



Dear Instructors,

It is with great pleasure that you and your students are invited to the SCOTTISH CUP on Sunday the 19<sup>th</sup> of March, 2023

This competition is a Junior event open to ITF Taekwon-Do students ages 5-17 years, 10<sup>th</sup> Kup to 3<sup>rd</sup> Degree, from any affiliation. Please take the time to read the following information and do not hesitate to contact the event organisers should you have any questions (our contact details are at the bottom of this invitation).

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

Sincerely,

Martial Arts Promotions Team



# INVITATION & RULES

*A Martial Arts Promotions Event*



**MARTIAL ARTS**  
PROMOTIONS



## GENERAL INFORMATION

### DATE & VENUE

The event will be held on  
**Sunday 19<sup>th</sup> March 2023**

**Tollcross International Swimming Centre**  
350 Wellshot Road, Glasgow, G32 7QR

### PARTICIPATION

The SCOTTISH CUP is an open event. This means clubs from any affiliation are welcome to participate at this event. Please familiarise yourself with the rules in this document.

### REGISTRATION OF SCHOOLS AND CLUBS

All registrations of schools and clubs will be done through KIHAPP:

<https://www.kihapp.com/tournaments/10155-scottish-cup-2023>



**Please note: There is an early bird discount on the competitor entry registration fee up until the 5<sup>th</sup> February 2023. Thereafter, all entry fees will be charged at full price.**

### CONDITIONS OF REGISTRATION - IMPORTANT

To ensure the smooth running of the event, every school/club taking part is required to provide a minimum of 1 full time umpire, who will be able to help for the entire duration of the event. Of course, we would greatly appreciate for clubs to supply more than 1 umpire, to ensure there is fair representation of a diverse range of officials across the competition.

#### UMPIRE CRITERIA:

- Minimum age of 16 years old
- 1<sup>st</sup> degree Black Belt or above

**Clubs who do not meet the minimum umpire quota shall incur a £50 fine (payable by cash prior to the event starting). If this is not adhered to, all club competitors will be unable to compete in the event.**

*A Martial Arts Promotions Event*



**MARTIAL ARTS**  
PROMOTIONS



## COACHES

All clubs are welcome to supply their own coaches to assist their competitors at the competition.

Each club must designate a Head Coach who will be the only representative that will be able to liaise with the event organisers – Head Coaches should make themselves known to the organisers at the coaches meeting prior to the event starting. All other club coaches should go through their Head Coach to communicate any problems, issues or concerns on the day of the event.

A coach must be a training, licensed member of your school and apply for a coaching pass at the time of club registration.

**There is no charge for coaches passes or cap on the number of coaches a club can have.**

## ENTRY IDENTIFICATION

All coaches and umpire's will be supplied with an event ID card which they must have on their person at all times during the event. These will be issued on the morning of the event.

Spectators and competitors will have entry tracked by coloured wristbands. The competitor wristbands will be available to collect at registration and spectator wristbands will be available to purchase at registration and at the door on the day (spectators' entry is payable by cash only).





## REGISTRATION

All competitors **MUST** register at the official registration. Any competitor who does not register on time will be removed from the competition and unable to compete.

The weight/height check will take place at Tollcross ISC at the following date & time:

**SATURDAY 18<sup>th</sup> March @ 4-6pm (any competitor)**

If a student does not make height/weight they will be charged a £5 admin' fee to be moved into the correct category. If the admin' fee is not paid, they will be removed from the event entirely.

To avoid this, we highly recommend that all competitors double check their height/weight when registering for the event.

During weigh in, ALL competitors must wear dobok trousers and club t-shirt. A weight tolerance of 0.5kg is given to account for clothing. There is no extra tolerance for height check.

## CONFIRMATION OF COMPETITOR DETAILS

**It is solely the responsibility of the instructor** to verify that their students' details are correct, and that they have been placed in the suitable event categories. Instructors should cross-check their student's information prior to event registration taking place on Saturday 18<sup>th</sup> March. This can be done in the KiHapp system online.

