OUTLINE

Chuncheon 2026 World Taekwondo Poomsae Championships

1 PROMOTER: WORLD TAEKWONDO (WT)

Address:	10th Fl., Booyoung Taepyung Bldg. 55 Sejong-daero, Jung-gu, Seoul, Korea, 04513
Telephone:	(82.2) 566 2505 / 557 5446
Fax:	(82.2) 553 4728
E-mail:	sport@worldtaekwondo.org (Sport & Event Management Department)
Website:	www.worldtaekwondo.org

2 ORGANIZING COMMITTEE:

Address:	124, Sports town-gil, Chuncheon-si, Gangwon State, Republic of Korea (24239)
Telephone:	+82 33 245 5080
E-mail:	tkd@clt.or.kr
Website:	https://cc2026wtpc.com

3 VENUE: **Air Dome** 111, Sports town-gil, Air Dome, Chuncheon-si, Gangwon State, Republic of Korea

4 QUALIFICATIONS

In accordance with Article 4: Qualification of Contestant of the WT Poomsae Competition Rules & Interpretation, the contestant must meet all following requirements:

I. Holder of nationality of the participating team
II. Recommended by the WT National Taekwondo Association
III. Holder of Taekwondo Dan (Poom) certificate issued by the Kukkiwon
IV. Holder of WT Global Athlete License (GAL). Any questions on the WT GAL, please contact your assigned WT GMS Manager
V. Athlete aged 12 or over
The age limits for each division are based on the year, not on the date. For example, for Junior division, contestants shall be between age 15 and 17. In this regard, if the Championships is held on September 2026, athletes born between January 1, 2009 and December 31, 2011 are eligible to participate in this division.

5 CLASSIFICATION OF COMPETITION

Recognized Poomsae Competition	Freestyle Poomsae Competition
Men's individual	Men's Individual
Women's Individual	Women's Individual
Men's Team (3 Males)	Pair (1 Male & 1 Female)
Women's Team (3 Females)	Mixed Team (Composition of 5 members including more than 2 males and 2 females)
Pair (1 Male & 1 Female)	

6 COMPETITION RULES

The latest WT Poomsae Competition Rules & Regulations shall be applied.

7 DURATION OF CONTEST

I. Recognized Poomsae: up to 90 seconds.
II. Freestyle Poomsae: from 90 seconds to 100 seconds.
III. Break time between 1st and 2nd poomsae is a minimum 30 seconds.

8 METHOD OF COMPETITION

I. Grade: G-8
II. Number of Courts: Five (5)

Recognized Poomsae	Freestyle Poomsae
Single Elimination Tournament System: All athletes will be seeded based on the WT Poomsae Ranking in September. If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. An athlete from the host country who is not seeded among the Top-4 athletes will be given the 4th placed seed. Medals shall be awarded to the top four (4) contestants. 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 & Pair:** Contestants shall perform two (2) randomly selected Poomsae. Both Chung and Hong player perform designated Poomsae at the same time. **Team:** Contestants shall perform two (2) randomly selected Poomsae. Chung and Hong player perform designated Poomsae one by one.	**Cut-off system:** All athletes will be seeded based on the WT Poomsae Ranking in September. If an athlete has no ranking points, he or she will not be seeded and will be placed in a random draw. An athlete from the host country who is not seeded among the Top-4 athletes will be given the 4th placed seed. Medals shall be awarded to the top four (4) contestants. **Preliminaries**: In case of nine (9) or more contestants/pairs/teams are participating, the competition shall start from the preliminary round with the division of groups into 2/4/8 groups. The total number of contestants advancing to the final shall be eight (8). Number of contestants advancing from each group depends on the number of groups. **Final:** When eight (8) or less contestants/pair/team are participating, competition shall start from final round. 1) Board breakings in the three technical skills (Gradients of spins in a spin kick, Kyorugi style consecutive kicks, Acrobatic kicking technique) are required for **Mixed Team division**. - Breaking (Pine) Board (length: 300 mm, width: 220 mm, Thickness: 9 mm, max. 9 boards per team) will be provided by OC. - Board holding sticks prepared by teams are allowed for only the acrobatic board breaking technique. - Holder of the board breaking can only be within the 5 members of the mixed team. - Breaking board should be located inside the court (not outside the court).

* Freestyle music should be submitted at the Head of team Meeting on a USB with the following details:

1) On the USB, each digital file should contain:
   - Name of the country
   - Name of the category
   - Name of the athlete(s)
   - Number of the WT Global Athlete License

2) The USB itself should be marked with the name of the country and should be submitted in an envelope or a bag, with a list of contents of the USB in the same way as described above. Please see the attached picture below.

