



## Saskatchewan GTF Taekwon-Do Inc.

Phone: (306) 775-1805 E-mail: [saskgtf@sasktel.net](mailto:saskgtf@sasktel.net)  
1361 Benjamin Cr., Regina, Sask., Canada S4X 4L3

September 23, 2009

### Dear Masters/Instructors/Students:

Sask. GTF Taekwon-Do Inc. (Sask GTF) would like to extend a warm invitation to you to attend the **2009 Sask. GTF Invitational Taekwon-Do Championships**. This event, which is for color and black belts, will be held **on Saturday, November 7, 2009 at Michael A. Riffel High School at 5757 Rochdale Blvd., Regina, Saskatchewan**. Please use south entrance on Rochdale Blvd. between the church and the school.

The Saturday championship will begin at 12:00 noon sharp with pattern competitions followed with sparring competitions. Black belt competitions will take place before color belts events. Awards will be presented immediately following each competition. The championship is scheduled to finish at 6:00 p.m.

All red and black belts will make themselves available to assist with officiating. We are hoping to have enough officials so alternates can be provided if you need a break. Officials are encouraged to compete at their belt level in either or both events.

Rules and regulations are enclosed. Officials are expected to make unbiased decisions. They shall distance themselves from competitors, and not make comments to anyone other than officials about the proceedings. The dress code will be navy slacks, long sleeved white shirt and a plain navy tie. Officials are expected to follow the dress code, or wear their do-boks. Mr. Washington Celis, the Championship Director shall be responsible for all matters concerning umpires and officials.

The registration fee to enter the **2009 Sask. GTF Invitational Taekwon-Do Championships** on November 7, 2009, for either one or two events, is **\$45 per person prior to October 31, 2009**. Late registrations shall be \$55/person and will begin at 11:00 a.m. at the tournament site. On the date of the event, only certified cheques, money orders or cash will be accepted.

A bus from Prince Albert to Saskatoon and Regina will be available for all students participating at the event. Please contact your senior instructor.

I hope that you and your students will support our event. Should you have any questions regarding this event, please contact us by phone at (306) 775-1805 in Regina, or check our web site at [www.saskgtf.com](http://www.saskgtf.com) and e-mail us at [saskgtf@sasktel.net](mailto:saskgtf@sasktel.net).

Sincerely yours,

Sask. GTF Taekwon-Do Inc.

# SASK. GTF INVITATIONAL CHAMPIONSHIPS – November 7, 2009

Agreement: The contestant voluntarily assumes the risk of accident, injury, damage, loss or other harm of any kind to his/her person or property as a result of competing in this tournament. Neither Sask. GTF, tournament organizers nor its officers, agents, employees, instructors, fellow competitors or authorized guests shall in any way be held liable for any claims, liability, demand, suit, action or other proceedings of any kind for, or an account of accident, injury, damage, loss or harm of any kind to persons or property which is the result of intentional or negligent acts caused by third persons in this tournament. The contestant agrees to keep and obey all rules and regulations now in force or in the future with respect to these competitions, and the official committees reserve the right to revoke this application before or at any time during the tournament if the contestant fails to obey any of such rules and regulations or for any other reason deemed so by the official committees or instructors. The contestant further gives Sask. GTF permission to use any photographs or other recorded materials of any kind, which may be produced before, during or after the tournament freely, and also grants his/her permission for this tournament or portions thereof to be televised, filmed, or video taped without compensation at this or any other time. Medical treatment will be first-aid only and the contestant agrees to give his/her permission for such first-aid treatment as may be deemed necessary until such time as suitable medical treatment can be arranged for or provided.

---

Date	Contestant's Signature	Parent/Legal Guardian Signature
------	------------------------	---------------------------------

---

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Club \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_ Country \_\_\_\_\_

Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_ E-Mail \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_ Color Belt Rank \_\_\_\_\_ Black Belt Degree \_\_\_\_\_

Events:      Patterns \_\_\_\_\_ Sparring \_\_\_\_\_

---

**Incomplete registrations will not be accepted.**

**Location:**      **Michael A. Riffel High School**  
**5757 Rochdale Blvd., Regina (south entrance)**

**Fee: \$45 prior to October 31, 2009**  
**One or two events**

**Time:**      **Late registrations begin at 11:00 a.m.**  
**Event commences at 12:00 noon sharp**

**Late Fee: \$55 – After October 31**

All participants in sparring events must provide their own mouthpieces and male participants must wear groin cups. Each individual club is responsible for providing their competitors with approved protective hand, foot and head gear. The Sask. GTF Invitational Championship Director reserves the exclusive right of acceptance or refusal of this registration prior to or during the event.

**Forward fees with forms prior to October 31, 2009 to:**

**Sask. GTF**  
**1361 Benjamin Cr.**  
**Regina, Sask., Canada, S4X 4L3**  
**Phone: (306) 775-1805**  
**E-mail: [saskgtf@sasktel.net](mailto:saskgtf@sasktel.net)**

---

For Office Use Only

Date Received \_\_\_\_\_ Registration Paid: Cheque \_\_\_\_\_ Cash \_\_\_\_\_ Total Paid \_\_\_\_\_

---

# CHAMPIONSHIP RULES AND REGULATIONS

**Championship Director:** Mr. Washington Celis, 6th Degree Black Belt

**Officials:** Preferred 1st Degree Black Belts & up. However Red Belts can also help judging.

## Pattern Rules - Single elimination

**Criteria:** accuracy, balance, timing, smoothness, breath control, rhythm, beauty.

**Scoring:** Two competitors each round. Identification of winner by each of three or five judges.  
No ties.

## Sparring Rules – Single elimination

**Contact:** **Light contact** for all competitors.

**Equipment:** All competitors must wear approved hand and foot safety equipment and mouthpieces.  
All males shall wear groin cups under their Do-boks.  
All children must wear head gear. For adults head gear is optional.  
Competitors may wear, if they wish, shin, wrist, forearm, or chest protection.  
All protective gear shall consist of elastic material with sponge or rubber padding, without metal, hard plastic or other hard materials, including zippers, laces, buttons or snaps.  
No competitors shall wear jewelry, watches, earrings, or hard hair bands.  
Nails shall be trimmed short.

**Times:** Two competitors, 90 second bouts. Black Belt elimination, 2 minute bouts.  
Black belt finals, two bouts of 2 minutes each.  
If no score or tied, additional 30 seconds for color belts and one minute for black belts after one minute rest. If match still remains scoreless or tied, first one to score point wins.

**Scoring:** **One point** - hand technique to middle or high section, or foot technique to middle section, or hand blocking technique.  
**Two points** - foot technique to high section, or jumping hand technique to high section, or jumping foot technique to middle section.  
**Three points** - jumping foot technique to high section.  
**Minus point** - per foul or every 3 warnings.  
**Disqualification** - after 3 minus points.

**Warnings:** Stepping out of the ring with both feet, falling down, attacking fallen opponent, avoiding close contact, holding or clawing. Three warnings equals one foul

**Fouls:** hard contact, loss of temper, insulting an opponent in any way, biting or scratching, or accumulation of three warnings.

**Disqualification:**  
Accumulation of 3 fouls (3 minus points), misconduct against referee, ignoring the referee's instructions more than twice or causing injury to the opponent.