13th TURKIYE OPEN

POOMSAE

24
MARCH
2026

ANTALYA /
TURKIYE

VENUE:
ANTALYA
SPOR SALONU



WORLD TAEKWONDO

TÜRKİYE TAEKWONDO FEDERASYONU

Invitation Letter



Dear Mr./Ms. President,

On behalf of the Türkiye Taekwondo Federation, it is my great honor and pleasure to invite you, your federation, and your esteemed athletes to participate in the 13th Türkiye Open Taekwondo Championships (Poomsae), which will be held in Antalya, Türkiye, on 24 March 2026.

Successfully organized for over 12 consecutive years, the Türkiye Open has established itself as one of the most prestigious and well-recognized open signature tournaments on the international taekwondo calendar. Thanks to its long-standing tradition, strong participation from all continents, and consistently high organizational standards, the event continues to attract elite athletes, coaches, and referees from around the world.

The Türkiye Open Taekwondo Championships is granted World Taekwondo (WT) G1 status, offering valuable ranking points and a highly competitive environment for all participants.

We are committed to delivering a tournament of the highest technical and organizational quality, supported by experienced staff and top-level international referees, ensuring maximum transparency, fairness, and impartiality for all athletes.

On behalf of the Organizing Committee, I would like to assure you that every possible effort will be made to provide an exceptional sporting event, both on and off the field of play, and to offer all delegations a memorable experience in Antalya.

We would be honored by your participation and look forward to welcoming you and your team to Türkiye for this outstanding celebration of taekwondo.

Yours sincerely,

Bahri TANRIKULU

President
Türkiye Taekwondo Federation

WORLD TAEKWONDO

13th TÜRKİYE OPEN

TÜRKİYE TAEKWONDO FEDERASYONU

WHATSAPP GROUP QR CODE

SCAN ME

Join Our WhatsApp Channel: 13th Turkiye Open
https://whatsapp.com/channel/0029VbBg1zzJ93wYuhh1ZP25

To participate in WhatsApp Channel, please enter in WhatsApp application and scan QR Code or just click the link above. Every update will be published in the channel.

ORGANIZATION

Promoter	Turkiye Taekwondo Federasyonu
President	Bahri TANRIKULU
Organizing MNA	Turkiye Taekwondo Federasyonu
Telephone	0090 312 310 88 16
E-mail	tkdturkiyeopen@gmail.com
Website	http://www.turkiyetaekwondofed.gov.tr

VENUE

City	Antalya
Venue	Antalya Spor Salonu (10.000 Kişilik Kapali Spor Salonu)
Adress	Antalya Spor Salonu (10.000 Kişilik Kapali Spor Salonu), Meltem, 07030 Muratpaşa, Antalya/Turkiye https://maps.app.goo.gl/BXKPHSESk6E7g1ab7

Categories – Recognized Poomsae

Individual competition each with male / female	Year of birth	Compulsory Poomsae
Cadets (12 – 14 years old)	2012 - 2014	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgan, Taebaek
Juniors (15 – 17 years old)	2009 - 2011	Taegeuk 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon
Division under 30 years (18 – 30 years old)	1996 - 2008	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae
Division under 40 years (31 – 40 years old)	1986 – 1995	
Division under 50 years (41 – 50 years old)	1976 – 1985	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
Division under 60 years (51 – 60 years old)	1966 – 1975	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Division under 65 years (61 – 65 years old)	1961 – 1965	
Division 66 years & older (Over 65 years old)	1960 and Older	

Pair and team competition	Year of birth	Compulsory Poomsae
Cadets (12 – 14 years old)	2012 – 2014	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgan
Juniors (15 – 17 years old)	2009 – 2011	Taegeuk 4, 5, 6, 7, 8 Jang, Koryo, Keumgang, Taebaek
Division under 30 years (18 – 30 years old)	1996 – 2008	Taegeuk 6, 7, 8 Jang, Koryo, Keumgang, Taebaek,Pyongwon, Shipjin
Division under 50 years (18 – 30 years old)	1976 – 1995	Taegeuk 8 Jang, Koryo, Keumgang, Taebaek,Pyongwon, Shipjin, Jitae, Chonkwon
Division under 60 years (18 – 30 years old)	1966 – 1975	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
Division over 60 years (61 years and older)	1965 and older	Koryo, Keumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu

Pair competition: 2 athletes (m+f) **Team competition:** 3 athletes (m+m+m / f+f+f)

On principle all members of a pair / team must be of the appropriate age.
Age categories are based on the year of birth.

