



VIII ITF TAEKWON-DO SOUTH ASIAN CHAMPIONSHIP

20-22 Nov. 2026 KATHMANDU, NEPAL

INFOPACK





PROMOTER

South Asian Taekwon-Do Federation
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ORGANIZER & PROMOTER

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ORGANIZER

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SATF TOURNAMENT COMMITTEE
Chairman: Sandeep Sagar, 7th Dan
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ORGANIZING COMMITTEE

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Mr. Gham Bahadur Thapa Magar
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Chairman of Organizing Committee
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#WELCOME

Dear SATF Leaders, Grand Masters and Masters,
Dear NGB Presidents and participants,

The 8th South Asian Taekwon-Do Championships will be held in Kathmandu, Nepal from 20–22 Nov. 2026. As the Secretary General of NEPAL ITF, it is my great honor and pleasure to welcome all the family members of SATF to Nepal for these Championships in Kathmandu, the beautiful capital city of Nepal.

NEPAL ITF hopes to cooperate with you to make "The 8th South Asian Taekwon-Do Championships" one of the highest-satisfaction international events in SATF history, featuring the most participating countries, the largest competition scale, and the best service level.

Kathmandu is a world-famous historical and cultural city situated at the foot of the Himalayas. It boasts a long history, splendid culture, and rich heritage with a unique human landscape. I hope you will enjoy a pleasant and memorable experience in Kathmandu, Nepal.

We sincerely hope that you will accept our invitation and join participants from over 8 countries across South Asia. Let me assure you that we are eager to welcome your team to the championships, and the organizing committee will do its utmost to make your visit pleasant and memorable.

I look forward to meeting you all during The 8th South Asian Taekwon-Do Championships to be held from 20–22 Nov. 2026.

Sincerely yours in Taekwon-Do,

Mr. Gham Bahadur Thapa Magar
Secretary General – NEPAL ITF
Chairman of The Organizing Committee

#KATHMANDU - CITY

Pashupatinath Temple



Pashupatinath is the most revered Hindu temple in Nepal. The main temple complex is open only to Hindus; non-Hindus must satisfy themselves by observing from the terraces just across the Bagmati River to the east. As a mark of reverence and tradition, leather items that include shoes, belts, and cameras are forbidden within the temple complex and must be left outside. Photography is strictly prohibited.

Boudha Stupa



The first stupa at Boudhanath was built sometime after AD 600, when the Tibetan king, Songtsen Gampo, converted to Buddhism. In terms of grace and purity of line, no other stupa in Nepal comes close to Boudhanath. From its whitewashed dome to its gilded tower painted with the all-seeing eyes of the Buddha, the monument is perfectly proportioned. Join the Tibetan pilgrims on their morning and evening koras. According to legend, the king constructed the stupa as an act of penance after unwittingly killing his father. The first stupa was wrecked by Mughal invaders in the 14th century, so the current stupa is a more recent construction.

VENUE

National Sports Council, Nepal renovated with latest technologies an indoor hall of Nepal located at Tripureshwor, Kathmandu. All the changing rooms, offices, VVIP area, sound / drainage system, toilets and passages have been renovated. The most important development is air conditioning system in the hall.



#WEATHER IN KATHMANDU

The weather in Kathmandu is pleasant during this time of the year.

Month	High / Low (°C)
November/December month	13° / 26°

#TRANSPORTATION & ARRIVAL

Transportation to and from Tribhuvan International Airport, between the Venue National Sports Council Indoor Stadium and the hotels, will be arranged by the organizer according the prior bookings.

No transportation may be available from the organizer without prior and timely booking; subsequently own means of transportation will need to be arranged in all other cases.

Teams arriving at the Kathmandu International Airport, should inform the organizing committee of their schedule, including arrival/departure time and flight numbers on or before 01 Nov 2026.

#VISA

Visa support Visa will be provided if informed one month before.

#CHAMPIONSHIPS RULES & REGULATIONS

This Championship is held in accordance with the ITF Rules, unless stated otherwise in some specific cases. If not covered by the ITF rules, then this Info Pack applies.

