



2025

35th ITF Taekwon-Do

Belgian
Championships



Date	Sunday, February 16th 2025
Location	Stedelijk Jeugd- en Sportcentrum Sportlaan 2, 9160 Lokeren
Competition	Open to members ITF-Belgium with a valid license & insurance 2025. Instructors are responsible for the membership and insurance of their participants.
Disciplines	Tul, teamtul, pre-arranged free sparring, kids sparring, sparring, team sparring, special techniques, power breaking.
Spectators	Spectators are welcome in the tribunes, free of charge; spectators will not be allowed into the competition area.
Categories	Adapted Categories, Kids (3-5, 6-7), Youth (6/8-11), pre-juniors (12-14), juniors (15-17) and seniors (18 and above).
Organisation	ITF Taekwon-Do GE-BAEK Lokeren in cooperation with ITF-Belgium & the ITF-Belgium TUIC.
With the help of	 <p>The 'With the help of' section contains three logos. On the top left is the 'Lokeren Sportraad' logo, featuring a green swoosh and the text 'Lokeren Sportraad'. On the top right is the 'Lokeren Fel Naturel' logo, with a colorful bird-like icon above the text 'Lokeren Fel Naturel'. On the bottom left is the 'FROS' logo, consisting of an orange stylized figure and the word 'FROS' in blue.</p>

Ge-Baek ITF Taekwon-Do Lokeren Master Annick Van Driessche taekwondo1@telenet.be 0496 86 35 58	ITF-Belgium TUIC Master Eddy Van Damme eddyvandamme53@gmail.com Julien Goulard tkditfbc@outlook.fr
Weigh-in & registration	7.45h - 9.00h in shifts per school – information will be sent after closure of the inscriptions
Coach & umpire meeting	8.30h - 9.15h
Start of the Competition	9.30h
Inscription fees	€22,50 per competitor with €5 per extra discipline and €20 per team
Inscriptions via Sportdata	https://www.sportsdata.org/taekwondo_itf/
Closing date for all entrees Final date ultimate change: €20/change	February 1th 2025 February 8th 2025
All inscription fees need to be transferred to the TUIC ITF-Belgium February 8th, 2025 latest, with inclusion of the name of the participating school and 'Belgian Championships 2025'.	
Account Number: BE27 0017 1311 4673	

- Due to the online registration, **inscriptions will not be possible after the deadline.**
- On the day of the competition, changes will not be possible. **Out of height/weight = out of competition.** Instructors (and adult individual competitors) are responsible for the correct height and weight of their pupils and athletes (or their own data).
- Ge-Baek, The ITF-Belgium TUIC, ITF-Belgium, ITF-Vlaanderen and ITF Wallonia are not responsible for insurances, memberships and injuries.
- During the championship, the organisation will take pictures and movies with the intention to publish them. Persons that do not agree have to inform the photographers themselves.
- Per club subscribed **max. one photographer** will be allowed into the competition area.
- There will be competition in 7 different disciplines of ITF Taekwon-Do: individual tul, individual sparring, teamtul, teamsparrring, special techniques, power breaking and pre-arranged free sparring.
- The organisation will provide medals or trophies for 1st, 2nd and two 3rd places, except for special techniques and power breaking, where the possibility exists to have only one 3rd place.

Rules & regulations

- The ITF competition rules will be used (2022v3).



Official ITF Rules of
Competition - Versic

- Derogations or deviations from the official rules are possible due to particular situations or on general demand.
- **HARD CONTACT WILL NOT BE ALLOWED.**
- All competitors have to wear an **official dobok and ITF approved safety-equipment** according to the ITF rules. Semi-contact feet protection & gloves, covering fingers, no boxing gloves, groin guard (males), head gear, mouth guard (transparent, not coloured nor white). Shin protection is allowed. Female competitors: white T-shirt under the jacket, male participants: no T-shirt allowed.
- **In case of Official Protest, the ITF rules will be followed.** Only the coach can fill in an 'official protest form', directly after the bout, and give it to the head referee, completed properly, with 50€ in cash, within a period of 5 minutes. You can ask the JP of your ring for the correct form and procedure.

Umpires

- All referees have to wear the dress requirements as laid down in the ITF umpire rules: blue trousers and jacket, blue tie, white long-sleeved shirt, white sport shoes, white socks.
- Lunch and drinks will be provided by the organisation for HT and FT referees and IT-assistants.
- All Umpires need to attend the **umpire meeting at 8.30h** in the **briefing room (level +1)**.
- Age, grade/degree and preferences need to be **mentioned upon inscription via Sportdata** (in the column 'category') or by sending a separate mail to eddyvandamme53@gmail.com

Every participating school has to bring, at least (more referees are of course welcome):	
3-8 participants	1 FT referee
9-16 participants	2 FT referees
17-30 participants	3 FT referees
31 or more participants	4 FT referees
Per missing umpire a fee of 50€ will be charged for clubs existing for at least 2 years.	

