Εθνική Ομοσπονδία Τάεκβοντο Κύπρου (ΕΟΤΚ)
Cyprus Taekwondo Federation
Member of the WT/ETU and Cyprus National Olympic Committee

26 August 2026

To: Taekwondo Coaches

Dear Ladies / Gentlemen,

ANNOUNCEMENT
3rd Med Spirit Cup 2026

The Cyprus National Taekwondo Federation announces the **3rd Med Spirit Cup 2026**, which will take place on **Saturday, 14 November and Sunday, 15 November 2026**, at the Tassos Papadopoulos Eleftheria Indoor Stadium.

Age Categories

- **KIDS:** Born in 2015, 2016, 2017 and 2018 (separately for each age)
- **CADETS:** Born in 2012–2014
- **JUNIORS:** Born in 2009–2011
- **SENIORS:** Born in 2009 and earlier

All athletes are eligible to participate regardless of nationality.

The competitions will take place as follows:

- **Saturday morning:** Kids born in 2017 and 2018 and the girls in the Juniors category will compete.
- **Saturday afternoon:** Kids born in 2015 and 2016 and the boys in the Juniors category will compete.
- **Sunday morning:** Girls in the Cadets category and the Seniors category will compete.
- **Sunday afternoon:** Boys in the Cadets category will compete.

Registration

- Registration will be made through the Online System: https://www.tpss2021.eu
- Registration deadline: **Tuesday, 10 November 2026, at 23:59. Changes of category are permitted until Thursday, 12 November 2026.**
- Entry fee: **€60 per athlete.**
- The competition schedule may be modified if necessary depending on the number of participants.
- Athletes in the Cadets category who were born in **2009** are entitled to participate in **ONLY ONE AGE CATEGORY** (Juniors or Seniors).

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Athlete Health Card
All athletes(Living in Cyprus) participating in the **3rd Med Spirit Cup 2026**, without exception, must hold a valid **KOA Athlete Health Card**.

Competition Categories
KIDS (Boys & Girls)
- -24, -27, -30, -33, -36, -40, -44, -48, -52, -57, +57 kg

CADETS
- **Boys' Categories:** -33, -37, -41, -45, -49, -53, -57, -61, -65, +65 kg
- **Girls' Categories:** -29, -33, -37, -41, -44, -47, -51, -55, -59, +59 kg

JUNIORS
- **Boys' Categories:** -45, -48, -51, -55, -59, -63, -68, -73, -78, +78 kg
- **Girls' Categories:** -42, -44, -46, -49, -52, -55, -59, -63, -68, +68 kg

SENIORS
- **Men's Categories:** -54, -58, -63, -68, -74, -80, -87, +87 kg
- **Women's Categories:** -46, -49, -53, -57, -62, -67, -73, +73 kg

Athlete Weigh-In
The weigh-ins will take place on **Friday, 13 November 2026**. Athletes must present their **health card, as well as the completed and signed liability declaration**, at the weigh-in.

If there is only one (1) athlete in any category, that athlete will be moved to the next category upon request by their coach.
- **Nicosia:** Olympic House – 17:00 to 19:00
- **Larnaca:** Kition Stadium – 17:00 to 19:00
- **Limassol** Tsirio Stadium**:** 17:00 to 19:00
- **Paphos:** 17:00 to 19:00

The persons responsible for the weigh-ins in all four districts will be EOTK Taekwondo referees.
Weigh-In Tolerance
Weigh-in tolerance: **300 grams for Kids, 100 grams for Cadets and 100 grams for Juniors; no tolerance for Seniors.**
Weigh-ins may be conducted wearing short trousers and a vest/T-shirt for both boys and girls.

Random Weigh-In
No random weigh-in will be conducted.

Electronic Scoring Systems
The Championship will be held on three (3) competition courts. In accordance with the regulations of the World Taekwondo Federation, athletes will be equipped with **DAEDO GEN 3 electronic body protectors and headguards**, which will be provided by the organizers.
Headguards

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The headguards will have face protection for the Cadets age groups (2012, 2013, 2014) and Kids (2015, 2016, 2017, 2018).

Equipment
Athletes must bring the following personal equipment:

- Sensor Socks **Gen 3**
- Groin Guard
- Shin Guards
- Forearm Guards
- Mouth Guards
- Gloves

Video Replay
IVR (Instant Video Replay) will be used during the matches, except for the **Kids** category.

