



TIRANA 2026



EUROPEAN UNIVERSITIES
COMBAT
CHAMPIONSHIPS

Technical Handbook

Taekwondo

Competition Officials

EUSA Technical Delegate	Dr. Nuri M. Shirali
EUSA Assistant Technical Delegate	Ms. Johanna Bliem
OC - Project Director	Mr. Ervin Pepi
OC – Technical delegate	Mr. Holtion Orhani
Referee Chairman	Mr. Reza Shojaie
Local Technical Assistant	TBA

Introduction & History

Taekwondo is a Korean martial art characterized by advanced punching and kicking techniques, with a particular emphasis on head-height strikes, spinning jump kicks, and rapid footwork. The discipline features two main competitive formats: **Poomsae (forms)** and **Kyorugi (sparring)**.

Taekwondo achieved official Olympic status at the Sydney 2000 Games. Following its inclusion in the World University sports program in 1986, taekwondo has been contested at the Universiade since the 2003 edition in South Korea. This dynamic discipline continues to attract a growing global student population. Driven by this rising participation across the continent, taekwondo was officially integrated into the EUSA (European University Sports Association) Program in 2009.



Poomsae competitions made their debut at the 3rd European Universities Games (EUG) in 2016 in Croatia. Over the years, significant updates to the judging criteria have been implemented to enhance accuracy and fairness. Previously, outcomes relied heavily on the subjective judgment of referees. However, the electronic protector and scoring system (PSS) was developed and introduced to achieve better objectivity and transparency. Since its introduction in 2006, the upgraded PSS was first adopted for Olympic competition at the London 2012 Games.

Today, taekwondo is practiced by an estimated 80 million people across 209 countries. It is administered by five Continental Unions, establishing it as one of the world's most popular sports. The European Taekwondo Union (ETU) serves as the official governing body for the sport in Europe, where the region consistently produces world-class and highly skilled practitioners.

Competition Information

Rules and Regulations

The organization of the EUC Taekwondo shall be mainly based on the latest Technical Regulations of the World Taekwondo (WT) and the European Taekwondo Union (ETU).

Kyorugi Individual Tournaments - Weight Categories

- Men's division – World Weight categories

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
- Women's division – World Weight categories

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

Poomsae Individual Tournaments

- Recognized Poomsae Men's Individual (U30 Male)
- Recognized Poomsae Women's Individual (U30 Female)
- Free-Style Poomsae Men's Individual (O17 Male)
- Free-Style Poomsae Women's Individual (O17 Female)

Delegation

The delegation will consist of athletes and officials from their respective universities. The head of the delegation and coach must be appointed. Athletes shall have minimum black belt certificate, issued by Kukkiwon or national taekwondo federations.

Referees

OC shall provide international referees in cooperation with EUSA TD and ETU. Appointment of referee chairman and referees are approved by EUSA TD. The delegation may, at its own cost, include a referee with at least the highest national license; the relevant license of the national taekwondo federation must be submitted within the Quantitative entry deadline.

Accommodation and food for the referee must be provided by the Organizing Committee without charging the participation fee; no refereeing fee is provided

Draw & Seeding

The draw will be done in the presence of EUSA Representative considering EUSA taekwondo, WT and ETU ranking.

Financial obligations

In order to participate, all financial obligations towards EUSA and Organizing Committee need to be settled by the specified dates, as per EUSA Rules and Regulations

Medical and Security Services

EUSA – regulated medical care and an ambulance will be provided at all sites.

Security Services will be provided in all the venues, to for entrance control and to assure all participants' safety.

Competition Timetable

The competitions consist of 3 (three) days. The General Technical Meeting, where the presence of each head of the delegation is obligatory, will be held one day prior to the start of the competition.

7 th September (Monday)	Arrival Day	Place
8 th September (Tuesday)	GTM Training* Opening Ceremony	"Liria" Building, Qyteti Studenti Qyteti Studenti and Feti Borova Olympic Park (final details TBA) Skanderbeg Square & Dëshmorët e Kombit Boulevard
9 th September (Wednesday)	D1 - Poomsae Competitions	Tirana Olympic Park — Feti Borova, Tirana
10 th September (Thursday)	D2 - Kyorugi Competitions	Tirana Olympic Park — Feti Borova, Tirana
11 th September (Friday)	D3- Kyorugi Competitions	Tirana Olympic Park — Feti Borova, Tirana
12 th September (Saturday)	Departure Day	

** Registration is required via a form that will be available at the accreditation desk.*

General Technical Meeting (GTM)

The GTM is a mandatory part of competition and will be held in a conference room "Liria" Building, Qyteti Studenti on 8th of September at 2:30 PM.

