

DUTCH ITF
TOURNAMENT



ROTTERDAMTKDCUP.NL







3 OCTOBER 2026

INVITATION

Rotterdam Taekwon-Do Cup

General information

Head of organization:	Cheo Go Kwan under the auspices of the Dutch ITF
Organization:	Sabum Marcel Hildering (VI) & Sabum Samantha Booiij (IV)
Match Administration:	Sabum Samantha Booiij (IV)
Contact details:	E: info@rotterdamtkdcup.nl T: +316 48889763 (WhatsApp only)
Head referee:	Sabum Marcel Hildering (VI) and Sabum Ilhame El Kafroune (IV)
Website	https://www.rotterdamtkdcup.nl
Social media	 Whatsapp community (recommended): https://www.rotterdamtkdcup.nl/whatsapp/  Newsletter: https://www.rotterdamtkdcup.nl/newsletter/  Facebook: https://www.rotterdamtkdcup.nl/facebook/  Instagram: https://www.rotterdamtkdcup.nl/instagram/

Location

Sportscentre 'De Fakkel'

Sportlaan 8-10
2982SN Ridderkerk

Sport hall open:	07:30 hrs
Weigh-in:	07:45 until 08:45
Referees meeting:	08:00 until 08:30
Coach meeting:	08:30 until 08:45
Tournament opening:	08:50 hrs
Start of tournament:	09:00 hrs

ATTENTION

- 1) *Weigh-in is obligatory in Dobok or Dobok trousers and t-shirt!*
- 2) *Everyone has to report to the weigh-in (even when only participating in Tuls) to get approval for participation by means of a stamp on the competition card.*
- 3) *No stamp means no participation.*

Age categories

Tuls and individual sparring

Minis boys / girls	4 through 6 years
Youth boys / girls:	7 through 11 years
Pre-Junior men / women:	12 through 13 years
Junior men / women:	14 through 17 years
Adult men / women:	18 through 39 years
Senior men / women:	from 40 years

Tuls

Tuls are classified according to the age categories mentioned above and divided in boys, girls, women and men.

Categories coloured belts

All coloured belts will perform one optional Tul per round.

Agecategory	Graduationcategories
Minis & Youth	10th kub up to and incl. 9th kub 8th kub up to and incl. 5th kub 4th kub up to and incl. 1st kub
Juniors, adults & seniors	10th kub up to and incl. 5th kub 4th kub up to and incl. 1st kub

Categories black belts

All black belts will perform one optional Tul per round. Only in the final (not semi-finals) a designated Tul and an optional Tul (in this order) is performed.

Agecategory	Graduationcategories
Youth, juniors, adults & seniors	1st degree 2nd degree 3rd degree 4th up to and incl. 6th degree

Choice of optional Tul color belts

All coloured belts will perform one optional Tul per round.

<i>Graduation</i>	<i>Choice of optional Tul</i>
10th kub (white belt)	Saju-Jirugi ór Chon-Ji
9th kub (yellow tag)	Saju-Jirugi ór Chon-Ji
8th kub (yellow belt)	Chon-Ji through Dan-Gun
7th kub (green tag)	Chon-Ji through Do-San
6th kub (green belt)	Chon-Ji through Won-Hyo
5th kub (blue tag)	Chon-Ji through Yul-Gok
4th kub (blue belt)	Chon-Ji through Joong-Gun
3rd kub (red tag)	Chon-Ji through Toi-Gye
2nd kub (red belt)	Chon-Ji through Hwa-Rang
1st kub (black tag)	Chon-Ji through Choong-Moo

Choice of optional Tul black belts

All black belts will perform one optional Tul per round. Only in the final (not semi-finals) a designated Tul and an optional Tul (in this order) is performed.

<i>Graduation</i>	<i>Choice of optional Tul</i>	<i>Designated Tul</i>
1st Degree	Kwang-Gae through Ge-Baek	Choong-Moo through Ge-Baek
2nd Degree	Eui-Am through Ko-Dang (Juche)	Ge-Baek through Ko-Dang (Juche)
3rd Degree	Sam-Il through Choi-Yong	Ko-Dang (Juche) through Choi-Yong
4th Degree – 6th Degree	Yong-Gae through Tong-Il	Choi-Yong through Moon-Moo

ATTENTION

- 1) In **colour belt** divisions, the highest grade competitor does **not** have to adjust to a lower grade competitor. Thus, any person may choose which Tul to perform according to the above schedule.
- 2) In the preliminaries, **black belts** will only perform an optional Tul according to the above schedule. Only in the finals (not semi-finals) a designated Tul and an optional Tul (in this order) is performed.
- 3) In **black belt** divisions, the highest grade competitor does **not** have to adjust to a lower grade competitor. Thus, the competitor may choose which Tul to perform according to the above schedule. This applies to the optional Tul. The designated Tul will be picked by the centre referee according to the above schedule.

