

INFOPACK

HERAKLION • CRETE • GREECE



TAEKWON-DO ITF
EUROPEAN CHAMPIONSHIPS

2026
19-25 April





Dear EITF members,

It is a privilege to invite you to the 2026 European Taekwon-Do Championships in Heraklion, the largest city and the administrative capital of the island of Crete.

The championships will take place in “Kleisto Gymnastirio N. Alikarnasou (Heraklion Arena)”, an indoor stadium which can host different sports, including martial arts. It includes a smaller second sports hall, which is used for training purposes.

As Crete is one of the most famous and the greatest tourist destination in Greece and Cretans are well known for their hospitality, we are confident that we will offer you more than the usual European Championship accommodation standards.

We are looking forward to welcoming you all to Heraklion.
GM Anastasios Valasiadis
Chairman of Organizing Committee



Dear EITF members,

It is my great pleasure to invite all competitors, coaches, and umpires to the 2026 EITF European Championships in the beautiful city of Heraklion, Crete.

This prestigious event, taking place from the 19th to the 25th of April, will once again showcase the dedication, spirit, and excellence that define our Taekwon-Do family.

I am immensely proud of the hard work and commitment shown not only by our Greek hosts and organising committee, but also by each and every one of you as you prepare for these championships year after year.

I trust that this year's event will once again be filled with fairness, camaraderie, and unforgettable achievements.

On behalf of the Europe ITF Taekwon-Do Federation, I wish you all a successful, inspiring, and enjoyable championship experience.

GM Michael E. Prewett
EITF President



BASIC INFORMATION

Dates:	19th to 25th of April 2026
Venue:	Kleisto Gymnastirio N. Alikarnasou (Heraklion Arena) https://maps.app.goo.gl/SPWB9VGSorgy8r9h8
Official email:	ec2026@aote.gr

Please always use this email address only, this will help us answer all your emails faster and keep you up to date with all important information during the preparation of the Championships.

E-mails sent to this address are automatically sent to the Tournament & Umpire Committee, Organiser and IT-provider and will be replied by a responsible person depending on your question or request.

PREPARATION FOR THE CHAMPIONSHIPS

VISA

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

Deadline for NGBs to ask for confirmation of participation: 10th Feb. 2026

IMPORTANT: Countries who will receive Greek VISA through the organising committee, must be accommodated at the organisation's hotels.



TRANSPORTATION & ARRIVAL

Countries arriving at Heraklion airport or port, should inform the organizer of their schedule including arrival/departure time schedule and flight numbers before 10th of April 2026, by the Online registration form. Transportation to and from Heraklion Airport or Port, from and to Heraklion Arena and the hotels will be arranged by the organizer. Without booking, no transportations are available from the organizer; subsequently, their own means of transportation must be made. Groups arriving by other means should proceed to the meeting point – “Lytos Beach Hotel”, at the designated time.

IMPORTANT: The arrival of all delegations must be from 19th to 20th April.

The last arrivals of all delegations must be till Monday till 12:00 h. Arrival time means time of arrival to the weight-in room.

APPLICATION FOR THE CHAMPIONSHIPS

Only members who are registered in the ITF database and have an ‘Active’ membership status are eligible to be registered by their National Governing Bodies (NGBs) for the European Championships.

All applications for the championships, including accommodation and tournament registration, must be submitted exclusively through the ITF official online platform. You can access the championship page and complete your registration at the following link:

<https://data.taekwondo-itf.com/event/31721/10320>

Only the registration of accommodation will be on a different platform, after the preliminary deposit you will receive the details about accommodation registration.

After the preliminary deposit the registration will be opened only for the persons who paid for it (The deposit must be for all team members not only for the competitors).

Example: If the Team manager is going to make a prepayment for 20



persons, he will be able to register only those 20 persons through the online registration.

PRELIMINARY REGISTRATION

Due to several fraudulent attempts in previous years to take money from National Governing Bodies & EITF the IBAN number and other bank details will not be published in this General Info Pack.

You are invited to contact the organisers via the official email stated below, sending the details about the numbers of participants, package required, and the number of nights you want to book. An invoice will then be sent to you with all necessary details for payment!

Official email - ec2026@aote.gr

DEPOSIT 250€ per person no later than 10th February 2026. This must be made via bank transfer; no other payment methods will be accepted. All deposits are non-refundable.

Please send the below info at the same e-mail as soon as possible.

