

2ND YEAR OF THE INTERNATIONAL COMPETITION IN TAEKWON-DO ITF



OSTRAVA CUP

27.9.2025

OSTRAVA / CITY CAMPUS
UNIVERSITY OF OSTRAVA

WWW.TAEKWONDOOSTRAVA.CZ

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Thank you to our partners for their financial and material support in organizing the international competition Ostrava Cup.

OSTRAVA CUP 2025

INFORMATION

- Date:** Saturday, 27th September 2025
- Place:** [City Campus Ostravské univerzity](#), Moravská Ostrava 3397, 70200
Moravská Ostrava a Přívoz
- Organizer:** Škola taekwon-do ITF Ostrava, z. s.
- Organizer:** Český svaz taekwon-do ITF, z. s.
- Umpire chairman:** Bc. Jiří Teslík, tel. 608 367 368, rozhodci@taekwondo.cz
- Tournament director:** Ing. Tomáš Peterek, tel. 732 532 338, ostrava@taekwondo.cz
- Applications:** Sports register (also via Czech [online application system](#)) until:
Tuesday 23rd September 2025, 22:00 (CET)

Starting fee: 500 CZK or 20 Euro for 1 competitor / 1000 CZK or 40 Euro for 1 competitor after deadline. **A payment is possible by QR code in sports hall.**

Weighing and measuring:

Weighing and measuring will be conducted independently. Clubs are required to include the current height and weight of the competitor in the application, in accordance with taekwon-do principles. The team leader is responsible for the accuracy and truthfulness of the data. **A competitor suspected of significantly violating height and weight limits may be measured or weighed before the match and, if the violation is confirmed, disqualified from the discipline.**

PRELIMINARY SCHEDULE

- Saturday, 27.09.2025**
- 7:30 – 8:30 Sports hall open for competitors
 - 8:30 Coach meeting
 - 8:45 – 9:00 Umpire meeting
 - 9:00 – 9:15 Start of the competition
 - 14:00 Announcement of the most successful individuals in MINI and younger youth categories.
 - 19:00 Announcement of the most successful individuals and clubs.

PROPOSITION

I. Divisions:	Individuals	
II. Groups:	MINI	2019 or younger
	younger youth	2018, 2017, 2016, 2015
	older youth	2014, 2013, 2012
	younger junior	2011, 2010
	older junior	2009, 2008, 2007

The technical degree of the competitor in the application must be in accordance with their highest achieved technical degree.

III. Disciplines and categories:

- 1) All age groups compete in the TUL discipline.
- 2) All age groups with 10th – 7th gup compete in the SOFTKICK
- 3) All age groups with 6th – 5th gup compete in the POINTFIGHT discipline.
- 4) All age groups from 4th gup compete in the MATSOGI discipline.

Discipline TUL

	10 + 9	8 + 7	6 + 5	4 + 3	2 + 1	I.	II.	III.
MINI	YES	YES	YES	YES	YES			
younger youth	YES	YES	YES	YES	YES			
older youth	YES	YES	YES	YES	YES	YES		
younger junior	YES	YES	YES	YES	YES	YES	YES	
older junior	YES	YES	YES	YES	YES	YES	YES	YES

Technical degree - Gup:

Elimination (groups): 1 designated pattern (from Chon-ji to last examination included)

Final: 1 optional pattern (patterns for the last or next examinations) and 1 designated pattern (from Chon-ji to last examination included). Both competitors will perform it together.

Technical degree - Dan:

Elimination (groups) and final: 1 optional pattern (patterns only for next examinations) and 1 designated pattern (from Chon-ji to next examination included). Both competitors will perform it together.

examples:	optional pattern	designated pattern
1st Gup	Toi-gae / Hwa-rang / Chong-moo	from Chon-ji to Hwa-rang
1st Dan	from Kwang-gae to Ge-baek	from Chon-ji to Ge-baek

Competitors with 10th and 9th gup compete (eliminations and finals) only in Saju Jirugi and Saju Makgi. The optional pattern in the finals is from Saju Jirugi to Chon-Ji.

