

FLANDERS

FIELDS

BELGIUM

07/02/26

DE NEKKER

NEKKERSPOEL-BORCHT 19
2800 MECHELEN
BELGIUM

CONTACT

HWARANG_ITF@HOTMAIL.BE
+32 475 90 25 13



SPARRING

PATTERN



POWER



9 RING



Kihapp



de nekker

[HTTPS://WWW.KIHAPP.COM/TOURNAMENTS/18545-FLANDERS-FIELDS-2026](https://www.kihapp.com/tournaments/18545-FLANDERS-FIELDS-2026)

General Information

An organization of ITF Headquarters BITA & affiliated schools hwarang-center
Saturday, 07 February 2026
Sporthal De Nekker, Nekkerspoel-Borch 19, 2800 Mechelen, Belgium

Organizer & contact address for all entries:
ITF Headquarters BITA & affiliated schools hwarang-center
Email : hwarang_itf@hotmail.be

Head referee
Mr. Marcel Hildering & Mr. Pascal Raeijmaekers

Mobile : +32-475 90 25 13 Email : hwarang_itf@hotmail.be
Head tournament:
Mr. Pascal Raeijmaekers
Email: hwarang_itf@hotmail.be

Closing date for all entries: January 23th 2026

Program

Date:	Saturday February 07 2026
Class:	Youth-Junior-Senior-Veterans
Hall open:	08.00 hr
Height/Weight check	08.30 hr – 09.00 hr Spot-check
Umpire meeting:	08.30 hr
Coach meeting:	09.00 hr
Line up:	09.30 hr
Start of competition:	10.00 hr

Categories

Individual Pattern
Individual Sparring
Individual Power test
Team sparring

Entry fee

For 1 discipline: 30€
For every extra discipline : 5€
Team event (per team and event): 10€

Spectator's entrance fee

0-10 years: 00€
Over 10 years: 05€

Coaches

Competing clubs are allowed to subscribe coaches, the amount of coaches depends on the number of competitors subscribed.

01-06 competitors: 1 coach
07-11 competitors: 2 coaches
12-16 competitors: 3 coaches
Over 16 competitors: 4 coaches

Dress code: Tracksuit, sneakers, water and towel
Minimum age: 16 years

Umpires

All umpires have to wear the dress requirements, as laid down in the ITF umpire rules.

<http://itfofficial.org/wp-content/uploads/2017/11/World-Cup-Continental-and-National-championship-rules.pdf>

01-06 competitors: 1 full-time umpire
07-11 competitors: 2 full-time umpires
Over 12: 3 full-time umpires

(50€ penalty per missing umpire)

HARD CONTACT WILL NOT BE ALLOWED.

DRESS REQUIREMENTS

Competitors can only wear white ITF doboks from any brand desired.
No other colours are allowed.

SAFETY EQUIPMENT AND PROTECTIVE WEAR

All competitors in sparring must wear:

1. Hand and feet safety equipment, not necessarily red or blue. The glove must enclose the fingers, Closed gloves up to 10 oz allowed NO bandages.
2. Groin guards (for male competitors) that must be worn inside the dobok trousers.
3. Head guards, not necessarily red or blue, compulsory for all.
4. Mouth guards

All safety equipment must be made of soft materials, provide enough protection for both acting competitors.

Competitors may, optionally, wear the following:

1. Shin protectors.
2. Breast protectors (for female competitors) and must be worn inside the dobok jacket.
3. Groin guards (for female competitors) and must be worn inside the dobok trousers.

All competitors with injuries, which require bandaging or strapping of any kind must satisfy the Tournament doctor or first aid personnel of their need, and obtain approval of type before performing. *I.e.* no pins or hard material can be worn. No jewels, watches or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

<http://itfofficial.org/wp-content/uploads/2018/01/Rules-and-Regulations-ITF-in-Korea-jan-18-1.pdf>

Except otherwise marked in the invitation.

In case of protest, the ITF rules will be followed (the coach can fill in a protest form within 5 minutes and give it to the Head referee, with 50€).

MEDICAL ATTENTION

At the Flanders Fields 2023 there will be no tournament doctor, only qualified first aid personnel. The first aid personnel will replace the doctor when referred to in the official ITF rules.

INSCRIPTIONS

<https://www.kihapp.com/tournaments/18545-flanders-fields-2026>

ACCIDENT RESPONSIBILITY CERTIFICATE

Mr/Mss.....,Identity Card N°.....,

Responsible for the club or gym,

Adress,

CERTIFIES:

That all competitors of the club or gym he represents, to participate in the 9th Flanders Fields 2026 organized by the Belgian ITF Taekwon-Do Association to be held on February 07, 2026 in Mechelen ; have a sporting accident insurance that covers any injury that may suffer during the event.

That if competitors from the club or gym he represents do not have accident insurance for sports, be liable for any injury that may sustain them during their participation in the tournament said.

Full Name and Signature.

PROTEST FORM

In the event of a protest, you must notify the jury president immediately. After that you have 5 minutes to write a protest. The deposit for a protest is 50€. You can use the document below to submit a protest. A hard copy of the rules is available at the main table. If the protest is declared admissible, the deposit will be refunded. The head referee will make the final decision.

NAME:

CLUB :

DIVISION :

DESCRIPTON :

SIGNATURE :

Details Categories

PATTERN:

Separate classes for youth (6-9) (10-14), juniors (15-17), seniors (18 - 36), veterans (+36).
Separate classes for male & female.

Colored belts

Participants will perform 1 optional pattern (KO-system).

