



**OLIMPIAI REMÉNYSÉGEK VERSENYE**  
**OLYMPIC HOPES COMPETITION**

**21 MARCH 2026 · BÉKÉSCSABA, HUNGARY**





MAGYAR TAEKWONDO SZÖVETSÉG  
HUNGARIAN TAEKWONDO FEDERATION

# *Olympic Hopes Competition*

*21.03.2026*

*Békéscsaba*

*Hungary*



**HUNGARIAN  
TAEKWONDO  
FEDERATION**



## The competition

<b>Date</b>	21 <sup>st</sup> of March 2026																
<b>Venue</b>	Városi Sportcsarnok (Békéscsaba) Békéscsaba, Gyulai út 44.																
<b>Announcer, director</b>	Hungarian Taekwondo Federation																
<b>Race Director</b>	Kiss Roland																
<b>Rules</b>	According to actual WT rules adapted to HTF																
<b>Entry deadline</b>	13 <sup>th</sup> of March 2026, Friday, 11:59 pm																
<b>Submit entries</b>	<a href="http://www.tpss.eu">www.tpss.eu</a> or <a href="http://www.tpss2021.eu">www.tpss2021.eu</a> – Kyorugi/ Poomsae Speed kicking – preliminary: <a href="mailto:info@wttaekwondo.hu">info@wttaekwondo.hu</a> /on-site registration																
<b>Entry fee</b>	<table><tr><td>Speed kicking</td><td>3500 HUF/person – 10 EUR/person</td></tr><tr><td>Poomsae</td><td>10.000 HUF/person – 25 EUR/person</td></tr><tr><td>Para Poomsae</td><td>3500 HUF/person – 10 EUR/person</td></tr><tr><td>Team Poomsae</td><td>3500 HUF/person – 10 EUR/person</td></tr><tr><td>Pair Poomsae</td><td>3500 HUF/person – 10 EUR/person</td></tr><tr><td>Freestyle Poomsae</td><td>5000 HUF/person – 15 EUR/person</td></tr><tr><td>Poomsae and Freestyle</td><td>12.000 HUF/person – 30 EUR/person</td></tr><tr><td>Kyorugi</td><td>10.000 HUF/person – 25 EUR/person</td></tr></table>	Speed kicking	3500 HUF/person – 10 EUR/person	Poomsae	10.000 HUF/person – 25 EUR/person	Para Poomsae	3500 HUF/person – 10 EUR/person	Team Poomsae	3500 HUF/person – 10 EUR/person	Pair Poomsae	3500 HUF/person – 10 EUR/person	Freestyle Poomsae	5000 HUF/person – 15 EUR/person	Poomsae and Freestyle	12.000 HUF/person – 30 EUR/person	Kyorugi	10.000 HUF/person – 25 EUR/person
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<b>General information</b>	<b>Kiss Roland</b> +3670-770-47-54 <a href="mailto:kiss.roland@wttaekwondo.hu">kiss.roland@wttaekwondo.hu</a> Referee Chair: Stefán Teleki +3630/816-91-73 <a href="mailto:stefan.teleki@diageo.com">stefan.teleki@diageo.com</a>
<b>Entry information</b>	Information about registration for the Kyorugi competition: <b>Madarász István</b> 0670/618-96-22 <a href="mailto:mtkdsz.kyorugi@gmail.com">mtkdsz.kyorugi@gmail.com</a> Information about entering the Poomsae competition: <b>Lerch János</b> 0620/560-27-37 <a href="mailto:mtkdsz.poomsae@gmail.com">mtkdsz.poomsae@gmail.com</a>
<b>Uniform</b>	In accordance with the WT rules, competitors are requested to step on the court in taekwondo dobok.
<b>Entry</b>	Entry is free.