Playing scheme

The format of the tournament will be decided by CTC taking into consideration the number of athletes entered.

Competition & Training Venues

Venue/Competition area: Tirana Olympic Park — Feti Borova, Tirana
Plus Code: 8R75+4G8, Tirana, Albania



Foto - Venue

Training/Warm-Up Area

Qyteti Studenti and Feti Borova Olympic Park (final details TBA) - Registration for individual sessions will be done via the registration form located in the "Trainings program" section.

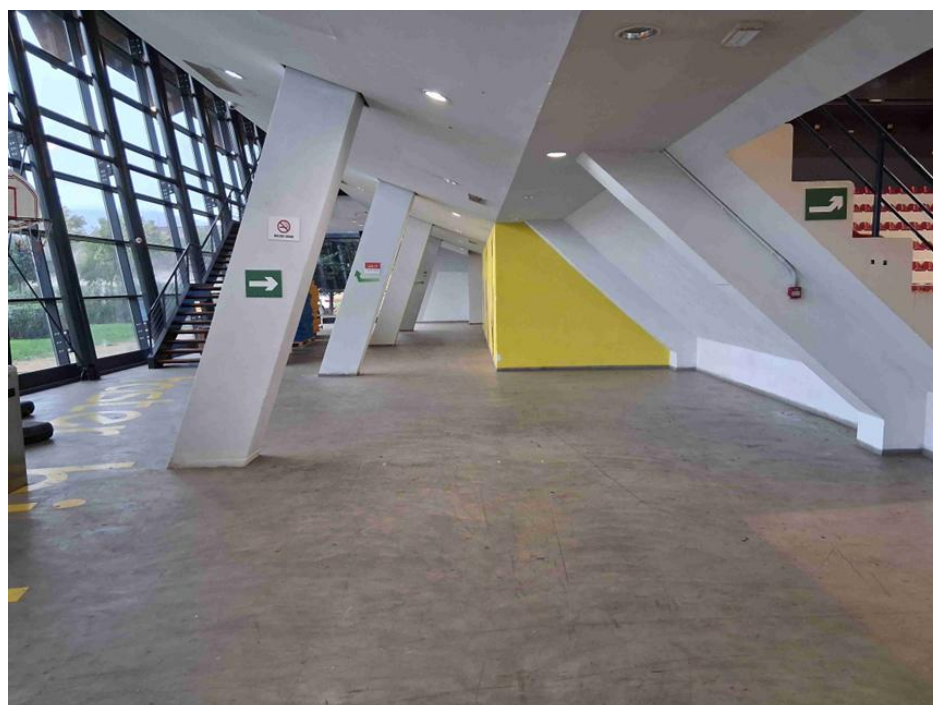


Foto – Warm-Up Area

Poomsae Competitions (1 Court)

Poomsae competitions will be carried out using one court.

The KPNP Poomsae Scoring System will be used to evaluate Poomsae performance.



Number of Court for Poomsae 1 competition area (Day 1)

Mode of competitions

Recognized Poomsae	Single Elimination System (side by side)
Free Style Poomsae	Cut- off system

Kyorugi Competitions (2 Courts)

Kyorugi competitions will be carried out using two courts. The Daedo Gen3 PSS (Protector and Scoring System) will be used for Kyorugi (sparring) competitions.

Number of courts for Kyorugi 2 competition areas per day (Day 2 & 3)

Mode of competitions

Kyorugi Single elimination system – Best of Three

KYORUGI CONTEST – DAEDO GEN3 PSS System

DAEDO GEN3 electronic body protectors with E-helmet will be provided by OC.



All athletes must bring their own “Daedo Gen3 E-Foot Gear - Electronic Sensor Socks” & „Daedo Gen3 PSS Gloves - Sensing Hand Mitt”.



Daedo Gen3
E-Foot Gear - Electronic Sensor Socks

Daedo Gen3
PSS Gloves - Sensing Hand Mitt

All athletes must also bring their own full safety equipment (Mouthguard, Groin Protector, Forearm Guards, Shin Guards) according to WT competition rules.

