



**REPUBLIC OF IRELAND TAEKWON-DO ASSOCIATION
(R.I.T.A. Est. 1972)**

ITF IRELAND CUP 2016

SATURDAY 9th APRIL

Neptune Stadium, Cork

A stylized graphic of a Taekwon-Do figure in dark teal, consisting of a curved line for the body and a small circle for the head.

**ITF
IRELAND
CUP**

WWW.RITA-ITF.ORG



Dear Instructors & Competitors,

On behalf of the R.I.T.A Tournament Committee, I would like to invite you to the ITF Ireland Cup 2016 to be hosted in Neptune Stadium, Cork.

The individual's event will include:

- Patterns and Sparring for all Junior, Senior and Veteran competitors
- Special Technique will only be open for all **Junior and Senior competitors**
- Power will only be open for Senior and Veteran competitors.

Please note that this is a **pre-register only event**. **All entries should be made using the Excel entry spreadsheet and returned to tournaments@rita-itf.org (Link available on www.rita-itf.org) no later than Friday 1st of April 2016**. Individual forms must follow and be scanned or posted to arrive no later than Friday 8th April. Postal address available by return of entry spreadsheet. **Please remember that accurate information is the responsibility of the instructor, any errors cannot be amended on the day.**

If you have any questions in relation to this event, please do not hesitate to contact us at **tournaments@rita-itf.org**

Further details of the event and Link to the application form are available on www.rita-itf.org.

Look forward to seeing you at the event.

RITA Tournament Committee



Please note important amendment to the Sparring rules below:

I would like to bring your attention to the following amendment to our RITA Tournament sparring rules.

Change in rules for Sparring divisions in RITA tournaments

With immediate effect the ITF rule regarding compulsory technique for sparring will be implemented for all **junior and Senior Colour and Black Belt Sparring** divisions in both RITA tournaments, ITF Ireland Cup and Irish Open. Please note it will not apply to Veteran divisions.

The rule states as follows:

56.2.3 2 points should be deducted from a competitor's score if he or she fails to execute at least midair kick (180° or more) in each round of competition. Only the midair kick (180° or more) which are performed in time of attack and defence or while in contact with the opponent should be recognized as the valid points. The midair kicks which are blindly performed in the air should not be recognized.

This rule stipulates that 2 points will be deducted if a competitor fails to execute a midair 180 kick. This will be implemented by starting all competitors with -2 points and adding back the points once the kick is executed. The centre referee will indicate that the kick has been performed to the Jury President who will cancel the point deduction if they agree that the compulsory kick has been performed.

We believe that by bringing our tournaments in line with International events we will further raise the standard of our competitors and events.

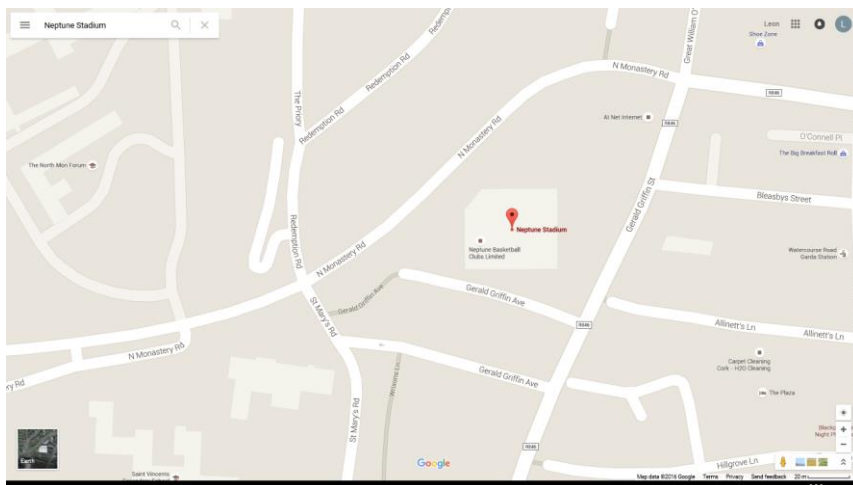


Tournament Details:

- Date: 9th of April 2015
- Doors Open at 8.30am
- Umpire Meeting at 8.45am sharp. Competition starting at 9.00am sharp.

