



2020 ITF of B.C. Provincial Taekwon-Do Championships May 9, 2020 Saturday

**Moscrop Secondary
Gymnasium**

**4433 Moscrop St,
Burnaby, B.C. V5G 2G3**

**Open to all
belt levels
ages 4 and up**

**Hosted by:
DSA Royal
International
Taekwon-Do**

**For more Info:
Tel: (604) 355-0372**

**Email :
dsataekwondo@gmail.com**

Dear Masters, Instructors and Students,

All Coloured Belt and Black Belt members of the International Taekwon-Do Federation of B.C. are invited to participate in the 2020 ITF of B.C. Taekwon-Do Championships in the beautiful City of Burnaby, British Columbia.

Please direct your competitors to the links below for registration and other information:
Dsataekwondo.com .

It is our goal to provide an excellent and memorable experience for all participants and their supporters. This will be a well-organized event with an excellent level of competition and sportsmanship, demonstrating the true spirit of the original ITF Taekwon-Do.

In addition, a Special Needs Taekwon-Do Division will be available for our students with disabilities so that they may be able to experience competition at their own speed. Please see the adapted rules for Patterns and Partner Prearranged Sparring.

All black and red belts ages 14 and older who will be required to umpire will be given free lunch. Lunch breaks will be on a rotational basis and will begin at noon. We will be making use of the "On Deck" system to ensure that all rings are constantly running and all competitors have ample time to check in. All competing students will receive a certificate of participation.

Come and join us at the B.C. Provincials in the Spring of 2020!

Sincerely,

Mr. Darius Andaya (V Dan)



2020 ITF of B.C. Provincial Taekwon-Do Championships

EVENT INFORMATION

What: 2020 ITF of B.C. Taekwon-Do Championships

Who: All ITF of B.C. affiliated schools and practitioners.

When: Saturday, May 9, 2020

Bow in at 8:30am.

See web page and following pages for full schedule details.

Where: Moscrop Secondary Gymnasium

4433 Moscrop St, Burnaby, B.C. V5G 2G3

Hosted By: DSA Royal International Taekwon-Do

Contact: Darius Andaya

Email: dsataekwondo@gmail.com

Tel: 604-355-0372

Registration: All registrations will be processed online. Go to dsataekwondo.com or itfofbc.org for links. Or keep updated by liking the [facebook event](#) page. Registration ends 11 pm April 5, 2020.

Fees:

Coloured Belts (all) Patterns and/or Sparring.....\$50

Black Belts (all) Patterns and/or Sparring.....\$50

Special Needs Patterns and/or Partner Sparring\$50

Breaking Events - Blackbelts Only

Power Breaking 14+.....\$10

Special Technique 12+.....\$10

Special Needs Overhead Kick (any belt).....\$10

Team Sparring Blackbelts only.....\$10 per member (3 members)

NEW

Team Patterns Blackbelts\$10 per member

Team Patterns Mixed Colour Belts min of 3.....\$10 per member

NEW

Prearranged Sparring (Blackbelts only).....\$10 per member

Prearranged Sparring (Coloured belt only min of 3)\$10 per member

NEW

Coaching /Photographer (ID Badge fee).....\$5 per person

After Close of Registration, refunds are only allowed subject to Appendix 1 page 6#18 of the ITF of B.C. Tournament Rules.

2020 ITF of B.C. Provincial Taekwon-Do Championships

Important information regarding Registration:

Instructors: All participants in this event must use our online registration system.

After close of registration, a report will be sent back to each Instructor to double check for correct weight, height, age, rank and gender as well as the assigned division for each of their competitors.

Please remind parents and students to be accurate with the information they enter in this form. After the close of registration and completion of initial instructor feedback, there will be a fee of \$20, paid in advance, for any changes required due to mistakes made entering information.

*** **Instructors** are asked to take responsibility for on-line registration of any students who do not have access to the Internet or do not have credit cards. If there are any difficulties, please contact Mr. Andaya at 604-355-0372 or dsataekwondo@gmail.com.

Schedule of Events

Please note that these times are tentative, and will be confirmed as more details become available. The most up-to-date schedule of events can be found on the web page. A final schedule will be published in the week prior to the event.