Duration of Contest (Alterations reserved without notice)

Preliminary competitions: Three rounds of 1 minute 30 seconds each, with a one-minute rest period between rounds.

Semi-Final and Final competitions: Three rounds of two minutes each, with a one-minute rest period between rounds.

Video Reply (IVR) 1 request per competition

Weigh-In The day before the competitions, the weigh-in will take place. During the official weight-in session, the weight category may be changed. At 8:00 a.m. on the day of the competitions, the Random Weigh-In is conducted.

RECOGNIZED POOMSAE COMPETITION GUIDELINE

Compulsory Poomsae for Individual U30 (Male & Female):

Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebak, Pyongwon, Shipjin, Jitae

Method of competitions: Single Elimination Tournament System

Competitions shall be conducted in a single elimination tournament. Designated Poomsae shall be randomly selected and shown through monitor on Field of Play before the match begins.

Contestants shall perform two (2) randomly selected Poomsae. Both Chung and Hong player perform their assigned Poomsae simultaneously (side by side).

The Poomsae have to be presented in the same order as they were drawn.

The TD & organizer reserves the right to reduce the number of Poomsae to be performed in the preliminary rounds to one (1) Poomsae. Two Poomsae are presented in the semi-final and final rounds.

Ending Position: The new WT rules and regulations stipulate that there are no deductions in Poomsae performance for ending positions that differ from the starting position.

Competition Rules

Latest WT Poomsae competition rules and regulations will be applied.

Duration of Contest

Recognized Poomsae: Individual competitions up to 90 seconds

Break time between 1st poomsae and 2nd poomsae is a minimum of 30 seconds.

FREE STYLE POOMSAE COMPETITION GUIDELINE (Alterations reserved without notice)

Free Style Poomsae is the performance based on taekwondo techniques with composition of music and choreography.

Composition of Free Style Poomsae

Music & choreography shall be choice of a contestant. However, it should not contain any political, social and religious content. The Performed techniques must be within boundary of Taekwondo.

Division	Individual (Male / Female)
Duration of Contest	90 to 100 seconds.
Scoring Criteria	Scoring shall be made in accordance with the rules of the WT.

General information for Free Style Poomsae

- **Heights of jump – Side kick**
Sidekicks (Yopchagis) should be performed at least above the belt height. There is no point (scoring) for the kicks below the belt-height.
- **Number of kicks in a jump / Multiple Kicks in the Air**
No scoring for less than 3 Multiple Kicks in the Air. Multiple kicks in the air should be executed with powerful impact and retracted promptly. There is no point (scoring) for the kicks below the belt-height. Multiple kicks in the air could be any combination of Front, Roundhouse and Sidekicks. Higher basic technical scores shall be given to high-lever performance, better balance and landing, powerful impact and retracted promptly. Higher presentation scores shall be given for more types and a greater number of kicks.
- **Gradient of spins in a spin kick - Spinning hook kick or turning kick**
No scoring for the spinning kicks less than 540°. Spinning-Kicks can be performed body or face level, but a higher spinning kick execution (over face level) has affect in terms of evaluation for higher presentation score. Kicking must be completed in the air (Must complete kicking before landing). Only Turning without execution of spinning Kick (no kick) will be scored "0".
- **Performance level of consecutive kicks – Kyorugi style kick**
It is mandatory to bounce min. 3 to max. 5 times in place (clearly) before execution of consecutive sparring kicks. This means that, if the competitors who forget to bounce, execution of the consecutive sparring kicks is not scored!
Minimum number of consecutive sparring Kicks (7-10 Kicks) should be performed by the same athlete in one direction. It is not allowed to change direction more than 90 degrees. It is not scored for turnaround (change direction by 180 degrees). Punches are not counted for "minimum 7 consecutive sparring kicks". Double kicks are only counted as 1 kick. Triple and more are counted as 2 kicks.
- **Acrobatic actions – All Acrobatic techniques must incorporate Taekwondo kicks.**
TKD kick (s) must be performed with the knee extension (example: Apchagi). It is allowed to include max. 3 acrobatic combinations during the whole performance. An acrobatic combination can be a single acrobatic action (such as Salto forwards, backwards or sideways) or combination of consecutive single acrobatic actions. Each of them will be considered as one acrobatic combination. Every extra acrobatic technique or combination will lead to a deduction of 0.3 points from the total score.

