

BTC Championships 2026



Event Pack

Championships



Worcester Arena, WR2 5JN

BTC CHAMPIONSHIPS

Sunday 7 June

www.tkdouncil.com Email@tkdcouncil.com 01895459949



On behalf of the British taekwondo council, we are delighted to extend an invitation to you to participate in the 2026 British taekwondo council championships. This event is scheduled to take place on Sunday, June 7th, at the Worcester arena, WR2 5JN.

This event is open to all students who currently hold BTC membership and competitors must register through their respective BTC member organisation club. This annual event aims to celebrate the unity of taekwondo within the NGB and provides a platform for competitors to showcase their skills on a broader stage.

We would like to wish all participants the best of luck and look forward to seeing you at this prestigious event.

BTC Executive Team

Venue: Worcester Arena



University of Worcester

Severn Campus, Hylton Road, Worcester, WR2 5JN

Date: Sunday 7th June 2026

Black belt Weigh-in: 9.00am

Competition starts: 9:30am

Official Dress

For Officials:

All umpires/judges must present a professional appearance by wearing the provided official BTC Umpire t-shirt along with black trousers and sports shoes.

For Competitors:

Competitors are required to wear an official Dobok that has been sanctioned by both their member organisation and the tournament committee. The Dobok must be worn with belt and no jewellery permitted.

Weight check

Black belts- All black belt Cadet/Adult/Executives will need to register and weigh in prior to the event starting in the weight-check area. All Junior (up to and Including 14 years) black belt competitors will be height checked on the ring.

Colour belts- All kup competitors will have their height/weight checked at ring side prior to their division commencing.

Safety Equipment

Mandatory Equipment:

- Hand Protection: *Gloves must be closed finger with open palm.*
- Foot Protection
- Mouthguard
- Shin Protectors
- Groin Guard (male competitors)

Optional Equipment:

- **Head Guard:** The use of a head guard should conform to member organisation guidelines.

- **Female Breast Protector:** The use of a female breast protector should conform to member organisation guidelines.
- **Forearm Protectors**

All safety equipment is subject to approval by the tournament committee and will be inspected by the referee in the ring prior to the commencement of each match.

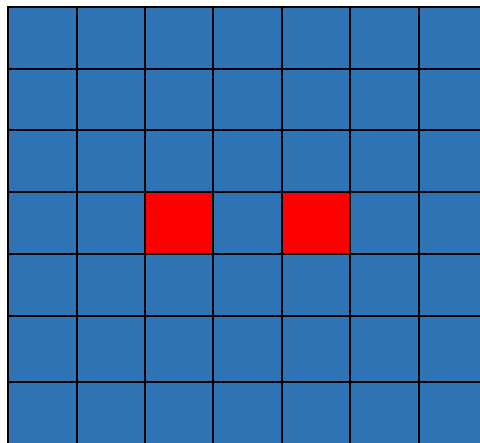
Should any piece of equipment be deemed unsatisfactory, competitors will be granted a 3-minute interval to replace their equipment. Failure to do so, will result in the competitor being disqualified from the event.

Anti-Doping

I accept that BTC complies with anti-doping regulations. Any competitor may be subject to an anti-doping test - <https://www.tkdouncil.com/content/2224/anti-doping/>.

Square:

The competition ring size for BTC events is 7 meters by 7 meters. This standard dimension will be maintained consistently across all age groups and divisions within the event. There will be no extra run off each side.



Entry Fee

Competitors - £25.00 for 1st event, £20.00 for any event thereafter.

Spectators - Free

Entry deadline – Sunday 31st May 2026

Event Rules

Patterns

Divisions (Age on Day of Competition)

11 and Under

- Female and male in separate divisions.
- All Kup grades will compete in belt divisions.
 - 9th-7th/6th-5th/4th-3rd/2nd-1st
- Black belts 1st Degree

Under 15 (12 - 14 years):

- Female and male in separate divisions.
- All Kup grades will compete in belt divisions.
 - 9th-7th/6th-5th/4th-3rd/2nd-1st
- Black belts 1st - 3rd degree in separate divisions.

Under 18 (15-17yrs):

- Female and male in separate divisions.
- Yellow & green belts combined (8th-5th Kup)
- Blue & red belts combined (4th- 1st Kup)
- Black belts 1st-3rd degree in separate divisions.

Adults (18yrs+):

- Female and male in separate divisions.
- All colour belts in separate divisions.
 - 9th-7th/6th-5th/4th-3rd/2nd-1st
- Black belts split into the following Degree groups.
 - 1st degree.
 - 2nd - 3rd degree combined.
 - 4th degree and above.

Executive black belts (40yrs+):

- Female and male in separate divisions.
- All degree grades (1st degree +) to compete in 1 division.

Pattern options (Kup)

Yellow	Green	Blue	Red
Chon-Ji	Do-San	Yul-Gok	Toi-Gye
Dan- Gun	Won-Hyo	Joong-Gun	Hwa-Wang
Do-San	Yul-Gok	Toi-Gye	Choong-Moo

Pattern options (Degree)

Scoring Procedure

Patterns will be judged by a panel of 5 judges with the highest and lowest scores deducted

1 ST Degree	(2-3 rd Degree)	(4 th Degree+)
Choong-Moo	2 nd Degree	Tong-Il
Kwang-Gae		Ul-Ji
Po-Eun	Eui-Am	Se-Jong
Ge-Baek	Choong-Jang	Yon-Gae
	Ko-Dang	Moon-Moo
	Juche	So-San
	3 rd Degree	
	Sam-Il	
	Yoo-Sin	
	Choi-Yong	

to give the final score. 1x Gold, 1x Silver, and 1x Bronze medal will be awarded for each division.

- All colour belts must perform a pattern up to their current grade from the respective grade groups above.
- All Black belts must perform a pattern of their grade from the respective grade groups above.
- All executive black belts must perform a pattern of their grade from the respective grade group above.

In the event of a tie, competitors are required to execute a second optional patterns (different from their initial one). This pattern must be selected from their grade group. If the result is a further tie for 1st/2nd/3rd place, competitors will perform an optional pattern simultaneously with their opponent, and the result given on the ring.

Event Rules

Sparring

Sparring Categories

Executive Black Belts (40yrs+)	Light	Middle	Light Heavy	Heavy		
Male	- 65Kg	- 75Kg	- 85Kg	85Kg+		
Female	- 55Kg	- 65Kg	- 75Kg	75Kg+		
Adult Black Belts (18-39yrs)	Fly	Light	Welter	Middle	Light Heavy	Heavy
Male	- 58Kg	- 64Kg	- 70Kg	- 76Kg	- 82Kg	82Kg+
Female		- 56Kg	- 62Kg	- 68Kg	-74Kg+	74Kg+
Adult Coloured Belts (18+)	Light	Middle	Light/Heavy	Heavy		
Male	- 66Kg	- 74Kg	- 82Kg	82Kg+		
Female	- 58Kg	- 64Kg	- 70Kg	70Kg+		
Under 18 (15 – 17yrs)	Light	Middle	Light Heavy	Heavy		
Male	- 55Kg	- 63Kg	- 71Kg	71Kg+		
Female	- 55Kg	- 63Kg	- 71Kg	71Kg+		
Under 15yrs (7-14yrs)	Tiny Tot	Pee Wee	Light	Middle	Heavy	
Male	- 120cm	- 135Cm	- 150Cm	- 165Cm	165cm +	
Female	- 120Cm	- 135Cm	- 150Cm	- 165Cm	165cm +	

*Tiny Tot- Yellow tag, yellow and Green belt only

Division/Duration of Bouts

Under 15 Colour Belt (7-14yrs)

Colour belts will run point stop sparring and grouped as follows:

Yellow belts (yellow tag/yellow belt)- point stop

Green belt- point stop

Blue belt- point stop

Red belt- point stop

Black belts- continuous sparring

- One (1x) round of one and a half (1.5) minutes. Including finals.

Under 18 Colour Belt (15-17yrs)

Yellow tag, Yellow & green belt combined - point stop sparring.

Blue & red belt- combined - continuous sparring.

Black belts - continuous sparring.

- One (1x) round of two (2) minutes. Including finals

Adult Colour belt (18yrs+)

All kup grades are in separate divisions.

Yellow (yellow tag/yellow) & green belts - point stop sparring.

Blue & red belts - continuous sparring.

- One (1x) round of two (2) minutes. Including finals

All Black belt categories

Black belts – continuous sparring

Executive black belts - point stop sparring.

- Elimination bouts- One (1x) round of two (2) minutes
- Finals- Two (2x) rounds of two (2) minutes with a one (1) minute break

Scoring Procedure

Technique	Target section	Points
Hand	High or mid	1
Foot	Mid	2
Foot	High	3
Jump/flying hand technique	High or mid	2
Jump/flying kick	Mid	3
Jump/flying kick	High	4

**Jump/Flying techniques will be scored when both feet are off the floor at the point of impact*

Information on Sparring Target Areas

In sparring, the designated target areas are as follows.

- High-section: The head, excluding the throat and back of head.
- Mid-section: From the navel to the shoulders vertically and from a line drawn down from the armpit vertically to the waist on each side of the body. This only applies to the front area and not the back.

For a technique to score points in sparring, it must be executed with dynamic power. This means the technique should be performed with strength, purpose, speed, and precision towards a scoring target with recovery of the technique to an appropriate distance.

Warnings

Warnings will be assigned for the following:

- Pretending to have scored.
- Stepping out of the ring; one foot off the mat.
- Avoiding sparring.
- Pretending to be injured.
- Attacking to an illegal area.
- Holding, grabbing, or pushing.
- Deliberately turning the back.
- Moving forward with an illegal attacking tool (e.g., knee, head, elbow).

(Faults) Immediate Minus Point

An immediate minus point will be issued for:

- Falling to the mat
- Loss of temper.
- Contact with intent (an attack performed with excessive contact). If the referee deems it appropriate a yellow card can be given.
- A combination of any 2 warning will result in a minus point.

Disqualification

Participants will be disqualified for:

- If a competitor receives two yellow cards at any time during competition.

- Gross misconduct or inappropriate behaviour towards judges, competitors, and referees, including ignoring their instructions.
- Engaging in full-contact.
- Attacking a fallen opponent.
- Being under the influence of alcohol or drugs.
- Intentionally biting, scratching, or attacking with the knee, elbow, or forehead.

Injury Time

When a competitor is injured, the referee must stop the match and request medical assistance. When the doctor arrives at the ring, a 3-minute countdown begins. The doctor will diagnose the injuries and decide whether the competitor is fit to continue. Should the doctor require more time to treat the competitor, the competitor will not be allowed to continue and will surrender the match.

A total of 3 minutes injury time per competitor will be allowed per bout. When a competitor cannot continue due to doctor's decision and/or injury time expiring, the responsibility of the action will determine the winner. The competitor who cannot continue will be the winner if their opponent is disqualified.

Results

1x Gold/1x Silver/2x Bronze medals will be awarded for each category.

Event Rules

Destruction

Divisions

Breaking is open to all students 18yrs+

Optional Techniques

Destruction Black belt 18yrs+ only			
Male Foot techniques	Male Hand techniques	Female Foot Techniques	Female Hand Techniques
Turning kick or Reverse turning kick	Fore fist punch or Knife hand strike	Any Kicking technique (standing only)	Any hand technique (including elbow strike)
<i>The Tournament Committee will determine the quantity of boards for each technique.</i>			

1X Gold ONLY will be presented for each event:

- Male Foot Technique
- Male Hand Technique
- Female Foot Technique
- Female Hand Technique

Team Event Rules

Team Patterns

Divisions

Juniors - Boys and Girls in same divisions up to and including 15 years.

