

TECHNICAL HANDBOOK

TAEKWONDO

VERSION 1.0
JANUARY 2025



FISU
WORLD
UNIVERSITY
GAMES
SUMMER

ABBREVIATIONS

ABBREVIATION

LONG FORM

CEO	Chief Executive Officer
CIC	FISU Control Committee
CSO	Chief Sports Officer
F&B service	Food and Beverages service
FISU	International University Sports Federation
FISU Games	FISU World University Games
GMS	Games Management System
GTM	General Technical Meeting
HoD	Head of Delegation
IF TD	International Federation Technical Delegate
ISTUE	International Standard for Therapeutic Use Exemption
ITO	International Technical Official
MEE	Messe Essen
MIC	Main Information Centre
NADA	National Anti-Doping Agency
NF	National Federation
NOC	National Olympic Committee
NRW	North Rhine-Westphalia
NTO	National Technical Official
NUSF	National University Sports Federation
OC	Organising Committee
RSC	Referee Stops Contest
SIC	Sport Information Centre
SID	Sport Information Desk
TCC	Technical Committee Chair

TO	Technical Official
TUE	Therapeutic Use Exemption
WADA	World Anti-Doping Agency
WADC	World Anti-Doping Code
WT	World Taekwondo

STRUCTURE

A Technical Handbook is the go-to ‘instruction manual’ for athletes, team officials and other competition-facing delegation staff attending the Rhine-Ruhr 2025 FISU World University Games. Following a uniform structure, the Organising Committee has produced one handbook for each of the 18 sports on the programme.

In the first of its three sections, a Technical Handbook provides a general introduction to the FISU Games and the staging concept for 2025, and information likely to be of use to visitors to the Rhine-Ruhr region or Berlin. In the second section, services information specific to delegations in that sport is considered, such as accreditation, transport, accommodation and catering, and the information and medical services. In the final section, the handbook details the technicalities for participating in the sport: key dates, technical meetings, details on the competition and training venues and schedules, technical regulations including the competition format and rules, and competition procedures.

Each handbook includes external links to more detailed content where necessary, and is designed as a practical, easy-to-navigate guide which can be downloaded and referred to throughout a delegation’s preparation for, and participation at, the Rhine-Ruhr 2025 FISU Games. The different Icons are designed to support a better and faster overview of each topic. Please find below a detailed list of the icons and their meaning.



Location



Files to Download



Dates and Operational Hours



External Link



Contact Details



Important



Additional Information



Video Link

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GENERAL INFORMATION



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1.1 THE FISU GAMES

1.1.1 INTERNATIONAL UNIVERSITY SPORTS FEDERATION (FISU)

The International University Sports Federation (in French: Fédération Internationale du Sport Universitaire) is the body responsible for the organisation and governance of international competitions for student-athletes, including the FISU World University Games. FISU is based in Lausanne, Switzerland, and is governed by President Leonz Eder.

1.1.2 FISU WORLD UNIVERSITY GAMES

Debuting as the World University Games in 1923 in Paris, France, the precursor event was held in Europe every two years until 1939. The event was revived in 1947 – two years before the founding of FISU – and returned as the ‘Universiade’ in Turin, Italy, in 1959. As part of the relaunch, the ‘U’ shape of the FISU flag and the song ‘Gaudeamus Igitur’, which is played at the award ceremonies instead of the national anthem, were introduced. Since then, the multi-sport event has been held every two years (in odd-numbered years), with both summer and winter editions. The most important competition in international university sport, the Universiade became known as the ‘FISU World University Games’ in 2020.

1.1.3 ELIGIBILITY

The FISU Games are open to students who will be aged between 18 and 25 on 31 December of the year of the event (that is, born between 1 January 2000 and 31 December 2007), and who have been nominated by their national university sports federations. Participants include both up-and-coming athletes and established top athletes, of whom many already have world championship and Olympic Games appearances – and medals – to their name.

1.1.4 SPORTS

The summer edition of the FISU World University Games comprises 15 compulsory sports: archery, artistic gymnastics, athletics, badminton, basketball, diving, fencing, judo, rhythmic gymnastics, swimming, taekwondo, tennis, table tennis, volleyball, and water polo. The optional sports 3x3 basketball, 3x3 wheelchair basketball, beach volleyball and rowing complete the programme of the Rhine-Ruhr 2025 FISU World University Games.

1.2 THE RHINE-RUHR 2025 FISU WORLD UNIVERSITY GAMES

1.2.1 GENERAL CONCEPT

From 16 to 27 July 2025, the Rhine-Ruhr region plus Berlin will be the stage for one of the greatest sporting shows on Earth, as around 8,500 athletes and officials from up to 150 countries come together for the Rhine-Ruhr 2025 FISU World University Games. With medals to be won in 18 sports, the action will be shared among the cities of Bochum, Duisburg, Essen, Mülheim an der Ruhr and Hagen in North Rhine-Westphalia, plus Berlin.



Beyond the 23 competition venues, there will be plenty more to see and experience. Because this will be a sporting spectacular with a festival vibe, reaching out to a diverse audience through an extensive -and mostly free -programme of artistic, cultural, and educational opportunities. 'Alle Spielen Mit' is the slogan ('Everyone is all-in'), and for 12 glorious days in the summer of 2025, there really will be something for everyone to enjoy.

1.2.2 THE 'FISU GAMES NEIGHBOURHOOD'

For the Rhine-Ruhr FISU World University Games, centralised 'hubs' known as FISU Games Neighbourhoods are being created to meet all the needs of athletes and delegation members.

This innovative redesign of the traditional FISU Games Village idea ensures easy access to essential services such as catering, laundry, medical needs, and comprehensive information desks. Beyond meeting practical needs, the FISU Games Neighbourhood is designed to foster a sense of community and connection. It provides a welcoming space for social interaction, where participants from different nations and sports can come together, share experiences, and form lasting friendships. The largest FISU Games Neighbourhood will be located at Messe Essen, serving as the primary centre for catering, laundry, information desks, and other key services for athletes competing in Essen. To make it as convenient as possible for all athletes, these services are also offered on a smaller scale in the other host cities for the athletes competing there. Please note that it will not be possible for athletes to visit an alternative FISU Games Neighbourhood in addition to the one where they and their sport is centred.

1.2.3 IN NUMBERS

- ✓ **16-27 July 2025**
- ✓ **Six** host cities
- ✓ **12** days of sporting action
- ✓ **18** sports
- ✓ **23** competition venues
- ✓ **150** countries represented (approx.)
- ✓ **8,500** athletes and officials expected (approx.)
- ✓ **12,000** volunteers (approx.)
- ✓ **0** new venues constructed

1.3 THE RHINE-RUHR REGION

1.3.1 NRW: 'SPORTLAND NUMMER 1'

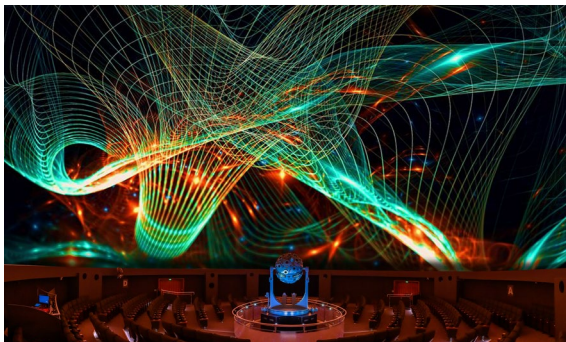
The No.1 state for sport in Germany? With approximately 18,000 professional and local sports clubs with five million active participants, it would be hard to argue against North Rhine-Westphalia. The state hosts more Bundesliga football teams than anywhere else, the world-leading CHIO equestrian centre in Aachen, the annual 'Final Four' in handball, biathlon in Schalke, rowing in Duisburg and hockey in Mönchengladbach. But the Sportland.NRW initiative focuses on so much more than high-performance sport. Community sports for everyone, club and school sports, and inclusive sports for people with impairments or social disadvantages: in North-Rhine Westphalia, nobody is left on the sidelines.



1.3.2 TEN TOP SITES AND SIGHTS

Planetarium Bochum: domed astronomy centre with digital projectors showing over 9,000 shining stars in the night sky, as seen from Earth

Photo credit: Stadt Bochum



Broich Castle: fortification in **Mülheim an der Ruhr** dating back to the ninth century, and lately an atmospheric venue for music festivals like Castle Rock and the Ruhrbühne.

Photo credit: nrw-tourismus.de



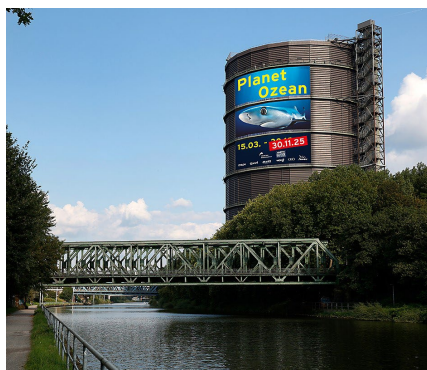
Duisburg Port: the largest inland port in the world with 21 docks handling over 20,000 ships and millions of containers each year.

Photo credit: duisport/Hans Blossley



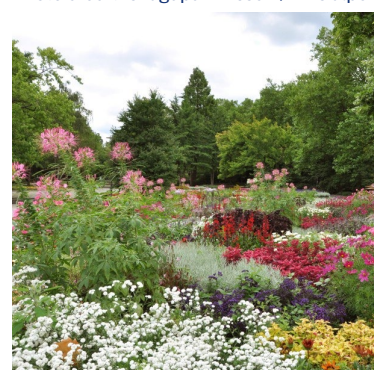
Gasometer Oberhausen: formerly Europe's largest disc-type gas holder, now decommissioned and converted into a cultural and exhibition space.

