



GREECE
THESSALONIKI
TAEKWON-DO I.T.F. **2016**
EUROPEAN CHAMPIONSHIP
11-17 APRIL

31st Adult, 22nd Junior, 8th Veteran, 6th Children

1 ORGANIZER & PROMOTER

1.1 MAIN CONTACT

Main contact address for this EITF Championship: euro2016@eitf-taekwondo.org

Please ALWAYS USE ONLY THIS EMAIL address. Messages sent to this email are automatically sent to Tournament Committee, Organizer and IT Provider. By contacting us via this email we will be able to respond to your questions faster.

1.2 PROMOTER: EUROPE ITF TAEKWON-DO FEDERATION

Unit 8, Service House,
Mellyn Mair Business Center,
Wentloog Avenue, Rumney,
Cardiff, CF3 2EX
South Wales, UK
www.eitf-taekwondo.org

1.3 ORGANIZER: ATHLETIC TAEKWON-DO FEDERATION OF HELLAS (ATFH)

Pe.A.K. Neapolis, 56701 Thessaliniki, Greece
Tel: +30 2310 672006 / Fax: +30 2310 672009
www.itf-taekwondo.gr

1.4 ORGANIZING COMMITTEE

GM Michael Prewett, president of EITF, chairman of EITF Umpire Committee
Mr. Ladislav Burian, chairman of EITF Tournament Committee
M Anastasios Valasiadis, president of Athletic Taekwondo Federation of Hellas (ATFH)

1.5 UMPIRE COMMITTEE

Grand Master Michael Prewett, IX. Degree
Senior Master Gary Miller, VIII. Degree
Master Emin Durakovic, VII. Degree
Mr. Igor Scheglov, VI. Degree
Mr. Vegilly Sitnilski, V. Degree

1.6 TOURNAMENT COMMITTEE

Mr. Ladislav Burian
Ms. Ilona Tsvetkova
Mr. Jan Labik
Mr. Nenad Seferagic

1.7 IT SERVICES

Mr. Ivan Rajtr

2 BASIC INFORMATION

2.1 DATE:

11th - 17th April 2016

2.2 VENUE:

Registration place: Capsis Hotel, 18 Monastiriou, 54629 Thessaloniki, Greece

GPS Lat/Lon: 40.642100°, 22.932150° www.capsishotels.gr/thessaloniki

Sports hall: PAOK Sports Arena,

12, A. Tritsi, POB 21069, 55510 Pilea, Thessaloniki, Greece,

GPS Lat/Lon: 40.5656, 22.9813, www.paokbc.gr

2.3 CHAMPIONSHIP OFFICIAL WEBSITE:

<http://ec2016.itf-taekwondo.gr>

2.4 RULES:

This Championship will be held in accordance with these documents:

- General Info pack (this document)
- EITF Tournament Standards
- ITF Tournament rules

The competition is based on the ITF Tournament rules. Some rules are mentioned in this General Info pack in order to be emphasize or modified. In other words, if there is conflict between “ITF Tournament rules” and “General Info pack”, then the rules in this General info pack are applied, as they are of higher priority.



Dear Senior Grand Masters, Grand Masters,
Senior Masters, Masters, NGB Presidents
and Taekwondo participants,

It is my privilege to invite you to the 31st Adult, 22nd Junior, 8th Veteran, and 6th Children
ITF Taekwon-DO European Championship in Thessaloniki, from 11th to 17th of April 2016.

As the idea of hospitality, by the ancient years,
is established in Greek conscience as a fundamental custom and moral duty,
we all make every effort to ensure a comfort and pleasant stay during this event for all of you.

We are looking forward to welcome you all in Thessaloniki.

Sincerely yours in Taekwon-do,

Master Anastasios Valasiadis
President of Athletic Taekwondo
Federation of Hellas (ATFH)



3 CITY, COUNTRY – ABOUT THE VENUE



The city: **ΘΕΣΣΑΛΟΝΙΚΗ
THESSALONIKI**

Named after the sister
of Alexander the Great



The city's history spans some 2300 years. An important metropolis by the Roman period, was the second largest and healthiest city of Byzantine Empire and today, the second largest city in Greece.

Thessaloniki is home to numerous notable Byzantine monuments, a UNESCO World Heritage Site, as well as several Roman, Ottoman and Jewish structures.



2010: Ranked by *Lonely Planet* as the world's **fifth-best party city**.

2013: *National Geographic Magazine* included the city in it's **top tourist destination**.

2014: *Financial Times* declared it as the **best mid-sized European city** of the future for human capital and lifestyle.



Top-10 Thessaloniki Attractions



1. White Tower

The symbol of our city at the seaside, a 500-year-old sea fort and later a prison. Now it is the Museum of the City and its top floor offers a great view to the sea and the city.



2. The seaside

take your time strolling the 4,5-km walk from the port's Pier 1 to the Thessaloniki Concert Hall.

3. Aristotelous Square

most central square, a great place to have a coffee and a stroll.



4. Ano Poli -old town

great place to admire the view and get intentionally lost in the alleys and the small houses of traditional architecture.

5. Ladadika

a great entertainment area, full of great restaurants, classy bars and some tacky clubs.

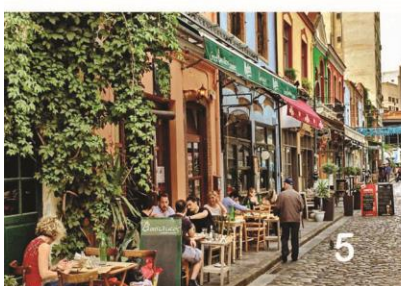


6. Museum of Byzantine Culture

won the 2005 Museum Prize of the European Council.

7. Archaeological Museum

8. Olympic Museum



9. Macedonian Museum of Contemporary Art

10. PAOK Spts Arena

the stadium where will be held the EITF Championship 2016. Can host more than 8000 people while there are also 502 private parking spots and space specifically designed for busses.



4 PREPARATION FOR THE CHAMPIONSHIP

4.1 VISA

Countries requiring a Visa to Greece should contact the nearest consulate. The waiting period after application of Visas to Greece might vary, therefore please prepare in advance.

Information: www.mfa.gr/en/visas/

Deadline for NGBs to ask for confirmation of participation: 31st of January 2016.

4.2 APPLICATION FOR THE CHAMPIONSHIP

Applications must be sent only via the software, which will be available for download on 5th January 2016. Please see the [EITF website](#) or use following links:

- Windows: <https://dl.dropboxusercontent.com/u/388067/EC2016/SetupPC.exe>
- Mac: <https://dl.dropboxusercontent.com/u/388067/EC2016/SetupOSX.zip>

Accommodation Deadline: 31st of January 2016.

This deadline requires NGBs to send the application form **only with the “Accommodation” part filled in**. Only the total number of **all participants** and their accommodation packages are mandatory. Other parts of the application (competitor names, their disciplines, etc.) form do not have to be filled in yet, or can be changed later.

Every change of accommodation packages (hotel type, number of nights,) after this deadline might be penalized by higher hotel prices because package prices will no longer be guaranteed.

Final Deadline for teams to send the full application: 5th of March 2016.

Until this deadline you must send a full application with all data filled in. The application form must be sent with all information, not in parts. If your NGB sends your application more times, the latest one is valid. Please do not forget to fill in all important parts of the application, especially:

- List of all competitors, their disciplines and team membership
- List of all teams, including self-defence
- Coaches
- VIP's (please see the *EITF Tournaments Standards* document to know, who can be accredited as VIP)
- NGB members
- Umpires (both invited and not invited)
- Hotel accommodation for all participants, incl. flight numbers and time of arrival/departure
- Photos of all participants (JPG, max. resolution 75dpi, max. size 45kB) must be inserted into the application software. Failing to do so might be subject to additional charges.

After the Final deadline all changes are penalized.

Please note:

If, for example due to change of flight, your time of arrival changes (not date of arrival, so that accommodation stays the same), please fill in this change into the application and send it again. This is not considered as change of application and will not be penalized, even if after deadline.