Coaches

- Coaches need to have a towel.
- Coaches have to wear a track suit or T-shirt and sport shoes. A dobok, bare feet or slippers are not allowed.
- Coaches need to take care their competitors are ready at the ring at the start of the category!
- All coaches need to attend the **coach meeting at 8.30h** in the **briefing room (level +1)**.

Individual tul

Coloured belts	Participants will perform 1 optional tul (KO-system, simultaneously): the last learned tul is preferable for equality of comparison, if not than the one before = just a suggestion ! NO performance allowed above own kup grade
Adapted Categories	Modified categories (max. 4 p.): Youth, Pre-Jun., Jun. and Sen.
10°-9°kup	Sayu chirugi → Sayu makgi / Chon-ji
8°-7°kup	Chon-ji → Dan-Gun / Do-san
6°-5°kup	Chon-ji → Won-Hyo / Yul-gok
4°-3°kup	Chon-ji → Choong-Gun / Toi-gye
2°-1°kup	Chon-ji → Hwa-Rang / Choong-moo
Black belts	Participants must perform 2 designated tuls according to the ITF competition rules (KO-system, but consecutively = 1 by 1)
I° degree	Chon-ji → Ge-Baek: the first one being one of the 3 tuls according to the grade, the second one Chon-Ji to Ge-Baek
II° degree	Chon-ji → Juche: the first one being one of the 3 tuls according to the grade, the second one Chon-Ji to Juche
III° degree	Chon-ji → Choi-Yong: the first one being one of the 3 tuls according to the grade, the second one Chon-Ji to Choi-Yong
IV°- VI° degree	Chon-ji → Moon-moo: the first one being one of the 3 tuls according to the grade, the second one Chon-Ji to Moon-Moo
<p>If there are only 1 or 2 competitor(s) in a category, the organisation will put classes together. At least 3 competitors are needed per category.</p> <p>KO-system (ITF rules). League-system if there are 3 competitors/category.</p> <p>In the event of a tie, black belt competitors will compete once more with a designated tul until the places are decided. For coloured belts, it is an extra optional tul in this case.</p>	

Separate classes for youth (6-11), pre-juniors (12-14), juniors (15-17) & seniors (18 and above).

Individual sparring

Separate classes for males & females; separate classes for kids (3-7y), youth (8-11y), pre-juniors (12-14y), juniors (15-17y), seniors (18+).

Duration:	
Kids (3-7y)	Bout: 1 x 1 minute Final: 1 x 1 minute Prolongation: 30 seconds
Youth (8-11y) + Pre-juniors (12-14y)	Bout: 1 x 1,5 minute Final: 1 x 1,5 minute Prolongation: 45 seconds
Juniors (15-17y) + Seniors (18+)	Coloured belts Bout: 1 x 2 minutes Final: 2 x 2 minutes Red-black belts Bout 2 x 2 minutes Final: 2 x 2 minutes Prolongation: 1 minute

Weight / Height	
Adapted Categories	Modified categories (max 4 p): Y; P-J; J; S
Kids female	Open categories (3-5y + 6-7y)
Kids male	Open categories (3-5y + 6-7y)
Youth female	-120cm, -130cm, -140cm, -150cm, -160cm, -170cm, +170cm
Youth male	-120cm, -130cm, -140cm, -150cm, -160cm, -170cm, +170cm
Pre-junior female	-40, -44, -48, -52, -56, -60, +60 kg
Pre-junior male	-40, -45, -50, -55, -60, -65, +65 kg
Junior female	-45kg, -49kg, -53kg, -57kg, -61kg, -65kg, +65kg
Junior male	-50kg, -55kg, -60kg, -65kg, -70kg, -75kg, +75kg
Senior female	-50kg, -55kg, -60kg, -65kg, -70kg, -75kg, +75kg
Senior male	-57kg, -63kg, -69kg, -75kg, -81kg, -87kg, +87kg
Belts	
10° kup - 7° kup	
6° kup - 3° kup	
2° kup – VI° degree	
If there is only 1 competitor in a category, the organisation will put classes together.	

Extra information kids sparring:

- No contact.
- Four categories: girls/boys, 3-5/6-7 years
- Referees will evaluate technical performance, sportivity, originality, creativity, and perseverance.
- In the case of a second draw, there will not be first point-system; the centre referee will have a vote in the decision of the winner.

Teamtul

Youth/Pre-Juniors (6-14y)	Each team may consist of 3, 4 or 5 competitors, male/female/mixed. A maximum of 3 teams per school/category are accepted.
Juniors/seniors (15+)	Each team may consist of 3, 4 or 5 competitors, male/female/mixed, junior/senior/mixed. A maximum of 3 teams per school/category are accepted. Separate classes for white-green belts, blue-black belts (if enough teams, otherwise the organisation will put classes together).

