



**Swedish ITF Federation**

in collaboration with

**Impact Kampsportcenter IF**

invites to the

**Swedish Taekwon-Do League**

competition 2/2026

## Welcome to the Swedish Taekwon-Do League!

The Swedish Taekwon-Do League (STL) was established in 2018 and consists of three competitions that always take place during the spring. The league's main purpose is to offer Swedish athletes the opportunity to compete at a high level within the country, with four competition disciplines: sparring, pattern, special techniques and power test. The STL series also serves as a qualification tool for the Swedish Taekwon-Do federation, with the goal of selecting Swedish champions and supporting the national team coaches in the selection process for the national team.

In recent years, STL has started to welcome participants from other countries outside Sweden, which has led to competitors from Finland, Denmark and Norway also participating on several occasions. This year, the board of the Swedish ITF Federation made the decision to open the STL series to yet another neighbouring country – Poland.

Since STL is still the main tool for selecting the country's top participants, we need to adapt the league system to competitors from other nations. In short, this means that foreign participants' results are presented in the respective STL results but are not included in the summary for the entire series. The summary consists of national ranking points which are the base of selection of the Swedish national team.

We welcome you to the Swedish Taekwon-Do League  
a competition where talents are given the opportunity to develop  
and reach championship level.

Best regards  
GM Swavek Dydiszko  
President  
Swedish ITF Federation



## 1. Time and place

Date: Saturday, 11th of April 2026  
 Competition hall: Fryshuset  
 Address: Mårtensdalsgatan 2-8 i Hammarby Sjöstad, 120 30 Stockholm  
 Competition start: 09.30

## 2. Divisions and classes

The following classes and divisions will be applied for the foreign competitors during STL:

DIVISION	RED/BLACK
<b>JUNIOR</b> (15-17 year)	2 Kup - 1 Dan
<b>SENIOR</b> (18 year and older)	2 Kup - 6 Dan

### Important!

Please note that the age category is determined by the exact age on the day of the competition.

## 3. Sparring

The weight classes (kg) for participation in sparring are as follows:

### JUNIOR

Female: -53, -57, -61, -65, +65

Male: -55, -60, -65, -70, -75, +75

### SENIOR

Female: -55, -60, -65, -70, +70

Male: -63, -69, -75, -81, -87, +87

Competition systems for five participants or less are pool and for six participants or more pyramid with re-qualification.

Competitors in sparring must have complete protective equipment (head protection, gloves and foot protection) in red and blue color and must be of ITF approved brands. In a match, "blue contestants" only have blue guards and "red contestants" only red guards.

## 4. Pattern

The pattern competition will be divided in the following divisions and pattern groups:

### RED/BLACK

2-1 Kup - up to Choong Moo Tul

1 Dan - up to Ge Baek Tul

2 Dan - up to Juche Tul (only seniors)

3-6 Dan - up to Moon Moo Tul (only seniors)

In all matches, two patterns will be performed, both drawn by the referees. Competition systems are pool for three participants and simple pyramid for four participants or more.

## 5. Power Test

Competition in the discipline Power Test is allowed at STL competitions only for SENIORS in divisions as below:

**RED/BLACK**

The official competition techniques are as follows:

**Female**

Sonkal Taerigi	– 1 board
Ap Palkup Taerigi	– 2 boards
Dollyo Chagi	– 2 boards
Bandae Dollyo Chagi	– 1 board
Yop Chagi	– 3 boards

**Male**

Sonkal Taerigi	– 2 boards
Ap Joomuk Jirugi	– 2 boards
Dollyo Chagi	– 3 boards
Bandae Dollyo Chagi	– 3 boards
Yop Chagi	– 4 boards

Points:

- For each completely broken board, 3 points are awarded.
- For each half-broken board, 1 point is awarded.
- The winner is the athlete with the highest number of points after completing all techniques.

