

OLYMPIC HOPE COMPETITION

2025.04.12. – BÉKÉSCSABA, HUNGARY



Nemzeti
Sportfejlesztési és
Módszertani Intézet



MAGYAR
OLIMPIAI
BIZOTTSÁG



WORLD
TAEKWONDO
EUROPE



HUNGARIAN
TAEKWONDO
FEDERATION



MAGYAR TAEKWONDO SZÖVETSÉG
HUNGARIAN TAEKWONDO FEDERATION

Olympic Hope Competition

2025.04.12.

Békéscsaba

Hungary





MAGYAR TAEKWONDO SZÖVETSÉG
HUNGARIAN TAEKWONDO FEDERATION

The competition

Date	12th of April, 2025	
Location	Városi Sportcsarnok (Békéscsaba) Békéscsaba, Gyulai út 44.	
Announcer, director	Hungarian Taekwondo Federation	
Race Director	Kiss Roland	
Rules	According to the /WT rules adapted to HTF	
Entry deadline	7th of April 2025, Monday, 11:59 pm	
Submit entries	www.tpss.eu or www.tpss2021.eu – Kyorugi/ Poomsae Speed kicking – preliminary: info@wttaekwondo.hu /on-site registration	
Entry fee	Speed kicking	3500 HUF/person – 10 EUR/person
	Poomsae	10.000 HUF/person – 25 EUR/person
	Para Poomsae	3500 HUF/person – 10 EUR/person
	Team Poomsae	3500 HUF/person – 10 EUR/person
	Pair Poomsae	3500 HUF/person – 10 EUR/person
	Freestyle Poomsae	5000 HUF/person – 15 EUR/person
	Poomsae and Freestyle	12.000 HUF/person – 30 EUR/person
	Kyorugi	10.000 HUF/person – 25 EUR/person



MAGYAR TAEKWONDO SZÖVETSÉG
HUNGARIAN TAEKWONDO FEDERATION

General information	Kiss Roland +3670-770-47-54 kiss.roland@wttaekwondo.hu Chief Referee: Tamás Lányi +3630/274 8934 lanyitomi@gmail.com
Entry information	Information about registration for the Kyorugi competition: Madarász István 0670/618-96-22 mtkdsz.kyorugi@gmail.com Information about entering the Poomsae competition: Lerch János 0620/560-27-37 mtkdsz.poomsae@gmail.com
Showwear	In accordance with the WT rules, competitors are requested to step on the court in taekwondo dobok.
Entry	Entry is free.

Competition rules

According to the competition rules adapted to MTKDSZ, full contact – K.O. system, i.e.:

- In the Child I and Child II age groups, head kicks are not allowed (E-Head Gear with Trunk);
- Children: In category III. "B", head kicks are not allowed (E-Head Gear with Trunk);
- Cadet "B" category allows head kicks (E-Head Gear with Trunk);
- Junior, Adult "B" is allowed to kick the head;
- Head kicks are allowed in veteran category "B";
- Category "A": Child III (E-Head Gear with Trunk), Cadet (E-Head Gear with Trunk), Junior, Adult and Veteran categories are allowed to kick the head.

Categories

- Child I and Child II – one category ("B" category);
- Child III., Cadet, Junior, Adult, Veteran – separate categories "A" and "B".

Categorization

- Category A: 4th kup and above.
- Category B: 5th kup and below

Weight-in

- 04/12/2025 - on the race site from 7:00 to 8:30
(by appointment: Google Forms)

If the athlete is unable to produce the appropriate weight, he/she will be disqualified. When weighing in the weight class, a maximum deviation of 20 dkg can be accepted. After the official draw, there is no possibility to change weight and age groups.

Modifications can be made via the TPSS website until 12:00 on 11.04.2025, before the official draw.

The draw will take place the day before the competition.



