



V OPEN BALKAN CUP INVITATION

1 INTRODUCTION

The Balkan Cup was established in 2022 by four countries: Bulgaria, Romania, Slovenia, and Greece.

The **I Open Balkan Cup** was held in Romania, the **II Open Balkan Cup** in Slovenia, the **III Open Balkan Cup** in Bulgaria, and the **IV Open Balkan Cup** in Serbia, in November 2025.

Now it is Romania's turn again. The **V Open Balkan Cup** will be held in Baia Mare, Romania, from 19 to 22 November 2026.

2 DATES

The V Open Balkan Cup will be held from 19 to 22 November 2026 at the "Lascăr Pană" Sports Hall in Baia Mare, Romania.

Delegations must arrive in Baia Mare on or before 19 November 2026 and proceed directly to the designated meeting point for registration and weigh-in.

3 PROMOTORS

- Cosmin Oprescu – Romania
- Vencislav Ignatov – Bulgaria
- Vahid Dragic - Slovenia





4 EVENT ORGANIZER

- Romanian Taekwon-do I.T.F. Federation
- Asociația Clubul Sportiv Dragonul, Baia Mare – Romania.

5 CONTACT DETAILS

- Mr. Cosmin Oprescu – President of Romanian Taekwon-do I.T.F. Federation
 - Phone: +40 766 800 330
 - Email: secretary@taekwondo-itf.ro

6 ELIGIBILITY

This is a competition for Clubs and National Federations and is open to competitors holding a **minimum rank of 8th Gup**.

The competition is open to the following **age categories**:

- **Children:** 6–11 years
- **Pre-Junior:** 12–14 years
- **Junior:** 15–17 years
- **Adult (Senior):** 18 years and above

The competition age of a competitor is determined using the following formula:

$$\text{Year of Competition} - \text{Year of Birth} - 1$$

Accordingly, for the 2026 competition:

- **Children:** born between 2014 and 2018,
- **Pre-Junior:** born between 2011 and 2013,
- **Junior:** born between 2008 and 2010,
- **Senior:** born in 2007 or earlier.



7 ONLINE REGISTRATION

Registration will be completed through the **Romanian Taekwon-Do Registration System** and will be available from **1 September 2026**.

The registration **link** and detailed **instructions** will be added to this invitation and made available before **1 September 2026**.

The **deadline** for the registration of competitors, coaches and umpires is **17 October 2026**.

8 VENUE

Complexul Sportiv "Lascăr Pană", Bd. Unirii, Nr. 14A, Baia Mare, Romania.

Capacity: 2048 seats. [Google Link](#).



9 HOW TO REACH BAIAMARE

- **By Plane + Bus Shuttle:**
 - International "Avram Iancu" Airport Cluj-Napoca: <https://www.airportcluj.ro/>
 - Take a bus shuttle from the airport to Baia Mare (approx. 3 hours journey)
- **By Train:**
 - Refer to Romanian Railways website: <https://www.cfrcalatori.ro/>. Your destination is Baia Mare railway station.
- **By Car:**
 - Use [Google Link](#).

10 ACCOMMODATION THROUGH ORGANIZER

10.1 Best Value Rates (Breakfast Included) / room / night

Hotel	Single	Double / Twin	Triple	Notes
Hotel Rivulus ***	50 €	65 €	95 €	Group meals available from 8–11 €
Hotel Mara ***	52 €	68 €	-	Large capacity (approx. 162 guests)

- Breakfast is included in all listed accommodation rates.
- Clubs are strongly encouraged to make their reservations as early as possible, as room availability may vary depending on each hotel's occupancy level.
- Participants may arrange accommodation independently at any accommodation facility in Baia Mare without penalty, or they may book through the organizer at one of the two official hotels.

10.2 Accommodation application and payment deadlines

- All accommodation requests must be submitted using the completed accommodation form (Excel file) and sent by email to cipi_banea@yahoo.com no later than **10 October 2026**.
- The accommodation form will be available for download from the [event page](#). We strongly recommend using the desktop version of the file, as it is more reliable than the mobile version.
- A **50% prepayment** of the total accommodation cost must be made by **10 October 2026**.
- The remaining balance, including any minor adjustments, must be paid by **1 November 2026**.



10.3 Accommodation Payment Details

Please note that accommodation payments will be accepted **only by bank transfer in EUR**. All bank charges and transfer fees must be borne by the payer.

Accommodation payments must be made to the following bank account:

- **ASOCIAȚIA CLUBUL SPORTIV DRAGONUL**
- **Bank:** ING Bank N.V. Amsterdam – Bucharest Branch
- **IBAN:** RO43 INGB 0000 9999 1225 1140
- **Currency:** EUR
- **SWIFT/BIC:** INGROBU

11 ENTRY FEE PAYMENT DETAILS

Individual Entry Fee

- **€40.00** per competitor for participation in **one or two disciplines**.
- Participation in each **additional discipline costs €15.00 per discipline**.

