

IRISH TAEKWON-DO ASSOCIATION



ITA IRISH CUP NOVEMBER 17TH & 18TH 2012

17/7/2012

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 University of Limerick Sports Arena, on the weekend of the 17th and 18th November 2012. This competition will include pattern and sparring for all grades, and special technique and power test for black belts. Saturday 17th November is for the cadet and senior categories and is open to yellow belts and above aged 14 and over. Sunday 18th 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 Friday, the 9th November 2012. All entries should be made using the ITA Irish Cup excel spreadsheet. All competitors, coaches and umpires must be registered by this date. 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. Please note that this is a pre-registration only event. No entries will be accepted after 9th of November. 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 forms part of the ranking system for the Irish national team. This event is open to all Taekwon-Do Associations.

Note that sparring weights will follow the new ITF weights in effect from Jan 2013 and black belts will perform 2 designated patterns.

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

Looking forward to seeing you at this event,

Mr. Adrian Byrne V Dan

Tournament Administrator

On behalf of the tournament & umpire committee



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General Information

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
9.35	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:

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



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Spectators

Free entry on both days

Competition Entrance Fee

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

Competition entrance fee shall be collected from instructors on arrival.

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 the Sunday for U13's a club may have coaches from their club who can coach at ringside. The coaches must be cadets (14 – 17 years), from blue belt upwards.

This will encourage skill development of the under 13s as they will be allowed a coach at ringside and will also encourage coach development in the clubs as the cadets will have the responsibility of coaching their younger club mates.

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:



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- 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, gumshield (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 U10 to green tag who are not placed will receive a commemorative medal.

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

Weight / Height Control

Weight control for cadets and seniors plus height control for juniors will take place during the patterns divisions. As each competitor is eliminated they will have their weight / height checked. Weight check will also take place from 9am on the Saturday once the registration fee has been paid and the competitor stickers have been distributed.

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.

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 Under 10 yrs sections: please do not enter students if they fall into this bracket.

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.



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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.

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.

All under 10s 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

In the pool system all competitors will face every other competitor in their division in turn.

Divisions using the pool system will have one round of 2 minutes

Requalification

For the requalification system the winners will move on to towards the final. Those that lose one match will move into a sepeate draw for third place.

Divisions using the requalification system will have two by 1.5 minute rounds for winners matches 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. For 4th – 6th Dan the highest designated patterns that may be asked are from the 4th Dan Patterns.

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.



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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:

University of Limerick (www.ul.ie)/University Arena (www.universityarena.com)



To watch a video of the venue and facilities please [click here](http://www.youtube.com/watch?v=eteYvGF2eSk) (or copy this link into your browser <http://www.youtube.com/watch?v=eteYvGF2eSk>)



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How to get there

By Air:

25 mins from Shannon airport, 1-3/4 hours from Cork Airport, 2 hours from Dublin Airport

Shannon International Airport is only 25kms from the University campus making Limerick accessible direct from a range of European destinations and world wide through the hub of London Heathrow. See [Shannon International Airport](#) for a full list of flights to and from Shannon.



By Car:

[Shannon Airport to UL](#)

[Cork Airport to UL](#)

[Dublin Airport to UL](#)

By Bus: www.buseireann.ie, www.jjkavanagh.ie

By Train: www.irishrail.ie



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Categories

ITA Irish Cup 2012 (Saturday) Pattern Categories Cadet & Senior

Cat #	Category: Patterns 14-17 yrs yrs
15	Patterns Male, 14 - 17 Yrs, Yellow / Green
17	Patterns Male, 14 - 17 Yrs, Blue / Red
19	Patterns Male, 14 - 17 Yrs, 1 st Dan
21	Patterns Male, 14 - 17 Yrs, 2 nd Dan
23	Patterns Male, 14 - 17 Yrs, 3 rd Dan
16	Patterns Female, 14 - 17 Yrs, Yellow / Green
18	Patterns Female, 14 - 17 Yrs, Blue / Red
20	Patterns Female, 14 - 17 Yrs, 1 st Dan
22	Patterns Female, 14 - 17 Yrs, 2 nd Dan
24	Patterns Female, 14 - 17 Yrs, 3 rd Dan

Cat #	Category: Patterns Seniors
25	Patterns Male, 18 & Over Yrs, Yellow / Green
27	Patterns Male, 18 & Over Yrs, Blue / Red
29	Patterns Male, 18 & Over Yrs, Black 1 st Dan
31	Patterns Male, 18 & Over Yrs, Black 2 nd Dan
33	Patterns Male, 18 & Over Yrs, Black 3 rd Dan
35	Patterns Male, 18 & Over Yrs, Black 4 th - 6 th Dan
26	Patterns Female, 18 & Over Yrs, Yellow / Green
28	Patterns Female, 18 & Over Yrs, Blue / Red
30	Patterns Female, 18 & Over Yrs, Black 1 st Dan
32	Patterns Female, 18 & Over Yrs, Black 2 nd Dan
34	Patterns Female, 18 & Over Yrs, Black 3 rd Dan
36	Patterns Female, 18 & Over Yrs, Black 4 th - 6 th Dan



