

GOLDEN I.T.F. STAR 2026



2026 ITF TAEKWON-DO INTERNATIONAL TOURNAMENT

OFFICIAL INFOPACK



Shymkent, Kazakhstan
19 - 22 March, 2026



#ORGANIZER & PROMOTER



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ORGANIZER

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PROMOTER

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#WELCOME



Dear ITF Leaders, Grand Masters and Masters,
Dear NGB Presidents and Participants,



With the support from the authorities of Kazakhstan, Committee on Sports and Physical Culture of the Ministry of Tourism and Sports of the Republic of Kazakhstan, International Taekwon-Do Federation (I.T.F.) Kazakhstan Taekwon-Do I.T.F. Association herewith welcome you to the 2026 ITF Taekwon-Do «**GOLDEN STAR**» international tournament to take place in Kazakhstan the City of Shymkent.

We are looking forward to seeing you all in March 2026.

Sincerely Yours in Taekwon-Do,

Master Aidyn Kamytbayev
Vice - President,
Kazakhstan Taekwon-Do I.T.F. Association

#WELCOME

#SHYMKENT



Shymkent is the third most populous city in Kazakhstan, one of its largest industrial, commercial and cultural centers.



Shymkent, as a city-settlement, already existed in the 6th century AD. The city is located in the south of Kazakhstan and 100 km. from the capital of Uzbekistan (Tashkent).

Shymkent, the oldest city in Kazakhstan, in the centre of which there is an ancient citadel.

Within the city limits there is the site of Sairam, a real treasure trove of archaeological finds.

Shymkent is also famous for its parks and unique arboretum, where rare and exotic tree species grow.

#SHYMKENT

#VISA



Detailed information can be found at:
<https://www.vmp.gov.kz/en/>

Any countries requiring the visa are requested to contact the nearest Kazakhstan Embassies or Consulates to obtain the visa on time. Please keep in mind that the waiting time vary according on the countries. If you are in need of any assistance from the Organizing Committee, please do not hesitate to contact us immediately.

The list of countries whose nationals can visit Kazakhstan for 30 days without a visa includes:

Russia	Azerbaijan	Japan
Uzbekistan	Thailand	Kyrgyzstan
Philippines	Singapore	South Korea
Mongolia	Tajikistan	Saudi Arabia
Hong Kong	Malaysia	Turkey
United Arab Emirates		

#VISA

#WEATHER IN SHYMKENT



Temperature

The average temperature in March in Shymkent is 18-20°C during the day and 8-10°C at night. More detailing information can be found on the website <https://world-weater/>.

Humidity

In March, the average relative humidity in Shymkent is 63%.

Daylight

In March, the average length of the day is 12 h and 40 min. On the first day of March, sunrise is at 06:56 and sunset at 18:11. On the last day of the month, sunrise is at 06:05 and sunset at 18:46 +05.

Sunshine

In Shymkent, the average sunshine in March is 10.4 h.

TRANSPORTATION & ARRIVAL



Shymkent International Airport the newest airport opened in December 2024, located 15 km from the center of Shymkent.

The airport has three modern terminals designed to provide high-quality service to arriving and departing city guests.

The city center can be reached by taxi or public transport the journey will 10-30 minutes.

Airport formalities

You pass through passport control and pick up your luggage before going through Customs.

Teams arriving at the Shymkent International Airport, should inform the Organizing Committee of their schedule, including arrival/departure time and the exact flight numbers 15 of March 2026.

NOTE:

The transfer is carried out around the clock for teams over 5 people. In case of arrival of teams (part of the team) less than 5 people, the wait time of up to several hours is possible.



#TRANSPORTATION&ARRIVAL

#VENUE



Athletics arena



The Athletics arena is the venue for major ITF Taekwon-Do tournaments and other sports.

It is one of the largest multifunctional sports and entertainment facilities in Shymkent built to meet the highest standards and requirements of sports international federations.

The venue has hosted some of the most prominent international events in martial arts in recent years.



#VENUE

#APPLICATIONS



- Only organizations operating under a valid ITF Recognition Plaque registered in the ITF DB will be able to take part at the **GOLDEN STAR** ITF Taekwon-Do - 2026
- The ITF Recognition Plaque number and the ITF Recognition Plaque status will be checked electronically through the ITF DB at registration
- All participants of 8 Gup and above must be active ITF members having paid their annual membership fees to ITF

Applications must be submitted only via the ITF DB online registration system:

<https://data.taekwondo-iff.com/event/31725/10721>

Participants from the countries, requiring a Visa to Kazakhstan should contact the nearest Consulate. The waiting period after application of Visas to Kazakhstan might vary, therefore please prepare in advance.

Deadline to ask for confirmation of participation: 15th of March 2026

- Should you have any problems accessing the online application system, please contact:
- kaz.itf.office@mail.ru
- The VIPs will be registered only by the ITF HQ.
- **IT Services:** ITF Technical Support

#APPLICATIONS



#UMPIRES

Umpires will be required to attend all the Umpire Meetings and carry out all their duties as scheduled in the period of the event.

The Tournament Organizing Committee may disqualify any Umpires who do not abide by the work schedules or guidelines

The Umpire's dress code will consist of the navy blue blazer jacket, white long sleeved shirt, navy blue trousers, navy blue necktie indicated by the position that he/she will occupy, white short socks and white sport shoes as stated in the Umpire rules.

#FEES

- Individual entry fee: 17 000 tenge (28 EUR) per competitor
- Team entry fee: free of charge

IMPORTANT: The last arrival of all delegations is the 19th March, Wednesday, till 16:00 p.m.

GOLDEN STAR RULES AND REGULATIONS

Golden star 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.

General

- 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 ITF Tournament Committee discretion.
- To protect the health safety of all participants, Gthe Golden Star ITF Taekwon – Do - 2025, are held in accordance with the ITF Medical Rules and regulations unless stated otherwise insome specific cases.

COMMON MEDICAL RULES VALID FOR ALL PARTICIPANTS:



1. Medical Clearance:

- All participants must own a medical clearance certificate, proving they are in good health and fit to compete. This certificate must be issued by a doctor and should be uploaded to the each participants' personal profile in the ITF DB.
- The Medical insurance shall be uploaded to the 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.

2. Protective Gear:

All competitors must wear the authentic ITF - Approved protective gear, including headgear, mouthguards, groin protectors, shin guards, and chest protectors (if applicable).

#DISCIPLINES

Individual Patterns (Tul)

Kids, Children, Junior, Youth, Adult and Veteran competitors will perform the designated pattern together. The Olympic System will be used.

Kids (6-7 & 8-9 years old):	No Patterns			
Children (10-11 years old):	8-1 Gup			
Children (12-13 years old):	9-5 Gup	4-1 Gup	I Dan	
Junior (14-15 years old):	6-1 Gup	I Dan	II Dan	
Youth (16-17 years old):	I Dan	II Dan	III Dan	
Adult (18-34 years old):	I Dan	II Dan	III Dan	IV Dan
Veteran (35+ years old):	I Dan	II Dan	III Dan	IV Dan

#DICIPLINES

SPARRING (Matsogi)

Olympic system will be used for Kids, Children and Veteran age divisions.



Team event sparring:

Each team will have a maximum of 20 seconds for a competitor to be ready to spar. The time clock will be shown with 20 second countdown for the first team. When this member is ready, the clock will be restarted for the opposing competitor, there will be a maximum of 40 seconds between each bout. A competitor who fails to be ready within 20 seconds, will lose that match.

#AGE&WEIGHT CATEGORIES

Kids (6-7 years old)

Male 22 kg, 24 kg, 26 kg, 28 kg, 30 kg, + 30 kg.

Female 20 kg, 22 kg, 24 kg, 26 kg, 28 kg, + 28 kg.

all gup

Kids (8-9 years old)

Male 23 kg, 26 kg, 29 kg, 32 kg, 35 kg, 38 kg, + 38 kg.

Female 23 kg, 26 kg, 29 kg, 32 kg, 35 kg, + 35 kg.

all gup

Children (10-11 years old):

Male 26 kg, 30 kg, 34 kg, 38 kg, 42 kg, 46 kg, + 46 kg.

Female 26 kg, 30 kg, 34 kg, 38 kg, 42 kg, 46 kg, + 46 kg.

group «B»: 9 - 5 gup;
group «A»: 4 gup - 1 dan.

Children (12-13 years old):

Male 30 kg, 35 kg, 40 kg, 45 kg, 50 kg, 55 kg, 60 kg, + 60 kg.

Female 35 kg, 40 kg, 45 kg, 50 kg, 55 kg, + 55 kg.

group «B»: 9 - 5 gup;
group «A»: 4 gup - 1 dan.

Junior (14-15 years old):

Male 40 kg, 45 kg, 50 kg, 55 kg, 60 kg, 65 kg, 70 kg, + 70 kg.

Female 40 kg, 45 kg, 50 kg, 55 kg, 60 kg, 65 kg, + 65 kg.

group «B»: 6 - 1 gup;
group «A»: 1-2 dan.

Youth U-18 (16-17 years old):

Male 45 kg, 51 kg, 57 kg, 63 kg, 69 kg, 75 kg, + 75 kg.

Female 40 kg, 46 kg, 52 kg, 58 kg, 64 kg, 70 kg, + 70 kg.

group «B»: 6 - 1 gup;
group «A»: 1-3 dan.

Adult (18-34 years old):

Male 52 kg, 58 kg, 64 kg, 71 kg, 78 kg, 85 kg, 92 kg, + 92 kg.

Female 47 kg, 52 kg, 57 kg, 62 kg, 67 kg, 72 kg, 77 kg, + 77 kg.

group «B»: 6 - 1 gup;
group «A»: 1-4 dan.

#DICIPLINES



Veteran (35-49)

Male: 52 kg, 58 kg, 64 kg, 71 kg, 78 kg, 85 kg, 92 kg, + 92 kg.

Female: 47 kg, 52 kg, 57 kg, 62 kg, 67 kg, 72 kg, 77 kg, + 77 kg.

Veteran (+ 50)

Male: 64 kg, 73 kg, 80 kg, 90 kg, + 90 kg.

Female : 54 kg, 61 kg, 68 kg, 75 kg, + 75 kg.

Duration of fights:

Kids 6-7 years

Kids 8-9 years

Children 10-11 years

Children 12-13 years

**2 rounds
of 1.5 min**

Junior 14-15 years

Youth U-18 16-17 years

Adult 18-34 years

Veteran

**2 rounds
of 2 min**

#TEAM PATTERNS (Tul)

Children 12-13 years

Junior 14-15 years

Youth U-18 16-17 years

Adult 18-34 years

#TEAM SPARRING (Matsogi)

Children 10-11 years

Children 12-13 years

Junior 14-15 years

Youth U-18 16-17 years

Adult 18-34 years

IMPORTANT:

The competition program will be provided to teams after they have been accredited!

#DICIPLINES



**The «GOLDEN STAR» International Tournament
is a unique opportunity to test your skills
before the upcoming World Cup 2026.**



**We will be happy to welcome
you to our hospitable land!**