



Dear friends,

With the European Championships for Small States of Europe, we recognize our smallest members. They have particularly difficulties in funding their elite programs as they are just small in number of members and limited budgets. With this event, we want to offer them opportunities to meet together and in an atmosphere of friendship fight for European medals.

I would like to thank our Council member and President of the Estonian Taekwondo Federation as well as the honorable Mayor of the city of Tallinn, Mr. Mihhail Kõlvart for his continuous support of ETU. With his Organizing Committee, I am convinced that the event will be a huge success.

I am sure, your teams will enjoy the hospitality of Tallinn and you will have a marvelous time in this vibrant city!

Good luck to all the teams!

Sakis Pragalos

President European Taekwondo Union















Dear friends,

It is my honor to invite you and your team to participate at the 2^{nd} European Championships for Small States of Europe! In combining this event with other events here in Tallinn, we hope that your team will participate at multiple events and thus generate a cost reduction we small countries need to manage our sport ambitions.

We invite you all in Tallinn, Estonia, on 23-24 April 2024 to compete but also to taste our great hospitality! We hope that you will have an amazing time in Tallinn and will take the time to explore our city and experience our culture and hospitality.



1. PROMOTER: European Taekwondo Union

ADDRESS: Hofestatt 13, 57439 Attendorn | Germany

E-MAIL: info@europetaekwondo.org WEBSITE: https://europetaekwondo.org

2. SANCTIONED BY: WORLD TAEKWONDO

ADDRESS: 10th Fl., Booyoung Taepyung Buldg. 55, Sejong-dear, Jung-gu, Seoul, Korea 04513

E-MAIL: sport@worldtaekwondo.org WEBSITE: https://www.worldtaekwondo.org

3. ORGANIZER: Estonia Taekwondo Federation

Kaera 21. Tallinn 10318, Estonia ADDRESS:

taekwondo2024tallinn@gmail.com E-MAIL:

4. VENUE: UNIBET ARENA

Paldiski mnt 104B, Tallinn 13522, Estonia ADDRESS:

WEBSITE: Galerii - Unibet Arena

5. GLOBAL RANKING:

SENIORS: G1 JUNIORS: E1 CADETS: E1 KIDS: N/A

6. REGISTRATION & ACCREDITATION

LOCATION: Original Sokos Hotel Viru and Unibet Arena

21-23 April

21 April: 15:00 – 19:00 hrs Original Sokos Hotel Viru

22 April: 09:00-13:00 hrs, 15:00-19:00 hrs Original Sokos Hotel Viru

23 April: 09:00-13:00 hrs, 15:00-19:00 hrs Unibet Arena

7. COMPETITION DATES & SCHEDULE

23 April: All Senior Divisions

24 April: All Junior Divisions & All Cadet Divisions & All Kids Divisions

8. WEIGH – IN DATES, SCHEDULE & LOCATION

DATES: 22-23 April

SCHEDULE: 10:00 - 12:00 hrs 22 April: All Senior Divisions

LOCATION: Original Sokos Hotel Viru

23 April: All Junior Divisions & All Cadet Divisions & All Kids Divisions















LOCATION: UNIBET ARENA

9. RANDOM WEIGH – IN DATES, SCHEDULE & LOCATION

LOCATION: UNIBET ARENA SCHEDULE: Daily at 08:00 hrs

The names of the athletes selected for the Random Weigh-in will be daily published, at 06:30 hrs

on the competition day on the following (social) media platform:

https://europetaekwondo.org/documents/

10. DRAW SHEETS & BRACKET PUBLICATION

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

https://europetaekwondo.org/documents/

11. SEEDING

Senior: All athletes will be seeded according to the WT World Ranking as per April 2024 Junior: All athletes will be seeded according to the European Ranking as per April 2024 Cadet: All athletes will be seeded according to the European Ranking as per April 2024

Kids: no seeding

12. COMPETITION RULES

Last update WT Competition Rules & Interpretation, shall be applied.

13. MEDAL EVENTS

SENIOR DIVISIONS

Male

Under 54kg	Not exceeding 54kg
Under 58kg	Over 54 kg & not exceeding 58 kg.
Under 63kg	Over 58 kg & not exceeding 63 kg.
Under 68kg	Over 63 kg & not exceeding 68 kg.
Under 74kg	Over 68 kg & not exceeding 74 kg.
Under 80kg	Over 74 kg & not exceeding 80 kg.
Under 87kg	Over 80 kg & not exceeding 87 kg.
Over 87kg	Over 87 kg.

