



SOUTH EASTERN EUROPE I.T.F. TAEKWON-DO CHAMPIONSHIP

SOUTH EASTERN EUROPE I.T.F.
TAEKWON-DO FEDERATION,
Romania, Cluj-Napoca, Parang Street No. 27, Bl. H 8, ap. 10
president@taekwondo-itf.ro



SPARRING

Individual Sparring Competition

Male and Female groups

Divisions:

(A) 6 GUP to 1 GUP

(B) Black Belts 1st to 6th degree

Age Divisions:

(A) 10 – 12 years old

(B) 12 – 14 years old

(C) 14 - 18 years old

(D) 18-35 years old

(E) 35-45 years old

(F) 45 years and older

Individual Sparring categories must consist of at least 2 competitors. In case of only 1 competitor per division, he/she shall be moved to another weight category.

Duration of Bouts:

(A) 6 GUP to 1 GUP - 1 round of 2 minutes

(B) Black Belts - 1 round of 3 minutes – Finals 2 rounds of 2 minutes with a 1 minute break between rounds.

Age Divisions – Weight Categories / Male – Female

10 – 12 years old

Male

Weights

up to 30 kg

Female

Weights

up to 25 kg



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over 30 to 35 kg

over 35 to 40 kg

over 40 to 45 kg

over 45 kg

12 - 14 years old

over 25 to 30 kg

over 30 to 35 kg

over 35 to 40

over 40 kg

Male

Weights

up to 33 kg

over 33 to 38 kg

over 38 to 46 kg

over 46 to 52 kg

over 52 kg

Female

Weights

up to 30 kg

over 30 to 35 kg

over 35 to 40 kg

over 40 to 45 kg

over 45 kg

The competitors who have reached 14 years in 2011, can choose for one of the categories: 12 -14 years, or 14 -18 years

14 - 18 years old

Male

Weights

up to 52 kg

over 52 to 58 kg

over 58 to 63 kg

over 63 to 70 kg

over 70 kg

Female

Weights

up to 45 kg

over 45 to 50 kg

over 50 to 55 kg

over 55 to 60 kg

over 60 kg

The competitors who have reached 18 years in 2011, can choose for one of the categories: 14 -18 years, or 18 – 35 years



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18-35 years old

Male

Weights

up to 54 kg

over 54 to 63 kg

over 63 to 71 kg

over 71 to 80 kg

over 80 kg

Female

Weights

up to 52 kg

over 52 to 58 kg

over 58 to 63 kg

over 63 to 70 kg

over 70 kg

The competitors who have reached 35 years in 2011, can choose for one of the categories: 18 – 35 years, or 35 – 45 years

35-45 years old

Male

Weights

up to 65 kg

over 65 to 75 kg

over 75 to 85 kg

over 85 kg

Female

Weights

up to 60 kg

over 60 to 65 kg

over 65 to 70 kg

over 70 kg

The competitors who have reached 45 years in 2011, can choose for one of the categories: 35 – 45 years, or +45 years older

45 years and older

Male

Weights

up to 65 kg

over 65 to 75 kg

Female

Weights

up to 60 kg

over 60 to 65 kg



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over 75 to 85 kg

over 65 to 70 kg

over 85 kg

over 70 kg

Team Sparring

Male and Female groups

ONLY ONE TEAM (MALE AND FEMALE) PER CLUB OR NATIONAL TEAM

Divisions:

Teams may consist of colored belts and black belts together, or separate colored belts and separate black belts

Age Divisions:

(A) 14 - 18 years old

(B) 18 - 35 years old

(C) +35 and older

Duration of Bouts:

- 1 rounds of 2 minutes

Each Sparring Team (Male and/or Female of any degree and weight) must consist of a minimum of 3 and a maximum of 5 competitors and 1 reserve (optional) from 10.