



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 [info@gmartialarts.co.uk](mailto:info@gmartialarts.co.uk)

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 25<sup>th</sup> 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 [WLO Facebook page](#)

## 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

*\*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.  
(10<sup>th</sup> Kup can choose between Saju-Jirugi/Saju-Makgi).



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):

- Nopi Chagi



## 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 21<sup>st</sup> June at [www.handlesport.com](http://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.

1. Best Western Hilcroft Hotel East Main Street, Whitburn  
(01501) 740818  
Rooms from £60 p/n

2. Premier Inn – Bathgate Starlaw Road, Bathgate  
[www.premierinn.com](http://www.premierinn.com)  
Rooms from £39 p/n

3. The Cairn Hotel – Bathgate Blackburn Road  
[www.cairnhotelbathgate.com](http://www.cairnhotelbathgate.com)  
Rooms from £65 p/n

## AIRPORT

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