COMMON MEDICAL RULES VALID FOR ALL:



To protect the health safety of all participants during the 8th South Asian ITF Taekwon-Do Championships, the ITF Medical Rules and regulations will be strongly enforced by the local SATF Tournament Organizing Committee. For further details, please refer to the ITF HEALTH PROTECTION CHECKLIST published at <https://www.itf-tkd.org/rules-and-forms/>.

The international Medical Insurance Certificate shall be uploaded to each participants' personal profile in the ITF DB and will be checked during the participants' check/weigh in procedure. The organizer will not assume responsibility for any damages or losses incurred by anyone all through the event.

The Organizing Committee will provide professional First Aid to the participants in the Sport Hall during the competition.

#CHAMPIONSHIPS RULES & REGULATIONS

COMMON ANTI-DOPING RULES VALID FOR ALL:



Please, be aware that doping testing will be performed for Adult Male/Female competitors in the individual sparring and individual power breaking divisions. A competitor who declines or doesn't follow the direction of the Doping Control Official will be disqualified.

All participants must have the following valid documents uploaded to their personal ITF DB profiles prior to the arrival for the event. These documents will be mandatory checked during the participants' check/weigh-in procedure.

• Competitors:

Certificate of International Level Athletes Education Program ADEL Certificates issued from WADA upon the completion of the anti-doping e-learning program.

ATHLETE ANTI-DOPING CONSENT FORM (attached to this Infopack), duly signed by Athlete (Parent/Guardian).

Certificate for ADEL for High Performance Coaches Education Program ADEL certificates issued by WADA upon completion of the anti-doping e-learning program.

Please take note that all Anti-Doping certificates are valid for 2 years.

For more Anti-Doping education information kindly visit:

<https://adel.wada-ama.org/>

Please, also refer to link on ITF website: -

<https://www.itf-tkd.org/anti-doping-education-tools/> or WADA website.

#CHAMPIONSHIPS RULES & REGULATIONS



COMMON ANTI-DOPING RULES VALID FOR ALL:

THERAPEUTIC USE EXEMPTION (TUE) :

Athletes may have illnesses or conditions that require them to take particular medications or to utilize particular methods of treatment. If the medication that an Athlete is required to take to treat an illness or condition happens to fall under the Prohibited List, a Therapeutic Use Exemption (TUE) gives that Athlete the authorization to take the needed medicine so long as the Athlete fulfils all the mandatory criteria to do so.

The Prohibited List can be checked at:

[WADA Prohibited List](#)

[Global DRO](#)

WHAT ARE THE CRITERIA YOU MUST FULFIL IN ORDER TO OBTAIN A TUE?

The criteria for obtaining a TUE can be found at:

[International Standard for Therapeutic Use Exemptions \(ISTUE\)](#)

CHAMPIONSHIPS RULES & REGULATIONS

- Dress Code for Competitors
- Competitors are allowed to wear ONLY the official DAEDO Dobok
- Competitors are allowed to bear their country name on the back of the Dobok jacket under the Taekwon-Do “tree”.
- The Competitor’s SATF ID number should be located below the belt on the back of the Dobok jacket.
- Competitors are allowed to bear their NGB logo or trademark of their sponsor on the left sleeve of their Dobok and it should be located 15 cm down from the shoulder line.
- Iare allowed to bear their national flag (3 cm by 5 cm) on the right side of the front of the Dobok jacket atthe same level with the ITF Logo located on the left side of the Dobok jacket.

CHAMPIONSHIPS RULES & REGULATIONS

General

- Every NGB must submit two National Flags (1 meter X 2 meters) and a USB memory stick with the National Anthem (45 seconds.) to the Organizing Committee at the onsite Team Registration.
- Program of competitions: Detailed preliminary schedule by ring will be provided prior to the competitions.
- The schedule may be changed during the course of the competitions at the SATF Tournament Committee discretion.
- All disciplines may start on the first day of the Championship. There is no mandatory order of disciplines in the program. Therefore, competitors and teams must be ready to participate in self-defence, special techniques or power events even before the sparring event.
- Only one team from one country can participate and that team shall perform Pattern, Sparring, Special Technique and Power Breaking except for Self- Defence Routine.
- The host country can field 1 member extra in Individual and 2 teams in each category.

APPLICATIONS

All participants must be a registered member of ITF DB. Applications must be sent only via the ITF DB online registration:

<https://data.taekwondo-itf.com/event/31722/12680>

Only the ITF affiliated NGBs and the ITF Degree holders and the color belts registered in the ITF Database will be able to submit application to take part at the Championships.

Should you have any technical problems accessing the online application system, please contact ITF IT support at support@taekwondo-itf.com.

For any other operational issues, regarding the ITF DB, please, contact :

- Mr. Anton Archipov, ITF Data Protection Officer, a.archipov@taekwondo-itf.com
- Master Lee Sock Cheng, ATF Data Protection Coordinator, kita.sockcheng@gmail.com
- Miss Harshita Chourasia, SATF Data protection Coordinator, dpcsatf@gmail.com

Countries requiring a Visa to Kathmandu should contact the nearest consulate.

The waiting period after application of Visas to Nepal might vary, therefore please prepare in advance.

Deadline for NGBs to ask for confirmation of participation: 15th Oct. 2026.

All the information and the passport photo pages must be uploaded to the ITF DB, Passport is legally sensitive data.

PAYMENTS & PENALTIES

#FEES

- Individual entry fee: 100 USD per competitor.
- Team entry fee: free of charge.
- Accreditation fee for the countries using their own accommodations, i.e. if not booking via the Organizer: 50 USD perperson (Note: after payment, these participants will receive only ID card and no other package services, including transportation, full board meals and other accommodation-related services).

#PENALTIES

- Late arrival of the whole team is 10.00 USD per person.

IMPORTANT: The last arrival of all delegations is the 20 November till 11:00 a.m.

It is the participant's responsibility to have full insurance coverage for all eventualities. Nepal ITF and organizer will not be responsible for any injury or loss for the participants, before, during and after the Championship.

ACCOMMODATION PACKAGES

DEADLINE - 1 15 Oct. 2026	Package-A (4 Star Hotel) Double room 1 person
6 Days/5 nights	USD 325
5 Days/4 nights	USD 260
4 Days/3 nights	USD 195
Extra Day	USD 65

DEADLINE - 1 15 Oct. 2026	Package-B (3 Star Hotel) Double room 1 person
6 Days/5 nights	USD 300
5 Days/4 nights	USD 240
4 Days/3 nights	USD 180
Extra Day	USD 60

DEADLINE - 1 15 Oct. 2026	Package-C (Star Hotel) Double room 1 person
6 Days/5 nights	USD 250
5 Days/4 nights	USD 200
4 Days/3 nights	USD 150
Extra Day	USD 50

Each package includes:

- Accommodation according to selected type of package
- Transport from/to airport
- Full board (breakfast, lunch, dinner)
- Free entrance to the sport hall
- Free entrance to the opening/closing ceremony
- Medical assistance during the competition days (only for injured competitors)

For Single Room add USD 40 per day.

DISCIPLINES

Only ITF affiliated NGBs and ITF registered black belt holders can participate in Championship. The degree and age of competitors must be valid on their degree certificates and passports. Competitors must present their ITF Black belt degree card and National passport at the registration.

COMPETITORS:

- Two (2) competitors each division/category in Children Competitions 8-10 years old.
- Two (2) competitors each division/category in Children Competitions 11-13 years old.
- Two (2) competitors each division/category in Junior Competitions 14-15 years old.
- Two (2) competitors each division/category in Junior Competitions 16-17 years old.
- Two (2) competitors each division/category in Adult Competitions 18-34 years old.
- Three (3) competitors each division/category in Veteran Competitions 35-44 years old (Silver Class).
- Three (3) competitors each division/category in Veteran Competitions 45+ years old (Gold Class).
- Teams must consist of five (5) competitors + 1 reserve (optional), not necessarily, chosen out of the individual competitors. Each NGB may register up to twelve (12) juniors. Six must be between 14–15 years old and six must be between 16–17 years old to compete in the Team Sparring, Team Pattern, Team Power and Special technique.