Female

Under 46kg	Not exceeding 46 kg.
Under 49kg	Over 46 kg & not exceeding 49 kg.
Under 53kg	Over 49 kg & not exceeding 53 kg.
Under 57kg	Over 53 kg & not exceeding 57 kg.
Under 62kg	Over 57 kg & not exceeding 62 kg.
Under 67kg	Over 62 kg & not exceeding 67 kg.
Under 73kg	Over 67 kg & not exceeding 73 kg.
Over 73kg	Over 73 kg.















JUNIORS DIVISIONS

MALE

Under 45kg	Not exceeding 45kg
Under 48kg	Over 45 kg & not exceeding 48 kg.
Under 51kg	Over 48 kg & not exceeding 51 kg.
Under 55kg	Over 51 kg & not exceeding 55 kg.
Under 59kg	Over 55 kg & not exceeding 59 kg.
Under 63kg	Over 59 kg & not exceeding 63 kg.
Under 68kg	Over 63 kg & not exceeding 68 kg.
Under 73kg	Over 68 kg & not exceeding 73 kg.
Under 78kg	Over 73 kg & not exceeding 78 kg.
Over 78kg	Over 78 kg.

Female

Under 42kg	Not exceeding 42kg
Under 44kg	Over 42 kg & not exceeding 44 kg.
Under 46kg	Over 44 kg & not exceeding 46 kg.
Under 49kg	Over 46 kg & not exceeding 49 kg.
Under 52kg	Over 49 kg & not exceeding 52 kg.
Under 55kg	Over 52 kg & not exceeding 55 kg.
Under 59kg	Over 55 kg & not exceeding 59 kg.
Under 63kg	Over 59 kg & not exceeding 63 kg.
Under 68kg	Over 63 kg & not exceeding 68 kg.
Over 68kg	Over 68 kg.

CADET DIVISIONS

MALE

Under 33 kg	Not exceeding 33 kg
Under 37 kg	Over 33 kg & not exceeding 37 kg
Under 41 kg	Over 37 kg & not exceeding 41 kg
Under 45 kg	Over 41 kg & not exceeding 45 kg
Under 49 kg	Over 45 kg & not exceeding 49 kg
Under 53 kg	Over 49 kg & not exceeding 53 kg
Under 57 kg	Over 53 kg & not exceeding 57 kg
Under 61 kg	Over 57 kg & not exceeding 61 kg
Under 65 kg	Over 61 kg & not exceeding 65 kg
Over 65 kg	Over 65 kg

■ <u>Female</u>

Under 29 kg	Not exceeding 29 kg
Under 33 kg	Over 29 kg & not exceeding 33 kg
Under 37 kg	Over 33 kg & not exceeding 37 kg
Under 41 kg	Over 37 kg & not exceeding 41 kg
Under 44 kg	Over 41 kg & not exceeding 44 kg
Under 47 kg	Over 44 kg & not exceeding 47 kg
Under 51 kg	Over 47 kg & not exceeding 51 kg
Under 55 kg	Over 51 kg & not exceeding 55 kg
Under 59 kg	Over 55 kg & not exceeding 59 kg
Over 59 kg	Over 59 kg















KIDS DIVISIONS

MALE

Under 27 kg	Not exceeding 27 kg
Under 30 kg	Over 27 kg & not exceeding 30 kg
Under 33 kg	Over 30 kg & not exceeding 33 kg
Under 36 kg	Over 33 kg & not exceeding 36 kg
Under 40 kg	Over 36 kg & not exceeding 40 kg
Under 44 kg	Over 40 kg & not exceeding 44 kg
Under 48 kg	Over 44 kg & not exceeding 48 kg
Under 52 kg	Over 48 kg & not exceeding 52 kg
Under 57 kg	Over 52 kg & not exceeding 57 kg
Over 57	Over 57 kg

<u>Female</u>

Under 27 kg	Not exceeding 27 kg
Under 30 kg	Over 27 kg & not exceeding 30 kg
Under 33 kg	Over 30 kg & not exceeding 33 kg
Under 36 kg	Over 33 kg & not exceeding 36 kg
Under 40 kg	Over 36 kg & not exceeding 40 kg
Under 44 kg	Over 40 kg & not exceeding 44 kg
Under 48 kg	Over 44 kg & not exceeding 48 kg
Under 52 kg	Over 48 kg & not exceeding 52 kg
Under 57 kg	Over 52 kg & not exceeding 57 kg
Over 57	Over 57 kg

14. METHOD OF COMPETITION

Best of three (3) system will be used.

