



# Lead By Example

## 2021 Fall Intramural Tournament

### Friday & Saturday 12/10 & 12/11

**Pre-Register by Midnight Sunday 12/5  
and get your name on our Tournament Tee!!  
Late Registration ends Wednesday 12/8**



**ALL competitors 12 and under will receive a COURAGE Trophy**

**IMPORTANT!!!**

**Friday, 12/10: RED, BROWN & BLACK BELTS are at LBE FAIR OAKS**

**Saturday, 12/11: WHITE – BLUE BELTS are at LBE SOUTH RUN**

**Masks must be worn at ALL times (including sparring).**

**Bring your own water bottle**

**LBE Fair Oaks & South Run competitors MUST register on the MY STUDIO APP**

**All other locations, send your registration via email to [LBETKD@yahoo.com](mailto:LBETKD@yahoo.com)**

**Payment accepted via Credit Card, Cash, Check, Venmo or Cash App**



# Tournament **GENERAL INFORMATION**

**When:** Friday, December 10, 2021  
Saturday, December 11, 2021  
**LBE Fair Oaks & South Run Students Register on the MY STUDIO app for your location**  
**ALL other STUDIOS Submit your Registrations to [LBETKD@yahoo.com](mailto:LBETKD@yahoo.com) (call to pay via CC)**  
**All Pre-registered and paid competitors will have their name on the Tournament Tee**  
**Tournament Tees may be worn in class until January 31, 2022**  
**Late Registration Ends Midnight 12/8**  
**Absolutely NO REGISTRATIONS will be accepted at the DOOR!**

**Where:** **IMPORTANT**  
**Friday, 12/10 LBE FAIR OAKS: 11226 Waples Mill Rd Fairfax VA 22030**  
**Saturday, 12/11 LBE SOUTH RUN: 7515 Huntsman Blvd Springfield VA 22153**

**Why:** **The LBE Intramural Tournament** is a fun school spirit event that promotes courage, sportsmanship, camaraderie, and gives awards. Each year, our TKD schools get together for a friendly competition with each other and to help students develop confidence in their competitive skills. You do not need any prior tournament experience to compete, this is a great place to start your competition career! There are divisions for all ages and ranks and trophy awards for 1<sup>st</sup>-4<sup>th</sup> place for all divisions. No matter what rank you are, everyone has an opportunity to compete and try their best to show their best! This is a great chance to meet other students and build friendships in a positive and competitive environment. Students ages 12 and under will receive a Courage Trophy for showing their school spirit and being brave enough to compete.

**Who:** **EVERYONE can compete!** You may compete at your current rank or previous rank (only if you graduated to your new belt within 3 months, check with your instructor first)

**Cost:** \$50 Competitors (pre-registration price, includes 2 spectators)  
 Additional Spectators \$5 (for ages 3yrs and up)  
 \$20 Late Registration Fee (12/6 - 12/8 per competitor)  
 \$25 Team Sparring 1 competitor

**LBE Fair Oaks and South Run Competitors MUST register on the MY STUDIO APP**  
**ALL other locations MUST send in their registrations via email to [LBETKD@yahoo.com](mailto:LBETKD@yahoo.com) and PAY via Credit Card, Cash, Check or Venmo (Thomas-Lightfoot-3) or Cash App (\$TLIGHT7)**  
**All credit card payments are subject to an additional administrative fee added to the Total.**

**NO REGISTRATION after 12/9, NO REGISTRATIONS at the DOOR!**

<b>FRIDAY, 12/10</b>		<b>SATURDAY, 12/11</b>	
6:00 PM	Red Belts	9:30 AM	Adapted Students
6:00 PM	Brown & Nov. Black Belts	10:00 AM	Purple & Blue Belts
7:30 PM	Black Belts	12:00 PM	Orange & Green Belts
8:30 PM	Team Sparring	2:00 PM	Gold Belt Warriors (Ages 7-Adult)
		3:00 PM	White Belt Warriors (Ages 7-Adult)
		4:00 PM	Gold Belt Ninjas (Ages 4-6)
		5:00 PM	White Belt Ninjas & Dragons (Ages 3-6)

**ALL competitors 12 and under will receive a COURAGE Trophy!**



# **Tournament RULES & REGULATIONS**

- Age Rule:** Students must compete at the age they are on the date of the tournament. In the event that a student's age is challenged, the competitor must show a copy of a birth certificate or a photo ID that displays DOB. You will have 2 minutes to provide proof or be disqualified.
- Belt Rank:** You may compete at your previous belt rank if you have graduated to your new belt within the last 3 months; otherwise you must compete at your current belt rank. Please see your instructor if you are not sure. You must wear the belt you are competing at.
- Uniform:** Full Uniforms (Matching Top and Bottom) are required for Basics & Forms Divisions. LBE Student Tees may be worn during Sparring competition, colors should be the same for tees and pants.
- Point Spar:** Proper equipment is required to participate including: Face Shields, Mouth Guards, Hand, Feet, Chest, Shin Guards and Groin Cups for Males. All equipment must be in GOOD condition to spar. If a competitor is missing a piece of equipment, you have 1 minute to get properly equipped or be disqualified. Adult Black Belts have the option of wearing a chest guard. Earn 1 point for punches, 2 points for kicks. Majority of judges must agree to earn a point. Matches are 2 minutes long or 1st to 5 points, whichever occurs first. NO WARNINGS for fouls, Penalty point (automatic point to opponent) for first infraction and disqualification for 2 or more infractions depending upon excessiveness of the foul. Center Judge will make final decisions if needed. Infractions include: excessive/hard contact, running out of bounds, falling to avoid contact, sweeping, any contact to illegal areas (such as striking below the belt, back or any blind/wild techniques). AUTOMATIC DISQUALIFICATION for cursing, dissent (talking back to the judges), taunting, drawing blood (accidentally or not), or any other unsportsmanlike conduct. Divisions with 3 or less competitors may be combined with the next available division. Parents and Instructors, please keep in mind that cheering is encouraged but to be fair to all competitors, coaching is not allowed. Point Sparring is available for Orange Belt and above. A MASK must be worn under the face shield.
- Bopper Spar:** Equipment is optional for bopper sparring, mouth guards are recommended, a mask or face shield is required. Earn 1 point for all strikes on the top of the head, front of the body (chest/stomach), and legs. Judges may call Split points if both competitors score at the same time. Majority of judges must agree to earn a point. Matches are 1 minute long or first to 5 points, whichever occurs first. NO WARNINGS for fouls, Penalty point (automatic point to opponent) for the following infractions: excessive/hard contact, striking illegal areas (face, ears, groin), using two hands to swing, diving (knee touches the ground), running out of bounds, or falling to avoid contact. AUTOMATIC DISQUALIFICATION rules for point sparring also apply to bopper sparring. Bopper sparring is available for White to Advanced Gold Belts.
- Forms:** Students will compete 2 at a time according to when they registered for the competition. Music will be used for Orange Belt Jayoo, Chosang, Exodus, Beethoven, and Granada divisions. Divisions with only 1 competitor will be combined with the next older division. Judges will be evaluating 33% timing and accuracy, 33% technique, 33% attitude/focus/power and 1% size of your smile. In case of a tie for any of the top 4 places, scores will be reviewed, and the winner determined by whom had the majority of the judge's score higher for them.
- BB Forms:** Black Belts may compete in both a Traditional and a Musical Form. 1<sup>st</sup> Dan will perform Beethoven 2<sup>nd</sup> Dan will perform Granada and 3<sup>rd</sup> Dan will perform Twilight.
- PARENTS:** Please Remember, NO SHOES on the mats unless approved martial arts shoes. All Belongings may be placed in the cubby area located along the wooden floors. Please do not leave small children unattended. Only Instructors, Volunteers, and Competitors are allowed in the Ring Areas. There are two Bathroom/Changing Rooms across the floor mats towards the back area. Videotaping and Pictures are allowed at the Tournament as long as it does not distract nor impede a competitor from participating in the Intramurals.
- REMEMBER TO:** Check in early at the front desk. Wristbands must be worn at ALL times while in the STUDIO or for re-entrance. Wear your Full Matching Uniform, Bring ALL Sparring Equipment, Pick up your Participation Trophy after the tournament at your TKD school, and HAVE GOOD SPORTSMANSHIP & LOTS OF FUN!



# **JUDGE'S REQUIREMENTS**



**A Center Judge must be a Black Belt approved by Master T. Lightfoot. All Center judges must have prior tournament experience, knowledge of all rules, and will be assigned a Ring # for the whole day.**

**All Ring Judges should always LOOK ALERT! Keep your focus on the ring that you are assigned to. Please remember that students will be competing 2-3 at a time, depending on the numbers.**

**JUDGING FORMS: Keep detailed notes so if a parent questions your judging or fairness. Write something about each competitor such as what you noticed when they performed and their final scores. Please use the Judges Score Sheet provided. Use the first 3 competitors as your lo-med-hi range and remember to leave some space in between your numbers to place the other competitors. Your score for each additional competitor should reflect how you compare their performance with the first group of performers.**

**VERY IMPORTANT: When scoring for FORMS, Be consistent with YOURSELF! Please stay within your range of scores, do not look at the other judges as their range may be different from yours. If you notice that your scores are higher compared to the other judges, DO NOT change your standards halfway through the competition. If you do, you will drastically affect the outcome of the scores and awards. Stay with the score ranges that you started with in the division. The Center Judge should always review the scoring range dependent upon the number of competitors in the division at the beginning of each division competition.**

**JUDGING POINT SPARRING: Know the Rules!**

- **Absolutely NO Warnings will be given!**
- **Any Judge may call a Penalty Point. Majority rules to award a penalty point for any infractions which include: excessive/hard contact (head rocks back - Center Judge discretion), running out of bounds, falling to avoid contact, sweeping, and any contact to illegal areas (below the belt/blind or wild techniques)**



## **TEAM SPARRING COMPETITION**



**Team Sparring will be held on Friday, December 10th at LBE Fair Oaks at 8:30pm. Each individual match will be 1 minute, and points will be cumulative. Cost to compete is \$75/team (\$25/competitor). Please see your instructor if you are interested in team sparring to verify that you are eligible. Same rules apply from individual sparring. Each team should have one designated coach who will be allowed to call time out (1 per competitor) and verbally coach the competitor in the ring during his/her match. All matches will be drawn randomly once all teams have registered. All matches are single elimination. Awards for all 1<sup>st</sup> and 2<sup>nd</sup> place teams.**

**3 PERSON TEAM OPTIONS: Advanced Belts = Red, Brown, and Novice Black Belts OR ALL BIK Belts**

**Must have 1 competitor from each age group 9-11, 12-14,15-17**

**ADVANCED BELT GIRLS  
BLACK BELT GIRLS**

**ADVANCED BELT BOYS  
BLACK BELT BOYS**



# Tournament REGISTRATION Form

Pre-Registration Form & Payment must be submitted by Midnight, Sunday 12/5

Late Registration Form & Payment must be submitted by December 8th (for an add'l \$20)

<b>1<sup>st</sup> Competitor's Name:</b>		<b>DOB:</b>	<b>AGE:</b>	
<b>Rank Competing As:</b>		<b>GENDER:</b>	Male / Female	
<b>FORM(s) Division Name:</b> (Black Belts have 2 available forms division)		<b>SPARRING:</b>	BOPPER / POINT	(Bopper available for White & Gold Only)
<b>2<sup>nd</sup> Competitor's Name:</b>		<b>DOB:</b>	<b>AGE:</b>	
<b>Rank Competing As:</b>		<b>GENDER:</b>	Male / Female	
<b>FORM(s) Division Name:</b> (Black Belts have 2 available forms division)		<b>SPARRING:</b>	BOPPER / POINT	(Bopper available for White & Gold Only)
<b>PARENT/Guardian's Name:</b>		<b>Emergency # ( ) ---</b>		
<b>TKD School Name/Location:</b>				
<p><b>WAIVER OF INJURY:</b> I, the undersigned (Student and/or Parent/Guardian), do hereby release Thomas and Janet Lightfoot, Lead By Example, Inc., and all other persons and corporations associated with this event in any capacity, from any and all liability due to injuries and/or damages, etc. that I and/or my child(ren) may incur as a result of attendance or participation in the Lead By Example Intramural Tournament. Furthermore, I hereby permanently waive any compensation whatsoever for the use of pictures, videos, media coverage, etc., utilized by those associated with this event which may be used for profit making purposes. I clearly understand the fighting/sparring aspect of this sport and competition involves bodily contact. I have thoroughly read, agree, and understand to abide by the rules associated with the LBE Intramural Tournament and assume all responsibility and any associated liability for infringement of such rules. Additionally, I am fully aware of my and/or my child(ren)'s personal medical condition and hereby certify that I am and/or my child(ren) is/are physically and mentally fit to compete in this tournament. LBE and its affiliates assume no responsibility for loss or damage to any personal belongings.</p>				
<b>X</b>		<b>Date</b>		
Signature of Competitor, if under 18, Parent/Guardian who assumes complete responsibility.				
<b>COSTS:</b>	<b>COMPETITOR</b> (includes 2 spectators)	<b>\$ 50</b>	<b>X</b>	<input type="text"/> = <input type="text"/>
	<b>LATE REG FEE</b> (12/8-12/11)	<b>\$ 20</b>	<b>X</b>	<input type="text"/> = <input type="text"/>
	<b>Add'l SPECTATORS</b> (Ages 3+)	<b>\$ 5</b>	<b>X</b>	<input type="text"/> = <input type="text"/>
	<b>TEAM SPARRING</b> (\$75/team)	<b>\$ 25</b>	<b>X</b>	<input type="text"/> = <input type="text"/>
	<b>TOURNAMENT TEE</b>	<b>\$ 25</b>	<b>X</b>	<input type="text"/> = <input type="text"/>
	<b>SIZE(S)</b> _____			
<b>Name on Credit Card</b> _____				<b>TOTAL COST</b> = <input style="width: 50px; height: 20px;" type="text"/>
<b>Credit Card #</b> _____		<b>EXP</b> _____	<b>CVC</b> _____	<b>Billing ZIP</b> _____
<b>Signature of CC holder:</b> _____			<b>DATE</b> _____	
<b>Office Use Only Paid By: (Circle)</b> <b>CASH</b> <b>CASHAPP</b> <b>VENMO</b> <b>CK #</b> _____				
<b>Received By:</b> _____			<b>DATE</b> _____	

All Credit Card payments are subject to an additional administrative fee added to the total cost.