

# Sunshine State ITF Open Tournament Handbook

## Saturday September 24, 2022



### *Making Your Spirit Stronger*

All ITF Federations and Associations



Sponsors and Supporters



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# General Information

All registrations must be done online, this will help with the process the day of the event by having all the competitors bracketed and ready to start. After registration, there will be **No Refunds** (read our [Refund Policy](#)).

## Date

Saturday September 24, 2022

## Location

Dover Shores Community Center  
1400 Gaston Foster Road, Orlando, FL 32812

## Time

Doors Open at 9:00 am – Event Start at 10:30 am  
For more information read the Tournament Schedule section.

## Tournament Fees

We are proud of the quality of service we provide to our competitors, and we will continue to do so with your support. Here is a breakdown of the tournament fees.

Competitor Fees:

**ONLY! Competitor registration includes one (1) Slice of Pizza and one (1) Drink.**

- **\$80** – Regular Registration (choose two (2) categories)
- **\$15** - Additional Category
- **\$35** - Obstacle Course for 3- to 5-year-old
- **FREE** - Special Needs Category
- **FREE** - Team Spirit Category

General Entrance:

- **\$5** - Spectator
- **Free** - Children under 6 years old that are **NOT** competing in the Obstacle Course.
- **Free** – Coaches or Instructors (Max. 2 per school)

Please see our Refund Policy online at <https://sunshinestateitf.com/refund-policy>



**Online Registration at <https://SunShineStateITF.com>**

**Registration Ends on September 24, 2022.**

**\*\*\* No Registrations at the Door \*\*\***

**Event Begins at 10:30 AM**

## Registration Checklist

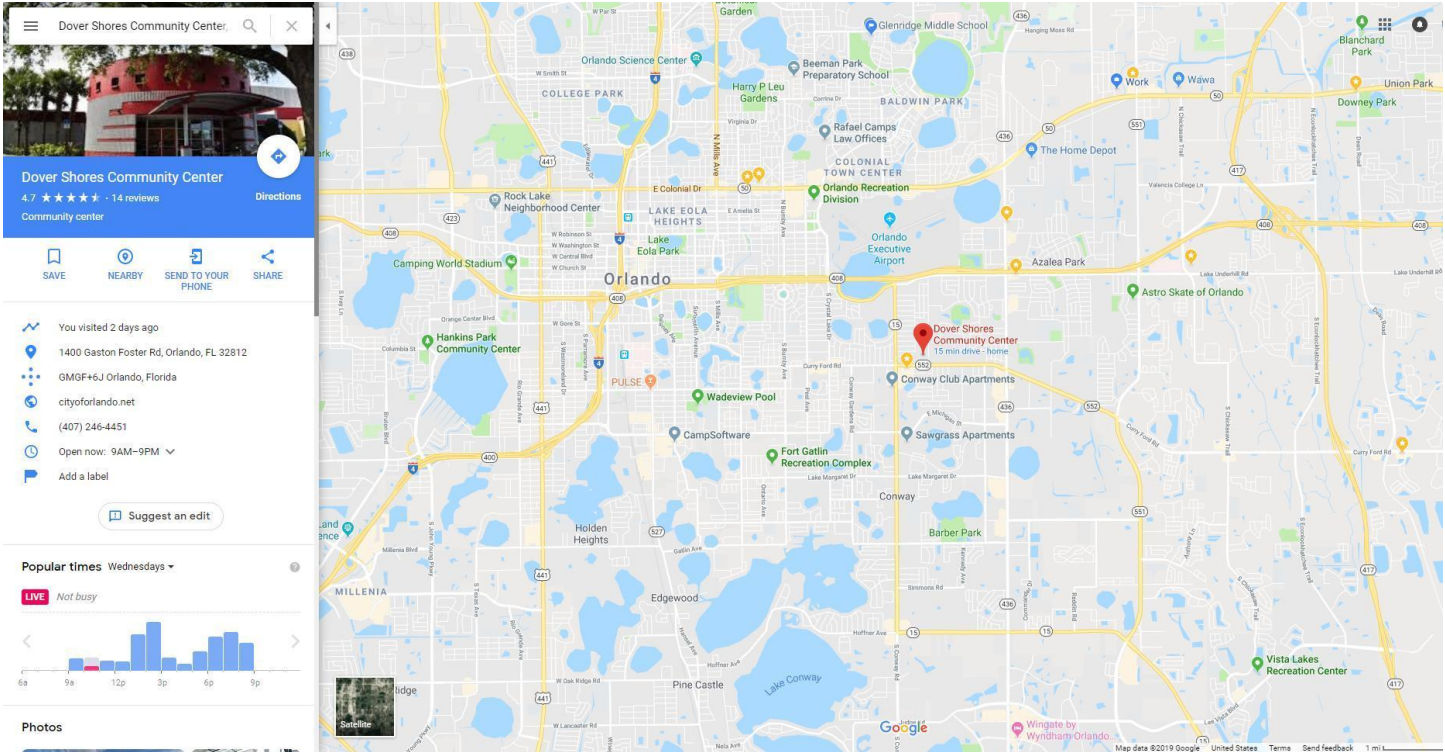
Completing all items on this list will help ensure a speedy check-in process.