4.3 TRANSPORTATION & ARRIVAL

4.3.1 Transportation

Thessaloniki International Airport “Macedonia” (SKG)

Air traffic to and from the city is served by Macedonia International Airport for international and domestic flights.

Railways and ferry connections

Due to the Greek economic crisis, all international train links from the city were suspended in February 2011. Daily through trains to Sofia and Belgrade were restarted in May 2014.

Motorways

Thessaloniki lies on the crossroads of the A1/E75, A2/E90 and A25 motorways; which connect the city with other parts of the country, as well as the F.Y.R.O.M., Bulgaria and Turkey.

- [A1/E75](#) W ([F.Y.R.O.M.](#), [Larissa](#), [Athens](#))
- [A2/E90](#) W ([Kozani](#), [Ioannina](#), [Igoumenitsa](#)) N ([Kavala](#), [Xanthi](#), [Alexandroupolis](#), [Turkey](#))
- [A25 \(EO12\)/E79](#) N ([Serres](#), [Bulgaria](#))
- [A25 \(EO67\)](#) S ([Airport](#), [Nea Moudania](#))

4.3.2 Arrivals

All necessary information about your arrival must be filled in only in the Application software, then it will be automatically sent to the Organizer. Also, should you need to make some changes regarding times of arrival etc., do it only in the Application software.

- Flight number or number of train and carriage
- Dates and times of arrivals and number of all NGB participants (including invited and not invited umpires, VIPs and other team members)
- Dates and times of departure of all participants

Transportation from/to Thessaloniki Airport (SKG), sports hall (PAOK Sports Arena), meeting point (Capsis Hotel), registration and weigh-in place (Capsis Hotel) and the hotels will be arranged by the organizer. Without booking, transportations are not available. Teams arriving by other means should proceed to the meeting point (Capsis Hotel) at the designated time (please see the [Schedule](#) section).

Meeting point after arrival: Capsis Hotel, 18 Monastiriou, 54629 Thessaloniki, Greece

Lat/Lon: 40.642100°, 22.932150° www.capsishotels.gr/thessaloniki

Registration place: Capsis Hotel, 18 Monastiriou, 54629 Thessaloniki, Greece

Lat/Lon: 40.642100°, 22.932150° www.capsishotels.gr/thessaloniki

Sports hall: PAOK Sports Arena,

12, A. Tritsi, POB 21069, 55510 Pilea, Thessaloniki, Greece,

Lat/Lon: 40.5656°, 22.9813°, www.paokbc.gr

Deadline for NGBs to tell organizer dates and times of arrival and number people: 5th of March 2016.

Latest time of arrival to registration: 19:00, Monday 11 April 2016.

Only 1 coach or other responsible person appointed by its NGB is necessary to come for the registration and payment. The rest of the team may arrive later (see below). Arrival time means time of arrival to registration room, not airport, so please plan your time accordingly.

Latest time of arrival for the whole team: 18:30, Tuesday 12 April 2016.

Arrival time means time of arrival to weight-check room, not airport, so please plan your time accordingly.

4.4 PAYMENTS & PENALTIES

4.4.1 Deposits (pre-payments)

Deposits of **200 EUR per person** must be sent to:

IBAN: GR2501 1022 3000 0022 3296 214 49

Bank account name: Athletic Taekwon-do Federation of Hellas

SWIFT: ETHNGRAA

Deadline for payment of deposit: 31st of January 2016.

4.4.2 Final Payment

Final payment will be done in cash at the venue registration after confirmation of the final application forms and after accommodation. Travellers/Bank cheques, Visa, Master Card, Amex or Diners Cards **will not** be accepted.

