



European Under 21
Championship,
Grozny, Russia
2016



Welcome by RTU President Anatoli Terekhov

Dear Mr. President,

On behalf of the Russian Taekwondo Union, I am honoured to invite You and your National Team competitors to participate in the Under 21 European Taekwondo Championships to be held in Grozny, Russia, between the 23th and 26th of July 2016.

It is the first time the European Championships will be held in the Grozny city, the capital of one of the oldest Republic in Russian Federation, Republic of Chechnya. This Republic is famous for its hospitality and rich culture. Once visiting this place you will never forget it.

I look forward to seeing you all in Russia. Wish you have a good time in Grozny city.

Best regards,

Anatoly Terekhov
President, Russian Taekwondo Union



Welcome by ETU President Sakis Pragalos

Dear athletes, coaches, officials and guests,

I warmly welcome you to subscribe your team for the Under 21 European Taekwondo Championships in Grozny, Russia!

This year, we celebrate the 40th anniversary of the European Taekwondo Union. It was 40 years ago that our predecessors founded our organization and held the first European Championships. In the recent years, we added several events to our calendar and the Under 21 Championships is a perfect instrument in the development path of athletes transitioning into the senior category.

The Organizing Committee is working hard to have a great event in the city of Grozny. I am convinced that the OC will do a great job and deliver excellent championships! I wish all of you good luck in the preparations for this event and hope to see you soon in Grozny!

Sakis Pragalos
ETU President



1. Promoter

European Taekwondo Union (ETU)

Secretary General: Michail Fysentzidis
Address: 14 Solonos street
Kolonaki 10673
Athens, Greece
Tel & Fax: +30211 2144717
Website: www.taekwondoetu.org
Email: taekwondoetu@gmail.com

2. Organizer

Russian Taekwondo Union

President: Anatoli Terekhov
Address: Russia, Moscow, Luzhnetskaya nab. 8
Telephone: +7 495 637 06 28
Fax: +7 495 725 47 08
Email: ocgrozny2016@gmail.com
Web site: www.tkdrussia.ru

3. Date / Venue

Date: 23 –26 July 2016
Venue: Sport Hall „Olympiysk”
Address: Grozny city, Stakhanovtsev 5A.



4. Competition Information

Qualification Criteria

1. A participant must be the holder of the participating team nationality.
2. A participant must be nominated by the pertinent National Taekwondo Association that is recognized by the European Taekwondo Union and by their National Olympic Committee.
3. A participant must be the holder of minimum 1st Geup or a Kukkiwon Poom or DAN Certificate (A copy of the DAN Certificate should be enclosed when registering for accreditation. In the case where a contestant has applied for a Kukkiwon DAN Certificate but has not received it yet, a copy of the DAN Application Form and the remittance certificate sent to the Kukkiwon must be enclosed when registering for accreditation. Please refer to the Kukkiwon web site: www.kukkiwon.org.kr for more information).
4. A WTF Global License is mandatory for all athletes and officials, the ETU Coach Card is mandatory for coaches.
5. An athlete must be born in 1996, 1997, 1998, 1999 or 2000 to be eligible for participation. All competitors must prove their age by presenting their passport or identification card at the official weigh-in. 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 parents or legal guardians, accepting their participation and all parts of the official invitation. Membership to an MNA will be checked by the organizer. Only one contestant is allowed per weight category per gender.

5. Team members

The following accreditations will be provided to team members, on request to the OC.

Role	Male Team	Female Team
Head of Team		1
Manager		1
Coach	1	1
Trainer	1	1
Team Doctor		1
Contestants	8	8



6. Weight categories

Men's divisions		Women's division	
Under 54 kg	Not exceeding 54kg	Under 46kg	Not exceeding 46 kg
Under 58 kg	Over 54kg ¬ exceeding 58kg	Under 49kg	Over 46kg ¬ exceeding 49kg
Under 63 kg	Over 58kg ¬ exceeding 63kg	Under 53kg	Over 49kg ¬ exceeding 53kg
Under 68 kg	Over 63kg ¬ exceeding 68kg	Under 57kg	Over 53kg ¬ exceeding 57kg
Under 74 kg	Over 68kg ¬ exceeding 74kg	Under 62kg	Over 57kg ¬ exceeding 62kg
Under 80 kg	Over 74kg ¬ exceeding 80kg	Under 67 kg	Over 62kg ¬ exceeding 67kg
Under 87 kg	Over 80kg ¬ exceeding 87kg	Under 73kg	Over 67kg ¬ exceeding 73kg
Over 87 kg	Over 87kg	Over 73kg	Over 73kg

