



Technical Manual Taekwondo



DISCLAIMER

All information in this guide was correct at the time of going to press. Changes to schedules, procedures, facilities, and services, along with any other essential updates, will be communicated to Teams by Competition Management if required. Changes to the Competition Schedule will also appear on the Games-Time Website, while any changes to the Training Schedule will be communicated by the Sports Information Centre in the Athletes Village or Sports Information Desk at the Competition Venue.



Welcome

The 3rd European Games Kraków-Małopolska 2023 will welcome more than 7,000 athletes, 3,000 supporting Team Officials, and about 1,200 Technical Officials from across Europe to participate in elite-level sports competitions.

We aim to provide all participants with optimal conditions so that they are able to perform at their best.

This Technical Manual will help with preparations and Games-time operations as it provides key information including the relevant competition rules and format, medal events, competition schedule, and key dates.

The Technical Manual also includes details of the relevant venue, medical, anti-doping, training, and competition-related services, as well as the key policies and procedures that will be in place during the Games.

We hope that this Manual helps with your planning in the weeks remaining before the European Games 2023. Hard copies of this Technical Manual will be provided upon arrival in Poland. We look forward to welcoming you to European Games Kraków-Małopolska 2023 for 12 days of competition that put sport first and sets a tradition for the European Games.



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1. General Information

The Taekwondo Competition at the 3rd European Games 2023 will be held from 23 June 2023 to 26 June 2023 at Arena in Krynica-Zdrój.

A total of 256 Athletes, 128 men, and 128 women will take part in the EG2023 Taekwondo competition.

1.1. Key dates

Date	Event
2 June 2023	Sports Entries Submission Deadline
18 June 2023	Athletes' Village official opening
20 June 2023	Arrival day
21 June 2023	EG2023 Opening Ceremony Start of Official Training Technical Meeting and Official Draw
23 June 2023	Start of the Competition
26 June 2023	End of the Competition
27-28 June 2023	Departure day
2 July 2023	EG2023 Closing Ceremony
4 July 2023	Athletes' Village official closing

1.2. Competition Management

Position	Name
Taekwondo Competition Manager	Wojciech PYZEL
Taekwondo Venue Manager	Tomasz CIEŚLICKI

1.3. European Taekwondo Union (ETU Officials)


Position	Name	NOC Code
President	Sakis PRAGALOS	GRE
Secretary General	Antonio BARBARINO	GER
Technical Delegate	Usman DILDAR	GBR

Technical Delegate	Ioannis MOUROTSOS	GRE
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1.4. International Technical Officials (ITOs)

The total number of ITOs is 38.

Position	Name	NOC Code
Other ITO (T-3) – Staff	Ali SAGIRKAYA	TUR
Other ITO (T-3) – Staff	Chris PRAGALOS	GRE
Other ITO (T-3) – Staff	Kyriaki DAMALAKI	GRE
Other ITO (T-3) – Staff	Kenneth SCHUNKEN	NED
Other ITO (T-3) – Staff	Roberto ZAZZARA	ITA
Other ITO (T-3) – Staff	Michele MARINO	ITA
Other ITO (T-2)	Alisa IBROVIC	BEL
Other ITO (T-2) – Technical Director	Dr. Reza ZADEHMOHAMMAD	AUT
Other ITO (T-2) – CSB Medical	Dr. Ioannis THEODORAKIS	GRE
Other ITO (T-1) – CSB	Chakir CHELBAT	SWE
Other ITO (T-1) – CSB	Fred BUITENHUIS	NED
Other ITO (T-1) – CSB	Jesus CASTELLANOS PUEBLAS	ESP
ITO – Announcer	Nicoletta MARINOSCI	ITA
ITO – International Referee	Abdullah ÜNLÜBAY	GER
ITO – International Referee	Ana Alisia JENSE	DEN
ITO – International Referee	Aygul ABDULLAYEVA	AZE
ITO – International Referee	Belmir BERBEROVIC	BIH
ITO – International Referee	Bohdana KOTIASH	UKR



ITO – International Referee	Bruno BRUGNANO	ITA
ITO – International Referee	Emine KUCUKYILDIZ	NED
ITO – International Referee	Hassan SADEGHI	BEL
ITO – International Referee	Victoria IVANOVA	BUL
ITO – International Referee	Jasna GOBULIC	SLO
ITO – International Referee	Ksenia LEVAI	SRB
ITO – International Referee	Konstantinos (Kostas) KALOUDIS	GRE
ITO – International Referee	Lev REZNIKOV	ISR
ITO – International Referee	Matei GEORGETA	ROU
ITO – International Referee	Maxim GAUS	MDA
ITO – International Referee	Olga KAZIOR	LAT
ITO – International Referee	Paul (Tom) TIMMS	GBR
ITO – International Referee	Paula REMIREZ RUIZ	ESP
ITO – International Referee	Renata PETRIKOVA	CZE
ITO – International Referee	Renata VOLARIC	CRO
ITO – International Referee	Serge SEMBONA	FRA
ITO – International Referee	Shahd KIANI	SWE
ITO – International Referee	Suleyman TECER	TUR
ITO – International Referee	Taufique AHMAN RANA	NOR
ITO – International Referee	Vlerar BEKTESHI	ALB

