.

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:

The form must be submitted at the registration!

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 President's Cup Poomsae Championships 2025 on 29 and 30 November 2025 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 Austrian 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 Estonia.

Place: _____ Date: _____

Signature of the parents/legal guardian:

The form must be submitted at the registration!