



# EUROPEAN SMALL STATES TAEKWONDO CHAMPIONSHIPS 2025



**KUKKIWON**  
WORLD TAEKWONDO HEAD-QUARTERS



Embassy of the Republic  
of Korea in Latvia



**LSFP**  
LATVIJAS SPORTA FEDERĀCIJU PADOME

  
**Daedo**



## OCTOBER 2-3 2025

INTERNATIONAL  
EXHIBITION  
CENTER

RIGA, LATVIA



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 Latvian Taekwondo Federation, Mr. Herman Mochalin 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 Riga and you will have a marvelous time in this vibrant city!

Good luck to all the teams!

**Sakis Pragalos**

*President European Taekwondo Union*

**1. PROMOTER: European Taekwondo Union**

ADDRESS: Hofestatt 13, 57439 Attendorn | Germany

E-MAIL: [info@europetaekwondo.org](mailto: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](mailto:sport@worldtaekwondo.org)

WEBSITE: <https://www.worldtaekwondo.org>

**3. ORGANIZER: Latvian Taekwondo Federation**

ADDRESS: Dzelzavas iela 26a, Riga, LV-1082, Latvia

E-MAIL: [ltkf@inbox.lv](mailto:ltkf@inbox.lv)

**4. VENUE: International Exhibition Center**

ADDRESS: Kipsalas iela 8, Riga, LV-1048, Latvia

WEBSITE: <https://www.rigaexpo.lv/>

**5. GLOBAL RANKING:**

SENIORS: G1

JUNIORS: E1

CADETS: E1

KIDS: N/A

**6. REGISTRATION & ACCREDITATION**

DATES: 1-2 October

SCHEDULE: 12:00 – 18:00

LOCATION: International Exhibition Center

**7. COMPETITION DATES & SCHEDULE**

2 October: All Junior Divisions & All Cadet Divisions & All Kids Divisions

3 October: All Senior Divisions

**8. WEIGH – IN DATES, SCHEDULE & LOCATION**

DATES: 1-2 October

SCHEDULE: 16:00 – 18:00

LOCATION: International Exhibition Center

1 October: All Junior Divisions & All Cadet Divisions & All Kids Divisions

2 October: All Senior Divisions



## 9. **RANDOM WEIGH – IN DATES, SCHEDULE & LOCATION**

**LOCATION:** International Exhibition Center

**SCHEDULE:** Daily at **08:00** hrs

The names of the athletes selected for the Random Weigh-in will be daily published, at **06:30** 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 21:00 on the following (social) media platforms:

<https://europetaekwondo.org/documents/>

## 11. **SEEDING**

Senior: All athletes will be seeded according to the last published WT World Ranking

Junior: All athletes will be seeded according to the last published European Ranking

Cadet: All athletes will be seeded according to the last published European Ranking

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

### Female

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

### Female

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. GENERAL ELIGIBILITY REQUIREMENTS

Each team/club (**open for clubs**) can send as many athletes as they wish per weight category to compete in the 3rd European Small States Taekwondo Championships 2025.





## **17. ELIGIBILITY REQUIREMENTS**

- Holder of a valid 2025 WT Global Athlete License.
- Member of the team/club of the following pertinent Member National Association, recognized by European Taekwondo Union or World Taekwondo:  
**Albania, Andorra, Armenia, Cyprus, Estonia, Faroe Islands, Iceland, Isle of Man, Kosovo, Latvia, Lithuania, Luxembourg, Slovenia, Malta, Moldova, Monaco, Montenegro, North Macedonia, San Marino, Vatican City.**
- Seniors must hold a national or Kukkiwon Dan certificate
- Juniors must hold at least 2<sup>nd</sup> Geup
- Cadets and Kids must hold at least 4<sup>th</sup> Geup
- Seniors: An athlete in order to be eligible for participation must be born in 2008 or before
- Juniors: An athlete in order to be eligible for participation must be born in 2008, 2009, 2010
- Cadets: An athlete in order to be eligible for participation must be born in 2011, 2012, 2013
- Kids: An athlete in order to be eligible for participation must be born in 2014, 2015, 2016

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 (please find enclosed on the last pages) at the registration, signed by one of the parents or legal guardians, accepting their participation and all parts of the official invitation.

## **18. COACH ELIGIBILITY REQUIREMENTS**

- Minimum age of 18 years.
- WT Coach Certificate Level I or above is required.
- Holder of a valid 2025 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.