Team Entry Fee

- **€60.00 per team** for each separate age and gender category.

The full participation fee must be paid to the same bank account used for accommodation payments (see above) no later than **1 November 2026**. The payment must correspond to the registration submitted through the registration system. No refunds will be issued after the final payment has been transferred.

Participation payments must be made to the following bank account:

- **FEDERAȚIA ROMÂNĂ DE TAEKWON-DO I.T.F.**
- **Bank:** Banca Comercială Română
- **IBAN:** RO91 RNCB 0106 0266 0838 0002
- **Currency:** EUR
- **SWIFT/BIC:** RNCBROBU





12 TIMETABLE

15 November 2026 (Sunday)

<i>Time</i>	<i>Activity</i>
18:00–20:00	V Open Balkan Cup - Joint Coach & Umpire Online Meeting (18:00-20:00 EEST / Bucharest Timezone) Meeting-Join Microsoft Teams

19 November 2026 (Thursday)

<i>Time</i>	<i>Activity</i>
14:00–18:00	Early arrival (hotel check-in available from 14:00)
17:00–19.30	Weight-in

20 November 2026 (Friday)

<i>Time</i>	<i>Activity</i>
08:30–09:00	Weigh-in and registration
09:00–14:00	Competition
14:00–15:00	Lunch Break
15:00–19:00	Competition

21 November 2026 (Saturday)

<i>Time</i>	<i>Activity</i>
08:30- 09:00	Weight-in
09:00–11:00	Competition
11:00–11:30	Opening Ceremony of the V Open Balkan Cup 2026
11:30–13:00	Competition
13:00–14:30	Lunch break
14:30–19:00	Competition



22 November 2026 (Sunday)

<i>Time</i>	<i>Activity</i>
09:00-09:30	Weight-in
09:30-14:30	Competition until the end.

13 COMPETITION DISCIPLINES

13.1 Individual Pattern

- Male and Female Children (6–7 years, 8–9 years, 10–11 years)
- Male and Female Pre-Junior (12–14 years)
- Male and Female Junior (15–17 years)
- Male and Female Senior (18 years and above)

Pattern Rules – Key Highlights

All individual pattern categories (male and female) will be conducted using the pyramid elimination system.

Competitors will perform simultaneously. One designated pattern will be randomly selected by the electronic system from the last three patterns within the competitor's eligible range.

In the event of a draw, competitors will perform an additional pattern randomly selected from all patterns required for their technical degree.

Range of Designated Patterns by Technical Degree

<i>Technical Degree</i>	<i>Designated Patterns</i>
8 gup	Chon-Ji – Dan-Gun
7 gup	Chon-Ji – Do-San
6 gup	Chon-Ji – Won-Hyo
5 gup	Chon-Ji – Yul-Gok
4 gup	Chon-Ji – Joong-Gun
3 gup	Chon-Ji – Toi-Gye



2 gup	Chon-Ji – Hwa-Rang
1 gup	Chon-Ji – Choong-Moo
I dan	Chon-Ji – Ge-Baek
II dan	Chon-Ji – Juche
III dan	Chon-Ji – Choi-Yong

13.2 Individual Sparring

- Male and Female Children (10–11 years)
- Male and Female Pre-Junior (12–14 years)
- Male and Female Junior (15–17 years)
- Male and Female Senior (18 years and above)

All sparring categories (male, female, individual, and team) will be conducted using the **pyramid elimination system**.

- All bouts for **Children (10–11 years)** will consist of **2 rounds of 1 minute and 15 seconds**, with a **30-second break** between rounds.
- All bouts for **Pre-Junior competitors (12–14 years)** will consist of **2 rounds of 1 minute and 30 seconds**, with a **30-second break** between rounds.
- All bouts for **Junior (15–17 years)** and **Senior (18 years and above)** competitors will consist of **2 rounds of 1 minute and 45 seconds**, with a **45-second break** between rounds.

NB: Individual Sparring categories include both colour-belt and black-belt competitors. There are no separate sparring categories based on technical grade. The minimum rank required to compete in sparring is **8th Gup**.