DISCIPLINES

- The Competitors credentials will be checked through the ITF DB if not in DB through for Age proof National ID Cards or School ID Cards and Passports
- Children Competitors and Junior Competitors must be at the age of 8 to 17 years on the first day of competition i.e. 21st Nov. 2026.
 - Adult must be at the age of 18 or above on the first day of competition i.e. 21st Nov. 2026.
- Competitors must wear the official I.T.F. Dobok.
- Competitors must be in possession of a Blue and a Red set of approved type safety equipment. Other colors will not be allowed.

COACHES

- Only one (1) coach is allowed in the square during matches.
- He/she must wear a tracksuit and gymnastic shoes.
- The coach is the only person who can make an official protest and the

PROTEST FEE SHALL BE USD - 50/-

UMPIRES

- The Organizing Committee will pay 3 nights and accommodation selected umpire

DISCIPLINES

UMPIRES:

- The Standby Umpire will become an Official Umpire if there is any Official Umpire from another country who wishes to cancel his trip to the event. Then their accommodation and meals will be provided by the Organizing Committee. If the Official Umpire list is full, then the Standby Umpires will be considered as Self Paying Umpire. They will have to pay for their own accommodation and meals.
- Umpires will be required to carry out their duties as scheduled.
- Umpires must attend all the Umpire Meetings scheduled in the period of the event.
- The Organizing Committee will dismiss any Umpires who do not abide by the work schedules or guidelines and such Umpires will have to pay for the hotel accommodation and meals by themselves.
- The Umpire's dress code will consist of the Navy blue blazer jacket, White long sleeved shirt, Navy blue trousers, Navy blue necktie, White short socks and White sport shoes as laid down in the Umpire rules.

COMPETITION RULES:

- ITF Tournament and Umpire Rules will be applied in competition for both individual and team events (including Pattern, Sparring and Self-defense Routine) for which an Umpire Seminar will be conducted by GM Dr. Rajendran Balan, President of SATF.
- Weight classes and divisions are specified in the ITF Tournament Rules. Only the age groups are extended. Competitions are held in the following groups:
- 08-10 years old, 11-13 years old, 14-15 years old, 16-17 years old, 18-34 years old, 35-44 years old, 45 plus years old.

DISCIPLINES
COMPETITION RULES:
Important

- The Competitions in Individual and team patterns for all age groups and ranks will be held on the single elimination (olympic pyramid) system both in sparring and patterns.
- The Competitions in individual sparring for Children 8-10 years old and 11-13 years old, as well as for Juniors 14-15 years old Youth U-18 (16-17 years old), Adults (18-34 years old) and Seniors (35-44 years old), Veterans (45 years old and up) (ITF Gup holders) will be held on the single elimination (olympic pyramid) system.
- The Competitions in individual sparring among the ITF Dan holders in Juniors (14-15 years old), Youth U-18 (16-17 years old), Adults (18-34 years old) and Seniors (35-44 years old), Veterans (45 years old and up) will be held on the single elimination (olympic pyramid) system.

COMPETITIONS/ EVENTS			
The Championship will have the following events			
Individual	Individual Pattern	Individual Sparring	
Team	Team Pattern	Team Sparring	Self-defense

INDIVIDUAL PATTERN

Male & Female

Divisions : Colour Belt

6-5 Kup	4-3 Kup	2-1 Kup
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Divisions : Black Belt

1st Dan	2nd Dan	3rd Dan
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Sub-Divisions :

Up to 13 years	Up to 14-15 years	16-17 years	+35 Years
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TEAM PATTERN-MALE & FEMALE

Junior (14-15 years), Youth U-18 (16-17 yrs) Adult (18-34 yrs) & Veteran (+35 yrs) will be separately entertained if there is more than 4 teams in one division otherwise will be merged as Junior & Adult)

INDIVIDUAL SPARRING

Permitted tournaments to be conducted in the following age divisions:

DEVISION

6th- 1st Kup	Male and Female
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PRE-CHILDREN TOURNAMENT (ages 8 to 9)	
Boys	–20 kg, –24 kg, –28 kg, –32 kg, –36 kg, –40 kg, –45 kg, +45 kg.
Girls	–18 kg, –22 kg, –26 kg, –30 kg, –34 kg, –38 kg, –42 kg, +42 kg.