Friday May 8, 2020 Competitors and Officials arrive in Burnaby, B.C.

6-7 pm Weigh ins/Coaches pick up Tournament Packages at DSA Taekwon-Do 4600 Imperial St.,
8-10pm Setup at Moscrop

Saturday May 9, 2020

7:30am-8:30 Blackbelt Weigh in at Venue

8:00am Black Belt & Officials meeting – all Black Belts age 14 and up, and all Officials must be present

8:30am Opening Ceremonies

9am-1pm Coloured Belt competition

2pm-5pm Black Belt competition

Competitor Check-in

Tournament check-in packages will be given to Coaches or school representative at the Weigh ins on Friday night or Early Saturday Morning.

Black Belt Weight Verification

Because of the smaller number of Black Belts competing at the Provincial level, the current ITF Free Sparring weight divisions will not be used. Instead Black Belts will be grouped into 2 to 4 weight classes, depending on the number registered and the weight distribution. Subject to Appendix 1 page 6#18 of the ITF of B.C. Rules of Competition.

All Black Belts, all ages, including Pre-Juniors and Super Seniors, who are competing in Free Sparring must have their weight verified at the weigh-ins prior to competing. Weigh-in procedure will follow ITF World Junior/Senior Championships procedures.

All Black Belts must be within +/- 3kg of their stated weight or they will be disqualified from Free Sparring with no refund of any registration fees.

Weight checks will be available on Friday and Saturday (See above schedule). Competitors are encouraged to weigh-in on Saturday night so they don't get caught in the crush on Saturday morning. **ITF ID or certificate, T-shirt and Dobok pants are required for the weigh in.**

2020 ITF of B.C. Provincial Taekwon-Do Championships

Colour Belt Age Categories

Minimum age is 4 years old. As per CTFI competition rules, the appropriate age division for all competitors will be determined based on the age of the person on the day of the Tournament. Coloured Belt competitors will be placed in age categories taking into account the other people registered to compete. Groups of less than 3 may be moved into other categories.

Black Belt Age Categories

Junior Black Belt divisions are age 14-17. Senior divisions are 18+ as defined by the ITF competition rules. The qualifying age will be determined based on the age of the person on the day of the Tournament. "Competing up" will not be allowed.

Division merging

Categories or divisions based on age, rank or weight may be merged as needed. This applies to all Colour Belt and Black Belt categories at this event.

Insurance

The Tournament Organizing Committee, the International Taekwon-Do Federation of British Columbia (ITF of B.C.) and its Board of Directors, the Canadian Taekwon-Do Federation International (CTFI) and the International Taekwon-Do Federation (ITF) are not responsible for any injuries.

ONLY current members in good standing of the ITF of B.C. may participate in this event. Schools who are members of the ITF of B.C. must provide proof of third party liability insurance meeting the requirements of the ITF of B.C.'s insurance. Competitors from schools who cannot provide the required proof of insurance will be removed from competition with no refund of any fees paid.

Mandatory Safety equipment:

- Hand and foot safety equipment (one set CTFI approved type for blackbelt, foam dipped for coloured ok)
- Mouth guard
- Groin protection for all males (must be worn inside the trousers)
- Head protector (foam dipped ok for Super Seniors and Pre-Junior blackbelts)

Optional Safety equipment:

- Shin and forearm protectors of an approved type (no hard materials);
- Groin protection or chest protection for females (must be worn inside the dobok)

Note: Students without required safety equipment will not be allowed to compete. Competitors sharing equipment is welcomed. No jewellery, watches or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

2020 ITF of B.C. Provincial Taekwon-Do Championships

Tournament Rules

All events at this tournament will follow the ITF of B.C. Appendix 1, CTFI Rules for Coloured Belt Competition and the International Taekwon-Do Federation (ITF) Rules for Black Belt Competition. Go to: <https://www.itfofbc.org/downloads/>

Special additions to these rules are as follows:

Patterns:

Coloured Belt competitors will perform one Optional pattern which may be the pattern of their rank or the pattern immediately below their current rank to accommodate recently promoted students. Coloured Belts may not perform any pattern above that of their current rank.