1.5. National Technical Officials (NTOs)

The total number of NTOs is 15

Position	Name
NTO – International Referee	Agnieszka SCHEFFLER
NTO – International Referee	Katarzyna ALESZCZYK
NTO – International Referee	Krzysztof ŁABUTKA
NTO – International Referee	Michał RUDY
NTO – International Referee	Agnieszka FALASZEK
NTO – International Referee	Mateusz PACUT
NTO – National Referee	Ewa BOHAJ
NTO – National Referee	Agata IWANOWSKA
NTO – National Referee	Wiktor KOMOROWSKI
NTO – National Referee	Weronika UŚCIMIUK
NTO – National Referee	Bartosz KMIECIK
NTO – National Referee	Anna NALAZEK
NTO – National Referee	Matylda MARCINKOWSKA
NTO – National Referee	Oleksandra TROSHYNA
NTO – National Referee	Kamil CHODOŁA

1.6. Medal Events

Men's Events (8)	Women's Events (8)
Under 54 kg	Under 46 kg
Under 58 kg	Under 49 kg
Under 63 kg	Under 53 kg
Under 68 kg	Under 57 kg
Under 74 kg	Under 62 kg
Under 80 kg	Under 67 kg
Under 87 kg	Under 73 kg
Over 87 kg	Over 73 kg

1.7. Competition Format

The Taekwondo competition at the European Games shall be conducted in a single elimination tournament system with a repechage for the bronze medal contest. The winner of the final contest will receive the gold medal and the loser will receive the silver medal.

The repechage shall be conducted among all contestants who lost to the two finalists in the elimination phase. In the repechage, the losers of the semi-finals during the elimination phase will be seeded directly to each of the repechage finals, but on the opposite sides of the bracket. Other losers will advance to the repechage unseeded, at the same side of the bracket in which they contested during the elimination phase.

The two winners of the repechage finals (Bronze medal contests) will each receive a bronze medal.

The contestants who have been disqualified from the tournament based on a disciplinary decision from Competition Supervisory Board cannot advance to repechage.

The official standing of each division shall be as follows:

- 1st place (Gold medalist): winner of the final contest
- 2nd place (Silver medalist): loser of the final contest
- 3rd place (Bronze medalists): winners of the finals of repechage (bronze medal contest)
- 5th place: losers to the bronze medalists at the repechage final (bronze medal contest)
- 7th place: losers to the 5th placed contestant at the repechage
- 9th place: quarterfinalists who fail to advance either to semi-finals or repechage
- 11th place: contestants who lost at the preliminary phase and fail to advance to repechage

- Next position after 11th places athletes: Contestants who have not passed weigh-in or have been disqualified from the tournament.

1.8. Competition Rules

The Taekwondo competition will be held in accordance with the editions of the following documents that are in force at the time of the Games:

WT Competition Rules and Interpretation (www.worldtaekwondo.org/rules)

o Scoring


In accordance with WT rules, Taekwondo contests for both men and women at EG2023 will consist of three (3) rounds of two (2) minutes, with one (1) minute breaks between rounds with a best of three (3) system. In the best of three (3) systems, the Referee shall declare the winner of the respective round.

Taekwondo utilizes the electronic Protector and Scoring System (PSS) as well as an Instant Video Replay (IVR) system to aid in scoring. In Taekwondo, 'deduction points' are added to the opponent's score, rather than subtracted from the penalized competitor's score. The competition is managed by one (1) Referee, three (3) Judges, one (1) Review Jury, and one (1) Technical Assistant.

The valid points are as follows:

- one (1) point for a valid punch on the trunk protector;
- two (2) points for a valid kick to the trunk protector;
- four (4) points for a valid turning kick to the trunk protector;
- three (3) points for a valid kick to the head protector;
- five (5) points for a valid turning kick to the head protector;
- one (1) point is awarded for every gam-jeom given to the opponent.

The match score shall be the sum of the number of rounds won of the three rounds. In the best of three (3) system, when a contestant receives five (5) "gam-jeom" in a round, the opponent will be declared the winner of that round. In case of a twelve (12) points difference between two Athletes per round, the Referee shall stop the contest and declare the winner by a point gap for the corresponding round. The



point gap for the corresponding round shall not be applied in the Semi-Finals & Finals.

- **Protests and Appeals**

All protests and appeals evaluations will follow the WT Competition Rules (www.worldtaekwondo.org/rules)

In the case of an objection to a judgment of the refereeing officials during the contest, the Coach of a Team can make a request to the Referee for an immediate review of the video replay as long as they have an appeal quota. The decision of the Review Jury is final. No further appeals during the contest or protests after the contest will be accepted.

1.9. Competition Draw

The Competition Draws will take place on 21 June 2023 at the Hotel (Athletes' Village).

1.10. Clothing and equipment

- **Competition Uniforms**

Subject to compliance with applicable IF/EF rules and the decision as to what clothing their athletes should wear for competitions during the Krakow-Małopolska 2023 European Games is left to the discretion of the participating NOCs. No other restrictions exist.

The aim of the above provision is to allow teams to use competition clothing that is already available (e.g., world cup uniforms), both for the sake of sustainability and the cost.

- **Out of Competition Clothing**

Subject to compliance with the applicable EOC rules and regulations, NOCs have the sole and exclusive authority to prescribe the out of competition clothing worn by the members of their delegation. Two (2) manufacturer's identifications and one (1) NOC sponsor logo of no more than 30 cm² each can be displayed on each piece of out of competition clothing.



No alcohol or tobacco product producers' logos, no betting companies' logos will be allowed.

No sponsors' logos can be displayed on the uniforms worn by the members of the delegations during Opening and Closing Ceremonies, as well as during Medal Ceremonies.

- **Athletes BIB numbers**

Each Athlete will be assigned a unique BIB Number. Team Leaders will be provided with the BIB numbers for their team during the Team Leaders' Meeting.

All Athletes are obliged to have regular official BIB numbers: top on the upper left arm and bottom on the upper right leg (thigh) - at the point 2 to 3cm above the manufacturer's identification.

Bib numbers with EG2023 branding will be given to the Team Leaders and Athletes can attach them to their doboks.

1.11. Late Athlete Replacement Policy (LAR)

Starting on 3 June 2023, 00:00 CEST, the Late Athlete Replacement Policy becomes active and will be strictly enforced. NOCs should note that replacement Athletes should have been included in the accreditation long list by 5 May 2023.

The LAR policy is only applicable to those sports/disciplines in which the quota place has been allocated to the NOC.

Two procedures* are available for NOCs to replace confirmed Athletes after the Sports Entries deadline:

- Medical or injury-related LAR – to replace an athlete if he/she is injured after 2 June 2023. The deadline for submission of medical or injury-related LAR is two hours before the technical meeting or weight draw as appropriate in the related discipline;

- Non-medical LAR – each NOC is given a quota for the replacement of Athletes for other reasons. The deadline to submit non-medical LAR is 24 hours before the Technical Meeting as appropriate in the related discipline.


NUMBER OF ATHLETES IN NOC DELEGATION	QUOTA FOR NON-MEDICAL LAR
1-10	1
11-20	2
21-50	5
51-100	10
101-150	15
151+	20

*The LAR form and detailed procedure and approval process will be communicated to all NOCs by 16 May 2023.

1.12. Doping Control

During the EG2023, an extensive Anti-Doping Control Program will be implemented. In total, 1,200 urine and blood samples are going to be collected, which means that statistically around 17% of Athletes present at the Games will be subjected to doping control. Tests will be carried out in competition and out of competition. The Anti-Doping Program will be managed under the auspices of the International Testing Agency (ITA). Analyses of samples collected during the Games will be carried out in a laboratory accredited by the World Anti-Doping Agency (WADA). In order to ensure high quality, the work of anti-doping controllers will be evaluated by an international team of independent observers appointed by the World Anti-Doping Agency.

If any Athlete is chosen for Doping Control, he/she will be escorted through the Broadcast Mixed Zone by a Doping Control Officer or Doping Control Chaperone and will then be chaperoned to the Doping Control Station.



Where the Athlete already has a TUE granted by their National Anti-Doping Organization or International Federation for the substance or method in question and provided that such TUE has been reported in accordance with Article 5.5 of the International Standard for Therapeutic Use Exemptions, EOC will automatically recognize it for purposes of the EG2023 without the need to review the relevant clinical information.

In cases of emergency related to the need to use medicine that contains prohibited substances or methods considered prohibited for medical purposes during the EG2023, please contact the ITA with a request for further instructions. The ITA is the organization that, on behalf of the EOC, is responsible for the review of TUEs during the EG2023.

EOC Anti-Doping Rules are applicable to all athletes competing at the EG2023. All NOCs, Athletes, Athlete Support Personnel, and Medical Personnel should be familiar with the EOC Anti-Doping Rules as they cover the applicable procedures for Therapeutic Use Exemptions (TUEs) and athlete whereabouts. The EOC Anti-Doping Rules are available at <https://www.eurolympic.org/wp-content/uploads/2019/01/2021-EOC-Anti-Doping-Rules.pdf>.

- **Doping control rules and program**

During the EG2023, the World Anti-Doping Code in the amended version, which entered into force on 1 January 2021, and relevant international standards apply. The organizer of the event does not introduce any modifications in this regard.

1.13. Sports Information

Sports Information Center (SIC) is located in the Athletes' Village and will provide a variety of services for the NOCs as follows:

- the dissemination of General Sports Information;
- the distribution of start lists, draw lists, and results;
- Training Schedule Information for open and pre-allocated training;
- sign up for bookable Training sessions;
- sport-specific requirements (e.g., forms submitted for several sports in relation to uniform checks or music submission);

- assistance regarding authorised identifications;
- application for Training Access Passes (TAP);
- schedules of shuttle-bus transfer.

The operating hours are as follows:

Period	Operation Hours
Pre-Opening: from 15 to 17 June 2023	06:00 – 22:00
Official Opening Period: from 18 June to 2 July 2023	06:00 – 22:00

The Sports Information Desk (SID) will be available at each Competition Venue while the venue is open and will provide a variety of services for the NOCs as follows:

- the dissemination of General Sports Information;
- the distribution of Start Lists, draw lists, and results;
- Training Schedule information for open and pre-allocated training;
- sign up for bookable Training sessions;
- sport-specific requirements (e.g., forms submitted for several sports in relation to uniform checks or music submission, registration of filming devices);
- Lost and Found (at Competition Venues only).

1.14. Competition Schedule

During the Games, there may be delays, postponements, or cancellations of the Competition. Should this occur, NOCs will be informed of the revised competition schedule through SIC in AVL and SID at the Competition Venue.

Changes will also appear on the Games-time website.

For detailed information, please see Appendix 1.



1.15. Weather Information

At the turn of July and June the highest average temperatures of the year and the most sunlight hours during the day. The city in the south of Poland sees an average daily temperature of 19°C (around 65°F). The highs for the month reach all the way to 25°C (about 77°F) and the lows drop down to 12°C (about 54°F).

There are rainfalls an average of 69 mm over 17 days. Precipitation on a day is 50 percent.

A cloudy day is 33 percent, and a windy day is also 33 percent. There's also a 50/50 fog.

For sports that are directly impacted by weather conditions information will be available at SIC in AVL and SID at the Venue. This will include a forecast for the current day as well as a summary forecast for up to three days in advance. The weather forecast will be regional and will be updated throughout the day as required.



2. Competition Venue Information

2.1. Key information

The Taekwondo competition will be held at Krynica-Zdroj Arena, which also is an Ice Hall located in the center of the town. The Competition Venue has a full-size ice hockey rink measuring 30m x 60m with stands that can accommodate 2,635 people seated and additionally about 300 people standing. The hall has undergone a thorough renovation, especially for the European Games 2023.


Distance from AVL is 1.5 kilometres. Travel time is 3 minutes by bus.

Venue address: Krynica-Zdroj Arena, 5 Park Sportowy, 33-380 Krynica-Zdroj, Poland

2.2. Venue access

Only athletes competing on a given day will have access to the Field of Play and Warm-Up area on competition days. During the Head Of Team meeting, team leaders will receive daily passes (in the form of stickers on IDs) for athletes for each competition day. The sticker with the number of the competition day should be affixed to the athlete's ID next to their photo. Upon entry to the venue, athletes will be selected based on the color of their sticker. Athletes competing on a given day will have access to the Field of Play, Changing Rooms, Warm-Up Area and Athletes' Refreshments Area while other athletes will only have access to designated seating areas.

During the event, competitors depending on their discipline will be provided with shuttle buses or dedicated cars. The K&MEGOC will provide a regular shuttle service between Athletes' Villages, Main Accreditation Centre, Media and Volunteers Centre, Competition Venues / Training Venues, Official Hotels, airports, and train stations as well. The shuttle service will run every 30-45 minutes and during rush hours every 15-20 minutes. The shuttle service will start operating two days before the first game starts and will end one day after the last game ends at each Sports Venue. On an operating day the shuttle service will start running two hours before the first activities at the Venue (K&MEGOC will provide an individual transfer service for earlier hours if requested) and the last shuttle vehicle will leave 90 minutes after the last game.



K&MEGOC will provide a shuttle service between Kraków and other locations 2-3 times a day, except the route Krakow – Tarnów, where the vehicles will operate more often.

2.3. Field of Play (FoP)

The Field of Play for the Taekwondo competition will contain two square competition courts of 12m x 12m with an octagonal shape inside with dimensions of 8m. The competition area and all the equipment will be presented in accordance with regulations set forth by the WT. The Field of Play may only be accessed by the Athletes which are competing that day.

- **Call Room and Warm-Up Area**

The Call Room and the Warm-Up Area may only be accessed by the Athletes which are competing that day. The Call Room, located next to the Field of Play, may only be accessed by Athletes via the Warm-Up Area. In the Call Room, the PSS gear will be distributed and the final check by the international referees will be completed.

2.4. Venue Services and Facilities

- **Athletes' Changing Rooms**


Four (4) Changing Rooms, two (2) for men and two (2) for women, are available and include showers, toilets, and changing areas. The athletes' changing rooms may only be accessed by the Athletes which are competing that day.

- **Athletes' Refreshments Area**

Access to snacks and beverages will be provided to Athletes in the Athletes' Refreshments Areas at the Competition Venues. Snacks and beverages at the Sports Venues will be available on both Competition Days and Official Training Days. All snack stations will be designed for self-service, but the catering staff will be responsible for replenishing them.

Snacks will be available at official sports facilities:

- on Competition Days: 1h before the start of the first game to 30 minutes after the end of the last game

- 
- on official Training Days: 30 mins before the start of the first training up to 30 minutes after the end of the last training of the day.

The following refreshments will generally be provided for Athletes and Team Officials at Competition Venues and Athletes' Lounges:

- Still water in 0.5l bottles at room temperature and chilled;
- Hot beverages-coffee and tea;
- Whole fruits -primarily bananas, but also apples, pears, and oranges;
- 100% apple and orange juice;
- Fruit and natural yogurts, also a vegan option;
- Granola bars;
- Isotonic drinks in bottles of 0.5l or 0.75l.

Access to the Athletes' Refreshments Area in the competition venue is exclusive to athletes competing on a given day. Other athletes can make use of the Athletes' Lounge located in the city center throughout their stay.


- **Broadcast Mixed Zone and I-Zone**

All Competition Venues will include the Mixed Zone split between the Rights Holding TV Channels (Flash Zone), radio reporters, news agencies, press, and Games News Service. There will be also Interview Zone provided for all the non-right TV and radio crews.

- **Doping Control Station**

At each Competition Venue, there will be an anti-doping control station, which meets criteria established by ITA and WADA. Doping control stations consist of waiting rooms, processing rooms, and toilets where the samples will be collected. The station's premises should be clean and provide comfort and privacy to the Athletes and Doping Control Personnel. At doping control stations, competitors will have access to sealed drinks in the form of bottled still water.

- **Lost and Found**



All reports of lost items at the Venue should be directed to SID. This is also the location where all found, at the Athletes Area or Field of Play items should be delivered. Items will be kept at the Venue until the end of the competition, at which point they will be transferred to SIC in AVL.

○ **Medical Services**

Medical services will be provided at Competition Venues, Training Sites, and Non-Competition Venues.

The following medical services will be provided at the Venue:

- Ambulances with a doctor or paramedic equipped with Advance Life Support Equipment;
- Pedestrian Parts with a Paramedic, Basic Life Support Equipment;
- Medical Aid Points with a doctor or system nurse or paramedic, and Advance Life Support Equipment.

Medical posts with all the materials will be near the FoP, in the middle. This Medical Post has an unobstructed view and way through to the FoP.

○ **Venue Evacuation and Emergency procedures**

In the unlikely event of a venue evacuation, a public announcement message will be broadcast within the venue that will provide directions.

On hearing the evacuation message, athlete groups onsite should follow the directions of the K&MEGOC workforce and leave the venue via indicated routes, and report to the designated evacuation assembly points. Details on the locations of the assembly points for each venue will be provided.

3. Team Leaders Information

3.1. Pre-competition Procedures

Team Leaders' Meeting

Date: 21 June 2023

Time: 16:00-18:00

Location: Official Hotel

One representative from each NOC must attend the Head of Team meeting, and attendance is limited to two members per NOC (the Team Leader and Head Coach are advised to attend). The meeting will incorporate the Taekwondo Technical Meeting and the Drawing of lots.

Technical Delegates, Referee Chairman, Technical Officials, EGOC Taekwondo Competition Manager, and Venue Manager will preside over the meeting.

The meeting agenda will be as follows:


- registration of the team and confirmation of athletes' participation and information;
- welcome part;
- explanation of competition procedures;
- explanation of competition rules and interpretation – Break;
- Draw of Lots

- **Draw of Lots**

For the Competition Draw, the Athletes will be seeded based on the WT World Ranking list, dated 1st June 2023. Athletes who are not ranked shall be seeded randomly.

Athletes representing the Host Country will be seeded in fourth place unless the Athlete is already ranked higher than fourth.

- **Weigh-In**



Test scales will be available for Athletes to check their weight. Scales will be provided at the Hotel from 20 June 2023 (arrival day) till 25 June 2023 (last Official Weigh-In). The test scales will be accessible daily from 07:00 – 21:00. The test scale for women and men will be available at the Training Venue on Training and Competition Days. All scales will be calibrated daily.

The Weigh-Ins for the Taekwondo competition will be conducted at the Hotel, the day before each medal event.

22 June 2023: 10:00 -12:00

23 June 2015: 10:00 -12:00

24 June 2015: 10:00 -12:00

25 June 2015: 10:00 -12:00

A random Weigh-In will also take place at Krynica-Zdroj Arena on the morning of the competition. For the random Weigh-In, four (4) Athletes from each weight category will be randomly selected by a computerized system. It will be conducted with up to plus five (5) percent tolerance of the athlete's weight category.

All Athletes who passed the general Weigh-In must be present for the random Weigh-In at least one (1) hour before the start of the competition. Should an Athlete fail to appear for the random Weigh-In, they will be disqualified.


The random Weigh-In process must be completed at least thirty (30) minutes prior to the start of the competition.

3.2. Competition Procedures

Warm-up:

The Warm-Up Area is located next to the FoP, and contains matted areas consisted of three (3) 12m x12m competition size courts and is located close to the Call Room. The Warm-Up Area may only be accessed by Athletes on days on which the Athlete is competing.

Call Room



Athletes will be called to Warm-Up before their contest according to the procedure detailed below.

Minutes before start of contest	Activity
30 minutes	Official Athlete call
25 minutes	Athletes to report to Warm-Up Area
20 minutes	Equipment issued (PSS: E-Trunk Protector, E-Helmet)
15 minutes	ITO check (equipment check)
12 minutes	PSS testing
10 minutes	Handover to Field of Play Group leader
2 minutes	Call to FoP

Equipment control in the Call Room will be the last activity before Athletes enter the Field of Play. Athletes will be required to show their accreditation in the Call Room to verify their identity and receive their equipment.

In accordance with WT Rules, Athletes may be accompanied onto the Field of Play by one Coach and one Team Medical attendant. This personnel may sit in the designated seats.

NOC Filming Policy

NOC filming is permitted in the Athletes' Stands for the Team Leaders and Athletes who have access to this area. The Team Leaders and Athletes may film the Athlete's performance by using non-professional cameras (including tablets) only. Extra attention should be paid to the height and position of tripods to ensure the viewing of spectators and broadcasting cameras.


The Team Leaders and Athletes are requested to follow instructions from EG2023 Staff and Home Broadcasters when required.

The Teams may also film the training sessions by using non-professional cameras from the Athletes Stands.

3.3. Post-Competition Procedures

Doping Control

Athletes selected for doping control will be notified in person and escorted to the Doping Control Station by a Doping Control Chaperone as soon as possible after



the former have finished competing. It is the responsibility of the Athlete to remain under continuous observation of the Doping Control Chaperone after notification. The notified Athlete may invite a team representative or Team Doctor to the Doping Control Station along with them.

During doping control, competitors will be instructed by the doping control officer about the procedure and rights and obligations related to the control. All tests should be carried out without advanced notice, the Athlete should be the first person to be informed about the selection for doping control. During doping control, athletes should report what medicines they have used in the last 7 days and should submit their comments on the testing process.

Broadcast Mixed Zone and Flash-Zone


All the Athletes must exit FoP via the Mixed Zone.

After the competition or Medal Ceremony, all the Athletes will be guided through the Mixed Zone as they leave FoP, but they are not obliged to speak. Volunteers will take care of the interview time in each section of the Mixed Zone. Team Coaches who are normally positioned on FoP may also be asked to pass through the Mixed Zone for interview possibilities.

After passing through the Mixed Zone, Athletes will be free to return to the Changing Room or go to Medical/Doping procedures unless they are requested for interviews in the Interview Zone (outside the Mixed Zone) or press conference.

Journalists wanting to interview someone would make a request to Press Operations Volunteers who will escort the athlete. By default, all three medalists and all Polish Athletes will be accompanied by Volunteers for interviews. Press Attaches, DCOs, and LANS Team members will be able to escort Athletes into the Mixed Zone if needed. Once in the Mixed Zone, the Athlete would be interviewed by the member of the press who requested the interview.

There will be a time limit for the interviews that will be clearly explained by the volunteer before the start of the interview. The Volunteer has the right to interrupt the interview if it significantly exceeds the time. There will be no guarantee that it would be exclusive, meaning one (1) or two (2) journalists might want to interview the same Athlete.



The Mixed Zone will be managed by Press Operations Volunteers to help facilitate introductions or questions and ensure the Interview Zone remains an informal area and that no media "scrum" is created.

All the medalists will be asked to attend a short press conference after the Medal Ceremony and pass through the Mixed Zone. Volunteers or Press Operations representatives will make their way to the official transport which will take them to City or Main Press Centre. After the press conference, Athletes will not come back to the FoP.

Result Distribution

Competition-related information for all sports, including results reports, will be available on the Games-time website www.european-games.org

Delivery of printed results information is available only at Competition Venues and to time-critical services. Selected reports will be available for collection from SID at the Venue and SIC in AVL.

After the completion of all competitions, all results will be compiled in PDF files and will be available for downloading from the www.european-games.org

Medal Ceremonies


All Medal Ceremonies at the 3rd European Games 2023 will occur on or next to FoP. Before each Medal Ceremony, all the medalists are gathered in the waiting area accompanied by Volunteers (people responsible for each kind of sport assigned by Competition Managers).

Medal Ceremony Staff will be on hand to advise and guide all Athletes before, during, and after their Medal Ceremony.

As a rule, Medal Ceremony is held right after the sports session is finished.

All announcements for the Medal Ceremony will be made in two languages – English and Polish.

It is not allowed to ascend the podium wearing hats, sunglasses, carrying national flags, or any other symbols or memorabilia apart from the Games' mascots. Signs, mobile phones, cameras, electronic devices, bottles, items of sports equipment, and items with political statements are prohibited on the podium. If any Athlete is



in possession of any of these items, the latter is handed to the Medal Ceremonies Manager for the duration of the Ceremony. During the Ceremony, no commercial, political, religious, or racial propaganda or demonstration is permitted. Any action of this kind entails penalties foreseen by the EOC.

No one, but the winners can be awarded medals or allowed to ascend the podium.

Athletes will be required to wear their Dobok throughout the Medal Ceremony.

It is the responsibility of each Athlete/Coach to ensure that the Athlete has their Dobok with them and that it is ready to be worn at the Venue in time for the start of the Medal Ceremony.

Failure to adhere to this rule may result in the delay or postponement of the Medal Ceremony.

During the Medal Ceremony, in addition to the medals, K&MEGOC plans to present the winning Athletes with official mascots of the 3rd European Games 2023.

Medals will be awarded in each event of the competition as follows:

- 1st place: A gold gilt medal,
- 2nd place: A silver gilt medal
- 3rd place (two athletes): A bronze gilt medal

The rewarding the prize-winners goes as follows:

The ceremony begins with the medal(-s) and the mascot(-s) awarded to the Athlete (team) ranked third.

Diplomas for the Athletes ranked from 1st to 3rd will be distributed in the AVL NOC Services Centre.

4. Training Information

4.1. Key Information

Training for Taekwondo events will take place at Training Venue. The training venue is in the school's gym with a separate entrance.

The Venue will be open for training from 21 to 26 June 2023.

The Official Training will take place at the Krynica-Zdroj Training Hall

Address: 3 Nadbrzeżna Street, 33-380 Krynica-Zdroj, Poland

There will be six (6) competition-size tatamis available for Athletes' training.

Distance from AVL is 3,5 kilometers. Travel time is 5 minutes by bus. Distance from Competition Venue Krynica-Zdroj Arena is 3 kilometers. Travel time is 6 minutes by bus.

4.2. Training Information and Regulation

Training sessions for teams throughout the Taekwondo tournament period (pre-competition days and competition days) can be booked via email: tkw.training.booking@ie2023.pl until June 19, 2023. Upon arrival, booking training sessions will only be possible at the Sport Information Center and Sport Information Desk. Training session hours are attached at the end of this document. Additional individuals wishing to participate in training sessions must apply for a TAP (details below).


The Training Site will have controlled access for accredited team members only, public access will not be allowed.

Training Access:

TAPs allow registered members of an NOC delegation, who are considered essential to the athletes' preparation for the European Games, to have access to training venues (and competition venues which are used for training).

-This pass allows access to training venues and competition venues, only on the days when there is no competition taking place at that specific venue.

NOC applies for a TAP through the EGO's Guest Pass system. On arrival guest/visitor presents at the venue an EGIAC and/or official document valid for the TAP process (e.g. passport or official travel document for foreigners, ID or driver's license for nationals, etc.), if not accredited, to establish identity.



TAP can only be requested for sports venues and competition days where the NOC has competitors.

For every twenty (20) athletes (the number shall be rounded up), one (1) TAP will be allocated per day, for example:


- 1-20 athletes 1 TAP per day
- 21-40 athletes 2 TAP per day
- 41-60 athletes 3 TAP per day
- 61-80 athletes 4 TAP per day
- 81-100 athletes 5 TAP per day
- 101-120 athletes 6 TAP per day
- 121-140 athletes 7 TAP per day
- 141-160 athletes 8 TAP per day
- 161-180 athletes 9 TAP per day
- 181-200 athletes 10 TAP per day
- 201-220 athletes 11 TAP per day
- 221-240 athletes 12 TAP per day
- 241-260 athletes 13 TAP per day
- Etc.

Allocation of Training Sessions

All Training sessions on 21-25 June 2023 are pre-allocated. Each pre-allocated Training session will last 90 minutes. As soon as all the teams are confirmed a schedule will be published. Training sessions will run from 09:00 to 19:00.

Teams with 8-10 team members will have one competition area at their disposal, and 11-16 team members will have two competition areas at their disposal. All other Teams will be sharing competition areas.

Taekwondo Training sessions are always open to the media. NOCs or the ETU cannot request closure of training. A dedicated zone or press tribunes can be used



for viewing. Photographers are allowed to be present near the media line inside the Training Area.

4.3. Venue Facilities

There are changing rooms 2 for women & 2 for men.

- **Medical Services**

Only a paramedic is required in the training room (does not have to be a doctor). There will be a freezer with ice in the Training Venue.

Appendix 1. Taekwondo Competition Schedule

Date	Time	Type	Competition Phase	Octagone
Tuesday, 20 June 2023		Arrival Day		
Wednesday, 21 June 2023	9:00-20:00	Training Day Technical Meeting		
Thursday, 22 June 2023	9:00-20:00 10:00-12:00	Training Day General Weigh-In for Day 1		
Friday, 23 June 2023		Competition Day 1		
	8:00	Random Weigh-In		
	8:00-19:00	Training		
	10:00-12:00	General Weigh-In for Day 2		
	9:00-12:12	Women's 46 kg, 49 kg Men's 54 kg, 58 kg	Preliminaries Preliminaries	1,2 1,2
	14:00-17:12	Women's 46 kg, 49 kg	Quarter-Finals	1,2
		Men's 54 kg, 58 kg	Quarter-Finals	1,2
		Women's 46 kg, 49 kg	Semi-Finals	1,2
		Men's 54 kg, 58 kg	Semi-Finals	1,2
		Women's 46 kg, 49 kg	Repechages	1,2
		Men's 54 kg, 58 kg	Repechages	1,2
	19:00-20:48	Women's 46 kg, 49 kg	Bronze Medal Match	1,2
		Men's 54 kg, 58 kg	Bronze Medal Match	1,2
		Women's 46 kg, 49 kg Men's 54 kg, 58 kg	Finals Finals	1 1
	21:00	Medal Ceremonies		
Saturday, 24 June 2023		Competition Day 2		
	8:00	Random Weigh-In		
	8:00-19:00	Training		



10:00-12:00	General Weigh-In for Day 3		
9:00-12:12	Women's 53 kg, 57 kg	Preliminaries	1,2
	Men's 63 kg, 68 kg	Preliminaries	1,2
14:00-17:12	Women's 53 kg, 57 kg	Quarter-Finals	1,2
	Men's 63 kg, 68 kg	Quarter-Finals	1,2
	Women's 53 kg, 57 kg	Semi-Finals	1,2
	Men's 63 kg, 68 kg	Semi-Finals	1,2
	Women's 53 kg, 57 kg	Repechages	1,2
	Men's 63 kg, 68 kg	Repechages	1,2
19:00-20:48	Women's 53 kg, 57 kg	Bronze Medal Match	1,2
	Men's 63 kg, 68 kg	Bronze Medal Match	1,2
	Women's 53 kg, 57 kg	Finals	1
	Men's 63 kg, 68 kg	Finals	1
21:00	Medal Ceremonies		

Sunday,
25 June 2023

Competition Day 3

8:00	Random Weigh-In		
8:00-19:00	Training		
10:00-12:00	General Weigh-In for Day 4		
9:00-12:12	Women's 62 kg, 67 kg	Preliminaries	1,2
	Men's 74 kg, 80 kg	Preliminaries	1,2
14:00-17:12	Women's 62 kg, 67 kg	Quarter-Finals	1,2
	Men's 74 kg, 80 kg	Quarter-Finals	1,2
	Women's 62 kg, 67 kg	Semi-Finals	1,2
	Men's 74 kg, 80 kg	Semi-Finals	1,2
	Women's 62 kg, 67 kg	Repechages	1,2
	Men's 74 kg, 80 kg	Repechages	1,2
19:00-20:48	Women's 62 kg, 67 kg	Bronze Medal Match	1,2
	Men's 74 kg, 80 kg	Bronze Medal Match	1,2
	Women's 62 kg, 67 kg	Finals	1
	Men's 74 kg, 80 kg	Finals	1
21:00	Medal Ceremonies		

Monday,
26 June 2023

Competition Day 4

8:00	Random Weigh-In		
8:00-16:00	Training		
9:00-12:12	Women's 73 kg, +73 kg	Preliminaries	1,2
	Men's 87 kg, +87 kg	Preliminaries	1,2





14:00-17:12	Women's 73 kg, +73 kg	Quarter-Finals	1,2
	Men's 87 kg, +87 kg	Quarter-Finals	1,2
	Women's 73 kg, +73 kg	Semi-Finals	1,2
	Men's 87 kg, +87 kg	Semi-Finals	1,2
	Women's 73 kg, +73 kg	Repechages	1,2
	Men's 87 kg, +87 kg	Repechages	1,2
19:00-20:48	Women's 73 kg, +73 kg	Bronze Medal Match	1,2
	Men's 87 kg, +87 kg	Bronze Medal Match	1,2
	Women's 73 kg, +73 kg	Finals	1
	Men's 87 kg, +87 kg	Finals	1
21:00	Medal Ceremonies		

Tuesday,
27 June 2023

Departure Day


Wednesday, 28
June 2023

Departure Day



Appendix 2. Training Schedule

Date	Time	Area 1	Area 2	Area 3	Area 4	Area 5	Area 6
21 June 2023	9:00-10:30	8	8	8	8	8	8
	10:30-12:00	8	8	8	8	8	8
	12:00-13:30	8	8	8	8	8	8
	13:00-14:30	8	8	8	8	4	4
	14:30-16:00	8	8	8	8	4	4
	16:00-17:30	8	8	4	4		
	17:30-19:00	8	8	4	4		
22 June 2023	9:00-10:30	8	8	8	8	8	8
	10:30-12:00	8	8	8	8	8	8
	12:00-13:30	8	8	8	8	8	8
	13:00-14:30	8	8	8	8	4	4
	14:30-16:00	8	8	8	8	4	4
	16:00-17:30	8	8	4	4		
	17:30-19:00	8	8	4	4		
23 June 2023	9:00-10:30	8	8	8	4	4	4
	10:30-12:00	8	8	8	4	4	4
	12:00-13:30	8	8	8	4	4	4
	13:00-14:30	8	8	4	4	4	4
	14:30-16:00	8	8	4	4	4	4
	16:00-17:30	8	8	4	4		
	17:30-19:00	8	8	4	4		
24 June 2023	9:00-10:30	8	8	4	4	4	4
	10:30-12:00	8	8	4	4	4	4
	12:00-13:30	8	8	4	4	4	4
	13:00-14:30	8	8	4	4	4	4
	14:30-16:00	8	8	4	4	4	4
	16:00-17:30	8	8	4	4		
	17:30-19:00	8	8	4	4		
25 June 2023	9:00-10:30	8	8	4	4	4	4
	10:30-12:00	8	8	4	4	4	4
	12:00-13:30	8	8	4	4	4	4



13:00-14:30	8	8	4	4	4	4
14:30-16:00	4	4	4	4	4	4
16:00-17:30	4	4	4	4		
17:30-19:00	4	4	4	4		

Appendix 3. Venue Maps





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