**ITF SCOTLAND SELECTION COMPETITION 21/1/18**

**DATE:** Sunday 21st of January 2018

**TIME:** 10.00am – 4.00pm

**VENUE:** SMAC Dumyat Business Park Bond Street, Bond Street, Alloa FK10 2PB

**SELECTION PANEL:** 1. Master D. McNairn VII, 2. Master J. Campins VII, 3. Master R. Blair VII, 4. TBC

**DRES CODE:**

* Umpires – Official ITF officiating attire.
* Selection panel – Official ITF Master attire (white shirt & gold tie).
* Coaches – track suit (please also carry rubber / latex gloves and towel).
* Competitors – Official ITF uniforms. Track suit.

**ORDER OF EVENTS:**

* Weigh-in, registration & coaches meeting (9.45 – 10.15)
* Welcome & opening speech (Team Director)
* Patterns (start time 10.30)
* Pre-arranged sparring
* Free sparring
* Special technique
* Power

Throughout the day competitors will be called up in the following order:

1. Junior female
2. Junior male
3. Adult female
4. Adult male

All competitors must register between the times of 9.45 – 10.15. Those who are not participating until later in the day, are welcome to leave and return. There will be practice areas available throughout the day.

Once competitors have performed in their chosen events, they are free to leave if they wish. No results will be announced on the day.

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| **EVENT** | **AREA** | **UMPIRES** | **FORMAT** |
| **Patterns** | 1 ring measuring 10x10m  (if possible) | * 5 judges | 2 competitors perform simultaneously. 2 designated patterns:   * First pattern will be within the competitors’ current Degree. * Second pattern will be from Chon-Ji to competitors’ current Degree.   Normal ITF patterns rules will apply. |
| **Free sparring** | 1 ring measuring 8x8m  (if possible) | * 1 centre referee. * 4 corner judges | Weigh-in – Competitors will weigh-in before the start of the competition, at the designated weigh-in area. There will be a 2.5kg weight allowance. If competitors do not make weight, they will be allowed a further attempt 60 minutes after first weigh in.  Bouts will be 2 rounds of 2 minutes duration with a 1 minute break between rounds. Competitors are permitted to have a coach at ring-side. Normal ITF sparring rules will apply.  The selection panel may ask for competitors from different weight groups to spar against each other. |
| **Power** | 1 ring measuring 8x8m  (if possible) | * 3 referees | In power breaking it is permitted to step forward, to slide, skip and or jump. However, a forearm guarding block must be adopted before and after each attempt to break the board (s). For Sonkal Taerigi the strike may be either inward or outward. The techniques performed will be:   * MALE - Ap-Joomuk Jirugi, Sonkal Taerigi, Yop Cha Jirugi, Dollyo Chagi, Bandae Dollyo Chagi. * FEMALE TECHNIQUES - Sonkal Taerigi, Yop Cha Jirugi, Dollyo Chagi |

**ITF SCOTLAND SELECTION COMPETITION 21/1/18 – cont.**

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| **EVENT** | **AREA** | **UMPIRES** | **FORMAT** |
| **Special Technique** | 1 ring measuring 8x8m  (if possible) | * 3 judges | The techniques performed will be:  MALE - Twimyo Nopi Ap Cha Busigi, Twimyo Dollyo Chagi, Twio Dolmyo Yop Cha Jirugi, Twimyo Bandae Dollyo Chagi, Twimyo Nopi Yop Cha Jirugi.  FEMALE - Twimyo Nopi Ap Cha Busigi, Twimyo Dollyo Chagi, Twio Dolmyo Yop Cha Jirugi. |
| **Pre-arranged Sparring** | 1 ring measuring 10x10m  (if possible) | * 5 referee. | Pairs will perform their routines one at a time.  Normal ITF Pre-arranged sparring rules will apply. |
| **SCORING & RESULTS** | | | |
| There will be no electronic scoring system in place. Umpires will be asked to record results on note pads. The score sheets will be collected and submitted to top table. Outcome will be recorded but not announced during the competition. Scores & results will form part of the letter competitors receive, informing them whether or not they have been selected. | | | |