7. Awards

Individual Awards

1st Place – Gold Medal & Certificate

2nd Place – Silver Medal & Certificate

3rd Place – Bronze Medal & Certificate (Two 3rd places)

National Team Awards

The three first ranked teams in each of the male and female categories (point total) will each receive trophies. The ranking for this event will be decided by using the Olympic Ranking System.

8. Venue Rules

Only contestants and their coaches have the permission to enter the competition area. Coaches must wear sportswear; the minimum age for a coach is 18 years. For finals and semi-finals, the Coach will wear formal dress, that is to say, a suit, shirt and tie or dress.

All Coaches / Trainers must be holders of the ETU License (granted by participation in the ETU Coach Seminar). Coaches / Trainers that do not have the ETU Coach License will have to pay a €200, - (euro) fine at the registration desk.



9. Equipment

The Organising Committee will provide Daedo-recognised PSS body protector and headgear (Generation 1). It is compulsory for the contestants to provide their own groin guard, forearm guards, shin guards, mouth protector, gloves and electronic sensor socks.

Please note that sensor socks will not be available from the Organising Committee. All uniforms (dobok) and protective equipment must be WTF recognised. If the dobok and/or protective equipment is not WTF recognized, access to the field of play may be rejected.

10. Registration and Entry fees

Registration is only possible via the Hangastar website www.hangastar.com/wtf/. In addition to the mandatory Online Registration, please also fill in the List of Team Members Form and return it to the Organizing Committee ocgrozny2016@gmail.com until the 1st of July 2016.

Registration Deadline

The deadline for entries is 1 July 2016. Entries received after deadline will not be accepted. Please note that the deadline for hotel reservations, via the Organising Committee, is 1 July 2016.

Accreditation Photos

Please note that during registration on <http://www.hangastar.com/wtf/> a valid photo is required for each coach and competitor. These photos must be uploaded in a passport style format; any other format will not be accepted.

Procedure for Registration

Registration of a contestant is only valid once the ETU Bank Account has received the entry-fee payment in full. Any athlete registering on-line who does not take part in the competition and who has not been removed from the entry list before the deadline (1 July 2016), 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. The entry fee is non-refundable. Each National Team is required to present a copy of the bank transaction, as proof of entry-fee payment at the Registration Centre. Any team unable to present a copy of the Bank transaction will be required to pay in cash to the ETU official responsible on-site.



Entry fees

The entry-fee is €100 per contestant. All fees must be paid in EURO'S; please ensure that the sender assumes any currency or bank charges. Any additional costs or charges to the bank account of the European Taekwondo Union must be paid in cash during registration. Payments must be received from the team of the National Federation (individual payments are not permitted).

Entry fees must be paid in advance to the following bank account:

Accountholder: European Taekwondo Union
Name of the bank: Volksbank Bigge Lenne eG:
IBAN: DE72 4606 2817 2751 1257 00
BIC/SWIFT: GENODEM1SMA

Address details bank:

Niederste Str. 22-24
57439 Attendorn
GERMANY

The participating federations may pay the entry fee in cash at the official registration, however, in this case, the entry fee will be € 120 (euro) per competitor.

11. Liability

All competitors participate at their own risk. The European Taekwondo Union and the Organising Committee assume no responsibility for any damages, injuries or losses. The Organising Committee reserves the right to make changes to the competition. All contestants must bring their own documents, insurance and other forms for any medical treatment required during their stay in Russia. The consequences for any contestant unable to provide such medical documents will be decided onsite.

12. International Referees

The ETU will appoint a total of forty (40) International Referees. The appointed International Referees shall officiate at the European Under 21 Championships 2016. The following conditions shall apply:

1. International Referees are required to pay for their own round-trip airfares.
2. The Organising Committee shall pay the expenses for six (6) nights room and board. Check-in: 21 July 2016 / Check-out: 27 July 2016
3. The Organising Committee shall pay a per diem of €75 to the appointed International Referees during the competition period (a total of four days).



