

12th CROATIA OPEN POOMSAE 2026

WT G1 TOURNAMENT

taekwondo.hr



12TH CROATIA POOMSAE OPEN
WT G1 TOURNAMENT



CROATIA POOMSAE OPEN-G-1

17TH OCTOBER 2026



Sutinska vrela Sports hall, Podsusedski trg 14B, 10.000 Zagreb

12th CROATIA OPEN POOMSAE 2026

WT G1 TOURNAMENT



Croatia, Full of Life

This is the twelfth year of Croatia Open Poomsae Championship. We as the host want to make your stay in our country a memorable one. We will celebrate your sport achievements with you and we hope that this will be just one of the many visits to our beautiful country.

Welcome and have a pleasant stay!

Organizing Committee President
Prof. Dr. Dragan Primorac



12th CROATIA OPEN POOMSAE 2026

WT G1 TOURNAMENT

ORGANIZER: CROATIAN TAEKWONDO FEDERATION

HOST: TAEKWONDO CLUB ZAPRESIC

CONTACT ADDRESS: VJEKOSLAVA HEINZELA 44, 10000 ZAGREB

PHONE: +385 13012 348

FAX: +385 13091 073

E-MAIL: croopenpoomsae@gmail.com

Org. Committee

President: Prof. Dr. Dragan Primorac, President of CTF

Manager: Mrs. Jelena Marot

Sport coordinator for

Poomsae: Mr. Viktor Romancuk +385992717677

Date: Saturday, 17th October 2026

Venue: Sports hall **Sutinska Vrela, Podsusedski trg 14b,**
10090 Zagreb, Croatia

Application: <https://worldtkd.simplycompete.com>

Deadline: 11:59 p.m. by CET time on October 06th, 2026.



12th CROATIA OPEN POOMSAE 2026

WT G1 TOURNAMENT

JOIN THE OFFICIAL WHATSAPP GROUP FOR ALL IMPORTANT INFO:



ENTRY FEE:

	Early registration	Regular registration	Late registration
Payment by date:	until 1st September	from 2nd September to 6th October	from 7th October (or Cash at registration)
Individual	150€	180€	200€
Pair	150€	180€	200€
Team	150€	180€	200€

Beneficiary: Taekwondo klub Zapresic, Vladimira Novaka 23, 10290 Zapresic

Bank Name: Zagrebacka banka d.d., Trg bana Josipa Jelacica 10, 10000 Zagreb

IBAN: [HR4223600001103010476](#)

SWIFT-BIC: [ZABHR2X](#)

Reason for payment: CROP 2026, *[Name of Team, X individual, Y pairs, Z teams]*

X, Y and Z indicates the number of each athlete in every discipline you are paying for.

Please keep a copy of the transfer with you at the registration.

There will be no refund if a registered competitor fails to show up for the competition.

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



12th CROATIA OPEN POOMSAE 2026

WT G1 TOURNAMENT

Schedule:

Friday, 16th October 2026

16:00 – 19:00, Registration for all, Sports hall Sutinska Vrela, Podsusedski trg 14b, Zagreb

Registration is mandatory for all teams! Those who do not show up on the registration will be deleted from the list for the draw and will not be returned on the day of the competition! Freestyle music must be submitted no later than the registration. No music submissions will be accepted on the day of the competition!

Registration will be organized into two separate lines: **Green** and **Red**.

- **Green Line** - for teams that have completed their registration correctly and paid all entry fees in accordance with the regulations. These teams will receive priority during the registration process.
- **Red Line** - for teams with registration or payment issues, such as incorrect entry fee payments, individual payments instead of club payments, or any other unresolved matters. These cases will need to be resolved before registration can be completed.

Saturday, 17th October 2026

08:30 - Head of team and referee meeting

09:00 - Start of competition

OVR: Martial.Events

IVR: ReStrike



12th CROATIA OPEN POOMSAE 2026

WT G1 TOURNAMENT

INDIVIDUAL	COMPULSORY POOMSAE
CHILDREN	Taegeuk 4, 5, 6, 7, 8
CADETS	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek
JUNIORS	Taegeuk 5, 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon
U30	Taegeuk 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae
U40	Taegeuk 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae
U50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon
U60	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu
U65	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu
O65	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu
PAIRS AND TEAMS	COMPULSORY POOMSAE
CHILDREN	Taegeuk 4, 5, 6, 7, 8
CADETS	Taegeuk 4, 5, 6, 7, 8, Koryo, Keumgang, Taebaek
JUNIORS	Taegeuk 5, 6, 7, 8, Koryo, Keumgang, Taebaek, Pyongwon
U30	Taegeuk 7, 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae
U50	Taegeuk 8, Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon
U60	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu
O60	Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu
FREESTYLE	
INDIVIDUAL U17, O17	1 athlete (Male or Female)
PAIR U17, O17	2 athletes (1 Male + 1 Female)
MIXED TEAM U17, O17	5 athletes (3 Male + 2 Female or 2 Male + 3 Female) + 1 substitute max



