

ITF SCOTLAND NATIONAL CHAMPIONSHIPS 2023



25th March 2023

Dear ITF Members,

It is with great pleasure that you and your students are invited to the ITF Scottish Championships on 13th & 14th May 2023, according to the following schedule;

Saturday 13th May	13 years & under (Youth, Cadet & Pre-Junior)
Sunday 14th May	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

ITF SCOTLAND NATIONAL CHAMPIONSHIPS 2023



Invitation and Rules

GENERAL INFORMATION

DATE & VENUE

The event will be held on

Saturday 13th May	Youth, Cadet & Pre-Junior Competition
Sunday 14th May	Junior, Senior, Adv. Senior & ASN Competition

At Ravenscraig Regional Sports Facility, 1 O'Donnell Way, Motherwell, North Lanarkshire, ML1 2TZ.

PARTICIPATION

The ITF Scotland championships is the official National Championships of Scotland is **not** an open event. **Only individual schools & clubs, no associations** within the National and Allied Associations, affiliated to the ITF www.tkd-itf.org are eligible to participate.

REGISTRATION OF SCHOOLS AND CLUBS

All registrations of schools and clubs will be done through SPORTDATA at:
https://www.sportdata.org/taekwondo_itf/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=405#a_eventhead

- From this page please click "Login" at top right corner
- Complete fields required
- ITFS Tournament Committee will be sent details of your registration
- You will now be able to register your competitors
- Please ensure mailing address is included

CONDITIONS OF REGISTRATION - IMPORTANT

The 2023 ITFS championships will only accept registrations from schools and clubs that supply the appropriate amount of umpires. Each school must participate with **FULL TIME UMPIRE(S)** according to the following (**per day of competition**):

- 1 to 10 competitors 1 Umpire
- 11 to 20 competitors 2 Umpires
- 21 to 30 competitors 3 Umpires
- 30 competitors or more 4 Umpires or more

Full time umpires must be blackbelts, aged 16 years & over.

However we have many roles that can be done within the ring council that does not require degree qualification but is equally important to the running of the schedule, we also welcome additional Kup grade umpires as detailed below:

Please note kup grade umpires do not count towards the qualifying umpire quota.

Condition of Kup Grade Umpire Acceptance. The candidates must:

- Be over 18yrs
- Cannot be a competitor on the day of competition
- Be 2nd Kup or above
- Attend ITFS Umpire Online Refresher Course (Sunday 7th May, time tbc).
This course is complimentary to all full-time registered umpires.
- Have Kup Grade Umpire attire (Black Polo Shirt, Black Trousers, White Umpire Shoes).

Kup Grade umpires should be added via the Volunteer Registration tab in Sportdata registration.

UMPIRE COURSES

ITF Scotland will host a two Umpire training courses in the lead up to the Scottish Championships;

- **Complimentary Umpire Refresher Course**

Via zoom on Sunday 7th May (time tbc).

- **Centre Referee Course***

@ MWBA. Aberdeen on Saturday 15th April. 10am – 2pm.

Cost £35.00. *Refundable if umpiring for the full day.

Full details of both courses will be distributed in due course.

IMPORTANT NOTE

Please be aware that in order to register competitors for the event, you must first register your umpires. All competitors will be held on a waiting list for approval until umpires are registered to the event.

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 (per day):

- 1 to 5 competitors 1 Coach
- 6 to 12 competitors 2 Coach
- 13 to 20 competitors 3 Coach
- 21 to 30 competitors 4 Coach
- 30 competitors or more up to a **maximum** of 5 coaches.

Coaches can be as follows each day:

- **Saturday – Coloured Belt Coaches Only**
 - **Sunday – Any grade Coaches**
 - A coach must be a training, licensed member of your school.
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ACCREDITATION

All competitors, coaches and umpire entry will be by ID card. Spectators will have entry tracked by a wristband. The wristbands will be available to purchase by:

- Pre-paid by post
- Pre-paid at inscription
- At the door

INSCRIPTION

All ID cards and wristbands should be collected first at inscription. This will be at the same times and venue as the weigh-in.

Coach ID cards will only be issued on the mornings of the event but only if the umpire criteria has been confirmed.

REGISTRATION - WEIGHT / HEIGHT CHECK

All competitors MUST register at the official registrations listed below bringing their ID card with them for scanning. Any competitor not registering will be scored out on the drawsheet and be unable to compete.

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

Friday 12/05/2023

from 6.30pm – 8pm (any competitor)

Saturday 13/05/2023

from 8.15am – 9am (only Youth, Cadet & Pre-Junior)

from 4pm – 5pm (only Junior, Senior, Adv Senior & ASN)

Sunday 14/05/2023

from 8.15am – 9am (only Junior, Senior, Adv Senior & ASN)

During weigh in ALL competitors must wear dobok trousers and club t-shirt.
A weight tolerance of 0.5kg is given.