Sparring Categories

- **Children (10–11 years)**
 - **Male:** -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, +50 kg
 - **Female:** -30 kg, -35 kg, -40 kg, -45 kg, +45 kg



- **Pre-Junior (12–14 years)**

- **Male:** -30 kg, -35 kg, -40 kg, -45 kg, -50 kg, -55 kg, -60 kg, -65 kg, +65 kg
- **Female:** -32 kg, -36 kg, -40 kg, -44 kg, -48 kg, -52 kg, -56 kg, -60 kg, +60 kg

- **Junior (15–17 years)**

- **Male:** -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, +75 kg
- **Female:** -45 kg, -49 kg, -53 kg, -57 kg, -61 kg, -65 kg, +65 kg

- **Senior (18 years and above)**

- **Male:** -57 kg, -63 kg, -69 kg, -75 kg, -81 kg, -87 kg, +87 kg
- **Female:** -50 kg, -55 kg, -60 kg, -65 kg, -70 kg, -75 kg, +75 kg

Safety Equipment and Protective Gear

Competitors must wear:

- Red or blue hand and foot protectors of an ITF-approved brand and model.
- A red or blue safety helmet of an approved model.
- A transparent mouthguard.
- Male competitors must wear a groin guard inside the dobok trousers.

Competitors may optionally wear:

- Shin protectors.
- Female breast protectors (must be worn inside the dobok jacket).
- White T-shirts under the dobok.

13.3 Team Sparring

- Male and Female Junior (15–17 years)
- Male and Female Senior (18 years and above)

All Team Sparring categories (male and female) will be conducted using the **pyramid elimination system**.

Teams may consist of a minimum of **3** and a maximum of **6 members** (5 competitors plus 1 reserve). Teams with fewer than 5 members will start each match with a **4-point penalty for each missing team member**, awarded to the opposing team.



The winning team will be the team that receives the highest number of umpire votes across all rounds.

NB: Team Sparring categories include both colour-belt and black-belt competitors. There are no separate categories based on technical grade. The minimum rank required to compete in Team Sparring is **8 Gup**.

13.4 Individual Special Techniques

- Male and Female Children (6–7 years, 8–9 years, 10–11 years)
- Male and Female Pre-Junior (12–14 years)
- Male and Female Junior (15–17 years)
- Male and Female Senior (18 years and above)

<i>Age Division</i>	<i>Twimyo Nopi Ap Cha Busigi</i>	<i>Twio Nomo Yop Chagi</i>
<i>Boys 6–7 years</i>	140 cm	70 cm
<i>Girls 6–7 years</i>	130 cm	60 cm
<i>Boys 8–9 years</i>	165 cm	80 cm
<i>Girls 8–9 years</i>	155 cm	60 cm
<i>Boys 10–11 years</i>	180 cm	90 cm
<i>Girls 10–11 years</i>	170 cm	70 cm
<i>Pre-Junior Male (12–14 years)</i>	230 cm	120 cm
<i>Pre-Junior Female (12–14 years)</i>	200 cm	100 cm
<i>Junior Male (15–17 years)</i>	250 cm	130 cm
<i>Junior Female (15–17 years)</i>	220 cm	110 cm
<i>Senior Male (18 years and above)</i>	260 cm	140 cm
<i>Senior Female (18 years and above)</i>	230 cm	120 cm

- Each competitor will perform both techniques, and the result will be determined by combining the scores from both kicks.
- In the event of a tie, an additional attempt will be made in one of the two techniques. The tie-break technique will be selected by a draw conducted among the coaches.

13.5 Individual Kick

- Male and Female Children (6–7 years, 8–9 years, 10–11 years)
- Male and Female Pre-Junior (12–13 years, 14–15 years)



All Individual Kick categories (for Children, male and female) will be conducted using the **pyramid elimination system**.

Two competitors will perform the **Dollyo Chagi** technique simultaneously on electronic kicking devices that automatically count the number of valid kicks.

Competitors may use only one leg throughout the bout, and a step must be taken between each kick.

Each bout will last **20 seconds**, and the competitor with the higher score will advance to the next round.

In the event of a draw, an additional **10-second tie-break round** will be held to determine the winner.



13.6 Power Test

- Male and Female Pre-Junior (12–14 years) – Dynamometer Test
- Male and Female Junior (15–17 years)
- Male and Female Senior (18 years and above)

For Juniors and Seniors, the Power Test will consist of **one hand technique and one foot technique**. In the event of a tie-break, the Jury President (JP) will select **one technique from the five official Taekwon-Do power-breaking techniques**.

In the Power Test discipline for Pre-Junior competitors (12–14 years), a dynamometer will be used. The techniques performed will be Sonkal Taerigi or Yop Joomok, and Dollyo Chagi.

For Junior and Senior competitors (male and female), the following number of boards will be used for breaking techniques:



	<i>Ap-Joomuk Jirugi (Male)</i> <i>Ap Palkup Taerigi (Female)</i>	<i>Sonkal</i> <i>Taerigi</i>	<i>Yopcha</i> <i>Jirugi</i>	<i>Dollyo</i> <i>Chagi</i>	<i>Bandae</i> <i>Dollyo Chagi</i>
<i>Junior Male</i> <i>(15-17 years)</i>	2	2	3	2	2
<i>Junior Female</i> <i>(15-17 years)</i>	1	1	2	1	1
<i>Senior Male</i> <i>(18+ years)</i>	3	3	4	3	3
<i>Senior Female</i> <i>(18+ years)</i>	2	2	3	2	2

NB: Each competitor must select one hand technique and one kicking technique to perform. The winner will be the competitor who accumulates the highest number of points.