NGB	Number of Participants	Package	Nights	Invoice details (VAT, Address, NGB Name)
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ACCOMMODATION

HOTELS

Lyttos Beach (*Package A*)

Website: www.lyttosbeach.gr

Google Maps link: <https://goo.gl/maps/2cEj8AWPrmuypobY8>

Distance to Sports Hall: 22km 20 minutes

Porto Greco Village (*Package B - with limit*)

Website: www.portogrecovillage.com

Google Maps link: <https://g.page/PortoGrecoVillage?share>

Distance to Sports Hall: 30km 25 minutes

TUI SUNEО Chrissi Amoudia (*Package B - with limit*)

Website: www.chrissiamoudia.gr

Google Maps link: <https://maps.app.goo.gl/dy7SqgxFYQpgpmtz9>

Distance to Sports Hall: 25km 20 minutes

Package Before first deadline

If you pay the preliminary deposit before 10th of February 2026 we can provide you with the following accommodation:

Package A

	4 persons or 5 pax	Triple	Double	Single
Price per person per night	95€	110€	120€	160€

Package B

	4 persons	Triple	Double	Single
Price per person per night	80€	85€	90€	115€





Package Before second deadline

If you pay the preliminary deposit between 11th of February and 10th of March 2026 we can provide you with the following accommodation:

Package A

	4 persons or 5 pax	Triple	Double	Single
Price per person per night	105€	120€	130€	170€

Package B

	4 persons	Triple	Double	Single
Price per person per night	90€	95€	100€	125€

Package Before third deadline

If you pay the preliminary deposit between 11th of March and 30th of March 2026 we can provide you with the following accommodation:

Package A

	4 persons or 5 pax	Triple	Double	Single
Price per person per night	115€	130€	140€	180€

Package B

	4 persons	Triple	Double	Single
Price per person per night	100€	105€	110€	135€

Each package includes:

- Accommodation according to selected type of package
- Transport from/to Heraklion airport or port
- Half board (breakfast, dinner)





- Free entrance to the sport hall
- Free entrance to the opening/closing ceremony
- Medical assistance during the competition days (only for injured competitors)

Minimum Accommodation

The minimum accommodation for each participant is 7 days / 6 nights.

The minimum accommodation for children is 5 days / 4 nights.

Lunch

Lunch is not included in the accommodation packages and will not be provided in the sports hall or the hotel during the competition days (19–26 April 2025). Participants may order lunches through the Local Organizing Committee at ec2026@aote.gr .

The price for lunch is 15€ per person per day.

Accreditation fee

For the countries using their own accommodations, i.e. if not booking via the Organizer: 300€ per person.

(Note: after payment, these participants will receive only an ID card and no other package services, including transportation, meals and other accommodation– related services).

IMPORTANT: Countries who will receive the VISA through the Organizing Committee, must be accommodated at the organization's hotels.

EITF VIP

VIPs are only the presidents of NGBs and all Grandmasters.

VIP registration - ec2026@aote.gr



UMPIRES

All invited umpires that did not attend the IUC in 2026 must attend a pre-competition refresher course. Please check the schedule in this info pack.

They must confirm their attendance by 10th February via the official online registration application at the following link:
<https://data.taekwondo-itf.com/event/31721/10320>

The EITF will send a confirmation letter to each invited umpire personally.

The organising Committee will cover the accommodation for invited umpires for 7 days/6 nights.

FEES

All fees must be paid to the EITF bank account prior to the teams' arrival. After completing the online registration, please contact the EITF Director of Finance to receive the total amount due and the bank account details. Official EITF invoices will be issued to all NGBs for their payments.

EITF annual fee

€300 per NGB

Individual entry fee

€100 per competitor for all registered competitors.

Team entry fee

€40 per team per discipline, including self-defence.

The Official ID card will permit participants to use the following services offered by the Tournament organisers:

- Free access to the opening ceremony, to the sports hall.



- Medical assistance for competitors injured during the competition.
- Transportation to and from the venue, airport etc.

Penalties

For any category changes at registration and check in, will be €150!

IMPORTANT DATES AND DEADLINES

Deposit	10th of February 250€ non refundable deposit per person
Visa Application	10th of February
2nd Deadline	10th of March (rising accommodation fees)
3rd Deadline	30th of March (rising accommodation fees)
Registration	Till 10th of April 2026
EITF EB Meeting	20th of April 2026 - 11:00 - 12:00
Coach Meeting	20th of April 2026 - 14:00 - 15:00
EITF UMPIRES REFRESHER COURSE	20th of April 2026 - 15:00 - 16:30
Opening Ceremony	20th of April 2026 - 18:30 - 19:30
Welcome Drink EITF Board, Umpire, Coaches	20th of April 2026 - 19:30 - 20:30
EITF Congress	22th of April 2026 - 20:00 - 22:00
Competition	21th - 25th of April 2026



RULES

This Championship is conducted under the ITF rules as updated in 2023.