One optional tul, Chon-ji up to Ge-Baek.

Team sparring

Categories: Male Junior Team Sparring / Female Junior Team Sparring.

Male Senior Team Sparring / Female Senior Team Sparring.

(NO weight categories)

Separate classes for **white-green, blue-red, and black** belts (if enough teams, otherwise the organisation will put classes together)

Each team must consist of 3 competitors (+ 1 reserve = optional)

The team obtaining - after three (3) sparring bouts of **1x 2'** - the majority of total **umpire votes** (= points) shall be declared the winner and advance to the next round of competition. The JP will keep score and will announce it.

If there is a draw, each team will select 1 competitor to spar an extra bout of 2'; if there is still a draw, then 1st point (same competitors) will select the winning team.

In the case of 'withdrawal' of a competitor, the other team receives **15** points.

In the case of 'injury' or 'disqualification' of a competitor, the other team receives **4** points.

Pre-arranged free sparring

- Only open to junior (15-17) and senior (18 and above), 4 kup and above.
- Teams may consist of 2 male competitors, 2 female competitors or mixed, 2 juniors, 2 seniors or mixed.
- One category for all participants.
- Procedures: according to the ITF competition rules.
- A maximum of 3 teams per school will be accepted.

Special techniques

- Separate classes for males & females, except for -1.30m (= mixed).
- Separate classes for youth/pre-juniors (6-14y): -1.30m/ -1.50m/ +1.50m; juniors (15-17y) and seniors (18y and above).
- Coloured and black belts will compete together.

1 Special Technique	Youth/Pre-junior mixed height	Youth/Pre-junior female height	Youth/Pre-junior male height	Youth/Pre-junior female height	Youth/Pre-junior male height
	- 1.30m	- 1.50m	-1.50m	+ 1.50m	+ 1.50m
Twimyo nopi apcha busigi	130cm	160cm	170cm	160cm	210cm

2 Special Techniques	Junior female height	Junior male height	Senior female height	Senior male height
Twimyo dollyo chagi	200cm	230cm	210cm	240cm
Twimyo nopi yopcha jirugi	110cm	130cm	120cm	140cm

Be careful: twimyo yopcha jirugi = high jump, NOT long jump.

Each competitor has sixty (60) seconds per technique to pre-judge the distance once (= compulsory with NO touching allowed), followed by the attempt to turn the board.

An L-Stance forearm guarding block ready posture must be adopted to start + before and after the attempt to turn the board (= 3x). Always keep your balance.

Do not forget to turn your foot in the correct angle: use the ball of the foot for dollyo chagi + the heel for yop cha chirugi!

Each fully moved board (>90°) will count as three (3) points and each relocated board (>45°-<90°) will count as one (1) point.

For the nopi yopcha jirugi:

Avoid knocking down the hurdle or the obstacle.

A person will complete both techniques first, before going to the next person, etc.

The three or four highest scores will set 1st, 2nd, and one (1) or two (2) 3rd place winners, depending on the scores.

In the event of **a tie**, the Jury President will decide how high the jump will be. The tied competitors will then continue until the places are decided.

Competitors who didn't score at first attempt in the match cannot continue the competition, unless nobody scored during the whole round. They cannot receive any medal either.

Power breaking

Separate classes for males & females.

Separate classes for juniors (15-17) and seniors (18 and above).

Only from 4° kup and above!

Power Breaking	Senior male Boards	Senior female Boards	Junior Male Boards	Junior Female Boards
Yopcha Jirugi	3	2	2	2
Sonkal taerigi Can be either inward or outward	2	1	1	1
Dollyo chagi	2	1	1	1

Each competitor has sixty (60) seconds per technique to pre-judge the distance once (= compulsory with 1 touching allowed), followed by the attempt to break the board(s).

A **forearm guarding block** must be adopted to start + before and after each attempt to break the board(s) (= 3x).

Do not forget to use the correct technique in the correct manner: Do not forget to turn the foot in the correct angle: use the ball of the foot for dollyo + the heel for yop.

Use the correct part of the hand for sonkal taerigi, not with the arm.

A person will complete both techniques first, before going to the next person, etc.

Each separated board will count as three (3) points, and each bent board will count as one (1) point. The three or four highest scores will set 1st, 2nd and one (1) or two (2) 3rd place winners, depending on the scores.

In the event of a **tie**, the JP will decide on the number of boards and/or technique. The tied competitors will then continue until the places are decided.

Competitors who didn't score at first attempt in the match cannot continue the competition, unless nobody scored during the whole round. They cannot receive any medal either.

Looking forward welcoming all of you at the 35th Belgian Championships in Lokeren!

With kind regards,

For Ge-Baek & ITF-Belgium

Master Annick Van Driessche

For the ITF-Belgium TUIC

Master Eddy Van Damme