

Irish Taekwon-Do Association

Dublin Open

International

2026



28th – 29th March 2026

National Indoor Arena, Dublin



ITA Dublin Open International 2026



Date:	28 th March 2026 – All black belts and Colour Belts 14+ 29 th March 2026 – Colour Belts 13 and Under
Location:	National Indoor Arena, Dublin
Registration:	From 8:30am on both days of competition
Weigh in:	Friday (TBC Please check ITA Facebook for Updates) Saturday 8:30am – 10:00am
Height Check:	Sunday Before Pattern Competition
Umpire Meeting:	9:30am on both days
Start of competition:	10am on both days *Sunday will be split into different start times for Under 10 and 11-13 (Please check ITA Facebook for Updates)
Entry Fee:	€35 per competitor

Important Dates:

16th February 2026: Online Registration Opens
18th March 2026: 23:59 Registration Closes
27th March 2026: Schedule Published Online

** Withdrawal of competitor before 18th March is possible without a fee **
competitors withdrawn after this date subject to full entry fee

****PLEASE NOTE****

** Errors in sparring categories entries may be rectified on the day of the event at **
the discretion of the Tournament committee, all changes are subject to a €10 fee, this
fee must be paid before the change is made

No changes/additional entries in pattern, sparring, special technique or power
categories on the day of the event and any competitor entered in the wrong category will be
removed

Age Categories

Saturday: Colour Belts - Cadet (14-17), Senior (18+), Veteran (35+)
Pre Junior Black Belt (12-15 (born in 2011),
Junior Black Belt (14-18 (born in 2008)), Senior Black Belt (18+)
Sunday: Colour Belts Under 10, Colour Belts 11-13

Categories

Patterns

Colour Belts: Optional Pattern
Black belts: Preliminary Rounds: 1 x designated patterns (Chon-Ji –
Current Grade)
Semi Final & Final: 2 x designated patterns

This is for Cadet and Senior patterns only, Pre Junior Black Belt categories will be from
Chon-Ji – 1st Dan Patterns



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Sparring

Saturday: Weight Categories

Sunday: Height Categories all Under 10, 11-13 Yellow/Green
Height/Weight for 11-13 Yrs Blue/Red Belts*

***Note:** For 11-13 years Blue/Red belts, categories are initially divided by height but may be adjusted or modified at the discretion of the tournament committee to take competitor weights into account, please also include weights on entries for these competitors

The organisers reserve the right to further divide categories if there is a large difference in weight/height across the category.

Match Times

Under 10: 1 round, 1.5 minutes

Colour belts (11 yrs+): 1 round, 2 minutes

Black belts (3 competitors Pools): 2 rounds, 1.5 minutes

4+ Competitors Black belts:

Main Draw: 2 rounds, 1.5 minutes

Finals: 2 rounds, 2 minutes

Requalifying matches for 3rd place: 1 round, 2 minutes

Special Technique Blue/Red Belt 11-13 Yrs M/F: Front Kick & Side Kick
Turning kick may be used as a playoff technique

Power Black Belt M/F: Knifehand Strike, Turning Kick, Reverse Turning Kick

In the event of a playoff, any of the 5 techniques may be selected

Special Technique/Power heights/number of boards on last page of invite.

Umpires

Saturday: 1 – 7 competitors = 1 umpire, 8 – 14 competitors = 2 umpires etc.

Sunday: 1 – 10 competitors = 1 umpire, 11 – 20 competitors = 2 umpires etc.

We need as many senior umpires as possible to ensure a high level of refereeing on all rings.

All umpires will receive free lunch and snacks on the day of the competition.

Umpires must wear: Navy pants, navy jacket, white shirt, tie, white shoes.



Coaches

Clubs must meet the umpire to competitor ratio on each day they to receive coaching passes

1-15 competitors = 1 coach, 2-30 competitors = 2 coaches etc. Maximum of 1 coach per ring

Saturday coaches may be cadets (14-17) or seniors, who can coach at ringside.

Sunday coaches must be cadets (14-17) blue belt upwards. No senior coaches are allowed at ringside.

In the interest of fairness on Sunday, if one competitor does not have a coach for a match then the other competitor will not be allowed a coach for that match.

Safety Equipment:

All competitors must wear:

- Head Guard
- Gloves (open palm, enclosed fingers)
- Foot pads
- Gum Shield
- Groin Guard (compulsory for all male competitors)
- Shin Guards (optional for black belt, compulsory for all colour belt competitors)

All competitors must wear a red or blue headguard, depending on which side of the draw they are on. ITA will provide these at the event, however, if competitors prefer to wear their own headguard they must have a red and a blue helmet as part of their sparring set. No other colours will be allowed to be worn.

Any strapping, supports must be accompanied by a medical note, however the T&U committee will make the final decision to allow the competitor to compete or not.

Contact and skill development

We place an emphasis on skill development over heavy contact in our events. Heavy contact will not be tolerated.

ITF Sparring is light contact, with the technique controlled on the target. Points will be awarded as follows:

- One point for hand techniques to body or head
- Two points for foot technique to the body
- Three points for foot technique to the head.

Awards

Colour Belts: 1st, 2nd and joint 3rd Place

Black Belts: 1st, 2nd and 3rd Place

Special Technique/Power: 1st, 2nd and 3rd Place (2nd and 3rd in case of tie breaks)

Under 10 competitors up to green tag who are not placed will receive a commemorative medal.

Overall competitor awards for the most outstanding performance at cadet and senior black belt level.



Weight / Height Control

Competitors must wear a t-shirt and dobok pants. A 1kg tolerance is permitted.

Height checks on Sunday for juniors will take place before the tournament starts. The process for this will be communicated by email the week of the tournament.

When registering please ensure your competitors are checked in the club and not at home.

Instructors must take full responsibility for any incorrect heights or weights and must sign each entry form.

Weigh ins are maximum 2 attempts, in the event of more than 2 attempts, only the first 2 recorded weights will be used.

Insurance

All competitors must have adequate insurance for all eventualities.

Conduct:

All participants in the event, competitors, coaches, the public, umpires etc. should conduct themselves according to the tenets of Taekwon-Do at all times.

Competition Divisions/Categories

Divisions / categories must consist of two or more competitors – if there is only one competitor, he/she will compete in a higher or lower category as deemed appropriate. This will be indicated on the competitor sticker as ReCat Up or ReCat Down as appropriate

For full list of categories please see the event page on the sportdata.org web page

Competition area

Only competitors for current division, officials, coaches with passes, tournament committee / organisers and VIPs allowed on competition floor.

ITA Tournament and Umpire Committee

Tournament Director

Umpire Chairperson

Master Mark Buckley VIII Dan

Mr Carl Smullen VI Dan

Tournament Coordinator

Tournament Administrator

Master Stephen Ryan VII Dan

Mr Stephen Smullen VI Dan

Contact

Email: entries@taekwondo.ie



Techniques and Heights for Special Technique

Blue/Red Belts 11-13 Years	Female 11-13 yrs -155cm	Female 11-13 yrs +155cm	Male 11-13 yrs -155cm	Male 11-13 yrs +155cm
Flying high front kick (Scissors Motion)	180	190	190	200
Flying high side kick	90	100	100	110

Note: Measurements for height are made from the surface of the floor or mat, to the bottom (lowest) edge of the board, or tape in the case of the high side kick.

Turning Kick may be used as a playoff technique with the height set as deemed appropriate by the JP.

Power Breaking

Technique	Junior Female	Junior Male	Senior Female	Senior Male
Forefist front punch (M)/Front Elbow Strike(F)	1	1	1	2
Knifehand strike	1	2	1	2
Side piercing kick	2	2	2	3
Turning kick	1	2	2	2
Reverse turning kick	1	1	2	2

For special technique/power Black Belts will compete with the 3 highlighted techniques above