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ITA Irish Cup 2012 (Saturday) Sparring Categories, 14 – 17 Yrs

Cat #	Category: Sparring Cadet 14-17 yrs
63	Sparring Male, Under 52 kg, Yellow / Green
64	Sparring Male, 53 - 58 kg, Yellow / Green
65	Sparring Male, 59 - 63 kg, Yellow / Green
66	Sparring Male, 64 - 70 kg, Yellow / Green
67	Sparring Male, Over 70 kg, Yellow / Green
68	Sparring Female, Under 45 kg, Yellow / Green
69	Sparring Female, 46 - 50 kg, Yellow / Green
70	Sparring Female, 51 - 55 kg, Yellow / Green
71	Sparring Female, 56 - 60 kg, Yellow / Green
72	Sparring Female, Over 60 kg, Yellow / Green
73	Sparring Male, Under 52 kg, Blue / Red
74	Sparring Male, 53 - 58 kg, Blue / Red
75	Sparring Male, 59 - 63 kg, Blue / Red
76	Sparring Male, 64 - 70 kg, Blue / Red
77	Sparring Male, Over 70 kg, Blue / Red
78	Sparring Female, Under 45 kg, Blue / Red
79	Sparring Female, 46 - 50 kg, Blue / Red
80	Sparring Female, 51 - 55 kg, Blue / Red
81	Sparring Female, 56 - 60 kg, Blue / Red
82	Sparring Female, Over 60 kg, Blue / Red
83	Sparring Male, Up to 50 kg, Black Belt
84	Sparring Male, Over 50 to 56 kg, Black Belt
85	Sparring Male, Over 56 to 62 kg, Black Belt
86	Sparring Male, Over 62 to 68 kg, Black Belt
87	Sparring Male, Over 68 to 75 kg, Black Belt
88	Sparring Male, Over 75 kg Black Belt
89	Sparring Female, Up to 45 kg, Black Belt
90	Sparring Female, Over 45 to 50 kg, Black Belt
91	Sparring Female, Over 50 to 55 kg Black Belt
92	Sparring Female, Over 55 to 60 kg, Black Belt
93	Sparring Female, Over 60 to 65kg kg, Black Belt
94	Sparring Female, Over 65Kg, Black Belt



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ITA Irish Cup 2012 (Saturday) Sparring Categories Senior

Cat #	Category: Sparring Senior
95	Sparring Senior Male, Under 54 kg, Yellow / Green
96	Sparring Senior Male, 55 - 63 kg, Yellow / Green
97	Sparring Senior Male, 64 - 71 kg, Yellow / Green
98	Sparring Senior Male, 72 - 80 kg, Yellow / Green
99	Sparring Senior Male, Over 80 kg, Yellow / Green
100	Sparring Senior Female, Under 52 kg, Yellow / Green
101	Sparring Senior Female, 53 - 58 kg, Yellow / Green
102	Sparring Senior Female, 59 - 63 kg, Yellow / Green
103	Sparring Senior Female, 64 - 70 kg, Yellow / Green
104	Sparring Senior Female, Over 70 kg, Yellow / Green
105	Sparring Senior Male, Under 54 kg, Blue / Red
106	Sparring Senior Male, 55 - 63 kg, Blue / Red
107	Sparring Senior Male, 64 - 71 kg, Blue / Red
108	Sparring Senior Male, 72 - 80 kg, Blue / Red
109	Sparring Senior Male, Over 80 kg, Blue / Red
110	Sparring Senior Female, Under 52 kg, Blue / Red
111	Sparring Senior Female, 53 - 58 kg, Blue / Red
112	Sparring Senior Female, 59 - 63 kg, Blue / Red
113	Sparring Senior Female, 64 - 70 kg, Blue / Red
114	Sparring Senior Female, Over 70 kg, Blue / Red
115	Sparring Senior Male, Up to 57 kg, Black Belt
116	Sparring Senior Male, Over 57 to 63 kg, Black Belt
117	Sparring Senior Male, Over 63 to 70 kg, Black Belt
118	Sparring Senior Male, Over 70 to 78 kg, Black Belt
119	Sparring Senior Male, Over 78 to 85 kg, Black Belt
120	Sparring Senior Male, Over 85 kg, Black Belt
121	Sparring Senior Female, Up to 50 kg, Black Belt
122	Sparring Senior Female, Over 50 to 56 kg, Black Belt
123	Sparring Senior Female, Over 56 to 62 kg, Black Belt
124	Sparring Senior Female, Over 62 to 68 kg, Black Belt
125	Sparring Senior Female, Over 68 to 75 kg, Black Belt
126	Sparring Senior Female, Over 75 kg, Black Belt