Contestants in the MINI group in the TUL discipline perform only an improvised pattern for a maximum of 20 seconds (hand and foot techniques) without falling or touching the floor with any part of the body other than the feet. **Touching the floor or falling will automatically be scored 0 points.**

Discipline SOFTKICK (foam bar fight)

Two competitors try to hit each other with a foam stick within the prescribed time interval. In case of a successful hit, the match is stopped and a certain number of points are awarded (see table). **The target area is determined by ITF rules for matsogi. Warnings are given for dropping the foam stick and otherwise according to ITF rules for matsogi.** For 2 warnings, the opponent receives 1 point. The match is conducted in real-time. Only holders of 10th – 7th Gup compete.

points:	
1	foam bar attack on the midrange
2	foam bar attack the upper area
3	foam bar attack on the upper area with both feet in the air

Protectors and gear:

- 1) All age groups are required to head protector (helmet).
- 2) Protectors **do NOT have** to be red/blue.
- 3) Competitors fight with a foam bar 60 cm long.

Height categories:

	Height (cm)				
MINI	-100	-110	-120	-130	+130
younger youth	-120	-130	-140	-150	+150
older youth	-150	-160	+160		
younger junior	-160	-170	+170		
older junior	-170	-180	+180		

Elimination (groups):

mini and youth (m/f)	1 x 1,5 minutes
juniors (m/f)	1 x 2 minutes

Final:

mini and youth (m/f)	2 x 1,5 minutes (pause 30 s)
juniors (m/f)	2 x 2 minutes (pause 30 s)

Discipline POINTFIGHT

Two competitors try to hit each other with permitted ITF taekwondo techniques within the prescribed time interval. In case of a successful hit, the match is stopped and points are awarded (see table). **Warnings are given according to ITF rules for matsogi.** The match is conducted in real-time. Only holders of 6th – 5th gup compete.

points:	
1	hand attack on the middle or upper range
2	mid-range foot attack; hand attack on the upper area with both feet in the air
3	leg attack to upper area

Protectors and gear:

- 1) Protectors **do NOT have** to be red/blue.
- 2) All age groups are required to head protector (helmet).
- 3) Junior girls have a mandatory chest protector.
- 4) Junior age groups are required to wear open or closed gloves of size 10 oz.
- 5) Youth age groups are allowed to wear open gloves and closed gloves up to 10 oz, provided they fit the size of the hands and build of the competitor.
- 6) Allowed protectors for competitors are regulated by the list of approved protectors for competitions organized by the Czech taekwon-do Federation ITF.

Height categories:

	Height (cm)				
MINI	-100	-110	-120	-130	+130
younger youth	-120	-130	-140	-150	+150
older youth	-150	-160	+160		
younger junior	-160	-170	+170		
older junior	-170	-180	+180		

Elimination (groups):

mini and youth (m/f)	1 x 1,5 minutes
juniors (m/f)	1 x 2 minutes

Final:

mini and youth (m/f)	2 x 1,5 minutes (pause 30 s)
juniors (m/f)	2 x 2 minutes (pause 30 s)

Discipline MATSOGI

The match is conducted according to ITF rules. Only holders of the 4th gup and higher are competing. A mandatory turn kick will be applied.

Protectors and gear:

- 1) Protectors **do NOT have** to be red/blue.
- 2) All age groups are required to head protector (helmet).
- 3) Junior girls have a mandatory chest protector.
- 4) Junior age groups are required to wear open or closed gloves of size 10 oz.
- 5) Youth age groups are allowed to wear open gloves and closed gloves up to 10 oz, provided they fit the size of the hands and build of the competitor.
- 6) Allowed protectors for competitors are regulated by the list of approved protectors for competitions organized by the Czech taekwon-do Federation ITF.

Weight categories:

	váha (kg)						
	-25	-30	-35	-40	+40		
younger youth male, female							
older youth male	-35	-40	-45	-50	-55	-60	+60
older youth female	-30	-35	-40	-45	-50	-55	+55
younger junior male	-45	-50	-55	-60	-65	-70	+70
younger junior female	-40	-45	-50	-55	-60	-65	+65
older junior male	-45	-51	-57	-63	-69	-75	+75
older junior female	-40	-46	-52	-58	-64	-70	+70

Elimination (groups):

youth (m/f)	1 x 1,5 minutes
juniors (m/f)	1 x 2 minutes

Final:

youth (m/f)	2 x 1,5 minutes (pause 30 s)
juniors (m/f)	2 x 2 minutes (pause 30 s)

Competition system

The competition system will be conducted in a round-robin style (league) in all disciplines. If there are 6 or more competitors in a given category, it will be divided into multiple groups.

