

# FOX TAEKWON-DO SCHOOLS

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Dear Instructor/Black Belt

You and your students are invited to “FOX CHALLENGE” – OPEN MARTIAL ARTS TOURNAMENT. It will be held in Camrose on Saturday, February 11, 2012, at the Camrose Regional Exhibition. This will be our 19<sup>th</sup> annual tournament.

Enclosed you will find a schedule, a list of rules and regulations, a tournament agreement and a tournament poster. We encourage competitors to pre-register no later than Friday, February 10. They can register the morning of the tournament but they will save \$10 if they preregister. If you are going to mail in registrations include payment and leave enough time for the postal service. All faxed registrations must have credit card information completed.

Please feel free to share this information with any clubs you are affiliated with.

I hope you can join us in making this year’s “FOX CHALLENGE” the most exciting yet. If you have any questions please feel free to e-mail or phone our office.

Sincerely,

Master A. Glenn Fox  
President

# **SCHEDULE**

## **Friday, February 10**

4:00 – 8:00 p.m. Pre-registration at FOX TKD headquarters

## **Saturday, February 11**

8:00 a.m. Registration

**9:30 a.m. Black-Belt Meeting**

**10:00 a.m. OPENING CEREMONIES**

Forms competition starting with youngest & lowest ranks

Black-Belt Forms

Black-Belt Sparring

Sparring competition starting with youngest & lowest ranks

Team Sparring

DEMONSTRATION

Musical Forms competition –individual and team events

Black-Belt Flying Side Kick

Black-Belt Free-Style Break

Black-Belt Extreme Breaking

Black-Belt Sparring Finals

Power Breaking Finals

**BLACK-BELT SPARRING GRAND CHAMPIONSHIP**

**Eligibility:**

- a. Each competitor must be a student or instructor of an established / recognized Martial Arts club, school or organization and a full member in good standing of “**invited**” clubs, schools or organizations.
- b. Each competitor must complete a “tournament registration form” which includes a waiver, releasing Fox TaeKwon-Do Schools from any liability. This form must be signed, also, by the parent or legal guardian of any competitor under the legal age of eighteen years.
- c. Each competitor must pay his/her registration fee and be fully registered by the registration deadlines.
- d. A competitor may only compete if they are eligible in terms of gender, age and Martial Art rank/experience. The tournament director and/or the officials committee reserve the right to place any competitor in an alternate division at their discretion with gender, age, size and rank being the determining factors.
- e. Each competitor must be in good physical condition and mental health and be able to withstand the controlled contact and vigorous pace of tournament competition.
- f. Each competitor must practice good sportsmanship throughout the tournament.
- g. Failure to comply with any of these regulations/guidelines will result in expulsion from the tournament.

**Equipment:**

- a. Each competitor will wear a clean, strong uniform and appropriate belt signifying their rank level.
- b. Every competitor will wear a uniform and/or crest that indicates their club, school and/or organization. Questionable attire will be subject to the Tournament Director’s and/or the Officials Committee’s discretion.  
T-shirts are not allowed.
- c. SPARRING EQUIPMENT: (all equipment is subject to the tournament director’s approval)  
**Mandatory:** **hand pads** foam dipped covering the fingers, knuckles, ridge-hand and knife-hand  
**foot pads** foam dipped covering the toes, instep, sides of foot **and back of the heel**  
**head gear** foam dipped or vinyl. Not boxing head gear.  
**Optional:** Mouth Guard - must be form-fitted, groin guard, shin guard and/or forearm guard made from a soft material, head guard  
**Not Allowed:** hand-wraps, wire frame or loose glasses, any protective pads made from a hard material, shoes, sneakers, slippers, rings, bracelets, necklaces, earrings or other jewelry
- d. Failure to comply with any of these regulations/guidelines will result in disqualification as a competitor.

**Personal Conduct / Dress Code:**

**COMPETITORS:**

- a. Each competitor shall practice good sportsmanship throughout the tournament, both in and out of uniform.
- b. Competitors shall not talk unnecessarily to the officials at any time during competition.
- c. Each competitor shall wear a uniform acceptable to his/her club, school or organization.
- d. Awards will be presented at the completion of each competition/division throughout the day.
- e. Awards will not be presented to competitors who are not in uniform.
- f. Any negative coaching or cheering, or negativity exhibited by or for the competitor will result in that competitor being disqualified from that event, or all events, and may result in expulsion from the tournament facility.

**OFFICIALS & BLACK-BELTS:**

- a. Black-Belt Officials (judges and referees) will wear either their official school uniform with or without clean white runners, or, dark pants with a light shirt and dark tie.
- b. “Red” Officials (ie: timers & score-keepers) will officiate in respectable, semi-formal attire and will have their admission fee waived. “Officials Shirts” are provided.

**NOTE:** The Tournament Director reserves the right to expel any competitor and/or spectator for conduct he/she feels is detrimental to other competitors and/or the success of the tournament.