Method of Competition – Recognized Poomsae

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).**

Note: The organizer reserves the right to reduce the number of Poomsae to be performed in the preliminary rounds to one (1) Poomsae.

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, he or she will not be seeded and will be placed in a random draw. Medals shall be awarded to the top four (4) contestants.

Ending Position: According to the new WT Rules and regulation there is no deductions in Poomsae Performance for ending positions that differ from the starting position.

Categories – Free Style Poomsae

Category	Year of birth	
Individual under 17 years (12 – 17 years old)	2009 – 2014	1 athlete (Male **or** Female)
Individual over 17 years (18 years and older)	2008 and older	1 athlete (Male **or** Female)
Pair under 17 years (12 – 17 years old)	2009 – 2014	2 athletes (1 M + 1 F)
Pair over 17 years (18 years and older)	2008 and older	2 athletes (1 M + 1 F)
Mixed Team under 17 years (12 – 17 years old)	2009 – 2014	5 athletes +1 (substitute) (2 M + 3 F **or** 3 M + 2 F)
Mixed Team over 17 years (18 years and older) *	2008 and older	5 athletes +1 (substitute) (2 M + 3 F **or** 3 M + 2 F)

Age categories are based on the year of birth.

**Note: 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).

Method of Competition – Free Style Poomsae

Free Style Poomsae: Cut-off System

Cut-off system for all Freestyle categories: Single Final Round (only 1 round), independent of number of athletes

- Each performance shall have a duration from 90 seconds to 100 seconds.
- Performed techniques must be within the boundaries of taekwondo.
- Scoring shall be made in accordance with the rules of the WT.
- Music & choreography shall be the choice of the contestant.
- Freestyle athletes will also be required to submit their music in a USB-Stick to OC on the day of registration

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.**

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

Length	300 mm
Width	220 mm
Thickness	9 mm (ca. 1/4 inch)

- 9 boards (max. number of Board) per team will be provided by OC.
- All boards must remain within the boundary line; otherwise, deductions will be applied.

- **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. Any of the five performing members (not substitute) can execute board breakings.

The Followings are allowed during the Board Breaking:

- **Gradients of spins in a spin kick (**Jump Turn Kick): Piggyback allowed only.

Piggyback means sitting (not standing) on a teammate's shoulders to hold a board.

- **Acrobatic kicking technique (**Acrobatic Kick): support/boosting and piggyback.

Support/Boosting means assisting a teammate's jump.

Free Style Poomsae - General Information for all categories

- All Acrobatic techniques must incorporate **Taekwondo kicks**.
- Consecutive sparring kicks (7 – 10 kicks) – Minimum 7 consecutive kicks
- Punches are not counted for “minimum 7 consecutive sparing kicks”

• **Mandatory Stances: Hakdari Seogi, Beomseogi, and Dwigubi** - All stances must be performed clearly and accurately. **For pair and mixed team, athletes must perform the stances at the same time.**

Rules

Competition Rules
WT Poomsae Competition Rules & Interpretation in force as of June 14, 2024, shall apply.

Condition for Participation
WT Global Athlete License (GAL) is mandatory for all competitors in WT categories.
All participants must have a valid 2026-GAL License to participate at this event. Please contact your MNA or club admin to apply for the WT Global License. All participants must be prepared to proof their age by presenting their valid passport or ID-card at 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 list of participants and result lists on the internet.

Qualification Requirements (Belt Requirements)

Kids / Children	2nd Geup and higher
Cadet, Junior and Senior Athletes	Holder of 1st Dan/Poom and above (WT regulations)

Note: According to WT Poomsae Competition Rules, 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. For example: Recognized Poomsae max 2, or Freestyle Poomsae max 2, or 1 each of categories

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. Coaches are not allowed to wear Dobok.

Protective Equipment & Uniform
The participants shall wear the WT recognized Taekwondo Uniform.

