

Dear Masters and Instructors,

## 2013 - North East Challenge Cup

It is with great pleasure that you and your students are invited to the 2013 North East Challenge Cup on **Sunday 15<sup>th</sup> September 2013** at Saltire Leisure Centre, 55 Montrose Road, Arbroath DD11 5JN.

This competition is open to Taekwon-do and Korean Kickboxers. There will be four individual and one team event contested, Patterns, Sparring Special Technique, Power Test and **new for 2013 Pre-Arranged Free Sparring**. We hope it is going to be a success as it can only improve our students knowledge and technique.

This championships is open to all students white belt and above and will be split into six age groups **Juniors up to 8yrs; 9-12 yrs, Teens 13-14; 15-17yrs, Adults 18-35yrs and 36yrs and over.**

The competition will be run as per ITF rules but with some small amendments to accommodate age and competitor level.

We will endeavour to separate competitors from the same school competing against each other in initial rounds, thus improving the experience of all students. Juniors will be divided initially by age, then grade and height criteria. Teens and Adults will be categorised initially by age then, grade and weight. The weight divisions upper and lower limits will established according to the weight spread of the entries.

**Please ensure, for the safety of the sparring competitors, that weights are checked and personally verified by the responsible instructor before forwarding them for processing.**

**New for 2013 is our double elimination sparring event for teens and adults.**

Entry forms should be part of this invitation so if they are not present please let me know by email and I will forward them on. Please return the official school entry form by email to [info@itfscotland.com](mailto:info@itfscotland.com)

(Please check all details before sending to ensure that registration runs as smooth as possible)

We look forward to your entries and to another great tournament,

Yours in TKD and on behalf of NTA

A handwritten signature in black ink, appearing to read 'Gordon Wallace'.

Master Gordon Wallace VII  
**Tournament Administrator**

## Tournament Entry Processing Information and Condition of Entry

The CLOSING DATE FOR ENTRIES will be SUNDAY 8<sup>th</sup> September 2013.

### Fees

All entries: £20  
Spectator Entry: Over 16 and over £5.00, under 16's £2.50

### Umpires

**1 Umpire minimum is required per school.** Please support each other's events in this area. The success of everyone's events is based upon the number of umpires in attendance and the even spread to school/group representation. You always get well fed, coffee'd, sweeties, water and if you're lucky, Mrs Wallace's home bakes!

### Umpire Training

Every year a week prior to our event we have a one day Umpire Training day. It is open to red belts and above. As we are grateful for the time and effort given for our umpires (blackbelts) from other schools, this year we would like to extend our invitation and offer a complimentary one-day umpire training for those umpires wishing to support the NE Challenge Cup. The course covers:

- i) Drawsheet Interpretation
- ii) Event Planning
- iii) Rules of Event
- iv) Umpire Rules
- v) Umpire Duties (Jury Table, Centre Referee and Umpires) in all four disciplines.
- vi) Practical Role Playing

As we are intending to introduce a double elimination pyramid system for the teens and adults sparring, this will be added to our Umpire Training Event which will be held on **Saturday 7<sup>th</sup> September from 10:00 till 17:00ish.** This will be an ideal time for the Jury members to familiarise themselves with the facilitation of this elimination event.

### Entry Application

Entry to the venue and competition will be by wristband only, all colour coded for their respective category. Spectators may purchase their wristband on the day or pre-apply with the tournament entries. All spectators, coaches and competitors will have wristbands issued prior to the competition to facilitate the initial entry into the venue. As always the success and quick facilitation of the event will be dependent upon the schools who support the events with blackbelt umpires. Those who forget their wristbands will not get access via the fast track entry and will have to wait to get their entry verified by the door administration. Instructors please ensure that your entry form has a return address for the wristbands to be sent.

The School Entry must be sent in the Excel format provided, and FEES **MUST** arrive by the closing date (no cash in post as tournament organisers will not be responsible for any cash lost, cheques made payable to NORTHERN TAEKWON-DO ACADEMIES, or pay via BACS to: Northern Taekwon-Do Academies; 87-34-02 74756568 using an appropriate reference to track your payment.)

**Cheques should be sent to Master Wallace Blackbelt Academy, 33 South Esplanade West, Aberdeen AB11 9AA.**

Due to problems in the past and the additional strain placed upon the tournament administration **we will not be accepting any entry payments on the day** of the tournament therefore school entries will not be processed unless the full entry fee has been received.

All competitors processed will require the entry fee to be paid. Refunds will not be given to competitors who fail to attend the event. The responsible instructor will be notified in due process as to the status of their school entries.

Thanking you in advance for your support.

## Competition Participation Rules.

This tournament will follow the ITF Tournament rules in respect of scoring, protocol and etiquette. The divisions and criteria have been adopted or modified in reference to logistics, under 13 competitors, and to encourage a more fair and competitive format for all performing levels of competitor.

### PATTERNS

#### General Rules

Each competitor will perform one optional pattern within their belt colour. The ITF pyramid system will be used and the decisions will be given by flags. In the event of a draw a designated pattern will be chosen by the jury panel to decide the winner, with the chosen pattern being within the ranking of both competitors. 1 GOLD 1 SILVER and 2 BRONZE medals will be awarded for this event.

#### Junior Under 13's – All Kup Grades

Will compete as two age groups, up to 8yrs and 9-12 yrs. with boys and girls together. These groups will be further split into their respective grade colours (White, Yellow, Green, Blue & Red/Black).

#### Teens 13-14, 15-17, Adults and Seniors – All Grades

Will compete as three groups. Group 1 will be White & Yellow belt combined and Group 2 will be Green & Blue Belt combined, Group 3 will be Red & Black belt. Each group will be Male and Female combined. Each competitor will have ONE OPTIONAL pattern within their belt colour.

### Sparring

#### General Rules

The sparring event will be performed as per ITF rules and regulations. Sparring will be performed in a Pyramid Knockout System.

#### NEW

**The teens and adults will participate in a double elimination, whereby each competitor will have lose two bouts minimum before they are eliminated from the event. Unlike a repesage draw, whereby only the winners contest for Gold and Silver positions and the eliminated ones contest Bronze medal, the double elimination means that all competitors of they are in the competition will contest for all medal positions.**

1 GOLD, 1 SILVER & 2 BRONZE Medals will be awarded for this event.

#### INSTRUCTORS Note:

1. Excessive contact **WILL NOT** be tolerated, so please prepare your students appropriately. Punches to the face will be penalised severely if deemed to be excessive, the tournament committee recommends that **all under 13's should concentrate to punch to the opponent's forehead instead of the face**.
2. Each competitor will be allowed ONE Official Coach, ringside, and must wear proper coaches attire. (No casual/cargo style trousers or jackets). Coaches **MUST** be students of Taekwon-Do. **NO PARENTS** will be allowed to coach. Coaches will be guided as per ITF rules and regulations. Any breach of etiquette will result in removal from area and coaches status.

#### Safety Equipment

1. All U13 competitors must wear a full set of safety equipment, Head-guard, Hands, Feet, groin-guard, mouth guard and body armour. Teens and adults **must** wear head-guards and mouth-guards. Any damaged or dangerous sparring equipment will not be allowed. Please also note **"Macho Type (Dipped Foam Exposed Fingers) Sparring Hand Equipment or any open finger equipment is NOT permitted"** neither is boxing gloves or closed palm.
2. The tournament organisers **WILL NOT** provide sparring equipment. Please ensure your competitors arrive ringside prepared. Any student arriving without sparring equipment will be asked to source before they can participate. Please do not place your students in this position and allow them to compete without the proper equipment.

### Sparring Formats:

White / yellow belts	Points Sparring
Green belts and above	Continuous sparring

### Colour Belts

U13	1 round of 1.5 minutes up to and including final	30 seconds then first point
13-15 & 15-17	1 round of 2 minutes, up to and including final	30 seconds then first point
Adult & Senior	1 round of 2 minutes up to and including final	30 seconds then first point

### Black/Red Belts

U13	2 x 1.5 minutes up to and including final	30 seconds then first point
13-14, 15-17	1 x 3 minutes.	60 seconds then first point
Over 18's	1 x 3 minutes.	60 seconds then first point

### Divisions – Under 13's Juniors

Junior sparring will be formatted in two groups: Group 1, White & Yellow Belt Combined that will compete under the points stop system. Group 2 will be categorised Green to Black combined that will compete under the continuous system. Height dimensions can be found on the individual entry form. Competitors will be measured ringside where appropriate.

### Divisions – 13-14 yrs & 15-17 yrs Teens & Adults

Teens and adults sparring will be formatted in three designated groups: Group 1, White & Yellow Belt combined and will compete under the points stop system. Group 2 will be categorised Green & Blue Belt combined and will compete under the continuous system. Group 3 will be Red and Blackbelt combined and will compete under the continuous system.

## Special Technique

### General Rules

Special Technique will be overhead kick **Twimyo Nopi Chagi** for **all age groups**. Each competitor will get two attempts, if they hit the target on the first attempt then this will be accepted as a successful attempt and not a disqualification as per ITF rules. There will be no points system for this event. The competitor must only hit the target with the correct part of the foot in order to qualify. The target will be raised after each qualifying round. The winner will be the competitor who jumped the highest. 1 GOLD, 1 SILVER and 1 BRONZE medals will be awarded for this event.

### Procedure.

The competitor MUST start the attempt in Guarding block, complete the attempt, land and form guarding block, in one continuous action, in order to qualify for the next round. If the competitor falls or touches the ground with any part of their body other than their feet then the attempt is disallowed.

### Divisions – Under 13's Juniors

Juniors will be split into 3 groups. Group 1 Tots & Pee-Wee (under 135cms) Combined; Group 2 Low and Middle Combined (under 145); Group 3 Middle & High Combined (under 155cms) and over 155cms (Tall). Boys and girls will compete together.

### Divisions - Teens, Adults & Seniors

Teens will be split Male and Female White to Red Belt. Adults and Seniors will compete as one group but be split Male and Female.

## Power Test

### General Rules

This event is open to Green to Blackbelts. No under 13's are allowed to compete in this event. Power Test will be carried out in the format of ONE Optional Hand technique and ONE optional Foot Technique. The competitor will designate will how many boards they wish to break. Three (3) points will be given for a complete break and one (1) point for a partial break. The winner will be the competitor who scores the most points with successful breaks. 1 GOLD, 1 SILVER and 1 BRONZE medals will be awarded for this event.

#### **Procedure.**

The competitor must first ensure the height of the holder. The competitor is allowed one measure and may touch the board. The competitor **MUST** start the attempt in Guarding block, complete the attempt, land and form guarding block, in one continuous action, in order to qualify for the next round. Whilst stepping and shifting are permitted, breaks must be complete with supporting foot on the ground.

#### **Divisions – Teens & Adults**

Teens and adults will be split into two groups: Group 1 Green - Red; Group 2 – Blackbelt. Male and female will compete independently.

### **Pre-Arranged Free Sparring – NEW for 2013**

#### **General Overview of Rules**

These rules and guidelines have been extrapolated from the ITF Rules (2013) to help and assist the grass roots development of this exciting division and keep our events ITF. Each Team shall consist of two (2) participants that follow a prepared combat scenario which enables them to skilfully exhibit a wide variety of techniques without fear of injury.

This event has two categories; TEENS and ADULTS. Teens are classed as any person aged 13-17 years. Adults are anyone aged 18 and over. **Teams can be made up from anyone male or female.** The technical level is **pre-arranged free sparring cont/**

split by grade; White-Blue Belt and Red to Black Belt. Pre-Arranged Free Sparring is essentially a pre-arranged combat sequence using any fundamental movements and techniques shown in the 15 volumes of ITF encyclopaedia. It should be a demonstration of good technique with effective, strong blocking.

In the past people have been put off by this event as it seemed to focus on "acrobatics" and as such no one has taken it very seriously and passed it off as elitist. The ITF also had the same opinion and the rules have been modified so it promotes good technical ability, with creative choreography.

Acrobatics are not an integral part and the rules state that an "acrobatic" sequence is one sequence that is of "non-Taekwon-do" (not covered in the 15 volumes) techniques. Therefore any belt level will be capable of putting a good sequence together. It can only do our martial good.

