

# 2024 MARITIME ITF TAEKWON-DO CHAMPIONSHIP

## SATURDAY, APRIL 6

AMHERST REGIONAL HIGH SCHOOL

190 Willow St. Amherst, NS



INTERNATIONAL TAEKWON-DO FEDERATION

**\$5 SPECTATOR FEE**

Doors open @ 8am

Black Belt meeting @ 9am

Opening ceremonies to immediately follow





142 South Albion St, Unit 176 Amherst, NS B4H 4H4

Dear Masters and Instructors,

We are excited to invite you to participate in the 2024 Maritime ITF Taekwon-Do Championships in Amherst, NS on Saturday, April 6, 2024.

Competitors must register via the online registration form at <https://forms.office.com/r/1trZLjXGmk>. The registration fee for 1 or 2 events is \$60, 3 events is \$65. Events include Patterns, Sparring and High kick.

Registration is open until Friday, March 22, 2024. No registrations will be accepted after this date.

Once you have registered, please pay your instructor your registration and lunch fees. Instructors, I will provide you with an invoice for all your students who have registered. Please make one payment via e-transfer to [amhersttkdparentsassociation@gmail.com](mailto:amhersttkdparentsassociation@gmail.com).

Divisions will be prepared in advance, which will help keep our day organized and our championship running smoothly.

**Sparring matches will be as follows:**

Colored Belts	1 round of 2 minutes
Black Belts, Pre-junior, Junior, Adult	2 rounds of 2 minutes
Black Belts, Cadet, Senior, Veteran	2 rounds of 1.5 minutes

**Spectator fee** is \$5 per person at the door.

**Competitor Check In/Coaches Check In**

Competitor check-in tables will be set up upon entering the cafeteria area. Please see our volunteers. We will have signs indicating competitor check in, Coaches check in and spectators.

**Lunches-** can be pre-ordered. Options include the following: 2 hot dogs and bottle of water for \$5, wrap & bottle of water for \$10, wraps include; roast beef, turkey, veggie, ham. protein pack & bottle of water or a salad & bottle of water are \$10. Pre-order lunch options are available on the registration form. You can add extra orders in the comment section. We will have limited quantities of wraps, salads and protein packs available for day of purchase at the tournament. We will have hot dogs available.

**Umpires** are required throughout the day to have a successful tournament; they are a very important part of the day. We are asking for umpires over the age of 16 years of age, red belt and above to please register as an umpire by completing the fulltime umpire registration form <https://forms.office.com/r/HtD4HWNp7q>

You will find attached in the tournament package the ITF Tournament rules. We offer both semi-contact sparring and no contact sparring for white belts. Little dragons (4- & 5-year-olds) have no contact.

**Safety equipment** the following equipment is mandatory and must be in good condition; Helmet, gloves, foot protection, mouth guard & Groin protection (males) & (optional for females).

Optional equipment: Shin guards, forearm guard, breast protection (females).

**Awards:** medals will be awarded at the podium, located in the gymnasium to the left of the doors when facing the head table.

**First aid station:** will be located in the gymnasium to the right of the main doors facing the head table.

**Black Belt Meeting** Will take place in the cafeteria at 9am, please make your way to the cafeteria by 9am. Ring assignments, tournament rules etc will be discussed. We encourage Coaches to be familiar with the tournament rules attached in the tournament package.

**Opening Ceremonies** will begin immediately after the black belt meeting. We ask that you remain in the cafeteria to line up and enter the gymnasium with your students. We will organize the lineup of each club and have each school enter the gymnasium together, the Masters and Head Instructors will be seated at the head table, the students will line up in front of the head table facing General Choi, Masters and Instructors.

## Schedule of Events

Saturday, April 6

8am Doors open

9am Black Belt/Umpire meeting

Immediately following the Umpire meeting

Opening Ceremonies

High Kick

Black Belt Patterns

Colored Belt Patterns

Colored Belt Sparring

11am Lunches start

11am	Ring 1 Lunch	
11:15am	Ring 2 Lunch	
11:30am	Ring 3 Lunch	Ring 1 Resumes
11:45am	Ring 4 Lunch	Ring 2 Resumes
12pm	Ring 5 Lunch	Ring 3 Resumes
12:15pm		Ring 4 Resumes
12:30pm		Ring 5 Resumes

3pm -4pm Closing (we will do our best to have you headed home as early as possible)

We look forward to seeing you on April 6, 2024.

Yours in Taekwon,

Mr. Jim Ripley  
VI Dan Head Instructor  
JC's Taekwon-Do  
**Jripley@jcstaekwondo.com**

Mrs. Terri McKillop  
V Dan  
Chair Amherst & Area Taekwon-Do Parents Association  
**amhersttkdparentsassociation@gmail.com**

# 2024 Maritime ITF Taekwon-Do Championship

## April 6, 2024

### Tournament age and weight categories

(This policy is consistent with CTFI/ITF rules and regulations)

The competition categories will be as follows, although some categories may be merged (up or down one category) if the numbers of entries are not sufficient in a category and must be in consultation with the TNSA Tournament Director.

### AGE CATEGORIES

(All belt levels)

#### Colored Belt and Black Belt Age Categories

Little Dragons: 4 & 5 yrs. Old	Junior: 15 – 17 yrs. Old
Mites: 6 & 7 yrs. Old	Senior: 18 – 34 yrs. old
Pee Wee: 8 & 9 yrs. Old	Super Senior: 35 - 45 yrs. old
Cadet: 10 & 11 yrs. Old	Veteran 46+ yrs. old
Pre- Junior: 12 – 14 yrs. Old	

### WEIGHT CATEGORIES

(Pre-Junior, Junior, and Adult Black Belts)

#### PRE-JUNIOR (AGE 12-14) WEIGHT CATEGORIES:

Male:	Female:
Up to 40 kg	Up to 40 kg
40.1 to 45 kg	40.1 to 44 kg
45.1 to 50 kg	44.1 to 48 kg
50.1 to 55 kg	48.1 to 52 kg
55.1 to 60 kg	52.1 to 56 kg
60.1 to 65 kg	56.1 to 60 kg
Over 65 kg	Over 60 kg

### **JUNIOR (AGE 15-17) WEIGHT CATEGORIES:**

<b>Male:</b>	<b>Female:</b>
Up to 50 kg	Up to 45 kg
50.1 to 55 kg	45.1 to 49 kg
55.1 to 60 kg	49.1 to 53 kg
60.1 to 65 kg	53.1 to 57 kg
65.1 to 70 kg	57.1 to 61 kg
70.1 to 75 kg	61.1 to 65 kg
Over 75 kg	Over 65 kg

### **ADULT (AGE 18+) WEIGHT CATEGORIES:**

<b>Male:</b>	<b>Female:</b>
Up to 57 kg	Up to 50 kg
57.1 to 63 kg	50.1 to 55 kg
63.1 to 69 kg	55.1 to 60 kg
69.1 to 75 kg	60.1 to 65 kg
75.1 to 81 kg	65.1 to 70 kg
81.1 to 87 kg	70.1 to 75 kg
Over 87 kg	Over 75 kg

## **CTFI “Light Contact” Sparring Rules for Colored Belts: October 24, 2018**

### **Age 17 and under:**

***White to Red Belt/Black Stripe:*** No touch to the face. Can touch the helmet on the front (forehead) and sides.

### **Infractions:**

A touch to the face is a “warning”.

A touch to the face without retraction of the attacking tool and there is a displacement of the head is a “minus” point.

If there is heavy contact to the face and displacement of the head, then there is a “disqualification”. Center referee can discuss with the Jury President and/or the corner judges to make a decision.

**Adult (age 18 and above)**

***White to Green Belt:*** No touch to the face. Can touch the helmet on the front (forehead) and sides.

**Infractions:**

A touch to the face is a “warning”.

A touch to the face without retraction of the attacking tool and there is a displacement of the head is a “minus” point.

If there is heavy contact to the face and displacement of the head, then there is a “disqualification”. Center referee can discuss with the Jury President and/or the corner judges to make a decision.

***Blue Belt to Red Belt/Black Stripe:*** Can touch to the face.

**Infractions:** Same as in Black Belt Sparring: There are no warnings for contact. It is a “minus” point for heavy contact and disqualification for “excessive” contact.

**Note:** If there are divisions where there is combining of ranks (Green and Blue) then we should stay on the side of safety and the blue competitor should fall under the no touch to the face rule.

***Black Belts (All ages):*** There are no warnings for contact. It is a “minus” point for heavy contact and disqualification for “excessive” contact.

**Patterns:**

Colored belt: competitors: will compete as per ITF rules; 2 competitors’ side by side, 1 pattern of their choice. Pattern must be within 1 belt level below, winner advances.

Black Belts: competitors will compete 1 at a time; 1 designated pattern from their rank; First RED will perform designated pattern, then BLUE will perform the designated pattern, If the division is combined, the designated pattern will be selected from the lowest rank between the 2 competitors.

**High Kick:** All competitors will be separated by age then again by height. Competitor must contact the target with any part of their foot, land and remain upright, in order to have a good attempt. If any part of their body other than their foot make contact with the floor, the attempt is no good, they will be eliminated from the competition.