13. Technical Delegate and Competition Supervisory Board

The ETU will appoint one (1) Technical Delegate and four (4) members of the Competition Supervisory Board (CSB) who shall oversee the Championships. The following conditions shall apply:

1. The Organising Committee shall pay the room and board expenses for the Technical Delegate and CSB members over six (6) nights Check-in: 21 July / Check-out: 27 July 2016
2. The Organising Committee shall pay according to the ETU-OC contract.

14. Medical and Anti-doping

Medical Doctor's Meeting

All team doctors shall be available at the Medical Doctor's Meeting, after the Head of Team meeting. After attending the meeting, the team doctor's will receive their accreditation cards.

Anti-doping

1. The WTF Anti-Doping Rules and, where applicable, the World Anti-Doping Agency (WADA) Code and its International Standards, shall apply throughout the competition. The 2016 List of Prohibited Substances and Methods is available here: <https://www.wada-ama.org/en/resources/science-medicine/prohibited-list>
2. In-Competition Testing: Anti-doping tests will be carried out on selected finalists, in addition to other random and/ or target testing as determined necessary. No Advanced Notice Testing will be conducted, in accordance with the WADA Code.
3. Out-Of-Competition Testing: The ETU and/or WADA may conduct Out-Of-Competition testing prior to the championships. All participating contestants are required to submit their latest and most accurate Athlete Location Forms.
4. Therapeutic Use Exemption (TUE): Athletes requiring the use any substance or medication included on the WADA Prohibited Substances List must make an application for a Therapeutic Use Exemption (TUE). TUE applications must be made no later than 17 April 2016 (for substances prohibited In-Competition) and should be sent to the ETU via Email:taekwondoetu@gmail.com, or submitted online via ADAMS - for those athletes with an active user account.
5. Please remember that unless you have received a TUE authorisation, your TUE application is not considered as approved. Use of any substance or method without a TUE authorisation may result in an Anti-Doping Rule Violation.



6. For ADAMS login, please contact the National Anti-Doping Organization (NADO) in your country.

15. Head of team meeting & drawing of lots session

1. The Head of Team meeting and the Drawing of Lots session for the European Taekwondo Senior Championships 2016, will take place on [July 22, 2016](#), in the presence of the ETU Officials and the representatives of the participating nations.
2. The Drawing of Lots will take place at the [Grozny City Hotel \(Conference Hall\)](#).
3. The Drawing process will be conducted electronically by ETU.
4. The ETU Coaches License is mandatory otherwise 200 Euros Penalty is required.

16. Weigh-in

The weigh in will take place each day before the competition day of the particular weight category. Time of the weigh-in is 10:00 – 12:00 hrs. During the weigh-in, the male contestant shall wear underpants and the female contestant shall wear underpants and brassiere. However, the contestant may weigh in nude if he/she wishes to do so. The weigh -in will be conducted once. However, one more weigh -in within the time limit of the official weigh-in will be granted to those contestants who did not qualify the first time.

17. Indemnities / deadlines

It is the responsibility of each National Association to ensure that sufficient insurance coverage has been taken out for all officials and participants. Participants without proper participation entry forms and without sufficient insurance coverage will not be allowed to compete.

Please fill in the Personal and Group Indemnity Forms and return them to the Organization Committee (ocgrozny2016@gmail.com) before the 1st of July 2016. The closing date for both the Online Registration and the receipt of the appropriate team member forms (Personal and Group Indemnity, List of Team Members, Flight Schedule) is the 1st of July 2016. Entries received after the closing date will not be accepted. You can also find all the necessary forms on the event webpage on the RTU Official Website www.tkdrussia.ru. strict compliance with the ruling is required.

18. Hotel and transportation

Round trip airfare of the teams shall be borne by the participating National Taekwondo Federations. The Organizing Committee will arrange transportation from



the airport to the official hotels and back as well as the local transportation between the official hotels and the venue, National Sport Hall „Olympiysk”.