15. CONTEST TIME

Senior divisions: 3 rounds of 2 minutes, one 1-minute break between each round Junior divisions: 3 rounds of 1.5 minutes, 1-minute break between each round Cadet divisions: 3 rounds of 1.5 minutes, 1-minute break between each round Kids divisions: 3 rounds of 1 minutes, 1-minute break between each round

The WT Technical Delegate has the authority to adjust the contest time as he sees fit.

16. HEAD OF TEAM MEETING/MEDICAL MEETING

The Head of Team meeting for the 2nd European Small States Taekwondo Championships 2024, will take place at 19:00 at the Original Sokos Viru Hotel on April 22nd. The Head of Team Meeting is accessible for maximum two (2) representatives from each team. All information will be published on the following (social) media platforms:

https://europetaekwondo.org/documents/















17. GENERAL ELIGIBILITY REQUIREMENTS

Each team/club (**open for clubs**) can send as many athletes as they wish per weight category to compete in the 2nd European Small States Taekwondo Championships 2024.

18. ELIGIBILITY REQUIREMENTS

- Holder of a valid 2024 WT Global Athlete License.
- Member of the team/club of the following pertinent Member National Association, recognized by

European Taekwondo Union or World Taekwondo: Andorra, Cyprus, Estonia, Faroe Islands, Iceland, Isle of Man, Kosovo, Latvia, Luxembourg, Malta, Monaco, Montenegro, San Marino, Vatican City.

- Holder of a national or Kukkiwon Dan certificate
- Juniors must hold at least 2nd Geup
- Cadets and Kids must hold at least 4th Geup
- Seniors: An athlete in order to be eligible for participation must be born in 2007 or before
- Juniors: An athlete in order to be eligible for participation must be born in 2007, 2008, 2009
- Cadets: An athlete in order to be eligible for participation must be born in 2010, 2011, 2012
- Kids: An athlete in order to be eligible for participation must be born in 2013, 2014, 2015

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 letter consent must be submitted (pleaser find enclosed on the last pages) at the registration, signed by one opt the parents or legal guardians, accepting their participation and all parts of the official invitation.

19. COACH ELIGIBILITY REQUIREMENTS

- Minimum age of 18 years.
- WT Coach Certificate Level I or above is required.
- Holder of a valid 2024 WT Global Official License.
- Coach is not allowed wearing Dobok.
- 1 coach per 5 athletes is allowed. Exceeding this ratio is subject to an extra fee.













20. SPORT ENTRIES

Team entries for Seniors, Juniors and Cadets will only be accepted through the WT GMS online registration system Simply Compete.

Registration of the athletes is only possible with a valid 2024 WT Global License (GAL issued by assigned GMS club, Edition and Administrators only). Please find below the direct link to the WT GMS platform:

https://worldtkd.simplycompete.com/

Team entries for Kids will only be accepted through the online registration system of Martial Events:

https://www.martial.events/nl/evenement/europeanchampionships-small-states-of-europe-kids-2024

21. REGISTRATION DEADLINE

12 April 2024, 23:59 CET

This deadline is applicable for all sport entries, payments and admitting all required documents.















22. APPLICABLE FEES

■ REGULAR ENTRY FEE SENIORS, JUNIORS AND CADETS

125 euro per registered athlete, paid by 12 April 2024.

■ REGULAR ENTRY FEE KIDS

75 euro per registered athlete, paid by 12 April 2024.

■ LATE PAYMENT SENIORS, JUNIORS AND CADETS

150 euro per registered athlete, paid after 12 April 2024.

■ LATE PAYMENT KIDS

100 euro per registered athlete, paid after 12 April 2024.

ONE-SITE CHANGE OF MEDAL EVENT (WEIGHT CATEGORY)

50 euro for each weight change after deadline. Change of weight category it's only possible at registration before general weigh in.

