



PRNJAVOR OPEN 2026

22nd CUP OF FRIENDSHIP

28. March 2026.

Sloga Sports Hall, Bosnia and Herzegovina





INVITATION

22nd ITF Taekwon-do Cup of Friendship

PRNJAVOR OPEN 2026

28.03.2026.

Dear Presidents, instructors, friends,

It is a great honor to invite you to the 22nd ITF Taekwon-do Cup of Friendship for children, cadets, prejuniors, juniors and seniors, which will be held in Prnjavor - Bosnia and Herzegovina **on March 28, 2026.**

PROMOTER: Taekwondo Federation of Bosnia and Herzegovina

ORGANIZER: Taekwon-do club Prnjavor.

The competition will be held in the Sloga sports hall in Prnjavor.

Competition plan:

Saturday, 28. March 2026.

08:00 - 09:00 - registration of competitors and weighing

09:00 - 09:30 - meeting of coaches and judges

10:00 - 10:30 - start of the competition

13:00 - 14:00 - lunch break

14:00 - - continuation of the competition

The competition is held in the following disciplines:

1. Individual sparring
2. Patterns

The competition is held according to the official rules ITF i A.E.T.F. <https://itftkd.sport/rules/>

All competitors must be dressed in ITF uniforms.

Protective equipment must be in accordance with ITF rules (open ITF gloves and helmets without visor).

Blue and red equipment is optional (competitors will be marked with ribbons).

Individual registration fee for appearance in forms and sparring is **30 euro** and is paid on the day of the tournament when registering.

Competitors registered in double age categories pay double the registration fee.

The refereeing organization of the Taekwon-do Association of Bosnia and Herzegovina manages the trial.

CATEGORIES OF COMPETITORS - PATTERNS:

PIONEERS (male and female) 5-8 years:

Yellow belt (8. i 7. KUP): Chon Ji to Dan Gun

Green belt (6. i 5. KUP): Chon ji to Won Hyo

CADETS (male and female) 9-11 years :

Yellow belt (8. i 7. KUP): Chon Ji to DanGun

Green belt (6. i 5. KUP): Chon ji to Won Hyo

Blue belt (4. i 3. KUP): Chon Ji to Joong Gun

Red belt (2. i 1. KUP): Chon Ji to Hwa Rang

PRE JUNIORS (male and female) 12–14 years:

Yellow belt (8. i 7. KUP): Chon Ji to DanGun

Green belt (6. i 5. KUP): Chon ji to Won Hyo

Blue belt (4. i 3. KUP): Chon Ji to Joong Gun

Red belt (2. i 1. KUP): Chon Ji to Hwa Rang

I DAN: Chon Ji to Ge Baek

JUNIORS (male and female) 15-17 years:

Yellow belt (8. i 7. KUP): Chon Ji do DanGun

Green belt (6. i 5. KUP): Chon ji do Won Hyo

Blue belt (4. i 3. KUP): Chon Ji do Joong Gun

Red belt (2. i 1. KUP): Chon Ji do Hwa Rang

I DAN: Chon Ji to Ge Baek

IIDAN and more: Chon Ji to Juche

ADULTS (male and female) 18 years and older :

Yellow belt (8. i 7. KUP): Chon Ji to DanGun

Green belt (6. i 5. KUP): Chon ji to Won Hyo

Blue belt (4. i 3. KUP): Chon Ji to Joong Gun

Red belt (2. i 1. KUP): Chon Ji to Hwa Rang

I DAN: Chon Ji to Ge Baek

II DAN: Chon Ji do Juche

IIIDAN and more: Chon Ji to Choi Yong.

Qualifications: According to ITF rules, for student titles, one form is determined by the judge, and DAN titles do two forms assigned by the judge.

Finals: According to ITF rules, both student and DAN titles do two forms assigned by the judge.

CATEGORIES OF SPARING COMPETITORS:

PIONEERS, 5-8 years (fight duration 2x1 minute/break between rounds 30 seconds):

Female: -18 kg, - 21 kg, -24 kg, -27 kg, -30 kg, -33 kg, -36 kg, -39 kg, -42 kg, + 42 kg.

Male: -18 kg, - 21 kg, - 24 kg, -27 kg, -30 kg, -33 kg, -36 kg, -39 kg, -42 kg, + 42 kg.

CADETS, 9-11 years (fight duration 2x1.5 minutes/break between rounds 30 seconds):

Female: -24 kg, -27 kg, -30 kg, -33 kg, -36 kg, -39 kg, -43 kg, -47 kg, -51 kg, + 51 kg.

Male: -24 kg, -27 kg, -30 kg, -33 kg, -36 kg, -39 kg, -43 kg, -47 kg, -51 kg, + 51 kg.

PRE JUNIORS, 12 – 14 years (fight duration 2x1.5 minutes/break between rounds 30 seconds):

Female: -40 kg, -44 kg, -48 kg, -52 kg, -56 kg, -60 kg, + 60 kg.

Male: -40 kg, -45 kg, -50 kg, -55 kg, - 60 kg, -65 kg, + 65 kg.

JUNIORS, 15-17 years (fight duration 2x2 minutes/break between rounds 1 minute):

Female: -45 kg, -49 kg, -53 kg, -57 kg, -61 kg, -65 kg, + 65 kg.

Male: -50kg, -55 kg, -60 kg, -65 kg, - 70 kg, -75 kg, +75 kg.

ADULTS, 18 year and older (fight duration 2x2 minutes/break between rounds 1 minute):

Female: -50 kg, -55 kg, -60 kg, -65 kg, - 70 kg, -75 kg +75 kg.

Male: -57 kg, -63 kg, -69kg, -75 kg, -81 kg, -87 kg, + 87 kg.

**DEADLINE FOR REGISTRATION OF COMPETITORS: March 26, 2026
until 11:00 PM**

Online registration: <https://www.tkdpoint.com/>

PROTEST:

An official protest can be submitted within 5 minutes after the performance in sparring or forms, to the president of the judges' jury, after paying the amount of 100 euros to the competition organizer.

PRIZES:

All winners of the first two places and two third places receive medals and diplomas.

Trophies will be awarded to the best individuals in all age categories, women and men.

ACCOMMODATION:

If you need accommodation, you can contact the organizer to help you find the most suitable accommodation.

INFORMATION:

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WELCOME TO BOSNIA AND HEZEGOVINA!