- Register Online by visiting our website <http://sunshinestateitf.com> (you will be redirected to <http://kihapp.com> for registration)
- Make sure you enter all the correct information including the divisions you are participating in.
- Competitors must upload a picture (headshot Only) to their registration profile.
- The day of the event go to the Registration Table to obtain your ID Badge.
- Bring or Sign the Waiver Form at the table.
- No registration will be allowed the same day of the tournament.



# Venue

Dover Shores Community Center  
1400 Gaston Foster Road Orlando, FL 32812  
P. (407) 246-4451



# Lodging

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# Tournament Schedule

The following is a tentative schedule. Times are subject to change based on the number of competitors and how quickly each category is completed. An accurate schedule will be posted on the tournament website.

SCHEDULE	
REPORT TIME	DESCRIPTION
9:00 AM	Doors Open to Public
9:30 AM	Referee, Judges and Coach Meeting
9:45 AM	Call for Line Up
10:00 AM	Welcome Remarks American Anthem Brief overview, competitors, spectator information & updates
10:20 AM	Begin Calling Patterns Competitors
10:30 AM	Competition Begins
12:00 AM – 2:00 PM	Kitchen Open
5:00 PM	Competition Ends

**LUNCH** - The competition will continue throughout the day. Competitors choose their own lunch time. Rings and Judges will have designated lunch breaks.

We ask everyone to direct themselves to the kitchen area to pick up their lunch. Designated staff will be taking care of this and will point out the line that each person will follow in order to pick up the lunch. Once the lunch is picked up, the staff member will check your wristband.





# General Rules

## Guest Guidelines

- **Courtesy & Respect** – Be courteous, respectful, kind and practice good sportsmanship.
- **Cleanup** - Please remember to pick up your trash, water bottles, papers etc.
- **Language** – No cursing or inappropriate language is allowed. Competitors can receive point deductions or be disqualified for cursing, using inappropriate language, trash talking and/or poor sportsmanship.
- **NO Smoking** – The location is a NO SMOKING venue. There is no smoking on venue grounds or parking lots including electronic cigarettes.
- **Alcoholic Beverages** – Alcoholic beverages are not permitted at the tournament or on the venue grounds.
- **No eating inside the Gym** – There will be a designated area for eating.
- **Competition Area** – The competition area includes the competition rings and surround space where athletes compete or wait to compete. Only authorized personnel are permitted in this area. Anyone in this area is required to have appropriate credentials.
- **Practice & Warmups** – The competition area will be available for practice and stretching before the competition begins. All practice and warmups before, during and after the tournament must be conducted in a safe manner. Please be careful and cautious of others around you.
- **Injury** - In case of an Injury we will have the EMT Rescue Unit on premises.



## Coach Behavior

- Coaches are expected to present themselves in a manner that is consistent with the spirit of Taekwon-Do and good sportsmanship.
- Attire that is considered to be offensive or derogatory will not be allowed.
- Is up to the referee to ensure that coaches are representing Taekwon-Do properly.
- Coaches that are in violation of the tournament standards will be asked to leave the coaching chair.
- Coaches must be calmly remaining seated during the match.
- Coaches may not use video cameras, cell phones, earphones, etc. while sitting in a coach's chair.
- Coaches may calmly direct comments to their own player only.
- Comments considered to be too excited or directed towards the referees which are intended to either influence their decision or protest scores and penalties will result in penalties being issued.
- All Coaches must attend the Official meeting before the tournament.
- Only registered coaches will be allowed on the competition floor. Coaches can be Master, Instructor, Assistant Instructor, or a Registered Black Belt. Coaches are required to upload a picture (only Headshot) to their profile.

## Competitors

Is the competitor responsible to be available after your name is called for competition? If the competitor does not report to the ring before the 3 minutes expired, they will be disqualified from the match, making the other competitor the winner of that event.