12th CROATIA OPEN POOMSAE 2026

WT G1 TOURNAMENT

RULES AND REGULATIONS

- Competition will be held according to WT/WTE/CTF Rules and regulations
- **WT Global Athlete Licence** (GAL) is mandatory for all competitors in WT categories. All participants must be prepared to prove their age by presenting their valid passport or ID card at the registration. Starting permission for children and minors lies within the clubs responsibility (mind the liability exclusion). By filing the application the contestants agree that their names will be published on the participants and resultlists on the internet.
- All competitors of the CROATIA OPEN POOMSAE participate at their own risk. The registration application implies that the contestant agrees to assume all responsibility for themselves and to release all others from all and any liability which may directly or indirectly result from the Croatia Open Poomsae.
- Participating contestants shall wear the WT recognized taekwondo uniform.
- **Children (2015 - 2017) – minimum 2nd geup, all other divisions have to be Poom/Dan holder**

COACH ELIGIBILITY REQUIREMENTS

- 1. Minimum age of 18 years old
- **2. Holder of the WT Coach License Poomsae Level 1 Coach Certification**
- 3. Holder of a valid 2026 WT Global Official License
- 4. Coaches are not allowed to wear Dobok and **trainers** are **not** allowed to be on the competition area.



12th CROATIA OPEN POOMSAE 2026

WT G1 TOURNAMENT

Single elimination system for all recognized poomsae divisions:

- Individual Categories: Contestants shall perform 2 randomly selected Poomsae. Both Chung and Hong players perform their assigned Poomsae simultaneously
- Pair and Team Categories: Contestants shall perform 2 randomly selected Poomsae.
- Before each match starts, 2 designated Compulsory Poomsae will be displayed on the monitor at the Field of Play. All divisions must perform these for the preliminary, semi-final, and final rounds in all competitions.

Cut-off system for all Freestyle poomsae and they perform only 1 round.

- It is allowed to include max. 3 acrobatic combinations during the whole performance
- Every extra acrobatic technique or combination will lead to a deduction of 0.3 points from the total score
- 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 (7 – 10 kicks)
- Minimum number of consecutive sparring Kicks (7 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)
- It is not allowed to perform 1-1 sparring (face to face)
- 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
- 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!



12th CROATIA OPEN POOMSAE 2026

WT G1 TOURNAMENT

Mixed Team Divisions – Board Breaking

- Board breakings in the following three technical skills are required:
 1. Gradients of spins in a spin kick minimum 1 board
 2. Kyorugi style consecutive kicks minimum 3 boards
 3. Acrobatic kicking technique minimum 1 board
- Minimum number of boards breaking during a Performance: 5 (1+3+1) boards.

Board Breaking: The pine board has the following measurements:

- Length 300 mm
- Width 220 mm
- Thickness 9 mm

Notice: The required number of boards that fit the given dimensions must be brought by the mixed teams (participants) on their own (5 to 9 boards).

Only for Free Style Poomsae Mixed Team of Over 17, if the age of a team's each member does not consist of 18 years old or older, the Mixed Team can be formed with up to maximum two of members under the age of 18 (12-17).

The music for Freestyle Poomsae send to croopenpoomsae@gmail.com and bring the file on a USB-stick. **Freestyle music must be submitted no later than the registration. No music submissions will be accepted on the day of the competition!**

- All athletes will 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, he or she will not be seeded and will be placed in a random draw

The Team Standing is determined by the sum of the results of the individuals in a team.

Points:

GOLD - 7 POINTS

SILVER - 3 POINTS

BRONZE - 1 POINT

Protest charge fee: 200€.



12th CROATIA OPEN POOMSAE 2026

WT G1 TOURNAMENT

VISA ASSISTANCE FORM

Important: Please fill out this form and send it to croopenpoomsae@gmail.hr along with **passport copies** of all visa applicants and **Simply Compete Registration Summary**, to receive an invitation letter.

Location of Embassy for Visa application:

e-mail of Embassy:

Insert name of country:

Family name as shown in passport:

Given name as shown in passport:

Date of birth:

Nationality:

Passport no.:

Passport date of issue:

Passport expiration date:

Name of the team:

Signature of the President: _____

Stamp of the club/team: _____

Please fill out and send this form to the Organizing Committee by **6th October 2026**.