## Competition rules

**The competition will be held in the Daedo GEN 3 system.**

According to the competition rules adapted to MTKDSZ, full contact – K.O. system, i.e.:

- In the Child I and Child II age groups, head kicks are not allowed (E-Head Gear with Trunk);
- Children: In category III. "B", head kicks are not allowed (E-Head Gear with Trunk);
- Cadet "B" category allows head kicks (E-Head Gear with Trunk);
- Junior, Adult "B" is allowed to kick the head;
- Head kicks are allowed in veteran category "B";
- In Cadet (E-Head Gear with Trunk), and Junior "C" categories, head kicks are not allowed.
- Category "A": Child III (E-Head Gear with Trunk), Cadet (E-Head Gear with Trunk), Junior, Adult and Veteran categories are allowed to kick the head.

## Categories

- Child I and Child II – one category ("B" category);
- Child III., Cadet, Junior, Adult, Veteran – separate categories "A" and "B".
- Cadet and Junior – "C" category

## Categorization

- Category "A": 4th kup and above.
- Category "B": 5th kup and below
- Category "C": optional - 5. kup and below

## Weight-in

- 20/03/2026 – at the venue from 16:00 to 18:00
- 21/03/2026 – at the venue from 7:00 to 8:30

Appointments: Google forms

[https://docs.google.com/forms/d/e/1FAIpQLSfq4gMBznqSr7av3VdOV6KXLY\\_HN6gEudx6eGmNO9OXDGqStw/viewform?usp=header](https://docs.google.com/forms/d/e/1FAIpQLSfq4gMBznqSr7av3VdOV6KXLY_HN6gEudx6eGmNO9OXDGqStw/viewform?usp=header)

If the athlete is unable to produce the appropriate weight, he/she will be disqualified. When weighing in the weight class, a maximum deviation of 20 dkg can be accepted. After the official draw, there is no possibility to change weight and age groups.

**Modifications can be made via the TPSS website until 12:00 on 20.03.2026. before the official wight in and the official draw.**

The draw will take place the day before the competition.

## Age and weight groups

- **Child I.** (6-7 years old),  
-18, -22, -24, -27, -30, -33, -37, +37 kg (for both sexes)
- **Child II.** (8-9 years old),  
-24, -27, -30, -33, -37, -40, -44, +44 kg (for both sexes)
- **Child III.** (10-11 years old),  
-24, -27, -30, -33, -36, -40, -44, -48, -53, +53 kg (for both sexes)
- **Cadet** (12-14 years old),  
Boy -33; -37, -41, -45, -49, -53, -57, -61, +61 kg  
Girls -29, -33; -37, -41, -44, -47, -51, -55, +55 kg
- **Junior** (15-17 years old)  
Boys -45,-48, -51, -55, -59, -63, -68, -73, +73 kg  
Girls -42, -44, -46, -49, -52, -55, -59, -63, +63 kg
- **Adult** (over 17 years old)  
Men -54, -58, -63, -68, -74, -80, -87, +87 kg  
Female -46, -49, -53 - 57, -62, -67, -73, +73 kg
- **Veteran** (35 years and older)  
Men: -58, -68, -80, +80 kg  
Female: -49,-57, -67, +67 kg

For age groups, the year counts!

## Merge

If there is no opponent in the given category, it is possible to merge the weight classes with the consent of the coaches of both athletes.

## Match Time

- Children's age groups I, II and III: 3 x 1 minute, 0.5 minutes rest;
- Cadet:
  - Cadet "A": 3 x 1,5 minutes 0.5 minutes rest
  - Cadet "B"- "C" :3 x 1 minute 0.5 minutes rest;
- Junior, adult:
  - Adult "A": 3 x 2 minutes 1 minutes rest
  - Junior "A"- "B" – "C"; Adult "B" : 3 x 1.5 minutes 0.5 minutes rest;
- Veteran: 3 x 1 minute, 0.5 minutes rest.

**The competition will be conducted according to the "Best of 3" rules.**

Based on the judgement of the Chief Referee and the Competition Director, it is possible to change the match times in the competition.

