

The background of the event banner features a stylized, geometric illustration of a Taekwondo practitioner in a dynamic pose, rendered in shades of pink, red, and black. The figure is set against a blue background with a pattern of white, out-of-focus circles, creating a bokeh effect. A large, magenta arrow-shaped graphic points from the left towards the right, containing the event details.

15th
European
Poomsae
Championship

19,20 e 21
November 2021
Seixal
Portugal





Dear athletes,

In 1993, Austria was the first country to host the European Technical Championships. Now, almost 30 years later, the European Poomsae Championships have grown into an amazing event that draws athletes from all of our member federations.

Portugal has always been very supporting of the Poomsae development in Europe. Especially, President Costa has been very active and supportive for ETU and it is therefore our pleasure to have granted these 15th European Poomsae Championships in Portugal.

I hope all athletes are well prepared and I am sure that the best athlete will win! I wish all athletes the best of luck!

Yours,



Sakis Pragalos
President



Welcome to the municipality of Seixal, capital of taekwondo in Portugal

Seixal is a municipality that prides itself on supporting sport in all its aspects, whether it is amateur sport or all those who develop high performance sports.

From the very beginning, our concern has been to create all the conditions for the Municipality of Seixal to be a reference in what we designate as Sport for All. Over the past few years, we have been rehabilitating sports equipment in all parishes and creating new spaces for regular sports, whether informal or more formal and competitive practices.

In addition, we are proud to keep Seixaliad alive, the “Olympiads” of the municipality of Seixal, a true sporting event that takes place annually and which has already been held in 37 editions. A feat that is only possible thanks to the involvement of all sports agents and associations, clubs, federations and of the local community.

Taekwondo has been one of the most popular sports in the county for many years, assuming a prominent role in Seixaliada, always with a high number of athletes. It is, therefore, with great satisfaction that we welcome, in the Municipal Pavilion of Torre da Marinha, this important event of the European Championship, the 15th European Poomsae Championship, under the auspices of the European Taekwondo Union.

We congratulate Portugal, Cultura e Recreio, together with the Portuguese Federation of Taekwondo, for coordinating everyone that promotes this important achievement.

I'm sure that everything will go smoothly and that, over the three days of the event, we will experience high-level demonstrations within the terms of fair competition. I would like to wish to all participants great success but above all to create strong friendships.

Best regards,
Eng. Joaquim Santos
Mayor of Seixal County



Dear Friends,

It's with great honor that we organize once more the European Poomsae Championship in Portugal.

After the great European Championship realized in Turkey 2019 and the last two years with the pandemic, we organize this event with great responsibility in order to protect the teams and all the people that are coming from all Europe to Portugal.

The OC and Federação Portuguesa Taekwondo Team are preparing this tournament very carefully and with hope that we could provide a great and safe championship to all of you.

Seixal is a city near Lisbon (approximate 15Km) and is well known in Portugal for organizing several events every year. The city of Seixal each year organizes the biggest popular sport event in Portugal, that lasts for 30 days, with more than 20000 athletes and 61 sports including Taekwondo in all disciplines: Kyorugi, Poomsae, Freestyle.

It is with pride that we receive the support of the Seixal City mayor, Eng. Joaquim Santos for this event, allowing us to welcome you all at the 15th European Poomsae Championship.

The OC and the Federação Portuguesa Taekwondo also receive the support of Sesimbra County the Mayor, Dr. Francisco Jesus, by allowing us to have some facilities near the Official Hotel and offering to all the teams unforgettable memories in Portugal.

Together we will stand and recover from these last two years and with this event we expect to consolidate the efforts of European Taekwondo Union, in the person of the ETU President Mr. Sakis Pragalos, to return to Taekwondo events.

Hope to see all of you in Portugal.

