JOIN US FOR A TEST OF SKILLS

VENUE:
DUCHESS PARK SECONDARY
747 WINNIPEG St.
PRINCE GEORGE, BC

EVENTS:
PATTERNS - SPARRING
POWER BREAKING
TEAM SPARRING
PREARRANGED SPARRING
SPECIAL TECHNIQUE

WHEN: JUNE 11th, 8:00AM

2016 BRITISH COLUMBIA TAEKWON-DO CUP

PRESENTED BY:

FAMILY TAEKWON-DO

COURTESY INTEGRITY INDOMITABLE SPIRIT PERSEVERANCE SELF-CONTROL

FOR INFORMATION:
CALL 250-961-5425 OR VISIT
WWW.FAMILYTKDINPG.COM

ITF of BC Taekwon-Do Cup

June 11th, 2016

Duchess Park Secondary School

747 Winnipeg Street
Prince George, BC

Open to all belt levels,
age 6 and up.

Dear Masters and Instructors,

All Coloured Belt and Black Belt members of the Canadian Taekwon-Do Federation International are invited to participate in the 2016 ITF of BC Taekwon-Do Cup in Prince George British Columbia.

For full information on the event and on-line registration links, please direct your competitors to the event web site here:

http://familytkdinpg.com/event/2016-bc-taekwon-do-cup/

It is our goal to provide an outstanding 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.

For the 2016 ITF of BC Taekwon-Do Cup we are also pleased to provide the following features to the tournament program:

i. Fully matted competition rings.
ii. All competitors, upon registration at the event, will be provided with the ring location and estimated time schedule for their events.
iii. All participants will register and make payment directly on-line via the Internet.

Join us for the BC Cup on June 11th, 2016!

Hosted By:

Family TaeKwon-Do, Prince George, BC
http://www.familytkdinpg.com

Sincerely,
Mr. Jordan Boudreau (V)
Phone: 250-961-5425
Email: jordantk@telus.net

Event Information

What:	2016 ITF of BC Taekwon-do Cup.
Who:	All official CTFI affiliated schools and practitioners in British Columbia and Alberta.
When:	Saturday, June 11th, 2016. See the official website and following pages for full schedule details.
Where:	Duchess Park Secondary School gymnasium. 747 Winnipeg Street, Prince George, BC.
Hosted by:	Family TaeKwon-Do. Prince George, BC.
Tournament Director:	Mr. Jordan Boudreau (V) Email: jordantk@telus.net Phone: 250-961-5425.
Registration:	All registration will be online by Internet. Registration closes May 22nd, 2016 at 11:00 PM PST. *See the official event website below for more information.* http://familytkdinpg.com/event/2016-bc-taekwon-do-cup/
Events:	These championships will see the following events: - Coloured belt and black belt individual patterns - Coloured belt and black belt individual free sparring - Black belt prearranged sparring - Black belt team sparring - Power breaking - Specialty breaking

Schedule

FRIDAY	
6:00 PM – 8:00 PM	Black belt weigh-ins Instructors and coach check-in

SATURDAY	
8:00 AM – 9:00 AM	Coach/Instructor Check-in and black belt weigh-ins at the venue.
8:15 AM	Black belt and officials meeting
8:30 AM	Opening ceremonies
9:00 AM – 12:00 PM	Colour belt competition
12:00 PM – 5:00 PM	Black belt competition

Fees

FEES	
Coloured Belts (all) Patterns and/or Sparring	$50
Pre-junior Black Belts (age 13 and under) Patterns and/or Sparring	$50
Super senior Black Belts (age 36+) Patterns and/or Sparring	$50
Junior and Senior Black Belts (age 14-35) Patterns and/or Sparring	$50
Prearranged Sparring (only junior and senior black belt)	$30/team
Team Sparring (only junior and senior black belt)	$50/team
Tournament T-shirt	$25
Tournament Poster	$5

SPECIAL NOTICES

Full rules, information, and registration links can be found on the official event page at:
http://familytkdinpg.com/event/2016-bc-taekwon-do-cup/

Pattern rules

All Black belt pattern divisions

Black Belt pattern competition at the BC Cup has a unique format. The first designated pattern is pre announced. For BC Cup 2016 the announced pattern will be the second pattern for the degree (PO-EUN, CHOONG-JANG, YOO-SIN or UL-JI). The second designated pattern is any pattern up to but excluding the present rank. We initiated this so that new black belts or new degrees would only have to learn one pattern from their rank to allow them to compete without being worried that they would be asked to perform something they did not know.

Instructor and Coach check-in

Host hotel from 6:00 PM – 8:00 PM on June 10th, 2016.

Black belt weigh-in

Weigh-ins are available at the host hotel from 6:00 PM – 8:00 PM on June 10th, 2016, or 8:00 AM – 9:00 AM on June 11th, 2016 at the venue.

This is for black belts only. Colour belts do not need to check in

ACCOMMODATIONS

Host hotel

Sandman Signature
2990 Recplace Drive (off of Highway 16)
Phone: 250-645-7263
www.sandmansignature.ca
Rockford Restaurant
2 Queen beds $143.00
1 King Bed Executive room $136.00
Pool
Booking is under *Taekwon-Do BC Cup*

Option #2

Sandman Hotel & Suites
1650 Central Street
Phone: 866-430-4982
www.hotelsone.com
Denny's Restaurant
Price $109.00 to $119.00
2 Queen Beds
Booking is under *Taekwon-Do BC Cup*

Option #3

Treasure Cove & Casino
2003 Highway 97 South
Phone: 250-614-9111
www.prestigehotelsandresorts.com
2 Queen Beds $129.99
Waterside and Hot Tub
Booking is under *Taekwon-Do BC Cup*

TOURNAMENT RULES

All events at this tournament will follow the Canadian Taekwon-Do Federation International (CTFI) Rules for Coloured Belt Competition and the International Taekwon-Do Federation (ITF) Rules for Black Belt Competition. Copies of these rules are available on the CTFI website under the "Downloads and Resources" section.

Patterns

Coloured Belt Patterns

Coloured Belt Patterns Competitors may perform 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.

Individual Black Belt Patterns

Black Belt pattern competition at the BC Cup has a unique format. The first designated pattern is pre announced. For BC Cup 2016 the announced pattern will be the second pattern for the degree (PO-EUN, CHOONG-JANG, YOO-SIN or UL-JI). The second designated pattern is any pattern up to but excluding the present rank. We initiated this so that new black belts or new degrees would only have to learn one pattern from their rank to allow them to compete without being worried that they would be asked to perform something they did not know.

Free Sparring

DURATION OF MATCHES	
Coloured Belts	1 round of 2 minutes
Black Belts under 14	2 rounds of 1.5 minutes
Senior Black Belts 14-35	2 rounds of 2 minutes
Super Senior Black Belts 36+	2 rounds of 1.5 minutes

SAFETY EQUIPMENT
Mandatory Safety equipment
Hand, Foot and Head guards of an approved type (see below);
Mouth guard – must be transparent with no colours;
Groin protection for all males (must be worn inside the trousers);
Optional Safety equipment:
Shin protectors of an approved type (no hard materials);
Groin protection or chest protection for females (must be worn inside the dobok)

Approved types of sparring safety equipment:

Black Belts competing in the Junior and Senior divisions must have hand, foot and head protectors approved by ITF for international competition. Full details of approved equipment are available at:
http://www.tkd-itf.org/wp-content/uploads/2014/10/2015-Appendix-8-ITFApproved-Equipment-June-15.pdf

Black Belts

Black Belts will be required to wear either red or blue hand/foot/head protectors. Black Belts do not require both colours.

Coloured Belts

Pre-Junior Black Belt (Age 13 and under) and Super Senior Black Belts (age 36+) may wear ITF approved gear or the standard foam safety gear such as Macho or Century. Any colour is allowed for this group, but we recommend red or blue (if you have it) to help the umpires.

No jewellery, piercings, watches or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only. Hard materials (e.g. plastic, wood or metal) are not allowed. **Students must compete with required safety equipment. Students without required equipment may be disqualified. Competitors sharing equipment is welcomed.**

Special Technique Breaking Rules

Special Technique Breaking will follow the World Cup Rules, attempting 2 breaks – Flying high front kick and flying high side kick.

a. A machine designed for the specific test will be used.
b. After a red flag signal by the referee, each competitor has sixty (60) seconds to attempt to move the board. This must include one (1) pre-judgement of distance with no touching allowed, followed by the attempt to move the board.
c. Competitors exceeding the time limit will receive 0 points.
d. A forearm guarding block ready posture must be adopted before and after the attempt to move the board.
e. Referees may disallow a break for failure to maintain the following:
    i. Correct attacking tool in the correct manner.
    ii. Knocking down the obstacle when performing Twimyp Nopi Yop Cha Jirugi
    iii. Falling down (meaning any part of the body, other than the feet, touching the ground, even briefly).
f. Referees must examine the machine and board before each attempt.
g. Each fully moved board will count as three (3) points and each half moved board will count as one (1) point.
h. In the event of a tie the Jury President will select one item from the list by random draw to be the tie breaker. He/she will decide how high the jump will be. The tied competitors will then carry on until the places are decided.
i. The four highest scores will be set 1st, 2nd, and two (2) 3rd place winners.
j. Competitors must score a minimum of one (1) point in the competition in order to win a medal.

TECHNIQUE	HEIGHTS (Male)	HEIGHTS (Female)
Age 14-17 years		
Flying High Front Kick	240 cm	200 cm
Flying High Side Kick	120 cm	100 cm
Age 18-35		
Flying High Front Kick	250 cm	210 cm
Flying High Side Kick	130 cm	110 cm
Age 36+		
Flying High Front Kick	230 cm	190 cm
Flying High Side Kick	110 cm	90 cm

Power Test Breaking Rules

Power Breaking will follow the World Cup Rules, attempting 2 breaks – one hand technique of choice and one foot technique of choice.

a. A machine designed for the specific test will be used.
b. Competitors must attempt to break with any one hand technique and any one foot technique from the list below.
c. A total time of thirty (30) seconds is allowed to set the preferred heights for each power breaking item listed.
d. The competitors (minimum 4) with the highest points will go through to the next round where they will break with a hand and foot technique again, against more boards.
e. Competitors who did not score any points in their first round will not be allowed to continue.
f. In the second round, competitors are able to use the same technique as used in round one, or they may choose to use an alternative technique from the list.
g. It is permitted to step forward, to slide, skip and or jump. For Sonkal Taerigi the strike may be either inward or outward.
h. All competitors must start and finish with a forearm guarding block posture.
i. After a red flag signal of the referee, each competitor has sixty (60) seconds in which to attempt to bend or separate the board(s) for one breaking item. Each attempt must include one (1) pre-judgment of distance with touching allowed, followed by the attempt to break the board(s).
j. Competitors exceeding the settled time shall receive 0 points.
k. Referees may disallow a break for failure to maintain the following:
    a. Correct balance and posture throughout technique.
    b. Correct attacking tool in the correct manner.
l. Referees must examine each board before each attempt.
m. Each fully broken board will count as three (3) points.
n. Each half moved board will count as one (1) point.
o. In the event of a tie, the Jury President will select one item from the list by random draw to be the tie breaker. He/she will direct how many boards will be used. The tied competitors will then carry on until the places are decided.
p. The four highest scores will set 1st, 2nd, and two (2) 3rd place winners.
q. Competitors must score a minimum of one (1) point in the competition in order to win a medal.

HAND TECHNIQUES	FOOT TECHNIQUES
Fore fist Front Punch (Ap Joomuk Jirugi)	Side kick (Yop Chagi)
Knife hand strike (Sonkal Taerigi)	Back kick (Dwit Chagi)
Back fist strike (Dung Joomuk)	Turning kick (Dollyo Chagi)
Reverse knife hand strike (Sonkal Dung Taerigi)	Reverse turning kick (Bandae Dollyo Chagi)

Board Counts

	MALE		FEMALE	
Age Category	BOARDS (Hand)	BOARDS (foot)	BOARDS (hand)	BOARDS (foot)
14 – 17 years	1	2	1	2
18 – 35 years	2	3	1	2
36 years +	1	2	1	2

REGISTRATION

All registrations for competitors, full-time umpires, coaches and club photographers MUST be completed using the online system (links to be provided soon).

Registration closes May 22nd, 2016 at 11:00 PM Pacific Time.

Important information regarding Registration:

Instructors:

All participants in this event must use our online registration system. Please direct all students to the ITF of BC web site at www.itfofbc.org. On this web site, you will find the appropriate links and click on the link to register.

Payment must be made by Visa or MasterCard (pre-paid credit cards will not work).

Teams registering for Pre-Arranged Sparring, Team Sparring as well as coaches or photographers and full time umpires must also go to the web site and use the appropriate Team, Coach or Umpire link to register for the event.

This saves you, the Instructor, much time and effort collecting and processing application forms and fees. It also saves many errors as students are responsible for entering their correct weight, height, age, rank and gender or they cannot register.

After close of registration, a report will be sent back to each school for the Instructor to check for correct weight, height, age, rank and gender as well as the assigned division for each of their competitors. Please ask your members to be accurate with the information you enter in the form and be careful checking it over after registration closes.

There will be a fee of $20, paid in advance, for any changes required for any mistakes discovered after the final check by Instructors.

*** 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 the help line provided on the on-line registration page, or the Tournament Director.

Instructor Check-in

****ONLY instructors, coaches and Black Belts must report to the tournament check-in****

Check-in will be available on Friday June 10th at the host hotel from 6:00 PM – 8:00 PM and at the tournament venue on Saturday June 11th from 8:00 AM – 9:00 AM prior to the start of competition.

Black Belt Card

All Black Belts, all ages, must be certified with ITF headquarters in Benidorm, Spain. When using the on-line registration process, there will be a space for providing the Black Belt certificate number (e.g. C-2-3425) and ITF ID number (ITF ID number is found on your ITF wallet card). Black Belts who were recently promoted may not have their certification cards yet. When registering on-line, competitors with this situation should enter "Pending" in the Black Belt Certificate number box. Pending black belt applications will be confirmed with ITF

HQ. Black Belts who have a card from a previous rank will have the same ITF ID number and can get that number from their old card.

All Black Belts must show their ITF Black Belt registration card at the Weight Check (see below). A photocopy of the Black Belt certificate showing name, rank and date information as well as the signature of the ITF President is acceptable. Any Black Belt without appropriate proof of certification in the ITF will be disqualified with no refund of event fees.

Weight Verification

For the ITF of BC Taekwon-Do CUP all black belts will be weighed by the following criteria.

Senior Black Belts, Pre-Junior Black Belts (age 13 and under) and Super Senior (age 35+) must be within +/- 3kg of their stated weight or they will be disqualified. Junior and Senior Black Belts will follow this method as to accommodate all competitors and to eliminate the possibility of only one competitor in a division.

Weight checks will be available on Friday June 10th at the host hotel from 6:00 PM until 8:00 PM and at the tournament venue on Saturday June 11th prior to the start of competition. Black belt competitors are encouraged to weigh-in on Friday so they don't get caught in the crush on Saturday morning.

Colour Belt Age Divisions

Minimum age is 6 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 (April 30, 2016). Please note that Colour Belt age divisions with less than 3 people may be merged with other groups.

Registration Links

Individual Competitor Registration

https://events.membersolutions.com/event_register.asp?content_id=62919

Black Belt Team registration

https://events.membersolutions.com/event_register.asp?content_id=62920

Full Time Umpire registration

https://events.membersolutions.com/event_register.asp?content_id=63022

To have a successful event, it is critical that we have a strong team of full-time umpires and officials. Full-time umpires (not competing in any events) must register online. Registration links to follow soon. If you have any difficulties, please contact the Umpire Director via email.

All Black Belts (age 16 +) are required to assist with the umpire duties at this tournament. In the event of an umpire shortage, Black Stripes age 16+ and Black Belts age 14+ may also be asked to assist with umpire duties for coloured belts. 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.

Senior Head Coach

Each School will be allowed one senior Black Belt eligible to coach black belts. This person is the designated "Head Coach" for each school. Please note that the Head Coach will likely be asked to judge for the Black Belt patterns competition, especially Head Coaches with rank of 4th degree or higher.

Coloured Belt Coaches

No colour belt coaches for this event.

Black Belt Coaches

Black Belt Coaches may be any person regardless of rank. Please note that Black Belt Coaches may be asked to judge for Colour Belt competition or for Black Belt patterns, especially Black Belt Coaches with rank of 5th degree or higher. Black Belt Coaches will not be asked to judge for Black Belt Sparring.

Coaching Rules

For individual or team competition there will be only one (1) Head Coach, close to the square. During the tournament, coaches must wear an athletic training suit, gymnastic shoes and carry a towel. They will be seated at least one (1) meter away from the square. They must not interfere in the competition by action or words. They are the only ones allowed to present an official protest.

Failure to abide by the above mentioned rules may render the coach liable to be disqualified from his/her advisory position.

Photographers

Any school or club may apply for accreditation for photographers to have access to the competition floor to take photos of their participants. For safety and efficiency, only competitors, officials, volunteers, accredited coaches and accredited photographers will be allowed to enter the competition floor. Accreditation passes will be required by all. All Coaches and Photographers must register on-line and pay the registration fee to receive a security pass (No fee for Coaches).

Coach/Photographer Registration

https://events.membersolutions.com/event_register.asp?content_id=63020

T-Shirt Sales

Pre-Ordering tournament t-shirts is the best way to ensure you get the size you want! T-Shirts will be available for purchase at the tournament, but sizes and quantity will be limited.

T-shirt sales registration

https://events.membersolutions.com/event_register.asp?content_id=62921

Cut off date for t-shirts will be May 22nd

Our goal is to provide a professional championship with an excellent level of competition and sportsmanship, demonstrating the true spirit of the original ITF Taekwon-Do.