#### **NEC Rules & Procedure (2013).**

##### **Rules**

Each Team shall perform one at a time and the Referees shall assign points from 0-10 according to the performance, taking into consideration the following criteria:

- Choreography & Team work.
- Technical Content. (Fundamental movement the same as pattern)
- Sine-wave. (Tempo the same as pattern movement, normal, fast, continuous, practical connecting motion and slow.)
- Power. (Strong emphasis on blocking contact, needs to be effective and executed techniques need to be perceived as effective.)
- Breathing (as per pattern)
- Execution of only one (1) acrobatic (non-Taekwon-Do techniques) sequence of technique for each of the team competitors. Please inform your students that we don't want or need to see back flips etc. This needs to be **ONLY** a creative demonstration of ITF techniques.

##### **Procedure**

- Competitors shall enter the ring, bow and both must assume an L-Stance guarding block.
- At the command shi-jak by one of the competitors the bout time will start.

- The bout ends with a final blow. **Please note every attack during the sequence must be defended** (Block or dodged).
- When one of the competitors shouts goman and assumes an L-stance guarding block.

#### ITF Rules Summary Extract

Teams shall compete according to the following ITF rules and regulations (2013):

- Pre arranged free sparring shall consist of movements as shown in the ITF Encyclopedia, Manuals or CD Rom and as taught during the International Instructor Courses.
- Attacking techniques must be blocked or avoided and must be performed with realism.
- Competitors may be from and may be Male, Female and/or Mixed Couples.
- Bout duration shall consist of one (1) round: minimum 60 seconds – maximum 75 seconds.
- Teams that exceed the 75 seconds duration of bout shall receive 0 points.
- Teams that perform less than the required minimum of 60 seconds shall receive 0 points.

**We hope that you embrace this chance to develop this aspect of our martial art.**

#### Dress Code.

#### Competitors

Taekwon-Do Competitors can wear school doboks with appropriate belts as well as official ITF doboks. Please identify students in Kids programmes with the appropriate grade belt as per their event division (White, Yellow, Green, Blue Red etc) as this causes confusion with the competitors and parents. Korean Kickboxers **MUST** wear their official uniform/dobok and belt (no sashes etc). No T-shirts, satin trousers belt combos etc can be worn.

#### Referees & Umpires

Referees and Umpires are to wear a navy blue suit, a long sleeved white shirt with a navy umpire tie. **NO DEGREE TIES**. Only white Martial Art shoes can be worn, strictly no heels. As mentioned before please provide a minimum 1 umpire per school.

Umpires will receive lunch and ringside refreshments. Home baking depending upon how quick the ring is moving.

#### Timetable

The full timetable of events, and ring orders will be issued to instructors upon receipt of entries. Please ensure that all students are present at the start of the competition and opening ceremony. The teens and adults power test and special technique will take place when the junior events are on and quite possible the teens and adults patterns may start in the am.

Any questions or queries should be directed to myself by email [info@itfscotland.com](mailto:info@itfscotland.com)

#### Documentation – Instructor guidelines

##### Addresses:

Email: [info@itfscotland.com](mailto:info@itfscotland.com)  
Post: 33 South Esplanade West, Aberdeen, AB11 9AA

##### Individual Entry Form

Please use this form to collate all relevant information about your competitor. Please personally verify all heights and weights of your competitors.

### **School Entry Form**

Transfer all data from the individual entry forms to the school entry form. All competitor registrations will be taken from this form so please ensure that the data is correct. **Please send this form electronically in Excel format** so we can process the information quickly. Please send an additional hard copy with your payment if coming by post.

### **Closing Date for Entries**

Sunday 8<sup>th</sup> September. Make all cheques payable to **Northern Taekwon-Do Academies**, or pay via BACS to: Northern Taekwon-Do Academies; 87-34-02 74756568

On behalf of the Organising Committee we would like to wish you all a very enjoyable day.

Best regards

Master Gordon Wallace VII  
Mr David McNairn VI  
Mr Jamie Campins VI  
Mr Mark Boydell V