Best regards,



Abilio Carlos Fernandes Costa
PRESIDENTE

**PROMOTER AND
SANCTIONED BY**

European Taekwondo Union

✉ info@europeantaekwoundunion.org

ORGANIZER

Federação Portuguesa Taekwondo

✉ 15epc2021@fptaekwondo.pt

VENUE

Pavilhão Municipal da Torre da Marinha, Seixal, Portugal

<https://www.cm-seixal.pt/equipamento/pavilhao-municipal-da-torre-da-marinha>

ACCREDITATION

ATTENTION

17-18 November 2021

⚠ **You need to BOOK an APPOINTMENT for Registration & Accreditation**

⚠ **To BOOK your appointment please follow the link below:**
www.picktime.com/accreditation

COMPETITION DATES

19, 20 and 21 of November 2021

**DRAWSHEET
PUBLICATION**

The draw sheets and brackets will be daily published, one (1) day before the start of competition at 21:00 hours on the following (social) media platforms:

www.europeantaekwoundunion.org

www.facebook.com/tkdeurope

Compulsory poomsae will be announced during the Head of team meeting.

RANKING

WT Poomsae Ranking Bylaw (September 23, 2020)

**HEAD OF TEAM
MEETING**

The head of team will take place on 18 of November at 19:00 hrs.

The location will be the official hotel.

Compulsory poomsae will be announced during the Head of team meeting.

In addition, all information will be also published on the following (social) media platforms:

www.europeantaekwoundunion.org

www.facebook.com/tkdeurope

CONTEST TIME

Recognized Poomsae

Individual, Pair, and Team competitions up to 90 seconds. The waiting period time between 1st poomsae and 2nd poomsae is minimum 30 seconds.

Free Style Poomsae

Individual, Pair, and Mixed Team competitions from 90 seconds to 100 seconds.

The WT Technical delegate has the authority to adjust the contest time as he sees fit.

COMPETITION RULES

WT Poomsae Competition Rules & Interpretation (May 14, 2019)

COMPETITION SYSTEM

POOMSAE RECOGNIZED

- U30 and U40: Single elimination tournament system
- All other A – categories: cut-off system
- Two (2) Poomsae from designated Compulsory Poomsae decided for each division must be performed for all the preliminarily, semi-final and final rounds for all competitions.

POOMSAE FREESTYLE

- All Freestyle- categories (single Final Round)

*cut-off system: The organization can change this due to organizational matters.

***Music freestyle:** Athletes must bring their music (**sound without Lyrics/words**) in MP3 format on USB-stick. Apple audio format is not allowed. The music and choreography shall be the choice of the contestant. It should **NOT** contain any **political, social and religious and any contents that may harm, discriminate or offend other.**

GENERAL ELIGIBILITY REQUIREMENTS

Contestants may compete in **maximum two** (2) categories in Recognized Poomsae and/or Freestyle Poomsae of competition unless he or she is limited by gender or age.

1. Holder of a valid **2021** WT Global Athlete License
2. A participant must be a member of a pertinent Member National Association, recognized by Europe Taekwondo Union or World Taekwondo.
3. Poomsae: 1st Dan/Poom, and above-WT regulations

AGE ELIGIBILITY

Born 2009 or before

The age limits for each division are based on the year, not the birthday date.

All competitors must prove their age by presenting their passport or identification card. For those athletes that are not adults, a written consent must be submitted (please find enclosed on the last pages) at the registration, signed by one of the parents or legal guardians, accepting their participation and all parts of the official invitation.

COACH ELIGIBILITY REQUIREMENTS

The eligibility requirements for coaches are as follows:

1. Minimum age of 18 years
2. Holder of a valid **2021** WT Global Official License
3. Coaching is not allowed wearing Dobok

MEDALEVENTS

The following medal events are applicable:

Recognized Poomsae Competition

Men's individual; Women's Individual; Men's Team (3 males)

Women's Team (3 females); Pair (1 male & 1 Female)

Free Style Poomsae Competition

Men's Individual; Women's Individual; Pair (1 male & 1

Female); Mixed Team (Composition of 5 members including more than 2 males and 2 females)

Athletes		Cadet (12-14)	Junior (15-17)	Under 30 (18-30)	Under 40 (31-40)	Under 55 (41-50)	Under 60 (51-60)	Under 85 (61-60)	Over 85 (65-)	Total
Recognized Poomsae	Individual 1 Male 1 Female	2	2	2	2	2	2	2	2	16
	Pair 1 Male 1 Female	Cadet (12-14)	Junior (15-17)	Under 30	Over 30					Total
		2	2	2	2					8
Team 3 Male 3 Female	Cadet (12-14)	Junior (15-17)	Under 30	Over 30					Total	
	6	6	6	6					24	
Free Style Poomsae	Individual 1 Male 1 Female	Under 17 (12-17)			Over 17 (18-)			Total		
		2			2			4		
	Pair 1 Male 1 Female	2			2			4		
		Mixed Team 2 Male 3 Female Or 3 Male 2 Female			5+1 (Substitute)					5+1
Total					61+1					