CHILDREN TOURNAMENT (10 TO 11 YRS)	
Boys	- 25kg, - 30kg, - 35 kg, -40kg , - 45 kg, - 50 kg, - 55 kg, +56 Kg
Girls	- 23 kg, - 27kg, - 31 kg, -35kg , - 39 kg, - 43 kg, - 47 kg + 47 kg

CADET TOURNAMENT (12 TO 13 YRS)	
Boys	- 30 kg, - 35kg, - 40 kg, -45 kg , - 50 kg, - 55 kg, -60 kg, +60Kg
Girls	- 25kg, - 29kg, - 33 kg, -37kg , - 41 kg, - 45kg, -49 kg + 49kg

JUNIOR TOURNAMENT (AGES 14 TO 15)	
Male	−40 kg, −45 kg, −50 kg, −55 kg, −60 kg, −65 kg, −70 kg, +70 kg.
Female	−35 kg, −39 kg, −43 kg, −47 kg, −51 kg, −55 kg, −59 kg, +59 kg.

YOUTH TOURNAMENT (AGES 16 TO 17)	
Male	−45 kg, −50 kg, −55 kg, −60 kg, −65 kg, −70 kg, −75 kg, +75 kg
Female	−35 kg, −39 kg, −43 kg, −47 kg, −51 kg, −55 kg, −59 kg, +59 kg.

ADULT TOURNAMENT (AGES 18 TO 34)	
Male	−54 kg, −60 kg, −66 kg, −72 kg, −78 kg, −84 kg, −90 kg, +90 kg.
Female	−50 kg, −54 kg, −58 kg, −62 kg, −66 kg, −70 kg, −74 kg, +74 kg.

SENIOR & VETERAN TOURNAMENT (AGES +35 YRS)	
Male	–54 kg, –60 kg, –66 kg, –72 kg, –78 kg, –84 kg, –90 kg, +90 kg.
Female	–50 kg, –54 kg, –58 kg, –62 kg, –66 kg, –70 kg, –74 kg, +74 kg.

1ST DAN to 4TH DAN	MALE AND FEMALE
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CHILDREN TOURNAMENT (AGES 10 TO 11)	
Boys	–25 kg, –30 kg, –35 kg, –40 kg, –45 kg, –50 kg, –55 kg, +55 kg
Girls	23 kg, –27 kg, –31 kg, –35 kg, –39 kg, –43 kg, –47 kg, +47 kg

CADET TOURNAMENT (AGES 12 TO 13);	
Boys	–30 kg, –35 kg, –40 kg, –45 kg, –50 kg, –55 kg, –60 kg, +60 kg.
Girls	-25 kg, –29 kg, –33 kg, –37 kg, –41 kg, –45 kg, –49 kg, +49 kg.

JUNIOR TOURNAMENT (AGES 14 TO 15)	
Male	–40 kg, –45 kg, –50 kg, –55 kg, –60 kg, –65 kg, –70 kg, +70 kg
Female	–35 kg, –39 kg, –43 kg, –47 kg, –51 kg, –55 kg, –59 kg, +59 kg

YOUTH TOURNAMENT (AGES 16 TO 17)	
Male	–45 kg, –50 kg, –55 kg, –60 kg, –65 kg, –70 kg, –75 kg, +75 kg.
Female	–40 kg, –44 kg, –48 kg, –52 kg, –56 kg, –60 kg, –64 kg, +64 kg.