Photo: <https://www.oberhausen-tourismus.de/>



Grugapark: a 60-hectare oasis in **Essen** featuring numerous themed gardens and drawing over one million visitors a year.

Photo credit: Grugapark Essen / M. Gülpen



Hohenlimburg Castle: medieval fortress southeast of **Hagen** known as 'Westphalian Heidelberg' because of its picturesque hillside location.

Photo credit: <https://schloss-hohenlimburg.de/>



Landschaftspark Duisburg-Nord: a former ironworks re-purposed as a nature and cultural park (and the venue for the Closing Ceremony on 27 July 2025).

Photo credit: Thomas Berns



Rüttenscheid: a popular district of hip cafes, bars, restaurants and boutique shops in **Essen**.

Photo credit: ruettenscheid.de



Zeche Zollverein: an arts and cultural centre in **Essen** housed beneath the imposing steel frame of the so-called 'Eiffel Tower of the Ruhr area'

Photo credit: Peter Wieler / Essen Marketing GmbH



Zoom Erlebniswelt: a 30-hectare zoo situated around 10km northeast of **Essen**, known for its cultural approach to zoology.

Photo credit: zoom-erlebniswelt.de/

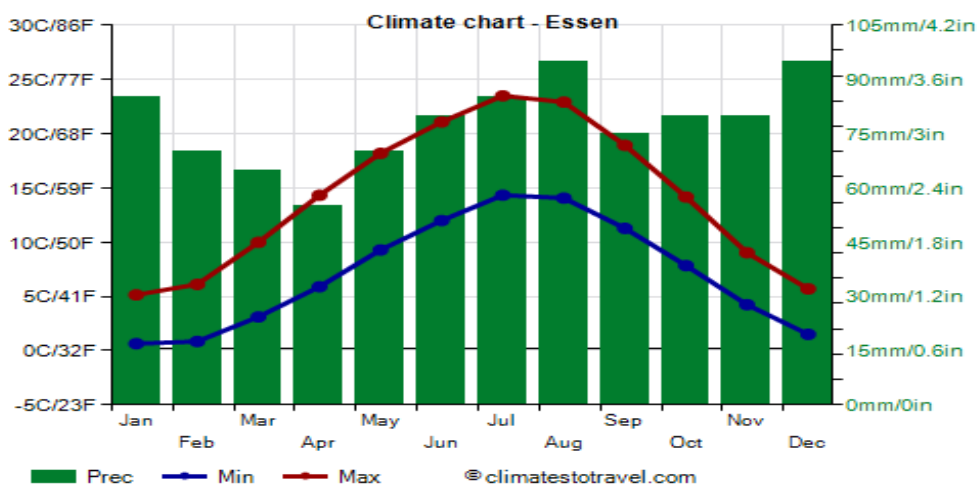


1.4 CLIMATE AND WEATHER INFORMATION

1.4.1 CLIMATE OF THE RHINE-RUHR REGION

The climate of the Rhine-Ruhr region of North Rhine-Westphalia is sub-oceanic. Winters are cold but not freezing, while summers are mild or pleasantly warm. The Atlantic Ocean influences the climate, bringing clouds and rain for much of the year, and cold, unstable air from the North Sea. However, there can also be mild periods in winter, and warm to hot periods from late April to early October, because of air masses coming from the subtropical latitudes of the ocean (source: <https://www.climatestotravel.com>).

July is typically the hottest month of the year, with daytime temperatures averaging 19 degrees Celsius (66f). On average, Essen receives 85mm of rainfall in July, over an average of 11 days. December and January are the wettest months, and April the driest.



1.4.2 WEATHER FORECASTS

Localised daily weather forecasts will be displayed at information desks in hotels and in competition venues. These will be updated every morning for the day ahead. A link will be provided to an app for “live” updates. The link will be included in the Final Version of the Technical Handbook (to be released two weeks prior to the FISU Games).

1.5 GENERAL INFORMATION FOR VISITORS

1.5.1 LANGUAGES

German is the primary language of Germany, spoken as a first or foreign language by around 95% of the population. English is widely spoken, by around one-third (32%) of the population as a first or foreign language, followed by French (9%), Russian (8%) and Turkish (3%) (source: www.languageknowledge.eu).

1.5.2 TIME ZONE

The time zone in Germany is Central European Time (UTC+01:00), and Central European Summer Time (UTC+02:00). Daylight saving time is observed from the last Sunday in March (02:00 CET) to the last Sunday in October (03:00 CEST).

All times mentioned in this handbook are Central European Summer Time (CEST), unless stated.

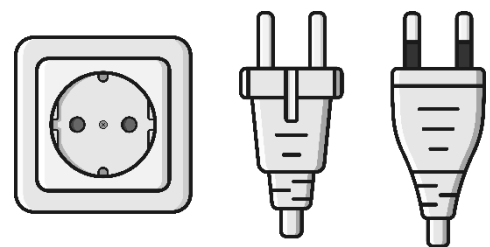
1.5.3 CURRENCY

The currency in Germany is the euro. Each euro is divided into 100 cents. When buying currency for Germany, look out for the currency code EUR.

1.5.4 ELECTRICITY

In Germany, the standard voltage is 230 V at a frequency of 50 Hz.

Power plugs and sockets (outlets) of type F are used. The type F plugs (also called Schuko plugs) have two round pins and are also used in the Netherlands, Austria, Sweden, Norway, Finland, Portugal, Spain, Türkiye, and Eastern Europe.



1.5.5 WATER

Tap water is drinkable in all areas of Germany. If wishing to request this in bars, cafes or restaurants, the German term “Leitungswasser” can be used (note, the establishment is not obligated to provide this free of charge).

1.5.6 EMERGENCY NUMBERS



There are two emergency numbers in Germany:

- 112 for the fire brigade / ambulance
- 110 for the police

1.6 CONTACTS



1.6.1 FISU

President Leonz Eder

Secretary General / Chief Executive Officer (CEO) Matthias Remund

Head Office Quartier UNIL-Centre, Batiment Synthathlon, 1015 Lausanne, Switzerland
www.fisu.net

Email summergames@fisunet

1.6.2 THE ORGANISING COMMITTEE

Rhine-Ruhr 2025 FISU Games gGmbH

Chief Executive Officer (CEO) Niklas Börger

Chief Sports Officer (CSO) Sina Diekmann

Head Office Nördlicher Zubringer 9-11, 40470 Düsseldorf, Germany
www.rhineruhr2025.com

Email delegationsservices@rhineruhr2025.com

SERVICE INFORMATION



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2.1 ACCREDITATION

All members of delegations participating in the Rhine-Ruhr 2025 FISU World University Games will be issued a personalised **Accreditation Card** with their photo, name and function. The Accreditation Cards will be distributed to the Head of Delegation (or their representative) at the Accreditation Desk in the Welcome Centre following the required checks and successful FISU Control Committee (CIC) eligibility verification, where applicable.

- The Accreditation Card serves to identify the card holder and allows them the necessary access to FISU Games venues and services to perform their roles.
- During FISU Games-Time, the Accreditation Card must be worn across all Rhine-Ruhr 2025 premises and when accessing services such as transport or catering. The card must be clearly visible to security personnel and presented upon request to Organising Committee staff and volunteers.
- The Accreditation Card is personal and non-transferable.
- If an accredited participant does not comply with these rules, their accreditation may be withdrawn.

More detailed information on accreditation services and operations will be provided in the Heads of Delegation Manual, which is due for release in February 2025, and signposted in the Final Version of the Technical Handbook (to be released two weeks prior to the FISU Games).

2.2 TRANSPORT

2.2.1 ARRIVALS AND DEPARTURE

The OC will provide arrival services including adequate welcome services and departure services from the official Port of Entry, Düsseldorf Airport. Arrival & departure services will not be provided at train stations. After receiving their accreditation at the Welcome Centre at the Station Airport, delegations will be transported to their hotels.

A departure shuttle service from the hotels to Düsseldorf Airport will be provided for delegations.

2.2.2 SHUTTLE SERVICE

The OC provides transportation services for delegations, as well as their baggage and sports equipment. This includes bus shuttle service from the delegation hotels to the competition venue, training venue and FISU Games Neighbourhood at Messe Essen (MEE; distance max. 4 km / 5-15 min, see chapter 2.3), at an expected frequency of once every 30 minutes. A detailed **transportation schedule** adapted to competition times will be shared in the Final Version of the Technical Handbook (to be released two weeks prior to the FISU Games).

Bus shuttle services will be provided for delegations for the Opening Ceremony at the Schaubinsland-Reisen-Arena in Duisburg on 16 July 2025, and for the Closing Ceremony at the Landschaftspark Duisburg Nord on 27 July 2025.

2.2.3 TRAVEL BETWEEN HOST CITIES

The OC will provide free public transportation to delegations staying in North Rhine-Westphalia, enabling free travel between the Host Cities of Bochum, Duisburg, Essen, Mülheim an der Ruhr and Hagen on local and regional buses and trains.

For delegations staying in Berlin, free public transportation for Berlin will be provided. No transport service between NRW and Berlin will be provided by the OC.

2.2.4 DELEGATION CARS

According to the delegation size, the OC provides the delegations a certain number of delegation cars. The delegation cars are provided for transportation to and from the official port (Düsseldorf Airport) of entry, accommodation sites, the competition and training venues, and FISU World University Games official events sites, as well as any other official location within the host cities. Cars can only be used for official business during the FISU Games and cannot be used for non-official business.

The delegation cars are driven by persons of the respective delegation who are in possession of a valid driving license for Germany.

2.3 ACCOMMODATION

2.3.1 OVERVIEW

The Organising Committee is working to a **decentralised hotel concept** for the Rhine-Ruhr 2025 FISU Games. Depending on the sport, the delegations will be accommodated close to the respective competition venue. Delegations within the same sport are not split up.