**There will be no time to make changes to categories on the day of the competition. We want to reiterate that ALL competitors must attend registration the day before the event at the official registration time mentioned above.**





## REGISTRATION & PAYMENT DETAILS

This is a club event which means that all entries should be done as a club and not as a regional group/organisation. Registration must be completed online via: <https://www.kihapp.com/tournaments/10155-scottish-cup-2023>

- Registration opens @ 9am on 2<sup>nd</sup> January 2023
- Registration closes @ 11pm on Sunday 5<sup>th</sup> March 2023



**Please note: No entries will be taken after the closing date has passed.**

Instructors must pay registration fees via KiHapp, any umpire fines must be paid on the day of the event (cash only) before the start of the event. Instructors failing to pay the fine will risk all of their students being withdrawn from the competition.

## COMPETITION ENTRY FEES

All Individual Competitors	£39
Early Bird Entry	£34 (before 5 <sup>th</sup> February 2023)
Coaches	FREE
Team Entry Fees	£21 per team per event (£7 per team member)

**(All of the above must be registered online prior to the closing date)**

Spectators	£5.00 Adults
	£2.00 Children 5-15 years

**(All spectator fees are payable by cash only on the day of event)**





## OFFICIAL ATTIRE

### ATHLETES

As this is an open event, all dobok styles will be allowed.

All black belt competitor belts must show their current degree, variations of calligraphy will be allowed.

All Kup grades must have a single colour belt with tags on either end, or a full colour striped belt.

Competitors in Kids programmes within their school, may wear their kids programme uniform, with the equivalent ITF Taekwon-do belt.

### COACHES

All coaches must also wear official club attire, training shoes and have a towel with them when on the ring coaching.

### UMPIRES

Umpires and Jury Members must wear official SCOTTISH CUP umpire attire:

- Official Scottish Cup Polo Shirt (issued on day of the event – all umpires should complete the Polo Shirt Size form that has been sent out with the official invitation by Sunday 26<sup>th</sup> February).
- Navy Suit trousers
- White shoes
- White socks

All umpires will also be supplied with lunch and will receive a token gift at the end of the event.





## TOURNAMENT RULES

ITF rules will apply with modifications to suit age, experience, and gender. Please familiarise yourself with the changes below.

## DIVISIONS & CATEGORIES

The competition will be divided into the following age divisions:

- Youth 0-7 years
- Cadets 8-10 years
- Pre-Jnr 11-13 years
- Jnr 14-17 years

## GENDER

All categories will be split male and female.

## BELT COLOUR GROUPS

Please refer to all categories for specific bandings of colours.

## ENTRIES

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







## PATTERN

### COLOURED BELTS:

The competitors will perform **one optional** pattern according to their grade, up to and including the final:

- **Elementary TKD:** 4 Punches forward & backwards in Walking Stance
- **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

Please note: 'Elementary TKD' is aimed at students within Kids Programmes, that haven't yet learned an ITF Taekwon-do Pattern. Students Should wear a belt that is white in colour.

### BLACK BELTS:

Competitors will perform **one designated** pattern according to their grade, up to and including the final:

- 1<sup>st</sup> Degree: Kwang-Gae / Po-Eun / Ge-Baek
- 2<sup>nd</sup> Degree: Eui-Am / Choong-Jang / Juche
- 3<sup>rd</sup> Degree: Sam-Il / Yoo-Sin / Choi-Yong

**In all patterns divisions, there will be:**

- 1<sup>st</sup> Place Trophy Awarded
- 2<sup>nd</sup> Place Trophy Awarded
- 3<sup>rd</sup> place Trophy Awarded (play-off for 3<sup>rd</sup> place podium position)

## SCORING CRITERIA:

All patterns will be marked with a subjective negative marking criterion with deductions given for the following:

- Incorrect Routine
- Hesitating for more than 2 seconds
- Performing incorrect technical movements





## PERFORMANCE NOTES:

Patterns should be performed as follows:

- Correct routine performed without hesitation
- Correct technical movements performed within the requirements of the pattern
- Patterns should be performed with sufficient power, breath control and flow utilising good rhythm and timing

### In the case of a draw:

**Colour Belts** – both competitors will be asked to perform their chosen pattern again.

**Black Belts** – both competitors will be given a designated pattern from Chon-Ji up to the limit of the lowest grade competing, excluding any pattern that was performed previously.