LIST OF POOMSAE TO BE PERFORMED:

Designated Compulsory Poomsae

Two (2) Poomsae from designated Compulsory Poomsae decided for each division must be performed for all the preliminarily, semi-final and final rounds for all competitions. Compulsory Poomsae to be assigned for each division shall be decided at the time of drawing of lots by Technical Delegate in consultation with the ETU officials.

***Note: Contestants may compete in maximum two (2) categories in (Recognized Poomsae and / or Freestyle Poomsae) of competition unless he or she is limited by gender or age.**

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

SPORT ENTRIES

Team entries will only be accepted through the WT GMS online registration system Simply Compete. Registration of athletes is only possible with a valid 2021 WT Global License by assigned GMS MNA Administrators only. Please find below the direct link to the WT GMS platform:

<https://wte.simplycompete.com/>

Each team is eligible to the following Officials' accreditation cards in addition to the athletes' entries:

Officials	Members	Remarks
Head of Team	1	Male & Female (total 1) for Head of Team and Manager
Manager	1	
Coach	2	Recognized Poomsae (1) & Free Style Poomsae (1) for coaches and trainers
Trainer	2	
Team Doctor	1	
MNA Officials	3	
Total	10	

REGISTRATION DEADLINE

12 November 2021, 23:59 CET

This deadline is applicable for all sport entries, payments and admitting all required forms.

APPLICABLE FEES

Regular individual entry fee Poomsae/Freestyle

125 euro per registered individual athlete per individual medal event

Poomsae/Freestyle Mixed Pair, Team or Mixed Team entry fee

150 euro for Pair

175 euro for Team or Mixed Team

Entry fees will be **topped up with 150 euros per athlete** in case athlete(s) do(es) not comply with the mandatory accommodation at the OC's official hotels. This amount must be paid in advance along with the prepayment of the entry fees.

Protest fee

200 euro. In case of an official protest, a non-refundable 200-euro fee shall be paid.

Replacement of athletes

In case an athlete needs to be replaced after the deadline, this can be done maximum 48 hours before the draw will take place. A fee of 100 euro is applicable.

Replacement of Accreditation cards

25 euro for each replacement and reprinting request of accreditation cards.

Additional Accreditation cards

50 euro for each on-site approved additional requested Accreditation card or on the top of the above-mentioned accreditation cards quotas.

PAYMENT ENTRY

All entry fees shall be paid in advance to European Taekwondo Union.

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

All bank charges shall be borne by the participating teams (option OUR)

Beneficiary: Federação Portuguesa Taekwondo

Name of the bank: Novo Banco

IBAN: PT50 0007 0045 0000 8842 0003 8

SWIFT: BESCPTPL

Bank address: R. da Palma 171, 1100-391 Lisboa

PAYMENT REFERENCE

Team payments

15EPC2021 plus NATIONAL TEAM NAME

**PROOF OF PAYMENT
REQUIREMENT**

All teams are **required** to send proof of payment (copy of bank transfer) to tesoureiro@fptaekwondo.pt one **(1) week after registration in Simply Compete**.

European Taekwondo Union/Organizing Committee has the right to delete sport entries from teams that do not send proof of payment from the system in order for other athletes to register and to prevent 'ghost athletes'.

Any athlete registering on-line who does not take part in

the competition and who has not been removed from the entry list before the deadline (12 November 2021), is liable for paying his/her entry-fee in full. (For any athlete not presenting at registration, his/her team or official will be liable for ensuring full payment has been received, prior to the team's participation). If a team does not show up at the event and has not requested a participation cancellation before the deadline, it will be requested to settle the payment of the entry fees in full (100%).

NO REFUND

Europe Taekwondo Union/ Organizing Committee does not refund entry fees paid.