## **19. 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 2025 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 TPSS:

<https://www.tpss.eu/>

## **20. REGISTRATION DEADLINE**

**20 September, 23:59 CET**

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



## **21. APPLICABLE FEES**

### ▪ **REGULAR/EARLY BIRD ENTRY FEE SENIORS, JUNIORS AND CADETS**

125 euro per registered athlete, paid by 31 August 2025.

### ▪ **LATE PAYMENT SENIORS, JUNIORS AND CADETS**

150 euro per registered athlete, paid after 31 August 2025.

### ▪ **CASH PAYMENT SENIORS, JUNIORS AND CADETS**

175 euro (Not recommended)

### ▪ **REGULAR /EARLY BIRD ENTRY FEE KIDS**

70 euro per registered athlete, paid by 31 August 2025.

### ▪ **LATE PAYMENT KIDS**

100 euro per registered athlete, paid after 31 August 2025.

### ▪ **CASH PAYMENT KIDS**

125 euro (Not recommended)

### ▪ **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.

## **22. PAYMENT ENTRY**

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

<b>Beneficiary:</b>	LATVIJAS TAEKVONDO FEDERĀCIJA
<b>Name of the bank:</b>	BluOr Banka AS
<b>IBAN:</b>	LV38CBBR1129747900010
<b>BIC/SWIFT:</b>	CBBRLV22
<b>Bank address:</b>	Dzelzavas iela 26A, Rīga, LV-1084

**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**

STATES2025EUROPE plus TEAM/CLUB NAME or GAL NUMBER

### **Example**

STATES2025EUROPE plus AC EUROPE or STATES2025EUROPE AUT1234

## **SUBMIT A COPY OF YOUR PAYMENT AT:**

[ltkf@inbox.lv](mailto:ltkf@inbox.lv)

### **23. PROOF OF PAYMENT**

All teams are required to send proof of payment (copy of bank transfer) to [ltkf@inbox.lv](mailto:ltkf@inbox.lv) 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 (20 September 2025), 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%).

### **24. NO REFUND**

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

### **25. SPORT EQUIPMENT**

- **PSS SYSTEM**  
Daedo International Generation 3, with electronic headgear are provided by the OC.
- **MATS**  
WT recognised mats will be used
- **OVR - SYSTEM**  
OVR is managed by TaekoPlan at the event.
- **IVR – SYSTEM**  
IVR is managed by the Latvian Taekwondo Federation at the event.
- **DOBOK & PROTECTIVE EQUIPMENTS**  
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>

### **26. 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.



## 27. 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 – bronze medal and certificate

3<sup>rd</sup> place – bronze medal and certificate

### TEAM AWARDS

Based on the point system below, the top three (3) teams of:

Cadet Male, Cadet Female, Cadet Overall

Junior Male, Junior Female, Junior Overall

Senior Male, Senior Female, Senior Overall

Kids Overall

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

## 28. 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 out-of-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](mailto: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](mailto:tue@ita.sport) with copy to [antidoping@worldtaekwondo.org](mailto: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](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>



## **29. 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](mailto: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.

## **30. HASH TAGS & SOCIAL MEDIA**

### **HASH TAGS**

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

#ETU

#EuropeanTaekwondoUnion

#EUROPESMALLSTATES2025

### **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

## **31. 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 Event 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 20 September 2025. Each participant (athletes, team officials, etc.) has to fill out the indemnification form.

### **32. 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 Club/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 Latvia before arrival to the venue.

### **33. ACCOMMODATION & TRANSPORTATION**

The official Riga Islande Hotel 4\* is located 300 meters from the competition venue. Teams staying at the official hotel will be provided with airport-to-hotel transfers if a prior request has been submitted to the Organizing Committee. The application form for transportation and accommodation is attached.

Teams that do not submit a request for accommodation and transportation will not be provided with the service.

**PLEASE FIND THE ACCOMMODATION & TRANSPORTATION FORM ON SIMPLY COMPETE**



## 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 "Indemnatee" 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 Indemnatee as a direct or indirect result of participating in the 3<sup>rd</sup> Small States Championships 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: [ltkf@inbox.lv](mailto:ltkf@inbox.lv)



**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 3<sup>rd</sup> Small States Championships 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. European Taekwondo Union, World Taekwondo 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 Latvia.

Place: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of the parents/legal guardian:

Please send this form to: [ltkf@inbox.lv](mailto:ltkf@inbox.lv)



## **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:**