# Dress Code (Dobok)

 ITF Opened Event	 ITF Sanctioned Event
<p><b>Uniform (Dobok)</b> A Dobok (any color) with a Belt representing their rank should be worn at all times. Students with only t-shirts will not be allowed to compete. A t-shirt under the dobok is required for female competitors and optional for male competitors.</p> <p>This is a professional tournament and rules should be followed at all times.</p> <p><b>Sparring Gear</b> All competitors must have the following mandatory gear to compete in the Sparring Division:</p> <ul style="list-style-type: none"><li>● Foot (covering feet and toes, with no external damage)</li><li>● Hand (covering knuckles and fingers, with no external damage)</li><li>● Head (protecting the front, back and side of the head, with no external damage)</li><li>● Face shields will be allowed <b>ONLY</b> for competitors 9 years old and under.</li><li>● Mouthpiece (Single or Double)</li><li>● Groin Cup (for boys is mandatory)</li><li>● Shin Guards (optional)</li></ul>	<p><b>Uniform (Dobok)</b> A Dobok (<b>ITF Approved</b>) with a Belt representing their rank should be worn at all times. A t-shirt or competition braw under the dobok is required for female competitors.</p> <p><b>Patterns</b></p> <ul style="list-style-type: none"><li>● The ITF Scoring System will be used for judging. Please refer to ITF Umpire Rules.</li></ul> <p><b>Sparring Gear</b> All competitors must have <b>ITF Approved Gear</b> to compete in the Sparring Division:</p> <ul style="list-style-type: none"><li>● Foot (covering feet and toes, with no external damage)</li><li>● Hand (covering knuckles and fingers, with no external damage)</li><li>● Head (protecting the front, back and side of the head, with no external damage)</li><li>● No face shields are allowed.</li><li>● Mouthpiece (Single or Double)</li><li>● Groin Cup (for boys is mandatory)</li><li>● Shin Guards (optional)</li></ul>

# Tournament Rules

## Bracketing Strategy

**Geographically Balanced** - We will keep competitors from the same School, City or Country on different sides of the draw (when possible.)

**Tournament Format** – The format will be based on the number of competitors per bracket, **we will try** to keep group sizes no larger than 10 competitors per division.

- **Single Elimination** – 2 Competitors
  - Competitors are eliminated after their first loss.
- **Round Robin** – 3 and 4 Competitors
  - Everyone competes once, against everyone else.
- **Repechage** – 5 to 10 Competitors
  - After their first loss, the competitor is moved to a repechage bracket. Competitors in the repechage bracket can finish third at best.

## Age and Divisions

- **The Obstacle Course** category will be prepared for 3 to 5 years old.
- **Pattern's** category will be divided by Age, Rank and Gender
- **Board Breaking** category will be divided by Age, Rank and Gender (10 to 17 years old)
- **Sparring** category will be divided by Age, Rank, Gender and Height (6 to 12 years old) and by Age, Rank, Gender and Weight (13 years old and older)
- Divisions will be merged, if necessary, to give the student more opportunities to participate.

Age	Rank	Gender	
3 - 5 years old	All Ranks	Both Genders	
6 - 7 years old	10 gup to 1 gup	Male	Female
8 - 9 years old	10 gup to 1st dan	Male	Female
10 - 12 years old	10 gup to 1st dan	Male	Female
13 -14 years old	10 gup to 3rd dan	Male	Female
15 - 17 years old	10 gup to 3rd dan	Male	Female
18 - 35 years old	10 gup to 1st dan + higher	Male	Female
36 - 45 years old	10 gup to 1st dan + higher	Male	Female
46+ years old	10 gup to 1st dan + higher	Male	Female



# Categories

The tournament will be in accordance with the International Taekwon-Do Federation rules but modified for an open tournament. These are the rules for each category.

## I. Special Needs

This is a FREE event for students with down syndrome or other qualifying special needs. The competitors will participate in a Pattern Category and an Exhibition Sparring Category if there are more practitioners in that division. The tournament directors will work with school owners to coordinate divisions and pairings for any special needs competitors. For tournament purposes, ADD, ADHD or similar attention disorders do not qualify for this category.

## II. Taekwon-Do Spirit Award

The Team Spirit category is open to all participating schools. The Team Spirit award will be given to the school with the most pre-registered paid competitors participating in the tournament. For a competitor to be included in the total count they must be pre-registered and paid on or before registrations close. The winning school receives the following.

- 24" Team Spirit Trophy
- Reserved seating at the tournament for the team (seating will be limited based on venue)
- 1 Large Pizza for the team
- \$250 in equipment/gear

## III. Obstacle Course

This is a category for children 3 to 5 years old. This is a fun and exciting event that will challenge motor skills, stamina, and mind. The children will have a set of obstacles where they must perform different activities like crawl, jump, kick, balance and run as fast as they can. The kid with the faster time wins, but all competitors will receive a medal of participation.

