COURSE ITINERY

09:00 - 09:30 Registration

09:30 - 09:45 Introduction to ITFS National Championships

09:45 - 10:15 Tournament Rules Overview

10:15 – 10:45 The Officials and Duties

10:45 - 11:00 Break

11:00 - 11:45 Ring Organisation

11:45 – 12:30 Umpire Protocol and Etiquette

12:30 - 13:00 Lunch

13:00 - 14:00 Pattern Competition

14:00 - 14:30 Pre-Arranged Free Sparring Competition

14:30 - 16:00 Sparring Competition

16:00 – 16:30 Power Test & Spec Tech Competition

16:30 – 17:00 Course Questionnaire and critique

17:00 – 17:15 ITFS Official Umpire Photo