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ITA Irish Cup 2012 (Saturday) Special Technique and Power Categories

Cat #	Category: Power Test
127	Power Test, Male, 14 – 17 Yrs, Black Belt
128	Power Test, Male, Senior, Black Belt
129	Power Test, Female, 14 – 17 Yrs, Black Belt
130	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

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

Cat #	Category: Special Technique
131	Special Technique, Male, 14 – 17 Yrs, Black Belt
132	Special Technique, Male, Senior, Black Belt
133	Special Technique, Female, 14 – 17 Yrs, Black Belt
134	Special Technique, Female, Senior, Black Belt

Technique	Heights Junior Male	Heights Senior Male
Flying high front kick	250cm	260cm
Flying turning kick	230cm	240cm
Flying reverse turning kick	200cm	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

Note: Measurements for height are made from the surface of the floor or mat, to the bottom (lowest) edge of the board.



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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.

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 2012 (Sunday) Pattern Categories Under 10 & 11 – 13 yrs

Cat #	Category: Patterns under 10
1	Patterns Male, Under - 8 Yrs, Yellow Belt
3	Patterns Male, 9 -10 Yrs, Yellow Belt
5	Patterns Male, Under - 10 Yrs, Green / Blue
2	Patterns Female, Under - 8 Yrs, Yellow Belt
4	Patterns Female, 9 - 10 Yrs, Yellow Belt
6	Patterns Female, Under - 10 Yrs, Green / Blue

Cat #	Category: Patterns 11-13 yrs
7	Patterns Male, 11 - 13 Yrs, Yellow Belt
9	Patterns Male, 11 - 13 Yrs, Green Belt
11	Patterns Male, 11 - 13 Yrs, Blue Belt
13	Patterns Male, 11 - 13 Yrs, Red / Black
8	Patterns Female, 11 - 13 Yrs, Yellow Belt
10	Patterns Female, 11 - 13 Yrs, Green Belt
12	Patterns Female, 11 - 13 Yrs, Blue Belt
14	Patterns Female, 11 - 13 Yrs, Red / Black



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ITA Irish Cup 2012 (Sunday) Sparring Categories Under 10 & 11 – 13 yrs

Cat #	Category: Sparring Under 10
37	Sparring Male, Under 10 - 125 Cm, Yellow Belt
38	Sparring Male, Under 10 126-135 Cm, Yellow Belt
39	Sparring Male, Under 10 136-145 Cm, Yellow Belt
40	Sparring Male, Under 10 + 145 Cm, Yellow Belt
41	Sparring Female, Under 10 - 125 Cm, Yellow Belt
42	Sparring Female, Under 10 126-135 Cm, Yellow Belt
43	Sparring Female, Under 10 136-145 Cm, Yellow Belt
44	Sparring Female, Under 10 + 145 Cm, Yellow Belt
45	Sparring Male, Under 10 - 135 Cm, Green / Blue
46	Sparring Male, Under 10 136-145 , Green / Blue
47	Sparring Male, Under 10 + 145 Cm, Green / Blue
48	Sparring Female, Under 10 - 135 Cm, Green / Blue
49	Sparring Female, Under 10 136-145 Cm, Green / Blue
50	Sparring Female, Under 10 + 145 Cm, Green / Blue

Cat #	Category: Sparring 11-13 yrs
51	Sparring Male, 11 -13 yrs -145 Cm, Yellow / Green
52	Sparring Male, 11 -13 yrs 146-155 Cm, Yellow / Green
53	Sparring Male, 11 -13 yrs + 155 Cm, Yellow / Green
54	Sparring Female, 11 -13 yrs -145 Cm, Yellow / Green
55	Sparring Female, 11 -13 yrs 146-155 Cm, Yellow / Green
56	Sparring Female, 11 -13 yrs + 155 Cm, Yellow / Green
57	Sparring Male, 11 -13 yrs -145 Cm, Blue / Black
58	Sparring Male, 11 -13 yrs 146-155 Cm, Blue / Black
59	Sparring Male, 11 -13 yrs + 155 Cm, Blue / Black
60	Sparring Female, 11 -13 yrs -145 Cm, Blue / Black
61	Sparring Female, 11 -13 yrs 146-155 Cm, Blue / Black
62	Sparring Female, 11 -13 yrs + 155 Cm, Blue / Black