Adults - Males and Females in same division 16 years and above.

(Mixed teams are allowed in the team pattern competition)

There will be three competitors in a team, split as follows:

- 9th Kup to 7th Kup
- 6th Kup to 4th Kup
- 3rd Kup to 1st Kup
- All Dan Grades together

Rules of the competition

Each team to perform a pattern unison (No Breaks). The pattern will be scored in the same way as in individual pattern events. The pattern will need to be relevant to the most junior grade in the team. (e.g., A team with a 9th Kup in can only perform Chon Ji and a team with a 3rd Kup in can perform any pattern up to and including Toi Gye)

Scoring

1. The correctness of the pattern moves
2. Power, balance, focus, fluidity etc. As per individual pattern competition.
3. Synchronisation of all members when performing the pattern.

Fee

Cost £5.00 per competitor. / £15 per team.

Competitors will be able to register their team at the tag team desk on the event day.

Team Event Rules

Team Sparring

Tag Sparring rules

- All team matches are point-stop.

Teams will consist of a 3-person team; bouts will be for 3 minutes. Each time the bout is stopped you can change with a member of your team by tagging your team member's glove. All 3 members must fight at some stage during the bout. All team matches will be point-stop. The same 3 fighters must compete for the duration of event. Teams who do not have 3 fighters will not be allowed to continue in the competition. No substitutions due to injury or disqualification.

Junior Divisions

Up to and including 15 years.

- 3-person team. 9th-6th Kup together. Must all be from the same division.
- 3-person team: 5th-1st kup together. Must all be from the same division.
- 3-person team: Black belts (all degree). Must all be from the same division.

There will be four junior divisions.

- Pee wee.
- Lightweight.
- Middleweight.
- Heavyweight.

Boys and Girls will compete in separate teams.

Adult Divisions

This event is open to competitors 16yrs and above.

- 3-person team. 9th-6th Kup together. No weights.
- 3-person team. 5th-1st Kup together. No weights
- 3-person team. Black belts (all degree). No weights.

There are no separate team events for Executive Male & Executive Female or Cadet Male & Cadet Female. All junior teams are under 16 years old, all adult teams are 16 years and over.

Fee

Cost £5.00 per competitor. / £15 per team.

Competitors will be able to register their team at the tag team desk on the event day.

Kukkiwon Style Poomsae Categories

Belt Category	Gender	Age group				
		Under 12	Junior 12 to 15	Adult 16-30	Senior 31-50	51+
10 th – 6th Kup	Male	✓	✓	✓	✓	✓
10 th – 6th kup	Female	✓	✓	✓	✓	✓
5 th – 1 st Kup	Male	✓	✓	✓	✓	✓
5 th – 1 st Kup	Female	✓	✓	✓	✓	✓
Dan grade	Male	✓	✓	✓	✓	✓
Dan grade	Female	✓	✓	✓	✓	✓
		Under 16	16-30	31+		
Pairs Kup	Any Gender	✓	✓	✓		
Pairs Dan Grade	Any Gender	✓	✓	✓		
		Under 16	16+			
Synchron Teams	Male	✓	✓			
Synchron Teams	Female	✓	✓			

Event Rules

required compulsory Poomsae		poomsae range 2nd and subsequent rounds	
10 Kup	T1	T1 - T3	repeats allowed for 10-6th kup
9 Kup	T1	T1 - T3	repeats allowed for 10-6th kup
8 Kup	T1/2	T1 - T4	repeats allowed for 10-6th kup
7 Kup	T1/2	T1 - T4	repeats allowed for 10-6th kup
6 Kup	T2/3	T1 - T5	6th Kup may repeat once if over 8 entries
5 Kup	T3/4	T1 - T6	5 th Kup may repeat once if over 16 entries
4 Kup	T4/5	T1 - T7	
3 Kup	T5/6	T1 - T8	
2 Kup	T6/7	T2 - Koryo	
1 Kup	T7/8	T3 - Keumgang	