ACCREDITATION CARD DISTRIBUTION

Registered teams only receive the athlete and officials accreditation cards if all financial obligations have been fulfilled. For all registered athletes, the entry fee must be paid before the accreditation cards will be distributed to the respective team.

SPORT EQUIPMENT

Dobok

Athletes can only use WT recognized products while participating at the event. See a list of recognized products at: <http://www.worldtaekwondo.org/wtpartners-wt/recognize.html>

WT approved poomsae competition uniforms:

1. **Cadet Division (Ages 12-14):** White top with red and black collar, plus blue pants for males; the same top, but with red pants, for females.



2. **Junior and Senior Division (Ages 15-50):** White top with dark blue pants for males; white top with light blue pants for females.



3. **Master Division (Ages 51 and up):** Yellow top and dark blue pants for both males and females.



Identification of NOC Code and Manufacturer

National flag shall be located between 3.5cm below the right shoulder line of upper garment. Flag size should be 10cm width x 7cm height.



NOC Code is a three-letter National Olympic Committee abbreviation, and it shall be printed at the back of the upper garment of Poomsae competition uniform in black color and centered 12cm from the top line of the upper garment within the size of 30cm width x 12cm height. The font of the letters shall be in bold "Verdana".



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

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

knee.

PROTESTS

Protest must be made as per competition rules by the official coach within 10 minutes after the end of the pertinent contest to the Technical Delegate. Protest fee is € 200 and non-refundable. The decision on the protest shall be announced after 30 minutes.

NATIONAL FLAG & ANTHEM

Every participating Member National Association is required to provide the following items for use during the Opening and/or Closing ceremonies:

- Two (2) IOC-recognized national flags • Size: 90cm x 130cm
 - A USB key of the pertinent IOC-recognized national anthem
- Items mentioned above must be submitted to the Organizing Committee during registration at the Registration/Accreditation Desk.

FIELD OF PLAY

By accepting a Europe Taekwondo Union accreditation card, all accredited persons agree to comply with the Field of Play regulations applicable at ETU events.

AWARDS

Individual awards

- 1st place – gold medal and certificate
- 2nd place – silver medal and certificate
- 3rd place – bronze medal and certificate
- 3rd place – bronze medal and certificate

Team Awards

Female Team Award

1st Place, 2nd Place and 3rd Place

Male Team Award

1st Place, 2nd Place and 3rd Place

Overall Champion

1st Place, 2nd Place and 3rd Place

MVP Female Athlete

MVP Male Athlete

MEDICAL AND ANTI-DOPING

Applicable medical rules

The WT Medical Code, WT mouthguard, bracing, taping, padding and piercing rules are applicable, which all MNA participating this event must comply.

Applicable doping rules

The WT Anti-Doping Rules and the WADA Anti-Doping Code

are applicable. Compulsory random doping tests will be conducted among all athletes. World Taekwondo and/or WADA may carry out random out-of-competition testing prior to the event.

Therapeutic Use Exemption

Athletes who take any substance or medicine listed in the “Prohibited List” of the WT Anti-Doping Rules and WADA Anti-Doping Code for therapeutic purposes are requested to submit TUE applications via ADAMS, together with the required medical information.

Otherwise, please download the TUE Application Form (found on <https://ita.sport/TUE>), and once duly completed and signed, send it together with the required medical file to tue@ita.sport. Report TUE applications also to the WT Sport Department via antidoping@worldtaekwondo.org by no later than 5 September 2021.

ADAMS login

For ADAMS login, please contact National Anti-Doping Organization (NADO) in your country or tue@ita.sport with copy to antidoping@worldtaekwondo.org

For more details, please visit

<http://www.wada-ama.org/en/ADAMS/>

http://www.worldtaekwondo.org/anti_doping-wt/therapeutic.html

MEDIA AND PRESS

Media accreditation

Registered media and press officials or official photographers are entitled to receive a media and press accreditation card. For more information, please contact the European Taekwondo Union at info@europeantaekwoundunion.org

Photo positions

All accredited photographers are only allowed to use the designated photo positions while working in the Field of Play. By accepting a media and press accreditation, the accredited person agrees to always follow the instructions of the European Taekwondo Union, Media and Press officer.