## Terms and Conditions

- Those competitors can participate who have the following: a sports medical certificate (sports medicine is suitable for 6 and 7 years of age, a stamp can compete from the age of 8) and the existence of the annual registration fee.
- Competitors under the age of 18 can only participate in the competition with parental permission.
- In accordance with international rules, it is not allowed to wear glasses in the martial arts, with any medical certificate, and it is not allowed to wear any special glasses – not even under the plexiglass headgear!
- The use of a mouthguard is mandatory even when wearing a plexiglass headgear. No medical certificate provides exemption from the use of a mouthguard. In the case of wearing braces, a special mouthguard that fits both the upper and lower teeth is mandatory, based on medical recommendation.
- The length of the nail is checked by the judges at the weigh-in. (The color of the nail polish can be white or colorless, the nail should not reach beyond the fingertips.)

If the athlete does not meet the above conditions or fails to immediately follow the instructions of the inspecting referee (e.g. a request to remove jewelry or body piercings, or an instruction to wear appropriate protective equipment or clothing), the competitor will be immediately disqualified from the competition.

## Entry fee

The entry fee can be transferred to the account of the Hungarian Taekwondo Federation or paid in cash on-site. On-site payment of the entry fee is until 8:30 a.m.

EUR:	HUF
Account number:	Account number:
10300002-20162768-48820019	10300002-20162768-00003285
IBAN account number:	IBAN account number:
EN21 1030 0002 2016 2768 4882 0019	EN28 1030 0002 2016 2768 0000 3285
MKB BANK PLC.	MKB BANK PLC.
SWIFT code	Hungarian Taekwondo Association
MKKBHUHBXXX	
Bank address VACI U. 38 BUDAPEST Hungary	
Hungarian Taekwondo Federation	



## Poomsae

<b>Individual</b>					
Category	Age Group	Belt Grade	Form practice	System	
<b>Cat. A</b>	Kids (7-11)	2. Gup or higher	Taeguk 4,5,6,7	Elimination	Random draw
	Cadets (12-14)		Taeguk 4,5,6,7,8	Elimination	
	Junior (15-17)		Taeguk 5,6,7,8 Koryo	Elimination	
	Adult (18+)		Taeguk 7,8 Koryo, Keumgang, Taebaek	Elimination	
	Adult (30+)		Taeguk 7,8 Koryo, Keumgang, Taebaek, Pyongwon	Elimination	
	Adult (40+)		Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	Elimination	
<b>Cat. B</b>	Kids (7-11)	6-3rd Gup	Taeguk 2,3,4,5,6	Cut-off	Optional
	Cadets (12-14)		Taeguk 2,3,4,5,6	Cut-off	
	Junior (15-17)		Taeguk 2,3,4,5,6,7	Cut-off	
	Adult (18+)		Taeguk 2,3,4,5,6,7,8	Cut-off	
	Adult (30+)		Taeguk 2,3,4,5,6,7,8	Cut-off	
	Adult (40+)		Taeguk 2,3,4,5,6,7,8	Cut-off	
<b>Cat. C</b>	Kids (7-11)	10-7th Gup	Taeguk 1,2,3	Cut-off	
	Cadets (12-14)		Taeguk 1,2,3	Cut-off	
	Junior (15-17)		Taeguk 1,2,3	Cut-off	
	Adult (18+)		Taeguk 1,2,3	Cut-off	
	Adult (30+)		Taeguk 1,2,3	Cut-off	
	Adult (40+)		Taeguk 1,2,3	Cut-off	
<b>Para</b>	Adult (18+)	any belt grade	Taeguk 1,2,3,4,5,6,7,8	Cut-off	
<b>Freestyle</b>	Kids (7-11)	any belt grade		Cut-off	
	Cadets (12-14)				
	Junior (15-17)				
	Adult (18+)				



