

# BALKAN POOMSAE

**BTU**  
BALKAN TAEKWONDO UNION

# CHAMPIONSHIPS '26



[btutaekwondo.org](http://btutaekwondo.org)

Polivalent Hall, Bucharest

**ROMANIA**  
**BUCHAREST**  
**19 APRIL 2026**

# BTU

BALKAN TAEKWONDO UNION

**1<sup>st</sup> BALKAN POOMSAE CHAMPIONSHIPS**

**19 APRIL 2026**

**BUCHAREST / ROMANIA**

# BTU

**BALKAN TAEKWONDO UNION**



Dear friends,

It is my pleasure to invite your team to the Balkan Poomsae Championship Bucharest 2026!

This event is an event in which our athletes can meet and taste how it feels to fight in different divisions.

Registration is now open and I invite all of you to register and be part of an amazing event. We have already felt the warm hospitality of Romania at past events and I am looking forward to be back in Romania!

Yours,

**Dr. Metin Şahin**

*President of Balkan Taekwondo Union*

# BTU

## BALKAN TAEKWONDO UNION

*Dear friends,*

Taekwondo, the pre-Olympic Poomsae event is designed to perfect balance, breath control, precision of techniques and mental focus, where athletes are scored for technical accuracy and artistic presentation.



We invite you all to this prestigious Balkan Poomsae Championship Bucharest 2026 competition that will be organized on 19 April 2026 in the city of Bucharest - Romania, an annual event that brings to the start athletes with a rich track record in the company of some of the world most renowned coaches.

The Balkan region has a millennial history and also a major contribution to the modern continental era by hosting important cultural and sporting events, including the pre-Olympic sport of Poomsae, which has a strong representation in this region.

The moral values and well-being acquired through participation in the training and competition process have a fully inclusive character, an aspect that animates us and remains a strong desire.

Well come to the land of Romania!

***Constantin Apostol***

***President of  
Romanian Taekwondo WT Federation***

# 1<sup>st</sup> BALKAN POOMSAE CHAMPIONSHIPS

19 APRIL 2026  
BUCHAREST / ROMANIA

PROMOTER: BALKAN TAEKWONDO UNION

**President of BTU:** Dr. Metin Sahin

Website: <http://www.balkantaekwondo.com/>

ORGANIZER: ROMANIAN TAEKWONDO WT FEDERATION

**President of F.R. Tkd WT:** Mr. Apostol Constantin

E-mail: [office@btutaekwondo.org](mailto:office@btutaekwondo.org)

**Date:** 19 APRIL 2026

SANCTIONED BY

**European Taekwondo Union**

[info@europeantaekwoundounion.org](mailto:info@europeantaekwoundounion.org)

VENUE

**Name:** Sport Hall “*Sala Polivalenta*” Bucharest, Romania

**Address:** Bucharest, Calea Piscului nr. 10, sector 4, Bucharest

REGISTRATION DEADLINE

9 April 2026, 23:59 (GMT+2)

SPORT ENTRIES

Registration for the competition will be based on the forms in the attached link:

<https://www.btutaekwondo.org/balkan-poomsae-championships-2026-registration/>

***NO LIMIT OF TEAM REPRESENTATIVES BY NATIONAL TEAMS***

## REGISTRATION & ACCREDITATION

**18 April 2026**

09:00 – 13:00

14:00 – 18:00

Sport Hall “Sala Polivalenta” Bucharest

Calea Piscului nr. 10, sector 4, Bucharest, Romania

## SCHEDULE

**19 April 2026**

08:30 Head of Team meeting at the venue

09:00 Start of competition

## COMPETITION DATES & SCHEDULE Category A Class: 2 KUP and above

- Competition shall be conducted in a single elimination tournament. The two designated Poomsae shall be randomly selected and shown through monitor on Field of Play before the match begins.
- Individual Categories: Both Chung/Hong players perform their assigned Poomsae simultaneously (side by side).
- Pair and Team Categories: Chung and Hong players perform designated Poomsae one by one (not side by side). All members of a pair or team must be in the correct age group.
- A certain number of athletes may be seeded based on their ranks in the WT world ranking, according to the guidelines stipulated in the WT World Poomsae Ranking. If an athlete has no ranking points, they will not be seeded and will be placed in a random draw.