** Music in USB (**Music without lyrics**) and choreography shall be choice of a contestant, it should NOT contain any political, social, and religious and any contents that may harm, discriminate or offend other.

9 CONDITIONS FOR PARTICIPATING TEAMS

Round trip airfare and accommodation charges of room and board shall be borne by the participating Member National Association.

10 TEAM ENTRIES PER COUNTRY

Position	Members	
	Max. No. of Members Male	Max. No. of Members Female
Head of Team	1	
Manager	1	
Coach	4	4
Trainer	2	2
Team Doctor	1	1
MNA Officials	3	3

Athletes		Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 40 (31-40)	Under 50 (41-50)	Under 60 (51-60)	Under 65 (61-65)	Over 65 (66~)	Total
Recognized Poomsae	Individual 1 Male 1 Female	1/1	1/1	1/1	1/1	1/1	1/1	1/1	1/1	16 (8/8)
	Pair 1 Male 1 Female	Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 50 (31-50)		Under 60 (51-60)	Over 60 (61~)		Total
		2	2	2	2		2	2		12
	Team 3 Male 3 Female	Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 50 (31-50)		Under 60 (51-60)	Over 60 (61~)		Total
		3/3	3/3	3/3	3/3		3/3	3/3		36 (18/18)
		Under 17 (12-17)				Over 17 (18-)				Total
Freestyle Poomsae	Individual 1 Male 1 Female	1/1				1/1				4 (2/2)
	Pair 1 Male 1 Female	2				2				4
	Mixed Team 2 Male 3 Female Or 3 Male 2 Female	5+1 (Substitute)				5+1 (Substitute)				10+2
	Total	82+2								

I. All athletes and team officials must hold a valid WT Global License (GAL) or Global Official License (GOL) for the event.
II. National Team Entry will only be accepted through the WT online registration system and registration is only possible with a valid WT Global License. Assigned MNA GMS admins will be notified via email once online registration opens. All athletes and officials must be registered under team name, for example "Korean National Team".
III. Athletes may compete in a **maximum of two (2) categories** in total (combined between Recognized Poomsae & Freestyle Poomsae), unless restricted by gender or age eligibility.
i.e., Up to two (2) recognized Poomsae, or two (2) Freestyle Poomsae, or one (1) category in each division.
IV. Only for the Freestyle Poomsae Mixed Team (Over 17), if all team members are not 18 years or older, the team may include a maximum of two (2) members aged 12-17.
V. Entry submissions for the athletes after the deadline will not be accepted under any circumstances.
VI. Athletes and team officials registered online may be replaced without penalty until the regular registration closes (19th August 2026, 17.00 Local Swiss Time).
VII. Registration fee will not be charged in case of cancellation of participation until the regular registration closes (19th August 2026, 17.00 Local Swiss Time).
VIII. Registration fee must be paid in full in case of the notice of cancellation of participating athletes after the regular registration deadlines or in case of no-show.
IX. Additional Penalty: Penalty of US$100 per person shall be paid to the Organizing Committee at the accreditation center in Chuncheon in the following cases.
- Any team official (any position listed above except for contestants) who is not registered online but seeks accreditation at the accreditation center, even if the total number of team officials does not exceed the designated limit.
- Any team official (any position listed above except for contestants) who seeks to be accredited, online or onsite, exceeding the designated number of entries.
- Any changes or additions that are made to a MNA officials list after the published online registration deadlines will be charged a $100 USD penalty in addition to the registration fees. This penalty will be considered the onsite fee for approved additions or changes to the MNA official list in team entry.

X. Re-print penalty: Penalty of $50 USD per accreditation shall be paid to the Organizing Committee at the accreditation center for any re-printing or accreditation cards due to loss of accreditation.
Any WT Global License registration completed onsite will be charged a $50 USD onsite processing fee for each WT Global License required.

11 ENTRY TIMELINE

EARLY BIRD DISCOUNTED REGISTRATION FEES: National Teams that complete their registration during this period will be charged a discounted registration fee.
- Registration Fee: $75 per athlete per category
- Registration Period: 24th June 2026, 17:00 to 8th July 2026, 17:00 Local Swiss Time.

REGULAR REGISTRATION FEES: National Teams that complete their registration during this period will be charged a regular registration fee.
- Registration Fee: $100 per athlete per category
- Registration Period: 8th July 2026, 17:01 to 19th August 2026, 17.00 Local Swiss Time.