Each completely broken board will be awarded 3 points.

Each bent board will be awarded 1 point.

Any rules, procedures, or clarifications not specifically stated in this invitation shall be governed by the current ITF Competition Rules.

14 COMPETITORS

14.1 Dress code

- Weigh In - all competitors must wear official dobok trousers and polo shirt / T-shirt.
- During the competition - all competitors must wear official dobok and protection gear currently approved by the ITF.
- Awarding dress code – no competitors will be admitted to awarding ceremony wearing shorts, casual pants, flip flops or bare foot. They can wear full dobok or full track suit.





14.2 Insurance

The Organizers and the Promotor of the event will not be responsible for any accidents and/or injuries caused during the competition. All competitors must have full insurance coverage by their own organization/country.

15 COACHES

At least **one coach from each participating country** must attend the **Joint Coach & Umpire Online Meeting on Sunday, 15 November 2026, from 18:00 to 20:00 EEST** (Eastern Europe Summer Time).

During the competition, coaches must wear either a **tracksuit** or a **T-shirt, trousers, and sports shoes** while performing their coaching duties.

Only **one (1) coach per team** is permitted to enter the coaching area at any one time.

Only an officially registered coach may submit an official protest.

16 UMPIRES

Umpires will receive **€70 per full day of competition and €35 for the half-day session on Sunday**. Lunch will be provided during the competition days.

The Organising Committee will **not** cover accommodation expenses. Therefore, umpires are responsible for arranging and paying for their own accommodation and meals.

Umpires must attend the official **Joint Coach & Umpire Online Meeting on Sunday, 15 November 2026, from 18:00 to 20:00 EEST** (Eastern Europe Summer Time).

Umpires must comply with the dress code specified in the current ITF Umpire Rules.

All participating teams are required to provide umpires according to the following quota:

- Up to 10 competitors: 1 umpire





- 11 to 20 competitors: 2 umpires
- And so on, at the same ratio.

Clubs are welcome to provide more umpires than the minimum required quota.

Teams that fail to meet the required umpire quota will be **charged €100 for each missing umpire**.

Umpires who do not attend the official Umpires' Meeting will be removed from the umpire list and will not be eligible to officiate during the competition.

17 AWARDS

Competitor classification

The competitors placing first, second, and third in each category will be awarded medals and certificates.

In team events, each team member will receive a medal and a certificate.

National Team Classification or/and club

The countries finishing in first, second, and third place in the overall standings will be awarded trophies.

The individual and national rankings will be determined by the total number of gold, silver, and bronze medals won, with priority given first to gold medals, then silver medals, and finally bronze medals.

In the event of a tie, the ranking will be determined by the cumulative number of competitors in the medal-winning categories, starting with gold-medal categories, then silver-medal categories, and finally bronze-medal categories.



18 ADDITIONAL INFORMATION

Currency

- Romanian currency: **Romanian Leu (RON)**
- Exchange rate (approximate): **€1.00 = RON 5.20**

Visa Requirements

Delegations requiring visa assistance are kindly requested to contact the Organising Committee at least **three months before the competition**.

Speed Limits for Motorcycles and Cars

- 50 km/h in urban areas
- 90 km/h outside urban areas
- 130 km/h on motorways

Buses and Trucks without Trailers

- 50 km/h in urban areas
- 80 km/h outside urban areas
- 100 km/h on motorways

Cars, Buses, and Trucks with Trailers

- 50 km/h in urban areas
- 70 km/h outside urban areas
- 100 km/h on motorways

Road Tolls

A road toll (known as the **RO-Vignette**) is required for travel on all Romanian roads. The vignette can be purchased online (<https://e-rovinieta.ro/>) or at most fuel stations and border crossing points.

Lights and Seat Belts

- In Romania, the use of dipped headlights is mandatory during the daytime on roads outside urban areas.
- Seat belts must be worn by all vehicle occupants wherever available.





Emergency Telephone Number

- 112

Electricity Supply

- Voltage: 220–240 V
- Frequency: 50 Hz

19 DEADLINES SUMMARY

- Registration of competitors, coaches and umpires (online): 17 October 2026
- Submission of accommodation applications: 10 October 2026
- 50% prepayment of total accommodation costs (to the Organisers): 10 October 2026
- Payment of the remaining accommodation balance, including any minor adjustments (to the Organisers): 1 November 2026
- Full payment of participation fees must be received by Romanian Taekwon-do I.T.F. Federation: 1 November 2026

WE LOOK FORWARD TO WELCOMING YOU TO ROMANIA!

