



# EUROPEAN CADET CHAMPIONSHIPS

*ATHENS*      *6-8 November 2025*





Dear friends,

The youth is the foundation of our sport and the future of European Taekwondo. It fills me with pride to welcome you all to Athens for the European Cadet Championships 2025. This event is not only a celebration of young talent but also a crucial step in shaping tomorrow's champions.

The Organizing Committee, together with the Hellenic Taekwondo Federation and the ETU team, has worked tirelessly to prepare an outstanding event. I am confident that the competition will set new standards in quality and organization, and that it will leave lasting memories for all participants.

I wish all athletes, coaches, and teams great success. May this championship inspire you to dream big, compete fairly, and strengthen the bonds of friendship through Taekwondo.



**Sakis Pragalos**

President

European Taekwondo Union





Dear Coaches, Athletes and Friends of Taekwondo,

It is with great pleasure that World Taekwondo Greece invites you to participate in the European Cadet Championships, which will take place in the historic city of Athens, Greece.

These tournaments will bring together talented young athletes from across Europe, giving them the opportunity to demonstrate their skills and determination, while also celebrating the values of respect, unity, and fair play that define our sport.

Athens, the cradle of democracy and birthplace of the Olympic Games, will provide an inspiring setting for this championship. We are committed to organizing an event of high standards, reflecting the strong traditions of Taekwondo.

We warmly invite you to join us in this celebration of sport and solidarity, as we welcome the next generation of champions.

On behalf of World Taekwondo Greece, I look forward to welcoming you to Athens.

Sincerely yours,  
**MANOLIS Christos**  
President  
World Taekwondo Greece







## 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

World Taekwondo Greece

ADDRESS: Irous 19, 10442 Athens, Greece

E-MAIL: [info@elot-tkd.gr](mailto:info@elot-tkd.gr)

## 4. VENUE

Paiania Olympic Indoor Hall

ADDRESS: End of Agiou Nikolaou Street, Paiania

19400, Athens, Greece

<https://www.google.com/gasearch?q=%CF%83%CF%84%CE%B1%CE%B4%CE%B9%CE%BF%20%CF%80%CE%B1%CE%B9%CE%B1%CE%BD%CE%B9%CE%B1%20%CE%BA%CE%BB%CE%B5%CE%B9%CF%83%CF%84%CE%BF%20%CF%83%CF%84%CE%B9%CE%B2%CE%BF%CF%85&source=sh/x/g/m2/5#vhid=/g/11clvfnn3k&vssid=lcl>

## 5. GLOBAL RANKING

CADETS: E4





## 6. REGISTRATION & ACCREDITATION

DATES: 4th – 7th November

- 4th November / **Paiania Olympic Indoor Hall**: Sports Hall / 15:00 – 18:00 hrs
- 5th - 7th November / **Paiania Olympic Indoor Hall**: Sports Hall / 9:00 – 13:00 hrs / 15:00 – 18:00 hrs

## 7. COMPETITION DATES & SCHEDULE

DATES: 6th – 8th November

Competition starts at 09:00 hrs

6th November	Male: -33 kg, -37 kg, -41 kg, -45 kg, -49 kg, -53 kg	
7th November	Female: -29 kg, -33 kg, -37 kg, -41 kg, -44 kg, -47 kg, -51kg	
8th November	Female: -55 kg, -59 kg, +59 kg	Male: -57 kg, -61 kg, -65 kg, +65 kg

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

DATES: 5th – 7th November/ SCHEDULE: 10:00 – 13:00 hrs / 15:00 – 16:00 hrs

5th November	<b>LOCATION:</b> Sports Hall	
	Male: -33 kg, -37 kg, -41 kg, -45 kg, -49 kg, -53 kg	
6th November	<b>LOCATION:</b> Sports Hall	
	Female: -29 kg, -33 kg, -37 kg, -41 kg, -44 kg, -47 kg, -51kg	
7th November	<b>LOCATION:</b> Sports Hall	
	Female: -55 kg, -59 kg, +59 kg	Male: -57 kg, -61 kg, -65 kg, +65 kg

Please make sure to arrive in time in Athens to attend the weigh in at the scheduled weigh in times. ETU will not allow any athlete or team to arrive later than the scheduled weigh in and weigh in after the scheduled times will not be permitted.

