



We try to keep everyone as informed as possible leading up to and throughout the day at the competition. We often get asked similar questions which we don't always have time to answer so we have created this FAQ sheet to cover the most common questions asked.

During the competition if any competitors/parents have any questions we ask that the coaches approach the top table on their behalf. This will also be the case if any competitors think they have missed their category or feel they are in the wrong one.

#### 1. What time should we arrive?

Doors will open at 8:45am for competitors and spectators, the competition will start at 9:15am.

For any students in the following age groups we have staggered their arrival time to 10:00 am if they wish to arrive a bit later. We will start their categories any time after 10:30am once there is a ring available.

10 - 11 years all grades

12 - 14 years all grades

15 - 17 years all grades

#### 2. What category am I in?

All categories are split into the following age groups;

3-6 years

7-9 years

10 - 11 years

12 - 14 years

15 - 17 years

18 - 35 years

36 years and above.

For high kick and long kick everyone will be in their age groups and then split into groups based on height.

For patterns it will be based on age and then grade.

For sparring it will be based on age, grade and then weight/height. If you are unsure of your category please ask your coach to speak to a member of the EMAP team.

Please note for sparring Point Stop Sparring is for Blue Stripes and below and all 3 - 6 year olds.

Continuous Sparring is only for Blue Belts and above. Competitors will automatically be entered in to the correct category depending on their grade.

#### 3. When will my category be on?

We will be unable to give reliable estimates as to when categories will run. We will work through the age groups from youngest to oldest as much as possible.

We will be starting the day with the following age categories;

3 - 6 years old

7-9 years old

18 - 35 years old

36 years and above

We will then make our way through the other age categories in age order as soon as rings become available.

#### 4. Can I see who is in my category?

We make it a general policy that we don't give out the list of competitors as sometimes they need to change last minute.



**5. How long will I be there for?**

We try to run the day as efficiently as possible but there can often be delays which are out of our control such as people arriving late to their category, when medical attention is needed or if we need to change the officials around. We know it's always a long day for everyone including those helping out so please be patient with us as we can't give you an answer as to how long you will be waiting for your category to begin.

**6. What happens if I miss my category?**

All categories begin with a roll call on the ring. Anyone who is not there will then be called twice via the PA system, the second time will be announced as the final call. They will have 5 minutes to make it to the ring. If after 5 minutes the competitor has not arrived on the ring, and the category has begun, they will not be able to participate in that event. They will also not be put into an alternative category and refunds will not be given.

**7. Do we have stay for the whole day?**

Once all of the events you have entered are complete you are free to go home or you can stick around and watch some of the other categories if you wish.

Please note that swearing/being rude to others will not be tolerated. Anyone who is disrespectful to event staff, coaches, fellow competitors and spectators will be asked to leave immediately and no refunds will be issued.

If anyone has any problems on the day the club coach can speak with Grand Master Deedigan or Miss Sinéad Deedigan.

Please also see the event information sheet for extra information regarding the rules etc.