Transportation will be only organized for the teams that have made hotel reservations through the Organizing Committee. Please fill in the Flight Schedule Form and return it to the Organizing Committee (ocgrozny2016@gmail.com) until the 1st of July 2016. Please see all information about the official hotels in the appendix as well as on the event webpage on the Romanian Taekwondo WTF Federation Official Website www.tkdrussia.ru.

Accommodation charges for room and board of the teams shall be borne by the participating National Taekwondo Federations. The deadline for hotel reservations through the Organizing Committee is the 1st of July 2016.

Hotel reservations that are cancelled after the 20th of July 2016 will be fined with 100% of the total hotel reservation cost.

Please fill in the Hotel Reservation Form and return it to the Organizing Committee (ocgrozny2016@gmail.com) until the 1 July 2016. As room allotment is limited, your room reservation request will be treated according to the space availability at the hotel .

All payments for accommodation should be made in € (Euro) by in cash at the official registration in accordance with the specifications on the Accommodation Appendix

19. Visa

If your National Team Members need visa for Russia, please return the completely filled-in Visa Details Form to the Organizing Committee (visagrozny2016@gmail.com) and be sure to inform the OC of the location of the Russian Embassy to which your team will apply for visa before the 1 of July 2016. You can find all necessary forms (List of Team Members, Hotel Reservation, Flight Schedule, Personal and Group Indemnity, Visa Details) also on the event webpage on the Russian Taekwondo Union Official Website www.tkdrussia.ru.

20. National flag and anthem

Every participating Member National Association is required to provide the following items for use during the Opening and/or Closing ceremonies:

1. Two (2) IOC-recognised national flags • Size: 90cm x 130cm
2. A USB key of the pertinent IOC-recognised national anthem

Items mentioned in 1 & 2 must be submitted to the Organising Committee during registration at the Registration Centre.



Date	Time	Event	Location
July 21	14:00 – 21:00	Arrivals & Registration (Optional Training)	Grozny City Hotel
July 22	10:00 – 18:00	Arrivals & Registration	
	10:00 – 16:00	Referee Training Seminar	
	10:00 – 12:00	Weigh-in Male: -54 kg, -58 kg, Female: -46 kg, -49 kg	
	19:00 – 20:00	Head of Team Meeting / Drawing Lots	
	20:00 – 20:30	Doctor's meeting	Grozny City Hotel Conference Hall
July 23 COMPETITION DAY 1	09:00 – 13:00	Preliminaries Male: -54 kg, -58 kg, Female: -46 kg, -49 kg	Sport Hall „Olympiysk”
	10:00 – 12:00	Weigh-in Male: -63 kg, -68 kg Female: -53 kg, -57 kg	Sport Hall „Olympiysk”
	13:00 – 14:30	Lunch Break	Sport Hall „Olympiysk”
	14:30 – 17:30	Preliminaries / Semi-Finals	
	17:30 – 19:00	Opening Ceremony	
	19:30 – 21:30	Finals & Awarding Ceremony	
July 24 COMPETITION DAY 2	09:00 – 13:00	Preliminaries Male: -63 kg, -68 kg Female: -53 kg, -57 kg	Sport Hall „Olympiysk”
	10:00 – 12:00	Weigh-in Male: -74 kg, -80 kg Female: -62 kg, -67 kg	Sport Hall „Olympiysk”
	13:00 – 14:30	Lunch Break	Sport Hall „Olympiysk”
	15:30 – 18:30	Preliminaries / Semi-Finals	
	18:30 – 20:30	Finals & Awarding Ceremony	
July 25 COMPETITION DAY 3	09:00 – 13:00	Preliminaries Male: -74 kg, -80 kg Female: -62 kg, -67 kg	Sport Hall „Olympiysk”
	10:00 – 12:00	Weigh-in Male: -87 kg, +87 kg Female: -73 kg, +73 kg	Sport Hall „Olympiysk”
	13:00 – 14:30	Lunch Break	Sport Hall „Olympiysk”
	15:30 – 18:30	Preliminaries / Semi-Finals	
	18:30 – 20:30	Finals & Awarding Ceremony	
July 26 COMPETITION DAY 4	09:00 – 13:00	Preliminaries Male: -87 kg, +87 kg Female: -73 kg, +73 kg	Sport Hall „Olympiysk”
	13:00 – 14:30	Lunch Break	
	15:30 – 18:30	Preliminaries / Semi-Finals	
	18:30 – 20:30	Finals & Awarding Ceremony	