Venue: Neptune Stadium, North Monastery Road, Blackpool,
Co. Cork.

[Directions to Neptune Stadium](#)





Accommodation:

There are a number of hotels and B&B's close to the venue. Please check all hotels and their locations before booking.

The contact for bookings in the **Commons Express Inn** is :

Phone: +353 (0)21 4210300

<http://www.commonstinn.com>

E-mail: info@commonstinn.com

Address: New Mallow Road, Cork, Ireland

The contact for bookings in the **Montenotte Hotel** is :

Phone: +353 (0)21 4530050

<http://www.themontenottehotel.com/>

Email: reservations@themontenottehotel.com

Address: Middle Glanmire Road, Cork, Ireland

The contact for bookings in the **Maldron Hotel** is :

Phone: +353 (0)21 4529200

<http://www.maldronhotelcork.com/>

Email: info.cork@maldronhotels.com

Address: John Redmond Street, Shandon, Cork, Ireland



Individual Fees:

Section	Fees
9 th Kup – Juniors	€10
9 th Kup – Seniors	€15
Juniors - Colour & Black Belt	€25
Seniors – Colour & Black Belt	€30
Veterans – Colour & Black Belt	€30

Family Rates: Reduce by €5 for every other member of a family up to the third family member, 4th and above family members compete for free. Please note this applies to immediate family members only (ie brothers/sisters/parents) which must be verified by their Instructor.

NB. Please note that it is the lowest price entry fees that will be waived.

Examples:

Family with 1 Adult & 2 Juniors

€30+€25+€25=€80 less family Rate (€10) = €70.

Family with 1 Adult & 3 Juniors (same price as above)

€30+€25+€25+free Junior=€80 less family Rate (€10) = €70.

Family with 2 Adults & 2 Juniors

€30+€30+€25+Free Junior=€85 less family Rate (€10) = €75.



Please return Excel entry spreadsheet form by **Friday 1st April 2016**. Please note all entries should be submitted by the instructor.

Methods of Payments:

- **EFT / Online Banking / Bank Transfer:** Fees can be transferred into the bank account details below. Please email a copy of the receipt or proof of payment to tournaments@rita-itf.org. Competitors will not be entered until the entry fees have been received.
- **Bank Lodgement:** Fees can be lodged into the bank account details below. Please email a copy of the receipt or proof of payment to tournaments@rita-itf.org. Competitors will not be entered until the entry fees have been received.
- **Post Order / Bank Draft / Cheque:** To be made payable to R.I.T.A. Please email tournaments@rita-itf.org for the address for them to be posted too.

Fees & entry details must be received by Friday 1st April 2016.

Bank Account Details are as follows:

- **Bank Name:** Permanent TSB
- **Account Name:** RITA No. 1 Account
- **Account Number:** 80010007
- **Sort Code:** 990606



<u>Trophies:</u>	Patterns:	1 st , 2 nd , Joint 3 rd
	Sparring:	1 st , 2 nd , joint 3 rd
	Special Technique:	1 st only
	Power Test:	1 st only

<u>Awards:</u>	Overall Junior
	Overall Senior
	Overall Veteran
	Overall School

Closing Date: The closing date is Friday the 1st April 2016. **Please note late entries will not be accepted.**

Age:

- 'Junior' refers to any competitor aged 17 years or under on 09/04/16
- 'Senior' refers to any competitors aged 18 years or over on 09/04/16



General:

- This tournament is only open to ITF style members (9th Kup to 6th degree) **(4th Degree – 6th Degree members can wear stripes while competing.)**
- 9th Kup members may compete in the patterns and Special Technique divisions only.
- Full white TKD Dobok must be worn by all competitors
- For Sparring, approved hand and foot pads must be worn. Mouth guards are mandatory for all competitors and groin guards (worn inside the Dobok) are mandatory for male competitors.
- One Umpire for up to and including every 10 Competitors **MUST** be supplied. This rule will be enforced and schools without the required amount of umpires will not be allowed compete. (Schools can share Umpires to make the numbers)
- **Forms that are completed incorrectly will not be accepted**

