

Official Info Pack

16th International Open Friendship Taekwondo Championships — Australia 2026

Melbourne, Victoria, Australia · November 28–29, 2026

Athletes, coaches and teams from around the world gather in Melbourne for two days of high-level competition and lasting friendships. This pack covers the event schedule, competition divisions (Board Breaking, Sport Poomsae and Kyorugi), registration, fees and awards.

1. Event Schedule

All competition-day activities take place in the Competition Area. Times are local (Melbourne, AEDT).

Date	Time	Event	Location
Fri 20 Nov 2026	11:59 PM (local)	Final registration deadline	Online (Eventbrite)
Sat 28 Nov 2026	2:00 PM – 7:00 PM	Arrivals, registration & check-in	Competition Area
	2:00 PM – 7:00 PM	Weigh-in	Competition Area
	2:00 PM – 7:00 PM	Poomsae Seminar — all referees and coaches are required to attend; other players and coaches may participate. Seminar fee: AUD 50.	Competition Area
	5:00 PM – 7:00 PM	Board Breaking	Competition Area
	6:00 PM – 7:00 PM	Referee and coach meeting	Competition Area
Sun 29 Nov 2026	7:00 AM – 6:00 PM	Competition — Poomsae and Kyorugi	Competition Area
	6:00 PM	Closing ceremony & cultural show	Competition Area

2. Board Breaking

The Board Breaking event is the **Flying Side Kick**, contested in every age group. Each age group is split into two divisions by rank: colour belts (White to Red) and Poom/Dan holders. Male and female divisions are held separately.

Age Group	Age / Birth Years	Divisions	Event
Kids Sub-Junior M/F	Under 8 (born 2018 or later)	White–Red · Poom/Dan	Flying Side Kick
Sub-Junior M/F	9–11 (born 2015–2017)	White–Red · Poom/Dan	Flying Side Kick
Cadet M/F	12–14 (born 2012–2014)	White–Red · Poom/Dan	Flying Side Kick
Junior M/F	15–17 (born 2009–2011)	White–Red · Poom/Dan	Flying Side Kick
Senior M/F	18–32 (born 1994–2008)	White–Red · Poom/Dan	Flying Side Kick

Age Group	Age / Birth Years	Divisions	Event
Master M/F	33–49 (born 1977–1993)	White–Red · Poom/Dan	Flying Side Kick
Master 50+ M/F	50 and above (born before 1976)	White–Red · Poom/Dan	Flying Side Kick

3. Sport Poomsae

Sport Poomsae is the WT compulsory poomsae used at sanctioned international competitions such as the World Taekwondo Poomsae Championships. Competitors must perform the designated form(s) for their age and rank group, randomly determined by the tournament official.

3.1 Individual

Age Group	Belt / Rank	Compulsory Poomsae
Kids Sub-Junior M/F — under 8 (born 2018 or later)	White, Yellow & Green / Blue & Red / Poom-Dan & Black	Taegeuk 1 & 2 Jang / Taegeuk 5-6 Jang / Taegeuk 7-8 Jang
Sub-Junior M/F — 9–11 (born 2015–2017)	White, Yellow & Green / Blue & Red / Poom-Dan & Black	Taegeuk 1 & 2 Jang / Taegeuk 5-6 Jang / Taegeuk 7-8 Jang
Cadet M/F — 12–14 (born 2012–2014)	White, Yellow & Green / Blue & Red / Poom-Dan & Black	Taegeuk 1 & 2 Jang / Taegeuk 5-6 Jang / Taegeuk 7-8 Jang
Junior M/F — 15–17 (born 2009–2011)	White, Yellow & Green / Blue & Red / Poom-Dan & Black	Taegeuk 1 & 2 Jang / Taegeuk 5-6 Jang / Taegeuk 7-8 Jang
Senior M/F — 18–32 (born 1994–2008)	Colour belt / Black belt (Dan)	Taegeuk 5-6 Jang / Koryo–Keumgang
Master M/F — 33–49 (born 1977–1993)	Colour belt / Black belt (Dan)	Taegeuk 5-6 Jang / Taebaek–Pyongwon
Master 50+ M/F — 50 and above (born before 1976)	Black belt (Dan)	Sipjin–Jitae

3.2 Pair

Age Group	Belt / Rank	Compulsory Poomsae
Cadet (M/F) — 12–14 (born 2012–2014)	Colour belt / Black belt (Poom)	Taegeuk 4-5 Jang / Taegeuk 7-8 Jang
Cadet (M/F) — 12–14 (born 2012–2014)	Colour belt / Black belt (Poom)	Taegeuk 3-4 Jang / Taegeuk 6-7 Jang
Junior (M/F) — 15–17 (born 2009–2011)	Colour belt / Black belt (Poom)	Taegeuk 4-5 Jang / Taegeuk 7-8 Jang
Senior (M/F) — 18–32 (born 1994–2008)	Colour belt / Black belt (Dan)	Taegeuk 4-5 Jang / Koryo–Taebaek
Master (M/F) — 33–49 (born 1977–1993)	Black belt (Poom)	Taegeuk 7-8 Jang
Master 50+ (M/F) — 50 and above (born before 1976)	Black belt (Poom)	Sipjin–Jitae