Accommodation will be provided in hotels with single rooms, twin rooms (two separate beds) and triple rooms (three separate beds).

2.3.2 SERVICES

The following services are available in all hotels:



Accommodation



Information Desk



Breakfast



Internet connection

2.3.3 LOCATIONS



HOTEL	ADDRESS	DISTANCE	SHUTTLE TIME
Select Hotel Handelshof	Am Hauptbahnhof 2 45127 Essen	4 km	approx. 15 min
Hotel Essener Hof	Am Handelshof 5 45127 Essen	4 km	approx. 15 min
Premier Inn Essen City Centre	Am Hauptbahnhof 3 45127 Essen	4 km	approx. 15 min
GHOTEL Hotel & Living Essen	Hachestr. 63 45127 Essen	3 km	approx. 15 min
Moxy Essen City	Gildehofstr. 10 45127 Essen	4 km	approx. 15 min
Mercure Hotel Plaza Essen	Bismarckstr. 48-50 45128 Essen	2 km	approx. 5 min



2.3.4 BREAKFAST



HOTEL	BREAKFAST TIMES	
	MONDAY – FRIDAY	SATURDAY - SUNDAY
Select Hotel Handelshof	06:30 – 9:30	07:00 – 10:30
Hotel Essener Hof	06:30 - 9:30	07:00 - 10:30
Premier Inn Essen City Centre	06:30 – 9:30	07:00 – 10:30
GHOTEL Hotel & Living Essen	06:30 – 9:30	07:00 – 10:30
Moxy Essen City	06:30 – 9:30	07:00 – 10:30
Mercure Hotel Plaza Essen	06:30 – 9:30	07:00 – 10:30

2.4 CATERING

2.4.1 OVERVIEW

The Organising Committee aims to ensure that athletes and team officials are well-nourished, energised, and well prepared for their competitions and responsibilities. For all meals, dietary requirements such as for gluten-free, dairy-free, and vegan and vegetarian options will be considered.

For the taekwondo competition, delegations will have breakfast at their hotel, with lunch, dinner, snacks, and beverages served at the Messe Essen. Service hours and locations have been tailored to the schedule of the taekwondo events and specific delegation needs.

2.4.2 OPERATIONAL HOURS



The F&B service for the taekwondo delegations at Messe Essen is divided into various meal periods to cater to the athletes, staff, and officials. Each period has specific service guidelines, menu types, and facilities available. Opening hours are subject to change based on the requirements of each sport and venue.

MEAL TYPE	TIME	LOCATION
Breakfast	See chapter 2.3.4	Provided at Hotel
Lunch	11:30 - 15:00	Messe Essen - Dining Area
Snacks	Throughout the day	Messe Essen - Lounge & snack stations
Dinner	18:00 - 22:00	Messe Essen - Dining Area
Late Night Dinner	22:00 - 00:00	Messe Essen - Dining Area

2.4.3 MENU

BREAKFAST:

- Selection of bread and bread rolls (wheat and wholemeal products)
- Cold cuts and spreads
- Sausages (chicken and pork)
- Cheese
- Butter and sweet spreads (honey, jam, chocolate cream)
- Fruits and vegetables
- Small selection of hot dishes and egg dishes
- Vegetarian options
- Cereals
- Milk variations
- Yoghurts and curd cheese
- Hot drinks and juices

LUNCH:

- A balanced buffet offering international and local cuisines
- High-protein options (grilled chicken, fish, tofu) to support athletes' nutritional needs
- Carbohydrate-rich items (pasta, rice, whole grains) to provide sustained energy
- Fresh vegetables and salads
- Hydration stations offering water and isotonic drinks

SNACKS:

- Assorted light snacks such as fresh fruits, protein bars, and cookies/muffins
- Beverages such as water, coffee, and tea
- Quick-serve snack stations will be strategically placed to ensure easy access during competitions and training sessions

DINNER:

- Similar to the lunch buffet but with a broader range of hot dishes
- Emphasis on balanced nutrition with lean proteins, carbohydrates, and healthy fats
- A selection of salads, main courses, and desserts
- Hydration stations and dedicated counters for specialised diets

LATE NIGHT DINNER:

- A lighter meal option for athletes and staff returning late from competitions or training
- Hot dishes such as grilled proteins, pasta, and rice dishes
- Hydration stations available with water, sports drinks, and tea

2.5 FISU GAMES NEIGHBOURHOOD SERVICES IN MESSE ESSEN

ATHLETES' LOUNGE:

The Athletes' Lounge is the ultimate social and relaxation space within the FISU Games Neighbourhood, designed to support athletes during their busy days of competition and training. This welcoming area provides a comfortable environment to unwind, recharge, and connect with others. With its vibrant and inclusive atmosphere, the Athletes' Lounge invites participants to mix and mingle, fostering friendships across nations and sports. It's the perfect place to share experiences, celebrate achievements, and embrace the global spirit of the FISU Games. The Athletes' Lounge is conveniently located in Halle 8 right next to the catering in Halle 7 and close to the delegations' entrance to Messe Essen.

GYM:

As part of the comprehensive services offered in the FISU Games Neighbourhood, athletes will have access to a state-of-the-art gym located in Halle 2 of Messe Essen. Covering 500m², this fitness facility is equipped to meet the diverse training needs of athletes, offering a wide range of cardio machines, strength training equipment, and designated stretching areas. Whether for a full workout or a quick warm-up, the gym is designed to support athletes in maintaining peak performance throughout the FISU Games.

MEDICAL CENTRE:

To ensure adequate medical care for all delegation members, a well-equipped medical centre is set up in Halle 6, where a doctor will be available to receive delegation members without prior appointment in the event of acute injuries and illnesses (more details can be found in chapter 2.7.2).

PHYSIOTHERAPY AREA:

All physiotherapy needs can be accommodated in the FISU Games Neighbourhood physiotherapy area located in Halle 6. The area includes separate rooms for independent use by a delegation's own physiotherapist / medical staff, as well as shared open spaces in which physiotherapists of the OC offer their service. More information on service hours and the booking procedure for rooms and OC physiotherapists will be published in the Medical Services Guide (to be released on 16 March 2025) as well as in the Final Version of the Technical Handbook (to be released two weeks before the FISU Games).

FAITH ROOMS:

To support the diverse religious and spiritual needs of all participants, the FISU Games Neighbourhood will include dedicated faith rooms in Congress South of Messe Essen. These calm and inclusive spaces are designed for quiet reflection, prayer, and meditation by people of all backgrounds, traditions and faiths.

DELEGATION MEETING ROOMS:

Delegations will have the opportunity to book dedicated meeting rooms within the FISU Games Neighbourhood in Congress South of Messe Essen. These rooms, available in various sizes, are ideal for activities such as video analysis for team sports, strategy sessions or other meeting activities, either scheduled or spontaneous. Each space will be fully equipped with essential meeting tools, including presentation equipment and seating arrangements, to ensure a productive and efficient environment. To make the process seamless, these meeting rooms will be bookable, enabling delegations to plan and organise their activities with ease and flexibility. The booking procedure is currently being developed by the OC and will be presented at the Heads of Delegations (HoD) Meeting in April.

LAUNDRY AND TOWEL SERVICE:

The OC provides free self-service laundry service with washing machines and tumble dryers for delegations at Messe Essen. This includes needed equipment as laundry detergents and laundry baskets. Opening times, point of distribution as well as the detailed process will be provided in the final version of the handbook (to be released two weeks prior to the FISU Games).

Taekwondo athletes are not provided with towels by the OC. They are kindly asked to bring their own towels for training and competition as needed.

2.6 INFORMATION SERVICES

2.6.1 OVERVIEW

The role of Information Services is to assist delegations (and Technical Officials and FISU Family members) attending the Rhine-Ruhr 2025 FISU Games. Information is provided through four main outlets: Delegation Services Centres, Main Information Centres, Sports Information Centres, and Information Desks.

2.6.2 DELEGATION SERVICES CENTRES

Delegation Services Centres will provide key information and booking services for delegations. There will be three centres: a main centre located at Messe Essen Congress West (level 2), and smaller centres in Sportschule Wedau in Duisburg and Hotel Vienna House Andel's in Berlin. The opening hours during FISU Games-time are 07:00 to 22:00 (Essen) and 07:00 to 21:00 (Duisburg and Berlin).

Delegations will have access to the following services via the Delegation Services Centres:

- Individual Delegation office spaces
- Delegation pigeon holes
- OC Delegation Services staff team office
- Meeting rooms
- Faith rooms
- Rate card services

2.6.3 MAIN INFORMATION CENTRES

There will be three Main Information Centres (MICs) at the Rhine-Ruhr 2025 FISU Games, located within the Delegation Services Centres. Please find the exact locations and opening hours above.

Service desks will be available for the following areas:

- Accommodation
- Accreditation (for any issues arising with accreditation, eg: lost or damaged pass)
- Arrivals and departures
- Cultural tours and bookings
- Delegations
- FISU
- Food & beverage
- General FISU Games information (including weather updates)
- Lost and found
- Protocol
- Rate card
- Ticketing
- Transport

2.6.4 SPORTS INFORMATION CENTRES

Every MIC will additionally include a Sports Information Centre (SIC). The SICs will be able to accommodate requests relating to any sport (regardless of location). For more information on SICs for the taekwondo competition, refer to section 3.5.1. on pp37.

2.6.5 INFORMATION DESKS

Information desks providing information on topics including transport, weather, and general FISU Games inquiries will be located:

- At each delegation hotel (lobby area)
- At each competition venue. Note that information desks at sports venues will also provide information about that specific sport, such as competition and training schedules, start lists and results (for details specific to taekwondo at the MEE, see chapter 3.5.1 on pp37)

2.7 MEDICAL SERVICES

2.7.1 GENERAL INFORMATION

The Organising Committee ensures medical care to cover any emergency issues, acute injuries and illnesses of delegation members that may occur during the Rhine-Ruhr 2025 FISU Games. Secondary, non-emergency medical treatments including cases of chronic injury and illness are not covered by the OC Medical Services.

Participating delegations must have appropriate insurances as outlined in the FISU Games Regulations. FISU and the Organising Committee assume no responsibility for healthcare provided by delegation medical staff. Delegation medical staff are entitled to provide medical assistance only to the members of their respective delegation.

2.7.2 FIRST AID AND EMERGENCY CARE

AT TRAINING AND COMPETITION VENUES:

First-aid stations staffed with paramedics are set up near all Fields of Play to react with immediate medical response in the event of injuries during warm-up, training, or competition. The paramedics may provide further treatment at a nearby Medical Room, recommend athletes to a Medical Centre, or transport them to a stationary ambulance. In case of a life-threatening emergency at training-or competition venues, the paramedics on-site will call the public rescue service which will send an ambulance to the venue to transport the athlete to the nearest available emergency room.

Each competition venue has its own designated Medical Centre, which is available to delegation members without the need for prior registration. Opening hours of Medical Centres are based on the training-and competition times of the sport. These Medical Centres are staffed with doctors and equipped with emergency medical kits, oxygen inhalers, crutches, stretchers, wheelchairs, AEDs, ECG devices, additional medical supplies, as well as pharmaceutical drugs. Depending on the injury or illness, the doctors on-site may either provide the required medical treatment directly or refer the patients to nearby hospitals or specialised medical practices.

A tournament doctor with sport-specific knowledge of taekwondo related injuries and awareness of the World Taekwondo rules will be on-site throughout competition hours.

OUTSIDE OF TRAINING- AND COMPETITION VENUES:

At any time, especially outside of training-and competition periods, delegations can reach out to the OC Medical Care Hotline, which is available 24 hours a day throughout the event period. The hotline is staffed with experts who can advise calling delegation members on appropriate steps in case of illnesses, injuries, and emergencies. The number of the Medical Care Hotline will be made available with the publication of the Medical Services Guide on 16 March 2025.

In case of emergencies outside of training-or competition venues, delegation members are advised to call the public rescue service directly. The public rescue service (ambulance) in Germany can be reached by dialling the emergency number '112'.

2.7.3 PHARMACIES AND MEDICATION

ACQUISITION ON SITE:

Medication must generally be obtained from a local pharmacy at the delegation member's own expense and responsibility. In the case of prescription medication, a doctor's prescription is mandatory. This prescription can be issued by attending doctors in Medical Centres at the Competition Venues as well as at external medical practices and hospitals. The opening hours of pharmacies are not standardised nationwide. However, pharmacies are obliged to provide an emergency service, meaning that at least one pharmacy within a radius of around 5 kilometres must always be open.

IMPORT OF MEDICATION:

The import of pharmaceuticals into Germany is subject to strict regulations and is generally only permitted to a limited extent for private persons. Only pharmaceuticals that are authorised in Germany may be imported and the quantity must correspond to the duration of the stay. For prescription medication, a medical certificate or prescription must be presented stating that the medication is intended for personal use. Exceptions for medication that is not authorised in Germany only apply if a special permit has been issued by the Federal Institute for Drugs and Medical Devices (BfArM) or another competent authority.

THERAPEUTIC USE EXEMPTIONS:

Delegation medical staff are reminded of the rules for Therapeutic Use Exemptions (TUEs) in the event that an athlete is administered medication listed on the World Anti-Doping Agency's Prohibited List. Medical justification in full compliance with the International Standard for Therapeutic Use Exemptions (ISTUE) is required. The conditions for granting a TUE are set out in Article 4.2 of the ISTUE.

2.7.4 PHYSIOTHERAPY AND ICE

A physiotherapy area is set up for each sport. Delegations can use the provided massage benches independently for physiotherapy treatments or use the Organising Committee's physiotherapy service. The opening and service hours of the physiotherapy area depend on the training- and competition schedule of the sport. The locations of the physiotherapy areas vary based on the sport and the conditions at the competition venue.

Except for the massage benches and surface disinfectants, other physiotherapy materials are only available to the Organising Committee physiotherapists. Delegation medical staff are therefore advised to bring their own materials (for example: massage lotion, warming ointments, and tape).

At all training and competition venues, athletes have the opportunity to obtain pre-filled bags with ice from the Sport Information Desks for general cool-down and cooling of injuries.

2.7.5 MEDICAL SERVICES GUIDE

For more information on medical services during the Rhine Ruhr 2025 FISU Games all delegation members are advised to read the Medical Services Guide when it becomes available on 16 March 2025. It contains detailed information on the points listed above, including service hours of medical areas, lists of nearby hospitals and specialised medical practices, the OC Medical Care Hotline, pharmacies and medication guidelines, and physiotherapy.

2.8 TICKETING

Accredited persons are generally granted access to all competition venues, with separate seating areas provided for delegations at each. However, for high-demand events such as semi-finals and finals in team sports, the delegation quota may be reached and no further access to the venue will be granted.

The exact capacity blocked for delegations at each venue will depend on the total capacity available. Tickets for this must be booked independently via a Secret Shop. Additional tickets for family members and friends of delegations / accredited persons can also be purchased here at preferential prices. Precise details concerning the launch of the Secret Shop will be communicated in due course.

COMPETITION INFORMATION



FISU
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GAMES
SUMMER

3.1 TECHNICAL COMMITTEE



The Technical Committee consists of the following people:

FISU TAEKWONDO TCC	Russell AHN (USA) / Serge SAMBONA (FRA)
WT TECHNICAL DELEGATE	Philippe BOUEDO (FRA)
3 SUPERVISORY BOARD MEMBERS (REPRESENTING DIFFERENT CONTINENTS)	TBD
GERMAN TAEKWONDO FEDERATION TECHNICAL DELEGATE	Dr. Nuri SHIRALI (GER)
OC REPRESENTATIVE (SPORT MANAGER)	Adrian WASSMUTH (GER)

3.2 TAEKWONDO KEY DATES / TECHNICAL MEETINGS



DATE	TIME	MEETING	LOCATION	PARTICIPANTS
Monday 14.07.25	08:00	First day of training	MEE Halle 6	All
Wednesday 16.07.25	08:30	General Technical Meeting Poomsae	MEE Room Essen	HoDs (or their representative)
Wednesday 16.07.25	11:00	Technical Official Meeting Poomsae	MEE Room Essen	ITOs and NTOs
Wednesday 16.07.25	20:00	Opening Ceremony	Schauinsland-Reisen-Arena	All
Thursday 17.- Wednesday 23.07.25	09:00 - 20:30	Competition Days	MEE Halle 6	All
Friday 18.07.2025	17:00	General Technical Meeting Kyorugi	MEE Room Essen	HoDs (or their representative)
Friday 18.07.2025	19:30	Technical Official Meeting Kyorugi	MEE Room Essen	ITOs and NTOs
Sunday 27.07.25	18:00	Closing Ceremony	Landschaftspark Duisburg-Nord	All

Please Note: the meeting times and locations are subject to change.



The General Technical Meeting (GTM) is mandatory for all delegations (involved in taekwondo), as it informs about the execution of the FISU Games taekwondo competition. Each delegation should bring a maximum of two representatives to the meeting. At the first General Technical Meeting, the Head of Delegation or their representative shall confirm and sign the official list of athletes. Any entry not duly confirmed at the first General Technical Meeting will not be taken into consideration except for force majeure. Only with an accreditation card approved by the CIC can an athlete be entitled to participate in any of the competitions.

3.3 COMPETITION AND TRAINING VENUE INFORMATION

3.3.1 INTRODUCTION



MESSE ESSEN HALLE 6 (MEE)

Address	Messe Platz 1 45131 Essen
Distance to hotel	2 to 4km (4 to 10 minutes by bus)
Opening hours	14-23.07.2025 Competition Hall: 2 hr before competition start until 1 hour after the end of competition Training Area: 30 min before training start until end of Training
Facilities	<ul style="list-style-type: none">▪ Changing rooms▪ Showers▪ Official and random weigh-in▪ Uniform Service/BIB numbers▪ First Aid stations▪ Athletes meet and greet▪ Gym▪ Taekwondo shop▪ Water station

COMPETITION COURTS

TRAINING/WARM-UP

Court specifications	Puzzle/Roll Mats following the rules of WT 4 Competition Courts/FOP (1 on podium)	Puzzle Mats following the rules of WT 6 Training Courts 6 Warm-Up Courts
Spectator Seating	1,400	None

3.3.2 FACILITIES

CHANGING ROOMS:

The changing rooms are located in the venue near the training/warm-up area. There are lockers in the changing rooms, and these must be emptied daily.

SHOWERS:

Showers are available at the venue. They are located at MEE Galleria

WARM-UP / TRAINING AREA:

The six warm-up courts are reserved exclusively for warm-up on competition days. The six training courts are reserved exclusively for training. Each delegation has designated training slots before and during competition days (one slot per day). The warm-up and training areas are not visible to spectators and are directly accessible from the changing rooms.

WEIGH-IN AREA:

The weigh-in area is located near the entrance of Halle 6. It is used for official and random weigh-in.

UNIFORM SERVICE:

Athletes receive their BIB numbers at the uniform service in Halle 6.

FIRST AID STATIONS:

First Aid stations, staffed with paramedics, are set up near all Fields of Play to react with immediate medical response in the event of injuries during warm-up, training, or competition. A taekwondo specific tournament doctor is available at the competition courts. For additional medical care, a doctor is available at the Medical Centre in Halle 6.

ATHLETES MEET AND GREAT:

Near the warm-up/training area there is a small 'meet and greet' area for a relaxed exchange and a short rest break.

SNACKS & DRINKS:

Water will be provided at different essential points throughout the venue. Snacks and other drinks will be available at the Athletes' Lounge.

GYM:

A gym is available in Messe Essen Halle 2 and is reachable within two minutes' walk. It will be open to all athletes whose sports take place at the Messe Essen and will provide all usual stationary strength-training devices and mobile equipment. An open space for core training will also be provided.

TAEKWONDO SHOP:

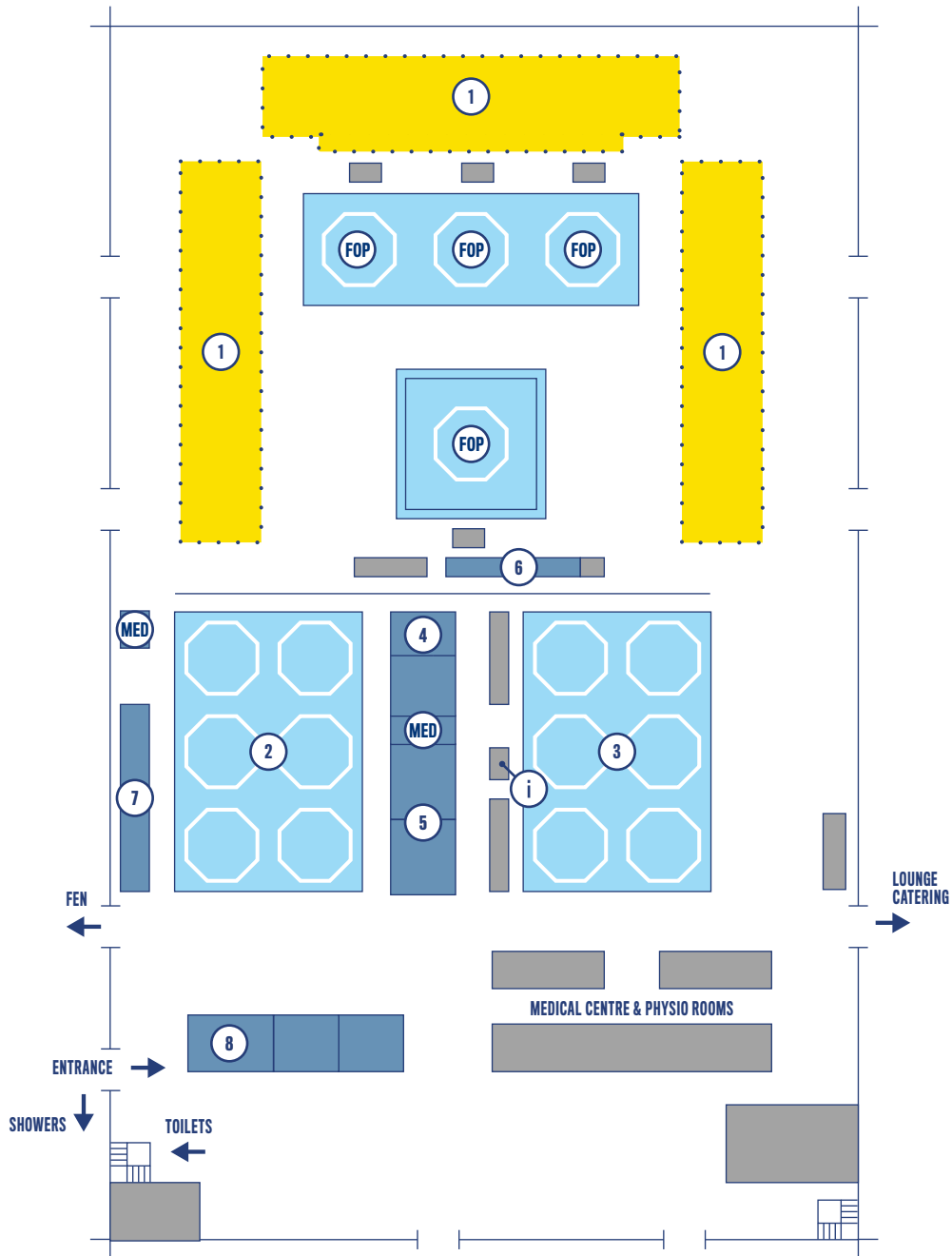
A taekwondo shop will be located in the spectator area of the competition hall.

3.3.3 SPORTS EQUIPMENT

The mats for **WARM-UP, TRAINING** and **COMPETITION** follow the WT Rules. Puzzle mats are used for Poomsae competition, roll mats are used for Kyorugi competition.

3.3.4 VENUE MAP TAEKWONDO

MESSE ESSEN HALLE 6



- (FOP)** FIELD OF PLAY
- (MED)** MEDICAL
- (i)** SPORT INFORMATION DESK
- (1)** SPECTATORS
- (2)** TRAINING AREA
- (3)** WARM-UP AREA
- (4)** ATHLETES CALL OUT
- (5)** CHANGING ROOMS
- (6)** TECHNICAL COMMITTEE / OPERATION TABLE
- (7)** MEET & GREET
- (8)** UNIFORM SERVICE/OFFICIAL WEIGH IN



3.4 TECHNICAL REGULATIONS

3.4.1 COMPETITION RULES AND REGULATIONS

The taekwondo events will be organised in accordance with the most recent technical rules of World Taekwondo (WT). In any dispute in the interpretation of these rules, the English text will be regarded as authoritative. The Rhine-Ruhr 2025 FISU World University Games taekwondo event is classified as a G4 tournament and World Ranking points will be awarded in accordance with World Taekwondo regulations.

3.4.2 COMPETITION FORMAT

The programme and duration of the competitions are fixed by FISU in agreement with the Organising Committee (OC). In principle, the programme will last seven days (17.07.-23.07.2025) and include:

POOMSAE COMPETITION	MEN	WOMEN
Individual Events	Individual	Individual
Team Events	Team (3 athletes)	Team (3 athletes)
	Mixed Pair	

KYORUGI COMPETITION	MEN	WOMEN
Individual Events	-54kg	-46kg
	-58kg	-49kg
	-63kg	-53kg
	-68kg	-57kg
	-74kg	-62kg
	-80kg	-67kg
	-87kg	-73kg
	+87kg	+73kg
Team Events	Tag Team (3 athletes)	Tag Team (3 athletes)
	Mixed Tag Team (4 athletes)	

SEEDING AND DRAW

Drawing for Poomsae, Individual Kyorugi and Team Kyorugi shall be held immediately following the General Technical Meeting in the same location. Electronic drawing shall be organised by the OC under supervision of the FISU Technical Committee Chair. A certain number of athletes may be seeded based on their ranks in the WT world ranking, according to the guidelines stipulated in the by-laws of the WT world ranking.

WEIGH-IN

The official weigh-in for each category will take place the day before the competition of that same category. Random weigh-in will be conducted based upon WT rules at the competition venue.

POOMSAE COMPETITION

Designated Compulsory Poomsae by Division:

DIVISION	PRELIMINARY COMPULSORY POOMSAE	SEMI FINAL COMPULSORY POOMSAE	FINAL COMPULSORY & FREESTYLE POOMSAE
Men's Individual	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae		1 of Compulsory Poomsae and 1 Freestyle Poomsae
Women's Individual	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae		1 of Compulsory Poomsae and 1 Freestyle Poomsae
Men's Team	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae		1 of Compulsory Poomsae and 1 Freestyle Poomsae
Women's Team	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae		1 of Compulsory Poomsae and 1 Freestyle Poomsae
Mixed Pair	Taegeuk 7, 8 Jang, Koryo, Keumgang, Taeback, Pyongwon, Shipjin, Jitae		1 of Compulsory Poomsae and 1 Freestyle Poomsae

PRELIMINARY & SEMIFINAL ROUNDS (20+ COMPETITORS) ELIMINATION TOURNAMENT SYSTEM

The top 16 athletes will be seeded based on the WT Poomsae Ranking of 1 July 2025. If an athlete has no ranking points, they will not be seeded and will be placed in a random draw. Competition shall be conducted in a single elimination tournament. Designated Poomsae shall be randomly selected and displayed on a monitor on the Field of Play before the match begins.

From the Preliminary to Round of 16, competitors shall perform two randomly selected Poomsae. Both Chung and Hong players perform designated Poomsae at the same time in individual divisions. In mixed pair and team divisions, Chung player performs first. The eight winners emerging from the Round of 16 will advance to the Final Round.

FINAL ROUND (EIGHT OR FEWER) CUT-OFF SYSTEM

Competitors will not be seeded and will be placed in a random draw. All competitors will perform one required Poomsae first and a *Freestyle Poomsae afterwards, in the order of the final round. Each of the top eight athletes will perform their freestyle Poomsae once to determine the final standings (allocation of points: Recognised Poomsae (50%) and Freestyle Poomsae (50%)). The athlete with the highest score will be determined the winner and will receive a gold medal, with the second highest score being awarded a silver medal, and the third and fourth highest scores awarded bronze medals.

*Freestyle Poomsae Format

- Competitors will perform their freestyle Poomsae according to the current WT rules for timing, technical content, and music selection as a part of the final round.
- Yeon-mu line shall be the choice of the competitor.
- Music and choreography shall be the choice of the competitor. However, it should not contain any political, social, or religious contents that could harm, discriminate against, or offend others. Athletes are required to use non-copyrighted music or obtain permission to use copyrighted music from the copyright holder. Athletes are responsible for issues related to the use of copyrighted music.
- Performed techniques must be within the boundaries of taekwondo.

Information on Freestyle Music and Performance Plan:

- The performance music shall be submitted at the General Technical Meeting Poomsae. Bring two copies of the freestyle music on USB sticks and submit one copy in an envelope, the other one is backup. Envelope label and MP3 file name shall follow the format: **Country – Division – Athlete's Name**. Each delegation must designate a person responsible for checking and verifying the music (MP3 file).
- The performance plan shall be submitted via email to taekwondo@rhineruhr2025.com no later than **08 July 2025**. The performance plan can be downloaded at the Delegation Portal.

