

WELCOME MESSAGE

Dear Taekwondo athletes, coaches, managers and friends,

With pride and pleasure, I am inviting you and your team to join the **WT G2** ranked event Bulgaria Open Poomsae 2026, which will be held in Sofia, Bulgaria on 1st of March 2026.

As hosts, we will do our most to provide the best conditions for all team members.

As in 2026 the next World Taekwondo Poomsae Championships is going to take place as well we believe that the **WT G2** Bulgaria Open Poomsae 2026 will be an important tournament for the global force of Poomsae athletes.

I am sure, your teams will enjoy the hospitality of the Bulgarian Taekwondo Federation and you will have a marvelous time in Sofia!

Good luck to all the teams!

Yours,

Slavi Binev
President of the Bulgarian Taekwondo Federation
World Taekwondo Council Member
European Taekwondo Union Vice President



BULGARIA OPEN POOMSAE 2026

WT G2

INTERNATIONAL POOMSAE TAEKWONDO TOURNAMENT

01.03.2026
SOFIA, BULGARIA

Promoter: Bulgarian Taekwondo Federation – WT
President: Mr. Slavi Binev – President – BTF

Organizer: Bulgarian Taekwondo Federation –
WT President: Mr. Slavi Binev – President – BTF
E-mail: office@taekwondo-bulgaria.org

GRADE – WT G2 event

VENUE

Sports Complex “Asics Arena”

Address: Sofia, Bulgaria; street "Manastirska" 35, 1111

Map: <https://goo.gl/maps/i6VT43Aven7o6pjS7>

COMPETITION DATES & SCHEDULE

1 March 2026 all medal events

REGISTRATION & ACCREDITATION

28th of February 2026, Venue: Sports Complex “Asics Arena”

Sofia, Bulgaria; street "Manastirska" 35, 1111

Map: <https://goo.gl/maps/i6VT43Aven7o6pjS7>

Working time: 10:00 – 13:00 hrs & 14:00 – 18:00 hrs

DRAW SHEETS & BRACKET PUBLICATION

The draw sheets/brackets will be published one (1) day before the start of the competition at **10 pm** on the BTF Facebook Page – <https://www.facebook.com/BTFWT>

Application Deadline

23:59 Local time in Bulgaria (GMT +2) on 16th of February 2026

COMPETITION RULES & SYSTEM

The WT Poomsae Competition Rules and Interpretation (in force as of September 30, 2024) The WT Poomsae Ranking Bylaw (in force as of September 30, 2024)

The WT Athlete Classification Rules shall be applied.



Duration of Contest:

1) **Recognized Poomsae:**

Individual, Pair and Team competitions up to **90 seconds**. Break time between 1st Poomsae and 2nd Poomsae is **30 seconds**.

2) **Freestyle Poomsae:**

Individual, Pair and Mixed Team competitions from **90 seconds to 100 seconds**.

ELIGIBILITY REQUIREMENTS

1. Holder of a valid 2026 WT Global Athlete License;
2. Member of the team/club of a pertinent Member National Association, recognized by the European Taekwondo Union or World Taekwondo;
3. Children 2nd Geup and higher, Cadet, Junior and Senior Athletes holder of 1st Dan/Poom and above (WT regulations).
4. The age limits are based on the year 2026, not on the date. Poomsae (8 years old or older) contestants in the year 2026 – Athletes born in 2018 or before are eligible.

All competitors must prove their age by presenting their passport or identification card at the official registration. For those athletes who are not adults, a written 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.

COACH ELIGIBILITY REQUIREMENTS

1. Minimum age of 18 years
2. Holder of the WT Coach License Poomsae Level 1 Coach Certification
3. Holder of a valid 2026 WT Global Official License
4. Coach is **not** allowed to wear Dobok.

METHOD OF COMPETITION

Recognized Poomsae: **Single Elimination Tournament System**

Competition 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**.

Individual Categories:

Contestants shall perform two (2) randomly selected Poomsae. **Both Chung and Hong player perform designated Poomsae at the same time (side by side)**.

Pair and Team Categories:

Contestants shall perform two (2) randomly selected Poomsae. **Chung and Hong player perform designated Poomsae one by one (not side by side)**.

A certain number of athletes may be seeded based on their ranks in the WT world ranking, according to the guidelines stipulated in the WT World Poomsae Ranking. If an athlete has no ranking points, they will not be seeded and will be placed in a random draw.



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.

