



FENIKS OPEN 2026

International Taekwondo Tournament

Kyorugi · Poomsae · Fast Kick — Conducted under World Taekwondo (WT) Rules and Regulations

Dear President, Coaches, Athletes and Friends of Taekwondo,

On behalf of the Organizing Committee, it is our great pleasure and honour to invite your club/association to take part in "Feniks Open 2026" International Taekwondo Tournament. The competition will be held in Kyorugi, Poomsae and Fast Kick disciplines and will be conducted in accordance with the current World Taekwondo (WT) Competition Rules and Regulations, ensuring a fair, safe and high-level sporting event for all participants.

We look forward to welcoming athletes, coaches and officials from many clubs to Niš for a memorable weekend of sport, fair play and friendship.

1. General Information

Tournament	Feniks Open 2026
Competition date	05. december 2026 (Sunday)
Venue	Elementary School "Duško Radović", Niš, Serbia
Google location	https://www.google.com/maps/search/?api=1&query=Osnovna+%C5%A1kola+Du%C5%A1ko+Radovi%C4%87+Ni%C5%A1
Weigh-in date	04. december 2026 (Saturday)
Weigh-in venue	Elementary School "Duško Radović", Niš
Disciplines	Kyorugi (A class and B class), Poomsae, Kyorugi + Poomsae, Fast Kick
Rules	World Taekwondo (WT) Competition Rules & Regulations
Online registration	tkd-reg.com

Note: The exact weigh-in schedule (times per weight category), draw, and the final competition timetable will be published on tkd-reg.com after the registration deadline, together with the number of registered competitors per category.

2. Entry Fees

Discipline	Entry Fee
Kyorugi (A class / B class)	40 €
Poomsae	40 €
Kyorugi + Poomsae (combined entry)	70 €
Fast Kick	25 €

Entry fees are payable per athlete, per discipline, according to the table above. Payment instructions will be confirmed upon registration.

3. Registration

- All entries must be submitted exclusively through the official online registration platform: tkd-reg.com
- Registration must include: full name, date of birth, gender, club/national federation, **Kyorugi class (A or B)**, weight category (Kyorugi), belt/rank and Poomsae category (Poomsae), and a valid WT/national federation license number where applicable.
- Weight category changes are only permitted within the official registration period; any change requested after the registration deadline will be handled according to the tournament regulations at the official weigh-in.
- Each club must appoint one (1) head of delegation responsible for communication with the Organizing Committee.
- Coaches and athletes must hold valid sports medical clearance and appropriate insurance for the duration of the event.

4. Kyorugi — Competition Rules & Weight Categories

Kyorugi matches will be conducted in accordance with the World Taekwondo Competition Rules & Interpretation Guidelines currently in force (electronic body/head protector scoring system, three (3) rounds, best of three round system where applicable). Age divisions and corresponding weight categories are as follows:

4.1 Children Division (8–9 years old) — 12 Weight Categories

Category	MEN	WOMEN
Cat. 1	≤ 19 kg	≤ 19 kg
Cat. 2	> 19 – 21 kg	> 19 – 21 kg
Cat. 3	> 21 – 23 kg	> 21 – 23 kg
Cat. 4	> 23 – 25 kg	> 23 – 25 kg
Cat. 5	> 25 – 27 kg	> 25 – 27 kg
Cat. 6	> 27 – 29 kg	> 27 – 29 kg
Cat. 7	> 29 – 31 kg	> 29 – 31 kg
Cat. 8	> 31 – 33 kg	> 31 – 33 kg
Cat. 9	> 33 – 36 kg	> 33 – 36 kg
Cat. 10	> 36 – 39 kg	> 36 – 39 kg
Cat. 11	> 39 – 43 kg	> 39 – 43 kg
Cat. 12	> 43 kg	> 43 kg

4.2 Children Division (10–11 years old) — 10 Weight Categories

Category	MEN	WOMEN
Cat. 1	≤ 27 kg	≤ 27 kg
Cat. 2	> 27 – 30 kg	> 27 – 30 kg
Cat. 3	> 30 – 33 kg	> 30 – 33 kg
Cat. 4	> 33 – 36 kg	> 33 – 36 kg
Cat. 5	> 36 – 40 kg	> 36 – 40 kg
Cat. 6	> 40 – 44 kg	> 40 – 44 kg
Cat. 7	> 44 – 48 kg	> 44 – 48 kg
Cat. 8	> 48 – 52 kg	> 48 – 52 kg
Cat. 9	> 52 – 57 kg	> 52 – 57 kg
Cat. 10	> 57 kg	> 57 kg

Children divisions (8–9 and 10–11 years old): boys and girls have the same weight categories and compete separately by gender. Weight categories for children follow those used at tournaments of the Taekwondo Association of Serbia (TAS). Children compete under the Children's rules set out in section 4.6.