ADULT TOURNAMENT (AGES 18 TO 34)	
Male	–54 kg, –60 kg, –66 kg, –72 kg, –78 kg, –84 kg, –90 kg, +90 kg
Female	–50 kg, –54 kg, –58 kg, –62 kg, –66 kg, –70 kg, –74 kg, +74 kg

SENIOR & VETERAN TOURNAMENT (AGES +35 YRS);	
Male	–54 kg, –60 kg, –66 kg, –72 kg, –78 kg, –84 kg, –90 kg, +90 kg
Female	–50 kg, –54 kg, –58 kg, –62 kg, –66 kg, –70 kg, –74 kg, +74 kg

TEAM SPARRING – MALE & FEMALE	
Only (14-17 yrs), Adult (18-34 yrs) & Senior-Veteran (+35 Yrs) will be separately entertained if there is more than 4 teams in one division otherwise will be merged or canceled)	
SELF DEFENSE ROUTINE COMPETITION	
MALE – JUNIOR, YOUTH U-18 & ADULT	FEMALE – JUNIOR, YOUTH U-18 YRS & ADULT
(Junior (14-15 yrs), Youth U-18 (16-17 yrs), Adult (18-34 yrs) will be separately entertained if there is more than 4 teams in one division otherwise will merged or canceled)	
IMPORTANT NOTICE	
EACH CATEGORY WILL BE ENTERTAINED IF THERE IS MORE THAN 4 PARTICIPANTS IN EACH CATEGORY. OTHERWISE WILL BE MERGED WITH UPPER CATEGORY. IN ANY EVENT IF A CATEGORY IS ACCEPTED WITH ONLY ONE PLAYER, THAT MEDAL WILL NOT BE CALCULATED TOWARDS PRESENTATION OF TEAM TROPHY.	

DISCIPLINES

Team events : Adults

In the Adults; Team Pattern, Sparring, and Self-defense routine events, the team must only include competitors 18-34 years old. NGBs must register one male and one female team to perform all disciplines except self-defence routine.

BLACK BELT GRADATION

Grand Master Dr. Rajendran Balan may conduct a Black Belt examination as per request and requirement mentioned by the participating countries on any day organized by the Organizing Committee.

PRE-PAYMENT BANK DETAILS :

Every participating country has to make a prepayment of 50 USD per each member of the delegation to the bank account of the Organizing Committee before DEADLINE. This partial Pre-payment will be taken into consideration when receiving final payments in cash at the registration point. Please confirm via email : after payment.

Account Name : Nepal International Taekwon-Do Federation
Account A/C No : 0210600199512013
Bank Name: AGRICULTURE DEVELOPMENT BANK
Branch Name TRIPURESHWOR BRANCH, NEPAL
SWIFT CODE : ADBLNPK

PRELIMINARY SCHEDULE

DATE	TIME	ACTIVITIES
19 Nov. 2026	09:00 -17:00	Arrival Registration
20 Nov. 2026	Until 11 AM	Arrival, Registration, Weigh in
	13.00 – 14.00	LUNCH BREAK
	09.00 – 17.00	SATF Umpire Seminar
	18:00 – 20	SATF Congress meeting
21 Nov. 2026	07.00 – 08.00	BREAK FAST
	09.00 – 11.00	Individual Tul Competition
	11.00 - 12.00	Opening Ceremony
	12.00 – 13.00	Team Tul Competition
	13.00 – 14.00	LUNCH BREAK
	14.00 - 17.00	Individual Sparring Competition
	17.00 - 18.00	Medal Awarding
	19.00 – 20.00	Dinner
22 Nov. 2026	07.00 – 08.00	BREAK FAST
	09.00 – 18.00	Individual Sparring Competition
	18.00-19:00	Medal Awarding
	19.00-21.00	Dinner
23 Nov. 2026	Departure	

IMPORTANT: The last arrival of all delegations is the 20 Nov. till 11:00 AM

AWARDING :

All participants will receive a Certificate of Participation signed by the SATF President and President of the Organizing Committee and any VIPs concerned. Finalists of specified divisions and categories will receive Diplomas and Medals.

The Trophies will be awarded for the following respective categories :

- Best Player : Male & Female Color belt Under 18 & above 18 years categories.
- Best Player : Male & Female Black Belt Under 18 years & above 18 years categories.
- Overall Champion Country – Female & Male – Colour belt category.
- Overall Champion Country – Female & Male – Black Belt category.
- Best Referee of the Competition Award :



See you in Kathmandu