PreJunior/Super Seniors

All Matches: One designated pattern for eliminations and finals (Pattern at rank level)

Junior and Senior Black Belts all matches (Two Patterns at rank level)

1. First designated: any of 3 pattern on rank level (of competitor with the lower rank)
2. Second designated: Chonji to any Patterns of rank except first designated.

Mixed degrees:

If competitors compete with someone not of the same rank, the patterns to be used will be the patterns of the lower ranked competitor.

Special Needs Adapted Tournament Regulations

1. Competitors with any of the following conditions will be allowed to compete. If clarification is needed, please contact the Tournament host at dsataekwondo@gmail.com
 - Motor/Physical Impairment including loss, malformation or abnormality in the skeletal, muscular or neurological systems responsible for body motion. E.g. Those suffering polio, spinal cord injuries, paralysis, amputations.
 - Sensory Impairment: For those with severe visual impairments, severe hearing impairments and those with language and communication disabilities that prevents them from competing in regular competition divisions. E.g. Blind, deaf, mute.
 - Intellectual: For those characterized by a decline in higher mental functions (intelligence, language, learning, etc) as well as motor functions. This covers a wide variety of diseases and disorders including Down Syndrome, Cerebral Palsy, Asperger, Tourettes, to name a few.
2. Participants must be accompanied by an adult (aged 19 or up) who will be responsible for the conduct and behaviour of the participant.
3. The organizers may amalgamate categories, if necessary, depending on number of participants. A maximum of 4 participants per division shall be maintained.

5. EVENTS

1. Patterns (Coaching allowed)

Scoring (Single Elimination)

- Technical Content (5 points)
- Power (5 points) Breathing (5 points)
- Breathing (5 points)
- Rhythm (5 points)

2. Overhead Kick (1 arm length overhead)

3. Partner Sparring (instead of free sparring)

2020 ITF of B.C. Provincial Taekwon-Do Championships

Competitor spars with a partner of their choice (a coach or a fellow student) who knows about their abilities and limitations. The partner will spar with the competitor with the purpose of displaying the competitor's skills. Vocal and physical cues may be used. The partner may be anyone including the competitor's coach, instructor, trainer, etc. Rehearsed or unrehearsed routine is allowed.

One minute round. In case of a tie, Competitor with the highest technical content wins.

Corner umpires score the competitor only according to the following criteria:

- Technical Content (5 points)
- Footwork and Balance (5 points)
- Attack Combinations (5 points)
- Defense Abilities (5 points)

Special notes

All coloured belt divisions will compete in patterns at one ring and then compete in the same ring for sparring. The sparring will take place immediately after patterns competition. Male and female will be combined for patterns when necessary. Medallions will be awarded after patterns and sparring are both completed and will be presented at the ring.

Free Sparring

Coloured Belt: CTFI light contact Sparring Rules for Coloured Belts will apply. See Appendix II.
Junior and Senior Black belts only: Double Elimination Rules.

In the specific instance of a first loss in the final match of a division (the winner of the B draw defeating the winner of the A draw) the result of the match be determined a tie. The winner will then be decided by over-time or, in the case of a continued draw, sudden death.

DURATION OF MATCHES

Coloured Belts	1 round of 90 seconds, single knockout, all matches
Pre Junior and Super Senior	2 rounds of 90 seconds, double eliminations, all matches
Junior and Senior Black Belts	2 rounds of 120 seconds, double eliminations, all matches
Team Sparring Black Belt.....	120 seconds per round
Team Sparring Coloured Belt.....	90 seconds per round

Prearranged Sparring

Competitors must follow the ITF World Junior & Senior Tournament Rules (T 50) See Appendix I.

Team Patterns (mixed age, mixed gender 3 to 5 members)

Will follow World Championship rules with the following variations:

Coloured Belt Green belt and up must perform 1 designated pattern from **Chon-ji to Won-Hyo**

Black Belts of any degree, age or gender may form a team and perform 1 designated pattern from **Chon-ji to Choong-Moo**.