2 points are awarded for a group victory. In the event of a draw in a group, each competitor is awarded 1 point in the table.

Key for groups:

the number of competitors in the group	number of groups (gr)	the key to fighting for medals
2, 3, 4, 5	= 1 group	ranking in 1st, 2nd, 3rd place by points = (immediately)
6 competitors	2gr (3+3)	group winners for 1st place (2 rounds)
7 competitors	= 2gr (4+3)	= second from the group for 3rd place (1 round)
8 competitors	2gr (4+4)	
9 competitors	3gr (3+3+3)	group winners advance to the final group of 3
10 competitors	= 3gr (4+3+3)	= members, fight each other for the final ranking
11 competitors	3gr (4+4+3)	(1st, 2nd, 3rd place)
12 competitors	4gr (3+3+3+3)	group winners advance to the spider style
13 competitors	4gr (3+3+3+4)	tournament, defeated semi-finalists have an
14 competitors	= 4gr (3+3+4+4)	extra match for 3rd place (1 round), final 2
15 competitors	4gr (3+4+4+4)	rounds
16 competitors	4gr (4+4+4+4)	

In the overall ranking, one 3rd place will be awarded, for which the competitors will compete.

Rules

The competition will be conducted according to [ITF rules](#) and [Directive No. 10](#) of the Czech Taekwon-Do Federation ITF and these propositions.

Competitors with a 10th Gup (white belt) may compete without a dobok.

Protest

A protest against the decision of the judges can only be filed by the coach, in writing, in accordance with the procedure (immediately notify the chairman of the jury after the match and deliver it back to the chairman of the jury for the relevant ring no later than 5 minutes after receiving the form) with a deposit of 1000 CZK / 40 € to the hands of the chairman of the jury. The protest will then be discussed and resolved by the Umpire chairman (UC). The UC's decision is final.

Number of Competitors

The number of competitors that each clubs can nominate for the competition is not limited.

Trophies

Medals will be awarded for 1st, 2nd, and 3rd place in each category. In all categories, there will be only one 3rd place.

Trophies will also be awarded to the most successful individuals (mini male / female, younger youth m/f, older youth m/f, younger junior m/f, older junior m/f) as well as to the 3 most successful clubs.

Other Information

A change in the starting list (e.g., in connection with incorrect placement of a competitor in a category, etc.) after the coaches' meeting will be made for a fee of 1000 CZK / 40 €.

All competitors (members of the Czech Taekwon-Do ITF Association) must have a valid medical examination according to [Directive No. 8](#). Non-members of the association will submit a written undertaking on the day of the competition, which is part of these proposition.

The team leader (coach) guarantees that all his competitors are familiar with the content of [Directive No. 14](#) (Control and Penalty for Doping).



Škola taekwon-do ITF Ostrava, z. s.

Studentská 1770/1, Ostrava Poruba, 708 00

tel. 727 801 224, e-mail: ostrava@taekwondo.cz

The determination of the most successful competitor and club is based on the total number of points for the medals won (gold = 3 points, silver = 2 points, bronze = 1 point). In case of a tie, weight decides. In case of a tie in points, the weight of the discipline decides (tul > matsogi > pointfight > softkick). If the weight of the disciplines is the same, the number of matches competed in the category decides.

Written undertaking

Name of the competition: OSTRAVA CUP 2025

Place: City Campus Ostravské univerzity, Moravská Ostrava 3397, 70200 Moravská Ostrava a Přívoz

Date: 27.09.2025

Name and surname:

Date of birth:

Nationality:

I, the undersigned, hereby confirm with my signature that I participate in the mentioned sports competition at my own risk. I declare that I am mentally and physically fit to participate in this competition, and in the event of any injury, I will not demand any financial or other compensation and damages from the Škola taekwon-do ITF Ostrava, z. s.

I further declare that I have thoroughly read this written consent before signing it, and I have signed it according to my true, free, and serious intention. As evidence of my agreement with the entire content of this waiver, I attach my handwritten signature. For competitors who have not reached the age of 18 on the day of the competition, their legal guardian signs the waiver.

On Signature of the competition participant / legal guardian