Free Style Poomsae

Method of Competition: Cut-off system for all Freestyle categories: Single Final Round (only one round), independent of number of athletes

General information:

- Each performance shall have a duration from 90 seconds to 100 seconds.
- Scoring shall be made in accordance with the rules of the WT.
- Music & choreography shall be the choice of the contestant.
- Performed techniques must be within the boundaries of Taekwondo and all acrobatic techniques must incorporate Taekwondo kicks.
- No more than 3 acrobatic combinations may be shown during the whole performance. Every extra acrobatic technique or combination will lead to a deduction of 0.3 points from the total technical score.
- Any acrobatic action without a kick means zero scoring. Any acrobatic action without a kick (out of sequence) will result -0.3 deduction each time from Basic Movements and Practicability.
- An acrobatic combination can be either a single acrobatic action (such as front flip or back flip) or a combination of consecutive single acrobatic actions.
- Each simultaneous acrobatic performance of team/pair members counts as one acrobatic action/combination!
- If each member of the team or pair performs their acrobatics after the others (not simultaneously), it will not be considered as a single acrobatic combination/action.
- Consecutive sparring kicks may consist of 7 to 10 kicks.
- The minimum number of consecutive sparring kicks (7 kicks) should be performed by the same athlete in one direction. It is not allowed to change directions by more than 90 degrees.
- A turnaround (change direction by 180 degrees) is not allowed during the consecutive sparring kicks.
- It is not allowed to perform 1-1 sparring (face to face).
- Punches do not count toward the "minimum of 7 consecutive sparring kicks". Double kicks are only counted as 1 kick and triple and more are counted as 2 kicks.
- It is mandatory to bounce clearly in place 3 to 5 times before executing the consecutive sparring kicks. If competitors fail to do so, the execution of the consecutive sparring kicks will not be scored.
- Mandatory Stances: Hakdari Seogi, Beomseogi, and Dwitgubi
- All stances must be performed clearly and accurately. For pair and mixed teams, athletes must perform the stances at the same time.

Mixed Team Divisions – Board Breaking

- **Board breakings in the following three technical skills are required:**
 - **Gradients of spins in a spin kick (1 to 3 boards) minimum 1 board**
 - **Kyorugi style consecutive kicks (3 to 5 boards) minimum 3 boards**
 - **Acrobatic kicking technique (1 to 3 boards) minimum 1 board**
- **Minimum number of breaking during a Performance: 5 (1+3+1) boards.**
- **Each compulsory foot technique is awarded a maximum of 0.7 (basic score) if the required minimum number of board breaking is not successfully performed.**
- **0.1 points are deducted for each unsuccessful board breaking.**



- **Board Breaking:** The pine board has the following measurements:

Length – 300 mm

Width – 220 mm

Thickness – 9 mm (ca. 1/4 inch)

- Mixed teams must provide the required number of boards themselves, fitting the specified dimensions **(5 to 9 boards)**. Board holding sticks prepared by teams are allowed only for the acrobatic board breaking technique.
- Gradients of spins in a spin kick (Jump Turn Kick): Only piggybacking allowed. (Piggyback refers to the action of sitting on a teammate's shoulders (not standing) to hold a board.)
- Acrobatic kicking technique (Acrobatic Kick): Both support/boosting and piggyback are allowed. Support/Boosting means assisting a teammate's jump.
- Holder of the board breaking can only be among the 5 members of the mixed team. Any of the five performing members (not substitute) can execute board breakings.
- The required boards are placed inside the court (within the boundary line), Otherwise, 0.3 points will be deducted for each crossing of the boundary line to retrieve a board.

Breaking Boards are required to be brought from the Participants/Teams according to the requested dimensions!

Music: Athletes must bring their music (music without lyrics) in MP3 format on USB-stick in an envelope or bag. Apple audio format is not allowed. Music shall be the choice of the contestant; however, any political, social and religious and any contents that may harm, discriminate or offend other is not allowed

*On the USB-stick, each file should contain the following information:

- Name of the country
- Name of the category
- Name of the athlete/athletes

GENERAL ELIGIBILITY REQUIREMENTS:

Contestants may compete in maximum two (2) categories in Recognized Poomsae and/or

Freestyle Poomsae of competition unless he or she is limited by gender or age.

MEDAL EVENTS

The following medal events are applicable:

DIVISIONS RECOGNIZED POOMSAE:

INDIVIDUAL (male & female)

- Children Division (8 to 11 years old)
- Cadet Division (12 to 14 years old)
- Junior Division (15 to 17 years old)
- Under 30 Division (18 to 30 years old)
- Under 40 Division (31 to 40 years old)
- Under 50 Division (41 to 50 years old)
- Under 60 Division (51 to 60 years old)
- Under 65 Division (61 to 65 years old)
- Over 65 Division (66 years old and Over)

PAIR - 2 athletes (m+f) & **TEAM** - 3 athletes (m+m+m / f+f+f)