ACCOMMODATION

Hotel accommodation

All athletes participating at the 15th European Poomsae Championships 2021 shall mandatorily book their hotel accommodation via the Organizing Committee. Any member of the team that does not comply with this regulation shall

prepay a fee of **150** euro on top of his/her regular entry fees to receive an Accreditation card.

Transportation

The Organizing Committee shall provide transportation between the airport and hotel and vice-versa and between the hotel and the competition venue for those teams that have booked their hotel via the Organizing Committee.

PLEASE REFER TO ACCOMMODATION AND TRANSPORTATION FORMS FOR MORE INFORMATION

HASH TAGS & SOCIAL MEDIA

Hash tags

European Taekwondo Union uses the following hash tags:

#taekwondoeurope

#taekwondofamily

#EPC2021

Social media platforms

European Taekwondo Union is present at the following social media platforms:

Facebook: @tkdeurope

Instagram: @tkdeurope

Twitter: @tkdeurope

YouTube Channel: Taekwondo Europe

VISA

It is highly recommended that foreigners, who wish to visit Portugal, should read the related information about our country's visa regime. Visa regime for Touristic and Business Purposed visit of a country may differ from Work and Education Purposed visit. Also, Portugal visa regime may change according to reciprocity principle. While some applicants may be exempt from visa for their touristic or business visit to Portugal, the others can obtain a Visa.

<https://vistos.mne.gov.pt/en/short-stay-visas-schengen/general-information/who-needs-a-visa>

All other applicants will need to obtain a visa through Portugal Representatives in the abroad. An information note about visa regime of Portugal is available in the following address: <https://imigrante.sef.pt/en/entrada-em-portugal/>. Please contact the Organizing Committee for support in acquiring your visa at vp_desportivo@fptaekwondo.pt

INDEMNITIES

It is the responsibility of each registering team to ensure that their athletes and team officials have filled out the indemnification forms correctly and have duly signed them, thereby indemnifying WT, ETU, the Organizing Committee

and all other officials and athletes from any claims of injuries, losses or otherwise arising during participation at the the15th European Poomsae championships 2021 or any activities linked therewith.

It is the responsibility of each registered team to ensure and guarantee that sufficient insurance coverage has been arranged for all athletes, team officials and other participants. Without sufficient insurance coverage, teams will not be allowed to compete.

Please fill out the Personal Indemnity Forms and return them to the Organization Committee before 12 November 2021. Each participant (athletes, team officials, etc.) must fill out the indemnification form.

MEDICAL INSURANCE

All participating athletes, coaches, team officials, technical officials and participants at ETU events shall have mandatorily an international medical insurance that covers medical care (COVID included) and in case of emergency, repatriation to the country of origin, valid on the days present in the host country of the event. ETU nor the Organizing Committee shall be responsible to cover any medical costs incurred for medical treatment before, on or during the competition or repatriation in the broadest sense of the word.

All relevant documents proving that such an insurance is present, including insurance policy papers, should be taken to the event in case a medical situation occurs.

Each MNA/Club, Team doctor or team medical staff must ensure their athletes and team officials have valid international health insurance that covers medical and emergency care at the designated hospitals in Portugal before arrival to the venue.

COVID-19

Please refer to COVID Protocol sent along with this Outline

TIMESCHEDULE

(SUBJECT TO CHANGE)

DATE	TIME	EVENT	LOCATION
17 November	CHECK LINK	Registration & Accreditation	Official Hotel
18 November	CHECK LINK	Registration & Accreditation	
	19.00	Head of Team Meeting	
	19.30	Welcome Dinner (for Head of Team only & VIP Guests)	
	21:30	Publication of drawsheets & Poomsae Day 1	
First day of competition			
19 November	Start at 10:00 hrs	Competition day 1: Recognized Poomsae Indiv. Cadets (M/F), U30 (M/F), U50 (M/F) Pair JUNIOR Freestyle Poomsae Indiv Under 17 (M/F) and Pair Over 17	Sports Hall
	13:00 - 14:00 hrs	Lunch break	
	21:30	Publication of drawsheets & Poomsae Day 2	
Second day of competition			
20 November	Start at 10:00 hrs	Competition day 2: Recognized Poomsae Indiv. Juniors (M/F), U40 (M/F), U60 (M/F) Pair Cadets, Team Under 30 (M/F) and Over 30 (M/F) Freestyle Poomsae Ind Over 17 (M/F) and Pair Under 17	Sports Hall
	13:00 - 14:00 hrs	Lunch break	
	14:00 hrs	Medal Ceremony of day 1	
	21:30	Publication of drawsheets & Poomsae Day 3	
Last day of competition			
21 November	09:00 - 20:00 hrs	Competition day 3: Recognized Poomsae Indiv. U65 (M/F), O65 (M/F) Pair U30, O30 Team Cadet (M/F), Team Junior (M/F) Freestyle Poomsae Mixed Team	Sports Hall
	13:00 - 14:00 hrs	Lunch break	
	14:00	Medal Ceremony of day 2	
	20:00 hrs	Medal Ceremony of last day	