Event timetable (subject to change)



LIST OF TEAM MEMBERS

PARTICIPATING TEAM NAME/

OFFICIALS:

Position/	Name in full	Date of Birth-	Nationality -
Head of team			
Manager			
Coach			
Trainer			
Doctor			

Representative's Name and Signature:

Please, send this form to e-mail: ocgrozny2016@gmail.com



LIST OF TEAM MEMBERS

PARTICIPATING TEAM NAME

AGE CATEGORY: _____

Male Contestants –

Weight	Name in full	Date of Birth	Nationality

*Please **underline** your last name

Representative's Name and Signature:

Please, send this form to e-mail: ocgrozny2016@gmail.com



LIST OF TEAM MEMBERS

PARTICIPATING TEAM NAME/

AGE CATEGORY:

Female Contestants

Weight	Name in full	Date of Birth-	Nationality -

*Please **underline** your last name

Representative's Name and Signature:



Please, send this form to e-mail: ocgrozny2016@gmail.com

PERSONAL IDENTITY

PARTICIPATING TEAM NAME

I submit herewith the application to attend the Under 21 European Taekwondo Championships 2016, July 23-26, 2016, Grozny, Russia.

Name of Participant:

First name _____ Last Name _____

Date of birth _____

Address _____

Next of kind:

First name _____ Last Name _____

Address _____

Relationship _____

HEALTH CONDITION:

Please state if you have any medical problem

NOTE: Please fill in a copy of this form for every team member

Please, send this form to e-mail: ocgrozny2016@gmail.com



GROUP IDEMUNITY

PARTICIPATING TEAM NAME

LIABILITY DECLARATION:

First name _____ Last Name _____

Position in Association: _____ I hereby declare and confirm by my signature hereunder, that liability insurance has been effected for all the officials and contestants from

Name of your team participating in the Under 21 European Taekwondo Championships 2016, July 23-26, 2016 Grozny, Russia. This insurance covers all damages to persons and belongings and indemnifies the Russian Taekwondo Union from and against all damages, claims and demands whatsoever in respect thereof.

MNA Representative's Name and Signature:

Please, send this form to e-mail: ocgrozny2016@gmail.com



No.	Family name	Given name	Position	Date of birth	Nationality	Passport No.	issued date	expiry date

VISA SUPPORT REQUEST FORM

TEAM NAME & COUNTRY:

Important: To receive a visa invitation letter, please, fill in the Visa Support Request Form signed by the ETU MNA President or General Secretary and send it to: ocgrozny2016@gmail.com not later than **July 1, 2016**.

Please, attach the copies of the passports for the people requesting the Invitation!



Please, state the country and city of the Russian Consulate where you are going to receive visas:

Please, state e-mail information where Invitation letter to be sent to:

MNA President's Name and Signature:

(Stamp of MNA is requested)

PLEASE, SEND BOTH IN WORD FORMAT FILLED IN AND STAMPED AND SCANNED, THANK YOU!

ACCOMODATION BOOKING FORM

To make your reservation, please complete the booking form below:

LEADER'S NAME:	COUNTRY:
ADDRESS:	POSTCODE:
TEL:	EMAIL:

ACCOMMODATION WILL BE PROVIDED IN THE GROZNY CITY HOTEL 5*

PLEASE CONFIRM THE NUMBER OF EACH ROOM TYPE REQUIRED:

ROOM TYPE:	QUANTITY OF ROOMS:	CHECK-IN DATE	CHECK-OUT DATE	NUMBER OF PERSONS
SINGLE				



130 Euro				
TWIN				
150 Euro.....				

*prices are given per room per night including breakfast and VAT.

Additional Lunch or Dinner - 20 EURO per person per meal.

Number of Lunches: _____ Dates: _____ Total: _____

Number of Dinners: _____ Dates: _____ Total: _____

Signature:

Date:

Please complete & return the attached accommodation booking form to:

ocgrozny2016@gmail.com

ATTENTION!

The accommodation should be paid in cash at the official registration.