



Nova Scotia ITF Taekwon-Do Championship

Canada Games Center

26 Thomas Raddall Drive, Halifax, Nova Scotia

Sunday, February 19st, 2012

Dear Masters, Instructors and Students,

We are pleased to invite you and your students to participate in the Nova Scotia ITF Taekwon-Do Championship, which will be held on February 10st, 2012 at the Canada Games Center , 26 Thomas Raddall Drive, Halifax, Nova Scotia.

This tournament will include events in both Patterns and Sparring for Color Belts and for Black Belts. We will also have a division for ages 4 – 6 which will allow the youngest ages to compete in a safe environment with no contact allowed in the sparring events.

All registrations and payments must be received before February 10th, 2012.

Individual registration/waiver forms must be sent with one cheque per club made payable to **Nova Scotia ITF Taekwon-Do Association.**

All **competitor information must be recapped on the Excel spreadsheet** attached and sent to the tournament director at tournamentdirector@nstaekwondo.ca before the deadline of February 10th, 2012.

Please find attached the complete details for this event including registration, venue, , rules and divisions.

If you need further information, please contact the head instructor at your respective club.

Yours in Taekwon-Do,

Jim Ripley

4th Dan

NSITF Tournament Director

www.nstaekwondo.ca

tournamentdirector@nstaekwondo.ca

Rules and Divisions

- The ITF competition rules for individual patterns and sparring are applied in this championship. All color belt divisions will be set based on applications received in the fairest possible way with blending of divisions as necessary. Black belt divisions will be set according to the ITF rules.
- **Patterns** will be performed as a single “optional” pattern for all color belts, pre-junior black belts and senior black belts. For junior and adult black belts, patterns will be performed as a single “optional” pattern for all bouts prior to the quarter-finals. The quarter-final, semi-final and finals will include both an “optional” and a “designated” pattern.
- **Sparring** will be one single round of 1:30min for all color belts, pre-junior black belts and senior black belts. For junior and adult black belts, one single round of 2:00min for all bouts prior to the quarter-finals. The quarter-final, semi-final and finals will be two x 2:00min rounds.
- This championship is sanctioned by the Canadian International Taekwon-Do Federation and will follow the safety rules of the ITF.
- Official meeting for coaches and officials will begin at 8:30 a.m.
- The competition will begin at 9:00 a.m. with color belt patterns followed by color belt sparring. The Black Belt events will follow the color belt competition.
- There will be checking for weights the morning of the competition between 8:00 a.m. to 9:00 a.m.
- In this competition, each competitor must wear the ITF dobok. For sparring, approved (Top Ten or Macho style foam dip) protective equipment (safety punch, safety kick, mouth piece, groin cup and safety helmet) must be provided by competitors. For all Black Belts, Top Ten must be provided.
- Four medals will be awarded in each division: gold, silver and two bronzes.
- The ITF referee official dress is required: blue pants (no jeans), white shirt, blue tie and white shoes. It is **mandatory** for all Black Belts that are competing to be available to umpire.