



# 2020 Kamloops Invitational Friendship Tournament

Saturday March 21<sup>st</sup>  
10:00 a.m – 5:00 p.m.

Tournament Capital  
Centre

910 McGill Rd,  
Kamloops, BC

Open to all belt levels,  
age 4 and up.

Dear Masters and Instructors,

All International Taekwon-Do Federation (ITF/CTFI) Colour Belt and Black Belt members are invited to participate in the 2020 Kamloops Invitational Friendship Tournament.

This fun and exciting event will be held at the Tournament Capital Centre.

We will be starting the competition at 10:00 a.m. It is our goal to provide an excellent event where participants can gain valuable competition experience. All competitors will receive at least two matches in both patterns and sparring, through double elimination.

We would like to run three rings, so the support of our red and black belt members is very important to the success of this event. All red and black belt participants, ages 14 and over, will be required to umpire.

The registration cost for this event will be \$45.00 and will include a certificate of participation. Gold, silver and bronze medals will be awarded in all divisions.

We look forward to seeing you in Kamloops for a great time with our Taekwon-Do family!

Sincerely,

David White, VI Degree  
Sundance Taekwon-Do

Ryan Oevermann, IV Degree  
Northern Taekwon-Do Academy – Sun Peaks





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## Schedule of Events

Saturday, March 21, 2020

9:00 Doors Open and Competitors Check In

9:30 Red/Black Belt Meeting for Ring Assignment

9:30 Timekeeper Meeting

10:00 All Competitors Line Up and Bow In  
(Rules Will Be Reviewed at This Time)

10:10 Chon Ji Challenge

10:30 Colour Belt Competition Begins

2:00 Black Belt Competition Begins

5:00 Tournament Ends

### Notes:

1. Be on time for your division. Divisions will run starting with the youngest age and lowest belt. Listen for your name and ring to be called. Failure to report to your ring will result in a forfeit of your match.
2. Student will compete in patterns and then sparring immediately after.
3. Arrange to borrow sparring equipment if you do not have any before your division begins. This tournament is about having fun so let's help everyone out!
4. Schedule is subject to change without notice

## Registration

**Instructors:** Please have your competitors fill out the individual registration form and submit it to you along with payment. Please then provide one cheque for all registrations from your club along with the signed registration forms on tournament day. **We require that all registration information be submitted onto the attached excel spreadsheet and submitted to [instructor@sundancemartialarts.com](mailto:instructor@sundancemartialarts.com) no later than midnight on March 15<sup>th</sup>.** Any participating clubs which are not covered under the ITF of BC insurance plan must also provide proof of third-party liability insurance no later than March 15<sup>th</sup>.



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## Tournament Rules

All rules will be current Canadian Taekwon-Do Federation rules (<http://www.ctfi.org/wp-content/uploads/2007/07/CTFI-Competition-Rules-2017-Final.pdf>) with the following exceptions:

1. All divisions in patterns and sparring will follow a double-elimination format
2. Black Belts and Colour Belts will perform one optional pattern of their level.
  - a. Competitors may perform a pattern one level below their current rank to accommodate newly promoted students.
  - b. One restart will be allowed per match for age divisions of 10 and under.
3. Black Belts and colour belts will spar 1 round of 90 seconds for eliminations.
  - a. Overtime will consist of one round of 60 seconds. Should a winner not be determined the third round will be first point scored to win.
  - b. Black belts will spar 2 rounds of 90 seconds in the final with all overtime rules as stated in point 3(a).
4. In both patterns and sparring final for colour belts and black belts, should a first loss occur, a standard overtime as stated in 3(a) will occur to determine first and second place.
5. Medals in patterns and sparring will be awarded for first, second and third place.
6. The "Chon-ji Challenge" will consist of two divisions, 9<sup>th</sup> to 6<sup>th</sup> Gup & 5<sup>th</sup> and higher. All competitors are assigned a number and will be randomly paired with another competitor. When a competitor loses, they are eliminated. Last pattern standing wins a prize!



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## Accommodation Options

There are several hotel options close to the venue:

### **Best Western Plus Kamloops**

Address: 660 Columbia St W, Kamloops, BC V2C 1L1  
Phone: (250) 374-7878

### **Ramada by Wyndham Kamloops**

Address: 555 Columbia St W, Kamloops, BC V2C 1K7  
Phone: (250) 412-9777

### **Knights Inn Kamloops**

Address: 625 Columbia St W, Kamloops, BC V2C 1K8  
Phone: (250) 374-6944

## Map