## IV. Board Breaking

The board breaking category is designed for students from ages 10 to 17. This category will be divided by Age, Rank and Gender with a maximum competitor of 10 per division. Competitors will be awarded a small trophy for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place based on who obtained the maximum number of points.

The competitor must break the board using one hand technique (Knife Hand) and one foot technique (Side Kick, Back Side Kick or Step Behind Side Kick). The competitor will select from different colors of boards to obtain the highest point possible. Each student will have **two** (2) opportunities but only **one chance** to break the boards with each technique.

The student or the coach is responsible to indicate how high or low you want the board to be. After the height of the board is selected it cannot be changed. The student can choose to measure only once (touching the board is ok) and when it is ready, the competitor should obtain a Guarding Block stance, from that moment the

student has only 5 seconds to initiate the breaking. After the competitor executes the technique, only the boards **completely broken** will be counted. After the technique is executed, the student should obtain a Guarding Block stance to indicate the end of the breaking. At that moment, the score will be added depending on how many boards were fully broken.

Each board will award points based on their colors:

Yellow = 1 points

Green = 2 Points

Brown = 3 Points

Black = 5 Points

## V. Patterns

### Color Belts

- 2 Competitors elimination system will be used.
- Both competitors will perform their patterns simultaneously appropriated to their degree or one degree lowered.
- Patterns will be judged based on the correct **Technique, Balance, Power and Overall**.
- If there is a tie, another pattern will be requested from the Center Judge.
- If there is a second tie, table Jury will decide the winner.

### Black Belts

- 2 Competitors **Single Elimination** system will be used.
- Both competitors will perform their patterns simultaneously appropriated to their degree.
- Black Belt competitors will perform 2 patterns: One (1) Chosen by the competitor and One (1) Designated by the center judge.
- The designated pattern will be requested at random by the Center Judge from the remaining patterns appropriate from Chon-Ji up to their degree.
- Patterns will be judged based on the correct **Technique, Balance, Power and Overall**.
- If there is a tie, the table Jury will decide the winner.

**Note:** Is normal for the Center Judge to talk with other Judges before voting. This is to discuss the performance of the competitors or request another pattern if some of the judges are not cleared of the winner.

## VI. Sparring

### Color Belts

- One (1) round of one and a half (1-½) minutes continuous sparring will be in effect for ages 12 and under.
- One (1) round of two (2) minutes continuous sparring will be in effect for ages 13 and up.
- If there is a tie, a one (1) minute overtime will be allowed.
- If there is a second tie, table Jury will decide the winner.

### Black Belts

- Two (2) rounds of two (2) minutes will be in effect for all Black Belts Division with one (1) minute rest.
- In case of a tie, a one (1) minute overtime will be allowed.
- If there is a second tie, a **tie breaker** will take place for the first competitor to strike a point approved by the judges and referee.
- This category will use a **Single Elimination** system.

## VII. Distinguished Athlete Award

Sunshine State ITF, LLC will give away two (2) five hundred dollars (\$500) via check to the selected athlete that meets certain requirements and criteria described below. This is opened to Black Belt athletes that are a high school junior, high school senior or college level student. Each school with 5 or more registered competitors can submit 2 qualifying students to receive this award.

### Qualifying Student Requirement:

- Be a Black Belt student.
- Be a junior high school, senior high school, or college level student.
- 2 references of recommendation (School Teacher & TKD Instructor).
- Registered and competed at a Sunshine Tournament.

The candidate must submit a four hundred (400) to six hundred (600) word essay that includes:

- Cover page information
  - Full Name
  - Age
  - Current Grade Level
  - Taekwon-Do School Name & Instructor
  - Number of years training Taekwon-Do
- Choose one of the three topics and write in his or her own words about:
  - How has Taekwondo changed my life?
  - How have you contributed to your community?
  - How would you influence someone else to join Taekwon-Do?

Essays with cursing or inappropriate language will not be considered. Essays that fall under or go over the word count will be disqualified. The essays must be submitted no later than August 31 of the current year,



essays received after this date will not be considered. One hundred percent (100%) of the score is based on the content of the essay. Essays should be emailed to awards@sunshinestateitf.com.

## Sparring Rules

### Target Area

1. Head:
  - 1.1. At the front, sides, and top of the head, but not at the back.
  - 1.2. Excluding the neck.
2. Trunk of the body:
  - 2.1. From shoulder to navel vertically
  - 2.2. From a line drawn from the armpit vertically down to the waist on each side (that is frontal area only, excluding the back).

