

EAST MIDLANDS INVITATIONAL

SUNDAY 23RD SEPTEMBER 2018

SPARRING

PATTERNS

TEAM PATTERNS

DESTRUCTION

SPECIAL TECHNIQUE



ENTRY FEE £20
SPECTATORS ARE FREE

AT - THE VISTA, CHURCHGATE, SPALDING PE11 2RA

**PLEASE CONTACT MASTER FORD FOR ENTRY FORMS AND
INSTRUCTOR PACK**

robinford@lonewolf-taekwondo.co.uk

Lone wolf Taekwondo Winter Championships

Sunday 23rd September 2018

The Vista, Churchgate, Spalding PE11 2RA

Deadline Tuesday 18th September

Participants details

Forename..... Surname..... Male/Female

Age..... Grade..... Insurance expiry date

Events Entering

Patterns Sparring Special technique Destruction

Height -120cm -130cm -140cm -150cm +150cm

Weight (kg)..... Juniors over 12 must supply height and weight for sparring.

Disclaimer

I hereby confirm that all of the above details are correct and that I cannot hold Robin Fords Taekwondo/Lone Wolf Taekwondo responsible for any injuries I may sustain during the competition. I currently hold valid insurance and I am physically fit to participate within the competition.

I also understand that my category may be amended if there are an insufficient number of competitors and will accept the decisions made by the officials on the day.

Signature.....
(Parent/Guardian to sign if under 18 years)

Date.....

To be filled in by Instructor

I can confirm to the best of my knowledge that all above details on this form are correct

Instructors Name.....

Club.....

Telephone..... Email.....

Signature..... Date.....

A hard copy of this entry form MUST be submitted for this event

Individual competitors £20 Spectators are Free.

Event Details

The competition is being held at The Vista, Churchgate, Spalding PE11 2RA

There will be a meeting for officials and umpires at 9.30am

The main Competition will start at 10am

Competitors entries £20 per competitor

ENTRY FEES TO BE PAID TO YOUR INSTRUCTOR OR SCHOOL GROUP.

INSTRUCTORS ONLY

Entry fees are to be paid via bacs to the following

Bank Details

Robin Ford

Halifax Bank

Sort Code: 11 00 01

Account Number: 08741797

Instructors please email the completed competitor list to robinford@lonewolftaekwondo.co.uk

PLEASE NOTE - WE WILL NOT ACCEPT ENTRIES THAT DON'T COME VIA THE INSTRUCTOR

The closing date for entries will be **Tuesday 18th September**

Payments must be cleared by the day of the competition, so please allow sufficient time for this.
Please make sure you get your forms back to your instructor before this day so they can enter you!!

Please ensure all details on the entries are correct, errors in height or weight may lead to exclusion from the event if it means that altering divisions would cause too much delay.

Coaches

As the seating at the venue will be the same level as the competition only one coach is allowed per ring. This will ensure spectators will be able to see the event.

Coaches must be in a tracksuit (or Dobok if competing). Jeans etc. will not be permitted and will result in the coach removed from the area.

Officials

We would ask that all clubs supply Black Belt officials where possible, junior Black Belts will not be allowed to judge patterns but may take on time keeping roles etc.

Competition Format

We want the competition to run as smoothly as possible and have no wish to see anyone miss their division because they didn't hear their name or divisions weren't announced properly. Because of this all divisions will be called as follows

Competitors will be called to their ring, once all are at the mat an appointed official will do a register of competitors. Once the competitors name has been called and they have answered they will be asked to move off of the mat and sit at the edge. This way at the end of the list if there is anyone left on the mat they can be added to the division or moved to the appropriate area. If anyone is missing from the registration, they will have their name called three times over the p.a., if they do not come forward they will be removed from the event.

PATTERNS

2 competitors will perform their pattern in front of 5 judges, Judges will vote simultaneously for whichever competitor they thought performed a better pattern or if they thought it was a draw. Competitor with the most votes goes through or in the case of a draw they will be asked to perform the pattern again.

The final in each division will consist of two patterns

1st round – competitors choice

2nd round – judges chooses the pattern

Judging criteria

This is an open tournament and is not exclusive to ITF stylists

Because we get people from different groups, Judges are not to take into account if the competitor uses sine wave or hip twist. Both are acceptable and it isn't fair to penalise a competitor if they don't do the moves the same way as the judges.

However, a block is a block, a punch is a punch, walking stance is walking stance etc. these parts can be scored equally. Judging will be discussed at the officials meeting.

Competitors may only choose to do the pattern required to get them to the grade they are or their new pattern if known.

Team Patterns

There must be 5 members to each team, it can be mixed coloured and Black belts but the team must perform a pattern relevant to the lowest grade on the team.

Teams will be scored on points by 5 judges

Sparring

All grades will do continuous sparring. Divisions will be set by height and grade for all junior grades. All divisions under 9yrs will be mixed male and female competitors, all above that will be separate In the event that there are not enough competitors to fill a division competitors will be moved to another division, all changes will be notified before the start of the day.

The following safety gear is compulsory

Sparring boots and gloves

Gum shield

Groin guard (males)

Head gear

Shin pads

Competitors without the correct equipment will not be allowed to participate.

Rounds are 1.5 minutes for juniors, 2 minutes for adults Scoring areas are to the head, chest and sides only. No contact is permitted to the back, back of the head, neck or below the belt.

Scores are as follows – continuous & points stop

1 Point any hand technique to mid or high section

2 points any foot technique to mid section

3 points any foot technique to high section

Continuous Sparring

In continuous sparring there will be four corner judges and one centre referee
There will be no 3 punch rule but referees are asked to stay on top of it and not let matches turn into a fist fight. This is Taekwondo

Scoring

At the end of the bout the corner officials will be asked to 'show' their decision by holding up either blue or red. The majority of colours shown will be the result.

For example. Three judges show blue one shows red. Blue wins

If three judges show a tie and one judge shows red – red wins

Sparring cont. - Warnings & illegal techniques

Warnings will be given for excessive contact, blind techniques (i.e. eyes shut when punching)
illegal techniques -hooks, Upper cuts, spinning back fist, hammer fist & travelling out of the area.

3 warnings = 1 minus point

All centre officials have the power to disqualify someone from the competition for unsportsmanlike behaviour etc. Referees need to take into account some clubs may not use the Korean warning system so are asked to be clear when giving warnings so competitors and coaches understand what is happening

If you have any queries about the judging/scoring please email robinford@lonewolf.taekwondo.co.uk
In advance or bring it up at the officials meeting.

Dispute procedure

We want this to be a fun competition that everyone will enjoy, as with all competitions there is always the possibility of a complaint/dispute. In the event of a dispute, the procedure is as follows

☐ the division will stop

an official from the desk will be sent to Master Ford who will come straight to the ring and oversee the dispute and have the final decision in any matter

Special Technique

The special technique event will be a flying high kick event, competitors will be split into ages and heights

The technique will be a flying front kick

Destruction (over 18's)

Coloured Belts – step up side kick

Black Belts – jump back kick

Competitors may measure first but are allowed only one attempt at the actual Technique, person who breaks the most board's wins.

In the event of a tie – Tied competitors will go again with a second technique agreed by both competitors and their respective coaches

STUDENT BEHAVIOUR

All Instructors are to make it clear to students that disrespectful behaviour towards other competitors & officials etc. will not be tolerated by any students

No disrespectful or disruptive behaviour will be tolerated and the person involved will be excluded from the competition **immediately**.