Umpires:

- ***For up to and including every 10 competitors entered, you must provide one qualified umpire. (Example; 6 Competitors = 1 Umpire, 12 Competitors = 2 Umpires)***
- *A qualified umpire is a black belt, over 18 years, who has successfully completed a recognised umpire's course.*
- *Umpires must wear the approved umpire's uniform with white running shoes.*
- ***We request that Umpires complete the Umpire Online Form.***
- *Umpires must sign in and attend the Umpires' meeting in the morning and be available to umpire for the whole day. Even if your school is only entering senior competitors. This will help to keep the whole day on schedule.*
- *Schools whose umpires are not present at the Umpire meeting will have their competitors removed from the tournament.*
- *For further information in relation to umpires please contact the R.I.T.A.'s Chief Umpire Master Robert Howard (087-6987624)*



Disputes:

Protests must be made on the official form to the Chief Umpire and be accompanied by a protest fee of €100 which will be refunded only if the protest is upheld. Any protest must be made observing the correct courtesies and protocols. Protests not made in the correct manner will not be entertained.

Competition Divisions/Sections:

Each section must consist of two or more competitors. If there is only one competitor in a section, he/she will compete in a higher or lower section as deemed appropriate.

Patterns - Colour Belts – Junior, Senior and Veteran:

Competition will be in the form of a pyramid system. Competitors will be asked to perform one optional pattern of their choice. This can be any pattern from Chon-Ji to the pattern of their grade. In the event of a draw, competitors will be asked to perform another pattern.

Patterns – Black Belts – Junior, Senior and Veteran:

Competition will be in the form of a pyramid system. Competitors will be required to perform 2 patterns, optional and designated.

Optional patterns must be from their Dan Patterns, **with exception of 5th and 6th Degree members, their optional pattern must be a 4th Degree Pattern.**

Designated patterns will be any pattern from Chon-Ji up to and including their Dan Patterns (4th Degree Patterns being the highest).

Sparring – Colour Belts:

Children Sparring (up to 11yrs) – All bouts will be 1 X 1 minute rounds

Junior Sparring (12 -17yrs) – All bouts will be 1 X 1.5 minute rounds

Senior Sparring (18yrs +) – All bouts will be 1 X 2 minute rounds

Veteran Sparring (40yrs +) – All bouts will be 1 X 1.5 minute rounds



All Children and Junior sections **MUST** wear Head Safety Equipment.
Children sparring (up to 11yrs) will take place in a smaller ring. **No Head Punching is allowed for these sections**

Sparring – Black Belts:

Junior Sparring (up to 17yrs) – All bouts will be 1 X 1.5 minute rounds.
Senior Sparring (18yrs +) – All bouts will be 1 X 2 minute rounds
Veteran Sparring (40yrs +) – All bouts will be 1 X 1.5 minute rounds

*******All Finals will be 2 rounds*******

Power/Special Technique:

Junior and Senior Colour and Black Belt – Special Technique
Senior colour, Veteran Colour and Black Belts – Power Only

Power

White Focus Boards will be used for the Power Sections.
3 Points for a Clean Break, 1 point for a bent board
ITF Procedure as regards to measuring, ready position etc must be strictly followed. Eliminator will take place in all sections.

Special Technique

Special Technique will operate with a minimum starting height for all techniques as the 1st round eliminator. This will then increase during each subsequent round.

Black belt competitors must successfully perform one of the designated techniques as their eliminator in order to proceed to the next stage. ITF Procedure as regards to measuring, ready position etc must be strictly followed.