<b>Pair</b>				
Category	Age Group	Belt Grade	Form practice	
<b>Cat. A</b>	Kids (7-11)	2. Gup or higher	Taeguk 4,5,6,7	Random draw
	Cadets (12-14)		Taeguk 4,5,6,7,8	
	Junior (15-17)		Taeguk 5,6,7,8 Koryo	
	Adult (18+)		Taeguk 7,8 Koryo, Keumgang, Taebaek	
	Adult (30+)		Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	
<b>Cat. B</b>	Kids (7-11)	6-3rd Gup	Taeguk 1,2,3,4,5,6	Optional
	Cadets (12-14)		Taeguk 1,2,3,4,5,6	
	Junior (15-17)		Taeguk 1,2,3,4,5,6,7	
	Adult (18+)		Taeguk 1,2,3,4,5,6,7,8	
<b>Cat. C</b>	Kids (7-11)	10-7th Gup	Taeguk 1,2,3	Optional
	Cadets (12-14)		Taeguk 1,2,3	
	Junior (15-17)		Taeguk 1,2,3	
	Adult (18+)		Taeguk 1,2,3	

The pair competition will be held in an elimination system in the “A” category, and in a cut-off system in the “B” and “C” categories. Pairs may consist of any gender combination in all categories.



Team competition				
Category	Age Group	Belt Grade	Form practice	
Cat. A	Kids (7-11)	2. Gup or higher	Taeguk 3,4,5,6	Random draw
	Junior (12-17)		Taeguk 5,6,7,8, Koryo	
	Adult (18+)		Taeguk 7,8 Koryo, Keumgang, Taebaek	
	Adult (30+)		Koryo, Keumgang, Taebaek, Pyongwon, Shipjin	
Cat. B	Kids (7-11)	6-3rd Gup	Taeguk 2,3,4,5,6	Optional
	Junior (12-17)		Taeguk 2,3,4,5,6,7	
	Adult (18+)		Taeguk 2,3,4,5,6,7	
	Adult (30+)		Taeguk 2,3,4,5,6,7	
Cat. C	Kids (6-11)	10-7th Kup	Taeguk 1,2,3	Optional
	Junior (12-17)		Taeguk 1,2,3,4	
	Adult (18+)		Taeguk 1,2,3,4	
	Adult (30+)		Taeguk 1,2,3,4	

The team competition will be conducted in an elimination system in the “A” category, and in a cut-off system in the “B” and “C” categories.

## Poomsae

- There are separate women's and men's events in each age group and category.
- The competitions in “B” – “C” categories are held in a scoring, "cut-off" system. In the qualifiers and semi-finals, 1-1 form exercises must be presented, and in the final, 2 form exercises must be presented.
- In the individual "A" category, in Junior and Adult (18+, 30+) age groups, the competition will be held in a scoring, elimination system. 1-1 poomsae must be presented in each qualifying round, and 2-2 in the final.
- In category "A", competitors must know all the possible poomsae in their category, according to the announcement. From the given exercises, the drawn form exercises must be presented.



- In Category “A”, the poomsae is randomly drawn for every event immediately before stepping onto the competition area.
- In Category “A” individual events, athletes compete in a “side by side” system (two competitors perform the poomsae simultaneously)
- In Category “A” pair and team events, athletes compete in a “one by one” system (one pair/team performs the poomsae at a time).
- If a competitor does not know the drawn poomsae, no other poomsae may be performed. If the competitor performs a different poomsae, or in the final performs the poomsae in the wrong order, they will receive the minimum score of 1.5 points.
- In Categories “B” and “C”, competitors may freely choose a poomsae from the specified list. In the preliminary and semifinal rounds, 1 poomsae must be performed, while in the final round, 2 different poomsae must be performed. In Category “C” (individual, pair, and team), only 9th–10th kup competitors are allowed to repeat Taeguk 1 yang in the final. (If any member of a pair or team is 8th or 7th kup, repetition of the poomsae is not allowed.)
- When determining age groups, the year of birth counts.
- In the pair and team categories, teams of any composition from the point of view of gender, i.e. men's, women's and mixed doubles and teams are also allowed.
- The age group of the pair or team is based on the age of the oldest competitor of the pair or team, and the classification is based on the belt grade of the competitor with the highest belt grade.
- A competitor can only compete in one pair and one team!
- Each poomsae must be performed in a time interval of 30-90 seconds. The waiting time between the two form exercises presented is 30-60 seconds.
- The chief judge of the competition, in agreement with the organizers, may change the course of each category at the beginning of the competition. The coaches must be informed about this.