In case your plane is delayed, please send as soon as possible an email to [sport@europetaekwondo.org](mailto:sport@europetaekwondo.org) including a photo of the airport screens showing the actual delay of the airplane. Without any proof, ETU will not allow any late weigh ins.



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

**LOCATION:** Sports Hall / **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 19:00 hrs on the following (social) media platforms:

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

## 11. SEEDING

All athletes will be seeded according to the European Cadet Ranking (weight) as per last published.

The athletes representing the host country in the **National Team** shall be automatically seeded as

number (4) four in the brackets unless they are ranked number (1-3) one-three.

**Athletes from the same country may compete between each other from preliminary round.**

## 12. COMPETITION RULES

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

## 13. MEDAL EVENTS

The following medal events are applicable:

**Weight Divisions will be used for the European Cadet Championships 2025.**

CADET WEIGHT DIVISION			
Male categories		Female categories	
Under 33 kg	Not exceeding 33 kg	Under 29 kg	Not exceeding 29 kg
Under 37 kg	Over 33 kg & not exceeding 37 kg	Under 33 kg	Over 29 kg & not exceeding 33 kg
Under 41 kg	Over 37 kg & not exceeding 41 kg	Under 37 kg	Over 33 kg & not exceeding 37 kg
Under 45 kg	Over 41 kg & not exceeding 45 kg	Under 41 kg	Over 37 kg & not exceeding 41 kg
Under 49 kg	Over 45 kg & not exceeding 49 kg	Under 44 kg	Over 41 kg & not exceeding 44 kg
Under 53 kg	Over 49 kg & not exceeding 53 kg	Under 47 kg	Over 44 kg & not exceeding 47 kg
Under 57 kg	Over 53 kg & not exceeding 57 kg	Under 51 kg	Over 47 kg & not exceeding 51 kg
Under 61 kg	Over 57 kg & not exceeding 61 kg	Under 55 kg	Over 51 kg & not exceeding 55 kg
Under 65 kg	Over 61 kg & not exceeding 65 kg	Under 59 kg	Over 55 kg & not exceeding 59 kg
Over 65 kg	Over 65 kg	Over 59 kg	Over 59 kg

#### 14. METHOD OF COMPETITION & CONTEST TIME

- Single elimination tournament system.
- Best of three (3) system will be used.
- 3 (2) rounds of 1,5 minutes, one (1) minute break between each round.
- The WT Technical Delegate has the authority to adjust the contest time as he sees fit.

#### 15. HEAD OF TEAM MEETING/ MEDICAL MEETING

The Head of Team/Medical meeting at the European Cadet Championships 2025 will take place in the **Avra by Smile hotels**

<https://www.google.com/gasearch?q=avra%20hotel%20rafina&source=sh/x/g/m2/5> on Wednesday 5<sup>th</sup> November from 18:00 hrs. The Head of Team Meeting is accessible for maximum two (2) representatives for each team. All information will be published on the following (social) media platforms: <https://europetaekwondo.org/documents/>

#### 16. GENERAL ELIGIBILITY REQUIREMENTS

Each National Team can send one (1) athlete per weight category to compete in the European Cadet Championships 2025 plus qualifiers from ETU events.





## 17. ELIGIBILITY REQUIREMENTS

- a. Holder of a valid 2025 WT Global Athlete License.
- b. Member of the National Team of the pertinent Member National Association, recognized by European Taekwondo Union or World Taekwondo.
- c. Holder of the nationality of the pertinent Member National Association.
- d. Cadets: 4<sup>th</sup> Kup and above.
- e. An athlete in order to be eligible for participation must be born in: 2011, 2012 and 2013.
- f. In case of a Refugee athlete, the athlete must meet following requirements:
  - i. Must hold the Refugee Status, documented by UNHCR or
  - ii. Refugee Status documented by national agency, e.g. Department of Foreign Affairs or related/responsible department of the residing country.

In case of an Individual Neutral Athlete (AIN), the athlete must

1. Obtain AIN Status, screened and confirmed by World Taekwondo
  2. Only athlete with AIN GAL Number can participate.
- g. 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 of 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. QUOTA SPECIFIC RULES

Athletes who meet the athlete eligibility requirements and fulfilled all other relevant requirements and won a quota place from the ETU events are allowed to participate at the European Cadet Championships 2025. The registration should be completed by their National Federation via Simply Compete. All MNAs should register them as Quota Team (GREECE Quota TEAM separate from GREECE National Team). Athletes who qualified for the event via a quota place are allowed to either move one weight category up or down.







## 19. 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. A **formal outfit (suit/dress) is mandatory for semi- finals & finals.**
- 1 coach per 5 athletes is allowed. Exceeding this ratio is subject to an extra fee.

## 20. MEDICAL STAFF ELIGIBILITY REQUIREMENTS

- Minimum age of 18 years.
- Holder of a valid 2025 WT Global Official License.

## 21. SPORT ENTRIES

Team entries 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/>

## 22. OFFICIALS ACCREDITATION CARDS

ROLE	MALE TEAM		FEMALE TEAM
MNA Official		2	
Head of Team		1	
Manager		1	
Coach	2		2
Trainer	1		1
Team Doctor/Physio		1	
National Team Athletes	10		10
Qualifiers Athletes	Unlimited		Unlimited





## 23. REGISTRATION DEADLINE

**26 October 2025, 23:59 CET**

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

## 24. APPLICABLE FEES

- a. REGULAR ENTRY FEE  
150 euro per registered athlete, paid until 17 October 2025.
- b. LATE PAYMENT  
175 euro per registered athlete, paid after 17 October 2025.
- c. CASH PAYMENTS (not recommended)  
200 euro per registered athlete.
- d. ON-SITE CHANGE OF MEDAL EVENT (WEIGHT CATEGORY)  
Change of weight category is **not** possible after the 26 October 2025.
- e. ADDITIONAL ACCREDITATION CARDS  
50 euro for each on-site approved additional requested accreditation card.
- f. REPLACEMENT OF ATHLETES  
In case an athlete needs to be replaced after the deadline this can be done maximum of 48 hours the draw takes place. A fee of 200 euro is applicable. Replacement athletes must present at the event and meet all applicable and eligibility criteria.
- g. EXTRA COACHES  
50 euro for each accreditation coach exceeding the 1:5 ratio.
- h. 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.





## 25. 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 asked to pay at Registration & Accreditation Centre any differences that may occur at the final amount remitted.

### Payment reference:

CADET2025EUROPE plus NATIONAL TEAM

### Example:

CADET2025EUROPE plus GREECE NATIONAL TEAM

**SUBMIT A COPY OF YOUR PAYMENT AT:**  
[finance@europetaekwondo.org](mailto:finance@europetaekwondo.org)





## 26. PROOF OF PAYMENT

All teams are required to send proof of payment (copy of bank transfer) to [finance@europetaekwondo.org](mailto: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 26<sup>th</sup> October 2025, is fully liable for paying his/her entry fee in full. (For any athlete not presenting at registration, his/her team or official shall be liable for ensuring full payment of the entry fee of the aforementioned athlete 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, ETU shall invoice the team for the full amount (100%) as per current outline.

## 27. NO REFUND

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

## 28. SPORT EQUIPMENT

### a. PSS SYSTEM

Daedo Generation 3, with electronic headgear. Headgear with face masks may will be used.

### b. MATS

WT recognized mats will be used.

### c. DOBOK & PROTECTIVE EQUIPMENTS

All participants athletes must wear WT recognized competition uniform. See a list of recognized products at:

<http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>

Only WT recognized equipments is allowed groin, forearm, shin, mouthpiece, Daedo sensor socks and gloves shall be brought by the contestants, which is compulsory.