4.4.3 Fees

- **EITF annual fee:** 100 EUR per NGB
- **Individual entry fee:** 100 EUR per competitor. Individual entry fee must be also paid by those competitors, who only attend as team members.
- **Team entry fee:** 40 EUR per team per discipline, including self-defence
- **Accreditation fee for countries using their own accommodation, i.e. if not booking via the Organizer:** 250 EUR per person
(Note: after payment, these participants will receive ID card and other package services, excluding full board meals and other accommodation-related services)

4.4.4 Penalties

- **Accommodation application sent after Accommodation deadline:** After this deadline, prepared package prices are not guaranteed and might be much higher, depending on individual hotels.
- **Application form sent after deadline:** 200 EUR
- **Each and every change of the application after the Final deadline:** 150 EUR
- **Change of ID card (after it was accepted by the coach):** 50 EUR
- **ID card duplicate:** 5 EUR
- **Missing photos of participants in the application form:** 15 EUR
- **Separate invoices (for every competitor):** 1 EUR per invoice
- **Cancellation of accommodation within 5 days prior to the registration date:** 150 EUR per person
- **Late arrivals:**
 - **Penalty for late arrival of responsible person to the registration:** 300 EUR
 - **Penalty for late arrival of the whole team to the competitor's check:** 100 EUR per participant
Please note: These penalties will be applied unless the late arrival is totally out of participant's control. However participants need to plan their arrivals with sufficient time reserve.

4.5 ACCOMMODATION PACKAGES

Hotels of accommodation:

- Holiday Inn (*****) www.hithessaloniki.gr/
- Capsis Hotel (****) www.capsishotels.gr/thessaloniki
- Vergina Hotel (***) www.vergina-hotel.gr/

Duration of stay:	Package A ☆☆☆☆☆	Package B ☆☆☆ ☆☆☆☆☆
5 days / 4 nights	400 €	320 €
6 days / 5 nights	500 €	400 €
7 days/ 6 nights	600 €	480 €
8 days/ 7 nights	700 €	560 €
Extra Day	100 €	80 €
All prices above are per person for a double room. For single room prices add 35 € per day. If deposit for accommodation is received after 31st of January 2016, prices are higher by 10% Should you need accommodation for fewer days, please contact the organizer.		

Each package includes:

- Accommodation according to selected type
- Transport from/to airport
- Full board (breakfast, lunch, dinner), including basic non-alcoholic drinks
- Free training facilities for competitors and coaches
- Free entrance to the sport hall
- Free entrance to the opening/closing ceremony
- Free entrance to the after party
- Medical assistance during the competition days (only for injured competitors)

4.6 REGISTRATION

At least 1 responsible person per NGB (coach or other responsible representative) is needed to register the whole team and to carry out the payments. The rest of the team might arrive later to attend the Competitor's check. Registration is only possible within the given office hours. NGBs which fail to come on time might be suspended from the Championship or will pay penalty for late registration. (This is up to decision of the Organizing committee).

Latest time of arrival for registration: 18:00, Monday 11 April 2016. Only one coach or other responsible person appointed by its NGB is necessary to come for the registration and payment. The rest of the team may arrive later.

4.7 COMPETITOR'S CHECK

All competitors must be present. They will be checked for:

- Nationality - passport of the country or VISA or other proof of residency (e.g. employer card, student card) must be presented to prove that the competitor may compete for the country
- Black belt ID card
- ITF passport
- Weight check for those who are competing in sparring

Latest arrival time of the whole team for the competitor check: 18:30, Tuesday 12 April 2016

After the check of all NGB members is finished, ID cards for competitors will be given to the coach.

4.8 DOPING TEST

The doping test can be taken anytime from any competitor. Any competitor who declines the doping test or does not come on time will be disqualified.

5 CHAMPIONSHIP COURSE

5.1 COMPETITION RULES

This Championship is held in accordance with ITF rules.

5.2 COMMON RULES VALID FOR ALL AGE CATEGORIES:

- Only ITF affiliated NGBs and ITF registered black belt holders (for children also red belt) can participate in the Championship.
- The degree and age of competitors must be valid and identical on both degree certificates and ITF Passports.
- It is a responsibility of each competitor to have their own health insurance. Organizer is not responsible for any damage or losses.
- Tatami for Taekwon-Do disciplines will be of standard size 9 by 9 meters with 1m of safety border (11x11 meters total).
- Competitors must be in possession of a blue and red set of approved type of safety equipment for sparring. Other colours will not be allowed.
- Competitors must follow the dress code. Only competitors who wear the official ITF dobok manufactured by Sasung Company will be allowed to access the competition. If competitors want to have their country's name on dobok, they are allowed to wear it on the back under the “tree” logo. Competitor's number should be below the belt on the back of the dobok jacket. Sponsorship logos may be on the right side of the chest at a recommended size of 10cm by 5cm. National flag may be stitched to the right sleeve on the side approximately 2cm below the shoulder seam.