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.

Individual Competition (M/F)	Year of birth	Compulsory Poomsae
Children (7 – 11 years old)	2015 - 2019	Taeguk 4, 5, 6, 7, 8, Koryo
Cadets (12 – 14 years old)	2012 - 2014	Taeguk 4, 5, 6, 7, 8, Koryo, Kumgang, Taebaek
Juniors (15 – 17 years old)	2009 - 2011	Taeguk 5, 6, 7, 8, Koryo, Kumgang, Taebaek, Pyongwon
Division under 30 years (18 – 30 years old)	1996 - 2008	Taeguk 7, 8, Koryo, Kumgang, Taebaek, Pyongwon,
Division under 40 years (31 – 40 years old)	1986 - 1995	Sipjin, Jitae
Division under 50 years (41 – 50 years old)	1976 - 1985	Taeguk 8, Koryo, Kumgang, Taebaek, Pyongwon,
Division under 60 years (51 – 60 years old)	1966 - 1975	Sipjin, Jitae, Chonkwon
Division under 65 years (61 – 65 years old)	1961 - 1965	Koryo, Kumgang, Taebaek, Pyongwon, Sipjin, Jitae,
Division 66 years and older (Over 65 years old)	1960 and older	Chonkwon, Hansu
Pair / Team competition	Year of birth	Compulsory Poomsae
Children (7 – 11 years old)	2015 - 2019	Taeguk 4, 5, 6, 7, 8, Koryo
Cadets (12 – 14 years old)	2012 - 2014	Taeguk 4, 5, 6, 7, 8, Koryo, Kumgang, Taebaek
Juniors (15 – 17 years old)	2009 - 2011	Taeguk 5, 6, 7, 8, Koryo, Kumgang, Taebaek, Pyongwon
Division under 30 years (18 – 30 years old)	1996 - 2008	Taeguk 7, 8, Koryo, Kumgang, Taebaek, Pyongwon,
Division under 50 years (31 – 50 years old)	1976 - 1995	Sipjin, Jitae
Division under 60 years (51 – 60 years old)	1966 - 1975	Taeguk 8, Koryo, Kumgang, Taebaek, Pyongwon,
Division over 60 years (61 years and older)	1965 and older	Sipjin, Jitae, Chonkwon
		Koryo, Kumgang, Taebaek, Pyongwon, Sipjin, Jitae,
		Chonkwon, Hansu

## FREESTYLE COMPETITION

- We will use the cut-off system for all Freestyle categories.
- There will be only one Final Round, independent of the number of athletes per category.

Category	Year of birth	
Individual under 17 years (12 – 17 years old)	2009 - 2014	1 athlete (Male or Female)
Individual over 17 years (18 years and older)	2008 and older	1 athlete (Male or Female)
Pair under 17 years (12 – 17 years old)	2009 - 2014	2 athletes (1 M + 1 F)
Pair over 17 years (18 years and older)	2008 and older	2 athletes (1 M + 1 F)
Mixed Team under 17 years (12 – 17 years old)	2009 - 2014	5 athletes +1 (substitute) (2 M + 3 F or 3 M + 2 F)
Mixed Team over 17 years (18 years and older)	2008 and older	5 athletes +1 (substitute) (2 M + 3 F or 3 M + 2 F)