Age and weight groups

- **Child I.** (6-7 years old),
-18, -22, -24, -27, -30, -33, -37, +37 kg (for both sexes)
- **Child II.** (8-9 years old),
-24, -27, -30, -33, -37, -40, -44, +44 kg (for both sexes)
- **Child III.** (10-11 years old),
-24, -27, -30, -33, -36, -40, -44, -48, -53, +53 kg (for both sexes)
- **Cadet** (12-14 years old),
Boy -33; -37, -41, -45, -49, -53, -57, -61, +61 kg
Girls -29, -33; -37, -41, -44, -47, -51, -55, +55 kg
- **Junior** (15-17 years old)
Boys -45, -48, -51, -55, -59, -63, -68, -73, +73 kg
Girls -44, -46, -49, -52, -55, -59, -63, +63 kg
- **Adult** (over 17 years old)
Men's -54, -58, -63, -68, -74, -80, -87, +87 kg
Female -46, -49, -53 - 57, -62, -67, -73, +73 kg
- **Veteran** (35 years and older)
Men: -58, -68, -80, +80 kg
Female: -49, -57, -67, +67 kg

For age groups, the year counts!

Merge

If there is no opponent in the given category, it is possible to merge the weight classes with the consent of the coaches of both athletes.

Match Time

- Children's age groups I, II and III: 3 x 1 minute, 0.5 minutes rest;
- Cadet: 3 x 1 minute 0.5 minutes rest;
- Junior, adult: 3 x 1.5 minutes 0.5 minutes rest;
- Veteran: 3 x 1 minute, 0.5 minutes rest.

The competition will be conducted according to the "Best of 3" rules.

Based on the judgement of the Chief Referee and the Competition Director, it is possible to change the match times in the competition.



Terms and Conditions

- Those competitors can participate who have the following: a sports medical certificate (sports medicine is suitable for 6 and 7 years of age, a stamp can compete from the age of 8) and the existence of the annual registration fee.
- Competitors under the age of 18 can only participate in the competition with parental permission.
- In accordance with international rules, it is not allowed to wear glasses in the martial arts, with any medical certificate, and it is not allowed to wear any special glasses – not even under the plexiglass headgear!
- Mouthguards are also mandatory when using plexiglass head protection.
- The length of the nail is checked by the judges at the weigh-in. (The color of the nail polish can be white or colorless, the nail should not reach beyond the fingertips.)

Entry fee

The entry fee can be transferred to the account of the Hungarian Taekwondo Federation or paid in cash on-site. On-site payment of the entry fee is until 8:30 a.m.

EUR:	HUF
Account number:	Account number:
10300002-20162768-48820019	10300002-20162768-00003285
IBAN account number:	IBAN account number:
EN21 1030 0002 2016 2768 4882 0019	EN28 1030 0002 2016 2768 0000 3285
MKB BANK PLC.	MKB BANK PLC.
SWIFT code	Hungarian Taekwondo Association
MKKBHUHBXXX	
Bank address VACI U. 38 BUDAPEST Hungary	
Hungarian Taekwondo Federation	