5.3 DISCIPLINES:

- Patterns
- Sparring
- Self-defence routine
- Power breaking
- Special techniques

5.3.1 Power breaking test

The power breaking will follow the ITF rules.

5.3.2 Special techniques

Special techniques will follow the ITF rules - the same format as in Power. Also individuals and teams will have to give lengths and heights within the registration. Minimal lengths and heights are set for juniors and adults (see the Age categories sections below).

For high jump techniques target height will be measured at the **bottom point of the target**. For flying long side kick middle point of the target must be above the height of the hurdle. When performing Twimyo nopi chagi and Twimyo dollyo chagi, the competitor must take a run-up and jump on the kicking foot, pulling the other leg to the chest and break the target with the jumping foot while lowering the other leg (scissor kick).

5.3.3 Self-defence routine

Self-defense routine must consist of 1 + 3 (male hero) and 1 + 2 (female hero).

5.4 AGE CATEGORIES

5.4.1 Children

Competition of children will take place only during first 2 days of the Championship (Thursday and Friday).

Children must be 11, 12 or 13 years old on Monday 11 April 2016 and must be red or black belt holders, in line with the ITF promotion rules. Children 1st degree must be minimum of 11 years old. Each country will be allowed two (2) competitors in each division for the children's competition.

Patterns for children's red belts: Chon-Ji to Hwa-Rang

Patterns for children's black belts: Chon-ji to Ge-Baek.

Patterns will be separate for red and black division.

Sparring: red and black belts will be together (male red and male black belts holders; female red and female black belts holders). There will be seven **weight divisions** for sparring as follows:

Male: -35 kg, -40 kg, -45 kg, -50 kg, -55kg, -60kg, +60 kg

Female: -30 kg, -35 kg, -40 kg, -45 kg, -50k, -55kg, +55 kg

Head guards will be compulsory for all children sparring together with existing compulsory protection.

There will be no power and no special technique for children, there will also be no team event for children.

5.4.2 Juniors

There are two junior divisions:

- **Younger juniors** must be 14-15 years old on Monday 11 April 2016 and must be 1st, 2nd, or 3rd degree ITF black belt certificate holders.
- **Older juniors** must be 16-17 years old on Monday 11 April 2016 and must be 1st, 2nd, or 3rd degree ITF black belt certificate holders.

Junior age groups of 14-15 and 16-17 are only for Individual and team sparring.

Juniors 2nd degree must be minimum of 14 years old, juniors 3rd degree must be a minimum of 16 years old.

Maximum of two (2) junior competitors per country are allowed for individual divisions. Two (2) for juniors 14-15 years old and two (2) for juniors 16-17 years old.

Categories for all junior divisions (14-15 and 16-17):

Male: - 45 kg, - 51 kg, - 57 kg, - 63 kg, - 69 kg, - 75 kg, +75 kg

Female: - 40 kg, - 46 kg, - 52 kg, - 58 kg, - 64 kg, - 70 kg, +70 kg

5.4.2.1 Junior special techniques minimum heights:

Juniors	Male	Female
Flying high front kick (twimyo nopi chagi)	2,7m	2,2m
Flying high turning Kick (twimyo dollyo chagi)	2,4m	2,1m
Flying high back kick (twimyo bandae dollyo chagi)	2,3m	2,0m
Flying long side kick (twimyo nomo chagi)	2,5m x 70cm	1,5m x 70cm
Flying high reverse (twimyo dolimyo chagi 360°)	2,3m	2,0m

5.4.2.2 Junior teams

Each NGB may register up to ten (10) members in a team event and they can use any combination of these members for each of the disciplines (e.g. members 1 to 5 for patterns and 6 to 10 for sparring or any other combination). In the junior 14-15 Team Sparring event, the teams must include only competitors 14 or 15 years old. In the junior 16-17 Team Sparring event, the teams must include only competitors 16 or 17 years old.