10°-9°kup Sayu chirugi – Chon-ji

8°-5°kup Chon-ji – Yul-Gok

4°-1°kup Chon-ji – Choong-moo

Black belts

Participants perform 1 optional, **finals** participants perform 1 optional and 1 designated.
pattern (KO-system; ITF rules will be followed).

I°degree Chon-ji – Ge-Baek

II°degree Chon-ji – Juche

III°degree Chon-ji – Yoo-sin

IV°-VI°degree Chon-ji – Moon-moo

If there is only 1 competitor in a category, the organization will put classes together.

There are 2 third places. In the event of a tie the competitors will compete once more with a designated tul until the places are decided. Places are decided with the raising of the sticks or flags.

SPARRING:

B class for sparring category all youth/junior/senior:

10°kup-8°kup

7°kup-5°kup

04°kup-1°kup

B class for sparring category all veteran:

-5°kup

04°kup-1°kup

A class for sparring all categories:

1DAN – ... DAN

C class for non-contact sparring (optional) (5-7j):

-110, -120, -130cm, +130cm

Separate classes for males & females ;

separate classes for youth (5-7)(8-12, 13-14), juniors (15-17)

seniors (18 and above), veterans (36 and above)

Duration of the bout:

Non-Contact (5-7y):1x 1 minute, extra round 1x 30 sec.

Youth:.....1 x 1.5 minute extra round: 1 x 30 sec there after golden point

Juniors:.....1 x 1.5 minutes extra round: 1 x 1 minute, here after golden point

Finals 2 x 1.5 minutes

Seniors/Veterans:1 x 02 minutes extra round: 1 x 1 minute, here after golden point

Finals 2 x 02 minutes

There are 2 third places.

Extra info : Youth non-contact

Separate classes for males & females; Classes only for youth (5-7 year)

Duration of the bout for Youth: 1x1'

Goal : Perform as much as possible Taekwon-do Sparring Techniques without contact during 1 minute. The goal is to learn the competitions rules without the risk of being hit. No hit below the belt or in the back.

Rules: No hit allowed , without safeties, we look for originality, sportively, spectacular techniques, Referees will decide the winner after the match. If there is a draw, the center referee will decide the winner.

If you have any question, feel free to ask. (even on the day of the competition.)

Weight/Height

Youth female (5-7y) -110cm,-120cm,-130cm,+130cm

Youth male (5-7y) -110cm,-120cm,-130cm,+130cm

Youth female (8-12y) -25kg,-30kg,-35kg,-40kg,-45kg,-50kg,+50kg

Youth male (8-12y) -30kg,-35kg,-40kg,-45kg,-50kg,-55kg,+55kg

Youth female (13-14y) -30kg,-35kg,-40kg,-45kg,-50kg,-50kg,+55kg

Youth male (13-14y) -35kg,-40kg,-45kg,-50kg,-55kg,-60kg,+60kg

Junior female -45kg, -50kg, -55kg, -60kg -65kg, +65kg

Junior male -50kg, -56kg, -62kg, -68kg, -75kg, +75kg

Senior female -50kg, -58kg, -62kg, -68kg, -75kg, +75kg

Senior male -58kg, -63kg, -70kg, -78kg, -85kg +85kg

Veteran female -54kg, -61kg, -68kg, -75kg, +75kg

Veteran male -64kg, -73kg, -80kg, -90kg, +90kg

If there is only 1 competitor in a category, the organization will put classes together.
There will be no 2 third places.

Scoring of the points

1 point: hand technique to the mid or the high section.

2 points: foot technique to the mid section.

3 points: foot technique to the high section.

1 point nice performed non-contact technique.

Holding is no minus point.

TEAM SPARRING:

Each team **must** consist of 3+1 competitors, male or female, **not** mixed.

Classes blue belt (4 kup and above) Junior, Seniors and Veterans.

Team sparring: 1 x 02 minutes for each bout.

Win 2 points, Tie 1 point, Loose 0 points.

In case there is a tie after all members have fought, the coach may choose someone from his team who has already fought.

Team can be mixed with other clubs or federations

There will be 2 third places.

If there is only 1 team in a category, the organization can put classes together.

POWER TEST:

Classes color belt : 4 kup – 1 kup, Juniors, Seniors and Veterans.

Classes black belt : 1 Dan +, Juniors, Seniors and Veterans.

0 boards broken 0 points, 1 board cracked 1 point, 1 board broken 2 points.

Classes color belt (up to 1kup) male or female

Classes black belt (+1 Dan) male or female

Male

Junior Male

Hand technique : ap joomuk jurigi 1 board , sonkal taerigi 2 boards

Foot technique : dolloy chagi 2 boards, yop chagi 3 boards

Junior Female

Hand/arm technique choice : sonkal taerigi 1 board, palkup taerigi 1 boards

1 foot technique choice : dolloy chagi 1 board, yop chagi 2 boards

Senior Male

Hand technique : ap joomuk jurigi 2 board , sonkal taerigi 3 boards

Foot technique : dolloy chagi 3 boards, yop chagi 4 boards

Senior Female

Hand/arm technique choice : sonkal taerigi 2 board, palkup taerigi 2 boards

1 foot technique choice : dolloy chagi 2 board, yop chagi 3 boards

Veteran Male

Hand technique : ap joomuk jurigi 1 board , sonkal taerigi 2 boards

Foot technique : dolloy chagi 3 boards, yop chagi 4 boards

Veteran Female

Hand/arm technique choice : sonkal taerigi 1 board, palkup taerigi 2 boards

1 foot technique choice : dolloy chagi 1 board, yop chagi 2 boards

Looking forward seeing you and your students on the 8th championship of Flanders Fields 2024.

Pascal Raeijmaekers

HOTEL INFORMATION

More info soon.