

IRISH TAEKWON-DO ASSOCIATION



National Association for ITF and AETF in Ireland

www.taekwondo.ie

ITA Irish Cup November 29th & 30th 2014

Dear Instructor,

I have the pleasure of inviting you, on behalf of the Irish Taekwon-Do Association, to the ITA Irish Cup Championships, which will be held in The UL Sports Arena, University of Limerick, on the weekend of the 29th and 30th November 2014. This competition will include pattern and sparring for all grades, special technique for all blue belt and above from aged 11 upward and power test for black belts. Saturday 29th November is for the cadet and senior categories and is open to yellow belts and above aged 14 and over. Sunday 30th November is for the junior categories and is open to yellow belts and above aged 7 to 13yrs.

Please email your entries to entries@taekwondo.ie no later than **Saturday, the 22nd of November**. Please note that this is a pre-registration only event. No club entries will be accepted after 22nd of November. All entries should be made using the ITA Irish Cup excel spreadsheet. Entries will be confirmed by return of email (within 24 hours). If you have not received a confirmation email, your entries have not yet been received. Completed hardcopy forms should be brought on the day of the event. Please remember that accurate information is the responsibility of the instructor and any errors, which require correction on the day, will incur a fine as detailed below.

Sparring for Cadet and Senior Black Belts will be run using a pool & requalification system, guaranteeing more bouts for all competitors in those categories. **This event is open to all Taekwon-Do Associations.**

If you have any questions about this event please email me at the above address.

Looking forward to seeing you at this event,

Mr. Mark Buckley VI Dan

ITA Tournament Director

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General Information

Accommodation

There are many hotels in the Limerick City area to choose from, some of the closest to the venue are listed below:

Carlton Castletroy Park Hotel (4 star): <http://www.castletroy-park.ie/>

Absolute Hotel Limerick (4 star): <http://www.absolutehotel.com/>

Kilmurry Lodge Hotel (3 star): <http://www.kilmurrylodge.com/>

Travel Lodge Castletroy Limerick (3 star): <http://www.travelodge.ie/limerick-hotel-castletroy/>

Venue:



<http://www.youtube.com/watch?v=eteYvGF2eSk>

How to get there

<https://maps.google.com/maps?q=University+Arena,+Ireland&hl=en&ll=52.68554,-8.565216&spn=0.100313,0.308647&sll=37.0625,-95.677068&sspn=33.572881,79.013672&oq=university+of+limerick&hq=University+Arena,+Ireland&radius=15000&t=m&z=12&iwloc=A>

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Competition Entrance Fee

€25 per registered competitor, all registered competitors will be charged for.

Competition entrance fee shall be collected from instructors on arrival.

Program:

On each day competitors and officials should be present at 9.15am and prepare for a punctual 10am start.

Timing

9.00	Hall open
9.15	Instructors will receive competitor cards and coaching passes to be distributed. (Weight check open – Saturday only)
9.30	Meeting for officials
9.50	All ring councils at their ring and first category called to prepare
10.00	Tournament start

- There will be ample opportunity for lunch during the day but the competition may not be stopped. All competitors will know their schedule and start times in advance.
- Competitors must collect their schedules from their club instructor by 9.30am on the morning of the event.

Umpires

Clubs are required to provide umpires on both days of the event:

International teams may be excused the requirement to provide umpires

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- On the Saturday 1 umpire must be provided at the following ratio: 1 – 7 competitors = 1 umpire, 8 – 14 competitors = 2 umpires etc.
- On the Sunday 1 umpire must be provided at the following ratio: 1 – 10 competitors = 1 umpire, 11 – 20 competitors = 2 umpires etc.

We need as many senior umpires as possible to ensure a high level of refereeing on all rings throughout the day.

All umpires will receive free lunch and snacks on the day of the competition.

Umpires must wear: Navy pants, navy jacket, white shirt, tie (navy or colour appropriate to grade), white shoes. All umpires must also have a pen.

All umpires must be familiar with the ITF rules of competition and have completed a recognised umpire course.