New Partner Invitation Function for Poomsae Event: WT GMS has implemented a new function for an individual member to invite partner (s) for Pairs and Teams Poomsae. During the registration for a Poomsae event, there is a new button called "**Invite/Add**". Your partner will receive an email about the invitation, then he/she needs to accept the invitation by registering through GMS to the 2026 Türkiye Open (Poomsae). You can find detailed infographics on how the function works: https://www.dropbox.com/s/1rl2x8iji1qtea0/New%20Partner%20Invitation%20Function%20for%20Poomsae%20Events.pdf?dl=0.

REGISTRATION

Applications
To register and login to the service, please use this link:
https://worldtkd.simplycompete.com/events
There will be **NO** Onsite Registration

DEADLINE FOR APPLICATIONS

(regular registration):

until February 28, 2026, 23:59 Istanbul time

(late registration)

until March 15, 2026, 23:59 Istanbul time

ENTRY FEE & PAYMENT

Regular Payment Period

Individual:	**150,00 € (EUR)** & payment must be completed via bank transfer by Feb 28, 2026.
Pair:	**160,00 € (EUR)** & payment must be completed via bank transfer by Feb 28, 2026.
Team:	**180,00 € (EUR)** & payment must be completed via bank transfer by Feb 28, 2026.

Late Payment Period:

All categories: 200,00 € (EUR) & payment must be completed via bank transfer by Mar 15, 2026.

On-Site (Cash) Payment:

All categories: 200,00 € (EUR)

Additional Accreditation Card:

50,00 € (EUR) per request for replacement and reprinting of accreditation cards.

Change of Category:

50,00 € (EUR) per competitor for any weight division change

IMPORTANT: If the athlete registered online does not take part in the competition for some reason, but he/she has not been removed from the list of participants/team before **deadline** (**February 28, 2026)** his/her team officially must fully (%100) pay his/her entry fee for the participation or else athlete/athletes from their team cannot participate in the tournament. Registration fee payments should be **completed** on February 28, 2026; Please consider the SWIFT durations.

Entry fees: The OC shall collect the entry fees from the participating national teams and clubs. The national team/club shall pay an **entry fee via bank transfer** and the Athletes shall not be allowed to compete without successful payment of entry fee to the Organizing Committee.

Please send the SWIFT MT103 Document to tkdturkiyeopen@gmail.com

After you send the SWIFT MT103 Document, your payment can be recognized/found easily and you can be informed if the amount you have to pay completely reached to us, and if the amount is not reached to us completely, we will inform you based on our records and you can send the rest of the amount.

Note: Consider the Corresponding Bank Fee, be aware that they can deduct a service fee.

NOTE: Bank transaction expenses should be set to "OUR".
If set to "SHA" then the team may be asked to pay at the Registration & Accreditation Centre, any differences that may occur at the final amount remitted.

Turkiye Taekwondo Federasyonu has a NO REFUND policy.

All entry fees shall be paid in advance. Cash payments will not be accepted. All bank transfer shall be paid to the following bank account:

Beneficiary	TÜRKİYE TAEKWONDO FEDERASYONU
Name of the bank	TURK EKONOMI BANKASI A.S.
IBAN	TR37 0003 2000 0000 0135 5654 85
BIC/SWIFT	TEBUTRIS930
Bank address	TURK EKONOMI BANKASI A.S., C BLOK, SOKULLU CAD 7A, FLOOR 3, SARAY MAHALLESI, UMRANIYE, ISTANBUL, Turkiye
Payment reference	TUROPEN2026 plus TEAM NAME
Example	TUROPEN2026 Team Italy

Payment must be done per team or club.
Coach Free entrance for 1 coach per 5 participants

Protest Fee **200,00 € (EUR)**

Each Team is responsible for submitting the Protest in the proper manner and according to the rules and regulations.

Referees

Only International Referees will be accepted. An official invitation for the referees will be sent to all Federations.

Awards

The medal ceremony will take place IMMEDIATELY after the end of the final fights of certain categories. All fights will take place according to a predetermined schedule.