- Children Division (8 to 11 years old)
- Cadet Division (12 to 14 years old)
- Junior Division (15 to 17 years old)
- Under 30 Division (18 to 30 years old)
- Under 50 Division (31 to 50 years old)
- Under 60 Division (51 to 60 years old)
- Over 60 Division (61 years old and Over)

FREESTYLE:

INDIVIDUAL (male & female)

- Under 17 Division (12 to 17 years old)
- Over 17 Division (18 years old and Over)

PAIR

- Pair Under 17 Division (12 to 17 years old)
- Pair Over 17 Division (18 years old and Over)

MIXED TEAM

- Under 17 years mixed team (2 male 3 female or 3 male 2 female), Total 5 person (+1 Substitute)
- Over 17 years mixed team (2 male 3 female or 3 male 2 female), Total 5 person (+1 Substitute)

Age categories are based on the year of birth.

LIST OF RECOGNIZED POOMSAE TO BE PERFORMED:

Competitio	Division	Compulsory Poomsae
Individual	Children Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo (P9)
	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo (P9), Keumgang (P10), Taebak (P11)
	Junior Division	Taegeuk 5, 6, 7, 8 Jang, Koryo (P9), Keumgang (P10), Taebak (P11), Pyongwon (P12)
	Under 30	Taegeuk 7, 8 Jang, Koryo (P9), Keumgang (P10), Taebak (P11), Pyongwon (P12), Shipjin (P13), Jitae (P14)
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo (P9), Keumgang (P10), Taebak (P11), Pyongwon (P12), Shipjin (P13), Jitae (P14), Chonkwon (P15)
	Under 60	Koryo (P9), Keumgang (P10), Taebak (P11), Pyongwon (P12), Shipjin (P13), Jitae (P14), Chonkwon (P15), Hansu (P16)
	Under 65	
Over 65		
Pair & Team	Children Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo (P9)
	Cadet Division	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo (P9), Keumgang (P10), Taebak (P11)
	Junior Division	Taegeuk 5, 6, 7, 8 Jang, Koryo (P9), Keumgang (P10), Taebak (P11), Pyongwon (P12)
	Under 30	Taegeuk 7, 8 Jang, Koryo (P9), Keumgang (P10), Taebak (P11), Pyongwon (P12), Shipjin (P13), Jitae (P14)
	Under 50	Taegeuk 8 Jang, Koryo (P9), Keumgang (P10), Taebak (P11), Pyongwon (P12), Shipjin (P13), Jitae (P14), Chonkwon (P15)
	Under 60	Koryo (P9), Keumgang (P10), Taebak (P11), Pyongwon (P12), Shipjin (P13), Jitae (P14), Chonkwon (P15), Hansu (P16)
	Over 60	

* Note: Contestants may compete in maximum two (2) categories (Recognized Poomsae & Freestyle Poomsae combined) of competition unless he or she is limited by gender or age.

Ex) Recognized Poomsae max 2, or Freestyle Poomsae max 2, or 1 each of categories

SPORT ENTRIES - ONLINE REGISTRATION

Registration is only possible with a valid 2026 WT Global Licence (GAL issued by assigned GMS club, region and MNA Administrators only). Please find below the direct link to the WT GMS platform: <https://worldtkd.simplycompete.com>



APPLICABLE FEES

	Early bird registration	Regular registration	Late registration or Cash
Payment by date:	until 15th January	from January 16th to February 16th	after February 16th
Individual	150€	180€	200€
Pair	150€	180€	200€
Team	150€	180€	200€

- Deadline is applicable for all sports entries, payments, and admitting all required documents.

Extra accreditation cards Per 5 athletes, 1 coach accreditation card is issued. If your team requires additional accreditation cards, a fee of 25 euro is charged.

Protest fee

In case the WT Competition Rules allow a protest, a non-refundable fee of **200 euro** shall be paid.

BANK DETAILS

All **entry fees** shall be transferred to the following bank account. All bank charges shall be borne by the participating teams (option OUR).

Recipient: Bulgarian Taekwondo Federation

Name of Bank: First Investment Bank, Bulgaria

IBAN: BG42 FINV 9150 10E0 0750 35

BIC: FINVBGSF

Bank address: Dragan Tzankov Blvd, 37, Sofia, Bulgaria

Reason for payment: Team name + BOP2026

All payments by bank transfer have to be done without any deduction of expenses. When the wire transfer is set, mark option "OUR". Any costs of the bank transfer must be paid by the sender otherwise the team representatives will be charged at the Registration desk.

A copy of the bank transfer must be sent

to: E-Mail: office@taekwondo-bulgaria.org

Applications without a copy of the transfer are invalid.