3.3 Team (three athletes per team)

Age Group	Belt / Rank	Compulsory Poomsae
Cadet (M/F) — 12–14 (born 2012–2014)	Colour belt / Black belt (Poom)	Taegeuk 3-4 Jang / Taegeuk 5-6 Jang
Junior (M/F) — 15–17 (born 2009–2011)	Colour belt / Black belt (Poom)	Taegeuk 4-5 Jang / Taegeuk 6-7 Jang

Age Group	Belt / Rank	Compulsory Poomsae
Senior (M/F) — 18–32 (born 1994–2008)	Colour belt / Black belt (Dan)	Taegeuk 6-7 Jang / Koryo–Keumgang
Master (M/F) — 33–49 (born 1977–1993)	Black belt (Poom)	Pyongwon–Taebaek
Master 50+ (M/F) — 50 and above (born before 1976)	Black belt (Poom)	Taebaek–Sipjin

4. Kyorugi — Weight Divisions

Full-contact sparring divisions by age group and weight. **No head kicks are permitted in the Children's and Sub-Junior divisions.**

4.1 Children's M/F — Age 5–7

Born 2019–2021 · No head kicks

Men's Division	Women's Division
Under 16 kg	Under 16 kg
Under 18 kg	Under 18 kg
Under 20 kg	Under 20 kg
Under 22 kg	Under 22 kg
Over 22 kg	Over 22 kg

4.2 Sub-Junior M/F — Age 8–9

Born 2017–2018 · No head kicks

Men's Division	Women's Division
Under 24 kg	Under 23 kg
Under 26 kg	Under 25 kg
Under 28 kg	Under 27 kg
Under 30 kg	Under 29 kg
Under 32 kg	Under 31 kg
Over 32 kg	Over 31 kg

4.3 Sub-Junior M/F — Age 10–11

Born 2015–2016 · No head kicks

Men's Division	Women's Division
Under 26 kg	Under 25 kg
Under 28 kg	Under 27 kg
Under 30 kg	Under 29 kg
Under 32 kg	Under 31 kg
Under 34 kg	Under 33 kg
Over 34 kg	Over 33 kg

4.4 Cadet M/F — Age 12–14

Born 2012–2014

Men's Division	Women's Division
Under 33 kg	Under 29 kg
Under 36 kg	Under 33 kg
Under 39 kg	Under 37 kg
Under 41 kg	Under 41 kg
Under 43 kg	Under 44 kg
Under 46 kg	Under 47 kg
Under 49 kg	Under 51 kg
Under 52 kg	Under 55 kg
Under 55 kg	Under 59 kg
Over 55 kg	Over 59 kg

4.5 Junior M/F — Age 15–17

Born 2009–2011

Men's Division	Women's Division
Under 45 kg	Under 42 kg
Under 48 kg	Under 44 kg
Under 51 kg	Under 46 kg
Under 55 kg	Under 49 kg
Under 59 kg	Under 52 kg
Under 63 kg	Under 55 kg
Under 68 kg	Under 59 kg
Under 73 kg	Under 63 kg
Under 78 kg	Under 68 kg
Over 78 kg	Over 68 kg

4.6 Senior M/F — Age 18+

Born 2008 or earlier

Men's Division	Women's Division
Under 54 kg	Under 46 kg
Under 58 kg	Under 49 kg
Under 63 kg	Under 53 kg
Under 68 kg	Under 57 kg
Under 74 kg	Under 62 kg
Under 80 kg	Under 67 kg
Under 87 kg	Under 73 kg
Over 87 kg	Over 73 kg

5. Registration & Fees

Entries will only be accepted through the Eventbrite online registration system. All athletes and coaches must register via Eventbrite — **there will be no on-site registration**. The Eventbrite registration link will be published at ioftc.org.

Registration deadline: Friday 20 November 2026, 11:59 PM (Australia local time). Late entries cannot be accepted.

Entry	Fee (USD)
First event	\$75
Second event	add \$50
Third and each additional event	add \$25 each
Poomsae Seminar (optional for players; required for referees and coaches)	AUD 50

6. Awards

Individual medals in every division: **Gold** (1st place), **Silver** (2nd place) and **Bronze** (two 3rd places). Competitors who don't win a medal receive a participation medal.

6.1 Team cash prizes (based on player participation)

Placing	Prize
Team First	AUD 1,000
Team Second	AUD 750
Team Third	AUD 500

6.2 Individual cash prizes

Award	Prize
Best male and female athlete — Kyorugi division	AUD 200 each
Best male and female athlete — Poomsae division	AUD 200 each
Best male and female Kyorugi international referee	AUD 200 each
Best male and female team coach	AUD 200 each

Total prize pool: **AUD 3,850** in cash prizes across team and individual awards.