## SPARRING

## SAFETY EQUIPMENT

### Compulsory equipment

- Closed finger, Open palm sparring gloves
- Foot protection
- Head protection
- Gum shield
- Groin guard (Males only)
- Breast Guard (Females only)

### Optional Equipment

- Body Armour (10 years and under)
- Shin guards
- Groin Guard (Female)





## CATEGORIES DEFINED BY HEIGHT

YOUTH	<120CM, <130CM, >130CM
CADETS	<130CM, <140CM, <150CM, >150CM
PRE-JNR	<150CM, <160CM, >160CM

**NB: <120cm means it's up to and including 120cm. <130cm means over 120.1cm and up to 130cm.**

## BELT COLOUR GROUPS FOR HEIGHT DEFINED CATEGORIES

YOUTH, CADETS AND PRE-JUNIOR will be split both MALE and FEMALE with the following belt colour groups:

- White – Yellow Belt
- Green – Blue Belt
- Red - Black Belt

## CATEGORIES DEFINED BY WEIGHT

JUNIORS will compete in the following belt colour groupings:

- White – Green Belt
- Blue – Red Belt
- Black Belt

The following weight categories will apply for Juniors:

- Male <56KG, <63KG, <70KG, >70KG
- Female <50KG, <56KG, <62KG, >62KG

**NB: <56kg means it's up to and including 56kg. <62kg means over 56.1kg and up to 62kg.**





## SPARRING FORMAT

*All categories will be in continuous sparring format. There will be no point stop sparring.*

**In all sparring divisions, there will be:**

- 1<sup>st</sup> Place Trophy Awarded
- 2<sup>nd</sup> Place Trophy Awarded
- 3<sup>rd</sup> place Trophy Awarded (play-off for 3<sup>rd</sup> place podium position)

## SPARRING MATCH DURATION

All matches are elimination rounds. If resulting in a draw, the match will be concluded in a 1<sup>st</sup> point deciding round.

The sparring match duration times are as follows:

- CADETS - All grades will be 1 x 60 secs.
- YOUTH & PRE-JUNIOR - All grades will be 1 x 90 secs.
- JUNIOR - All Grades will be 1 x 120 secs.

## SPARRING SCORING

- One (1) point will be awarded for any legal Hand Attack directed to mid or high sections.
- Two (2) points will be awarded for any legal Foot Attack directed to mid section.
- Three (3) points will be awarded for any legal Foot Attack directed to high section.

**There will be no additional scores given for jumping, flying or spinning techniques.**





## SPARRING WARNINGS

Warnings will be assigned for the following offences:

- Pretending to have scored a point by raising one or both arms.
- Stepping completely out of the ring (both feet). Please Note: If a competitor is pushed out of the ring with intent (without undergoing a technique) then he will not receive a warning. The competitor who pushed shall receive a warning.
- Falling down, whether intentional or not (it means any part of the body, other than the feet, touching the ground).
- Faking a blow/pretending to be injured to gain an advantage.
- Intentionally avoiding sparring.
- Adjusting equipment during the bout without the consent of the Centre Referee.
- Unintentional attack to a target that is not a scoring target (i.e. not the front or sides of the trunk of the body, top, front or sides of head guard/face).
- Pushing with the hands, shoulders or body.

**The sum of three 3 warnings automatically results in the deduction of one 1 point.**

## SPARRING FOULS

- Misconduct against officials or ignoring instructions.
- Uncontrolled or excessive contact – Centre Referee's discretion.
- Receiving three (3) minus points/fouls directly given by the Centre Referee.
- Being under influence of alcoholic beverages or drugs.
- Loss of temper and bad sportsmanship.
- Insulting an opponent, coach and or official.
- Biting, scratching.
- Attacking with the knee, elbow, or forehead.
- Being determined culpable for causing a loss of consciousness.

**Receiving three (3) minus points/fouls directly given by the Centre Referee.**





## TEAM EVENTS

### TEAM PATTERN

Patterns teams will consist of 3 team members who must be from the same club.