Patterns

Junior Colour and Black Belt

(Male and Female will compete together with the exception of under 11's Yellow and Green Belt)

Section	Grade	Pattern
Up to 11yrs - Male	Yellow Tag	Pattern of Choice
Up to 11yrs - Female	Yellow Tag	Pattern of Choice
12 – 14yrs	Yellow Tag	Pattern of Choice
15 – 17yrs	Yellow Tag	Pattern of Choice
Up to 11yrs - Male	Yellow Belt	Pattern of Choice
Up to 11yrs - Female	Yellow Belt	Pattern of Choice
12 – 14yrs	Yellow Belt	Pattern of Choice
15 - 17yrs	Yellow Belt	Pattern of Choice
Up to 11yrs - Male	Green Belt	Pattern of Choice
Up to 11yrs - Female	Green Belt	Pattern of Choice
12 – 14yrs	Green Belt	Pattern of Choice
15 – 17yrs	Green Belt	Pattern of Choice
Up to 11yrs	Blue Belt	Pattern of Choice
12 – 14yrs	Blue Belt	Pattern of Choice
15 - 17yrs	Blue Belt	Pattern of Choice
Up to 11yrs	Red Belt	Pattern of Choice
12 – 14yrs	Red Belt	Pattern of Choice
15 - 17yrs	Red Belt	Pattern of Choice
Under 18yrs	Black Belt	Optional Pattern Designated Pattern



Sparring

Junior Colour and Black Belt

Male Sections:

Section	Grade	Weight / Height
Up to 11yrs	Yellow & Green Belt	-125cm
Up to 11yrs	Yellow & Green Belt	126cm – 135cm
Up to 11yrs	Yellow & Green Belt	136cm – 145cm
Up to 11yrs	Yellow & Green Belt	+145cm
Up to 11yrs	Blue & Red Belt	-125cm
Up to 11yrs	Blue & Red Belt	126cm – 135cm
Up to 11yrs	Blue & Red Belt	136cm – 145cm
Up to 11yrs	Blue & Red Belt	+145cm
12 – 14yrs	Yellow & Green Belt	-145cm
12 – 14yrs	Yellow & Green Belt	146cm – 155cm
12 – 14yrs	Yellow & Green Belt	+155cm
12 – 14yrs	Blue & Red Belt	-145cm
12 – 14yrs	Blue & Red Belt	146cm – 155cm
12 – 14yrs	Blue & Red Belt	+155cm
15 – 17yrs	Yellow & Green Belt	-52Kgs
15 – 17yrs	Yellow & Green Belt	52kgs – 60kgs
15 – 17yrs	Yellow & Green Belt	+60kgs
15 – 17yrs	Blue & Red Belt	-52Kgs
15 – 17yrs	Blue & Red Belt	52kgs – 60kgs
15 – 17yrs	Blue & Red Belt	+60kgs
Under 18yrs	Black Belt	-60kgs
Under 18yrs	Black Belt	+60kgs



Sparring

Junior Colour and Black Belt

Female Sections:

Section	Grade	Weight / Height
Up to 11yrs	Yellow & Green Belt	-125cm
Up to 11yrs	Yellow & Green Belt	126cm – 135cm
Up to 11yrs	Yellow & Green Belt	136cm – 145cm
Up to 11yrs	Yellow & Green Belt	+145cm
Up to 11yrs	Blue & Red Belt	-125cm
Up to 11yrs	Blue & Red Belt	126cm – 135cm
Up to 11yrs	Blue & Red Belt	136cm – 145cm
Up to 11yrs	Blue & Red Belt	+145cm
12 – 14yrs	Yellow & Green Belt	-145cm
12 – 14yrs	Yellow & Green Belt	146cm – 155cm
12 – 14yrs	Yellow & Green Belt	+155cm
12 – 14yrs	Blue & Red Belt	-145cm
12 – 14yrs	Blue & Red Belt	146cm – 155cm
12 – 14yrs	Blue & Red Belt	+155cm
15 – 17yrs	Yellow & Green Belt	-53Kgs
15 – 17yrs	Yellow & Green Belt	+53kgs
15 – 17yrs	Blue & Red Belt	-53Kgs
15 – 17yrs	Blue & Red Belt	+53kgs
Under 18yrs	Black Belt	-53kgs
Under 18yrs	Black Belt	+53kgs



Special Technique

Junior Colour and Black Belt Special Technique

Section	Grade	Technique
Up to 11yrs (Male)	All colour belts	Twimyo Nomo Yop Chagi (Flying Kick) (50x100cm)
Up to 11yrs (Female)	All colour belts	Twimyo Nomo Yop Chagi (Flying Kick) (50x90cm)
12 – 14yrs (Male) 15 – 17yrs (Male)	All colour belts	Twimyo Nopi Ap Chagi (Jump High Kick) (180cm) Twimyo Nopi Ap Chagi (Jump High Kick) (200cm)
12 – 14yrs (Female) 15 – 17yrs (Female)	All colour belts	Twimyo Nopi Ap Chagi (Jump High Kick) (170cm) Twimyo Nopi Ap Chagi (Jump High Kick) (180cm)
Up to 17yrs (Male)	Black Belts	<ol style="list-style-type: none"> 1) Twimyo Nopi Apcha Busigi (220 cm) 2) Twimyo Dollyo Chagi (200 cm) 3) Twimyo Bandae Dollyo Chagi (200 cm) 4) Twimyo 360 Yopcha Jirugi (200 cm) 5) Twimyo Nomo Chagi (70 cm x 200cm)
Up to 17yrs (Female)	Black Belts	<ol style="list-style-type: none"> 1) Twimyo Nopi Apcha Busigi (200 cm) 2) Twimyo Dollyo Chagi (190 cm) 3) Twimyo Bandae Dollyo Chagi (190cm) 4) Twimyo 360 Yopcha Jirugi (190 cm) 5) Twimyo Nomo Chagi (70 cm X 150cm)



Patterns

Senior / Veteran Colour and Black Belt

(Male and Female will compete together, Senior & Veteran members will compete together unless otherwise stated)

Section	Grade	Pattern
18yrs +	Yellow Tag	Pattern of Choice
18yrs +	Yellow Belt	Pattern of Choice
18yrs +	Green Belt	Pattern of Choice
18yrs +	Blue Belt	Pattern of Choice
18yrs +	Red Belt	Pattern of Choice
18yrs +	I & II Degree	Optional Pattern Designated Pattern
40yrs +	I & II Degree	Optional Pattern Designated Pattern
18yrs +	III, IV, V, VI Degree	Optional Pattern Designated Pattern
40yrs +	III, IV, V, VI Degree	Optional Pattern Designated Pattern



Sparring

Senior / Veteran Colour and Black Belt Sparring

Male Sections:

Section	Grade	Weight / Height
18yrs +	Yellow & Green Belt	-75kg
18yrs +	Yellow & Green Belt	+75kg
40yrs +	Yellow & Green Belt	All Weights
18yrs +	Blue & Red Belt	-75kg
18yrs +	Blue & Red Belt	+75kg
40yrs +	Blue & Red Belt	All Weights
18yrs +	Black Belt	-75kg
18yrs +	Black Belt	+75kg
40yrs +	Black Bet	All Weights

Female Sections:

Section	Grade	Weight / Height
18yrs +	Yellow & Green Belt	-65kg
18yrs +	Yellow & Green Belt	+65kg
40yrs +	Yellow & Green Belt	All Weights
18yrs +	Blue & Red Belt	-65kg
18yrs +	Blue & Red Belt	+65kg
40yrs +	Blue & Red Belt	All Weights
18yrs +	Black Belt	-65kg
18yrs +	Black Belt	+65kg
40yrs +	Black Bet	All Weights



Power

Senior / Veteran Colour and Black Belt Power

Male Sections:

Section	Grade	Technique	Boards (White)
18yrs +	Green & Blue Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Side Piercing Kick	2 Board
		Turning Kick	2 Board
40yrs +	Green & Blue Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Side Piercing Kick	2 Board
		Turning Kick	2 Board
18yrs +	Red Belt	Punch	1 Board
		Reverse Knife Hand	1 Board
		Turning Kick	2 Board
		Reverse Turning Kick	2 Board
40yrs +	Red Belt	Punch	1 Board
		Reverse Knife Hand	1 Board
		Turning Kick	2 Board
		Reverse Turning Kick	2 Board
18yrs +	Black Belt	Punch	2 Board
		Knife Hand	2 Board
		Side Piercing Kick	2 Board
		Turning Kick	2 Board
		Reverse Turning Kick	2 Board
40yrs +	Black Belt	Punch	2 Board
		Knife Hand	2 Board
		Side Piercing Kick	2 Board
		Turning Kick	2 Board
		Reverse Turning Kick	2 Board



