

15<sup>th</sup> April, 2017

# West Lothian Open Championships 2017

Dear Grandmaster, Master's and Instructor's,

It is with great pleasure that you and your students are invited to West Lothian Open Championships on Sunday 25<sup>th</sup> June, in Armadale, Scotland.

This competition is open to all grades, in the following categories; under 7 years, 8-10 years, 11-13 years, 14-17 years, 18-35 years & 36 years plus.

Please take the time to read the following information. If you have any queries please do not hesitate to contact us at the following address <u>info@gmacmartialarts.co.uk</u>

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

Yours in Taekwon-Do

West Lothian Open Tournament Committee

#### PLACE AND TIME OF EVENT

The Championships shall take place on Sunday 25th June 2017



The Venue Armadale Academy, West Main Street, Armadale, West Lothian, EH48 3LY

Time The competition will start at 10.00am.

Doors & Registration from 09.15am

Pre-registration will also be available on Saturday evening (time / venue to be confirmed). This will be advertised in advance via <u>WLO Facebook page</u>

### **AGE CATEGORIES**

The competition will be divided into the following age categories:

- 7 years & under
- 8 to 10 years
- 11 to 13 years
- 14 to 17 years
- 18 to 35 years
- 36 years & over

<sup>\*</sup>There must be at least two (2) competitors in any division and/or category. In case of only one (1) competitor he/she will be inserted in to another category.

# **PATTERN**

In each division the competitors will perform one optional pattern from Chon-Ji to their own grade.

(10th Kup can choose between Saju-Jirugi/Saju-Makgi).

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Traditional ITF Pyramid system will be in use.

#### **SPARRING**

Height/Weight classes for the sparring competition will be:

Junior Under 13's -110cm, -120cm, -130cm, -140cm, -150cm, -160cm +160cm

Teens (14-17) W/Y & G/B Belt - Male: -56kg, -68kg, +68kg

W/Y & G/B Belt - Female: -50kg, -60kg, +60kg

Red/Black Male: -50kg, -56kg, -62kg, -68kg, -75kg, +75kg

Red/Black Female: -50kg, -60kg, +60kg

Adults W/Y & G/B Belt - Male: -63kg, -78kg, +78kg

W/Y & G/B Belt - Female: -55kg, -65kg, +65kg

Red/Black Male: -50kg, -56kg, -62kg, -68kg, -75kg, +75kg

Red/Black Female: -50kg, -60kg, +60kg

Over 36 years Male W/Y, G/B, R/B -78kg, +78kg

Female W/Y, G/B, R/B -60kg, +60kg

NB All sparring categories will be split into separate Male & Female divisions.

All divisions will be continuous sparring, with the exception of under 10 years white & yellow belts, which will be point sparring.

Sparring bouts will run according to the following:

• All under 10s 1 x 1 ½ minutes up to an including finals

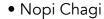
• 11 years & over 1 x 2 minute round. Final will be 2 x 2 minute rounds.

•In the event of a draw there will be extra time of 30s added on for all divisions.

Traditional ITF Pyramid system will be in use.

### SPECIAL TECHNIQUE

All competitors will complete the following technique(s):





#### **POWER TEST**

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

All competitors must complete the following breaks:

# MALE (number of boards)

TECHNIQUE	JUNIOR	SENIOR
Ap Joomuk Jirugi		1
Sonkal Taerigi	1	2
Yop Cha Jirugi	2	3
Dollyo Chagi	2	2
Bandae Dollyo Chagi		1

# FEMALE (number of boards)

TECHNIQUE	JUNIOR	SENIOR
Sonkal Taerigi	1	1
Yop Cha Jirugi	2	2
Dollyo Chagi	1	2

# **REGISTRATION / PAYMENTS**

Registration for this event must be done online through

http://www.handlesport.com/user/welcome

- Registration opens on 20<sup>th</sup> April 2017
- Registration CLOSES on 16<sup>th</sup> June at 22:59 hrs (GMT)

Draws will be online from 21st June at www.handlesport.com

Payments of the competition inscription fee must be done at the weigh-in (instructors only).

#### **ENTRY FEES**

All competitors £25.00 GBP

Spectators

Children under 4 FREE Children 5 – 15 years £2.00

Adults 16 years + £5.00

Family (2 adults/2 children) £10.00



# HEIGHT / WEIGHT CHECK

Instructors it is your responsibility to ensure the correct heights/ weights are entered on the application forms.

All competitors must have their height or weight checked before the competition begins. Those competitors who require changing categories on the day will be charged £5 to do so.

### SPARRING EQUIPMENT

The following safety equipment is compulsory for all competitors;

Hands (closed hands – no boxing gloves)

Feet

Head Guard

Mouth Guard

Body Armour (-10s only)

Groin Guard (male only)

Shin Guards (optional)

Chest Protector Female (optional)

#### **RULES**

The rules for the competition will be the official rules of the International Taekwon-Do Federation.

# **UMPIRES**

Any school/club must have full time umpires according to the following:

Up to 7 competitors: 1 umpire
7 to 15 competitors: 2 umpires
16 to 25 competitors: 3 umpires
26 to 35 competitors: 4 umpires

• and so on...

Please remember without sufficient umpires the tournament will not run according to the published schedule. It is important that you supply the minimum number of umpires. £25 will be charged per missing umpire.

# **COACHES**

Coaches are only allowed if the umpire quota is fulfilled, coaches must be coloured belt members of the club, not black belts.



#### OTHER INFORMATION

VENUE: The venue does not have a full café provision. This is an all day event, and we

therefore recommend bringing snacks/food/water as required. There is a

supermarket a short walk from the venue.

#### **ACCOMMODATION**

For those wishing to stay close to the venue before or after the competition we recommend the following hotels, which are all within a 5 mile radius of the venue.

- Best Western Hilcroft Hotel East Main Street, Whitburn (01501) 740818
   Rooms from £60 p/n
- 2. Premier Inn Bathagte Starlaw Road, Bathgate www.premierinn.com
  Rooms from £39 p/n
- 3. The Cairn Hotel Bathgate Blackburn Road www.cairnhotelbathgate.com
  Rooms from £65 p/n

# **AIRPORT**

The closest airport is Edinburgh International (15mins away).