All-Dan Tul Division

In the All-Dan Tul Division, **black belts (1st through 6th Dan)** may compete in junior and adult/senior categories for the title. In all preliminary rounds, a designated Tul will be chosen, and in the final, both an optional and a designated Tul will be performed.

Categories	Age	Graduations
Junior women	14 through 17 years	1st Degree - 3rd Degree
Junior men	14 through 17 years	1st Degree - 3rd Degree
Adult/Senior women	From 18 years	1st Degree – 6th Degree
Adult/Senior men	From 18 years	1st Degree – 6th Degree

Choice of optional Tul participants All-Dan Tul Division

All participants will perform one designated Tul per round. Only in the final (not semi-finals) a designated Tul and an optional Tul (in this order) is performed. Designated Tuls will be picked from Chon-Ji through Choong-Moo.

<i>Graduation</i>	<i>Choice of optional Tul</i>	<i>Designated Tul</i>
1st Degree	Kwang-Gae through Ge-Baek	Chon-Ji through Choong-Moo
2nd Degree	Eui-Am through Ko-Dang (Juche)	Chon-Ji through Choong-Moo
3rd Degree	Sam-Il through Choi-Yong	Chon-Ji through Choong-Moo
4th Degree – 6th Degree	Yong-Gae through Tong-Il	Chon-Ji through Choong-Moo

Prizes

For this category, only a 1st-place prize will be awarded.

LET OP

- 1) *In the All-Dan Tul Division, the highest grade competitor does **not** have to adjust to a lower grade competitor in the final. Thus, the competitor may choose which Tul to perform according to the above schedule. This applies to the optional Tul in the final. The designated Tul in the preliminary rounds will be picked by the centre referee according to the above schedule.*

Sparring

Classes

C-class (only youth)	(10th kub up to and including 9th kub) continuous sparring
B-class	(10th kub up to and including 5th kub) continuous sparring
A-class	(4th kub up to and including 6th Degree) continuous sparring

Categories

Youth girls	-110cm, -120cm, -130cm, -140cm, -150cm, +150cm
Youth boys	-110cm, -120cm, -130cm, -140cm, -150cm, +150cm
Pre-Junior women	-35, -40, -45, -50, -55, -60, +60 kg
Pre-Junior men	-35, -40, -45, -50, -55, -60, +60 kg
Junior women	-45, -50, -55, -60, -65, +65 kg
Junior men	-50, -55, -60, -65, -70, -75, +75 kg
Adult women	-50, -55, -60, -65, -70, -75, +75 kg
Adult men	-58, -64, -70, -76, -82, +82 kg
Veterans women	-65, +65 kg
Veterans men	-70, +70 kg

Match duration

Youth A-, B- and C-class	1 x 1,5 min. Extension 1 x 1 min. After which golden point.
Pre-Junior A- and B-klasse	1 x 2 min. Extension 1 x 1 min. After which golden point.
Junior / Adult / Veterans	1 x 2 min. (<i>Final 2 x 2 min.</i>) Extension 1 x 1 min. After which golden point.

ATTENTION

- 1) Minimum two participants per pool. In case of less participants the participant (in consultation with the coach) will be moved to the next higher weight- / length class.*
- 2) Make sure that the correct weight is entered. When a participant at the weigh-in is too heavy he/she will be transferred to another group. For this, €10,- will be charged on the day itself.
Margin at weigh-in is 0,5 kg.*
- 3) The organization has the right to change weightclasses.*
- 4) There is a **maximum injury time of 3:00 min per match**, which is kept by the centre referee. When the injury time is exceeded, the injured participant is not allowed to continue sparring and (depending on the circumstances of the injury) the win goes to the opponent.*

Non-Contact Sparring

Especially for the little ones from 4 through 6 years old, we introduce non-contact sparring! In non-contact sparring no contact is made but it is all about action-reaction, so reacting to the opponent.