4.3 Cadet Division (12–14 years old) — 10 Weight Categories

Category	MEN	WOMEN
Fin	≤ 33 kg	≤ 29 kg
Fly	> 33 – 37 kg	> 29 – 33 kg
Bantam	> 37 – 41 kg	> 33 – 37 kg
Feather	> 41 – 45 kg	> 37 – 41 kg
Light	> 45 – 49 kg	> 41 – 44 kg
Welter	> 49 – 53 kg	> 44 – 47 kg
Lt. Middle	> 53 – 57 kg	> 47 – 51 kg
Middle	> 57 – 61 kg	> 51 – 55 kg
Lt. Heavy	> 61 – 65 kg	> 55 – 59 kg
Heavy	> 65 kg	> 59 kg

4.4 Junior Division (15–17 years old) — 10 Weight Categories

Category	MEN	WOMEN
Fin	≤ 45 kg	≤ 42 kg
Fly	> 45 – 48 kg	> 42 – 44 kg
Bantam	> 48 – 51 kg	> 44 – 46 kg
Feather	> 51 – 55 kg	> 46 – 49 kg
Light	> 55 – 59 kg	> 49 – 52 kg
Welter	> 59 – 63 kg	> 52 – 55 kg
Lt. Middle	> 63 – 68 kg	> 55 – 59 kg
Middle	> 68 – 73 kg	> 59 – 63 kg
Lt. Heavy	> 73 – 78 kg	> 63 – 68 kg
Heavy	> 78 kg	> 68 kg

4.5 Senior Division (17 years old and over) — 8 Weight Categories (World Class)

Category	MEN	WOMEN
Fin	≤ 54 kg	≤ 46 kg
Fly	> 54 – 58 kg	> 46 – 49 kg
Bantam	> 58 – 63 kg	> 49 – 53 kg
Feather	> 63 – 68 kg	> 53 – 57 kg
Light	> 68 – 74 kg	> 57 – 62 kg
Welter	> 74 – 80 kg	> 62 – 67 kg
Middle	> 80 – 87 kg	> 67 – 73 kg
Heavy	> 87 kg	> 73 kg

Age divisions are determined by the athlete's age in the calendar year 2026. The Organizing Committee reserves the right to merge weight categories with an insufficient number of entries, in agreement with the coaches concerned, following WT guidelines on minimum category numbers.

4.6 A Class and B Class — Rules

Kyorugi is organized in two competition classes. The class is chosen by the club at registration on tkd-reg.com. Age and weight categories are the same in both classes (sections 4.1–4.5). Match duration depends on the age division and is the same in A and B class.

Match duration

Division	Rounds	Rest between rounds
Children (8–9)	3 × 1:00	30 s
Children (10–11)	3 × 1:00	30 s
Cadet (12–14)	3 × 1:30	1:00
Junior (15–17)	3 × 1:30	1:00
Senior (17+)	3 × 2:00	1:00

A class — rules (all divisions)

- Experienced competitors, including medallists of national and international competitions, and all black belts (Poom/Dan).
- WT Competition Rules & Interpretation Guidelines apply in full, including all scoring techniques (punch, body kick, head kick, turning and spinning kicks) and WT contact rules.
- Match duration as in the table above.

B class — rules per division

Division	Head kicks	Spinning kicks	Contact
Children (8–9)	Not allowed	Allowed (body)	Light, controlled contact
Children (10–11)	Not allowed	Allowed (body)	Light, controlled contact
Cadet (12–14)	Not allowed	Allowed (body)	Controlled contact
Junior (15–17)	Not allowed	Allowed (body)	Controlled contact
Senior (17+)	Not allowed	Allowed (body)	Controlled contact

B class eligibility

- Athletes who have not won a medal at a national championship or at an international A class tournament, and who have not competed in more than two (2) tournaments during the last two (2) years.
- Belt level up to Red belt (1st Gup) for Cadet, Junior and Senior; for Children, all colour belts. Black belts (Poom/Dan) compete in A class.
- The head coach confirms eligibility at registration. The Organizing Committee may move an athlete to A class before the draw or after any match, if the athlete is clearly stronger than the class level.
- An athlete may be entered in one Kyorugi class only (A or B).

B class — general rules

- Matches follow WT scoring: 1 point for a valid punch to the body, 2 points for a valid kick to the body. Head kicks are not allowed in B class in any division; spinning kicks to the body are allowed and scored according to WT rules.
- A match is won by points after three rounds, by a point-gap lead as defined in WT rules, by referee stop contest (RSC), by disqualification or by withdrawal. A tie is decided by a golden point round.
- Dangerous or uncontrolled techniques, techniques that are not allowed in the athlete's division, and attacks to a fallen opponent are penalized with Kyong-go / Gam-jeom according to WT rules.
- Full WT-approved protective equipment is mandatory: dobok, electronic hogu, head guard, forearm and shin guards, groin guard, mouth guard (and gloves, where required).
- Weigh-in is the same as for A class. Athletes failing the weigh-in are not allowed to compete.
- Medals: Gold, Silver and two (2) Bronze medals per category, per class.

