

Irish Taekwon-Do Association

Irish Cup 2019

Irish National Championships



16th – 17th November 2019

University of Limerick Arena





ITA Irish Cup 2019

Irish National Championships

- Date:** 16th November 2019 – Age 14+ and all black belts
17th November 2019 – Age 13 and Under
- Location:** University of Limerick Sport Arena
- Registration:** Pre-registration online through the Sportdata website
www.sportdata.org/taekwondo_itf
8:30am on both days of competition for payment of fees & collection of individual schedules
- Weigh in:** Friday (TBC Please check ITA Facebook for Updates)
Saturday 8:30am – 10:30am
- Height Check:** Sunday During Pattern competition
- Umpire Meeting:** 9:30am on both days
- Start of competition:** 10am on both days
- Entry Fee:** €30 per competitor

Important Dates:

- 1st October 2019: Online Registration Opens
9th November 2019: 23:59 Registration Closes
13th November 2019: Schedule Published Online

** Withdrawal of competitor before 9th November is possible without a fee **
competitors withdrawn after this date subject to full entry fee

** Errors in sparring category entries may be rectified on the day of the event at **
the discretion of the Tournament committee, all changes are subject to a €10 fee, this
fee must be paid before the change is made

** No changes or additional entries in pattern, special technique or power categories **
on the day of the event and any competitor entered in the wrong category will be
removed

Age Categories

Saturday: Under 15 Black Belt, Cadet (14-17), Senior (18+), Veteran (35+)

Sunday: Under 10, Junior (11-13)

Categories

Patterns

Colour Belts: Optional Pattern

Black belts: Preliminary Rounds: 1 x designated patterns (Chon-Ji -
Current Grade)





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Semi Final & Final: 2 x designated patterns

This is for Cadet and Senior patterns only, Under 15 and Veteran Black Belt categories will be from Chon-Ji – 1st Dan Patterns

Sparring

Saturday: Weight Categories

Sunday: Height Categories

Height/Weight for Blue/Red Belts 11-13Yrs

****11-13 Blue/Red please also include weights on entries for these competitors****

Match Times

Under 10: 1 round, 1.5 minutes

Colour belts (11 yrs+): 1 round, 2 minutes

Black belts (Pools & Repechage)

Pools 3 competitors: 2 rounds, 1.5 minutes

4+ Competitors:

Main Draw: 2 rounds, 1.5 minutes

Finals: 2 rounds, 2 minutes

Requalifying matches for 3rd place: 1 round, 2 minutes

Special Technique

Blue/Red Belts 11 Yrs +, Black Belts

Power

Black Belts

Umpires

Saturday: 1 – 7 competitors = 1 umpire, 8 – 14 competitors = 2 umpires etc.

Sunday: 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.

All umpires will receive free lunch and snacks on the day of the competition.

Umpires must wear: Navy pants, navy jacket, white shirt, tie, white shoes.

International teams may be excused the requirement to provide umpires

Coaches

There will be no coaching allowed during patterns.

Clubs must meet the umpire to competitor ratio on each day they to receive coaching passes

1-15 competitors = 1 coach, 2-30 competitors = 2 coaches etc. Maximum of 1 coach per ring

On Saturday coaches may be cadets (14-17) or seniors, who can coach at ringside.



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On Sunday, coaches must be cadets (14-17) from blue belt upwards and No senior coaches are allowed at ringside.

In the interest of fairness on Sunday, if one competitor does not have a coach for a match then the other competitor will not be allowed a coach for that match.

Safety Equipment: Equipment must be of an ITF approved type.

All competitors must wear:

- Head Guard
- Gloves (open palm, enclosed fingers)
- Foot pads
- Shin Guards
- Gum Shield (Clear)
- Groin Guard (compulsory for all male competitors)

**** All Foot Pads, Gloves and Head Guards must be Red or Blue, no other colours will be allowed ****

All competitors must wear a red or blue headguard, depending on which side of the draw they are on. ITA will provide these at the event, however, if competitors prefer to wear their own headguard they must have a red and a blue helmet as part of their sparring set. No other colours will be allowed to be worn.

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.

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 light contact, with the technique controlled on the target. Points will be awarded as follows:

- 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.

Awards

Colour Belts: 1st, 2nd and joint 3rd Place

Under 15 & Veteran Black Belts: 1st, 2nd and joint 3rd Place

Cadet & Senior Black Belts: 1st, 2nd and 3rd Place

Special Technique/Power: 1st, 2nd and 3rd Place

Under 10 competitors up to green tag who are not placed will receive a commemorative medal.

Overall competitor awards for the most outstanding performance at cadet and senior black belt level.



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Weight / Height Control

Competitors must wear a t-shirt and dobok pants. A 1kg tolerance is permitted.

On Sunday height control for juniors will take place during the patterns divisions. As each competitor is eliminated they will have their height checked. Any competitor not taking part in patterns must have their height checked during this time as well.

When registering 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.

Insurance

All competitors must have adequate insurance for all eventualities.

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.

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. This will be indicated on the competitor sticker as Recat Up or Recat Down as appropriate

Competition area

Only competitors for current division, officials, coaches with passes, committee and VIPs allowed on competition floor.

Categories

For full list of categories please see the event page on the sportdata.org web page

ITA Tournament and Umpire Committee

Tournament Director

Master Mark Buckley VII Dan

Umpire Chairperson

Mr Carl Smullen V Dan

Tournament Coordinator

Mr Stephen Ryan VI Dan

Tournament Administrator

Mr Stephen Smullen V Dan

Contact

Email: entries@taekwondo.ie



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Techniques and Heights for Special Technique

Blue/Red Belts 11-13 Years	Female 11-13 yrs -155cm	Female 11-13 yrs +155cm	Male 11-13 yrs - 155cm	Male 11-13 yrs +155cm
Flying high front kick	180	190	190	200
Flying high side kick	90	100	100	110

Blue/Red Belts 14-17/Senior	Female 14-17 years	Female Senior	Male Senior	Male 14-17 years
Flying high front kick	190	200	230	220
Flying high side kick	100	110	120	120

Black Belts	Junior Male	Junior Female	Senior Female	Senior Male
Flying high front kick	240cm	210cm	220cm	250cm
Flying turning kick	210cm	180cm	190cm	220cm
Flying reverse turning kick	190cm	-	-	200cm
360 mid air kick	190cm	-	-	200cm
Flying high side kick	130cm	110cm	120cm	140cm

Note: Measurements for height are made from the surface of the floor or mat, to the bottom (lowest) edge of the board, or tape in the case of the high side kick.

Power Breaking

Technique	Junior Female	Junior Male	Senior Female	Senior Male
Forefist front punch	-	1	-	2
Knifehand strike	1	2	1	2
Side piercing kick	2	3	2	3
Turning kick	1	2	2	2
Reverse turning kick	-	1	-	2