



Dear Instructor,

It is our great pleasure to host the Open Tae Kwon Do intervarsity's in C.I.T this year. The event is open to **ALL** TKD students that are currently in 3rd level education, regardless of which organisation that they are affiliated with. This is a non political event held to improve and build new relationships with Tae Kwon Do students across Ireland and give them a great chance to compete on a national level.

The sparring sections will be open to all practitioners, WTF and ITF style fighters , fighting under unified rules. There will be sine wave and non sine wave patterns sections running on the day, as well as sparring sections for colour belts and black belts. Each college is invited to enter teams (as many as you wish) into the team events. The male and female teams should comprise of 5 members each.

The date of the tournament is set for the 23rd of February, 2013 in the CIT Bishopstown campus sports hall, Cork. Details of weights, sections, rules, cost etc be outlined below. This event will be run as fairly and efficiently as possible. The event is run by students for students with the support of the I.U.T.F who are supplying equipment and medals etc.

We hope to see you there. Please contact me if you have any questions and if you are interested in sending competitors. Our aim is to make this tournament the biggest and best intervarsity's to date!

Hope to see you there!

Dwayne Crowley

Chairman C.I.T Tae Kwon Do club

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Registration:

Registration will take place on the day of the tournament from 9:00am-10:45 am. We ask that all instructors send us details of members that wish to compete in advance, including weights and grades, on or before MONDAY THE 18TH OF FEB to give us an idea of numbers and sections on the day. If someone is on the list and they do not compete on the day they will **NOT** be charged to compete. Competitors will be charged as they register. The cost of the tournament is **25euro** per person. This will allow them to compete in the individual sparring sections and if they wish both the sinewave and non-sinewave patterns sections.

The team event will cost an extra 5euro per team member wishing to compete. Any college can enter as many teams as they wish. There will be separate team events for black belts and colour belts. Red belts may compete on the black belt team with the permission of the team coach.

Each team must provide a copy of their colleges insurance policy. The college sports department can provide this to you. It is vital that each college provides this on the day of the tournament.

Location:

The tournament will be held in the sports hall in the Cork Institute of Technology (C.I.T) Bishopstown campus, which is located 15 minutes outside of the city centre.

Here is the Link to the C.I.T location on the map

<http://www.cit.ie/citcontacts/mapsandtravel/>

The campus is easily accessible by bus or by taxi and has plenty of on campus parking for buses or cars.

BUS:

Bus Eireann provides regular services to and from the Bishopstown Campus. The No.5 bus runs between the City Centre / Kent Station and CIT. The No.8 runs from Mayfield to the City Centre and then to the top of Rossa Avenue, a few minutes walk from CIT.

There are a number of Orbital services also available: The No.1 is the North Side Orbital and the No.19 is the South Side Orbital. All the orbital services stop outside the campus.

Train:

Cork is served by Iarnrod Eireann's Kent Station, where the No 5 bus can be boarded. Kent Station is about 10 minutes walk to Patrick Street and Cork Bus Station. There is also a taxi rank at the station

Taxi:

There is a full taxi service operating from the city centre. The taxi rank is located in the centre of Patrick Street. The fare to the CIT is between €8 and €10, depending on traffic. There are also several hackney companies located near the city centre.

Sections:

Black Belts:

	Patterns Sinewave	Patterns non sinewave
	Male Sparring	Female Sparring

Colour Belts:

Patterns: White Belt – Yellow Belt Green Tag – Blue Belt Red Tag – Black Tag

Sparring:	Continuous	Continuous	Points
	Male Green - Red Tag	Female Red - Black Tag	Male White - Green Tag
	Female Green - Red Tag	Male Red - Black Tag	Female White - Green Tag
	Male Team Sparring	Female Team Sparring	

Weight Categories:

Male:	-64	-71	-81	81+
Female:	-58	-65	65+	

Weight categories may change on the day

Competitors:

All competitors must wear a full set of safety equipment when sparring, including

- Head guard
- Foot pads
- Hand pads (No open finger handpads)
- Shin guards (soft material only)
- Mouth guard
- Groin guard (male competitors)

All equipment used must be of safe standard, eg no rough edges, lose straps, metal etc. The centre referee will check the safety gear before each bout and deem if it safe to use. The centre referee may instruct the competitor to change any equipment not deemed safe before the bout

Each bout with last **2 minutes for colour belts and black belts**

The finals of the black belt sections will be 2x2 minute rounds

The points system is as follows:

- 1 point for a punch
- 1 point for a kick to the body
- 2 points kick to the head
- If it's a jumping kick +1 point.

Safety Guidelines:

- The Head Referee is the senior official in charge of the ring and bears ultimate responsibility for the operation of the ring, including adherence to the safety procedures.
- The Head Referee must ensure that the rings are in suitable condition at all times. This includes:
 - Before each bout, check that:
 - All rings are clear of any liquid spills, including water and blood.
 - If the ring is matted, that there are no significant gaps between the mats.
 - During a bout:
 - If a gap or a spill that poses a risk to a competitor becomes obvious, the bout will be paused until the risk is removed.
- The Head Referee will also ensure the both competitors are wearing the required protective equipment, which should be of a suitable standard – pads that are too small to sufficiently cover hands or feet will not be allowed.
- All officials should be alert to possible risk factors during a bout, in particular for gaps appearing between mats and for liquid spills. Should they notice something which poses a risk to a competitor they must immediately attract the Head Referee's attention and inform him of the risk.
- All officials must make themselves aware of the location of the nearest First Aid officer.
- If any official has any questions or concerns they should speak to the Tournament Director.

If you have any questions please do not hesitate to contact either:

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CIT TKD Chairman

CIT TKD Instructor

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Also if you require information on hostels or hotels please contact us. C.I.T sports department are currently trying to arrange deals with certain hotels for cheap accommodation for competitors