

OPEN BRITISH

TAEKWONDO
CHAMPIONSHIPS



INVITATION

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August 21st, 2018

Dear Masters and Instructors,

It is with great pleasure you and your students are invited to the 2018 ITF Open British Championships on Saturday 24th November, at Ravenscraig Regional Sports Facility, Motherwell, Scotland.

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 Motherwell this November.

ITF Open British Championships Team

Master Gordon Wallace VIII
Master Alexander Dunbar VIII
Master Philip Lear VII
Mr. John McIlvaney VI
Mr. Neil Ernest V

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INFORMATION

The Open British Championships will be held this year on **Saturday 24th November 2018** at **Ravenscraig Regional Sports Facility**, O'Donnell Way, Motherwell, ML1 2TZ

The tournament will start at 09:00hrs. 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.

Electronic scoring system and large screens will be used to bring a professional approach to the event.

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 will perform one optional pattern from their respective degree grade.

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

Black Belts aged 14 years and over will perform two designate patterns; first pattern from their respective degree and the second from Chon-Ji to the highest pattern of their grade.

All categories will compete in the traditional pyramid system.

SPARRING

Male and Female competitors will compete separately.

White belt 13 years & under only will be point sparring, all other bouts will be continuous.

Competitors aged 13 years and under will be split according grade and subsequently by height.

All categories will compete in the traditional pyramid system, with the exception of 14-17 years and 18-35 years Black Belts who will compete in a League format.

Age 7 years & under

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

Age 8 – 10 years

GRADES	HEIGHT CATEGORIES				
10 th – 9 th Kup (White)	120cm & under	121cm - 130cm	131cm – 140cm	141cm – 150cm	151cm & over
8 th – 7 th Kup (Yellow)	120cm & under	121cm - 130cm	131cm – 140cm	141cm – 150cm	151cm & over
6 th – 5 th Kup (Green)	No event	130cm & under	131cm – 140cm	141cm – 150cm	151cm & over
4 th Kup – 3 rd Kup (Blue)	No event	No event	140cm & under	141cm – 150cm	151cm & over
2 nd Kup – 1 st 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 bouts are one (1) round of 60 seconds.

Age 11 – 13 years

GRADES	HEIGHT CATEGORIES				
10 th – 9 th Kup (White)	140cm & under	141cm - 150cm	151cm – 160cm	161cm – 170cm	171cm & over
8 th – 7 th Kup (Yellow)	140cm & under	141cm - 150cm	151cm – 160cm	161cm – 170cm	171cm & over
6 th – 5 th Kup (Green)	140cm & under	141cm - 150cm	151cm – 160cm	161cm – 170cm	171cm & over
4 th Kup – 3 rd Kup (Blue)	140cm & under	141cm - 150cm	151cm – 160cm	161cm – 170cm	171cm & over
2 nd Kup – 1 st 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 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 bouts are one (1) round of 90 seconds.

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

Age 14 – 17 years Male

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

Age 14 – 17 years Female

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

All competitors 14 – 17 years: Coloured belts all bouts are one (1) round of 2 minutes, with the final being 2 rounds of 2 minutes.

Black belts will compete in a league format, with all bouts being one (1) round of 2 minutes.

Age 18 – 35 years Male

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

Age 18 – 35 years Female

GRADES	WEIGHT CATEGORIES					
10 th – 5 th Kup (white- Green)	<55kg	<65kg	<75kg	>75kg		
4 th – 1 th Kup (Blue-Red)	<65kg	<75kg	<85kg	>85kg		
1 st – 6 th Degree (Black)	<50kg	<56kg	<62kg	<68kg	<75kg	>75kg

All competitors 18 – 35 years: Coloured belts all bouts are one (1) round of 2 minutes, with the final being 2 rounds of 2 minutes.

Black belts will compete in a league format, with all bouts being one (1) round of 2 minutes.