Detailed information can be found on the EITF website at www.eltf-taekwondo.org.

Changes and Additions for Coaches:

General Information and Entry Requirements

- **Team Composition:**
 - Only one team from each country may participate.
 - This national team will compete in Pattern, Sparring, Special Technique, and Power Breaking, but not in the Self-Defence Routine.
 - **Program of Competitions:** A preliminary ring-by-ring schedule will be provided before the start of the competition. The actual schedule may be adjusted at the discretion of the Tournament Committee, depending on the real-time flow of matches.
 - Any six (6) competitors out of the nine (9) registered for team events may take part in any Team Event, except in the Self-Defence Routine. Each country must register five (5) competitors plus one (1) reserve for every team event before the competition begins, and these registrations cannot be changed.
 - Veteran competitors may compete in the Senior Team Events. However, Senior competitors are not permitted to compete in the Veteran Team Events.
 - **Grade Eligibility:**
In the Children's category, an exception is made to the Black Belt rule, allowing Red Belts (2nd Gup) and above to compete.



- **Mandatory Documentation:**
 - A valid international Medical Insurance Certificate must be uploaded to each participant's personal profile in the ITF Database and will be checked at check-in/weigh-in.
 - Valid WADA e-learning Certificates must be uploaded for both competitors and coaches to the ITF Database.
 - WADA Certificates are not required for competitors in the Children's and Cadet categories.

Dress Code and Equipment (Daedo Requirement)

- **Mandatory Brand:** Competitors must wear exclusively the official ITF-approved Doboks of the Daedo brand.
- **Sparring Gear:** Gloves, foot protectors, and helmets must be exclusively manufactured by Daedo.
- **Exemptions:** This mandatory equipment requirement does not apply to competitors in the Children's and Cadet categories.
- **Dobok Customisation:**
 - The NGB logo or sponsor's trademark may be displayed on the left sleeve.
 - This must be positioned exactly 15 cm down from the shoulder line.
- **Sanctions:** Participants found using counterfeit Daedo products will be disqualified.

Eligibility requirements for competitors

- The Effective Competition Date is 21 April 2026.

Tournament	Age Category	Age Requirement (on 22 April 2026)	Required Grade
Children	10–11	Must be under 12 years of age	2 nd Gup to 1 st Dan
Cadet	12–13	Must be under 14 years of age	2 nd Gup to 1 st Dan
Junior	14–15	Must be under 16 years of age	1 st or 2 nd Dan
Youth	16–17	Must be under 18 years of age	1 st to 3 rd Dan
Adult	18–34	Must be under 35 years of age	1 st to 6 th Dan
Senior	35–44	Must be under 45 years of age	1 st to 6 th Dan
Veteran	45+	Must be at least 45 years of age	1 st to 6 th Dan

Individual and Team Event Rules

- **Pattern**
 - All competitors will perform two designated patterns together, selected randomly by the electronic system.

Grade	1 st Pattern	2 nd Pattern
1 st Gup	HWA-RANG or CHOONG MOO	From CHON-JI to HWA-RANG
2 nd Gup	TOI-GYE or HWA-RANG	From CHON-JI to TOI-GYE
1 st Dan	From KWANG-GAE to GE-BAEK	From WON-HYO to GE-BAEK
2 nd Dan	From EUI-AM to JU-CHE	From YUL-GOK to JU-CHE
3 rd Dan	From SAM-IL to CHOI-YONG	From TOI-GYE to CHOI-YONG
4 th Dan	From YON-GAE to MOON-MOO	From HWA-RANG to MOON-MOO
5 th Dan	From SO-SAN to SE-JONG	From CHOONG-MOO to SE-JONG
6 th Dan	CHANG-HON	From CHOONG-MOO to SE-JONG