If an athlete registered online through the WT registration system does not take part in the competition for some reason, but he/she has not been removed from the list of participants before the deadline (**23:59 Bulgarian time (GMT +2) on 16th of February 2026**), his/her team official must fully (100%) pay his/her entry fee for participation. The Organizing Committee does not refund entry fees paid.

NO REFUND

The Organizing Committee does not refund entry fees paid. In case the athlete has not been removed from the list of participants before the deadline his/her team or official must fully (100%) pay the entry fee(s) for participation. In case of no show the invoice will be send to the team after the tournament.

All accredited team members will have free entry.

All other attendees will be required to purchase a daily ticket for 10 EUR/person at the venue gates.

SPORT EQUIPMENT

Dobok

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>

WT approved poomsae competition uniforms:

1. **Cadet Division** (Ages 12-14): White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females. (**Only Poom belt shall be permitted**)



2. **Junior and Senior Division** (Ages 15-50): White top with dark blue pants for males; white top with light blue pants for females.



3. **Master Division** (Ages 51 and up): Yellow top and dark blue pants for both males and females.





FIELD OF PLAY REGULATIONS

By accepting an accreditation card, all accredited persons agree to comply with the Field of Play regulations applicable at Taekwondo events. Only the competitors and their coaches will have admittance with valid accreditations to the contest areas.

AWARDS

Individual awards

- 1st place – gold medal and certificate
- 2nd place – silver medal and certificate
- 3-4rd place – **two bronze** medals and certificate

Team cups will be awarded to the three best teams in each division. The team ranking is based on the following point system:

- 1. Every gold medal – 120 points
- 2. Every silver medal – 50 points
- 3. Every bronze medal – 20 points

ACCESS TO FIELD OF PLAY

Only for one (1) coach, one (1) athlete and one (1) officially licenced Medical Doctor are allowed to enter the Field of Play with their official accreditation. The OC has the right to refuse participants access to the Field of Play.

MEDICAL AND ANTI-DOPING

Applicable doping rules

The WT Anti-Doping Rules and the WADA Anti-Doping Code are applicable. Compulsory random doping tests may be conducted among the all athletes. World Taekwondo and/or WADA may carry out random out-of-competition testing prior to the event. Therefore, all participating contestants are required to submit their latest and most accurate Athlete Location (Whereabouts Info) Forms to WT.

Therapeutic Use Exemption

Athletes who take any substance or medicine listed in the "Prohibited List" of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to visit the website of WADA and make online filing of their TUE applications on ADAMS. Report TUE applications also to the WT Sport Department via sport@worldtaekwondo.org.

ADAMS

login

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or WT Sport Department at marcoienna@worldtaekwondo.org



For more details, please visit <http://www.wada-ama.org/en/ADAMS/>
<http://www.worldtaekwondo.org/medical-antidoping/anti-doping/therapeutic-use-exemptions-tues/>
Some contestants chosen at random may be tested.

MEDIA AND PRESS

Media accreditation

Registered media and press officials or official photographers are entitled to receive a media and press accreditation card.

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 OC and Press officer.

ACCOMMODATION: All participants must organize their accommodation on their own.

TRANSPORTATION: All participants must organize their transportation on their own.

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 G2 Bulgaria Open Poomsae 2026 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 Organization Committee registration on 28 February 2026. Each participant (athletes, team officials, etc.) has to fill out the indemnification form.

MEDICAL INSURANCE

All participating athletes, coaches and team officials shall have mandatory a medical insurance that covers medical care and in case of emergency repatriation to home country. 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.

TIMETABLE

(Subject to change)

DATE	TIME	PRO	PLACE
28.02.2026	10:00-13:00	Registration & Accreditation	Sports Complex "Asics Arena"
	13:00-14:00	Lunch break	
	14:00-18:00	Registration & Accreditation	
	22:00	Publication of draw sheets G-2 Bulgaria Open Poomsae 2026	https://tpss.eu and WhatsApp group
01.03.2026	08:00	International Referees Meeting	Sports Complex "Asics Arena"
	08:30	Head of team meeting	
	09:00	Start session (All Freestyle divisions)	
	10:00-18:00	Start session (All Individual, Pair and Team)	
	18:00	Team Awarding Ceremony	

The Organizers reserve the right to modify the Outline if necessary.

Join us on the WhatsApp group of the event, where all the most important information will be published – Priority and Regular list for the Registration Deks, Drawing of lots, Update on the event schedule, etc.





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 BTF, 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 Bulgaria Open Poomsae 2026 on 1st March 2026 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:

Date of birth (competitor): ____/____/____

I declare that I accept the participation of

_____ at the Bulgaria Open Poomsae 2026 on 1st March 2026 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. 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 Bulgaria.

Place: _____

Date: _____

Signature of the parents/legal guardian:
