



EMAP BRITISH OPEN CHAMPIONSHIPS - FAQ

What time should we arrive?

Doors open at 8:45 am and competition starts at 9:15 am.

Age group	Arrival time
3–6 years	Between 8:45 – 9:00 am
7–9 years	Between 8:45 – 9:00 am
10–11 years	Between 8:45 – 9:00 am
12–14 years	Between 8:45 – 9:00 am
15–17 years	By 11:00 am
18 years and above	By 12:00 pm

How long will I be there for?

We try to run the day as efficiently as possible, but delays outside our control happen, such as people arriving late to their category, medical attention being needed, or officials being changed around. It is always a long day for everyone, including those helping out, so please be patient. We can't say how long you will wait for your category to begin.

Do we have to stay for the whole day?

No. Once all of the events you have entered are complete you are free to go home, or you can stay and watch other categories.

Categories

What category am I in?

All categories are split into these age groups: 3–6, 7–9, 10–11, 12–14, 15–17, 18–35, 36–59 and 60+ years.

Event	How categories are split
High Kick and Long Kick	Age and gender, then split into groups by height
Patterns	Age, gender, then grade
Sparring	Age, gender, grade, then weight

Which type of sparring will I be in?

Point Stop Sparring is for Blue Stripes and below, and for all 3–6 year olds. Continuous Sparring is only for Blue Belts and above who are 7 years old or over. Competitors are entered into the correct category automatically, based on their grade.

How will I know when my category is called?

On the day, each competitor is issued a wristband showing their category numbers. When we call each category, listen out for those numbers.

How many are in my category, and can I see who else is in it?

As a general policy we don't give out the list of competitors or the numbers in each category, because they sometimes need to change at the last minute.

Running order and missing your category

When will my category be on?

We can't give reliable estimates of when categories will run. As a guide, we start with the 3–6 year olds and 7–9 year olds, then work through the age groups from youngest to oldest as much as possible.

What happens if I miss my category?

Every category begins with a roll call on the ring. Anyone not there is called twice over the PA system, and the second call is announced as the final call. They then have 5 minutes to reach the ring. If a competitor has not arrived after 5 minutes and the category has begun, they can't take part in that event. They will not be moved into another category, and refunds will not be given.

Tickets, registration and rules

My ticket says the wrong name.

When registering you may enter two names: the person completing the form, and the participant. Every ticket carries the name of the person completing the form. If you register on behalf of someone else, the name entered as participant is the one we use when entering them into each category. If the participant name is wrong, please email us at emapmartialarts@gmail.com.

What are the competition rules?

All of the rules for the competition are sent to each club coach, so please speak to your coach with any questions about rules and equipment. A competitor information sheet and the competition policy can also be downloaded from the [Event FAQ page](#).

Who is the event for?

The championship is open to competitors of all levels, with clubs and associations from across the UK, in a family-friendly atmosphere. Coaches can email us to request an information pack for the event.

Still have a question?

Email emapmartialarts@gmail.com or call 07465275935. Coaches can also ask the EMAP team on behalf of their students.