- **Disqualification and Point Deductions**
 - **Zero (0) point in both Individual and Team Events shall be given in the following cases:**
 - When missing or adding at least 1 movement
 - When performing a Pattern mixed with movements of another Pattern
 - When performing a Pattern other than the one selected by draw
 - When performing incorrect stance or blocking and attacking movement
 - When changing the diagram or stances in order to come back to the diagram line
 - When moving the wrong foot at the end of the pattern
 - When overstepping the line of Corner Referees' seats at any point of performance
 - When failing to start the performance within 3 seconds after the start command is given
 - When pausing performance for a span of time long enough to perform three (3) sequential movements
 - When failing to start performance within twenty (20) seconds after entering the ring (in the Team Events)
 - When any part(s) of the body excluding the foot sole touching the ground, with the exception of the existing technical movements in Patterns.
 - **One (1) point in both Individual and Team Events shall be deducted in the following cases:**
 - When failing to correctly perform specific technical movements such as slow motion, fast motion, continuous motion, connecting motion, etc.
 - When pausing for a span of time long enough to perform one (1) movement



- When failing to ensure correct heights while performing attacking and blocking movements
- When failing to take correct time intervals between the movements
- When not turning the face toward the required direction for movement
- When displaying hesitation prior to the movement
- When losing the balance
- When stamping or lifting heels unnecessarily
- When shouting at any point of performance (Team Patterns excluded)
- When returning to ready posture before the Center Referee gives the command of “Gu-Man!” (Team Patterns excluded)
- Point deductions shall be made for the elements of Power in both Individual and Team Events.
 - Incorrect use of reaction force
 - Failure of identical motions of hands and feet, line of sight, and breathing (concentration)
 - When moving not in accordance with the theory of power
 - Incorrect breath (breath control)
 - Failure of ensuring speed for the performances of individual movements (speed)
- Point deductions shall be made for the elements of Teamwork and Choreography in the Team Event.
 - Failure of identical collective performance (with the exceptions of any splits)
 - Inharmonious formation and change of array
 - Failure of sequential performance and artistic beauty

- **Optional and Designated Patterns in Team Competitions**

In **Optional Patterns** for team competitions, the **Pattern** performed must correspond to the lowest Dan holder among the team members.

Category	Optional Patterns	Designated Patterns
Junior	From the lowest Dan holder of the team.	CHON-JI to GE-BAEK
Youth	From the lowest Dan holder of the team.	CHON-JI to GE-BAEK
Adult	From the lowest Dan holder of the team.	CHON-JI to GE-BAEK
Veteran	From the lowest Dan holder of the team.	CHON-JI to GE-BAEK

- **Sparring**

- **3, 4 and 5 Point Techniques**

- When the Centre Referee determines that a 3, 4 or 5-point technique has been scored, they will stop the competition with the command “Hechyo”.
- They will raise their hand indicating 3, 4 or 5 points while pointing with their other arm to the relevant competitor.
- The Corner Referees must score the points given by the Referee.
- The coach of the opposite team can ask for a video protest of the Referee's decision to award 3, 4 or 5 points.
- If an unsuccessful protest is made for unawarded 4 or 5 points, the Corner Referees should score the points they have seen (but not 3, 4 or 5 points).
- **Compulsory Technique** - No compulsory technique requirement will apply.

- **Criteria for Valid Scores**

- All the attacks must be controlled at the point of contact.
- When an attack is delivered directly or through contact with the hand(s) or forearm(s) of the opponent, it shall score points.



- An attack delivered when the hand or forearm is in contact with the body shall score points.
- The attack delivered on the upper arm(s) shall never score points, in any cases.
- When two hand attacks are valid, each of them shall score points.
- When two or more flying hand attacks or hand-foot combined attacks are valid, each attack shall score points.
- When the attack(s) are successful with clear and correct movements, which are followed by foul(s) (warning or point deduction), the attack shall score points and the warning or point deduction shall be calculated separately.
 - When a competitor delivers a successful attack but falls down because of the opponent, the attack shall be valid and score points and the opponent should be given a warning.
 - When a competitor delivers a successful attack and falls down because of his/her own fault, the attack shall be invalid and the competitor should be given a warning.
- The attack delivered with foul movements shall be invalid.
- The blind hand attack, without looking at the opponent, shall be invalid and score no points.

Points given before the warning should be deducted by the Jury President after consulting the Center referee.

- **Golden Point Round**
 - The coach will be allowed to ask for a video protest of any action during the Golden Point round.
 - A video protest during the golden point round will only be allowed if the coach has not lost his video protest card in the first three rounds.