## **Rules and Regulations**

**FORMS:** During this event competitors compete, two at a time, to see who has the superior form.

After their performance three, five or seven Black Belt judges choose the winner with a show of hands. Competitors may repeat the same form more than once throughout the event. If a colored belt competitor stops during their performance they may start over again with the judges regarding this as one mistake and deduct accordingly. If a Black-Belt competitor does not complete his/her form, the "win" is automatically given to their opponent. In the event neither Black-Belt competitor completes his/her form, both will be disqualified from the event creating a "bye" for the next competitor in line.

This event is a modified double elimination, meaning, while every competitor is guaranteed a minimum of two matches, they do not necessarily have to lose twice to be eliminated from the event.

**SPARRING:** This event is also a modified double elimination. A Black Belt referee and two Black Belt corner judges control the rings. Points are awarded to a competitor who scores on a legal target (head and front torso). Contact is not necessary to score points. Rounds will be 1.5 minutes in length with the winner being the competitor with the most points at the end of the time limit or the first competitor to score 10 points.

**Competitors must have their own equipment.**

**Non-Contact:** Absolutely no contact is permitted to the head for those under adult Blue Belt. Some light contact to the body will be allowed but excessive contact will not be tolerated. Minus points will be deducted by the referee for heavy contact, striking to the groin, illegal techniques, etc. Three minus points warrant a disqualification. Warnings will also be awarded for less survive fouls. Three warnings warrant one minus point.

**Semi-Contact:** There will be some light head contact permitted for adult Blue Belt and higher. Excessive contact will still result in a minus point.

**3-2-1 Point System:** competitors scoring with more difficult techniques are rewarded for their effort:

**1-Point:** strike with the hands to head or body or kick to body

**2-Points:** standing kick to head

**3-Points:** jump kick to head (competitor must clearly be airborne)

**Automatic Disqualification** will result, at the officials and/or tournament director's discretion when any of the following occur: malicious attack, foul language, arguing with official, negative coaching or cheering from spectators on behalf of a competitor

Any "cheering" which is an attempt (as interpreted by the officials or tournament director) to influence the referee or judges will not be tolerated and will result in the disqualification of the competitor.

*(The following events are single elimination)*

**TEAM SPARRING:** Team Sparring utilizes the above sparring rules with the exception that this is a single elimination event. Teams of three competitors square off with each team member sparring a member from the opposite team for 45 seconds. This is a **team** effort where the scores of all five matches are totalled. The *TEAM* with the most points is the winner. This event is only open to adult (16yrs+) Blue Belt and higher.

**INDIVIDUAL and TEAM MUSICAL FORMS:** The first competitor will receive an automatic score of '6.0' and the second competitor a score of either '5.0' or '7.0' from all five judges, which they will use as the standard for the remaining competitors. To prevent ties the lowest and highest scores are dropped and the competitor with the highest total wins the event. Teams must have a minimum of three competitors per team. There is a maximum of 2 minutes 15 seconds allowed per Musical Form. Competitors in individual musical forms must be Green-Belt or higher. At least one competitor in team musical forms must be Green-Belt of higher with a limit of 3 competitors per team. These events may be combined into one if there are a limited number of competitors in each.

**FREESTYLE BOARD BREAK:** Each competitor will, after much practice and preparation, perform a unique, original combination break using 10 boards individually or in combination with a variety of techniques. The performance must be **pre-arranged**. The entire performance, including setup, breaks and return to attention **must not exceed one minute** or the competitor will be automatically disqualified.

**FLYING SIDEKICK:** Competitors must fly over an obstacle (a chair approx. solar plexus height), perform a flying sidekick on one rebreakable board then land safely on their feet. The obstacle will start ten feet away from the boards and will be moved one foot farther with each successful round. Competitors are permitted two attempts per round. Who ever flies the farthest and successfully break their boards will be declared the winner.

**POWER BREAKING:**

MENS - Each competitor will attempt to break as many bricks possible starting with a stack of eight spaced bricks. (Boards may be used if we run out of bricks or suppliers have none)

WOMENS - Each competitor will attempt to break as many boards possible starting with a stack of eight spaced boards.

The competitor breaking the most bricks or boards is the winner.

**Competitors are permitted TWO practice swings and ONE attempt per round.**

**XTREME FREESTYLE BREAK:** This competition is just what it says - Xtreme. Each competitor will, after much practice and preparation, perform a unique, original single extreme technique breaking from 1 to 5 boards (ie: flying triple kick, back-flip high kick) The competitor may make only **one attempt** and the entire break, including setup, break(s) and return to attention **must not exceed 30 seconds** or the competitor will be automatically disqualified. Assistants may support the technique in a stationary position but are **not** allowed to assist the competitor with movement. Safety is a priority in this event.

**BREAKING EVENTS ARE ONLY OPEN TO BLACK BELT COMPETITORS.**