LATE REGISTRATION FEES: In the case that the WT decide to implement a late registration period, national teams that complete their registration during this period will be charged the late registration fee.
- Registration Fee: $150 per athlete per category
- Registration Period: 19th August, 2026, 17:01 to 29th August, 2026, 17:00 Local Swiss Time.

12 ENTRY FEE PAYMENT

The OC shall collect the entry fees from the participating national teams. The national team shall pay an entry fee to the Organizing Committee via transfer or with cash in US$ at the WT accreditation center(s) prior to the start of the Championships. Athletes shall not be allowed to compete without successful payment of entry fee to the Organizing Committee.

Bank Info:

Beneficiary's Name: **O.C of Chuncheon Leisure·Taekwondo**
Beneficiary's Bank Account Number: 180-044-463735
Beneficiary's Bank Name: SHINHAN BANK
Beneficiary's Bank Address: 20, Sejong-daero 9-gil, Jung-gu, Seoul, Republic of Korea
Bank Swift Code: SHBKKRSE

13 LIST OF POOMSAE

- **Two (2) randomly selected Recognized Poomsae** will be performed in every match for all competitions.
- Selected Poomsae will be shown through monitor on Field of Play.

Competition	Division	Recognize Poomsae
Individual	Cadet	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Junior	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon
	Under 30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
	Under 40	
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Under 65	
	Over 65	
Pair	Cadet	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Junior	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon
	Under 30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Over 60	
Team	Cadet	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback
	Junior	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon
	Under 30	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae
	Under 50	Taegeuk 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon
	Under 60	Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
	Over 60	

Competition	Division	Freestyle Poomsae
Individual	Under 17 and Over 17	Athletes shall perform Freestyle Poomsae based on Taekwondo techniques with composition of music and choreography. Yeon-mu line shall be choice of contestants. Performed techniques must be within the boundary of Taekwondo. The definition of Taekwondo techniques shall be determined by WT Poomsae Committee.
Pair		
Mixed Team		

14 CLASSIFICATION OF RESULTS

I. Medal & Certificate
- 1st place: Gold Medal and Certificate
- 2nd place: Silver Medal and Certificate
- 3rd place and 4th place: Bronze Medal and Certificate

II. Trophies
- Top five (5) teams regardless of gender
- MVP: one (1) male and one (1) female in Recognized Poomsae & Freestyle Poomsae
- Other prizes such as the Good Fighting Spirit, Active Participation, Best Referees and Best coaches will be awarded to selected teams and individuals.

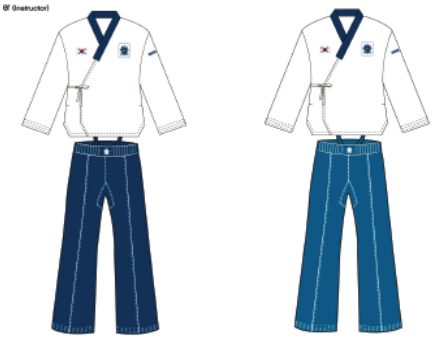
15 WT-RECOGNIZED POOMSAE COMPETITION UNIFORM

I. Participating contestants must wear the WT-recognized Poomsae Competition uniform. Any contestants who do not wear WT-approved Poomsae competition uniform will not be permitted to compete. The latest version of WT-recognized manufacturers' list is available at the website of WT (*RECOGNITION | World Taekwondo*).

II. Standardization for Poomsae Competition Uniforms: The mandatory Poomsae competition uniforms for competitors, have been standardized into three (3) categories:

III. Cadet Division (Age 12-14): White top with red and black collar, blue pants for male; red pants for female (Only Poom belt shall be permitted).

IV. **Junior and Senior Division** (Age 15-50): White top with dark blue pants for male; white top with light blue pants for female.



V. **Master Division** (Age 51 and up): Yellow top and dark blue pants for both male and female.

16 IDENTIFICATION OF NOC CODE AND MANUFACTURER

I. The National flag shall be located between 3 cm and 3.5cm below the shoulder line on the right sleeve. Flag size should be 10 cm width * 7 cm height.

II. The NOC Code shall consist of the three-letter abbreviation of the respective National Olympic Committee. It shall be printed at the back of the upper garment of Poomsae competition uniform in black color and centered 12 cm from the top line of the upper garment within the size of 30 cm width x 12 cm height. The font of the letters shall be in bold “Verdana”. Only NOC code should be allowed at the uniform.
Please see attached guidelines on NOC code and national flag.