Age 36 years & over Male

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

Age 36 years & over Female

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

All competitors 18 – 35 years: All bouts are one (1) round of 2 minutes, with the final being 2 rounds of 2 minutes.

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

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 to Blue Belt and Red Belt/Black.

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.

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 Green/Blue and Red/Black Belt categories. Competitors will choose two out of the three techniques and the number of boards they want to break secretly. In a tie situation the third technique will be used (So you must practice all three). 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.

TECHNIQUE 1	TECHNIQUE 2	TECHNIQUE 3
Knifehand (Sonkal)	Side Kick (Yop Chagi)	Turning Kick (Dollyo Chagi)

ONLINE REGISTRATION

The online registration system we have in place is via Sportdata (www.sportdata.org) Please take the time to register your school for the event. This is a quick 2-minute process, once you've done so, you will receive an email from Sportdata confirming your account registration. Only club instructors should register for an account.

In registering your club account, this will give you the opportunity to familiarise yourself with the set-up and registration process for competitors, in advance of the closing date which is 11th November at 23.59. Please note: competitors cannot directly register themselves to the event, this should all be done by the instructor only.

ENTRY FEES, PAYMENT AND CLOSING DATE

- | | | |
|------------------|-----------------------|--------|
| • Coloured Belts | | £30.00 |
| • Black Belts | | £35.00 |
| • Spectators | Adults | £5.00 |
| | Children 5-15 years | £2.50 |
| | Children 4yrs & under | Free |

The closing date for this competition is Sunday 11th 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 will be paid 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.

We just require that competitors wear a Red or Blue Headguard depending on the colour in the draw. The other 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 132cms)

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	Fee waved if 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.

Umpires must 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 £5 is payable for all coaches, in order to receive the Coaches ID card. Coaches must 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 23rd November (Holiday Inn Express, Keith Road, Hamilton)

- 3pm to 9pm. This is available for ALL competitors.

Saturday 24th November (Ravensraig RSF, O'Donnell Way, Motherwell)

- 8am to 9am. Competitors 13 years and under ONLY
- 10am to 11am. Competitors 14 years and over ONLY

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

Ravenscraig Regional Sports Facility is a modern leisure facility. The venue has lots of parking outside. And 1000 spectator teared seating. Cafeteria and Snack Facilities are available on site.

HOTEL

We are pleased to announce a preferential rate at Holiday Inn Express, Keith Road, Hamilton, for the weekend of the Open British Championships.

All rooms are available for a rate of £75 per night including breakfast, when booking via the link below.

Twin Rooms, Double Rooms and Family Rooms all available.

The Holiday Inn Express is situated in the ideal location, just 3 miles from Ravenscraig Regional Sports Centre, with ample dinning & shopping opportunities nearby.

https://www.ihg.com/holidayinnexpress/hotels/us/en/hamilton/stdhm/hoteldetail?qAdlt=1&qBrs=6&qChld=0&qFRA=1&qGRM=0&qGrpCd=MA1&qlta=99801505&qPSt=0&qRRSrt=rt&qRef=df&qRms=1&qRpn=1&qRpp=20&qSHp=1&qSmP=3&qSrt=sBR&qWch=0&srb_u=1&icdv=99801505&setPMCookies=true

TRAVEL

AIR TRAVEL

Motherwell is situated in between two of Scotland's busiest airports. Glasgow Airport is approximately 16 miles (26 km) away from Motherwell. Edinburgh Airport is further away, at 31 miles (50 km).

Both airports have daily flights to most of the major European cities, as well as flights to UK airports.

There are a number of major transport links from each of these airports (Citylink bus, ScotRail, as well as private transfers available, all at very reasonable costs).

RAIL TRAVEL

Motherwell Train station runs on the West Coast Main Line from Glasgow to London and on the East Coast Main Line via Edinburgh and Newcastle. Making it within 4 1/2 hours travel time from London King's Cross Station.

National train operators; Virgin Trains, CrossCountry and TransPennine Express all have services to Motherwell.

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.