5.4.3 Adults

Competitors participating in Adult age category must be 18-39 years old on Monday 11th April 2016 and must be 1st, 2nd, 3rd, 4th, 5th or 6th Dan ITF black belt certificates.

In line with ITF promotion rules: Adult 4th degree must be a minimum of 22 years old.

Only one (1) adult competitor per country is allowed for individual division or category.

The 5th and 6th degrees will compete in degree for pattern and be able to compete within the existing divisions of sparring, power, special technique and self-defence routine. They will also be eligible to enter the team events, therefore the adult teams will be allowed to perform any pattern up lowest degree in the team.

5.4.3.1 Adult teams

Team events: each NGB may register up to ten (10) members in a team event and they can use any combination of these members for each of the disciplines (e.g. members 1 to 5 for patterns and 6 to 10 for sparring or any other combination).

5.4.3.2 Adult special techniques minimum heights:

Adults	Male	Female
Flying high front kick (twimyo nopi chagi)	2,8m	2,3m
Flying high turning Kick (twimyo dollyo chagi)	2,5m	2,2m
Flying high back kick (twimyo bandae dollyo chagi)	2,4m	2,1m
Flying long side kick (twimyo nomo chagi)	2,5m x 70cm	1,5m x 70cm
Flying high reverse (twimyo dolimyo chagi 360°)	2,4m	2,1m

5.4.4 Veterans

Competitors for the Veteran Championship must be 40 years and above on Monday 11th April 2016. Competitors must be 40 – 49 years old (Silver Class), 50 – 59 years old (Gold Class) and 60 years and above (platinum Class) on the 7th of April 2015 and be holders 1st, 2nd, 3rd, 4th, 5th or 6th Dan ITF black belt certificates.

For Veteran competition each country is only allowed to send up to three (3) competitors to the individual sparring according to the weight divisions for the Silver and Gold Class.

Sparring will be organized in 5 weight divisions (excluding Platinum Class). Power breaking will be organized only for Silver and Gold Class. Only one team from each country can enter, irrespective of age.

Following the ITF rules, the veteran self-defence will not be included.

5.5 UMPIRES

The Organizing Committee will pay 7 days/ 6 nights (Tuesday – Monday) hotel accommodation for 48 qualified umpires and 5 Umpire Committee members. Umpires will be selected by the Umpire committee and invited personally by the President of the EITF Umpire Committee. *NGBs must confirm if their invited umpires are able to arrive.*

List of invited umpires:

<https://dl.dropboxusercontent.com/u/52326963/EITF/EITF-2016-invited-umpires.pdf>

Late arrival is not acceptable. Invited umpires will be required to attend all the Umpire Meetings and carry out all their duties as scheduled in the period of the event. Their accommodation is paid excluding any extra services (drinks, telephone calls etc.). The EITF Umpire Committee will dismiss any Umpires who do not abide by the work schedules or guidelines and such Umpires will have to pay for the hotel accommodation and meals by themselves.

Other (not invited) umpires may also attend but they must pay for the Hotel accommodation at their own expenses.

The Umpire's dress code will consist of the Navy blue blazer jacket, white long sleeved shirt, navy blue trousers, navy blue necktie, white short socks and white sport shoes as stated in the Umpire rules.

5.6 COACHES

Coaches are the only responsible persons who may stand in for the competitor, hand in protests, etc.

Only one coach is allowed to enter the ring with the competitor or team.

Coaches must attend the coaches meeting.

5.7 AWARDS FOR PARTICIPANTS

All participants will receive a Certificate of Participation signed by the EITF President and President of the Organizing Committee. Finalists of specified divisions and categories will receive the Diplomas and Medals.

5.8 CEREMONIES

For the Opening Ceremonies, the participants can wear the ITF Dobok or the team apparels.