Classes

C-class (10th kub up to and including 9th kub)

B-class (8th kub up to and including 5th kub)

Length (cm)

Youth girls all lengths in single division

Youth boys all lengths in single division

Match duration

Youth B- and C-class 1 x 1 min.
Extension 30 sec.

Rules Non-Contact Sparring

- 1) No contact is made with the opponent
- 2) No protection is worn
- 3) The participant will arrive at the field together with the coach
- 4) Realistic techniques (above the belt and allowed areas), originality and difficulty of the techniques will be judged.

All-Dan Sparring Division

In the All-Dan Tul Division, **black belts (1st through 6th Dan)** may compete in junior and adult/senior categories for the title. All preliminary rounds will consist of one round of 2 minutes and the final will consist of two rounds of 2 minutes.

Categories	Age	Graduations
Junior women	14 through 17 years	1st Degree - 3rd Degree
Junior men	14 through 17 years	1st Degree - 3rd Degree
Adult/Senior women	From 18 years	1st Degree – 6th Degree
Adult/Senior men	From 18 years	1st Degree – 6th Degree

Match duration

Junior / Adult A-class	1 x 2 min. (<i>Final 2 x 2 min.</i>) Extension 1 x 1 min. After which golden point.
------------------------	--

Rules All-Dan Sparring Division

- All weight classes will be grouped into a single pool.
- Participation, as with all other categories, is at the participant's own risk. By taking part, the participant agrees to this condition.

Prizes

For this category, only a 1st-place prize will be awarded.

For your information

This category will be scheduled at the end of the day.

ATTENTION

- 1) *To ensure the safety of the participants, strict supervision will be maintained regarding contact between competitors!*
- 2) *There is a **maximum injury time of 3:00 min per match**, which is kept by the centre referee. When the injury time is exceeded, the injured participant is not allowed to continue sparring and (depending on the circumstances of the injury) the win goes to the opponent.*

Rules for sparring

Protection

- No boxing gloves allowed, gloves must have closed fingers and an open/visible palm.
- Soft shin and forearm protection permitted.
- Groin protector obligatory for men.
- Hand- and foot protection mandatory for all.
- Head protection mandatory for all.
- Mouth protection obligatory for all.
- Bandages or wraps are not allowed.

Scoring

- 1 Point for all hand techniques on head and body.
- 1 Point for all kicks to the body.
- 2 Points for all kicks to the head.

ATTENTION

If a flying technique is scored, one additional point will be added to the above score.

High jump

This edition, we are offering the 'high jump' event specifically for **coloured belts!**

Categories	Age	Starting height	Graduations
Youth boys	7 through 11 years	150 cm	10th - 5th kub & 4th - 1st kub
Youth girls	7 through 11 years	140 cm	10th - 5th kub & 4th - 1st kub
Pre-junior men	12 through 13 years	190 cm	10th - 5th kub & 4th - 1st kub
Pre-junior women	12 through 13 years	170 cm	10th - 5th kub & 4th - 1st kub
Junior men	14 through 17 years	210 cm	10th - 5th kub & 4th - 1st kub
Junior women	14 through 17 years	180 cm	10th - 5th kub & 4th - 1st kub
Adult/Senior men	From 18 years	230 cm	10th - 5th kub & 4th - 1st kub
Adult/Senior women	From 18 years	190 cm	10th - 5th kub & 4th - 1st kub

Rules High jump

The following rules will apply to the high jump event:

- The board must be hit with a **Nopi Chagi** (flying upward kick)
- 'Scissor technique' may be used but is not mandatory
- One measurement/run-up may be taken prior to the attempt, but this is not mandatory

Scoring

- 2 points for a fully knocked-over board
- 1 point for a partially knocked-over board
- 0 points for a miss or no movement in the board

Prizes

For this category, only a 1st-place prize will be awarded.

Referees

Each participating school is requested to provide referee(s). Registered referees must hold at least a 4th Kup (blue belt).