1 Dan	T8/ Koryo	T4 - Taebeak	
2 Dan	Koryo/Keumgang	T5 - Pyongwon	
3 Dan	Keumgang/Taebeak	T6 - Sipjin	
4 Dan	Taebeak/Pyoongwon	T7 -Jitae	
5 Dan	Pyongwon/Sipjin	T8 - Cheonkwon	
6 Dan	Sipjin/Jitae	Koryo-Hansoo	
7 Dan	Jitae/Cheonkwon	Keumgang - Ilyo	
8 Dan	Cheonkwon/Hansoo	Taebeak - Ilyo	

- Flag system 3 or 5 judges per ring
- Knockout system 2 competitors at a time , pairs /teams still knockout but 1 pair/team at a time.
- All clubs associations must put forward at least 1 official
- officials minimum grade 1st dan for Kup grades, 4 dan for Dan grades
- on this occasion judges may also be competitors
- For Pairs and Sychron teams the lowest graded member dictates poomsae range

General Rules

- No kicks above head height
- A correct form always beats an incorrect form
- Judges to make decision using the following
 - Presentation,
 - accuracy,
 - balance,
 - focus, speed/power
 - correct techniques to correct targets

Sparring

Below are the standard weight and age categories but this event will run as a 1-2-1 event. We will endeavour to match people as close as possible

Kyorugi Categories

Pee Wee (ages 7 -9)	
Male	Female
-21 kg	-21 kg
-25 kg	-25 kg
-29 kg	-29 kg
-33 kg	-33 kg
-37 kg	-37 kg
+37 kg	+37 kg

Child (ages 10 - 13)	
Boys	Girls
-32 kg	-30 kg
-37 kg	-35 kg
-42 kg	-40 kg
-47 kg	-45 kg
-52 kg	-50 kg
-57 kg	-55 kg
+57 kg	+55 kg

Junior (ages 14 - 17)	
Boys	Girls
-48 kg	-44 kg
-55 kg	-49 kg
-63 kg	-55 kg
-73 kg	-63 kg
+73 kg	+63 kg

Adult (ages 18 - 34)	
Men	Women
-63 kg	-53 kg
-68 kg	-57 kg
-74 kg	-62 kg
-80 kg	-67 kg
-87 kg	-73 kg
+87 kg	+73 kg

Veterans (ages 35+)	
Men	Women
-58 kg	-49 kg
-68 kg	-57 kg
-80 kg	-67 kg
+80 kg	+67 kg

Scoring

The full contact event will be run using the KPNP judges boxes scoring system, with the Body 2 points, head 3 points. Additional points for spinning

- techniques added manually via corner judge or referee.
- Under 14s will wear clear plastic face guards and gumshield. Headguards with face shields will be available at ringside.
- Head shots for Pee Wee's and children is permitted as face shields will be worn, unless both coaches ask for no head shots. *Please be aware that in this case any headshot deliberate or accidental will result in immediate disqualification of the offender.*
- Judges decision is final

Protective Equipment

All competitors will be required to supply and wear the following protective equipment of their own:

- A. Hogu body protector (reversible for either colour)
- B. Headguard (Under 14's will be provided at ringside)
- C. Clear or white gum shield (even when wearing a clear faceguard)
- D. TKD Forearm protectors
- E. TKD Shin guards
- F. TKD Foot protectors
- G. Groin guard (*must be worn under the uniform*)
- H. TKD Gloves (optional)

Individual Entry Fee

Competitors - £25.00 for 1st event, £20.00 for any event thereafter.

Spectators - Free

Entry deadline – Sunday 31st May 2026

Team Entry Fee

Cost £5.00 per competitor. / £15 per team.

Competitors will be able to register their team at the tag team desk on the event day.