### General information

- Each performance shall have a duration from 90 seconds to 100 seconds.
- Scoring shall be made in accordance with the rules of the WT.
- Music & choreography shall be the choice of the contestant.
- Performed techniques must be within the boundaries of Taekwondo and all acrobatic techniques must incorporate Taekwondo kicks.
- No more than 3 acrobatic combinations may be shown during the whole performance. Every extra acrobatic technique or combination will lead to a deduction of 0.3 points from the total technical score.
- Any acrobatic action without a kick means zero scoring. Any acrobatic action without a kick (out of sequence) will result -0.3 deduction each time from Basic Movements and Practicability.
- An acrobatic combination can be either a single acrobatic action (such as front flip or back flip) or a combination of consecutive single acrobatic actions.
- Each simultaneous acrobatic performance of team/pair members counts as one acrobatic action/combination!
- If each member of the team or pair performs their acrobatics after the others (not simultaneously), it will not be considered as a single acrobatic combination/action.
- Consecutive sparring kicks may consist of 7 to 10 kicks.
- The minimum number of consecutive sparring kicks (7 kicks) should be performed by the same athlete in one direction. It is not allowed to change directions by more than 90 degrees.
- A turnaround (change direction by 180 degrees) is not allowed during the consecutive sparring kicks.
- It is not allowed to perform 1-1 sparring (face to face).
- Punches do not count toward the “minimum of 7 consecutive sparring kicks”. Double kicks are only counted as 1 kick and triple and more are counted as 2 kicks.
  - It is mandatory to bounce clearly in place 3 to 5 times before executing the consecutive sparring kicks. If competitors fail to do so, the execution of the consecutive sparring kicks will not be scored.
- Mandatory Stances: Hakdari Seogi, Beomseogi, and Dwitgubi
- All stances must be performed clearly and accurately. For pair and mixed teams, athletes must perform the stances at the same time.

## COMPETITION DATES & SCHEDULE Category B Class: 3 - 8 KUP

Individual Competition (M/F)	Year of birth	Compulsory Poomsae
Children 1 (7 – 11 years old)	2015 - 2019	Taeguk 3, Taeguk 4
Cadets (12 – 14 years old)	2012 - 2014	Taeguk 5, Taeguk 6
Juniors (15 – 17 years old)	2009 - 2011	Taeguk 6, Taeguk 7
Division under 30 years (18 – 30 years old)	1996 - 2008	Taeguk 7, Taeguk 8
Division Over 31 (over 31 years old)	1995 and older	
Pair / Team competition	Year of birth	Compulsory Poomsae
Children 1 (7 – 11 years old)	2015 - 2019	Taeguk 3, Taeguk 4
Cadets (12 – 14 years old)	2012 - 2014	Taeguk 5, Taeguk 6
Juniors (15 – 17 years old)	2009 - 2011	Taeguk 6, Taeguk 7
Division under 30 years (18 – 30 years old)	1996 - 2008	Taeguk 7, Taeguk 8
Division over 31 (over 31 years old)	1995 and older	

## DRAW SHEETS & BRACKET PUBLICATION

The draw sheets and brackets will be daily published, one (1) day before the start of competition at 20:00 – 21:00 hrs on the following (social) media platforms:

<http://www.balkantaekwondo.com/>

Facebook: Federatia Romana de Taekwondo WT

## COMPETITION RULES

The WT Poomsae Competition Rules and Interpretation (in force as of September 30, 2024) shall apply.

Age categories are based on the year of birth.

The participants shall wear the WT-recognized Taekwondo Uniform

## RULES AND REGULATIONS

- Competition will be held according to WT/WTE/CTF Rules and regulations
  - Member of the team/club of a pertinent Member National Association, recognized by the European Taekwondo Union or World Taekwondo;
  - Without WT Global Athlete License (GAL)
  - All participants must be prepared to prove their age by presenting their valid passport or ID card at the registration. Starting permission for children and minors lies within the clubs responsibility (mind the liability exclusion). By filing the application the contestants agree that their names will be published on the participants and result lists on the internet.
  - All competitors of the participate at their own risk. The registration application implies that the contestant agrees to assume all responsibility for themselves and to release all others from all and any liability which may directly or indirectly result
  - Participating contestants shall wear the WT recognized taekwondo uniform.
- **Category A Class:** 2 kup and above.
  - **Category B Class:** 3 - 8 kup

## APPLICABLE FEES

**Regular entry fee** (paid by 1 April 2026) by bank transfer

Individual/Pair/Team: **35 euro**

**Late payment** (paid after 1 April 2026) by bank transfer

Individual/Pair/Team: **50 euro**

**Protest fee - 200 euro**

**Modifications:** For all modifications that are to be made after the deadline, an administration fee of **50 euro** (Euro) will be charged. To be paid in cash at registration.

No refunds of entry fee will apply!

## BANK ACCOUNT INFORMATION

**ACCOUNT NAME: ROMANIAN TAEKWONDO WT FEDERATION  
(FEDERATIA ROMANA DE TAEKWONDO WT)**

**NAME OF BANK: ROMANIAN COMMERCIAL BANK-UNIRII Branch  
(BANCA COMERCIALA ROMANA)**

**IBAN: RO14 RNCB 0082 0441 7116 0005** (for Euro €)

**SWIFT: RNCBROBUXXX**

**Applications:** **The entry fees can also be paid at the official registration desk.**  
The prove of payments shall be sent to the:  
**Federatia Romana de Taekwondo WT**  
**E-mail: [office@btutaekwondo.org](mailto:office@btutaekwondo.org)**

**Payment Reference: Balkan Poomsae Championships 2026 and Team Name**

## FIELD OF PLAY REGULATIONS

By accepting an accreditation card, all accredited persons agree to comply with the Field of Play regulations applicable at Poomsae events. Only the competitors and their coaches will have admittance with valid accreditations to the contest areas.

## VENUE ACCESS REGULATIONS

- Free entry.

## AWARDS

### 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	two bronze medals and certificate

Trophies will be awarded for the Best Female Team 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup>

Trophies will be awarded for the Best Male Team 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup>

Trophies will be awarded for the Best Team Overall 1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup>

## REFEREES

### NOTE:

Each country must bring at least one (1) international licensed referee. A maximum of two (2) referees per participating nation will be admitted. In any case the second referee must be, national referee with great experience and update knowledge.

International Referees must be licensed by the WT, and the national referee must be licensed by pertinent federation promoting to this championship. Referees should send their application form before the 15.03.2026, to the OC:

**Email:** [office@btutaekwondo.org](mailto:office@btutaekwondo.org)

The OC will provide accommodation and full board for two nights in the hotel for referees.

Each international referee will receive an allowance of € 75,00 euro/competition/day.

Each national referee will receive an allowance of € 50,00 euro/competition/day.

## MEDICAL AND ANTI-DOPING

### Applicable medical rules

The WT Medical Code, WT mouth guard, bracing, taping, padding and piercing rules are applicable, which all MNA participating in 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. Balkan Taekwondo Union 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 30 March 2026.

### **ADAMS login**

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or [ortue@ita.sport](mailto:ortue@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 [office@btutaekwondo.org](mailto:office@btutaekwondo.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 follow at all times the instructions of the Balkan Taekwondo Union Press officer.

## **ACCOMMODATION AND TRANSPORT**

Hotels are not mandatory.

## **HASH TAGS & SOCIAL MEDIA**

### **Hash tags**

### **Social media platforms**

<https://www.btutaekwondo.org>

## **MEDICAL INSURANCE**

All participating athletes, coaches, team officials, technical officials and participants at BTU 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. BTU 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, 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 Albania before arrival to the venue.

**Sufficient insurance**

The teams are strongly urged and advised to make sure to have their own sufficient travel, cancellation, and medical insurance.

**Liability**

In this respect, please be informed that the OC shall not and cannot be held liable for any expenses and costs incurred by the teams for travelling to the event in case of cancellation of the event due to (further) outbreak of the Corona COVID-19 virus in the Host Country. The teams are strongly urged and advised to make sure to have their own sufficient travel, cancellation and medical insurance. The OC shall not accept any claims or requests for compensation in case of cancellation of the event.



## 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 Taekwondo Europe, World Taekwondo, the \_\_\_\_\_ 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 \_\_\_\_\_ 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:**

Please send this form to: \_\_\_\_\_

# 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 Balkan Poomsae Championships on \_\_\_\_\_ 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. \_\_\_\_\_, 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 Bucharest, Romania,

**Place:**

**Date:**

**Signature of the parents/legal guardian:**