EMAP OPEN CHAMPIONSHIPS - INFORMATION FOR COMPETITORS

START TIMES ETC

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

Adults competing are welcome to arrive for 12pm and will compete once we have worked through all of the younger age groups.

Running Order;

We will begin with our youngest competitors, starting with the 3-6 year olds, followed by the 7-9 year olds, and then the 10-11 year olds.

We will then work through the remaining age groups in sequence.

Please note that we're unable to give specific timings for each group, as this will depend on ring availability throughout the day, so we'd ask competitors and families to be prepared for some waiting between groups. We will, however, be working as quickly as possible to move through each age group so the day runs as smoothly as it can.

Spectators can pre book their tickets via the website or pay on the door with cash or card, it is £5 per person and under 5's are free.

Spectators Tickets; https://www.emapmartialarts.com/event-details/spectator-tickets-5

COMPETITORS

Each competitor will be given a wrist band with their category numbers on so they know which one they are in when we call them. Coaches will also be given a print out of the category numbers their students are in.

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.

Events & Divisions Age groups;

3 - 6 years

7 - 9 years

10 - 11 years

12 - 14 years

15 - 17 years

18 - 35 years

36 - 59 years

60 years and above

In some instances divisions may be merged depending on the number of entries.

HIGH KICK & LONG KICK

Competitors will compete for 1st Place. Divisions will be split into age groups and gender then based on height which will be decided on the day. Grades will be mixed. There may be some age groups in which we merge genders also depending on the number of entries.

High Kick - Competitors must kick the red ball with their foot with one swing of the leg.The ball can be hit on the way up or down. The standing leg must remain on the floor at all times. If the competitor misses the target or falls to the floor after hitting the ball they are out. Jumping kicks are not allowed. The target will increase in height each round and the winner will be the last person left in who successfully kicks the target.

Long Kick - Competitors will run and jump over an obstacle to hit the target at the end of the runway. Competitors must hit the target with their foot whilst in the air before any part of their body touches the mats on the floor. Anyone who misses the target will be out. Each round the distance of the target will increase. The winner will be the last person left who successfully kicks the target.

PATTERNS

Two competitors will compete at the same time, the successful competitor will proceed through to the next round until a winner is decided. The following will be awarded;

One 1st Place

One 2nd Place

One 3rd Place

Competitors choose which pattern they would like to perform. For ages 10 and above in the final competitors will perform their choice pattern and a designated pattern from the judges.

For Taekwon-Do Patterns;

Colour belts can choose any pattern up to and including their grade pattern.

Black belts can choose any pattern from their set or the grade below. 1st Dans can choose Choong-Moo.

SPARRING

The following points will be awarded in Sparring for Point Stop and Continuous.

Rounds will be 1 x 1 minute 30 seconds with 2 x 1 minute 30 rounds for the final.

For ages 3 - 6 years rounds will be 1 x 1 minute.

Based on current research into head injuries and concussion and in the interest of competitor safety, the scoring system has been updated so that **any kick or punch to the head will score 1 point**.

1 point for a standing/jumping kick to the head.

1 point for any punch to the head or the body.

2 points for a standing or jumping kick to the body.

3 points for a spinning kick to the body.

For sparring full sparring equipment must be worn;

Head Guard

Foot Guards

Shin Pads

Gum Shield

Groin guard for males.

Gloves - fingers must be enclosed with an open palm or boxing gloves no heavier than 12 0z. No Hand wraps. All sparring equipment will be checked by the referees before the round begins, if the student does not have the correct equipment and cannot borrow they will be unable to compete and a refund will not be given.

Medals will be awarded for;

One 1st Place

One 2nd Place

One 3rd Place

Sparring Divisions; All categories are based on age, weight/height and grade. Some categories may be mixed together depending on the number of entries. Please note there may be random weight checks carried out on each ring.

Point Stop Sparring - Blue Stripes and Below and ages 3 - 6 years.

The first person to reach 10 points in a round or the competitor with the highest number of points at the end of the round will be declared the winner. Points are awarded when 2 of the 3 judges agree the point at the discretion of the centre referee.

In the event of a draw an extra 30 seconds will be added to the time and the counters reset. The winner will be the competitor with the most points at the end of the 30 second extension.

If there is a second draw decision the centre referee will decide the winner of that round.

Continuous Sparring - Blue Belts and above for age groups 7 years and up.

The competitor with the majority decision from the corner judges will be declared the winner of that round.

In the event of a draw an extra 30 seconds will be added to the time and the counters reset. The winner will be the competitor with the most points at the end of the 30 second extension.

If there is a second draw decision the centre referee will decide the winner of that round.

FOR ALL COACHES, COMPETITORS AND SPECTATORS

Please note this is a family friendly competition so anyone creating a negative atmosphere by showing disrespect to any event staff, competitors, or spectators will be asked to leave. If they have not yet competed they will not be able to do so and refunds will not be given.

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