Ring Assistants & Volunteers

In addition to umpires we also require ring assistants and volunteers to perform duties which will include; running electronic software, time keeping, roll calls for categories, checking competitor equipment and making sure competitors are at their given ring in advance. Ring assistants can be of any grade and do not require any umpire qualifications. The more ring assistants and volunteers that can be supplied the smoother the event will run.

Insurance

All competitors must have adequate insurance for all eventualities.

Coaches

In order to receive a coach accreditation pass the club instructor must register their umpires and coaches in advance when registering their competitors. They must also meet the ratio of umpires to competitors.

There will be no coaching allowed during the patterns events.

As long as the club meets the umpire to competitor ratio on each day they may have the following number of coaches:

1-15 competitors = 1 coach, 2-30 competitors = 2 coaches and so on up to a maximum of 1 coach per ring

On the Saturday coaches may be cadets or seniors, who can coach at ringside.

On Sunday, coaches must be cadets from blue belt upwards. No senior coaches are allowed at ringside.

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Coaches shall wear a tracksuit and gymnastic shoes and must accept any result given by the umpires, as protest will not be accepted. They should conduct themselves according to the tenets of Taekwon-Do. Coaches should also have a towel and water.

In the interest of fairness, if one competitor does not have a coach for a match then the other competitor will not be allowed a coach for that match.

Contact and skill development

We place an emphasis on skill development over heavy contact in our events. Heavy contact will not be tolerated.

ITF Sparring is semi-contact, with the technique controlled on the target. Points will be awarded as follows:

- One point for hand techniques to body or head
- Two points for foot technique to the body
- Three points for foot technique to the head.

Safety Equipment

All competitors must have approved (open palm, enclosed fingers) hand pads, footpads, shin pads, gum shield (clear) and head guard. Males must also have a groin guard.

Equipment must be of an ITF approved type.

Helmets with face masks are prohibited and any strapping, supports must be accompanied by a medical note, however the T&U committee will make the final decision to allow the competitor to compete or not.

Awards

First, second and third place in each section shall receive an award. Additionally all juniors up to 10 years to green tag who are not placed will receive a commemorative medal.

In addition there will be overall competitor awards awarded for the most outstanding performance at cadet and senior black belt level.

Weight / Height Control

On Saturday, weight checks will take place before the tournament commences. Competitors must wear at minimum a t-shirt and dobok pants. A 1kg tolerance is permitted.

On Sunday height control for juniors will take place during the patterns divisions. As each competitor is eliminated they will have their height checked. Any competitor not taking part in patterns must have their height checked during this time as well.

When registering please ensure your competitors are checked in the club and not at home. Instructors must take full responsibility for any incorrect heights or weights and must sign each entry form.

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Any category changes due to incorrect competitor information (Gender, age, grade, height, weight) will take place only after a fee of €10 PER CHANGE has been paid to the Tournament Administrator. If this is not paid the competitor will be withdrawn and will not compete.

Please Note:

This competition is for students holding yellow belt (8th Kup) and higher. White belts are not permitted to compete.

There is no provision for red or black belts in the 10 and under yrs sections: please do not enter students if they fall into this bracket. You may request for them to be placed in an older category by emailing the committee when registering your competitors.

Conduct:

All participants in the event, competitors, coaches, the public, umpires etc. should conduct themselves according to the tenets of Taekwon-Do at all times.

Competition Divisions/Categories

Divisions / categories must consist of two or more competitors – if there is only one competitor he/she will compete in a higher or lower category as deemed appropriate. This will be indicated on the competitor sticker as Recat Up or Recat Down as appropriate

Competition area

Only competitors for current division, officials, coaches with passes, committee and VIPs allowed on competition floor.

Sparring bout durations:

Colour Belts

Colour Belts will perform one round per bout.

All 10 and unders will be one round 1 ½ minutes, 11 – 13s, cadets and senior colour belts will be one round of 2 minutes.

For all colour belts sparring will be run using an elimination system with the winner moving on to the next round and a playoff for third place.

Black Belts

Pool

A pool system is in place for 3 competitors. In the pool system all competitors will face every other competitor in their division in turn.