Individual awards:

1st PLACE:	GOLD MEDAL & CERTIFICATE
2nd PLACE:	SILVER MEDAL & CERTIFICATE
3rd PLACE:	BRONZE MEDAL & CERTIFICATE
3rd PLACE:	BRONZE MEDAL & CERTIFICATE

Team awards
The Team Standings is determined by the sum of the results of the individuals in a team.
Team awards will be given out to the top five (5) teams.

ACCOMMODATION

All teams participating in 13th Türkiye Open can book their hotel rooms **via the Organizing Committee** or **at their own will**.

Accommodation guide and other details will be released in a short notice. you can find it at the Event Documents Section.

Anti-doping

The competitor accepts the Anti-Doping rules of the World Taekwondo Federation and the National Anti-Doping Agency (Türkiye Anti-Doping Commission).
The list of prohibited products can be reviewed on the web page of the World Anti-Doping Agency (WADA) under the following link: http://list.wada-ama.org.
With the application all athletes commit themselves to refraining from all actions which are incompatible with the principles of fairness in sport and ensuring by all means at their disposal that no prohibited substances enter their body tissue or body fluids, and no prohibited methods are used on them.

INSURANCE

Insurance

The organization and supervisor assume no responsibility for teams, any damages, violence, losses and injuries during the stay in Türkiye.

All contestants must bring their own documents and forms for any medical treatment in Türkiye. If not, this will have to be paid in cash.

First Aid will be provided by the organization and is only to be used in case of an emergency.

Indemnities

The respective national taekwondo associations shall be responsible for ensuring that all officials and participants are covered with effective insurance coverage.

Participants without proper participation entry forms and effective insurance coverage will not be allowed to compete at the championships. The Organizing Committee will acquire general insurance, at its own expenses, for all participants of the tournament, including but not limited to contestants and staff, in the event of any injury and/or damages that may arise during the championships.

Visa Information

You should apply https://www.evisa.gov.tr/en/ by online.

Roles and Rules

The organizer will keep a register that includes contacts of competitors and members of their entourage, officials and professionals, which will facilitate the identification and monitoring of further contacts of potentially infected persons. The keeping of the register will be in accordance with local legislation and regulations, and in accordance with the protection of personal data. **By accepting the work, volunteering or registering, all participants undertake to give a statement and accept the conditions prescribed by the organizer.**

This rulebook is designed for and binds all participants in the organization who accept the stated instructions by taking over the official accreditation.

Participants/implementation/audience

To facilitate the use of this document, the organizer divided all participants in the organization into groups related to movement within the competition zone (hall) and participants outside the competition zone.

- Competition zone (hall)
- Competitors / participants
- Referees / delegates / organizers / technical service
- Medical procedures / Warming places
- TV broadcast of the competition
- Anti-doping control
- Volunteers

Other participants in the organization who are outside the competition zone of movement (in front of the hall)

- Employees
- Transport service / official drivers
- Physiotherapists / masseurs / medical service
- Media representatives
- Security service
- Logistics / goods acceptance / accreditation service
- Serving food

Audience

Audiences will be accepted during the competition. The sports hall has a capacity of 10.000 people spectator area and free car parking spot.

Daily Schedule of Categories / Divisions					
Date	**Time**	**Poomsae**	**Category**		**Division**
March 23, 2026 Monday	**08:00 – 18:00**	Registration and accreditation			
	19:00 – 20:00	Head of Team Meeting			
	22:00	Draw Sheets Publication			
March 24, 2026 Tuesday	**09:00 - 20:00**	**Recognized Poomsae**	Individual	Male	All Divisions
				Female	All Divisions
			Pair	Pair	All Divisions
			Team	Male	All Divisions
				Female	All Divisions
		Free Style Poomsae	Individual	Male	All Divisions
				Female	All Divisions
			Pair	Pair	All Divisions
			Team	Mixed Team	All Divisions

Please send this form to: tkdturkiyeopen@gmail.com

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 13th Türkiye Open Poomsae Championships on 24 March 2026 and that I accept all parts of the official invitation of this tournament.

For physical reasons nothing speaks against the participation of the athlete, and I understand that all competitors are considered to participate at their own risk. European Taekwondo Union, World Taekwondo and 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 Türkiye.

Place:_____Date: _____

Signature of the parents/legal guardian: