



Saskatchewan GTF Taekwon-Do Inc.

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1361 Benjamin Cr., Regina, Sask., Canada S4X 4L3

March 22, 2010

Dear Instructors/Students:

Saskatchewan GTF Taekwon-Do Inc. (Sask GTF) would like to extend a warm invitation to you and your students to attend the **2010 Sask. Taekwon-Do Championships hosted by Flying Dragons Taekwon-Do Club in Prince Albert**. This event, which is for color and black belts, will be held on **Saturday, May 1, 2010 at St. John Community School at 1453 7th St. East, Prince Albert**.

The Saturday championship schedule will include the opening ceremonies at noon sharp to be immediately followed with pattern competitions and sparring. Black belt competitions will take place before color belts events. Awards will be presented immediately following each competition. The championship is scheduled to finish approximately at 5:30 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.

ITF 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 this event for either one or two events is \$40 per person prior to April 24, 2010. Late registrations shall be \$50/person. On the date of the event, only certified cheques, money orders or cash will be accepted.

I hope that you and your students will support this exciting event. The Championship Director will be Mr. Washington Celis, 6th Degree Black Belt. Should you have any questions regarding this event, please contact Mrs. Joanne Panas at (306) 764-0526 in Prince Albert.

Sincerely yours,

Sask. GTF Taekwon-Do Inc.

SASK. TAEKWON-DO CHAMPIONSHIPS – May 1st, 2010

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
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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: St. John Community School
1453 - 7th St. East, Prince Albert**
Time: Begins at noon sharp

**Fee: \$40 prior to April 24, 2010
One or two events
Late Fee: \$50**

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 Taekwon-Do 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 April 24, 2010 to:

**Flying Dragons Taekwon-Do Club
1243 River Street East
Prince Albert, Sask. S6V 0B7
Phone: (306) 764-0526
Web site: www.saskgtf.com**

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.