Divisions using the pool system will have two rounds of 1.5 minutes

Requalification

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A requalification system is in place for 4 or more competitors. For the requalification system the winners will move on to towards the final. Those that lose one match will move into a separate draw for third place.

Divisions using the requalification system will have two by 1.5 minute rounds for the main draw and 1 x 2 min round for the requalification matches

Patterns:

Colour Belts perform one Optional Pattern which may be from Chon-ji up to their current grade pattern.

Black belts must perform two (2) designated patterns. The first designated pattern will be from their current grade patterns. The second designated pattern will be chosen at random from the Jury Presidents table and can be any pattern from Chon-Ji up to and including the pattern of their grade.

Patterns competition will be run under an elimination system with the winner moving onto the next round. There will be a playoff for third place in all divisions.

Categories

ITA Irish Cup 2014 (Saturday) Pattern Categories Cadet & Senior

- | | |
|----|---|
| 65 | Pt. Male, 14 - 17 Yrs, Yellow/Green Belt |
| 66 | Pt. Male, 14 - 17 Yrs, Blue/Red Belt |
| 67 | Pt. Male, 14 - 17 Yrs, 1st Dan Black Belt |
| 68 | Pt. Male, 14 - 17 Yrs, 2nd Dan Black Belt |
| 69 | Pt. Male, 14 - 17 Yrs, 3rd Dan Black Belt |
| 70 | Pt. Male, 18 & Over Yrs, Yellow/Green Belt |
| 71 | Pt. Male, 18 & Over Yrs, Blue/Red Belt |
| 72 | Pt. Male, 18 & Over Yrs, 1st Dan Black Belt |
| 73 | Pt. Male, 18 & Over Yrs, 2nd Dan Black Belt |
| 74 | Pt. Male, 18 & Over Yrs, 3rd Dan Black Belt |
| 75 | Pt. Male, 18 & Over Yrs, 4th - 6th Black |
| 76 | Pt. Female, 14 - 17 Yrs, Yellow/Green Belt |
| 77 | Pt. Female, 14 - 17 Yrs, Blue/Red Belt |
| 78 | Pt. Female, 14 - 17 Yrs, 1st Dan Black Belt |
| 79 | Pt. Female, 14 - 17 Yrs, 2nd Dan Black Belt |
| 80 | Pt. Female, 14 - 17 Yrs, 3rd Dan Black Belt |
| 81 | Pt. Female, 18 & Over Yrs, Yellow/Green Belt |
| 82 | Pt. Female, 18 & Over Yrs, Blue/Red Belt |
| 83 | Pt. Female, 18 & Over Yrs, 1st Dan Black Belt |
| 84 | Pt. Female, 18 & Over Yrs, 2nd Dan Black Belt |
| 85 | Pt. Female, 18 & Over Yrs, 3rd Black Belt |

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86 Pt. Female, 18 & Over Yrs, 4th - 6th Dan Black Belt