Female Sections:

Section	Grade	Technique	Boards (White)
18yrs +	Green, Blue, Red	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1 Board
		Side Piercing Kick	1 Board
40yrs +	Green, Blue, Red	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1 Board
		Side Piercing Kick	1 Board
18yrs +	Black Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1 Board
		Side Piercing Kick	1 Board
		180 Side Kick	1 Board
40yrs +	Black Belt	Knife Hand	1 Board
		Front Elbow	1 Board
		Turning Kick	1 Board
		Side Piercing Kick	1 Board
		180 Side Kick	1 Board



Special Technique

Senior Colour and Black Belt Special Technique

Male Sections:

Section	Grade	Technique
18yrs +	All colour belts (9 th Kup+)	Twimyo Nopi Ap Chagi (Jump High Kick)(200cm)
18yrs +	Black Belts	1) Twimyo Nopi Apcha Busigi (220 cm) 2) Twimyo Dollyo Chagi (200 cm) 3) Twimyo Bandae Dollyo Chagi (200 cm) 4) Twimyo 360 Yopcha Jirugi (200 cm) 5) Twimyo Nomo Chagi (70 cm x 200cm)

Female Sections:

Section	Grade	Technique
18yrs +	All colour belts (9 th Kup+)	Twimyo Nopi Ap Chagi (Jump High Kick)(190cm)
18yrs +	Black Belts	1) Twimyo Nopi Apcha Busigi (200 cm) 2) Twimyo Dollyo Chagi (200 cm) 3) Twimyo Bandae Dollyo Chagi (200 cm) 4) Twimyo 360 Yopcha Jirugi (200 cm) 5) Twimyo Nomo Chagi (70 cm x 200cm)



PLEASE NOTE ALL WEIGHTS MUST BE GIVEN IN KILOGRAMS

<u>Kilograms</u>	<u>Stones</u>	<u>Kilograms</u>	<u>Stones</u>
27	4.3	80	12.6
28	4.4	82	13
30	4.7	84	13.2
32	5	88	13.8
34	5.4	90	14
36	5.7	92	14.4
38	6	94	14.8
40	6.3	96	15
42	6.6	98	15.4
44	6.9	100	15.7
46	7.2	101	16
48	7.6	102	16.06
50	7.9	103	16.21
52	8.2	104	16.4
54	8.6	105	16.6
56	8.9	106	16.7
58	9.3	107	16.9
60	9.5	108	17
62	9.8	109	17.2
64	10.1	110	17.3
66	10.4	106	16.7
68	10.7	107	16.9
70	11	108	17
72	11.3	109	17.2
74	11.7	110	17.3
78	12		



PLEASE NOTE THAT ALL HEIGHTS MUST BE GIVEN IN CM's

<u>Feet/Inches</u>	<u>CM</u>	<u>Feet/Inches</u>	<u>CM</u>
4 ft 0 Inches	122	5 ft 0 Inches	152
4 ft 1 Inches	124	5 ft 1 Inch	155
4 ft 2 Inches	127	5 ft 2 Inches	157
4 ft 3 Inches	130	5 ft 3 Inches	160
4 ft 4 Inches	132	5 ft 4 Inches	163
4 ft 5 Inches	135	5 ft 5 Inches	165
4 ft 6 Inches	137	5 ft 6 Inches	168
4 ft 7 Inches	140	5 ft 7 Inches	170
4 ft 8 Inches	142	5 ft 8 Inches	172
4 ft 9 Inches	145	5 ft 9 Inches	175
4 ft 10 Inches	147	5 ft 10 Inches	178
4 ft 11 Inches	150	5 ft 11 Inches	180
		6 ft 0 Inches	182