**6. Special Techniques**

Special techniques are allowed for all age categories in STL competitions. The official competition techniques in Special Techniques are as follows:

**JUNIOR**

Female

Twimyo Nopi Apcha Busigi	– 200 cm
Twimyo Dollyo Chagi	– 190 cm
Twimyo Bandae Dollyo Chagi	– 170 cm
Twimyo Dolmyo Yopcha Jirugi	– 170 cm
Twimyo Nopi Yopcha Jirugi	– 110 cm

Male

Twimyo Nopi Apcha Busigi	– 230 cm
Twimyo Dollyo Chagi	– 220 cm
Twimyo Bandae Dollyo Chagi	– 210 cm
Twimyo Dolmyo Yopcha Jirugi	– 200 cm
Twimyo Nopi Yopcha Jirugi	– 130 cm

**SENIOR**

Female

Twimyo Nopi Apcha Busigi	– 210 cm
Twimyo Dollyo Chagi	– 200 cm
Twimyo Bandae Dollyo Chagi	– 180 cm
Twimyo Dolmyo Yopcha Jirugi	– 180 cm
Twimyo Nopi Yopcha Jirugi	– 120 cm

Male

Twimyo Nopi Apcha Busigi	– 240 cm
Twimyo Dollyo Chagi	– 230 cm
Twimyo Bandae Dollyo Chagi	– 220 cm
Twimyo Dolmyo Yopcha Jirugi	– 210 cm
Twimyo Nopi Yopcha Jirugi	– 140 cm

For hitting the target with correct technique, the participants are awarded 1 point for hitting without a full hit, 3 points for hitting with a full hit (the plank in the scaffold stops in a new position 90 degrees from starting point). The winner is the athlete with the highest number of points after all techniques combined.

Twimyo Nopi Yopcha Jirugi is performed at height. When performing the Twimyo Nopi Apcha Busigi and Twimyo Dollyo Chagi, "scissor technique" must be used. When performing Twimyo Bandae Dollyo Chagi, only 180° and not 360° is allowed.

## 7. Terms and conditions for participation in the competition

To be able to compete in the Swedish TKD League, you must meet the following requirements:

1. The person must be an active member of an association affiliated with the International Taekwon-Do Federation.
2. The person must during weight-in have a ID-card or passport to prove their age.
3. During the competition, the competitor must use equipment approved by the International Taekwon-Do Federation with red/blue colours.

## 8. Rules

The rules for the competition are in some parts adapted to the Swedish ITF Federation's National Competition Regulations, which are approved by the Swedish Martial Arts Delegation.

## 9. Registration

Registration is done no later than 27th of March via the Jirugi on-line system.

### 1. Go to [www.jirugi.se](http://www.jirugi.se)

You can change the system to English at the bottom of the page.

### 2. Log in or create a new user.

If your association/club is not listed, contact the administrator.

### 3. After you create a new user.

Contact the administrator to get access as a club administrator.

### 4. Open the competition you want to register for.

In the left menu, click "Club sign up".

### 5. On the Club sign up page.

You can see how many competitors, referees, and coaches are registered.

To see exactly who is registered and which categories they're in, click "Show".

### 6. Add the competitors.

To add people, click New.

### 7. You can only make a sign up for people who exist in the system:

- If the person is already in the system: search by first name and last name.
- If you need to update their details, click "Edit" on the right.
- If the person is not in the system: click Create to add them.

### 8. Choose a responsible Head coach

At the first competition of the season, each club must choose a responsible coach.

To possibly want to change the coach's name, please contact the administrator.

### 9. Confirm registration.

When everything is correct, click Confirm registration.

Note! The user who confirms becomes the responsible person for that registration.

STL secretariat and administration:

Mr Johan Ivarsson

e-mail: [info@jirugi.se](mailto:info@jirugi.se)

tel: 0046 734 248 989

## 10. Competition fee

The competition fee is SEK 900 per competitor.

Please note that all fees must be paid in advance to the account of the Swedish ITF Federation before the 27<sup>th</sup> of March 2026.

