



25<sup>th</sup> January 2016

Dear Masters and Instructors,

**ITF Scottish Championships 2016**

It is with great pleasure that you and your students are invited to the ITF Scottish Championships on Saturday 9<sup>th</sup> April, in Motherwell, Scotland.

This competition is open to all ITF Taekwon-Do students 10<sup>th</sup> Kup to 6<sup>th</sup> Degree.

Please take the time to read the following information. If you have any queries please do not hesitate to contact the Tournament & Umpire Committee.

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

Yours in Taekwon-Do

Mrs. G. McIlvaney  
ITF Scotland Tournament Committee



## **Venue Information**

The ITF Scottish Championships 2016 will take place on 9<sup>th</sup> April.

The venue will be;

Ravenscraig Regional Sports Facility  
1 O'Donnell Way  
Motherwell  
ML1 2TZ

The competition will start at 09:30hrs. An exact schedule will be published after the deadline for sending entry forms.

## **General Information**

### **Entry Fees**

The individual entry fee is £25.00 per competitor

### **Umpire's**

Each school should supply the following **FULL TIME** umpires to competitor ratio;

1 – 5 competitors	=	1 Umpire
6 – 10 competitors	=	2 Umpires
11 – 20 competitors	=	3 Umpires etc

It is important we have as many **FULL TIME** umpires as possible to ensure a high level of refereeing on the day. All umpires will receive a free lunch and snacks on the day of competition.

Umpire's must wear; Navy pants, navy jacket, white long sleeve shirt, tie (navy or colour appropriate to grade), white socks and white shoes. All umpires must also have a pen.

### **Umpire Meeting**

All umpires are to be registered with the T-UC before and up to the tournament deadline. Umpires are required to attend the Umpire meeting at 08:45 to confirm the ring councils and plan for the day.

### **Coaches**

It is permitted to have a coach present at the event, as long as the club meets the umpire to competitor ratio, they may have the following number of coaches:

1 – 5 competitors = 1 coach, 6 - 15 competitors = 2 coaches, 16 – 30 competitors = 3 coaches, 30 + competitors = 5 coaches. No more than 5 coaches per club can be applied for.



A coach must be a training and licenced **coloured belt member of your school** (no black belts). Coaches must present themselves in club tracksuit and have a towel. All coaches must have applied via the school application form in advance of the closing date.

Coaching pass will cost £10 per coach. Photo must be supplied with application.  
**NB: No passes will be issued on the day.**

### Divisions & Categories

The competition will be divided into the following divisions:

- i. 7 years and under
- ii. 8 to 10 years
- iii. 11 to 13 years
- iv. 14 to 17 years
- v. 18 to 35 years
- vi. 36 years and over.

### Pattern

In each category the competitors will perform one designated pattern according to their grade. In the finals the competitors will perform two patterns; one designated according to belt/grade patterns, one designated from Chon-Ji to Grade pattern.

e.g. Yellow Belt Patterns competitors will perform Dan-Gun to Do-San

### Sparring

Height/Weight classes for the sparring competition will be:

- |                     |  |
|---------------------|--|
| i. 7 years & under  | <115cm, <125cm, >125cm   |
| ii. 8 to 10 years   | <135cm, <145cm, >145cm   |
| iii. 11 to 13 years | <145cm, <155cm, >155cm   |
| iv. 14 to 17 years  | Female <50kg, <60kg, >60kg<br>Male <56kg, <68kg, >68kg   |
| v. 18 to 35 years*  | Female <56kg, <68kg, >68kg<br>Male <63kg, <78kg, >78kg<br><i>* Red/Black Belt divisions as per ITF weight categories</i> |
| vi. 36 years & over | Female Light/Middle/Heavy (according to entries)<br>Male Light/Middle/Heavy (according to entries)                       |



Please note points sparring will be in place for 10 years and under white and yellow belts only. All other divisions will be points sparring.

### **Special Technique**

White – Blue belt competitors will complete the following techniques:

1. Nopi Chagi

Red & Black belt competitors will complete the following techniques:

1. Nopi Chagi
2. Twimyo Yop Cha Jirugi

### **Power Test**

This is only open to competitors over 14 years, and green belt and above.

All competitors will complete one (1) hand techniques, and one (1) foot techniques as per ITF Scotland Tournament Rules in the pre-qualifying round. And again in the medal round.

### **Pre-Arranged Sparring**

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

11-13 years

- i. White – Blue
- ii. Red – Black

14-17 years

- iii. White – Blue
- iv. Red – Black

18 years & Over

- v. White – Blue
- vi. Red – Black

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 secs



### **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.

Participants should be in possession of their own protection gear. No sparring equipment will be supplied on the day of the event.

Equipment checklist

- a) Open Hand Closed Finger Gloves (not boxing gloves)
- b) Foot Protection
- c) Head Protection
- d) Gum Shield
- e) Body Armour (10 years and under)
- f) Groin Guard (male only)
- g) Shin Guards (optional)

Please see official competition guide. Copies of these will be posted to instructors on receipt of your entry application.

### **Registration and weight/height check**

The registration and category checks will take place in the arena between 08:30 and 09:15am. All competitors must register prior to the competition commencing.

ITF Scotland reserves the right to charge an additional fee of £5 for any changes to entry made on the competition day.

*Please ensure that you double-check each competitors height before completing your school application form.*

### **Competition Rules**

The rules for the competition are in accordance with the ITF Scotland Tournament Rules.

All competitors must wear an ITF Dobok in accordance with the ITF rules & regulations.

***Only ITF Doboks and ITF recognised belts signifying Kup status, can be worn, no club suits or club belts.***



Competitors must be between 10<sup>th</sup> Kup to 6<sup>th</sup> Degree grade only.

**NB.** Junior black belts (under 18years) must wear Junior Black Belt (Black with white stripe, indicating degree)

*ITF Scotland Tournament committee reserves the right to merge divisions with 3 competitors or less.*

### **Participation Forms and School Entry**

The following documents should reach the organising committee by **31<sup>st</sup> March at the latest.**

- ✔ School's Top Sheet
- ✔ Umpire Sheet
- ✔ Coach Application (including photo's for ID Card)

The forms should be sent via e-mail along with confirmation of BACS payment to [competitions@itfscotland.com](mailto:competitions@itfscotland.com) and a copy sent to [treasurer@itfscotland.com](mailto:treasurer@itfscotland.com)

All payments must be sent via BACS to ITF Scotland. Only payments from Instructors will be accepted.

**Only once payment has been received will entries be added to the event.**

**Absolutely NO entries will be accepted after 23:59hrs on 31<sup>st</sup> March.**

### **Payment Details**

International Taekwon-Do Federation (Scotland) Limited

Account Number: 43740861

Sort Code: 09-01-28

*Please ensure you use school name as a reference.*

On receipt of payment all competitor wristbands will be sent out to instructors. Please ensure your address is included for these to be sent, and distribute to your competitors prior to the event.