#### Age Categories

- CADETS (8-10 years)
- PRE-JUNIOR (11-13 years)
- JUNIOR (14-17 years)

#### Gender

Teams can be mixed consisting of both male and female team members.

#### Belt Ranks

- Beginner/Intermediate (White-Blue Belts)
- Advanced (Red-Black Belts)

#### Pattern Choice

One optional pattern within the rank of the lowest ranking team member.

#### Rules

The same rules will apply for team patterns in terms of scoring. Choreography will also be taken into account.

**In all team patterns divisions, there will be:**

- 1<sup>st</sup> Place Trophy Awarded to each team member
- 2<sup>nd</sup> Place Trophy Awarded to each team member
- 3<sup>rd</sup> place Trophy Awarded to each team member (play-off for 3<sup>rd</sup> place podium position)





## SCORING CRITERIA:

All patterns will be marked with a subjective negative marking criterion with deductions given for the following:

- Incorrect Routine
- Hesitating for more than 2 seconds
- Performing incorrect technical movements
- Performing movements out of sync with other team members (excluding choreographed breaks)

## PERFORMANCE NOTES:

Patterns should be performed as follows:

- Correct routine performed without hesitation and in time with other team members (routine breaks are allowed but not on the first and last movement of the pattern)
- Correct technical movements performed within the requirements of the pattern
- Patterns should be performed with sufficient power, breath control and flow utilising good rhythm and timing

### **In the case of a draw:**

**Colour Belts** – both teams will be asked to perform their chosen pattern again.

**Black Belts** – both teams will be asked to perform their chosen pattern again.





## TEAM SPARRING:

Sparring teams will consist of 3 team members who must be from the same club. The team sparring event will be open weight/height and performed in the continuous sparring format.

### Age Categories:

- CADETS (8-10 years)
- PRE-JUNIOR (11-13 years)
- JUNIOR (14-17 years)

### Gender:

- Teams will be split male and female.

### Belt Ranks:

- Beginner/Intermediate (White-Blue Belts)
- Advanced (Red-Black Belts)

### Match Duration:

All bouts will be 1x90 seconds round.

### Rules:

The same rules will apply for team sparring in terms of scores, warnings and fouls per bout.

### Disqualification:

If a team member is disqualified in a bout, then they are unable to represent their team in future rounds. Their team is still able to compete as long as they have a minimum of 2 team members still available to compete. However, as a result of the disqualified team members, the opposing team will automatically be given a 4-0 judges decision on the score cards.

### Results:

The decision will be an accumulation of the judges in favour of the winning competitor from each bout. In the case of a draw, each team will choose one player to play-off in a final round which will be concluded in a 1<sup>st</sup> point decider.







In all team sparring divisions, there will be:

- 1<sup>st</sup> Place Trophy Awarded to each team member
- 2<sup>nd</sup> Place Trophy Awarded to each team member
- 3<sup>rd</sup> place Trophy Awarded to each team member (play-off for 3<sup>rd</sup> place podium position)

## ACCOMMODATION

The Fullarton Park hotel

0.5 miles

<https://via.eviivo.com/FullartonParkHotelG32>

Premier Inn Glasgow (Cambuslang/M74, J2A) hotel

0.7 miles

[https://www.premierinn.com/gb/en/hotels/scotland/strathclyde/glasgow/glasgow-cambuslangm74-j2a.html?cid=GLBC\\_GLAORI](https://www.premierinn.com/gb/en/hotels/scotland/strathclyde/glasgow/glasgow-cambuslangm74-j2a.html?cid=GLBC_GLAORI)

Premier Inn Glasgow East Hotel

2.6 miles

<https://www.premierinn.com/gb/en/hotels/scotland/strathclyde/glasgow/glasgow-east.html>

## CONTACT

Please do not hesitate to contact the organising team should you have any questions or require any assistance registering for the event.

Our team can be contactable via Email, Facebook or Instagram:

**Email:** martialartspromos@gmail.com

**Facebook:** Martial Arts Promotions

**Instagram:** @martialartspromos

*A Martial Arts Promotions Event*



**MARTIAL ARTS**  
PROMOTIONS