All the following stances must be included in the performance at least once. All stances must be performed clearly and accurately.

- **Dwitkubi** (Backward inflection stance)
- **Beom-seogi** (Tiger stance) &
- **Hakdari-seogi** (Crane stance)

Music

The music for the free style Poomsae competition has to be brought by the competitors as MP3 on a USB (with full name, division of contestant, country and University name) and is to TD on the Poomsae competition Day. No Performance without music!

The music should not have any Words submitted /Lyrics!

Equipment – Dobok

Participating contestants must wear the WT-recognized Poomsae Competition uniform. The latest version of WT-recognized manufacturers' list is available at the website of WT(<http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>).

Individual awards

Medals: 1st, 2nd, 3rd Place (two third Place)

Team Award

Trophies:

1st Place - Best University in Taekwondo Poomsae

1st Place - Best University in Taekwondo Kyorugi

Field of Play

All accredited persons agree to comply with the Field of Play regulations applicable at EUSA events.

Protest Fee

€200 which is non-refundable. Each team is responsible for submitting the protest in the proper manner and according to the applicable rules and regulations.

Medical and Anti-Doping

Applicable medical rules: The WT/EUSA Medical Code is applicable, which all NUSA participating this event must comply.

Applicable doping rules: The WT/EUSA Anti-Doping Rules and the WADA Anti-Doping Code are applicable. Compulsory random doping tests will be conducted among all athletes. World Taekwondo and/or WADA may carry out random out-of-competition testing prior to the event.

EUSA Combat Sports Championships 2026 – Tirana

Provisional Taekwondo Schedule (subject to change)

Date	Time	Subject	Place
7th September (Monday)	All day	Arrival - Registration / Accreditation	
8th September (Tuesday)	09:00-19:00	*Athlete Training – Kyorugi & Poomsae	Qyteti Studenti and Feti Borova Olympic Park (final details TBA)
	14:30-15:30	General Technical Meeting (GTM) Poomsae & Kyorugi Info	"Liria" Building, Qyteti Studenti
	19:00	Opening Ceremony	Skanderbeg Square & Dëshmorët e Kombit Boulevard
Poomsae 9th September (Wednesday) Competition Day 1 Lunch break 13:00-14:00	09:00–19:00	Poomsae Competitions – D I (Recognized & Free Style Poomsae) Awarding Ceremony (18:00 h)	Tirana Olympic Park — Feti Borova, Tirana
	09:00-19:00	*Athlete Training - Kyorugi	Qyteti Studenti and Feti Borova Olympic Park (final details TBA)
	10:00-12:00	Weigh – in for the Categories on Thursday	Tirana Olympic Park — Feti Borova, Tirana
	22:00	Pool List for the categories on Thursday	
Kyorugi 10th September (Thursday) Competition Day 2 (Random Weigh-In at 8 a.m.) Lunch break 13:00-14:00	09:00-19:00	Kyorugi Competitions – D II M -54 kg, M -58 kg, M -74 Kg, M - 80 kg F -49 kg, F - 53 kg, F -57 kg, F -62 kg Awarding Ceremony (19:00 h)	Tirana Olympic Park — Feti Borova, Tirana
	09:00-19:00	*Athlete Training - Kyorugi	Qyteti Studenti and Feti Borova Olympic Park (final details TBA)
	10:00-12:00 22:00	Weigh – in for the Categories on Friday Pool List for the categories on Friday	Tirana Olympic Park — Feti Borova, Tirana
Kyorugi 11th September (Friday) Competition Day 3 (Random Weigh-In at 8 a.m.) Lunch break 13:00-14:00	09:00-18:00	Kyorugi Competitions – D III M -63 kg, M -68 kg, M -87 Kg, M + 87 kg F -46 kg, F - 67 kg, F -73 kg, F + 73 kg Awarding Ceremony (18:00 h)	Tirana Olympic Park — Feti Borova, Tirana
	TBA	Closing Ceremony	TBA
12th September (Saturday)	All day	Departure	

* Registration is required via a form that will be available at the accreditation desk.

07:00 – 10:00 Breakfast hours Catering Tent, Qyteti Studenti

12:00 – 14:30 Lunch hours Feti Borova Olympic Park

18:00 – 20:00 Dinner hours Catering Tent, Qyteti Studenti