Bank transfer details:

ACCOUNT: Swedish ITF Federation  
 BIC: SWEDSESS  
 IBAN: SE0680000829909449898627  
 BANK: Swedbank AB  
 Mariestadsvägen 3 C, 54140 Skövde, Sweden

For reference, state: "STL 2" and the name of the association/club.

If the association wants a receipt for the competition fee, this can be obtained by emailing our treasurer: [mimmi@itfsverige.se](mailto:mimmi@itfsverige.se).

## 11. Registration and weigh-in

Registration and weigh-in for persons participating in STL 2 will take place on:

Day and time: **Friday 10th of April at 17.00-20.00**

Place: **Impact Kampsportcenters dojang, Västberga Allé 1C, 126 30 Hägersten**

Note:

- Weigh-in must be done in a dobok and with the correct belt, for which 1 kg is counted. For example, competitors in the -70 kg class may weigh a maximum of 71.0 kg with a dobok and belt.
- It is possible to change weight class at registration for payment of a new competition fee. A fault report that entails a change of competition class also entails a re-registration fee of SEK 100 per change.
- All competitors regardless of competition discipline must register, this is done in a dobok with the correct belt.
- All competitors must during weight-in have a ID-card or passport to prove their age.

## 12. Insurance

All participants must be insured through their own association. The organizer of the Swedish TKD League waives liability for costs incurred in the event of any damage in connection with the competition.

**Note: The responsibility for providing participants with this information lies with the person who submits the registration for the competition for each club.**

## 13. Photography and results

By signing up for the Swedish TKD League, you also agree to the following:

1. Photos from the competition of the association's registered competitors, referees and coaches may be published publicly.
2. In case of placement, the names of the prize winners may be published in the competitions results.

**Note: It is the club leader's responsibility to notify their competition participants.**



## 14. Umpires

To make this competition fair and efficient, we welcome umpires from as many associations/ clubs as possible. Lunch will be served to the umpires during the competition. Requests for special diets for umpires can be stated when registering the umpires in jirugi.se.

Note: The minimum degree to be able to work as a referee during STL 2026 is 1 Dan. Registered umpires must participate throughout the competition day. Umpires must be in place, dressed correctly and ready for the umpire meeting at 08.45 on competition day.

## 15. Coaches

All coaches must wear tracksuits and indoor shoes during the competition. The coach should ALWAYS have a towel in connection with matches in sparring. Caps or similar are not allowed to be worn by coaches in connection with ongoing matches. We also encourage coaches to bring protective gloves, which may be needed during sparring competition.

A coach meeting is scheduled for 08.45.

**Note: Each participating club must be represented by at least one coach at the meeting.**

## 16. Competition area

Only competitors in the ongoing category and their coach can stay on the competition area. Other competitors and coaches are referred to a place outside the competition area and the stands. Other people with access to the competition area are the competition management, judges, medical team, officials and accredited media.

## 17. Spectators

Spectators are welcome to the Swedish TKD League 1 in Gothenburg. Spectators have access to the stands in the competition hall during the competition.

Tickets are 70 SEK for persons over 15 years old.

Free entrance for persons under 15 years.

## 18. Rules for approved protection

### GLOVES AND FOOT PROTECTION

ITF approved hand and foot protection.

Blue and red hand and foot guards depending on the athlete's side.

### HELMETS

ITF approved helmets for juniors and seniors.

Blue or red helmet depending on the athlete's side for juniors and seniors.

### DOBOKS

ITF approved brands.

### MOUTHGUARDS

Uncoloured and transparent.

## 19. Accommodation

The organizer of the Swedish TKD League does not provide any reservations for hotels or restaurants during the competition. All participants must make their own reservations directly with the hotels or restaurants.



## Swedish Taekwon-Do League 2026

**STL 1**  
Göteborg  
7<sup>th</sup> of March

**STL 2**  
Stockholm  
11<sup>th</sup> of April

**STL 3**  
Skövde  
9<sup>th</sup> of May