CONFIRMATION OF COMPETITOR DETAILS

It is solely the responsibility of the instructor to verify that their students' details are correct and they have been placed in the correct categories.

It is possible to make amendments / changes to the competitors' individual categories right up until Friday 12th May. There will be no charge for this.

However, there will be no changes made to categories on the day of the competition. If they are entered incorrectly, they will miss out on their correct category event.

Therefore, if your competitors intend to complete the registration on the day of competition there will be no allowance to make any category change. Should your competitors not make the height / weight category accordingly they will be removed from that event.

We encourage all competitors to complete the height and weight check on the Friday evening, to allow any changes to be made if required.

REGISTRATION & PAYMENT DETAILS

This is a club event, registration must be completed online, by instructors via www.sportdata.org

- Registration opens 17th March 2023
- **Registration closes Friday 5th May 2023, at 23:59 GMT**

No competitors can enter after the closing date!

Instructors must pay registration Fees by 5th May 2023 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

Coloured Belt Competitors	£35
Black Belt Competitors	£40
Coach	£0
Spectators	£5 Adults at Door (£4 pre-paid)
	£3 Children 5-15 years (£2 pre-paid)

OFFICIAL ATTIRE

ATHLETES

As this is the event that represents the ITF for our country all competitors must wear the approved ITF Dobok as detailed in ITF Rules.



[ITF Combined Rules of Competition \(itftkd.sport\)](http://itftkd.sport)

No other Doboks will be allowed, other than image to the left.

No National Team Doboks will be allowed.

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



Junior blackbelts must wear the junior blackbelt and have the white stripe the full length of the belt.

All Kup grades must have a single colour belt. No belts that have a centre stripe running the full length

of the belt will be allowed.

COACHES

All coaches must also wear a club tracksuit, training shoes and towel. The official ITF Tournament rules provides official details of coach attire.

UMPIRES

BLACKBELT Umpires and Jury Members should wear official ITF umpire attire:

- Navy Jacket and Trousers (compulsory jacket)
- Long Sleeved White Shirt
- Blue umpire tie, no instructor grade colours.

- White shoes and socks

KUP grade Jury Assistants or Scoring System Umpires should wear:

- Black Polo shirt
- Black trousers
- White shoes and socks

SAFETY EQUIPMENT

Compulsory equipment

- Open palm sparring gloves
- Foot protection
- Head protection
- Gum shield (Clear)
- Groin guard (Males only)

Optional Equipment

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

TOURNAMENT RULES

ITF rules will apply with modifications to suit age, experience, and gender.

DIVISIONS & CATEGORIES

AGE GROUPS

The competition will be divided into the following divisions:

- YOUTH (7 years & under)
- CADET (8 – 10 years)
- PRE-JUNIOR (11 – 13 years)
- JUNIOR (14 – 17 years)
- SENIOR (18 – 35 years)
- ADV SENIOR (36 years & over)
- ASN (Additional Support Needs)

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. In case of only one (1) competitor, ITF Scotland reserve the right to merge the competitor to another category.

PATTERN

COLOURED BELTS

In the initial rounds, 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
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- Blue Belt: Joong-Gun / Toi-Gye
- Red Belt: Hwa-Rang / Choong-Moo

In the final, the competitors will perform **two optional patterns**. The first optional pattern according to grade, and second optional pattern from Chon-Ji up to their grade, excluding the one already performed. White belts may perform the same pattern again.

BLACK BELTS

In the initial rounds, the competitors will perform **one designated** pattern according to their grade:

- 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 designated patterns**:

The first designated pattern will be randomly chosen from one of the three patterns appropriate to the category degree. The second designated pattern will be chosen from all the remaining patterns from Chon-Ji to their degree, excluding the one performed for the 1st designated pattern.

PERFORMANCE NOTES:

In the case of a draw:

- 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 in the first pattern. **White belts may perform the same pattern again.**

SPARRING

CATEGORIES DEFINED BY HEIGHT

YOUTH	<120cm, <130cm, >130cm
CADET	<130cm, <140cm, <150cm, >150cm

PRE-JUNIOR <150cm, <160cm, <170cm, >170cm

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

BELT COLOUR GROUPS FOR HEIGHT DEFINED CATEGORIES

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

- White – Yellow Belt
- Blue – Green 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 Junior Kup Grades

- Male <56kg, <68kg, >68kg
- Female <56kg, <68kg, >68kg

The following weight categories will apply for Junior Black Belts

- Male <50kg, <55kg, <60kg, <65kg, <70kg, <75kg, >75kg
- Female <45kg, <49kg, <53kg, <57kg, <61kg, >65kg, >65kg

The following open weight categories are optional (pre-registration only. Athletes cannot register on the day of the event)

- Male Black Belt 14-17 years
- Female Black belt 14-17 years

NB: <55kg means it's up to and including 55kg. <60kg means over 55kg and up to 60kg.