The detailed B class technical regulations (including any change of match times) will be confirmed in the final technical regulations published on tkd-reg.com.

5. Poomsae — Competition Rules & Categories

Poomsae competition will be conducted in accordance with the World Taekwondo Poomsae Competition Rules & Interpretation Guidelines, covering Recognized Poomsae (Taegeuk / Palgwe / Black Belt Poomsae, as applicable to grade) and Freestyle Poomsae where scheduled. Judging will follow the official WT criteria (Accuracy and Presentation).

5.1 Age Divisions

Age Category	Age Range
Under 10	9 years old and under
Under 12	10 – 11 years old
Under 15 (Cadet)	12 – 14 years old
Under 18 (Junior)	15 – 17 years old
Under 30 (Senior)	18 – 29 years old
Under 40 (Master 1)	30 – 39 years old
Under 50 (Master 2)	40 – 49 years old
Over 50 (Master 3)	50 years old and over

5.2 Rank / Grade Divisions

Grade Category	Belt / Rank
Beginner	9th – 7th Gup (White – Yellow belt)
Intermediate	6th – 4th Gup (Green – Blue belt)
Advanced	3rd – 1st Gup (Red belt – Red/Black stripe)

Grade Category	Belt / Rank
Black Belt / Poom	1st Dan/Poom and above

5.3 Event Types

Event	Composition
Individual	One (1) male or one (1) female competitor per category
Pair	One (1) male and one (1) female competitor per category
Team	Three (3) competitors of the same or mixed gender per category

Competitors may enter a maximum of two (2) Poomsae events (e.g., Individual and Pair, or Individual and Team), unless stated otherwise in the final technical regulations published on tkd-reg.com.

6. Fast Kick — Discipline Rules & Categories

Fast Kick is a supplementary, non-contact speed and technique discipline testing the number of correctly executed kicks (e.g., dolgo/dollyo chagi) landed on an electronic target/kick counter within a fixed time limit. It is organized in addition to the official WT disciplines to encourage broad participation, including the youngest competitors.

6.1 Format

- Each competitor performs individually, kicking a designated target (kick counter / sensor pad) with maximum speed and correct technique.
- Time limit: 30 seconds per attempt (two attempts may be allowed; the better result counts, subject to onsite technical regulations).
- Only clean, correctly executed and clearly registered kicks are counted; technical judges/referees supervise correct technique and target contact.
- Ranking is determined by the highest number of valid kicks recorded within the time limit; in case of a tie, a decisive additional attempt is held.

6.2 Age Categories

Category	Age Range
Kids	6 – 8 years old
Cadet	9 – 11 years old
Junior	12 – 14 years old
Cadet/Junior Sparring Age	15 – 17 years old
Senior	18 years old and over

Categories are further divided by gender (male/female). The Organizing Committee may merge categories with an insufficient number of entries.

7. General Competition Rules

- The tournament is conducted under the current World Taekwondo (WT) Statutes, Competition Rules & Interpretation Guidelines (Kyorugi and Poomsae), which take precedence in all matters not covered by this invitation.
- All athletes must wear WT-approved dobok, protective equipment (hogu, head guard, forearm/shin/groin guards, mouth guard) appropriate to the discipline and age division.

- Only WT-recognized electronic body/head protector and scoring systems will be used for Kyorugi matches, where applicable to the age division.
- Weigh-in is mandatory for all Kyorugi competitors on 04. december 2026 at the venue; competitors must present valid identification and, where required, a national federation/WT license.
- The Organizing Committee, together with the appointed WT-certified referees and technical officials, will resolve any situation not explicitly covered by the rules, in the spirit of fair play.
- Protests must be submitted in writing by the head of delegation within the timeframe and procedure set out in the WT Competition Rules.

8. Organizer & Contact

Organizer	Taekwondo Club Feniks Bulevar
Contact person	Nikola Bursać — +381 62 622 086
Contact person	Stevan Đorđević — +381 60 456 6736
Online registration	tkd-reg.com
Registration deadline	To be confirmed — see tkd-reg.com
Venue address	Elementary School “Duško Radović”, Niš, Serbia
Google location	https://www.google.com/maps/search/?api=1&query=Osnovna+%C5%A1kola+Du%C5%A1ko+Radovi%C4%87+Ni%C5%A1

We are confident that “Feniks Open 2026” will be a well-organized and competitive event, and we warmly welcome your delegation to Niš. Please do not hesitate to contact the Organizing Committee for any additional information.

With sporting regards,

Organizing Committee — Taekwondo Club Feniks Bulevar