## Freestyle Poomsae

- The individual creative, freestyle poomsae competition **will be held in accordance with the official WT rules.**
- If a competitor wins a category with the minimum score, their result does not count toward the team competition.
- Prizes: I-III. medal and diploma.
- For the creative form practice, **the music must be submitted in advance by email until Wednesday 18<sup>th</sup> of March 2026, 4:00 p.m. ([mtkdsz.poomsae@gmail.com](mailto:mtkdsz.poomsae@gmail.com))**



## Para-Poomsae Individual

In accordance with our traditions, we would like to give space to our fellow athletes with disabilities, so we have included the Para-poomsae category in the program here as well.

- In this category, the competitors will present two freely chosen form exercises.
- Category breakdown based on individual classification.

## Autistic Poomsae

In accordance with our traditions, we would like to give space to our fellow disabled athletes, so we have included the Autistic Poomsae category in the program here as well.

- In this category, the competitors will present two freely chosen form exercises.
- Category breakdown based on individual classification.

### ATTENTION!

In any age group category, if only one competitor starts, he/she must also present the form exercise valid for the given category, only then can he/she get a medal.

## Speed Kicking Competition

### Rules:

- **Organization of the competition:**  
The competitors follow one after the other. Each competitor **can try twice**. The result of the better one counts towards the competition. In the event of a draw, the competitors will decide the medal positions in an extra round.
- A valid hit is when the entire foot is in contact with the protector part.
- Clothing: dobok, belt
- Kick Time: 20 sec
- Manual counting
- Between two consecutive kicks, the executing foot must touch the ground (e.g.: scissors, snapped).
- The counter communicates and records the kick count after the time has expired.
- The judge starts and stops the competitor.

### Age groups (boys, girls):

- **Child I.** (6-7 years old),
- **Child II.** (8-9 years old),
- **Child III.** (10-11 years old),
- **Cadet** (12-14 years old),
- **Junior** (15-17 years old),



- **Adult** (18-35 years old),
- **Veteran** (35+ years old)

## Awards

- I-III. medals for the winners

## Program (planned)

<b>07:00-08:30</b>	<b>Registration</b>
<b>08:30-08:45</b>	Technical meeting
<b>09:00-09:20</b>	Opening Ceremony
<b>09:45-13:00</b>	Poomsae, Kyorugi – children, cadet
<b>13:00-14:30</b>	Speed kicking competition
<b>13:00-19:00</b>	Poomsae, Kyorugi – junior, adult, veteran
<b>19:00-19:30</b>	Team Results Announcement/Closing of the Competition

Lunch breaks will take place continuously on the courts one after the other, so the process will be continuous.

The morning program is for children I, II, III and cadet age groups. The afternoon program is for junior, adult and veteran age groups.

The medal ceremony will be continuous, the first medal ceremony is expected to start at 12:00.

## Overall Scoring

The result of the team competition will be calculated at the end of the competition. Only the categories where a match took place will count towards the results of the team competition. The “C” category (kyorugi) is not included in the overall team kyorugi result. A win without a match does not count towards the team result.

**Scoring** (The scoring is done automatically by the TPSS system based on the results.):

1. Location – 7 points
2. Location – 3 points
3. Location – 1 point

**Team competition categories:**

1. Category "A" kyorugi
2. Category "B" kyorugi
3. Poomsae Category "A"
4. Poomsae Category "B" - "C"
5. Overall Team Kyorugi
6. Overall Team Poomsae
7. Overall Country Kyorugi

The top three places in each category will receive a cup.