SENIOR and ADV SENIOR will compete in the following belt colour groupings:

- White – Green Belt
 - Blue- Red Belt
 - Black Belt
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The following weight categories will apply for Senior Kup Grades:

- Male <63kg, <78kg, >78kg
- Female <55kg, <65kg, >65kg

The following weight categories will apply for Senior Black Belts:

- Male <57kg, <63kg, <69kg, <75kg, <81kg, <87kg, >87kg
- Female <50kg, <55kg, <60kg, <65kg, <70kg, <75kg, >75kg

The following open weight categories are optional (pre-registration only.
Athletes cannot register on the day of the event)

- Male Black Belt 18 years and over
- Female Black belt 18 years and over

The following weight categories will apply for Adv Senior Kup and Black Belts:

- Male <78kg, <85kg, >85kg
- Female <68kg, <75kg, >75kg

NB: <78kg means it's up to and including 78kg. <85kg means over 78kg and up to 85kg.

Additional Support Needs

Will be split according to height/weight/ability on the day. All categories will be contested in a pool format. With all participants receiving a medal.

SPARRING FORMAT

All coloured belt categories will be contested in a traditional pyramid system, in continuous sparring format. There will be no point stop sparring.

All Junior & Senior Black Belt Sparring Categories will be contested in League format, with a two-minute round. In the case of Final's these will be contested as 2 rounds of 2 minutes.

SPARRING MATCH DURATION

Unless stated all time periods are for elimination rounds and finals. All matches if resulting in a draw will conclude in a 1st point (Golden Point) deciding round.

YOUTH:

All grades will be 1 x 60 secs.

CADET & PRE-JUNIOR

All grades will be 1 x 90 secs.

JUNIOR:

Kup Grades will be 1 x 120 secs.

Black Belts will be 1 x 120 secs. (Leagues)

Black Belt Finals will be 2 x 120 secs with a 60 sec rest period.

SENIOR:

Kup Grades will be 1 x 120 secs.

Black Belts will be 1 x 120 secs. (Leagues)

Black Belt Finals will be 2 x 120 secs with a 60 sec rest period.

ADV SENIOR:

Kup Grades will be 1 x 120 secs.

Black Belts will be 1 x 120 secs. (Leagues including finals)

SPECIAL TECHNIQUE

CATEGORIES DEFINED BY HEIGHT

All grades will merge White-Black according to their sparring heights. Male and female gender splits will still apply.

- YOUTH <120cm, <130cm, >130cm
- CADET <130cm, <140cm, <150cm, >150cm
- PRE-JUNIOR <150cm, <160cm, <170cm, >170cm

All competitors will perform the following technique:

- Nopi Chagi

The starting target height of all height defined categories will be 10cms above category height eg <120cms will have a starting height of 130cms

JUNIOR, SENIOR, ADV SENIOR COMPETITORS

Competitors will compete in the following Belt Groupings:

- White to Red Belt
- Black Belt

Kup Grade competitors will perform the following technique:

- Twimyo Nopi Ap Cha Busigi

Jnr	(Target Height	210cms M; 200cms F)
Snr	(Target Height	220cms M; 210cms F)
Adv Snr	(Target Height	210cms M; 200cms F)

Black Belt competitors will complete using two techniques of their choice.

Techniques can be chosen from those listed below, with the height requirements as follows:

- Twimyo Nopi Ap Cha Busigi

Jnr	(Target Height	240cms M; 210cms F)
Snr	(Target Height	250cms M; 220cms F)
Adv Snr	(Target Height	220cms M; 190cms F)

- Twimyo Dollyo Chagi

Jnr	(Target Height	220cms M; 190cms F)
Snr	(Target Height	230cms M; 200cms F)
Adv Snr	(Target Height	200cms M; 170cms F)

- Twimyo Bandae Dollyo Chagi

Jnr	(Target Height	200cms M; 170cms F)
Snr	(Target Height	210cms M; 180cms F)
Adv Snr	(Target Height	180cms M; 150cms F)

- Twio Dolmyo Yop Cha Jirugi

Jnr	(Target Height	200cms M; 170cms F)
Snr	(Target Height	210cms M; 180cms F)
Adv Snr	(Target Height	180cms M; 150cms F)

- Twio Dolmyo Yop Cha Jirugi

Jnr	(Tape Height	120cms M; 100cms F)
Snr	(Tape Height	130cms M; 110cms F)
Adv Snr	(Tape Height	100cms M; 90cms F)

PERFORMANCE NOTES

- The attempt is measured simply by break or no break. There will be no levels of scoring as the machines do not have a 90 or 45 deg stop to determine the 3 pt and 1 pt segments.
- Each competitor will get one measure and one attempt. In the categories defined by height this rule can be interpreted as the competitor gets two attempts to strike the target.