Poomsae

Individual					
Category	Age Group	Belt Grade	Form practice	System	
Cat. A	Kids (7-11)	2. Kup or higher	Taeguk 4,5,6,7	Cut-off	Lottery
	Cadets (12-14)		Taeguk 4,5,6,7,8	Cut-off	
	Junior (15-17)		Taeguk 4,5,6,7,8 Koryo	Elimination	
	Adult (18+)		Taeguk 6,7,8 Koryo, Keumgang, Taebaek	Elimination	
	Adult (30+)		Taeguk 7.8 Koryo, Keumgang, Taebaek, Pyongwon	Elimination	
	Adult (40+)		Taeguk 7.8 Koryo, Keumgang, Taebaek, Pyongwon	Elimination	
Cat. B	Kids (7-11)	6-3rd kup	Taeguk 2,3,4,5,6	Cut-off	Optional
	Cadets (12-14)		Taeguk 2,3,4,5,6	Cut-off	
	Junior (15-17)		Taeguk 2,3,4,5,6,7	Cut-off	
	Adult (18+)		Taeguk 2,3,4,5,6,7,8	Cut-off	
	Adult (30+)		Taeguk 2,3,4,5,6,7,8	Cut-off	
	Adult (40+)		Taeguk 2,3,4,5,6,7,8	Cut-off	
Cat. C	Kids (7-11)	10-7th kup	Taeguk 1,2,3	Cut-off	Optional
	Cadets (12-14)		Taeguk 1,2,3	Cut-off	
	Junior (15-17)		Taeguk 1,2,3	Cut-off	
	Adult (18+)		Taeguk 1,2,3	Cut-off	
	Adult (30+)		Taeguk 1,2,3	Cut-off	
	Adult (40+)		Taeguk 1,2,3	Cut-off	
Para	Adult (18+)	any belt grade	Taeguk 1,2,3,4,5,6,7,8	Cut-off	Optional
Freestyle	Kids (7-11)	any belt grade		Cut-off	
	Cadets (12-14)				
	Junior (15-17)				
	Adult (18+)				



Pair				
Category	Age Group	Belt Grade	Form practice	
Cat. A	Kids (7-11)	2. Kup or higher	Taeguk 4,5,6,7	Lottery
	Cadets (12-14)		Taeguk 4,5,6,7,8	
	Junior (15-17)		Taeguk 4,5,6,7,8 Koryo	
	Adult (18+)		Taeguk 4,5,6,7,8 Koryo, Keumgang, Taebaek	
	Adult (30+)		Taeguk 8, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	
Cat. B	Kids (7-11)	6-3rd Kup	Taeguk 1,2,3,4,5,6	Optional
	Cadets (12-14)		Taeguk 1,2,3,4,5,6	
	Junior (15-17)		Taeguk 1,2,3,4,5,6,7	
	Adult (18+)		Taeguk 1,2,3,4,5,6,7,8	
Cat. C	Kids (7-11)	10-7th Kup	Taeguk 1,2,3	Optional
	Cadets (12-14)		Taeguk 1,2,3	
	Junior (15-17)		Taeguk 1,2,3	
	Adult (18+)		Taeguk 1,2,3	

The doubles competition will be held in a cut-off system. Couples can be of any gender in all categories.



Team competition				
Category	Age Group	Belt Grade	Form practice	
Cat. A	Kids (7-11)	2. Kup or higher	Taeguk 3,4,5,6	Lottery
	Junior (12-17)		Taeguk 4,5,6,7,8	
	Adult (18+)		Taeguk 6,7,8 Koryo, Keumgang, Taebaek	
	Adult (30+)		Taeguk 6,7,8, Koryo, Keumgang, Taebaek, Pyongwon	
Cat. B	Kids (7-11)	6-3rd Kup	Taeguk 2,3,4,5,6	Optional
	Junior (12-17)		Taeguk 2,3,4,5,6,7	
	Adult (18+)		Taeguk 2,3,4,5,6,7	
	Adult (30+)		Taeguk 2,3,4,5,6,7	
Cat. C	Kids (6-11)	10-7th Kup	Taeguk 1,2,3	Optional
	Junior (12-17)		Taeguk 1,2,3,4	
	Adult (18+)		Taeguk 1,2,3,4	
	Adult (30+)		Taeguk 1,2,3,4	

The team competition will be held in a cut-off system.

Poomsae

- There are separate women's and men's events in each age group and category.
- The competitions are held in a scoring, "cut-off" system. In the qualifiers and semi-finals, 1-1 form exercises must be presented, and in the final, 2 form exercises must be presented.
- In the individual "A" category, in Junior and Adult (18+, 30+) age groups, the competition will be held in a scoring, elimination system. 1-1 poomsae must be presented in each qualifying round, and 2-2 in the final.
- In category "A", competitors must know all the possible poomsae in their category, according to the announcement. From the given exercises, the drawn form exercises must be presented.