PERSONAL INDEMNIFICATION FORM

THIS INDEMNIFICATION, HOLD HARMLESS, RELEASE AND CONSENT NOT TO SUE executed this on: _____ (insert date of signing).

I, the undersigned, certify that I will indemnify, hold harmless and release the European Taekwondo Union, World Taekwondo, the Federação Portuguesa Taekwondo and the Organizing Committee, its executive board members, directors, officers, members, employees, consultants, agents, attorneys, contractors (including without limitation sponsors, suppliers, licensees and other representatives (each, an "Indemnitee" and, collectively, "Indemnitees"), from and against any and all damages, injuries, penalties, fines, claims, suits, liabilities, costs, attorneys' fees court costs and expenses of every kind and nature suffered by or asserted against the Indemnitee as a direct or indirect result of participating in the 15th European Poomsae Championships 2021 in the broadest sense of the word.

By signing and submitting the form below, I accept and agree to the terms and covenants contained in this Indemnification, hold harmless, release and consent not to sue.

I verify that by signing and submitting this form, that I have read and agree to all the terms and conditions provided above.

Name: _____

Date: _____

Signature:

In case the person involved is a minor, the legal guardian must sign:

Name: _____

Relation towards the minor: _____

Date: _____

Signature:

Please send this form to: 15epc2021@fptaekwondo.pt

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 15th European Poomsae Championships 2021 on 19, 20 and 21 November 2021 and that I accept all parts of the official invitation of this tournament.

For physical reasons nothing speaks against a participation of the afore mentioned athlete and I understand that all competitors are considered to participate at their own risk. Europe Taekwondo Union, World Taekwondo, the Federação Portuguesa 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 Portugal.

Place: _____ Date: _____

Signature of the parents/legal guardian:

Please, send this form to e-mail:
15epc2021@fptaekwondo.pt

VISA ASSISTANCE FORM

Important:

Please fill out this form and send it to: 15epc2021@fptaekwondo.pt
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 MNA: _____

Please fill out and send this form to the Organizing Committee by **email no later than 1 October 2021.**



15Th European Poomsae Championships 2021

ACCOMMODATION GUIDE

The participating teams are required to send Accommodation Form by mail following address;

Contact Person: Mr. Pedro Mendes

e-mail: accommodation2021taekwondo@gmail.com

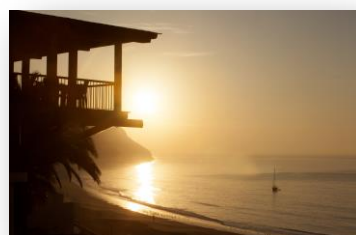
Phone Number: +351 965 524 165

ORGANISATION COMMITTEE

HOTEL DO MAR 4*

www.hoteldomar.pt

Rua General Humberto Delgado – 2970-628 Sesimbra/Portugal



Price by night – All included

OFFICIAL HOTEL					
Stars	HOTELS	SINGLE	DOUBLE /*PP	TRIPLE/*PP	
4*	HOTEL DO MAR	170,00 €	105,00 €	95,00 €	PP (Per Person Per Nights)

Special Package for the event:

- Arrive: 16 November 2021
- Check-out: 22 November 2021 **(6 nights)**
- Individual Room - 910,00 Euros
- Twin Room (2 Persons) - 1.050,00 Euros (525,00 Euros each person)
- Twin room with extra bed (3 pessoas) - 1.485,00 Euros (495,00 Euros each person)

All rates above include

- Full Board meals - Accommodation (without alcohol) (Lunch box during the competition days.)
- Transportation from Lisbon Airport & Hotel & Venue
- Training Sports Hall at walking distance, in case of raining the OC will provide transportation
- Venue nearly 25 km by shuttle 30' min. There will be a free shuttle service from Hotel do Mar to Venue.