POOMSAE SCORING CRITERIA

Scoring shall be made in accordance with the rules of WT.

Recognised Poomsae

SCORING CRITERIA	DETAILS OF SCORING CRITERIA	POINT
Accuracy (4.0)	Accuracy in basic movement	
	Accuracy in individual movement of the Poomsae	4.0
	Balance	
Presentation (6.0)	Speed and power	2.0
	Rhythm and tempo	2.0
	Expression of energy	2.0

Freestyle Poomsae

SCORING CRITERIA	DETAILS OF SCORING CRITERIA	POINT
Technical Skills (6.0)	Jumping side kick	5.0
	Multiple kicks in a jump	
	Gradient of spins in a spin kick	
	Kyorugi style consecutive kicks	
	Acrobatic kicking technique	
	Basic movements & practicability	1.0
Presentation (4.0)	Creativeness	4.0
	Harmony	
	Expression of energy	
	Music & choreography	

KYORUGI COMPETITION

For the Tag Team competitions, the following rules apply:

- Single elimination method.
- Best-of-three rounds system will be applied (three minutes per round with a one-minute break between rounds), and each round shall be carried out with the Tag Team match format.
- An unlimited number of replacements is allowed, but each athlete must compete for a minimum of 15 seconds on the FOP before they are replaced (the line judge will raise the red or blue flag before the switching of competitors is allowed).
- The team that reaches 40 'Gam-jeom' in total shall be declared the loser, at any time during the competition.
- No point gap.
- No video replays.
- In case of a RSC (Referee Stops Contest), 10 points will be added to the other team.
- Competitors must tag each other before switching, or else 'Gam-jeom' will be given.
- In the Mixed Team competition, the first round will start with the choice of Chung's female athlete and the second round will start with choice of Hong's female athlete. If a third round is required, it will start with the male athlete, and the coach must designate the first player and report them to the centre referee.

3.4.3 ENTRIES



SPORT SPECIFIC RESTRICTIONS

In the **Kyorugi competition**, each delegation is authorised to enter a maximum of 16 athletes (eight men and eight women) as follows:

- Individual events: a maximum of one athlete per weight category
- Team events: a maximum of one male team, one female team and one mixed team

The **Kyorugi team events** will be organised as follows:

- Male and female team competition with three athletes per team per gender respectively.
- Mixed team competition with four athletes (two male and two female) per team.

Teams shall be composed of athletes selected within the 16 Kyorugi and 10 Poomsae athletes of each participating delegation in accordance with the following total weight:

- Male: The total weight of the three starting athletes should be 240kg or less.
- Female: The total weight of the three starting athletes should be 200kg or less.
- Mixed: The total weight of the two starting male athletes of each match should be 160kg or less. The total weight of the two starting female athletes of each match should be 135kg or less.

Athletes are not allowed to participate in more than one Kyorugi team competition (that is, if a male or female athlete is competing in the male or female team competition, they cannot participate in the mixed team competition to avoid any conflicts or delay).

In the **Poomsae competition**, each delegation is authorised to enter a maximum of 10 athletes (five men and five women) as follows:

- Individual events: a maximum of one male and one female.
- Team event: a maximum of one team of three athletes per gender and one mixed pair.
- Each athlete shall perform a Recognised Poomsae and a Free Style Poomsae in the Final Round.
- Allocation of Points (finals only): Recognised Poomsae (50%) and Free Style Poomsae (50%).

Each athlete may compete in more than one category of the Poomsae competition. Each athlete may compete in both Kyorugi and Poomsae. All athletes must have a valid WT license. The license number must be properly indicated on the Individual Entry Form.

GENERAL RESTRICTIONS

To be eligible, competitors must be:

- A national of the country they represent;
- At least 18 and no older than 25 years of age on 31 December of the year of the event (that is, born between 1 January 2000 and 31 December 2007)
- Students who are currently officially registered as proceeding towards a degree or diploma at the university or similar institute, the status of which is recognised by the appropriate national academic authority of their country; or former students of the institutions mentioned above who have obtained their academic degree or diploma in the year preceding the event.

In countries with fewer than 2,000,000 inhabitants or having fewer than 5,000 university students, students attending technical or secondary schools may participate in FISU events provided they have been attending their establishments for at least two (2) years. Such countries/regions must submit an application to the FISU Executive Committee at least six months before the scheduled start of the event. Such an application must be supported by documents endorsed by the appropriate State, Regional or National Academic Authorities.

ENTRY TIMETABLE



FORM

DEADLINE

Quantitative Entry Form (Q)	16.04.2025
Individual Entry Form (I)	16.06.2025
Final confirmation of the athletes	General Technical Meeting (16.07.2025)

All delegations must ensure their entries reach the Organising Committee by the deadline and in the form prescribed by the Organising Committee and the FISU Games Regulations. All Entry Forms shall be submitted through the Games Management System (GMS) owned by FISU.

Entries received after the required deadlines will not be taken into consideration, except in the event of force majeure, with the agreement of the FISU Executive Committee and on the advice of the Organising Committee. Individual entry forms of athletes from a non-member association must be countersigned by the NSF or by the NOC and stamped with a seal from the said organisation.

The Quantitative Entry numbers are considered as final. The same overall number of athletes and officials shall be submitted in the Individual Entry, changes are only allowed within a quota of 10% of the delegation size at the Quantitative Entry. Further details regarding penalties are provided in the FISU Games Regulations (cf. Art. 5.4.6). All replacements requested by the NUSFs after the individual entry deadline of 16 June 2025 shall follow the Late-athlete Replacement Policy. Details of the Late-athlete Replacement Policy are included in the I-Form User Guide which will be distributed on the official website.

3.4.4 PROTEST AND APPEALS

There are two different legal bases for making a protest: sports or disciplinary nature; or non-technical nature.

Any type of **PROTEST/APPEAL OF A SPORTS OR DISCIPLINARY NATURE** must follow the rules of WT.

Any protest of a sports or disciplinary nature must reach the Technical Committee or other competent authority, according to the regulations laid down by WT (WT Competition Rules and Interpretation, Art. 21; WT Poomsae Competition Rules and Interpretation, Art. 26.3). Each HoD or his/her deputy is authorised to lodge an appeal against the decision of the Jury. This appeal must be submitted in writing to the Jury of Appeal or competent authority in accordance with the WT regulations.

During the FISU World University Games, **PROTESTS OF A NON-TECHNICAL NATURE** as allowed in article 3.2.2. d) of the Rhine Ruhr 2025 FISU Games Regulations shall be presented to the FISU President or Secretary General/CEO, by the HoD or their representative, in writing no later than six hours after the incident, and no protest received after this time shall be considered. Each protest shall be accompanied by a deposit of EUR 50, which shall be returned only if the protest is considered justified.

To challenge the eligibility of an athlete from another country, the HoD must make a written protest to the FISU Executive Committee. The CIC shall be authorised to investigate the eligibility of the participant concerned. Only the HoD or their representative shall be authorised to make such a protest. All decisions taken by the FISU Executive Committee are final.

3.4.5 EQUIPMENT AND UNIFORMS

All taekwondo **UNIFORMS & PROTECTIVE GEAR** must be in conformance with WT regulations. **SENSING SOCKS** must be compliant with the PSS provider and can also be purchased in the competition venue. All non-conforming equipment will be disallowed.

3.5 COMPETITION PROCEDURES

3.5.1 SPORT INFORMATION SERVICES

A **SPORT INFORMATION CENTRE (SIC)** will be set up during Rhine Ruhr 2025 FISU Games to provide information efficiently to delegations and team officials. The SIC is located in Messe Essen Congress West, right next to the MIC. Opening hours are from 07:00 to 22:00.

The following information and services will be provided to delegations at the SIC during the FISU Games:

- Competition schedule
- Training schedule
- Start lists
- Competition results
- Weather information
- Technical meetings information

A **SPORT INFORMATION DESK** will be set-up at the competition venue, positioned by the entrance to MEE Halle 6 to provide the following information and services for delegations during the FISU Games:

- Competition schedule
- Training schedule
- Transportation schedule
- Start lists
- Competition results
- Technical meetings information

The Sport Information Desk will operate throughout the opening hours of the venue.

3.5.2 WARM-UP GUIDELINES

Only the designated warm-up area is available for warm-ups. A warm-up on the competition courts (FOP) is not permitted. Only athletes with same day competition are allowed to use the warm-up area for preparation.

3.5.3 CALL ROOMS AND ENTRY TO FOP

CALL FOR ATHLETES

Call out starts 30 minutes prior to the scheduled start of the contest. Three minutes prior to the respective round, the names of the athletes will be announced: three times at one-minute intervals. Any competitor who fails to appear in the Call Out Area within one minute after the scheduled start of the competition shall be regarded as having withdrawn from –and so forfeited – the match.

PHYSICAL INSPECTION AND UNIFORM INSPECTION

After being called, athletes shall undergo a physical inspection and a uniform inspection at the specified inspection desk by an inspector designated by the WT. The athlete shall not show any signs of aversion and shall not bear any object which may cause harm to the other competitors.

ENTRY TO FIELD OF PLAY

Following the inspection, the athlete will enter the waiting area with one coach and is guided to the Field of Play by volunteers.

3.5.4 EVENT PRESENTATION

All athletes competing in semi-finals and finals in individual and team events will be introduced by their name and national delegation.

3.5.5 EXIT FROM FOP AND MIXED ZONE

After each match on the Field of Play, athletes will be directed to the Mixed Zone, where representatives of the media may select them for interview. After the interviews, the athletes leave the mixed zone in the direction of the warm-up/training area.