### Target Point Awards

- a. One (1) point will be awarded for any legal hand attack directed to the mid or high section.
- b. Two (2) points will be awarded for any legal foot attack directed to mid-section.
- c. Three (3) points will be awarded for any legal foot attack directed to the high section.

### Light Contact Scoring Procedure System

In competition a technique is valid according to a light contact system if:

- a. Executed correctly.
- b. Dynamic (i.e., it is delivered with strength, purpose, speed and precision.)
- c. Controlled on the target.

### Minus Points/Fouls

One point will be deducted for the following offenses:

- a. Heavy contact.
- b. Attacking a fallen opponent.
- c. Leg sweeping.
- d. Holding/grabbing.
- e. Intentional attack to a target other than mentioned in Target Area
- f. Unsportsmanlike Conduct\*

\* To include any action taken by a competitor that shows disrespect, lack of following directions or other unacceptable behaviors towards umpires, officials, or other competitors, including though not limited to: Failure or refusal to follow referee's directions, intentionally leaving ring/manipulation of time, inappropriate behavior/language....)



## Warnings

Warnings will be assigned for the following offenses:

- a. Pretending to have scored a point by raising one or both arms.
- b. Stepping completely out of the ring (both feet).
- c. Falling, whether intentional or not (i.e., any part of the body, other than the feet, touching the ground).
- d. Faking a blow, pretending to be injured to gain an advantage.
- e. Intentionally avoiding sparring.
- f. Adjusting equipment during the bout without the consent of the Center Referee.
- g. Unintentional attack to a target other than mentioned in Target Area.
- h. Pushing with either the hands or body.

The sum of three **(3) warnings** automatically results in the **deduction of one (1) point**.

If a competitor is pushed out of the ring with intent (without undergoing a technique) then he will not receive a warning. The competitor who pushed shall receive a warning.

## Disqualifications

- a. Misconduct against officials or ignoring instructions.
- b. Uncontrolled or excessive contact.
- c. Receiving three (3) minus points/fouls directly given by the Center Referee.
- d. Being under the influence of alcoholic beverages or drugs.
- e. Loss of temper.
- f. Insulting an opponent, coach, and/or official.
- g. Biting, scratching.
- h. Attacking with the knee, elbow, or forehead.
- i. Being negatively responsible for causing a loss of consciousness.

**A competitor that insults an opponent, coach or official will be disqualified from the rest of the competition.**



# Injury

- a. When a competitor is injured, the Center Referee must stop the match and call the Doctor.
- b. When a competitor cannot compete anymore because of the injury or the allocated treatment time of **3 minutes**, it is the Doctor's decision and according to the decision of the Ring Council (Jury President, Center Referee and Corner referees)
  - i. He/she is the winner if his/her opponent is responsible.
  - ii. He/she is the loser if his/her opponent is not responsible.
- c. An injured competitor that is unfit to fight cannot continue for the time/day(s) set according to the Doctor's decision.
- d. A competitor that refuses to accept the Doctor's and/or the Ring Council decision will be disqualified and taken out of the competition.
- e. If two competitors injure themselves at the same time and both are unfit to fight according to the Doctor's decision, the winner is the contender that has more scored points at that moment. If the competitors are even, the Ring Council will decide about the bout.
- f. If a student forfeits from any category because doesn't feel well or is injured, they cannot longer continue on any other event.

A competitor that is negatively responsible for causing a loss of consciousness or causing a concussion in sparring competition may be disqualified. The unconscious or concussed competitor shall not be able to compete again during the whole event, and as such will forfeit any remaining matches or events.

**THANK YOU FOR YOUR SUPPORT!**



## Revisions

February 2019

- Creation of the Handbook in order to formalize all Sunshine State ITF Tournaments, with modified ITF Rules to adapt to any ITF Guest.

June 2020

- Added new categories: Distinguish Award and Board Breaking.
- Changed the tournament format from Double Elimination to Repechage

March 2022

- Added the following note "**Note:** Is normal for the Center Judge to talk with other Judges before voting. This is to discuss the performance of the competitors or request another pattern if some of the judges are not cleared of the winner."
- Changed sparring time for color belts from 2 minutes to 1-½ for 12 years old and under.
- Changed sparring format for black belts to Single Elimination because they always have the 2 rounds x 2 minutes.
- Changed pattern format for black belts to Single Elimination because they always perform 2 patterns.
- Changed category name from Team Spirit to Taekwon-Do Spirit Award.