## 29. 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.

## 30. 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 |

All participants will receive a certificate of participation.

## 31. TEAM AWARDS

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
Trophies will be awarded for the 3 top teams (female, male & overall)	

THE OFFICIAL PARTNER





## 32. MEDICAL / ANTI-DOPING

- a. The WT Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions.
- b. 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.

- c. 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)

- d. 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>

## 33. 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.





## 34. HASH TAGS & SOCIAL MEDIA

### HASH TAGS

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

#ETU

#EuropeanTaekwondoUnion

#EUROPECADET2025

### 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

## 35. 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 during participation at the European Cadet Championships 2025 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 31<sup>st</sup> October 2025. Each participant (athletes, team officials, etc.) must fill out the indemnification form.

THE ORGANIZING COMMITTEE



## 36. 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 Greece before arrival to the venue.

### General

The OC cannot predict the developments in the next coming months with regard to the Corona COVID-19 outbreak in Europe. The teams have to bear in mind that due to the uncertain nature of the Corona COVID-19 outbreak and sole authority of each government on how to respond, restrictions to access the Host country may be applicable.

**It is the responsibility of each and every participating team to make sure they meet all entry requirements in order to enter the Host country and to monitor the Greek policy with regard to entry policies.**

### Sufficient insurance

The teams are strongly urged and advised to make sure to have their own sufficient travel, cancellation, medical insurance.

### Liability

In this respect, please be informed that the OC shall not and cannot be held liable for any expenses and costs incurred by the teams for travelling to the event in case of cancellation of the event due to (further) outbreak of the Corona COVID-19 virus in the Host Country. The teams are strongly urged and advised to make sure to have their own sufficient travel, cancellation and medical insurance. The OC shall not accept any claims or requests for compensation in case of cancellation of the event.





### 37. ACCOMMODATION & TRANSPORTATION

#### a. HOTEL ACCOMMODATION

All participating teams and officials must book their hotel accommodation via the OC minimum (2) two 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. Please refer to the accommodation guide for further information.

#### **Accommodation fee if you did not book your stay via OC:**

100 euro per accredited team member should (athlete, coach, physio etc) be paid directly to the OC.

The bank information are included to the accommodation form.

[PLEASE FIND THE ACCOMMODATION FORM ON SIMPLY COMPETE](#)

#### b. TRANSPORTATION

OC provides transportation from/to the airport, hotel, venue during the Championships to the teams have booked their accommodation via the Organizing Committee.

[PLEASE FIND THE TRANSPORTATION FORM ON SIMPLY COMPETE](#)

#### c. VISA ASSISTANCE

You should apply <https://www.evisa.gov.tr/en/> by online.

If your country is not applicable for e-visa, you should go directly to nearest Greece Embassy personally, to apply.

#### **ATTENTION!**

Any payments with regard to the accommodation shall be paid to the directly and not to ETU.

Please find more information to the Accommodation Form and Guide in Simply Compete.

### 38. VISA INVITATIONS

Only accredited persons with valid forms should be sent back to [info@elot-tkd.gr](mailto:info@elot-tkd.gr), by 8<sup>th</sup> of October 2025. Forms sent after 8<sup>th</sup> October will not be accepted. It is responsibility of each athlete and MNA to apply for and secure the correct entry visa for Greece. All wrong information provided (mistakes in names, document numbers, dates) is on your own responsibility. In order to get a visa invitation, you need to send a proof of participation payments and pre-book your accommodation via OC. Please refer to the form attaches in 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, attorney's, 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 attorney's fees all 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 European Cadet Championships Greece 2025 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:





## LIABILITY DECLARATION / only for under aged athletes

My name: \_\_\_\_\_

I live in: \_\_\_\_\_

I am the parent/guardian of: \_\_\_\_\_

I am the parent guardian of: \_\_\_\_\_

Date of birth (competitor): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

I declare that I accept the participation of \_\_\_\_\_  
at the European Cadet Championships on 6-8 November 2025 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, 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 Greece.

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

Signature of the parents/legal guardian: \_\_\_\_\_





## 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:

