

Esbjerg Taekwondo klub Inviterer til Esbjerg +CUP 2026



Lørdag den 28.februar 2026

EFI Hallerne - Sportsvej 21- 6705 Esbjerg Ø



Dato / Date

28/2/2026

Stævnenavn / Event name

Esbjerg +Cup 2026

Initiativtager / Promotor

Danish Taekwondo Federation:

https://www.taekwondo.dk/

Arrangør / Organiser

Esbjerg Taekwondo klub

Arrangerende klubs Kontaktperson/ Organiser's Contact Person

Tommy Larsen

Email: tommy.esbjerg@gmail.com

Partnere / Sponsors**Sted / Venue**

EFI Hallerne; Sportsvej 21, 6705 Esbjerg Ø
--

Sidste tilmeldingsdato / Registration deadline**Eftertilmelding accepters ikke / No registrations will be accepted after this date**

11/02/2026

Max antal deltagere / Max number of competitors**Sidste frist for at afmelde deltager og få refunderet deltagergebyr****Deadline for withdrawal of competitors with full refund of fee**

11/02/2026

Mulighed for/pris for overnatning i klub / Option for/price of sleeping in club

Kontakt Tommy Larsen på mail tommy.esbjerg@gmail.com for mulig overnatning i klubben fra fredag til lørdag (begrænset pladser)

Please contact Tommy Larsen on e-mail tommy.esbjerg@gmail.com for accommodation in our club, from Friday to Saturday. We only have limited places. First come, first served.

Mulighed for mad / Availability of food

Der er cafeteria. Man må ikke medbringe mad eller drikkevarer.
--

There is a cafeteria at the venue. No outside food or drink allowed.	
--	--

Publikum / Spectators

Der er gratis entre.	
----------------------	--

Free entrance.	
----------------	--

GAL/GOL/GAM/GOM

Der benyttes ikke GAL/GOL/GAM/GOM licens ved stævner i Danmark
--

GAL / GOL / GAM / GOM license is not used at tournaments in Denmark

Dokumentation / Required documents

Alle klubber skal medbringe og vise dokumentation for betaling
--

All clubs must bring their receipt of payment to show at registration.
--

Sekundanter / Coaches

Hver klub kan sende 1 coach for hver 5 deltagere. Der tillades max. 3 coach. Endvidere tillades 1 klubansvarlig holdleder.
--

Formænd for forbund betragtes som VIPs.

Coachen skal være min. 15 år samt være reglementeret påklædt. Det vil sige træningsdragt, sportssko og ingen hovedbeklædning.

Each team/club can send 1 coach for every 5 competitors. Maximum 3 coaches allowed. In addition, 1 head of team is allowed per team.
--

Presidents of MNAs are regarded as VIPs.
--

All coaches must be min.15 yrs. old and be appropriately dressed. Dress code includes tracksuit, sneakers and no headgear.
--

Doping

Uvarslet dopingkontrol/tests, udført af den danske Anti-doping Organisation, kan finde sted.
--

The Danish Anti-Doping Organisation has the authority to conduct random drug tests at the event.
--

Program

08:45 – 09:00 Holdledermøde

09:00 – 12:00 Stævne og medalje ceremoni. Medalje ceremoni for hver gruppe er lige efter hver finalerunde.
--

12:00 - 13:00 Frokost

13:00 – 18:00 Stævne og medalje ceremoni. Medalje ceremoni for hver gruppe er lige efter hver finalerunde.
--

Forbehold for dato og tidspunkt i de forskellige tidsfrister.

08:45 – 09:00 Head of Team Meeting

09:00 – 12:00 Competition and awards ceremony. Awards ceremony for each group is straight after each group finals

12:00 - 13:00 Lunch

13:00 – 18:00 Competition and awards ceremony. Awards ceremony for each group is straight after each group finals

Time table subject to change.

Visa

https://www.nyidanmark.dk/en-GB/You-want-to-apply/Short-stay-visa/Cultural-visa

Train Station

Esbjerg Banegård.

Præmier / Awards

Placering 1-3 modtager medaljer
Placement 1-3 will receive medals

Stævneadministrator/ Tournament Director

Tilmeldingen foregår gennem Martial Events online platform. Tekniske spørgsmål kan rettes til Stævneleder Torben Sachmann tsachmann@gmail.com
Registration takes place through Martial Events online platform. Technical questions can be directed to Tournament Director Torben Sachmann tsachmann@gmail.com

Teknikregler / Poomsae Rules

DTaF's teknikreglement. / DTaF's Poomsae Rules (se vedhæftede sider/see attached pages)

Tilmelding / Registration:

https://www.martial.events/en/events/esbjerg-cup-2026-poomsae

Tilmeldingsgebyr / Entry Fee

Individual: 350.-DKK, Pair: 350.-DKK/pair, Team: 350.-DKK/team, Freestyle Individual: 350.-DKK, Freestyle Pair: 350.-DKK/pair, Freestyle Team: 350.-DKK/team. All transfers should be made in Danish Kroner (DKK).

Betaling / Payment

Betaling af deltagergebyr sker ved indbetaling på: Vestjyskbank - Reg: 7606 Kontonr. 0001318986 Mærk overførslen: <Stævne> - <antal> - <betalende klub> F.eks.: Esb. Teknik- 3 – Team Aros Betaling skal foreligge ved tilmeldingsfristens udløb! Tilmelding er først gældende når betaling af stævnegebyr er betalt. Der gives ingen dispensationer.	Entry Fee by Bank Transfer: Vestjyskbank – Reg: 7606 Account: 0001318986 IBAN Number: DK1876060001318986 / SWIFT/BIC: VEHODK22 Please mark the transfer as following: <Competition><Country><number of competitors><Club> Eg.: Esb. Pomse – 3 – Team Aros Payment must be received by the registration deadline! Registration is not confirmed until payment is received. No exceptions. Payment must be made without any cost to the organizer.
--	--

Deltagere / Participants

Class-A Tournament: Dan/poom grades, WT-rules Class-B-C-D: Kup/Gup grades, Danish adapted WT-rules

Udsendelse af Startlister, deltagerlister og Pomsae lodtrækninger / Publishing of Start List, Competitor Lists and Poomsae Drawings

Senest 3 dage før stævnet på forbundets hjemmeside: https://www.taekwondo.dk/kalender/samlet-kalender/ Resultater opslås under stævnet på stævnestedet og på forbundets hjemmeside: www.taekwondo.dk/staevner/resultater/resultater-teknik/
--

Latest 3 days before the event at DTaFs homepage:

<https://www.taekwondo.dk/kalender/samlet-kalender/>

Results will be published during the event at the venue and on the homepage of the federation:

www.taekwondo.dk/staevner/resultater/resultater-teknik/

Referees

We would also like to invite International Referees (IR). Please apply through your Federation no later than the date mentioned in the invitation:

Deadline for application for international referees from other countries: 06-02-2026

Send an email to IR Jesper Pedersen: ref.poomsae@taekwondo.dk.

The Organizer provides shared double room accommodation in a nearby hotel from Friday to Saturday. By agreement with Jesper Pedersen, it is also possible to stay until Sunday. The Organizer also provides food on the day of the tournament. The Organizer does not cover travel expenses. The competition areas will have electronic scoring devices. Judges Meeting will be held at the Sport Complex Saturday morning at 08:00.

All travel expenses, local transport between the venue and hotels, airports etc., shall be borne by each participating national federation.

Bilag 1: Teknikregler

Appendix 1: Poomsae Rules

Preliminary round: 20 competitors or more, 2 poomsae, 50% qualify for the semi-finals.

Semi-finals: 9-19 competitors, 2 poomsae, 8 best qualify for the finals

Finals: 8 or fewer competitors, 2 poomsae in each round

Class A Tournament Type: Cut-Off + single elimination.

Class-B-C-D Tournament Type: Cut-Off

Class-A: WT Rules

Poom/Dan grades.

Class-A

Individual:

Individuel A-Class (Black belts)			
Group	Poom / Dan	Age	Poomsae
I-11-F-A:	1. Poom +	Female -11 years	4-5-6-7-8-9-10
I-14-F-A:	1. Poom +	Female 12 -14 years	4-5-6-7-8-9-10-11
I-17-F-A:	1. Dan +	Female 15 -17 years	5-6-7-8-9-10-11-12
I-30-F-A:	1. Dan +	Female 18 -30 years	7-8-9-10-11-12-13-14
I-40-F-A:	1. Dan +	Female 31 - 40 years	7-8-9-10-11-12-13-14
I-50-F-A:	1. Dan +	Female 41 - 50 years	8-9-10-11-12-13-14-15
I-60-F-A:	1. Dan +	Female 51 - 60 years	9-10-11-12-13-14-15-16

I-65-F-A:	1. Dan +	Female 61 - 65 years	9-10-11-12-13-14-15-16
I-66+F-A:	1. Dan +	Female 66+ years	9-10-11-12-13-14-15-16
I-11-M-A:	1. Poom+	Male -11 years	4-5-6-7-8-9-10
I-14-M-A:	1. Poom+	Male 12 -14 years	4-5-6-7-8-9-10-11
I-17-M-A:	1. Dan +	Male 15 - 17 years	5-6-7-8-9-10-11-12
I-30-M-A:	1. Dan +	Male 18 - 30 years	7-8-9-10-11-12-13-14
I-40-M-A:	1. Dan +	Male 31 - 40 years	7-8-9-10-11-12-13-14
I-50-M-A:	1. Dan +	Male 41 - 50 years	8-9-10-11-12-13-14-15
I-60-M-A:	1. Dan +	Male 51 - 60 years	9-10-11-12-13-14-15-16
I-65-M-A:	1. Dan +	Male 61 - 65 years	9-10-11-12-13-14-15-16
I-66+M-A:	1. Dan +	Male 66 years+	9-10-11-12-13-14-15-16

Pair A-Class (Black belts)			
Group		Age	Poomsae
M-14-A:	1. Poom +	12 - 14 years	4-5-6-7-8-9-10-11
M-17-A:	1. Dan +	15 – 17 years	5-6-7-8-9-10-11-12
M-30-A:	1. Dan +	18 – 30 years	7-8-9-10-11-12-13-14
M-50-A:	1. Dan +	31 - 50 years	8-9-10-11-12-13-14-15
M-60-A:	1. Dan +	51 – 60 years	9-10-11-12-13-14-15-16
M-61+A:	1. Dan +	61 + years	9-10-11-12-13-14-15-16

Teams A-Class (Black belts)			
Group		Age	Poomsae
T-14-F-A:	1. Poom +	Female 12 -14 years	4-5-6-7-8-9-10-11
T-17-F-A:	1. Dan +	Female 15-17 years	5-6-7-8-9-10-11-12
T-30-F-A:	1. Dan +	Female 18- 30 years	7-8-9-10-11-12-13-14
T-50-F-A:	1. Dan +	Female 31-50 years	8-9-10-11-12-13-14-15
T-60-F-A:	1. Dan +	Female 51-60 years	9-10-11-12-13-14-15-16
T-60+F-A:	1. Dan +	Female 61 years+	9-10-11-12-13-14-15-16
T-14-M-A:	1. Poom +	Male 12 -14 years	4-5-6-7-8-9-10-11

T-17-M-A:	1. Dan +	Male 15-17 years	5-6-7-8-9-10-11-12
T-30-M-A:	1. Dan +	Male 18-30 years	7-8-9-10-11-12-13-14
T-50-M-A:	1. Dan +	Male 31-50 years	8-9-10-11-12-13-14-15
T-60-M-A:	1. Dan +	Male 51-60 years	9-10-11-12-13-14-15-16
T-60+M-A:	1. Dan +	Male 61 years+	9-10-11-12-13-14-15-16

Freestyle:

Group	Poom/Dan	Age
Free-I-17-F	1. Poom +	Female 12-17 years
Free-I-17-M	1. Poom +	Male 12-17 years
Free-I-18+F	1. Dan +	Female 18 years+
Free-I-18+M	1. Dan +	Male 18 years+
Free-P-17	1. Poom +	12 -17 years
Free-P-18+	1. Dan +	18 years+
Free-T	1. Poom +	12 years+

Class-B-C-D: Danish Adapted WT rules

Kup/gup grades: 9. kup/gup - 1. Kup/gup.

Individual:

Group	Kup/Gup	Age	Poomsae
I-11-F-B	1 - 4	Female -11 years	1-2-3-4-5-6-7-8
I-14-F-B	1 - 4	Female 12-14 years	1-2-3-4-5-6-7-8
I-17-F-B	1 – 4	Female 15-17 years	1-2-3-4-5-6-7-8
I-30-F-B	1 – 4	Female 18-30 years	1-2-3-4-5-6-7-8
I-31+F-B	1 – 4	Female 31+ years	1-2-3-4-5-6-7-8
I-11-M-B	1 – 4	Male -11 years	1-2-3-4-5-6-7-8
I-14-M-B	1 – 4	Male 12-14 years	1-2-3-4-5-6-7-8
I-17-M-B	1 – 4	Male 15-17 years	1-2-3-4-5-6-7-8
I-30-M-B	1 – 4	Male 18-30 years	1-2-3-4-5-6-7-8
I-31+M-B	1 – 4	Male 31+ years	1-2-3-4-5-6-7-8
I-11-F-C	5 – 7	Female -11 years	1-2-3-4-5
I-14-F-C	5 – 7	Female 12-14 years	1-2-3-4-5
I-17-F-C	5 – 7	Female 15-17 years	1-2-3-4-5

I-30-F-C	5 – 7	Female 18-30 years	1-2-3-4-5
I-31+F-C	5 – 7	Female 31+ years	1-2-3-4-5
I-11-M-C	5 – 7	Male -11 years	1-2-3-4-5
I-14-M-C	5 – 7	Male 12-14 years	1-2-3-4-5
I-17-M-C	5 – 7	Male 15-17 years	1-2-3-4-5
I-30-M-C	5 – 7	Male 18-30 years	1-2-3-4-5
I-31+M-C	5 – 7	Male 31+ years	1-2-3-4-5
I-11-F-D	8 - 9	Female -11 years	1-2
I-14-F-D	8 - 9	Female 12-14 years	1-2
I-17-F-D	8 - 9	Female 15-17 years	1-2
I-30-F-D	8 - 9	Female 18-30 years	1-2
I-31+F-D	8 - 9	Female 31+ years	1-2
I-11-M-D	8 - 9	Male -11 years	1-2
I-14-M-D	8 - 9	Male 12-14 years	1-2
I-17-M-D	8 - 9	Male 15-17 years	1-2
I-30-M-D	8 - 9	Male 18-30 years	1-2
I-31+M-D	8 - 9	Male 31+ years	1-2

Mixpair:

Group	Kup/Gup	Age	Poomsae
M-14-B	1 - 4	- 14 years	2-3-4-5-6-7-8
M+15-B	1 - 4	15+ years	2-3-4-5-6-7-8
M-14-C	5 - 7	- 14 years	2-3-4-5
M+15-C	5 - 7	15+ years	2-3-4-5
M-14-D	8 - 9	- 14 years	1-2
M+15-D	8 - 9	15+ years	1-2

Team:

Group	Kup/Gup	Age	Poomsae
T-14-B	1 - 4	- 14 years	2-3-4-5-6-7-8
T'+15-B	1 - 4	15+ years	2-3-4-5-6-7-8
T-14-C	5 - 7	- 14 years	2-3-4-5
T+15-C	5 - 7	15+ years	2-3-4-5
T-14-D	8 - 9	- 14 years	1-2

T+15-D	8 - 9	15+ years	1-2
--------	-------	-----------	-----

Freestyle:

Group	Kup/Gup	Age
Free-B-I-17-F	1 - 9	Female 12-17 years
Free-B-I-17-M	1 - 9	Male -17 years
Free-B-I-18+F	1 - 9	Female 18 years+
Free-B-I-18+M	1 - 9	Male 18 years+
Free-B-P-17	1 - 9	12-17 years
Free-B-P-18+	1 - 9	18 years+
Free-B-T	1 - 9	12 years+

Taegeuk / Poomsae

1 = Il jang	5 = Oh jang	9 = Koryo	13 = Sipjin
2 = Yi jang	6 = Yook jang	10 = Keumgang	14 = Jitae
3 = Sam jang	7 = Chil jang	11 = Taebaek	15 = Cheonkwon
4 = Sah jang	8 = Pal jang	12 = Pyongwon	16 = Hansoo

Bilag 2: Holdleder vejledning ved DTaF stævner

Appendix 2: Head of Team information for DTaF events

Vigtigt / Important:

Tilmelding til stævner sker efter DTaFs regler og vil fremgå af denne indbydelse til stævnet. Det er kun klubansvarlige som må henvende sig til Stævneleder.
Registration for events is carried out according to DTaF rules, as described in this tournament invitation. Only the Head of Team is allowed contact the Tournament Manager directly.

Ændring af de udsendte klubsedler / Changes to published team information:

Det er holdlederens opgave at kontrollere alle klubbens oplysninger og at kontrollere at klubbens deltagere er korrekt placeret. Eventuelle ændringer sendes til Stævneleder indenfor de fastsatte tidsfrister. Der vil ikke kunne ske ændringer af det udsendte materiale efter stævnestart.
The Head of Team is responsible for checking all the team's information and checking that the participants are registered correctly. Any corrections/changes should be sent to Tournament Manager within the given time limits. Once the event has begun, it is not possible to make changes to the published information.

Stævnedag / Day of the event:

På stævnedagen kan det være en anden holdleder, end den der er registreret som holdleder i tilmeldingen. Ved holdledermøde er det kun én holdleder fra hver klub der må møde op. På stævnedagen er det kun holdlederen der kan forespørge ved stævneleder. Afbud på stævnedagen skal komme fra holdlederen. Såfremt anvisninger fra den ansvarlige fra DTaF ikke følges, diskvalificeres/bortvises, deltager/holdleder med mulighed for karantæne og der sker indberetning til Stævneleder.
The Head of Team can be a different person on the day of the tournament, than the one who was responsible for registration. Only one Head of Team is allowed to attend the Head of Team meeting. Only Heads of Team can have contact with the Tournament Manager on the day of the event. Any withdrawals on the day of the event must come from the Head of Team. If instructions from a DTaF representative are not followed, the competitor/Head of Team will be disqualified/expelled with a possible quarantine, and the incident will be reported to Tournament Manager.

Bilag 3: Gebyr og deltagerpolitik ved DTaF stævner

Appendix 3: Fee and competitor policies for DTaF events

Licenskontrol/Controll of licens:

I henhold til det danske Taekwondo forbunds regler og regler må kun medlemmer af et nationalt forbund med tilknytning til WTE/WT konkurrere. Ved registrering på stedet skal deltagerne bevise deres nationale forbundsmedlemskab ved hjælp af en gyldig licens
According to the rules & regulations of the Danish Taekwondo federation only members of a national federation's with affiliation with the WTE/WT are allowed to compete.. Upon onsite registration, the contestants must prove their national federation memberships by means of a valid license

Manglende deltagergebyr ved stævner / Unpaid fee at tournaments:

Et gebyr opkræves af arrangøren ved stævne indvejning/registrering. Såfremt der ikke er betalt 1 uge før stævne, kan stævneadministratoren afvise stævne deltagelse, dog skal deltagergebyr stadigvæk betales til arrangør.
Fees must be paid to the organizer at weigh-in/registration. If payment has not been received one week before event start, the Tournament manager can reject event participation and the entry fee must still be paid to the organizer

Tilbagebetaling af deltagergebyr / Refund of entry fee:

Ved afbud inden tilmeldingsfristens udløb, refunderes hele deltagergebyret.
Ved senere afbud refunderes deltagergebyr ikke.
Withdrawals before or on the registration deadline: full refund of entry fee.
Withdrawals after the registration deadline: no refund.

Ansvar / Liability:

Alle stævnedeltagere deltager på deres eget ansvar. Arrangøren/DTaF kan, under ingen omstændigheder holdes ansvarlig for skader eller tab på individer eller udstyr
All participants take part in the tournament at their own risk. The organizer can, under no circumstances, be held responsible for any damage, injuries or loss to individuals or equipment.

Bilag 4:**Skema for protest ved DTaF stævner / Official protest form for DTaF events****Gebyr ved protest / Handling fee for protests:**

Ved indgivelse af protest, betales et gebyr på 200 kr. Gebyret tilbagebetales såfremt protesten godkendes. Ved afvisning af protest tilbage betales gebyret ikke. Protest skal afleveres på dette officielle skema til protester. Der kan ikke protesteres ved videoreplay-afgørelser. Protesten behandles af protestudvalget i overensstemmelse med de officielle WT regler. Afgørelsen er endelig og kan ikke ankes. Protester kan kun afleveres på stævnedagen af den registrerede holdleder.
A handling fee of 200 DKK (as of 1/7-2016) must be paid to initiate a protest. The fee will be refunded if the protest is approved. If the protest is rejected, the fee is not refunded. The protest must be delivered in writing using this official protest form. It is not possible to protest a video replay decision. Protests will be judged by the official board of arbitration according to the official WT rules. The decision made by the board of arbitration will be final and no further means of appeal can be applied. Protests can only be lodged on the day of the event by the registered head of team.

Dato / Date	
Stævnenavn / Event Name	

Klub / Club	
Holdleder / Head of Team	
Klasse eller gruppe/Class or group	
Kamp nummer / Fight number	
Deltager ID eller startnummer/ Competitor ID or Start number	
Deltagernavn / Competitor's name	
Banenummer / Mat number	

Beskrivelse / Description

--

Afgørelse / Conclusion

--

Protest accepteret / accepted	Ja / Yes:	Nej / No:
-------------------------------	-----------	-----------

Dato, navn og underskrift formand protestudvalg / Date, name and signature of the Chairman of the Board of Arbitration: