

**INVITATION**

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September, 2023

Dear Masters and Instructors,

It is with great pleasure you and your students are invited to the 2023 ITF Open British Championships on Saturday 25th November, at Meadowbank Sports Centre, 141 London Road, Edinburgh, EH7 6AE.

Please find attached all the necessary information for you, as well as your competitors and supporters.

We look forward to meeting and welcoming you to Edinburgh this November.

**ITF Open British Championships Team**

Master Alexander Dunbar VIII

Master Philip Lear VII

Master John McIlvaney VII

Mr. Neil Ernest VI

Mrs. Gillian McIlvaney V

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**INFORMATION**

The Open British Championships will be held this year on **Saturday 25th November 2023** at **Meadowbank Sport Centre**, 141 London Road, Edinburgh, EH7 6AE.

The tournament will start at 08:00hrs. Height / Weight registration is detailed further down.

The competition is open to all ITF Taekwon-Do students 10th Kup to 6th Degree. And will run according to ITF rules & regulations.

Competitors must wear ITF Dobok, and ITF Belt.

**AGE CATEGORIES & BELTS**

7 years & under Youth White/Yellow/Green

8 years – 10 years Cadet White/Yellow/Green/Blue/Red

11 years – 13 years Pre-Junior White/Yellow/Green/Blue/Red/Black

14 years – 17 years Junior White/Yellow/Green/Blue/Red/Black

18 years – 35 years Senior White/Yellow/Green/Blue/Red/Black

36 years & over Adv. Senior White/Yellow/Green/Blue/Red/Black

Competitors must compete in the age category according to their date of birth.

**EVENTS**

* Pattern
* Sparring
* Special Technique (17 years & under only)
* Power (18 years & over only)

There must be at least two (2) competitors in any division and or category. In case of only one (1) competitor, the organising committee reserve the right to merge the competitor to another appropriate category.

**PATTERN**

**Colour Belts** will perform one optional pattern up to their respective grade.

 e.g. 10th – 9th Kup: Saju Jirugi / Saju Makgi / Chon-Ji

 8th – 7th Kup: Chon-Ji to Do-San

 6th – 5th Kup: Chon-Ji to Yul-Gok

 4th – 3rd Kup: Chon-Ji to Toi-Gye

 2nd – 1st Kup: Chon-Ji to Choong-Moo

**Black Belts aged 11 – 13 years, 14 – 17 years, 18 – 35 years and 36 years and over** will perform one designated pattern from their respective degree grade.

e.g. 1st Degree Kwang-Gae / Po-Eun / Ge-Baek

 2nd Degree Eui-Am / Choong-Jang / Juche

 3rd Degree Sam-Il / Yoo-Sin / Choi-Yong

 4th – 6th Degree Yong-Gae / Ul-Ji / Moon-Moo

All categories will compete in the traditional pyramid system.

**SPARRING**

Male and Female competitors will compete separately.

All competitors will compete in light continuous sparring.

Competitors aged 13 years and under will be split according to grade and subsequently by height. Competitors aged 14yrs+ will be split according to grade and subsequently by weight.

All categories will compete in the traditional pyramid system.

**Age 7 years & under**

|  |  |
| --- | --- |
| **GRADES** | **HEIGHT CATEGORIES** |
| 10th – 9th Kup (White) | 110cm & under | 111cm - 120cm | 121cm - 130cm | 131cm & over |
| 8th – 7th Kup(Yellow) | 110cm & under | 111cm - 120cm | 121cm - 130cm | 131cm & over |
| 6th – 5th Kup(Green) | **No event** | **No event** | 130cm & under | 131cm & over |

**Age 8 – 10 years**

|  |  |
| --- | --- |
| **GRADES** | **HEIGHT CATEGORIES** |
| 10th – 9th Kup (White) | 120cm & under | 121cm - 130cm | 131cm – 140cm | 141cm – 150cm | 151cm & over |
| 8th – 7th Kup(Yellow) | 120cm & under | 121cm - 130cm | 131cm – 140cm | 141cm – 150cm | 151cm & over |
| 6th – 5th Kup(Green) | **No event** | 130cm & under | 131cm – 140cm | 141cm – 150cm | 151cm & over |
| 4th Kup – 3rd Kup (Blue) | **No event** | **No event** | 140cm & under | 141cm – 150cm | 151cm & over |
| 2nd Kup – 1st Kup (Red) | **No event** | **No event** | 140cm & under | 141cm – 150cm | 151cm & over |