**MAGYAR TAEKWONDO SZÖVETSÉG**  
HUNGARIAN TAEKWONDO FEDERATION

## Other information

At the time of registration, **head of the club** can register on behalf of his students, with the simultaneous presentation of membership cards, sports doctor, entry fees and parental permission.

**Only persons holding a coach's or other official accreditation card are allowed to be present on the Field of Play.**

**Furthermore, all clubs are requested to register every coach on the TPSS.eu registration platform.**

We ask everyone to arrive as early as possible so that we can finish the registration by 08:30!

The competition organizers reserve the right, in consultation with the Referee Chair of the competition, to change the competition rules and the program plan.

**We wish everyone good preparation and good luck!**

## Hungarian Taekwondo Federation

**Dr. Márton Zsolt Krisztián**  
President

**Kiss Roland**  
Competition Director  
Secretary General



**MAGYAR TAEKWONDO SZÖVETSÉG**  
HUNGARIAN TAEKWONDO FEDERATION

**STATEMENT TO PARTICIPATE**  
**UNDER 18 YEAR**

**Hungarian Taekwondo Federation (HTF)**

**Statement to participate in the 2026 Olympic Hopes Competition**

**Kyorugi/Poomsae/Speed Kicking Competitions**

Undersigned..... (legal representative),

as..... (represented/child's name),

Represented/place and date of birth of the child:.....

Represented/Child's mother's name: .....

I agree that my legal representative will participate as a competitor in the 2026 Olympic Hopes Competition to be held on 21.03.2026 in the Békéscsaba Városi Sportcsarnok. I am aware of the risks and injuries that participation may entail due to the competition rules. I acknowledge that the competition is conducted according to the rules of MTKDSZ/ETU / WTF and the organizers do not take responsibility for any injuries or damages. I acknowledge that the Federation does not take responsibility for any injuries or accidents outside the competition area.

I declare that my legal representative has a license (sports medicine/medical/other) as defined in the legislation and other regulations necessary for participation in the competition, and that he or she has a license (sports medicine/medical/other) in accordance with his or her state of health.

I acknowledge that the sports medical/medical examination is an indispensable condition for preparation and competition within the framework of the sport, it is of paramount importance in order to protect the health of the athletes, and the Hungarian Taekwondo Federation reserves the right to check the existence of sports medicine licenses.

Date:.....

.....  
signature of a legal representative



**MAGYAR TAEKWONDO SZÖVETSÉG**  
HUNGARIAN TAEKWONDO FEDERATION

**STATEMENT TO PARTICIPATE**  
**OVER 18 YEAR**

**Hungarian Taekwondo Federation (HTF)**

**Statement to participate in the 2026 Olympic Hopes Competition**

**Kyorugi/Poomsae/Speed Kicking Competitions**

Undersigned..... (competitor),

Place and date of birth: .....

Mother's name: .....

as a competitor at the 2026 Olympic Hopes Competition, which will be held on 21.03.2026 in the Békéscsaba Városi Sportcsarnok, I declare that I am aware of the risks and injuries that may arise from participation due to the competition rules. I acknowledge that the competition is conducted according to the rules of MTKDSZ/ETU / WTF and the organizers do not take responsibility for any injuries or damages. I acknowledge that the Federation does not take responsibility for any injuries or accidents outside the competition area.

I declare that I have a license (sports medicine/medical/other) specified in the legislation and other regulations necessary for participation in the competition, and in accordance with my state of health.

I acknowledge that the sports medical/medical examination is an indispensable condition for preparation and competition within the framework of the sport, it is of paramount importance in order to protect the health of the athletes, and the Hungarian Taekwondo Federation reserves the right to check the existence of sports medicine licenses.

Date: .....

.....  
Signature of the participant/competitor