ITA Irish Cup 2014 (Saturday) Sparring Categories

- | | |
|-----|---|
| 87 | Sp. Male, Under 52 kg, Yellow/Green Belt |
| 88 | Sp. Male, 53 - 58 kg, Yellow/Green Belt |
| 89 | Sp. Male, 59 - 63 kg, Yellow/Green Belt |
| 90 | Sp. Male, 64 - 70 kg, Yellow/Green Belt |
| 91 | Sp. Male, Over 70 kg, Yellow/Green Belt |
| 92 | Sp. Female, Under 45 kg, Yellow/Green Belt |
| 93 | Sp. Female, 46 - 50 kg, Yellow/Green Belt |
| 94 | Sp. Female, 51 - 55 kg, Yellow/Green Belt |
| 95 | Sp. Female, 56 - 60 kg, Yellow/Green Belt |
| 96 | Sp. Female, Over 60 kg, Yellow/Green Belt |
| 97 | Sp. Male, Under 52 kg, Blue/Red Belt |
| 98 | Sp. Male, 53 - 58 kg, Blue/Red Belt |
| 99 | Sp. Male, 59 - 63 kg, Blue/Red Belt |
| 100 | Sp. Male, 64 - 70 kg, Blue/Red Belt |
| 101 | Sp. Male, Over 70 kg, Blue/Red Belt |
| 102 | Sp. Female, Under 45 kg, Blue/Red Belt |
| 103 | Sp. Female, 46 - 50 kg, Blue/Red Belt |
| 104 | Sp. Female, 51 - 55 kg, Blue/Red Belt |
| 105 | Sp. Female, 56 - 60 kg, Blue/Red Belt |
| 106 | Sp. Female, Over 60 kg, Blue/Red Belt |
| 107 | Sp. Male, Under 50 kg, Black Belt |
| 108 | Sp. Male, 51 - 56 kg, Black Belt |
| 109 | Sp. Male, 57 - 62 kg, Black Belt |
| 110 | Sp. Male, 63 - 68 kg, Black Belt |
| 111 | Sp. Male, 69 - 75 kg, Black Belt |
| 112 | Sp. Male, Over 75 kg, Black Belt |
| 113 | Sp. Female, Under 45 kg, Black Belt |
| 114 | Sp. Female, 46 - 50 kg, Black Belt |
| 115 | Sp. Female, 51 - 55 kg, Black Belt |
| 116 | Sp. Female, 56 - 60 kg, Black Belt |
| 117 | Sp. Female, 61 - 65 kg, Black Belt |
| 118 | Sp. Female, Over 65 kg, Black Belt |
| 119 | Sp. Senior Male, Under 54 kg, Yellow/Green Belt |
| 120 | Sp. Senior Male, 55 - 63 kg, Yellow/Green Belt |
| 121 | Sp. Senior Male, 64 - 71 kg, Yellow/Green Belt |
| 122 | Sp. Senior Male, 72 - 80 kg, Yellow/Green Belt |
| 123 | Sp. Senior Male, Over 80 kg, Yellow/Green Belt |

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- 124 Sp. Senior Female, Under 52 kg, Yellow/Green Belt
- 125 Sp. Senior Female, 53 - 58 kg, Yellow/Green Belt
- 126 Sp. Senior Female, 59 - 63 kg, Yellow/Green Belt
- 127 Sp. Senior Female, 64 - 70 kg, Yellow/Green Belt
- 128 Sp. Senior Female, Over 70 kg, Yellow/Green Belt
- 129 Sp. Senior Male, Under 54 kg, Blue/Red Belt
- 130 Sp. Senior Male, 55 - 63 kg, Blue/Red Belt
- 131 Sp. Senior Male, 64 - 71 kg, Blue/Red Belt
- 132 Sp. Senior Male, 72 - 80 kg, Blue/Red Belt
- 133 Sp. Senior Male, Over 80 kg, Blue/Red Belt
- 134 Sp. Senior Female, Under 52 kg, Blue/Red Belt
- 135 Sp. Senior Female, 53 - 58 kg, Blue/Red Belt
- 136 Sp. Senior Female, 59 - 63 kg, Blue/Red Belt
- 137 Sp. Senior Female, 64 - 70 kg, Blue/Red Belt
- 138 Sp. Senior Female, Over 70 kg, Blue/Red Belt
- 139 Sp. Senior Male, Under 57 kg, Black Belt
- 140 Sp. Senior Male, 58 - 63 kg, Black Belt
- 141 Sp. Senior Male, 64 - 70 kg, Black Belt
- 142 Sp. Senior Male, 71 - 78 kg, Black Belt
- 143 Sp. Senior Male, 79 - 85 kg, Black Belt
- 144 Sp. Senior Male, Over 85 kg, Black Belt
- 145 Sp. Senior Female, Under 50 kg, Black Belt
- 146 Sp. Senior Female, 51 - 56 kg, Black Belt
- 147 Sp. Senior Female, 57 - 62 kg, Black Belt
- 148 Sp. Senior Female, 63 - 68 kg, Black Belt
- 149 Sp. Senior Female, 68 - 75 kg, Black Belt
- 150 Sp. Senior Female, Over 75 kg, Black Belt

ITA Irish Cup 2014 (Saturday) Power and Special Technique Categories

- 151 Power Test, Male, 14 – 17 Yrs, Black Belt
- 152 Power Test, Male, Senior, Black Belt
- 153 Power Test, Female, 14 – 17 Yrs, Black Belt
- 154 Power Test, Female, Senior, Black Belt