In the Junior, Senior and Adv Senior the competitors should follow the rule and only measure first. Should the Nopi Chagi be struck on what would be deemed to be the measure, no penalty will apply and a break will be assumed.

There will be NO double attempts over the tape for Twimyo Nopi Yop Chagi.

- Those successfully striking the target in the single Nopi Chagi events will progress into the next round whereby the target will be raised until a winner is found. If there are no successful breaks then there is no medal awarded. The minimum height for the category is the lowest height the target can go.
- Medals will be awarded for 1st, 2nd, and 3rd place.
- In the Blackbelt Event with two techniques only those who have scored in either or both techniques go through to the next round. If there are three or more with 2 points (hit both targets) then they will be the only ones to go through to the next round to contest 1st, 2nd and 3rd places.
 - In the event of a tie, the Senior Umpire will select one technique at random from the remaining techniques for a tie break round,

if required this process will be repeated, until a clear winner is determined. The height setting for the tie break will be the same or more than what was set in the first round.

POWER TEST

This is only open to competitors 14 years, green belt and above in the following categories:

- Green to Red
- Black Belt

All competitors will complete using one hand & one foot technique of their choice. The technique's (1 hand & 1 foot) can be chosen from those listed below, with the board requirements as follows:

JUNIOR (14-17 years)

Female	Ap Palkup Taerigi (1 board)	Sonkal Yop Taerigi (1 board)	Yop Cha Jirugi (2 boards)	Dollyo Chagi (1 board)	Bandae Dollyo Chagi (1 board)
Male	Ap Joomuk Jirugi (2 boards)	Sonkal Yop Taerigi (2 boards)	Yop Cha Jirugi (3 boards)	Dollyo Chagi (2 boards)	Bandae Dollyo Chagi (2 boards)

SENIOR (18-35 years)

Female	Ap Palkup Taerigi (2 boards)	Sonkal Yop Taerigi (2 boards)	Yop Cha Jirugi (3 boards)	Dollyo Chagi (2 boards)	Bandae Dollyo Chagi (2 boards)
Male	Ap Joomuk Jirugi (3 boards)	Sonkal Yop Taerigi (3 boards)	Yop Cha Jirugi (4 boards)	Dollyo Chagi (3 boards)	Bandae Dollyo Chagi (3 boards)

ADV. SENIOR (>36 years)

Female	Ap Palkup Taerigi (1 board)	Sonkal Yop Taerigi (1 board)	Yop Cha Jirugi (2 boards)	Dollyo Chagi (1 board)	Bandae Dollyo Chagi (1 board)
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Male	Ap Joomuk Jirugi (2 boards)	Sonkal Yop Taerigi (2 boards)	Yop Cha Jirugi (3 boards)	Dollyo Chagi (2 boards)	Bandae Dollyo Chagi (2 boards)
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PERFORMANCE NOTES

- The number of boards for each technique is set in advance of the tournament, according to the tables above.
 - For each board broken or fully separated, 3 points will be awarded. For each bent board 1 point will be awarded. The winner will be the athlete who has accrued the most points.
 - The three highest scores will set 1st, 2nd and 1 x 3rd place. (*Only in the event there are two tied in 3rd place with the same score in the same round will x 2 Bronze medals be awarded)
 - In the event of a tie, the Senior Umpire will select one technique at random from the remaining techniques for a tie break round, if required this process will be repeated, until a clear winner is determined. The amount of boards for the tie break will be the same or more than what was chosen in the first round.
 - If no boards are broken in the 1st round then no medal allocation is given.
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ACCOMMODATION

The following is some 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

Premier Inn– Hamilton (NEW HOTEL) (4.7miles)

Townhead Street, Hamilton, ML3 7BQ

www.premierinn.com/

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

ITF SCOTLAND NATIONAL CHAMPIONSHIPS 2023

PRE-PAID SPECTATOR ENTRIES



School:

(Sportdata Registered Name)

Instructor:

Postal Address:

Town:

Post Code:

E-mail:

TYPE	PRE-PAID COST	NUMBER REQUIRED	COST
5 - 15 years	£2.00	0	£ -
16 years & over	£4.00	0	£ -
TOTAL COST			£ -

Payment must be sent via BACS to:

Bank: Santander, Account Name: International Taekwon-Do Federation - (Scotland) Limited

Account Number: 43740861, Sort Code: 09-01-28

BIC: ABBYGB2LXXX, IBAN: GB64ABBY09012843740861

Please ensure you use your school / club name & spectator bands as a reference. Payment should be made as a separate transaction from entry fees.

Entry Bands will be posted on receipt of payment. Deadline Friday 5th May 2023

Please send this form to:

secretarygeneral@itfscotland.com