Cancellation Politics

- Hotel reservations that are cancelled before 2021 November 01st , will be fined 50% of the total hotel reservation cost.
- Hotel reservations that are cancelled after 2021 November 01st, will be fined 100% of the total hotel reservation cost.

Payment Deadline

Hotel cost should send below bank account before **October 21, 2021** and the comprovative should be send to the email above mention.

Account Details

Beneficiary:	Federação Portuguesa Taekwondo
Name of the bank:	Novo Banco
IBAN:	PT50 0007 0045 0000 8842 0003 8
SWIFT:	BESCPTPL
Bank address:	R. da Palma 171, 1100-391 Lisboa

Payment Reference

EPC2021Hotel plus National Team Name

Proof of Payment

All teams are require to send a proof of payment (copy of bank transfer) to the email above and tesoureiro@fptaekwondo.pt

Some notes:

- Cash payments will not be accepted.
- All bank charges shall be borne by the participating teams (option OUR).
- During the registration period the OC will pass the receipt of the amount that was paid.





INFORMATION TO DELEGATION MEMBERS AND PLAYERS FROM EUROPEAN UNION AND COUNTRIES OUTSIDE EUROPEAN UNION ABOVE 12 YEARS OLD

ARRIVAL TO PORTUGAL

According to the regulations of the Portuguese Government, persons who have not previously been infected and that came from countries inside the European Union, need to present a negative PCR test in the arrival to Portugal (at their own expense) or the vaccinated certificated. If the person came from outside de European Union, the realization of the PCR test at the moment of their arrival to Portugal is mandatory (at their own expense).

If the result of the test is positive the person will have to do a 15 day's quarantine period (at their own expense).

The Organizing Committee has special permission from the Portugal Health Department to organize Poomsae European Championship in November, according to the special Covid-19 regulations and rules.



STAY

Delegation members and athletes

During your stay, all delegation members and athletes will be subject to a diary test and may be subject to random testing (vaccinated and unvaccinated members).

For the delegation members who are staying in the Official Hotel booked by the Organizing Committee (which includes: transfer buses, extra disinfection, random rapid testing, between other safety measures and advantages), the daily testing is included in the price, which means, you will not need to pay for rapid tests.

It will be possible for the participants and other delegation members to book a hotel not booking through the Organizing Committee, but will also need to take diary tests, and the costs are not included, which means they will need to pay the price of the tests by their own (each test 40 euros).

Parents/Visitors

Due to the new regulations, we inform you that not only players but also parents from abroad who bring their kids to the tournaments will have a separate accreditation to enter the venue.

To get their registration complete, parents will also need to show to the Organizing Committee one of these three documents:

- 1) PCR test made up to 72h before arrival to Portugal;
- 2) Vaccination certification/pass/proof;
- 3) Certificate of recovery from COVID-19 (not older than 180 days).

We inform you that all delegation members will be subject to rapid testing during the competition. If parents are staying in the hotel booked via Organizing Committee, rapid testing is free of charge, if otherwise, rapid tests should be done at their expense.

COMPETITION DAY

Delegation members and athletes

On the competition day, all the athletes and delegation members will perform a test upon arrival at the stadium. This test will have no additional cost.



Parents/Audience

To enter the stadium the parents should show **one** of these three documents:

- 1) PCR test made not more than 72h before arrival to Portugal;
- 2) Vaccination certification/pass/proof;
- 3) Certificate of recovery from COVID-19 (not older than 180 days);

If you do not present any of these documents, will be allowed to take an on-site test which will cost from 75 till 120 euros.

We would like to inform you that the restrictions regarding Covid-19 in Portugal are being updated weekly, which means that the regulation will keep being updated accordingly with the measures implemented for each week until the realization of the European.