*All competitors 10 years & under are allowed to kick and punch to the body and headguard only, no direct contact to the face as this will result in a foul (minus point). Indirect contact to the face will result in a warning.*

***All competitors 10 years & under: All bouts are one (1) round of 60 seconds, up to and including final.***

**Age 11 – 13 years**

|  |  |
| --- | --- |
| **GRADES** | **HEIGHT CATEGORIES** |
| 10th – 9th Kup (White) | 140cm & under | 141cm - 150cm | 151cm – 160cm | 161cm – 170cm | 171cm & over |
| 8th – 7th Kup(Yellow) | 140cm & under | 141cm - 150cm | 151cm – 160cm | 161cm – 170cm | 171cm & over |
| 6th – 5th Kup(Green) | 140cm & under | 141cm - 150cm | 151cm – 160cm | 161cm – 170cm | 171cm & over |
| 4th Kup – 3rd Kup (Blue) | 140cm & under | 141cm - 150cm | 151cm – 160cm | 161cm – 170cm | 171cm & over |
| 2nd Kup – 1st Kup (Red) | **No event** | 150cm & under | 151cm – 160cm | 161cm – 170cm | 171cm & over |
| Black Belts | **No event** | 150cm & under | 151cm – 160cm | 161cm – 170cm | 171cm & over |

***All competitors 11 – 13 years: All bouts are one (1) round of 90 seconds, up to and including final.***

Competitors aged 14 years and above will be split according grade and subsequently by weight.

**Age 14 – 17 years Male**

|  |  |
| --- | --- |
| **GRADES** | **WEIGHT CATEGORIES** |
| 10th – 5th Kup (white-Green) | <55kg | <65kg | >65kg |  |
| 4th – 1th Kup(Blue-Red) | <55kg | <65kg | >65kg |  |
| 1st – 3rd Degree(Black) | <50kg | <56kg | <62kg | <68kg | <75kg | >75kg |

**Age 14 – 17 years Female**

|  |  |
| --- | --- |
| **GRADES** | **WEIGHT CATEGORIES** |
| 10th – 5th Kup (white-Green) | <50kg | <60kg | >60kg |  |
| 4th – 1th Kup(Blue-Red) | <50kg | <60kg | >60kg |  |
| 1st – 3rd Degree(Black) | <45kg | <50kg | <55kg | <60kg | <65kg | >65kg |

***All competitors 14 – 17 years: All bouts are one (1) round of 2 minutes, with the Black Belt semi-finals and final only, being 2 rounds of 2 minutes.***

**Age 18 – 35 years Male**

|  |  |
| --- | --- |
| **GRADES** | **WEIGHT CATEGORIES** |
| 10th – 5th Kup (white-Green) | <65kg | <75kg | <85kg | >85kg |  |
| 4th – 1th Kup(Blue-Red) | <65kg | <75kg | <85kg | >85kg |  |
| 1st – 6th Degree(Black) | <57kg | <63kg | <70kg | <78kg | <85kg | >85kg |

**Age 18 – 35 years Female**

|  |  |
| --- | --- |
| **GRADES** | **WEIGHT CATEGORIES** |
| 10th – 5th Kup (white-Green) | <55kg | <65kg | <75kg | >75kg |  |
| 4th – 1th Kup(Blue-Red) | <55kg | <65kg | <75kg | >75kg |  |
| 1st – 6th Degree(Black) | <50kg | <56kg | <62kg | <68kg | <75kg | >75kg |

***All competitors 18 – 35 years: All bouts are one (1) round of 2 minutes, with the Black Belt semi-finals and final only, being 2 rounds of 2 minutes.***

**Age 36 years & over Male**

|  |  |
| --- | --- |
| **GRADES** | **WEIGHT CATEGORIES** |
| 10th – 5th Kup (white-Green) | <68kg | <78kg | >78kg |
| 4th – 1th Kup(Blue-Red) | <68kg | <78kg | >78kg |
| 1st – 6th Degree(Black) | <68kg | <78kg | >78kg |

**Age 36 years & over Female**

|  |  |
| --- | --- |
| **GRADES** | **WEIGHT CATEGORIES** |
| 10th – 5th Kup (white-Green) | <55kg | <65kg | >65kg |
| 4th – 1th Kup(Blue-Red) | <55kg | <65kg | >65kg |
| 1st – 6th Degree(Black) | <55kg | <65kg | >65kg |

***All competitors 36 years and over: All bouts are one (1) round of 2 minutes. Up to and including final***

**SPARRING RULES**

**TARGET AREA**

1. Head at the front, sides and top of the head but not at the back.
2. Trunk of the body from shoulder to navel vertically and from a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

**LIGHT CONTACT**

In competition a technique is valid according to a light contact system and if:

1. Executed correctly.
2. Dynamic, that is to say it is delivered with strength, purpose, speed and precision.
3. Controlled on the target.

(please note that under 10 years can only hit the head guard, not the face):

**POINT AWARDS**

1. One (1) point will be awarded for:
Hand attack directed to mid or high section.
Hand attack while in air (both feet must be off the ground) directed to mid and/or high section.
2. Two (2) points will be awarded for:
Foot attack directed to mid-section.
Jumping or flying kick directed to mid-section.
3. Three (3) points will be awarded for:
Foot attack directed to high section.
Jumping or flying kick directed to high section.

**WARNINGS** will be assigned for the following offences:

1. Pretending to have scored a point by raising one or both arms.
2. Stepping completely out of the ring (both feet).
3. Falling down, whether intentional or not (it means any part of the body, other than the feet, touching the ground).
4. Faking a blow, pretending to be injured to gain an advantage.
5. Intentionally avoiding sparring.
6. Adjusting equipment during the bout without the consent of the Centre Referee.
7. Unintentional attack to an illegal target

**FOULS** will be assigned (one point will be deducted) for the following offences:

1. Heavy contact.
2. Attacking a fallen opponent.
3. Leg sweeping.
4. Holding/grabbing.
5. Intentional attack to a legal or illegal target
6. Unsportsman like conduct

**DISQUALIFICATION** can occur in the following circumstances:

1. Misconduct against officials or ignoring instructions.
2. Uncontrolled or excessive contact.
3. Receiving three (3) minus points/fouls directly given by the Centre Referee.
4. Being under influence of alcoholic beverages or drugs.
5. Loss of temper.
6. Insulting an opponent, coach and or official.
7. Biting, scratching.
8. Attacking with the knee, elbow or forehead.
9. Causing a KO

**SPECIAL TECHNIQUE**

This event is only for competitor aged 17 years and under. And will be split by male & female and according to height categories in sparring (7 years & under, 8 – 10 years, 11 – 13 years and 14 – 17 years), all grades will compete together, with the exception of 14 – 17 years, who will be split White/Green, Blue/Red and Black Belts.

The technique will be Flying high side kick (Twimyo Nopunde Yop Chagi).

The bar will be raised until there is a clear winner, in the case of a draw (only if the height has been cleared and the target hit correctly) will there be the possibility of 1 silver and 2 bronzes.

Minimum heights will be in place for each division. These will be published in advance of the event.

**POWER TEST**

This event is only open to 18-35yrs Colour Belts and Black Belts and 36yrs+ Colour Belts and Black Belts.

It will be split into Male and Female White/Green, Blue/Red & Black Belts categories.

White/Green competitors can only perform Ap Palkup Taerigi (Front Elbow Strike) and Yop Cha Jirugi (Side Piercing Kick). Competitors must choose the number of boards they want to break in advance of the round secretly. In the case of a draw the Centre Referee will choose one of the used techniques at random and the number of boards to be broken.

Blue/Red & Black Belt competitors will choose **one** hand and **one** foot technique out of the two technique options. Competitors must choose the number of boards they want to break for each technique in advance of the round secretly.

There is a time limit of 90 seconds to complete both breaks.

In a tie break situation, the other hand or foot technique will be used (So you must practice all four). In the case of a further draw the Centre Referee will choose one of the used techniques at random and the number of boards to be broken.

There must be a clear winner, in the case of a draw (only if boards are broken) there will be the possibility of a silver and two bronzes.

**TECHNIQUES FOR MALE WHITE/GREEN**

|  |  |
| --- | --- |
| HAND TECHNIQUE | FOOT TECHNIQUE |
| Ap Palkup Taerigi (Front Elbow Strike) | Yop Cha Jirugi (Side Piercing Kick) |

**TECHNIQUES FOR MALE BLUE/RED & BLACK BELTS**

|  |  |
| --- | --- |
| HAND TECHNIQUE – OPTION 1 | HAND TECHNIQUE – OPTION 2 |
| Ap Joomuk Jirugi (Punch) | Sonkal Taerigi (Knifehand Side Strike) |
| FOOT TECHNIQUE – OPTION 1 | FOOT TECHNIQUE – OPTION 2 |
| Yop Cha Jirugi (Side Piercing Kick) | Dollyo Chagi (Turning Kick) |

**TECHNIQUES FOR FEMALE WHITE/GREEN**

|  |  |
| --- | --- |
| HAND TECHNIQUE | FOOT TECHNIQUE |
| Ap Palkup Taerigi (Front Elbow Strike) | Yop Cha Jirugi (Side Piercing Kick) |

**TECHNIQUE FOR FEMALE BLUE/RED & BLACK BELTS**

|  |  |
| --- | --- |
| HAND TECHNIQUE – OPTION 1 | HAND TECHNIQUE – OPTION 2 |
| Pulkup Taerigj (Elbow Strike) | Sonkal Taerigi (Knifehand Side Strike) |
| FOOT TECHNIQUE – OPTION 1 | FOOT TECHNIQUE – OPTION 2 |
| Yop Cha Jirugi (Side Piercing Kick) | Dollyo Chagi (Turning Kick) |

**ONLINE REGISTRATION**

The online registration system we have in place is via Sportdata ([www.sportdata.org](http://www.sportdata.org))

Registration Link: <https://www.sportdata.org/taekwondo_itf/set-online/veranstaltung_info_main.php?active_menu=calendar&vernr=453#a_eventhead>

**REGISTRATION DEADLINE: 10th NOVEMBER 2023 @ 23;59 hrs GMT \*\***

Please note: competitors cannot directly register themselves to the event, this should all be done by the instructor only.

**Competitor Limit;** We have imposed a cap on the number of competitors. The event will only accept 500 competitors. Once that limit is reach, the event will automatically close to registrations.

**\*\* PLEASE NOTE REGISTRATION MAY CLOSE EARLY ACCORDING TO COMPETITOR LIMITS BEING REACHED.**

**ENTRY FEES, PAYMENT AND CLOSING DATE**

* Coloured Belts £40.00
* Black Belts £45.00
* Spectators Adults £5.00

Children 5-15 years £2.50

Children 4yrs & under Free

The closing date for this competition is Friday 10th November, this is when all online registrations and payments must be completed.

Competitors will only be added to the draws once payment has been completed by the above deadline.

Entry fee payments must be made to the account details below:

 **Bank:** Santander

 **Account Name:** TKD EVENTS

 **Account Number:** 26385017

 **Sort Code:** 09-01-29

**BIC:** ABBYGB2LXXX

**IBAN:** GB23ABBY09012926385017

Spectator fees can be paid in advance or on entry.

**DOBOK / SAFETY EQUIPMENT**

Competitors must wear an ITF dobok, this must clearly show the ITF crest on the left breast. No other doboks will be allowed. The following sparring equipment is essential for these championships, please ensure you have the correct equipment before arriving.

Sparring gear can be of any colour.

**Equipment: 7 years & under, 8 – 10 years, 11 – 13 years**

* Closed fingered open palm gloves (no dipped foam)
* Feet pads
* Head guard
* Mouth guard
* Shin guards (optional)
* Groin Guard (male over 131cms)

**Equipment: 14 – 17 years, 18 – 35 years, 36 years & over**

* Closed fingered open palm gloves (no dipped foam)
* Feet pads
* Head guard
* Mouth guard
* Shin guards (optional)
* Groin guard worn inside the dobok (male only, female is optional)
* Breast protectors for females are optional

**INJURY / LIABILITY INSURANCE**

Although the organisers will have their own insurance to run this event it is advisable that all competitors have their own insurance from their Association as the organisers cannot be made liable for any injury. First Aid will be present at this Competition.

**UMPIRES**

The following table applies for competitor to umpire ratio for participating clubs;

|  |  |  |
| --- | --- | --- |
| **NUMBER OF COMPETITORS** | **UMPIRES** | **FINE (payable by closing date)** |
| Up to 7 competitors | 1 | £50 per Umpire not present. |
| 8 – 14 competitors | 2 | £50 per Umpire not present. |
| 15 competitors + | 3 | £50 per Umpire not present. |

Schools that do not participate with **Full Time Umpires** shall pay the amount of £50 for any missing umpire according to the table above. Umpires will be provided with lunch and a souvenir.

Umpiresmust wear navy blue trousers, white shirt, navy blue tie, white training shoes with white socks, they should also have a navy jacket as well.

**ALL UMPIRES MUST BE REGISTERED ONLINE BEFORE THE CLOSING DATE**

**COACHES**

A cost of £10 is payable for all coaches, in order to receive the Coaches ID card. Coachesmust wear track suit trousers and top or T shirt, Polo shirt and trainers. No doboks can be worn for coaching.

**ALL COACHES MUST BE REGISTERED ONLINE BEFORE THE CLOSING DATE**

**REGISTRATION / HEIGHT & WEIGHT CHECK**

There will be a weigh in and registration as follows:

**Friday 24th November** (Meadowbank Sports Centre)

* 4pm to 7pm. This is available for ALL competitors.

*\*A later registration time may be possible by prior arrangement.*

**Saturday 25th November** (Meadowbank Sports Centre)

* 7am to 8am. Competitors 10 years and under *(All Grades)*

 14-17yrs, 18-35yrs & 36yrs+ *(Black Belts Only)*

* 12pm to 2pm. Competitors 11-13 yrs *(All Grades)*

Competitors 14-17yrs, 18-35yrs & 36yrs+ *(Colour Belts)*

During weigh in ALL competitors must wear dobok trousers and a t-shirt. A tolerance of 0.5kg is given.

Competitors not making their weight/height will have until the end of the Registration time to make the weight. Competitors not making height / weight or requiring to move category will need to pay a fine of £10 in order to change category.

**PROTEST**

In the case that you feel that the umpires have not followed procedure correctly you can make a protest. The cost is £50, if you are successful then you will be refunded, in the case you have lost the protest you will lose the money, and this will be given to charity. Only a coach may make an official protest with the correct form.

**COMPETITION VENUE**

Meadowbank Sports Centre, London Road, Edinburgh. The sports centre has recently been refurbished to a very high standard,. There will be plenty of seating available and you can purchase food and snacks from their cafeteria.

Car parking onsite is limited, however there is plenty of free street parking in the surrounding area.

And 1000 spectator teared seating. Cafeteria and Snack Facilities are available on site.

**HOTEL**

There is a large selection of affordable accommodation in and around the city centre, all within close proximity to the venue. We recommend using [www.booking.com](http://www.booking.com)

**TRAVEL**

**AIR TRAVEL**

By airplane the closest airport is Edinburgh which is about 20 minutes away from the venue by car.

Recommended onward travel from Edinburgh Airport to Meadowbank Sports Centre is via Taxi, which will cost approximately £30. [Other alternatives can be sought here.](https://www.rome2rio.com/s/Edinburgh-Airport-EDI/Meadowbank-Stadium-Station)

The next closest is Glasgow Airport which is about 1 hour, 30 minutes away from venue by car.

Recommended onward travel from Glasgow Airport to Meadowbank Sports Centre [can be sought here.](https://www.rome2rio.com/s/Glasgow-Airport-GLA/Meadowbank-Stadium)

**RAIL TRAVEL (National and International)**

By Train there is a station at Edinburgh Waverly which is within 13 minutes of the venue and easily accessed by public bus (Line 253). Cost approximately £2-3.

[More options.](https://www.rome2rio.com/s/Edinburgh-Waverley-Station/Meadowbank-Stadium-Station)

**MEDALS**

One gold, one silver and two bronzes will be given in each category where there are four or more competitors.

First, Second and Third place Overall School Trophies will be issued for the schools that earn the greatest number of Gold medals. In the case of a tie, Silver and Bronze medals will be included.