- **Children's Tournament (Ages 10 to 11 – Based on Eligibility Section)**

Division	Weight Categories
Male	-25 kg, -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, +55 kg
Female	-23 kg, -27 kg, -31 kg, -35 kg, -39 kg, -43 kg, -47 kg, +47 kg

- **Cadet Tournament (Ages 12 to 13)**

Division	Weight Categories
Male	-30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, +60 kg
Female	-25 kg, -29 kg, -33 kg, -37 kg, -41 kg, -45 kg, -49 kg, +49 kg

- **Power Breaking (Wi Ryok)**

A maximum of two (2) competitors per country are allowed to enter this division.

- **Special Techniques (Tuk Gi)**

A maximum of two (2) competitors per country are allowed to enter this division.

- Individuals and teams will have to provide lengths and heights at registration.
- For high jump techniques, the target height will be measured at the middle point of the target.
- For flying long sidekick, the bottom 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 round, which will be a free choice, and the paddle must be moved 90 degrees.



- **Allowed parts of the Foot in Special Techniques**
 - **Twimyo Nopi Chagi (Flying High Kick)**
Ap Kumchi (ball of the foot), Balkut (toes)
 - **Twimyo Dollyo Chagi (Flying Turning Kick)**
Apkumchi (ball of the foot), Balkut (toes), Baldung(instep)
 - **Twimyo Badae Dollyo Chagi (Flying Reverse Turning Kick)**
Dwichook (back heel), Apkumchi (ball of the foot), Dwikumchi (back sole), Bal Badak (sole) (Balkal (foot sword) excluded)
 - **Twimyo 360° Dolmyo Chagi (Mid-air 360° Kick)**
Balkal (foot sword), Balbadak (sole)
 - **Twimyo Nomo Chagi (Overhead Kick)**
Balkal (foot sword), Balbadak (sole)

IMPORTANT: For a kick to be deemed correct, it must follow the proper trajectory and angle without altering the technical form, while maintaining the requisite body position throughout its entire execution to successfully reach the target.

- **Self-Defence Routine (Ho Sin Kyong Gi)**

- All participants in the routine, including the Hero or Heroine, must be from the same age group.

- **Video Protest**

Protests are to be made only by the competitor's coach.

- **Protests in Pattern (Tul)**
Protests in Pattern can be made for the following, and only after the end of the pattern:
 - Penalising or not penalising with a "0" point score.
- **Protests in Sparring (Matsogi)**
Protests in Sparring can be made for the following:
 - To validate or contest a 3, 4 or 5-point technique awarded or not awarded to any of the competitors.



- To query a Warning, Yellow, or Red card not recorded by the Jury Table.
- **Protests in Special Technique and Power Breaking**
Protests in Special Technique and Power breaking can be made for the following:
 - To contest the reason for a technique not being awarded. (A protest can only be made for your own competitor) .

Penalties (Red Cards)

- **Expulsion (Red Card)**
Expulsion (Red Card) shall be issued for:
 - Causing the opponent to be unable to compete any further with a heavy blow.
 - Attacking a prohibited area, causing serious injury.
 - Receiving three (3) times point deductions (Yellow Cards) in the same competition.

The expelled competitor is prohibited from continuing in the current event but may participate in other events.

Disqualification (Red Card)

Disqualification (Red Card) may result from:

- Competing under the influence of alcohol or stimulants.
- Behaving towards the Center Referee and all the other officials in an extremely disrespectful manner.

The disqualified competitor is barred from the entire competition of the tournament or is subject to corresponding discipline based on the severity of the offence.



COMMON ANTI-DOPING RULES

Doping tests will be administered to selected male and female Adult competitors. Please note that it is mandatory for all Junior, Youth, and Adult athletes and coaches to complete the relevant WADA eLearning course and possess a valid WADA Certificate. Certificates will be verified for authenticity, and participants found with counterfeit certificates will be disqualified.

Therapeutic Use Exemptions (TUE)

All athletes participating in the European Championship must ensure that any medication or treatment they require that falls under the WADA Prohibited List is covered by a valid Therapeutic Use Exemption (TUE).

Athletes must submit their TUE applications to the ITF Anti-Doping Committee no later than 30 days prior to the start of the championship. Failure to submit the required TUE documentation within this timeframe may result in ineligibility to compete if the medication or treatment is deemed non-compliant with anti-doping regulations, for further information on TUE applications and requirements, please refer to the ITF Anti-Doping Rules or contact the ITF Anti-Doping Committee Chairman Master Derrick Chan at mrderickchan1@gmail.com



ORGANISER & PROMOTER

Promoter

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