6 SCHEDULE

Monday 11 April	
09:00 – 12:00	Registration at Capsis Hotel
09:00 – 12:00	Competitor's check and weight check at Capsis Hotel
12:00 – 13:00	Lunch break
13:00 – 20:00	Registration at Capsis Hotel
13:00 – 20:00	Competitor's check and weight check at Capsis Hotel
20:00	Dinner
Tuesday 12 April	
07:00 – 08:00	Breakfast
09:00 – 12:00	Competitor's check and weight check at Capsis Hotel
12:00 – 13:00	Lunch break
13:00 – 20:00	Competitor's check and weight check at Capsis Hotel
19:00 – 21:00	EITF Executive Board meeting
20:00	Dinner
Wednesday 13 April	
07:00 – 08:00	Breakfast
09:00 – 12:00	Preparation of the sports hall, preparation of starting lists
13:00 – 14:30	Lunch break
13:30 – 14:30	Umpire meeting at Capsis Hotel
15:00 – 16:00	Coach meeting at Capsis Hotel
17:00 – 19:00	EITF Congress at Capsis Hotel
20:00	Dinner
Thursday 14 April	
07:00 – 08:00	Breakfast
09:00 – 13:00	Competition in Sports hall
13:00 – 14:30	Lunch (buffet in the stadium canteen)
14:30 – 18:00	Competition in Sports hall
18:00 – 19:30	Dinner
19:30 – 21:00	Opening Ceremony
Friday 15 April	
07:00 – 08:00	Breakfast
09:00 – 13:00	Competition in Sports hall
13:00 – 14:30	Lunch (buffet in the stadium canteen)
14:30 – 20:00	Competition in Sports hall
20:00	Dinner
Saturday 16 April	
07:00 – 08:00	Breakfast
09:00 – 13:00	Competition in Sports hall
13:00 – 14:30	Lunch (buffet in the stadium canteen)
14:30 – 20:00	Competition in Sports hall
20:00	Dinner
Sunday 17 April	
07:00 – 08:00	Breakfast
09:00 – 13:00	Competition in Sports hall
13:00 – 14:30	Lunch (buffet in the stadium canteen)
14:30 – 18:00	Competition in Sports hall
19:00	Dinner
21:00	After party
Monday 18 April	
07:00 – 09:00	Breakfast
07:00 – 12:00	Departure

7 SUMMARY

7.1 DEADLINES

- **Visa application deadline:**
31st of January 2016
- **Accommodation application deadline:**
31st of January 2016
- **Prepayment (deposit) deadline:**
31st of January 2016
- **Full application deadline:**
5 March 2016
- **Latest arrival of coach for registration:**
Monday, 18:00, 11 April 2016
- **Latest arrival of the whole team for competitor's check:**
Tuesday, 18:30, 12 April 2016

7.2 CONTACTS

7.2.1 Main contact address: euro2016@eitf-taekwondo.org

Please ALWAYS USE ONLY THIS EMAIL address. It will help us answer your emails faster and be up-to-date with all important information during the preparation of the Championship.

E-mails sent to this address are automatically sent to Tournament Committee, Organizer and IT Provider.

7.2.2 Contact person for arriving teams and emergency number during competition

Name: **Katsaounos Efthimios**

Telephone number: +30 6983503846

E-mail: katsaounosefthimios@hotmail.com

Other: **Fitzios Panagiotis**

Telephone number: +30 6973690358

E-mail: panfitzios@gmail.com

7.3 MEETING POINT FOR REGISTRATION AND ACCOMMODATION

Capsis Hotel, 18 Monastiriou, 54629 Thessaloniki, Greece

Lat/Lon: 40.642100,22.932150 www.capsishotels.gr/thessaloniki

8 CHANGE LOG

Version	Date, time	description
1.3	28.12.2015 12:20	Final version to be send out
1.4	30.12.2015 16:05	Changed deposit amount
1.5	19.01.2016 20:30	Changed bank account IBAN and name' Fixed minimum ages for black belt degree holders
1.6.	20.01.2016 23:50	Added link to List of invited umpires