Technique	Boards Junior Male	Boards Senior Male
Forefist front punch	1	2
Knifehand strike	2	2
Side piercing kick	3	3
Turning kick	2	2
Reverse turning kick	1	2

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Technique	Boards Junior Female	Boards Senior Female
Knifehand strike	1	1
Side piercing kick	2	2
Turning kick	1	2

- 155 Special Technique, Male, 14 – 17 Yrs, Black Belt
- 156 Special Technique, Male, Senior, Black Belt
- 157 Special Technique, Male, 14-17 years Blue/Red Belt
- 158 Special Technique, Male 14-17 years Blue/Red Belt
- 159 Special Technique, Female, 14 – 17 Yrs, Black Belt
- 160 Special Technique, Female, Senior, Black Belt
- 161 Special Technique, Female, 14-17 years Blue/Red Belt
- 162 Special Technique, Female 14-17 years Blue/Red Belt

Techniques and Heights for Black Belts

Technique	Heights Junior Male	Heights Senior Male
Flying high front kick	240cm	250cm
Flying turning kick	220cm	230cm
Flying reverse turning kick	190cm	210cm
360 mid air kick	200cm	220cm
Flying high side kick	120cm	130cm

Technique	Heights Junior Female	Heights Senior Female
Flying high front kick	200cm	210cm
Flying turning kick	180cm	190cm
Flying high side kick	100cm	110cm

Techniques and Heights for Blue/Red Belts

Technique	Female 14-17 years	Male 14-17 years
Flying high front kick	190	230
Flying high side kick	90	110

Note: Measurements for height are made from the surface of the floor or mat, to the bottom (lowest) edge of the board, or tape in the case of the high side kick.

For Twimyo Nopi Yop Cha Jirugi /Flying High Side Kick please note:

The competitor must break the board passing over the hurdle without knocking it down.

The competitor may adjust the height and/or distance of the target board prior to the attempt, provided that:

The board/target is aligned in whichever height and position the competitor desires, ensuring that the position/placement of the board is parallel to the hurdle and at a height at least equal to, or greater than, the height of the hurdle.

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Protocol:

1. Adjust
2. Measure
3. Execute

This is the only Special Technique where adjustment is allowed. Adjustments must be done verbally, that is there shall be no contact with the board or board machine.

In Special Technique and Power test each competitor in turn will complete all the techniques. If the situation arises that a competitor, without completing all their techniques, is mathematically unable to contest a medal, they shall be eliminated without finishing all techniques. This is purely a time saving procedure.

ITA Irish Cup (Sunday) Pattern Categories

- 1 Pt. Male 7 yrs Yellow Belt
- 2 Pt. Male 8 yrs Yellow Belt
- 3 Pt. Male 9 yrs Yellow Belt
- 4 Pt. Male 10 yrs Yellow Belt
- 5 Pt. Male 11 yrs Yellow Belt
- 6 Pt. Male 12-13 yrs Yellow Belt
- 7 Pt. Male under 9 yrs Green Belt
- 8 Pt. Male 10 yrs Green Belt
- 9 Pt. Male 11 yrs Green Belt
- 10 Pt. Male 12-13 yrs Green Belt
- 11 Pt. Male under 10 yrs Blue Belt
- 12 Pt. Male 11 yrs Blue Belt
- 13 Pt. Male 12-13 yrs Blue Belt
- 14 Pt. Male 11 - 12 yrs Red Belt
- 15 Pt. Male 13 yrs Black Belt
- 16 Pt. Female 7 yrs Yellow Belt
- 17 Pt. Female 8 yrs Yellow Belt
- 18 Pt. Female 9 yrs Yellow Belt
- 19 Pt. Female 10 yrs Yellow Belt
- 20 Pt. Female 11 yrs Yellow Belt
- 21 Pt. Female 12-13 yrs Yellow Belt
- 22 Pt. Female under 9 yrs Green Belt
- 23 Pt. Female 10 yrs Green Belt
- 24 Pt. Female 11 yrs Green Belt
- 25 Pt. Female 12-13 yrs Green Belt
- 26 Pt. Female under 10 yrs Blue Belt
- 27 Pt. Female 11 yrs Blue Belt
- 28 Pt. Female 12-13 yrs Blue Belt

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29 Pt. Female 11 - 12 yrs Red Belt

30 Pt. Female 13 yrs Black Belt

ITA Irish Cup (Sunday) Sparring Categories

- | | |
|----|---|
| 31 | Sp. Male under 10 yrs -125cm Yellow Belt |
| 32 | Sp. Male 7-8 yrs 126-135cm Yellow Belt |
| 33 | Sp. Male 9-10 yrs 126-135cm Yellow Belt |
| 34 | Sp. Male under 10 yrs 136-145cm Yellow Belt |
| 35 | Sp. Male under 10 yrs +145cm Yellow Belt |
| 36 | Sp. Female under 10 yrs -125cm Yellow Belt |
| 37 | Sp. Female under 10 yrs 126-135cm Yellow Belt |
| 38 | Sp. Female under 10 yrs 136-145cm Yellow Belt |
| 39 | Sp. Female under 10 yrs +145cm Yellow Belt |
| 40 | Sp. Male under 10 yrs -135cm Green/Blue Belt |
| 41 | Sp. Male under 10 yrs 136-145cm Green/Blue Belt |
| 42 | Sp. Male under 10 yrs +145cm Green/Blue Belt |
| 43 | Sp. Female under 10 yrs -135cm Green/Blue Belt |
| 44 | Sp. Female under 10 yrs 136-145cm Green/Blue Belt |
| 45 | Sp. Female under 10 yrs +145cm Green/Blue Belt |
| 46 | Sp. Male 11-13 yrs -145cm Yellow/Green Belt |
| 47 | Sp. Male 11yrs 146-155cm Yellow/Green Belt |
| 48 | Sp. Male 12-13 yrs 146-155cm Yellow/Green Belt |
| 49 | Sp. Male 11-13 yrs 156-165cm Yellow/Green Belt |
| 50 | Sp. Male 11-13 yrs +165cm Yellow/Green Belt |
| 51 | Sp. Female 11-13 yrs -145cm Yellow/Green Belt |
| 52 | Sp. Female 11-13 yrs 146-155cm Yellow/Green Belt |
| 53 | Sp. Female 11-13 yrs 156-165cm Yellow/Green Belt |
| 54 | Sp. Female 11-13 yrs +165cm Yellow/Green Belt |
| 55 | Sp. Male 11-12 yrs -145cm Blue/Red Belt |
| 56 | Sp. Male 11-12 yrs -146-155cm Blue/Red Belt |
| 57 | Sp. Male 11-12 yrs +155cm Blue/Red Belt |
| 58 | Sp. Male 13 yrs -155cm Blue - Black Belt |
| 59 | Sp. Male 13 yrs -156-165cm Blue - Black Belt |
| 60 | Sp. Male 13 yrs +165cm Blue - Black Belt |
| 61 | Sp. Female 11-13 yrs -145cm Blue - Black Belt |
| 62 | Sp. Female 11-13 yrs 146-155cm Blue - Black Belt |
| 63 | Sp. Female 11-13 yrs 156-165 Blue - Black Belt |
| 64 | Sp. Female 11-13 yrs +165cm Blue - Black Belt |

ITA Irish Cup (Sunday)

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Special Technique Categories

- 163 Special Technique, Male, 11-13 years -155 cm Blue/Red Belt
- 164 Special Technique, Male, 11-13 years +155cm Blue/Red Belt
- 165 Special Technique, Female, 11-13 years -155 cm Blue/Red Belt
- 166 Special Technique, Female, 11-13 years +155cm Blue/Red Belt

Techniques and heights for blue/red belt special technique

Technique	Female 11-13 years -155cm	Female 11-13 years +155cm
Flying high front kick	170	180
Flying high side kick	80	90

Technique	Male 11-13 years -155cm	Male 11-13 years +155cm
Flying high front kick	190	200
Flying high side kick	90	100