1 up to 5 participants	1 referee
6 up to 11 participants	2 referees
12 or more participants	3 referees (of which 1 center referee)

ATTENTION

- 1) No referee(s)? For each referee who is missing or absent (without a suitable replacement) or who leaves prematurely, a fee of € 50.00 will be charged afterwards.*
- 2) Would you like to provide more referees than required? Always welcome!*
- 3) Do you want to provide **additional** referees that are currently in training? You can! When registering the referee in Kihapp, please mention that this is an **additional** referee that is in training. Please note that these referees can only be provided on top of the minimum requested number of referees. We will make sure that your referee will be guided by an experienced referee and gain valuable experience.*

Clothing

Blue/black trousers, blue/black jacket, white long-sleeved shirt, blue tie, white socks and white trainers.

Lunch

Lunch will be provided for all referees. Break times will be communicated by the head of organisation.

Coaches

Every participant is obliged to come to the field with a coach. Also for Tuls! Only in consultation with the center referee, a coach may be present next to the field (in case of 2 participants from the same school).

1 up to 7 participants maximum of 2 coaches

8 up to 15 participants maximum of 3 coaches

16 or more participants maximum of 4 coaches

Age

Minimum age of 16 years or older.

Clothing

Tracksuit (no jeans!), towel and trainers. Caps, headgear, sleeveless shirts or dobok are not allowed. Only in consultation with the head referee an exception can be made.

Bringing more coaches?

Do you want to bring more coaches? This is possible for a fee of €15.00 per extra coach.

General regulations

Protest

A protest must be lodged immediately after the match / incident. If submitted later, the protest will be refused. A protest can be filed at the head jury table (organisation). The costs for submitting a protest are €50,-. When the protestor is found to be in the right, the costs will be refunded. If the protesting party is not found in the right, the costs will not be refunded.

In case of a protest, the head referee has the final decision.

When a protest is filed, the coach must inform both the centre referee and the jury president. They will then ensure that the match area is paused until the protest has been resolved.

Participation

By participating, everyone agrees to the rules.

Declaration of consent and data protection

Each participant must submit a completed and signed 'Declaration of Consent and Data Protection' form at weigh-in. For minor participants, the parent or guardian must complete and sign this form.

Changes in the programme and rules

The organisation reserves the right to change categories, match duration and rules to make the day a success.

When categories/pools are merged (e.g. due to too few registrations), the coach of the involved participants will always be consulted.

Coaches will be informed of any changes at the coach meeting.

Fees and registration

Participants

Participating in 1 category €30.00

Participating in 2 categories €35.00

Participating in 3 categories €40.00

Optional extra categories:

All-Dan Tul Division €10.00

All-Dan Sparring Division €10.00

ATTENTION

Refund of entry fees will not take place in case of cancelled registration, wrong weight or injuries from the moment entries for the tournament close (18-09-2026).

Registration

The registrations can be done via Kihapp until **Friday, 18 September 2026 (23:59)** via the following link:

<https://www.rotterdamtkdcup.nl/kihapp>

ATTENTION

- 1) Changes of entries can be made until Friday, 18-09-2026, after that and on the day itself € 10,- per event will be charged for a change.*
- 2) All payments are done through the Kihapp system. Upon registration, payment must be made online immediately. Do not forget to pay the bill before you log out of Kihapp.*
- 3) Refund of entry fees will not take place in case of cancelled registration, wrong weight or injuries from the moment entries for the tournament close (18-09-2026).*

Spectators

Admission is charged at the door for visitors 5 years and older. Children up to and including 4 years old (verifiable) are free.

Entrance spectators € 5.00

When you have paid, you will receive a wristband which gives you access to the tribune in the sports hall.

Awards for the participants

Sparring	1st, 2nd & 1x 3rd place
Tuls	1st, 2nd & 1x 3rd place

VISA

The organization of the Rotterdam Taekwon-Do Cup will not accept registrations that require a request for VISA application. If you still insist on registering while you need a VISA and you make payments, these payments will not be refunded and this will be at your own risk.

Liability

Each participant/school owner is responsible for ensuring that the participant does not have any physical or mental limitations or medical indication to participate in this tournament. The organiser is not liable for any damage/injury sustained during the tournament as a result of carelessness.

The organiser is in no way responsible for any irregularities, calamities, injuries or accidents that occur during the tournament. By participating/attending this tournament you agree with this.

Press and promotional material

Filming and photography is only permitted from the tribune. Taking photos in the hall is only allowed for participants and coaches behind the fences.

Our in-house photographers and volunteers are the only ones allowed to photograph at the fields. We do not issue press cards for other photographers.