<http://www.taekwondoitf.org/wp-content/uploads/2014/10/ITF-World-Junior-Senior-Tournament-Rules-feb-8-In-force-of-January-1st-2013.pdf>

2020 ITF of B.C. Provincial Taekwon-Do Championships

Power Test Breaking Special Notes

White boards and a single machine will be used.

World Cup rules for Powerbreaking will be applied.

<https://www.taekwondoitf.org/wp-content/uploads/2014/10/2016-World-Cup-Rules-Mar-22-1.pdf>

Top 3 to score wins Gold, Silver and bronze. Competitor must score at least 1 point to win a medal. Divisions may be combined depending on number of competitors.

HAND TECHNIQUES

Fore fist Front Punch (Ap Joomuk Jirugi)

Knife hand strike (Sonkal Taerigi)

Back Fist Strike (Dung Joomuk Jirugi)

Reverse Knifehand Strike (Sonkal Dung Taerigi)

FOOT TECHNIQUES

Side kick (Yop Chagi)

Turning kick (Dollyo Chagi)

Reverse turning kick (Bandae Dollyo Chagi)

Back Kick (Dwit Chagi)

BOARD COUNTS

	MALE		FEMALE	
AGE	HAND	FOOT	HAND	FOOT
14 to 17	1	2	1	1
18 to 35	2	3	1	2
36+	1	2	1	1

Special Techniques Special Notes

Will follow World Cup Rules <https://www.taekwondoitf.org/wp-content/uploads/2014/10/2016-World-Cup-Rules-Mar-22-1.pdf>

Top 3 to score wins Gold, Silver and bronze. Competitor must score at least 1 point to win a medal. Divisions may be combined depending on number of competitors.

In case of fewer competitors, only the Flying High Front kick will be used.

HEIGHTS

	MALE		FEMALE	
AGE	Flying High Front	Flying Side Kick	Flying High Front	Flying Side Kick
12 to 14	200cm	100cm	180cm	90cm
15 to 17	210 cm	110cm	200cm	100cm
18 to 35	220 cm	120cm	210cm	110cm
36+	210 cm	100cm	200cm	80cm

2020 ITF of B.C. Provincial Taekwon-Do Championships

Coaching

In Patterns, Special needs division will have coaches allowed on the ring with the student.

In Sparring, Coaches are encouraged for all Black Belt competitors and allowed for coloured belt competitors. Coaches must dress and behave as specified in the ITF competition rules.

Because all Black Belts age 14 are required to officiate, only Coloured Belts or Black Belts age 13 and below will be allowed to coach Coloured Belts.

Instructors, it is important that any of your student acting as coaches must be aware of and follow the correct protocol for interaction with officials. Before the championship, please take some time to train them on coaching protocols.

Head Coach

Each school/dojang will be allowed one (1) senior Black Belt as their designated “Head Coach” that can coach both Black Belts and Coloured Belts. Please note that the Head Coach will likely be asked to judge for Black Belt patterns competition.

Black belt Coach

Each school/dojang will be allowed one (1) Coach for every 4 Black Belts registered to compete, including the school “Head Coach”.

Only the Coach for a competitor in a Black Belt match can present a protest when a decision seems to violate the rules or procedures.

Protests:

Only the Coach for a competitor in a Black Belt match can present a protest when a decision seems to violate the rules or procedures. The protest tax for this event is fixed at CDN\$100.

Umpires

It is our mission to provide a safe, fair, exciting and efficient competition for all students.

All Black Belts (age 14+) are required to assist with the umpire duties at this tournament. In the event of an umpire shortage, Red Belt and Black Stripes age 14+ may also be asked to assist with umpire duties for coloured belts. There should not be more than 1 Coloured Belt umpiring in one ring.

All Officials will receive a complimentary lunch on the day of competition. All officials must attend the Black Belt meetings to be held at the beginning of the tournament at the time noted in the schedule above.

All referees and judges must wear official ITF dress.

Black Belts who do not participate in umpiring as assigned will not be allowed to compete.

Club Photographers

Any school may purchase a pass for photographers to have access to the competition floor to take photos of their participants.

2020 ITF of B.C. Provincial Taekwon-Do Championships

Event Location



**Venue Address: Moscrop Secondary Gymnasium
4433 Moscrop St, Burnaby, B.C. V5G 2G3**

Food: Sushi and Noodle Restaurants across the street.