* For those MNAs who do not have IOC-recognized NOC, please contact WT GMS Team for three-letter MNA code at sarvar.gms@worldtaekwondo.org or WT Sport & Event Management Department at sport@worldtaekwondo.org.

III. The number of manufacturer’s identification (name, designation trademark, logo or any distinctive sign of the manufacturer) shall be one per garment within 20 cm² except at the location of the WT logo according to the related WT guidelines in force as of this event.

IV. The end of the belt must be at least 10 cm or higher above the knee.

17 SPONSOR'S IDENTIFICATION

I. One sponsor's identification (logo) is allowed to each of Poomsae Competition Uniform's top and bottoms.
II. The sponsor's identification shall be located within 50 cm^2 except the location of WT logo, manufacturer's identification, national flag, and NOC code.

18 MEDICAL CONTROL

I. The WT Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions.
II. 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 test prior to the championships.
III. 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 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 with copy to 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:
https://www.worldtaekwondo.org/inside/CS/TherapeuticUseExemptions/contents

IV. WT Mouthguard, Taping and Bracing Rules:
WT-Mouthguard-brace-taping-and-padding-rules_FINAL_Feb-10-2020.pdf

19 HEAD OF TEAM MEETING & DRAWING OF LOTS SESSION

I. The Head of Team Meeting and the Drawing of Lots session shall be conducted one (1) day prior to the start of the championships that is **September 15**, in the presence of the WT officials and the representatives of the participating nations.
II. At least one representative from each team must attend the head of team meeting. In case of no representative can be at the meeting, the team must designate a proxy and inform Technical Delegate or WT Sport & Event Management Department before the meeting.

20 INDEMNITY

I. The respective national taekwondo associations shall be responsible for ensuring that all officials and participants are covered with effective travel & medical insurance coverage.
II. Participants without proper insurance coverage will not be allowed to compete in the championships.
III. The Organizing Committee will acquire general Public Liability event insurance.

21 ACCOMMODATION & TRANSPORTATION

Information regarding accommodation and transportation will be provided by the Organizing Committee shortly.

22 VISA INFORMATION

The visa recommendation letters will be automatically generated from WT GMS platform if the visa is requested during the registration for the event. All the members who need entry visa to Korea must be registered in GMS.

For any question relating to visa, please contact the OC at tkd@clt.or.kr. and detailed information will be uploaded on WT website.

23 COACH'S REQUIREMENT

All coaches are required to hold WT Poomsae Coach Certificate. Individuals who do not hold Poomsae coach certificate will be removed from the registration list and will not be allowed to coach at the Championships.

All coaches are required to wear formal suit such as tie, jacket, dress shirt (long or short), and trousers, and sport shoes during Semi-Finals and Finals. Hats of any kind, and shorts shall not be permitted when entering the Field of Play. Any coach who fails or refuses to comply with the above dress requirements shall not be permitted to coach at the Championships and may also be ineligible to coach at the competition.

Chuncheon 2026 World Taekwondo Poomsae Championships
September 16-20, 2026 / Chuncheon, Korea

Timetable
(Subject to Change)

Date	Time	Event	Place
September 12	All day	Arrival	
September 12-	0900-1800	Registration	Songam Sports Town Air Dome
September 14-	0900-1900	Team Training	Songam Sports Town Air Dome & Tennis Court
September 14	1000-1200	Referee Training	Hotel Bears (Euiam Hall)
	1400-1800	Referee Training	Songam Sports Town Air Dome
September 15	1000-1200	Referee Training	Hotel Bears (Euiam Hall)
	1300-1500	**Head of Team Meeting**	Hotel Bears (Soyang Hall)
	1500-1800	Referee Training	Hotel Bears (Euiam Hall)
	1700-1830	Opening Ceremony	Songam Sports Town Air Dome
September 16	0900	Competition	Songam Sports Town Air Dome
	TBC	Medal Ceremony	
September 17	0900	Competition	Songam Sports Town Air Dome
	TBC	Medal Ceremony	
September 18	0900	Competition	Songam Sports Town Air Dome
	TBC	Medal Ceremony	
September 19	0900	Competition	Songam Sports Town Air Dome
	TBC	Medal Ceremony	
September 20	0900	Competition	Songam Sports Town Air Dome
	TBC	Medal Ceremony	
	TBC	Closing Ceremony	
September 21		Departure	

** Since the preliminary and final rounds will be determined according to the number of registered participants in each division, the detailed division match schedule will be announced on the WT website within one week after the athlete's registration deadline.*