3.5.6 MEDALS AND AWARDS

The medallists of individual and team events must attend the Medal Ceremonies. They are expected to arrive 15 minutes prior to the ceremony at the waiting area next to the Call Rooms. Athletes will be briefed about ceremony procedures in the waiting area.

In the event that a medallist is unable to attend, the medal will be presented to an official of the relevant delegation, who must be dressed in their delegation's official tracksuit. They must not mount the podium; only stand behind it.

The medallists are expected to mount the podium in their delegation's official tracksuit, with appropriate footwear. The medallists are not allowed to take any national/regional flags or any other national, cultural, or religious symbols on the podium. They must not wear hats, caps, or sunglasses on the podium. Mobile phones are not allowed.

For each event the following medals will be awarded: a gold medal, a silver medal and two bronze medals.

The national/regional flag will be raised for medallists and the FISU anthem will be played. All medallists and relevant officials are required to face the flags while they are being raised and the FISU anthem is being played.

After the flag-raising ceremony, medallists are expected to take photos with the award presenters and then with other medallists. The exit of the FOP will be through the mixed zone for media interviews.

Diplomas will be awarded in accordance with the FISU Protocol. Delegations will receive these electronically after the FISU Games.

Any dispute regarding protocol will have to be addressed to FISU.

3.5.7 DOPING CONTROL

GENERAL INFORMATION

Doping control during the Rhine-Ruhr 2025 FISU Games will be performed in accordance with the World Anti-Doping Code [WADC], the International Standards of the World Anti-Doping Agency, and the FISU Anti-Doping Rules. All delegation members participating in the event are subject to these regulations and shall abide by them. As per Article 5.3 of the WADC, FISU has exclusive authority to conduct testing at the event venues during the event period.

Doping control testing will be carried out during the Rhine Ruhr 2025 FISU Games both In-Competition and Out-of-Competition, prior to and during the competition period. Testing includes the collection of both urine and blood samples. Athletes notified of their selection for a doping control test shall cooperate. Any athlete who evades, refuses, or fails to submit to sample collection after being notified by a duly authorised person shall be suspected of an anti-doping rule violation.

PREPARATIONS FOR TESTING

Athletes must present proof of identity as soon as possible after being notified by doping control personnel or chaperones. For the doping controls of the Rhine-Ruhr 2025 FISU Games, the official accreditation of the event is considered a sufficient identification document.

Athletes shall also be prepared to provide Doping Control Officers and Blood Collection Officers with information on all prescription and non-prescription medications or supplements taken over the past seven (7) days, including the names, dosage, frequency, and date of last use where possible. Additionally, a list of any blood transfusions received over the last three months shall be made available, if a blood sample is collected.

Doping Control Stations are installed at all competition venues at a maximum walking distance of 10 minutes from the Field of Play. Depending on the venue and the location, a Doping Control Station is either used exclusively for one sport or shared by several.

DOPING CONTROL GUIDE

For more information on anti-doping regulations, the doping control process, Therapeutic Use Exemptions, roles and responsibilities of athletes and their support personnel, and anti-doping education measures during the Rhine-Ruhr 2025 FISU Games, all delegation members are advised to read the Doping Control Guide when it becomes available on 16 March 2025.

3.6 COMPETITION SCHEDULE TAEKWONDO

Wednesday 16.07.2025 DAY 0	Thursday 17.07.2025 DAY 1	Friday 18.07.2025 DAY 2	Saturday 19.07.2025 DAY 3	Sunday 20.07.2025 DAY 4	Monday 21.07.2025 DAY 5
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POOMSAE	MEN'S & WOMEN'S INDIVIDUAL 09:00-19:00	MEN'S & WOMEN'S TEAM 09:00-16:00			
	MIXED PAIR 09:00-19:00	MEDAL CEREMONY 16:00-17:00			
	MEDAL CEREMONY 19:00-20:00				

KYORUGI			MEN'S -54KG, -68KG 09:00-19:00	MEN'S -58KG, -80KG 09:00-19:00	MEN'S -74KG, +87KG 09:00-19:00
			WOMEN'S -46KG, -57KG 09:00-19:00	WOMEN'S -49KG, -67KG 09:00-19:00	WOMEN'S -62KG, +73KG 09:00-19:00
			MEDAL CEREMONY 19:00-20:00	MEDAL CEREMONY 19:00-20:00	MEDAL CEREMONY 19:00-20:00

DAY 0 16.07.2025 Wednesday	DAY 1 17.07.2025 Thursday	DAY 2 18.07.2025 Friday	DAY 3 19.07.2025 Saturday	DAY 4 20.07.2025 Sunday	DAY 5 21.07.2025 Monday
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Disclaimer: The final version of the Competition Schedule will be published in the final version of the Technical Handbook (to be released two weeks prior to the FISU Games).



Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22.07.2025 DAY 6	23.07.2025 DAY 7	24.07.2025 DAY 8	25.07.2025 DAY 9	26.07.2025 DAY 10	27.07.2025 DAY 11

POOMSAE					

KYORUGI					
MEN'S -63KG, -87KG 09:00 - 19:00	MEN'S & WOMEN'S TAG TEAM 09:00 - 18:00				
WOMEN'S -53KG, -73KG 09:00 - 19:00		MIXED TAG TEAM 09:00 - 18:00			
MEDAL CEREMONY 19:00 - 20:00	MEDAL CEREMONY 18:00 - 19:00				

DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
22.07.2025	23.07.2025	24.07.2025	25.07.2025	26.07.2025	27.07.2025
Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

3.7 TRAINING SCHEDULE TAEKWONDO

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
14.07.2025 DAY -2	15.07.2025 DAY -1	16.07.2025 DAY 0	17.07.2025 DAY 1	18.07.2025 DAY 2	19.07.2025 DAY 3	20.07.2025 DAY 4
TRAINING 08:00 – 19:00	TRAINING 08:00 – 19:00	TRAINING 08:00 – 19:00	TRAINING 08:00 – 19:00	TRAINING 08:00 – 19:00	TRAINING 08:00 – 19:00	TRAINING 08:00 – 19:00

DAY -2	DAY -1	DAY 0	DAY 1	DAY 2	DAY 3	DAY 4
14.07.2025	15.07.2025	16.07.2025	17.07.2025	18.07.2025	19.07.2025	20.07.2025
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Disclaimer: The final version of the Training Schedule will be published in the final version of the Technical Handbook (to be released two weeks prior to the FISU Games).

The training courts are reserved exclusively for delegations' training. Each delegation has designated training slots before and during competition days (1 slot per day).



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
21.07.2025	22.07.2025	23.07.2025	24.07.2025	25.07.2025	26.07.2025	27.07.2025
DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11

TRAINING 08:00-19:00	TRAINING 08:00-19:00	TRAINING 08:00-19:00				
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DAY 5	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10	DAY 11
21.07.2025	22.07.2025	23.07.2025	24.07.2025	25.07.2025	26.07.2025	27.07.2025
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

APPENDICES



FISU
WORLD
UNIVERSITY
GAMES
SUMMER

APPENDIX A: DAILY COMPETITION SCHEDULE

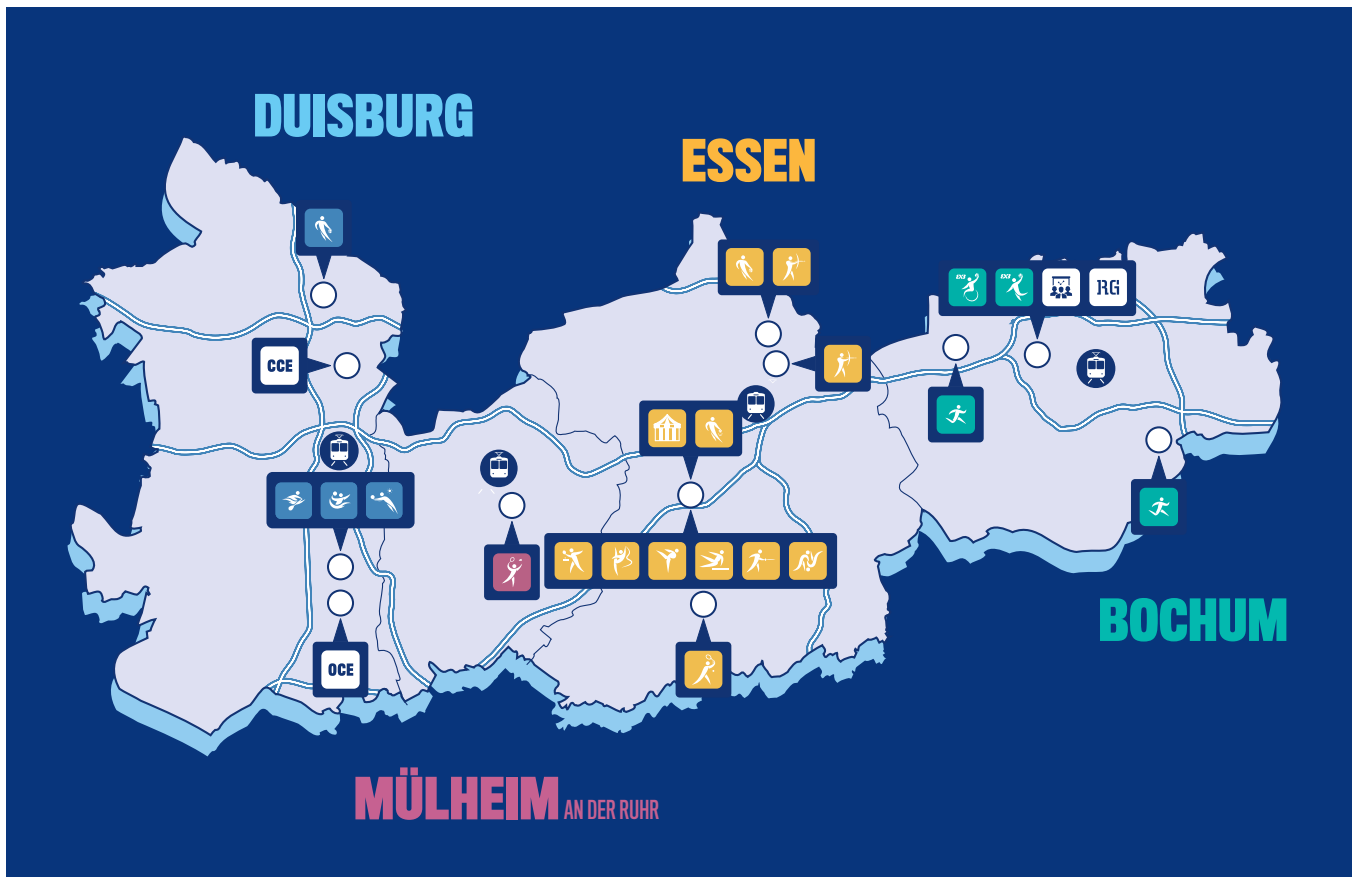
EVENT	DATE	COMP. DAYS	DAY 0 WED 16 JUL	DAY 01 THU 17 JUL	DAY 02 FRI 18 JUL	DAY 03 SAT 19 JUL	DAY 04 SUN 20 JUL	DAY 05 MON 21 JUL
OPENING CEREMONY								
3X3		4						
Archery		5						
Artistic Gymnastics		5						
Athletics		7						
Badminton		10						
Basketball		9						
Beach Volleyball		6						
Diving		7						
Fencing		6						
Judo		4						
Rhythmic Gymnastics		3						
Rowing		3						
Swimming		7						
Table Tennis		8						
Taekwondo		7						
Tennis		10						
Volleyball		9						
Water Polo		10						
CLOSING CEREMONY								
Medal Events per day			0	10	13	21	20	14
Sports per day			1	11	12	12	11	11

Medal Events

DAY 06 TUE 22 JUL	DAY 07 WED 23 JUL	DAY 08 THU 24 JUL	DAY 09 FRI 25 JUL	DAY 10 SAT 26 JUL	DAY 11 SUN 27 JUL	MEDAL EVENTS	MAIN VENUE	
							DUI	Schauinsland-Reisen-Arena
						4	BOC	Jahrhunderthalle
			6	4		10	ESS	Sportpark am Hallo & Zeche Zollverein
	1	1	2	10		14	ESS	Messe Essen / Halle 3
5	5	12	3	11	14	51	BOC	Lohrheidestadion
				5		6	MUL	Westenergie Sporthalle
			1	1		2	ESS DUI HAG	Multiple Venues
				2		2	DUI	Sportpark Duisburg
1	5					15	BER	SSE Berlin
2						12	ESS	Messe Essen / Halle 5
	5	4	5	1		15	ESS	Messe Essen / Halle 4
						8	ESS	Messe Essen / Halle 4
					11	11	DUI	Regattabahn Duisburg
7	9					42	BER	SSE Berlin
1	2	2				7	ESS	Messe Essen / Halle 1
4	3					24	ESS	Messe Essen / Halle 6
			3	4		7	ESS	ETUF Tennisanlage
	1	1				2	BER	Multiple Venues Berlin
				2		2	DUI	ASC Duisburg
					☀		DUI	Landschaftspark DUI-Nord
20	31	20	20	40	25	234		
14	14	11	10	10	2			

ent ● BOC / Bochum ● DUI / Duisburg ● ESS / Essen ● MUL / Mülheim an der Ruhr ● HAG / Hagen ● BER / Berlin

APPENDIX B: CITY MAPS



DUISBURG

Water polo

ASC Duisburg

Rowing

Regattabahn Duisburg

Beach volleyball

Sportpark Duisburg

Basketball

Walter-Schädlich-Halle

MÜLHEIM AN DER RUHR

Badminton

Westenergie Sporthalle

BOCHUM

Athletics

Lohrheidestadion

Kemnader See

3x3 Basketball

Jahrhunderthalle

3x3 Wheelchair basketball

Jahrhunderthalle

ESSEN

Table tennis

Messe Essen Halle 1

Artistic gymnastics

Messe Essen Halle 3

Rhythmic gymnastics

Messe Essen Halle 4

Judo

Messe Essen Halle 4

Fencing

Messe Essen Halle 5

Taekwondo

Messe Essen Halle 6

Basketball

Grugahalle

Sporthalle Am Hallo

Tennis

ETUF Tennisanlage

Archery

Sportpark Am Hallo Stadion

Zeche Zollverein



RHINE-RUHR
2025



BERLIN

Volleyball

Max-Schmeling-Halle
 Sportforum Große Halle
 Ballsporthalle Köpenick
 Horst-Korber-Sportzentrum

Swimming and Diving

Schwimm-und Sprunghalle im
 Europasportpark [SSE]

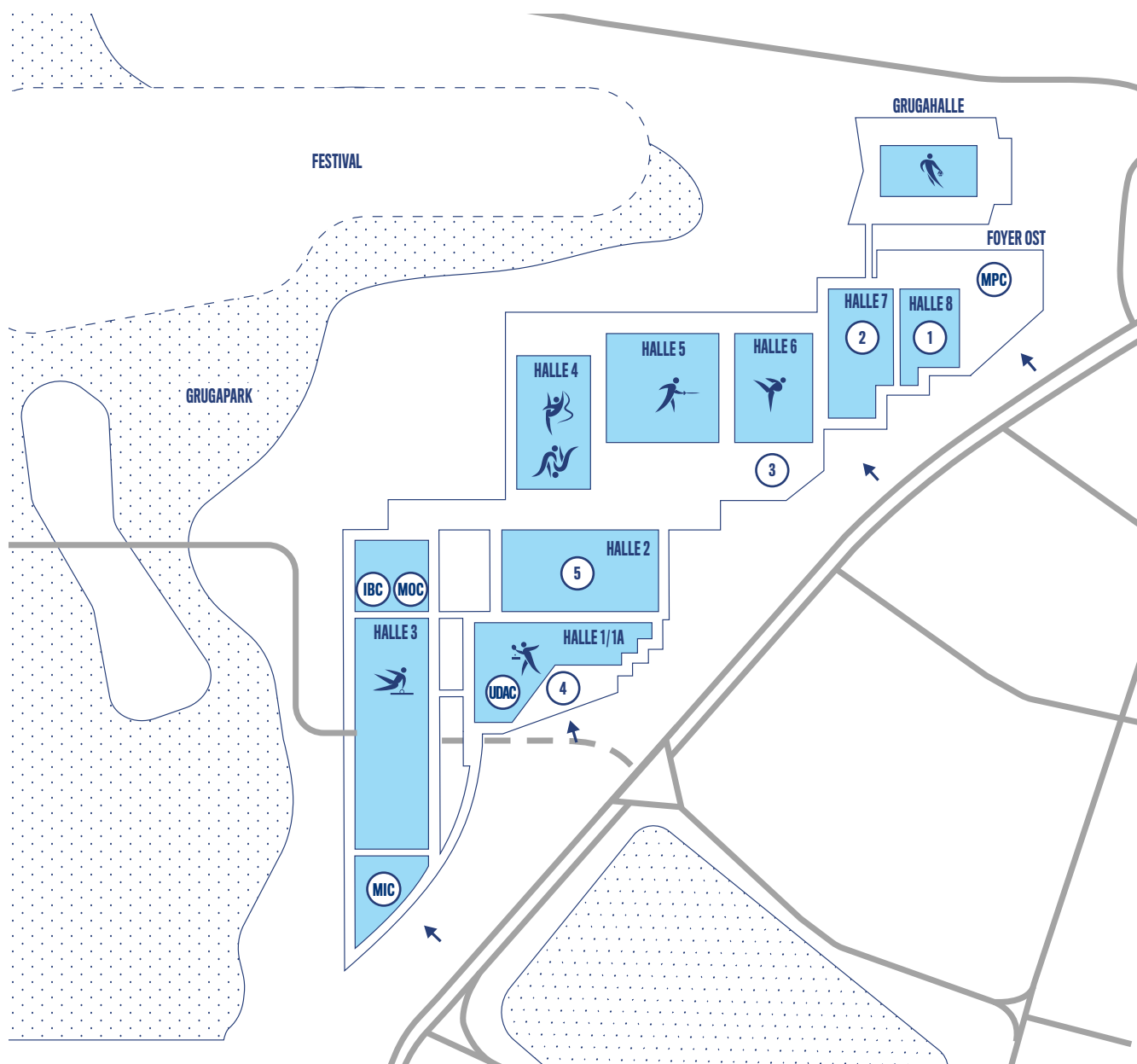
HAGEN

HAGEN

Basketball

Ischelandhalle

APPENDIX C: VENUE MAP MESSE ESSEN



- (MPC)** MAIN PRESS CENTRE
- (MIC)** MAIN INFORMATION CENTRE¹
- (IBC)** INTERNATIONAL BROADCAST CENTRE
- (MOC)** MAIN OPERATIONS CENTRE
- (UDAC)** UNIFORM DISTRIBUTION AND ACCREDITATION CENTRE

- 1** ATHLETES' LOUNGE
- 2** MAIN DINING
- 3** SERVICE CENTER MITTE / BUSINESS CLUB²
- 4** MEETING ROOMS
- 5** TRAINING & GYM
- ↑** ENTRANCE

- TABLE TENNIS
- FENCING
- BASKETBALL
- ARTISTIC GYMNASTICS
- TAEKWONDO
- RHYTHMIC GYMNASTICS
- JUDO

¹ incl. FISU offices for delegation services meeting rooms & co-working spaces

² incl. delegation offices & meeting rooms

media@rhineruhr2025.com



Gefördert durch:



aufgrund eines Beschlusses
des Deutschen Bundestages

