

Parents Guide to ITA Tournaments

Before the Tournament

Application form – The club instructor will supply you with an application form. Make sure all details are carefully filled in and that form is signed by a parent/guardian

It is very important to ensure height/weight details are carefully recorded by the instructor in the club. Weight is only relevant for competitors aged 13 yrs and over. Young people should compete at their natural training weight and avoid losing weight before competitions

Things to bring with you – pack a lunch, bring a book, game or some form of entertainment for the journey and while not competing at the event. Please remember that a tournament is a full day event!

Equipment – safety equipment, dobok, belt, towel, water

Dobok – must be the official ITF dobok, with ITF crest on chest

Belt – the belt of the competitors grade must be worn and should be wrapped around the waist only once and securely tied

Please make sure the registration fee is paid to your instructor in advance of the event.



Equipment

Safety Equipment for sparring competition:

Hand pads, should cover the fingers and the palm should be visible for all junior competitors, they should fit the competitor appropriately. 10oz gloves may be worn from 13 yrs+.

Male competitors must wear groin protection under the dobok pants

Foot pads, must cover the toes & heel and be properly secured.

Gum shield is compulsory for all junior competitors
Gum shield must be moulded and fitted properly in advance of the tournament

Shin protection is compulsory for all competitors
Headguard is compulsory for all junior competitors and is optional for cadet and senior level

Wraps/supports are not allowed unless accompanied by a doctors note and deemed by the tournament committee not to give an unfair advantage to the competitor



Day of the Tournament

Arrival time should be at or before 9.30am

Collect stickers from your instructor on arrival

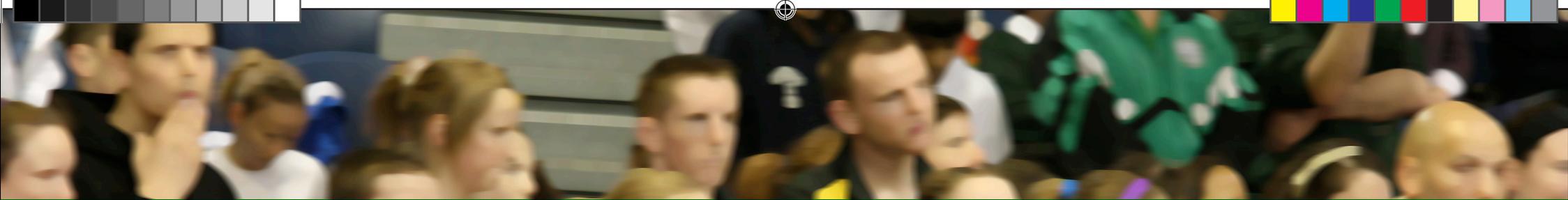
The sticker – contains information specific to you, the categories you are registered for, the start time of your category, what ring you will compete in and your competitor number

Tournament start – 10.00am. If you have a 10am start time your category will be assembled at 9.55 at the ring and the first two competitors must prepare.

Height weight check- will be done as soon as each competitor finishes competing in his or her pattern competition. A referee will bring the competitor to get their height/weight checked to ensure they are in the correct category.

During the competition please ensure you are at the ring stated on your sticker in advance of the stated time for a name check. After roll call stay at that ring and wait to be called to compete





Pattern Rules

Competition proceeds according to a single elimination system, with the winner proceeding to the next round.

Procedure – two names will be called. The 1st goes to the red side (right), 2nd goes to the blue side (left) The next two names called prepare on red and blue mats at the back of the ring.

After the decision the winner goes to the head table to give their name, while the loser goes with an umpire to check their height or weight as appropriate for sparring. The winner then sits at the back of the ring and waits for the next round.

Patterns are scored according to the following:

Technical content - Sine Wave movement, basic positions & and stances

Power - judged by looking at the acceleration of the technique from start to finish position

Balance - The referee is looking for flaws in basic positions, slow motions, kicks, one leg positions

Breath control – correct control of the breathing based on the technique performed

Rhythm – correct timing of the movements of the pattern without rushing, pausing or stopping. The overall flow of the pattern.



Sparring Rules

Competition proceeds according to a single elimination system, with the winner proceeding to the next round.

There will be a centre referee who controls the match, 4 corner referees who keep track of the scores and a head referee or Jury President who; supervises the match, controls the draw and keeps track of time, warnings and minus points along with his/her assistants.

The scoring system is ...

1 point for a valid hand technique focused on the head or body

2 points for a kicking technique focused on the body

3 points for a kicking technique focused on the head

Warnings are given for breaches of the rules. If you get 3 warnings you lose a point on each scorecard

A direct minus point may also be given, especially in cases of excessive contact! Repeated excessive contact or other serious offences may lead to disqualification.

Extra rounds and sudden death playoff can occur when the score is tied at the end of ordinary time.



Conduct

Competing & supporting – competitors should compete to the best of their ability while always following the tenets of Taekwon-Do; Courtesy, Integrity, Perseverance, Self-control, Indomitable Spirit

Supporters must conduct themselves in a courteous manner at all times. They may cheer enthusiastically but never to intimidate others. Aggressive behaviour towards competitors, umpires or other participants will not be tolerated

Parents/supporters must stay within the designated supporter area and must not interact with or distract the referees

Competitors, coaches, parents and supporters must at all times participate with the spirit of fair play in mind

If you have a problem or query on day of the competition

Alert your coach/instructor in the first instance if they are available

The referees should not be spoken to or distracted

If your instructor/coach is unavailable you may approach a member of the Tournament & Umpire Committee

Full rules for ITA tournaments can be viewed by visiting www.taekwondo.ie