HOST HOTEL—TO BE ANNOUNCED

2020 ITF of B.C. Provincial Taekwon-Do Championships

APPENDIX I. Prearranged Sparring Rules



International Taekwon-Do Federation – ITF

By Laws

ITF World Junior & Senior Tournament Rules – Rules and Regulations

(in force of January 1st, 2013)

Clarification of Rules

(Amended Feb 3rd, 2017)



T 50. PROCEDURE

- a. Each Team shall consist of two (2) participants that follow a prepared scenario, which enables them to skilfully exhibit a wide variety of techniques without fear of injury.
- b. Each Team shall perform one at a time and the Referees shall assign points from 0-10 according to the performance, taking into consideration the following criteria:
 - i. Technical Content
 - ii. Teamwork, Choreography and Difficulty
 - iii. Power
- c. Execution of up to, but not more than, a total of three (3) acrobatic sequence of technique per team.
- d. Both competitors must assume an L-Stance guarding block.
- e. At the command “Shi-Jak” by one of the competitors, the bout time will start.
- f. The bout ends with a final blow and when one of the competitors shouts “Goman”, at the same time he/she assumes an L-stance guarding block.
- g. In case of a draw, each team will perform again, receiving new scores, until a winner has been declared.
- h. Competitor must enter the ring from opposite sides as in free sparring procedure.

Teams shall compete according to the following rules and regulations:

- a. Pre-Arranged free sparring shall consist of movements as shown in the ITF Encyclopaedia, Manuals or CD ROM, and as taught during the International Instructor Courses.
- b. Attacking techniques must be blocked and/or avoided and must be performed with realism. No unblocked contact is permitted with exception of a final incapacitating attack.
- c. Teams must be Black Belts from 1st to 6th degree, and may be Male, Female or Mixed Couples.
- d. Bout duration shall consist of one (1) round: minimum sixty (60) seconds, maximum seventy-five (75) seconds.
- e. Teams that perform less than the required minimum of sixty (60) seconds shall receive zero (0) points.
- f. Teams that exceed the seventy-five (75) seconds duration of bout shall receive zero (0) points.
- g. Protective equipment may be worn as written in art.T.7.a. Point ii and T.7. b.
- h. Each Team of Competitors may perform up to, but not more than, a total of three (3) acrobatic sequences of technique, (Techniques that are not part of the Taekwon-Do syllabus), during the bout.
- e. Teams performing more than three (3) acrobatic sequences of technique during the bout shall receive zero (0) points.
- f. In the case of a draw an extra bout must be performed until the places are decided.

2020 ITF of B.C. Provincial Taekwon-Do Championships

Appendix II: CTFI “Light Contact” Sparring Rules for Colored Belts: October 24 2018

Age 17 and under (White to Red Belt/Black Stripe): No touch to the face. Can touch the helmet on the front (forehead) and sides.

Infractions:

A touch to the face is a “warning”.

A touch to the face without retraction of the attacking tool and there is a displacement of the head is a “minus” point.

If there is heavy contact to the face and displacement of the head then there is a “disqualification”. Center referee can discuss with the Jury President and/or the corner judges to make a decision.

Adult (age 18 and above)

White to Green Belt: No touch to the face. Can touch the helmet on the front (forehead) and sides.

Infractions:

A touch to the face is a “warning”.

A touch to the face without retraction of the attacking tool and there is a displacement of the head is a “minus” point.

If there is heavy contact to the face and displacement of the head then there is a “disqualification”. Center referee can discuss with the Jury President and/or the corner judges to make a decision.

Blue Belt to Red Belt/Black Stripe: Can touch to the face.

Infractions: Same as in Black Belt Sparring: There are no warnings for contact. It is a “minus” point for heavy contact and disqualification for “excessive” contact.

Note: If there are divisions where there is combining of ranks (Green and Blue) then we should stay on the side of safety and the Blue competitor should fall under the no touch to the face rule.

Black Belts (All ages): There are no warnings for contact. It is a “minus” point for heavy contact and disqualification for “excessive” contact.