ADDITIONAL ACCREDITATION CARDS

50 euro for each on-site approved additional requested accreditation card.

REPLACEMENT OF ATHLETES

In case an athlete needs to be replaced after the deadline, this can be done maximum 48 hours before the draw will take place. A fee of 150 euro is applicable.

EXTRA COACHES

50 euro for each coach exceeding the 1:5 ratio.

PROTEST FEE

200 euro. In case of an official protest submitted according to WT Rules, a non-refundable 200 euro fee shall be paid. Make sure the protest form is used (attached at the end) and be aware that the protest is made in time.















23. PAYMENT ENTRY

All entry fees shall be paid in advance to European Taekwondo Union. All bank transfer shall be paid to the following bank account:

Beneficiary: European Taekwondo Union

Name of the bank: Sparkasse ALK

IBAN: DE32462516300000063271

BIC/SWIFT: WELADED1ALK

Bank address: Kolner Str. 10, 57439 Attendorn, Germany

NOTE: Bank transaction expenses should be set to "OUR". If set to "SHA" then the team may be to pay at Registration & Accreditation Centre any differences that may occur at the final amount remitted.

Payment reference

STATES2024EUROPE plus TEAM/CLUB NAME or GAL NUMBER

Example

STATES2024EUROPE plus AC EUROPE or STATES2024EUROPE AUT1234

SUBMIT A COPY OF YOUR PAYMENT AT:

finance@europetaekwondo.org

24. PROOF OF PAYMENT

All teams are required to send proof of payment (copy of bank transfer) to finance@europetaekwondo.org within one (1) week after registration in Simply Compete or submit it at the registration appointment booking platform. European Taekwondo Union has the right to delete sport entries from teams that do not send proof of payment from the system in order for other athletes to register and to prevent 'ghost athletes'.

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 (12th April 2024), 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). If a team does not show up at the event and has not requested a participation cancellation before the deadline, it will be requested to settle the payment of the entry fees in full (100%).















25. NO REFUND

European Taekwondo Union and/or the Organizing Committee do not refund entry fees paid.

26. SPORT EQUIPMENT

PSS SYSTEM

Daedo International Generation 2, with electronic headgear are provided by the OC.

WT recognised mats will be used

OVR - SYSTEM

OVR is managed by Martial Events at the event.

■ IVR – SYSTEM

IVR is managed Re-Strike at the event.

DOBOK & PROTECTIVE AQUIPMENTS

Athletes can only use WT recognized products while participating at the event. See a list of recognized products at: http://www.worldtaekwondo.org/wtpartners-wt/recognize.html

27. FIELD OF PLAY REGULATIONS

By accepting a European Taekwondo Union accreditation card, all accredited persons agree to comply with the Field of Play regulations applicable at European Taekwondo Union events.

28. AWARDS

INDIVIDUAL AWARDS

1st place – gold medal and certificate

2nd place – silver medal and certificate

3rd place – bronze medal and certificate

3rd place – bronze medal and certificate

TEAM AWARDS

Based on the point system below, the top three (3) teams of the Male Division, top three (3) teams of the Female Division and the top three (3) teams Overall will receive trophies:

RATIONALE	NO. OF POINTS AWARDED
For every contestant who passed the official weigh in:	1
For every win (including byes):	1
For every Gold Medal:	120
For every Silver Medal:	50
For every Bronze Medal:	20















29. ANTI-DOPING

- The WT Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions.
- Compulsory anti-doping tests will be carried out for selected medalists, while random tests will be conducted to the rest of the athletes. The WT and/or WADA may carry out random outof-competition testing prior to the championships.
- TUE (Therapeutic Use Exemption)

Athletes who take any substance or medicine listed in the "Prohibited List" of the WT Anti-Doping Rules and Anti-Doping Code of World Anti-Doping Agency (WADA) for therapeutic purposes are requested to submit TUE applications via ADAMS, together with the required medical information. If you do not have an ADAMS account yet, please contact tue@ita.sport to have it set up.