- If the competitor does not know the poomsae drawn, no other form exercise can be presented. If the competitor performs a different form exercise or in the wrong order in the final, he will receive the minimum score of 1.5.
- The draw will take place the day before the competition.
- In categories "B" and "C", competitors can freely choose a form exercise from the given ones. In the qualifying and semi-final rounds, 1 poomsae must be performed, while in the final, 2 different form exercises must be performed. In category "C" (individual, pair and team), ONLY competitors with the 9th and 10th kups have the opportunity to repeat the Taeguk 1 yang in the final. (If one of the members of the pair or team has an 8th or 7th kup, it is not possible to repeat the form exercise!)
- When determining age groups, the year of birth counts.
- In the doubles and team categories, teams of any composition from the point of view of gender, i.e. men's, women's and mixed doubles and teams are also allowed.
- The age group of the pair or team is based on the age of the oldest competitor of the pair or team, and the classification is based on the belt grade of the competitor with the highest belt grade.
- A competitor can only compete in one pair and one team!
- Each form exercise must be performed in a time interval of 30-90 seconds. The waiting time between the two form exercises presented is 30-60 seconds.
- The chief judge of the competition, in agreement with the organizers, may change the course of each category at the beginning of the competition. The coaches must be informed about this.

Freestyle Poomsae

- The individual creative, freestyle poomsae competition **will be held in accordance with the official WT rules.**
- The result counts towards the team points race.
- Prizes: I-III. medal and diploma.
- For the creative form practice, **the music must be submitted in advance by email until Monday, April 7, 2025, 4:00 p.m. (mtkdsz.poomsae@gmail.com)**

Para-Poomsae Individual

In accordance with our traditions, we would like to give space to our fellow athletes with disabilities, so we have included the Para-poomsae category in the program here as well.

- In this category, the competitors will present two freely chosen form exercises.
- Category breakdown based on individual classification.



Autista Poomsae

In accordance with our traditions, we would like to give space to our fellow disabled athletes, so we have included the Autistic Poomsae category in the program here as well.

- In this category, the competitors will present two freely chosen form exercises.
- Category breakdown based on individual classification.

ATTENTION!

In any age group category, if only one competitor starts, he/she must also present the form exercise valid for the given category, only then can he/she get a medal.

Speed Kicking Competition

Rules:

- **Organization of the competition:**
The competitors follow one after the other. Each competitor **can try twice**. The result of the better one counts towards the competition. In the event of a draw, the competitors will decide the medal positions in an extra round.
- A valid hit is when the entire foot is in contact with the protector part.
- Clothing: drums, belt
- Kick Time: 20 sec
- Manual counting
- Between two consecutive kicks, the executing foot must touch the ground (e.g.: scissors, snapped).
- The counter communicates and records the kick count after the time has expired.
- The judge starts and stops the competitor.

Age groups (boys, girls):

- **Child I.** (6-7 years old),
- **Child II.** (8-9 years old),
- **Child III.** (10-11 years old),
- **Cadet** (12-14 years old),
- **Junior** (15-17 years old),
- **Adult** (18-35 years old),
- **Veteran** (35+ years old)

Awards

- I-III. medals/certificates for the winners



Program (planned)

07:00-08:30		Registration
08:30-08:45		Technical meeting
09:00-09:20		Opening Ceremony
09:45-13:00		Poomsae, Kyorugi - Junior
13:00-14:30		Rapid Kick Competition
13:00-19:00		Poomsae, Kyorugi - junior, adult, veteran
19:00-19:30		Team Results Announcement/Closing of the Competition

Lunch breaks will take place continuously on the courts one after the other, so the process will be continuous.

The morning program is for children I, II, III and cadet age groups. The afternoon program is for junior, adult and veteran age groups.

The medal ceremony will be continuous, the first medal ceremony is expected to start at 12:00.

