

SCOTTISH CHAMPIONSHIPS 2019



INVITATION

31st January 2019

Dear ITF Members,

It is with great pleasure that you and your students are invited to the ITF Scottish Championships on 23rd & 24th March 2019, according to the following schedule;

Saturday 23rd March	13 years & under (Tots, Cadet & Pre-Junior)
Sunday 24th March	14 years & over (Junior, Senior & Adv. Senior) ASN Competitors (All ages)

This competition is open to ITF Taekwon-Do students 10th Kup to 6th Degree.

Please take the time to read the following information.

We look forward to seeing you and your students at the competition.

Yours in Taekwon-Do,

ITF Scotland Tournament & Umpire Committee

INFORMATION

DATE & VENUE

The event will be held on

Saturday 23rd March 2019 Tots, Cadet & Pre-Junior Competition

Sunday 24th March 2019 Junior, Senior & Adv. Senior Competition

In **Ravenscraig Regional Sports Facility**, 1 O'Donnell Way,
Motherwell, North Lanarkshire.

The competition is open only to schools/clubs affiliated to ITF in Spain, and will run according to ITF rules & regulations.

Competitors must wear ITF dobok (no club suits), and ITF Belt (no full stripe belts, other than Junior Black Belt). Competitors must be from 10th Kup to 6th Degree.

DIVISIONS & CATEGORIES

The competition will be divided into the following divisions:

- Tots (7 years & under)
- Cadets (8 – 10 years)
- Pre-Junior (11 – 13 years)
- Junior (14 – 17 years)
- Senior (18 – 35 years)
- Adv. Senior (36 years & over)

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There must be at least two (2) competitors in any division and /or category. In case of only one (1) competitor, ITF Scotland reserve the right to merge the competitor to another category.

A full list of categories can be found on www.sportdata.org

PATTERN

In each category the competitors will perform **one optional** pattern according to their grade.

White Belt: Saju-Jirugi / Saju-Makgi / Chon-Ji

Yellow Belt: Dan-Gun / Do-San

Green Belt: Won-Hyo / Yul-Gok

Blue Belt: Joong-Gun / Toi-Gye

Red Belt: Hwa-Rang / Choong-Moo

1st Degree: Kwang-Gae / Po-Eun / Ge-Baek

2nd Degree: Eui-Am / Choong-Jang / Juche

3rd Degree: Sam-Il / Yoo-Sin / Choi-Yong

4th – 6th Degree: Yong-Gae / Ul-Ji / Moon-Moo

In the final, the competitors will perform two patterns; one pattern designated according to grade, and one pattern designated from Chon-Ji up to their grade.

SPARRING

Height/Weight classes for sparring competition will be:

Tots <110cm, <120cm, <130cm, >130cm

Peewee <120cm, <130cm, <140cm, <150cm, >150cm

Cadets <140cm, <150cm, <160cm, <170cm, >170cm

Juniors *White -Blue Belts*

Male <56kg, <68kg, >68kg

Female <50kg, <60kg, >60kg

Red / Black Belts

Male <50kg, <56kg, <62kg, <68kg, <75kg, >75kg

Female <45kg, <50kg, <55kg, <60kg, <65kg, >65kg

Seniors *White -Blue Belts*

Male <63kg, <78kg, >78kg

Female <56kg, <68kg, >68kg

Red / Black Belts

Male <57kg, <63kg, <70kg, <78kg, <85kg, >85kg

Female <50kg, <56kg, <62kg, <68kg, <75kg, >75kg

Adv. Senior Male <73kg, <85kg, >85kg

Female <58kg, <68kg, >68kg

ASN Will be split according to height/weight on the day.

Please note point sparring will be in place for all 10 years and under, white and yellow belts only. All other categories are continuous sparring.

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Tots, Cadet and Pre-Junior's all bouts will be 1 x 1 ½ minutes

Juniors, Senior's & Adv. Senior bouts will be 1 x 2 minutes. Finals will be 2 x 2 minute rounds.

SPECIAL TECHNIQUE

White – Blue belt competitors will complete the following techniques:

- Nopi Chagi

Red & Black Belt competitors will complete the following techniques:

- Nopi Chagi
- Twimyo Yop Cha Jirugi

POWER TEST

This is only open to competitors 14 years, green belt and above.
All competitors will complete breaks according to the following:

	Ap joomuk	Sonkal	Yop Cha Jirugi	Dollyo Chagi	Bandae Dollyo Chagi
Jnr Male	1	1	2	1	1
Jnr Female		1	2	1	
Snr Male	2	2	3	2	2
Snr Female		2	3	2	
Adv Snr Male	1	2	2	2	1
Adv Snr Female		1	2	1	

PRE-ARRANGED SPARRING

This is only open to competitors over 11 years of age, according to the following age categories and divisions.

Pre-Junior	11 – 13 years	i. White – Blue Belt ii. Red – Black Belt
Junior	14 – 17 years	i. White – Blue Belt ii. Red – Black Belt
Senior	18+ years	i. White – Blue Belt ii. Red – Black Belt

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Teams can be Male, Female and / or Male and Female Mixed.
Each team consists of two persons to complete a pre-arranged sparring routine of between 60-75 sec.

REGISTRATION & PAYMENT

This is a club event, registration must be completed online, by instructors via

www.sportdata.org

- Registration opens 1st February 2019
- **Registration closes 9th March 2019, at 23:59 GMT**

No competitors can enter after the closing date!

Draws will be made available online in advance.

Instructors must pay registration Fees by 9th March 2019 to account:

International Taekwon-Do Federation (Scotland) Limited

Account Number: 43740861

Sort Code: 09-01-28

BIC: ABBYGB2LXXX

IBAN: GB64ABBY09012843740861

Please ensure you use school/club name as a reference.

COMPETITION ENTRY FEES

All competitors	£25
Spectators	£5 Adults
	£2 Children 5-15 years

UMPIRES

Each school must participate with **FULL TIME UMPIRE(S)** according to the following (**per day of competition**):

- 1 to 5 competitors 1 Umpire
- 6 to 14 competitors 2 Umpires
- 15 to 24 competitors 3 Umpires
- 25 competitors or more 4 Umpires or more

Schools that do not participate with any Umpire(s) shall pay the amount of £50 for any missing umpire according to the number of competitors for each day.

Umpire Attire: Navy Suit, White Long-Sleeved Shirt, Navy Tie,
White Martial Arts/Training Shoes.
Umpires will be provided with lunch and
souvenir.

**ALL UMPIRES MUST BE REGISTERED ONLINE BEFORE THE CLOSING
DATE**

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COACHES

It is permitted to have a coach present at the event, **as long as the club meets the umpire to competitor ratios per day**. They may have the following number of coaches:

- 1 to 5 competitors 1 Coach
- 6 to 14 competitors 2 Coach
- 15 to 24 competitors 3 Coach
- 25 competitors or more up to a maximum of 5 coaches.

A coach must be a training, licensed member of your school.
Coach Fee is £10 per coach.

Coach Attire: club tracksuit, training shoes & towel

COACHES MUST BE REGISTERED ONLINE BEFORE THE CLOSING DATE

WEIGHT / HEIGHT CHECK

The weight / height check will take place at Ravenscraig Regional Sports Facility during the following times:

Friday 22/03/2019	from 6pm – 8pm (any competitor)
Saturday 23/03/2019	from 8am – 9am (only Tots, Cadet & Pre-Junior) from 4pm – 5pm (only Junior, Senior, Adv Senior & ASN)
Sunday 24/03/2019	from 8am – 9am (only Junior, Senior, Adv Senior & ASN)

During weigh in ALL competitors must wear dobok trousers and t-shirt.

A tolerance of 0.5kg is given.

Competitors NOT making the weight / height shall be removed from the category and charged an addition £5 to be moved to the appropriate category.

EQUIPMENT REGULATIONS

According to ITF regulations all competitors must wear head protection during sparring event.

All competitors 10 years & under must also wear body armour.

Compulsory equipment

- Point sparring gloves (not boxing)
- Foot protection
- Head protection
- Gum shield
- Groin guard (males only)
- Body Armour (10 years and under)
- Shin guards (Optional)

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ACCOMMODATION

It is recommended to use the following nearby accommodation.

Ravenscliff (300 meters)

1 Prospecthill Road, Motherwell, ML1 2UE

www.marstonsinns.co.uk

Holiday Inn Express – Hamilton (4.7miles)

Keith Street, Hamilton, ML3 7BL

www.expresshamilton.co.uk

Holiday Inn Express – Strathclyde (5.3 miles)

Hamilton Road, Motherwell, ML1 3RB

www.hiexstrathclyde.co.uk

DoubleTree by Hilton Strathclyde (8.2 miles)

Pheonix Crescent, Strathclyde Business Park, Bellshill, ML4 3JQ

www.doubletreestrathclyde.com