Otherwise, please download the TUE Application Form HERE and once duly completed and signed, send it together with the required medical file to tue@ita.sport with copy to antidoping@worldtaekwondo.org. by at least 30 days before the first competition day. For more details, please see the following page of the WT website: http://www.worldtaekwondo.org/anti_doping-wt/therapeutic.html

■ WT Mouth guard, Taping and Bracing rules http://www.worldtaekwondo.org/wp-content/uploads/2019/06/WT-Mouthguard-brace taping-and-padding-rules-5-29-2019.pdf

30. MEDIA & 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 European Taekwondo Union Media department at media@europetaekwondo.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 European Taekwondo Union Media and Press officer.















31. HASH TAGS & SOCIAL MEDIA

HASH TAGS

European Taekwondo Union uses the following hash tags at Facebook and Instagram:

#EuropeanTaekwondoUnion #EUROPESMALLSTATES2024

SOCIAL MEDIA PLATFORMS

European Taekwondo Union is present at the following social media platforms:

Facebook: @europeantaekwondounion Instagram: @europeantaekwondounion Twitter: @europeantaekwondounion

YouTube Channel: European Taekwondo Union

32. INDEMNITIES

It is the responsibility of each registering team to ensure that their athletes and team officials have filled out the indemnification forms correctly and have duly signed them, thereby indemnifying WT, ETU, the Organizing Committee and all other officials and athletes from any claims of injuries, losses or otherwise arising in the course of participation at the European Qualification Tournament 2024 or any activities linked therewith.

It is the responsibility of each registered team to ensure and guarantee that sufficient insurance coverage has been arranged for all athletes, team officials and other participants. Without sufficient insurance coverage, teams will not be allowed to compete.

Please fill out the Personal Indemnity Forms and return them to the Organizing Committee before 12th April 2024. Each participant (athletes, team officials, etc.) has to fill out the indemnification form.

33. MEDICAL INSURANCE

All participating athletes, coaches, team officials, technical officials and participants at ETU events shall have mandatorily an international medical insurance that covers medical care (COVID included) and in case of emergency, repatriation to the country of origin, valid on the days present in the host country of the event. ETU 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 Bulgaria before arrival to the venue.















34. ACCOMMODATION & TRANSPORTATION

Hotel accommodation

All participating teams and officials must book their hotel accommodation via the OC minimum 2 nights per accredited person. The OC provides hotel rooms in each price range, but make sure you make your bookings early to avoid missing out the preferred hotel rooms. If you do not book your hotel via the OC, you have to pay an accommodation fee to the OC directly. Please refer to the accommodation guide for further information and send to: taekwondo2024tallinn@gmail.com

The Organizing Committee shall provide transportation between the airport and hotel and viceversa and between the hotel and the competition venue, as well as training possibility at the venue for those teams that have booked their hotel via the Organizing Committee. See the accommodation guide for details.

Only accredited persons with valid accreditation cards will be allowed for free entry to the venue. Parents and visitors who booked their accommodation via the organizing committee can access venue for free.

Parents and visitors who did not book accommodation via the organizing committee can obtain tickets on spot: 1 day ticket – 10 euro per person *kids under 6 years old may enter for free (please show the document). 3 day ticket – 25 euro per person *kids under 6 years old may enter for free (please show the document).

PLEASE FIND THE ACCOMMODATION FORM ON SIMPLY COMPETE Accommodation fee if you did not book your stay via OC: 75 euro per accredited team member should be paid directly to OC.

Transportation

OC provide transportation from/to the airport, port, bus station and free public transport within Tallinn during the Championships, to the teams have booked their accommodation via Organizing Committee.















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 European Taekwondo Union, World Taekwondo 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 2nd Small States Championship 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:
Oi manata was
Signature:

Please send this form to: taekwondo2024tallinn@gmail.com















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 2^{nd} Small States Championship and that I actournament.	cept all parts of the official invitation of this
For physical reasons nothing speaks against a par understand that all competitors are considered Taekwondo Union, World Taekwondo and the Organy damages, injuries or losses. All athletes must any medical insurance in Estonia.	to participate at their own risk. European anizing Committee assume no responsibility for
Place:D	ate:
Signature of the parents/legal guardian:	

Please send this form to: taekwondo2024tallinn@gmail.com















PROTEST FORM Name athlete: WT Licence no.: Weight division: **End time of the pertinent contest:** Rule violation: Please specify on what ground the protest is being made, clarify which article of the WT competition has been breached according to you. To be filled out by ETU official:





Time of protest submitted:

Process fee paid:









