

ITF SCOTLAND NATIONAL CHAMPIONSHIPS 2020



11th December 2019

Dear ITF Members,

It is with great pleasure that you and your students are invited to the ITF Scottish Championships on 29th February & 1st March 2020, according to the following schedule;

Saturday 29th February	13 years & under (Youth, Cadet & Pre-Junior)
Sunday 1st March	14 years & over (Junior, Senior & Adv. Senior)
	ASN Competitors (All ages)

This competition is open to ITF Taekwon-Do students 10th Kup to 6th Degree.
Please take the time to read the following information.

We look forward to seeing you and your students at the competition.

Yours in Taekwon-Do,

ITF Scotland Tournament & Umpire Committee

ITF SCOTLAND NATIONAL CHAMPIONSHIPS 2020



Invitation and Rules

GENERAL INFORMATION

DATE & VENUE

The event will be held on

Saturday 29th February Youth, Cadet & Pre-Junior Competition

Sunday 1st March Junior, Senior, Adv. Senior & ASN Competition

at

Ravenscraig Regional Sports Facility, 1 O'Donnell Way, Motherwell, North Lanarkshire.

PARTICIPATION

The ITF Scotland championships is the official National Championships of Scotland. It is open however to all members of the ITF.

REGISTRATION OF SCHOOLS AND CLUBS

All registrations of schools and clubs will be done through SPORTDATA at:
https://www.sportdata.org/taekwondo_itf/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=208#a_eventhead

- From this page please click "Login" at top right corner
- Click "Create New Account"
- Complete fields required
- ITFS Tournament Committee will be sent details of your registration
- You will now be able to register your competitors
- Please ensure mailing address is included

CONDITIONS OF REGISTRATION - IMPORTANT

The 2020 ITFS championships will only accept registrations from schools and clubs that supply the appropriate amount of umpires. Each school must participate with **FULL TIME UMPIRE(S)** according to the following (**per day of competition**):

- 4 to 10 competitors 1 Umpire
 - 11 to 20 competitors 2 Umpires
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- 21 to 30 competitors 3 Umpires
- 30 competitors or more 4 Umpires

Full time umpires need not be blackbelts as we have many roles that can be done within the ring council that does not require degree qualification but is equally important to the running of the schedule.

Condition of Kup Grade Umpire Acceptance. The candidates must:

- Be over 18yrs
- Not a competitor on the day of competition
- Be 2nd Kup or above
- Attend ITFS Umpire Course Saturday 8th February. This course is complimentary to all full time registered umpires
- Have Kup Grade Umpire attire.

IMPORTANT NOTE

Please be aware that in order to register competitors for the event, you must first register your umpires. All competitors will be held on a waiting list for approval until umpires are registered to the event.

COACHES

It is not mandatory to have a coach present ringside. If you do wish to coach ringside you must register on Sportdata alongside your competitors. The registration will be accepted, **as long as the club meets the umpire to competitor ratios per day**. Schools/clubs may have the following number of coaches:

- 1 to 5 competitors 1 Coach
- 6 to 20 competitors 2 Coach
- 21 to 30 competitors 3 Coach
- 30 competitors or more up to a **maximum** of 4 coaches.

A coach must be a training, licensed member of your school.

Fee is £10 per coach.

ACCREDITATION

All competitors, coaches and umpires entry will be by ID card. Spectators will have their entry tracked by a wristband. The wristbands will be available to purchase by:

- Pre-paid by post
- Pre-paid at inscription
- At the door

INSCRIPTION

All ID cards and wristbands should be collected first at inscription. This will be at the same times and venue as the weigh-in.

REGISTRATION - WEIGHT / HEIGHT CHECK

All competitors MUST register at the official registrations listed below bringing their ID card with them for scanning. Any competitor not registering will be scored out on the drawsheet and be unable to compete.

The weight / height check will take place at Ravenscraig Regional Sports Facility during the following times:

Friday 28/02/2020	from 6pm – 9pm (any competitor)
Saturday 29/02/2020	from 8am – 9am (only Youth, Cadet & Pre-Junior) from 4pm – 5pm (only Junior, Senior, Adv Senior & ASN)
Sunday 01/03/2020	from 8am – 9am (only Junior, Senior, Adv Senior & ASN)

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

CONFIRMATION OF COMPETITOR DETAILS

Its is solely the responsibility of the instructor to verify that their students' details are correct and they have been placed in the correct categories.

It is possible to make amendments / changes to the competitors' individual categories right up until Friday 28th February. There will be no charge for this.

However, there will be no changes made to categories on the day of the competition. If they are entered incorrectly, they will miss out on their correct category event.

Therefore, if your competitors intend to complete the registration on the day of competition there will be no allowance to make any category change. Should your competitors not make the height / weight category accordingly they will be removed from that event.

We encourage all competitors to complete the height and weight check on the Friday evening, to allow any changes to be made if required.

REGISTRATION & PAYMENT DETAILS

This is a club event, registration must be completed online, by instructors via www.sportdata.org

- Registration opens 16th December 2019
- **Registration closes 21st February 2020, at 23:59 GMT**

No competitors can enter after the closing date!

Instructors must pay registration Fees by 21st February 2020 to account:

International Taekwon-Do Federation (Scotland) Limited

Account Number: 43740861

Sort Code: 09-01-28

BIC: ABBYGB2LXXX

IBAN: GB64ABBY09012843740861

Please ensure you use school/club name as a reference.

COMPETITION ENTRY FEES

All competitors	£30
Coach	£10
Spectators	£5 Adults at Door (£4 pre-paid) £2 Children 5-15 years

OFFICIAL ATTIRE

ATHLETES

As this is the event that represents the ITF for our country all competitors must wear the approved ITF Dobok with the appropriate ITF crest on the left hand side. No other Doboks will be allowed.

All blackbelt competitor belts must show their current degree, variations of calligraphy will be allowed.

Junior blackbelts must wear the junior blackbelt with white stripe the full length of the belt.



All Kup grades must have a single colour belt. No belts that have a centre stripe running the full length of the belt will be allowed.

COACHES

All coaches must also wear a tracksuit, training shoes and in possession of a towel.

UMPIRES

BLACKBELT Umpires and Jury Members should wear official ITF umpire attire:

- Navy Jacket and Trousers
- White shirt
- Blue tie no instructor colours.
- White shoes and socks

KUP grade Jury Assistants or Scoring System Umpires should wear:

- Black Polo shirt
- Black trousers
- White shoes and socks

SAFETY EQUIPMENT

Compulsory equipment

- Open palm sparring gloves
- Foot protection
- Head protection
- Gum shield
- Groin guard (Males only)
- Body Armour (10 years and under)

Optional Equipment

- Shin guards
- Chest Protectors (Female)
- Groin Guard (Female)

TOURNAMENT RULES

ITF rules will apply with modifications to suit age, experience and gender.

DIVISIONS & CATEGORIES

AGE GROUPS

The competition will be divided into the following divisions:

- YOUTH (7 years & under)
- CADET (8 – 10 years)
- PRE-JUNIOR (11 – 13 years)
- JUNIOR (14 – 17 years)
- SENIOR (18 – 35 years)
- ADV SENIOR (36 years & over)
- ASN (Additional Support Needs)

GENDER

All categories will be split male and female with the exception of Pre-Arranged Sparring whereby male and female can form a team.

BELT COLOUR GROUPS

Please refer to all categories for specific bandings of colours.

ENTRIES

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

As the ITF Scotland Championship is a ranked competition all blackbelt competing in the (JNR) 14-17yrs and (SNR) 18yrs and over will not be merged. The Tournament Committee will decide after the closing date if adding an open weight or degree category to allow additional competition time for the athletes in the international preparations.

PATTERN

In each category the competitors will perform **one optional** pattern according to their grade:

- White Belt: Saju-Jirugi / Saju-Makgi / Chon-Ji
- Yellow Belt: Dan-Gun / Do-San
- Green Belt: Won-Hyo / Yul-Gok
- Blue Belt: Joong-Gun / Toi-Gye
- Red Belt: Hwa-Rang / Choong-Moo
- 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

PERFORMANCE NOTES:

In the case of a draw:

- Both competitors will be given a designated pattern from Chon-Ji up to the limit of the lowest grade competing, excluding any pattern that was performed in the first pattern. **White belts may perform the same pattern again**

In the case of the final:

- All competitors from each age group will perform **two patterns**; one optional pattern according to grade, and second optional pattern from Chon-Ji up to their grade. White belts may perform the same pattern again

SPARRING

CATEGORIES DEFINED BY HEIGHT

YOUTH	<110cm, <120cm, <130cm, >130cm
CADET	<120cm, <130cm, <140cm, <150cm, >150cm
PRE-JUNIOR	<140cm, <150cm, <160cm, <170cm, >170cm

BELT COLOUR GROUPS FOR HEIGHT DEFINED CATEGORIES

YOUTH, CADET AND PRE-JUNIOR will be split both MALE and FEMALE with following belt colour groups:

- White – Yellow Belt
- Blue – Green Belt
- Red - Black Belt

CATEGORIES DEFINED BY WEIGHT

JUNIORS will compete in the following belt colour groupings:

- White – Green Belt
- Blue – Red Belt
- Black Belt

The following weight categories will apply for Junior Kup Grades

- Male <56kg, <68kg, >68kg
- Female <50kg, <60kg, >60kg

The following weight categories will apply for Junior Black Belts

- Male <50kg, <56kg, <62kg, <68kg, <75kg, >75kg
- Female <45kg, <50kg, <55kg, <60kg, <65kg, >65kg

The following categories will be available for Male and Female Junior Blackbelts

- Open weight sparring division

SENIOR and ADV SENIOR will compete in the following belt colour groupings:

- White – Green Belt
- Blue- Red Belt
- Black Belt

The following weight categories will apply for Senior Kup Grades:

- Male <63kg, <78kg, >78kg
- Female <56kg, <68kg, >68kg

The following weight categories will apply for Senior Black Belts:

- Male <57kg, <63kg, <70kg, <78kg, <85kg, >85kg
- Female <50kg, <56kg, <62kg, <68kg, <75kg, >75kg

The following weight categories will apply for Adv Senior Kup and Black Belts:

- Male <73kg, <85kg, >85kg
 - Female <58kg, <68kg, >68kg
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The following categories will be available for Male and Female Senior Blackbelts

- Open weight sparring division

This category will also allow Adv Senior competitors to enter.

Additional Support Needs

Will be split according to height/weight on the day.

SPARRING FORMAT

All categories will be in continuous sparring format. There will be no point stop sparring.

SPARRING MATCH DURATION

Unless stated all time periods are for elimination rounds and finals. All matches if not decided after the extension round will concluded in a 1st point deciding round.

YOUTH:

All grades will be 1 x 60 secs with an extension round of 30secs

CADET & PRE-JUNIOR

All grades will be 1 x 90 secs with an extension round of 45secs

JUNIOR:

Kup Grades will be 1 x 120 secs with an extension round of 60 secs

Black Belts will be 1 x 180 secs with an extension round of 60 secs

Black Belt Finals will be 2 x 120 secs with a 60 sec rest period and 60 sec extension round.

SENIOR:

Kup Grades will be 1 x 120 secs with an extension round of 60 secs

Black Belts will be 1 x 180 secs with an extension round of 60 secs

Black Belt Finals will be 2 x 120 secs with a 60 sec rest period and 60 sec extension round.
rounds.

ADV SENIOR:

Kup Grades and Blackbelt will be 1 x 120 secs with an extension round of 60 secs.

SPECIAL TECHNIQUE

CATEGORIES DEFINED BY HEIGHT

All grades will merge White-Black according to their sparring heights. Male and female gender splits will still apply.

- YOUTH <110cm, <120cm, <130cm, >130cm
- CADET <120cm, <130cm, <140cm, <150cm, >150cm
- PRE-JUNIOR <140cm, <150cm, <160cm, <170cm, >170cm

All competitors will perform the following technique:

- Nopi Chagi

The starting target height of all height defined categories will be 10cms above category height eg <110cms will have a starting height of 120cms

JUNIOR, SENIOR, ADV SENIOR COMPETITORS

Competitors will compete in the following Belt Groupings:

- White to Red Belt
- Black Belt

Kup Grade competitors will perform the following technique:

- Nopi Chagi Jnr (Target Height 210cms M; 200cms F)
Snr (Target Height 220cms M; 210cms F)
Adv Snr (Target Height 210cms M; 200cms F)

Black Belt competitors will perform both the following techniques:

- Nopi Chagi Jnr (Target Height 220cms M; 210cms F)
Snr (Target Height 230cms M; 220cms F)
Adv Snr (Target Height 220cms M; 210cms F)
 - Twimyo Yop Cha Jirugi
Jnr (Tape Height 110cms M; 100cms F)
Snr (Tape Height 120cms M; 110cms F)
Adv Snr (Tape Height 110cms M; 100cms F)
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PERFORMANCE NOTES

- The attempt is measured simply by break or no break. There will be no levels of scoring as the machines do not have a 90 or 45 deg stop to determine the 3 pt and 1 pt segments.
- Each competitor will get one measure and one attempt. In the categories defined by height this rule can be interpreted as the competitor gets two attempts to strike the target.

In the Junior, Senior and Adv Senior the competitors should follow the rule and only measure first. Should the Nopi Chagi be struck on what would be deemed to be the measure, no penalty will apply and a break will be assumed.

There will be NO double attempts over the tape for Twimyo Nopi Yop Chagi.

- Those successfully striking the target in the single Nopi Chagi events will progress into the next round whereby the target will be raised until a winner is found. If there are no successful breaks then there is no medal awarded. The minimum height for the category is the lowest height the target can go.
 - Medals will be awarded for 1st, 2nd, and 3rd place.
 - In the Blackbelt Event with two techniques only those who have scored in either or both techniques go through to the next round. If there are three or more with 2 points (hit both targets) then they will be the only ones to go through to the next round to contest 1st, 2nd and 3rd places.
 - The target and tape heights will both be raised in the second round.
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POWER TEST

This is only open to competitors 14 years, green belt and above in the following categories:

- Green to Red
- Black Belt

All competitors will complete **choosing ONLY one hand & one foot** technique. Competitors have a choice of technique from the following:

Female	Ap Joomuk Jirugi	Sonkal Yop Taerigi	Yop Cha Jirugi	Dollyo Chagi	Bandae Dollyo Chagi
Male	Ap Joomuk Jirugi	Sonkal Yop Taerigi	Yop Cha Jirugi	Dollyo Chagi	Bandae Dollyo Chagi

PERFORMANCE NOTES

- The number of boards for each technique is optional to the competitor who will inform the Senior Umpire of their technique selection and number of boards in secret.
 - For each board broken or fully separated, 3 points will be awarded. For each bent board 1 point will be awarded. The winner will be the athlete who has accrued the most points.
 - The three highest scores will set 1st, 2nd and 1 x 3rd place. (*Only in the event there are two tied in 3rd place with the same score in the same round will x 2 Bronze medals be awarded)
 - In the event of a tie, the Senior Umpire will select either that the hand or foot techniques will be repeated. The amount of boards for the tie break will be the same or more than what was chosen in the first round. The competitor cannot choose to deduct the number of boards in tie break rounds
 - If no boards are broken in the 1st round then no medal allocation is given.
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ACCOMMODATION

The following is some nearby accommodation.

Ravenscliff (300 meters)

1 Prospecthill Road, Motherwell, ML1 2UE

www.marstonsinns.co.uk

Holiday Inn Express – Hamilton (4.7miles)

Keith Street, Hamilton, ML3 7BL

www.expresshamilton.co.uk

Holiday Inn Express – Strathclyde (5.3 miles)

Hamilton Road, Motherwell, ML1 3RB

www.hiexstrathclyde.co.uk

DoubleTree by Hilton Strathclyde (8.2 miles)

Pheonix Crescent, Strathclyde Business Park, Bellshill, ML4 3JQ

www.doubletreestrathclyde.com