Match Duration

- **KIDS** → 3 rounds × 1:00 minute (1-minute break)
- **CADETS** → 3 rounds × 1:30 minutes (1-minute break)
- **JUNIORS & SENIORS** → 3 rounds × 2:00 minutes (1-minute break)

In the event of an unforeseen problem, the Federation may modify the duration of each match.
Draws
The draws will take place on **Friday, 13 November 2026 at 19:30** at the Federation's offices (EOTK).

Athlete Safety
EOTK is responsible only for injuries to athletes who are covered under the **KOA insurance schemes**.

Athlete Participation

- Each entry for the **Pancyprian Championship** is **€60.00 per age category**. Payments must be made to the Federation's Bank Account, stating the name of the club / association / school / coach, no later than **Tuesday, 10 November 2026**. In the case of coaches, registration is made in the name of the school and EOTK.

Bank Account Details
Cyprus National Taekwondo Federation
Bank: Alpha Bank
Account No.: 434 – 101 – 009512 – 4
IBAN: CY38009004340004341010095124

Eligibility

- Participation is secured on the condition that the participating associations / clubs / schools / coaches have paid their annual membership fee to EOTK for the year 2026.
- Athletes belonging to one association or school will not be permitted to register under another association or school.

Competition Area

During the matches, athletes, as well as officials or coaches, are not permitted to be in the competition area, except for those who are competing.

Coaches

As we will be operating **3 courts**, in order to avoid delays, it is mandatory for each association or school to have **at least 3 coaches** who have authorized access to the competitions. The names of the coaches must be registered in the Online System: https://www.tpss2021.eu
Coaches who have not been registered in TPSS will not be entitled to provide competition coaching to athletes.

Event Doctor

A doctor from the Cyprus Sports Medicine Society will be present at the Championship.

Medals

Medals will be awarded to all athletes who place 1st, 2nd or 3rd.
The medal ceremonies will take place at the competition area at the end of the matches.

Liability Declaration Form

It must be completed by the parent / legal guardian of the athlete and submitted to the person responsible for the weigh-in in each district.

No athlete will be accepted for weigh-in without the signed liability declaration.

Photos / Videos

Photographic and/or video material will be published on the website of the media sponsor, www.kerkida.net, on the Federation's website, www.cyprustaekwondofederation.com, on the Federation's Facebook page, https://www.facebook.com/cyprustaekwondofederation, and on the Federation's Instagram page, https://www.instagram.com/eotkcyp.

Coaches' Briefing

At **08:30 a.m.**, a coaches' meeting and briefing will take place at the competition area. Coaches must attend the competition area wearing a tracksuit and a short-sleeved shirt.

Safety Regulations & Referee Responsibility

- According to the regulations of the World Taekwondo Federation (WT), athletes participating in the Championship are not permitted to wear on their face or head any object that may cause injury, such as earrings, necklaces or eyeglasses of any type.
- Athletes who wear dental braces must also comply with the applicable safety regulations.
- The person responsible for refereeing bears sole responsibility for the implementation of the above regulations.

The matches will be conducted in accordance with the Federation's new internal regulations. Any matter not expressly mentioned in this announcement but provided for in the applicable internal regulations shall be considered valid and applicable.

Yours sincerely,

Loizos Antoniou
President of EOTK

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PARTICIPATION LIABILITY DECLARATION FOR 3rd Med Spirit Cup 2026

Full Name of Parent / Legal Guardian / Athlete: ……..

Place of Residence: ……..

I hereby declare that I am the parent / legal guardian

of: ……

Date of Birth (Athlete): ……/……. / …….

I hereby declare that I accept the participation of the above-mentioned athlete in the 3rd Med Spirit Cup 2026, which will take place on 14 & 15 November 2026 at the Tassos Papadopoulos Eleftheria Stadium, and that I fully accept all the terms and conditions of the Championship announcement.

Furthermore, I declare that, for health reasons, there is no obstacle to the participation of the aforementioned athlete and I fully understand that all athletes participate at their own risk.

The Cyprus National Taekwondo Federation and the Organizing Committee shall bear no responsibility for any damages, injuries or losses that may occur. All athletes compete at their own risk.

Place: ……..

Date: ……..

Signature of Parent / Legal Guardian / Athlete: ……

To be submitted to the person responsible for the weigh-in in each district.

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