Overall Scoring

The result of the team competition will be calculated at the end of the competition. Only the categories where a match took place will count towards the results of the team competition. A win without a match does not count towards the team result.

Scoring:

1. Location – 7 points
2. Location – 3 points
3. Location – 1 point

The scoring is done automatically by the TPSS system based on the results.

Team competition categories:

1. Category "A" fight
2. Category "B" fight
3. Poomsae Category "A"
4. Poomsae Category "B" - "C"
5. Overall Team Fight
6. Overall team poomsae

The top three places in each category will receive a cup.



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Other information

At the time of registration, **head of the club** can register on behalf of his students, with the simultaneous presentation of membership cards, sports doctor, entry fees and parental permission.

You can only stay on the Field of Play with a coach or other official accreditation card.
Furthermore, we ask all clubs to register all coaches on the TPSS.eu registration interface.

We ask everyone to arrive as early as possible so that we can finish the registration by 08:30!

The competition organizers reserve the right, in consultation with the chief judge of the competition, to change the competition rules and the program plan.

We wish everyone good preparation and good luck!

Hungarian Taekwondo Federation

Dr. Márton Zsolt Krisztián
President

Kiss Roland
Competition Director
Secretary General



MAGYAR TAEKWONDO SZÖVETSÉG
HUNGARIAN TAEKWONDO FEDERATION

STATEMENT TO PARTICIPATE
UNDER 18 YEAR

Hungarian Taekwondo Federation (HTF)

Statement to participate in the 2025 Olympic Hope Competition

Kyorugi/Poomsae/Speed Kicking Competitions

Undersigned..... (legal representative),

as..... (represented/child's name),

Represented/place and date of birth of the child:.....

Represented/Child's mother's name:

I agree that my legal representative will participate as a competitor in the 2025 Olympic Hope Competition to be held on 12.04.2025 in the Békéscsaba Városi Sportcsarnok. I am aware of the risks and injuries that participation may entail due to the competition rules. I acknowledge that the competition is conducted according to the rules of MTKDSZ/ETU / WTF and the organizers do not take responsibility for any injuries or damages. I acknowledge that the Federation does not take responsibility for any injuries or accidents outside the competition area.

I declare that my legal representative has a license (sports medicine/medical/other) as defined in the legislation and other regulations necessary for participation in the competition, and that he or she has a license (sports medicine/medical/other) in accordance with his or her state of health.

I acknowledge that the sports medical/medical examination is an indispensable condition for preparation and competition within the framework of the sport, it is of paramount importance in order to protect the health of the athletes, and the Hungarian Taekwondo Federation reserves the right to check the existence of sports medicine licenses.

Date:.....

.....
signature of a legal representative



MAGYAR TAEKWONDO SZÖVETSÉG
HUNGARIAN TAEKWONDO FEDERATION

STATEMENT TO PARTICIPATE
OVER 18 YEAR

Hungarian Taekwondo Federation (HTF)

Statement to participate in the 2025 Olympic Hope Contest

Kyorugi/Poomsae/Speed Kicking Competitions

Undersigned..... (competitor),

Place and date of birth:

Mother's name:

as a competitor at the 2025 Olympic Hope Competition, which will be held on 12.04.2025 in the Békéscsaba Városi Sportcsarnok, I declare that I am aware of the risks and injuries that may arise from participation due to the competition rules. I acknowledge that the competition is conducted according to the rules of MTKDSZ/ETU / WTF and the organizers do not take responsibility for any injuries or damages. I acknowledge that the Federation does not take responsibility for any injuries or accidents outside the competition area.

I declare that I have a license (sports medicine/medical/other) specified in the legislation and other regulations necessary for participation in the competition, and in accordance with my state of health.

I acknowledge that the sports medical/medical examination is an indispensable condition for preparation and competition within the framework of the sport, it is of paramount importance in order to protect the health of the athletes, and the Hungarian Taekwondo Federation reserves the right to check the existence of sports medicine licenses.

Date:

.....
Signature of the participant/competitor