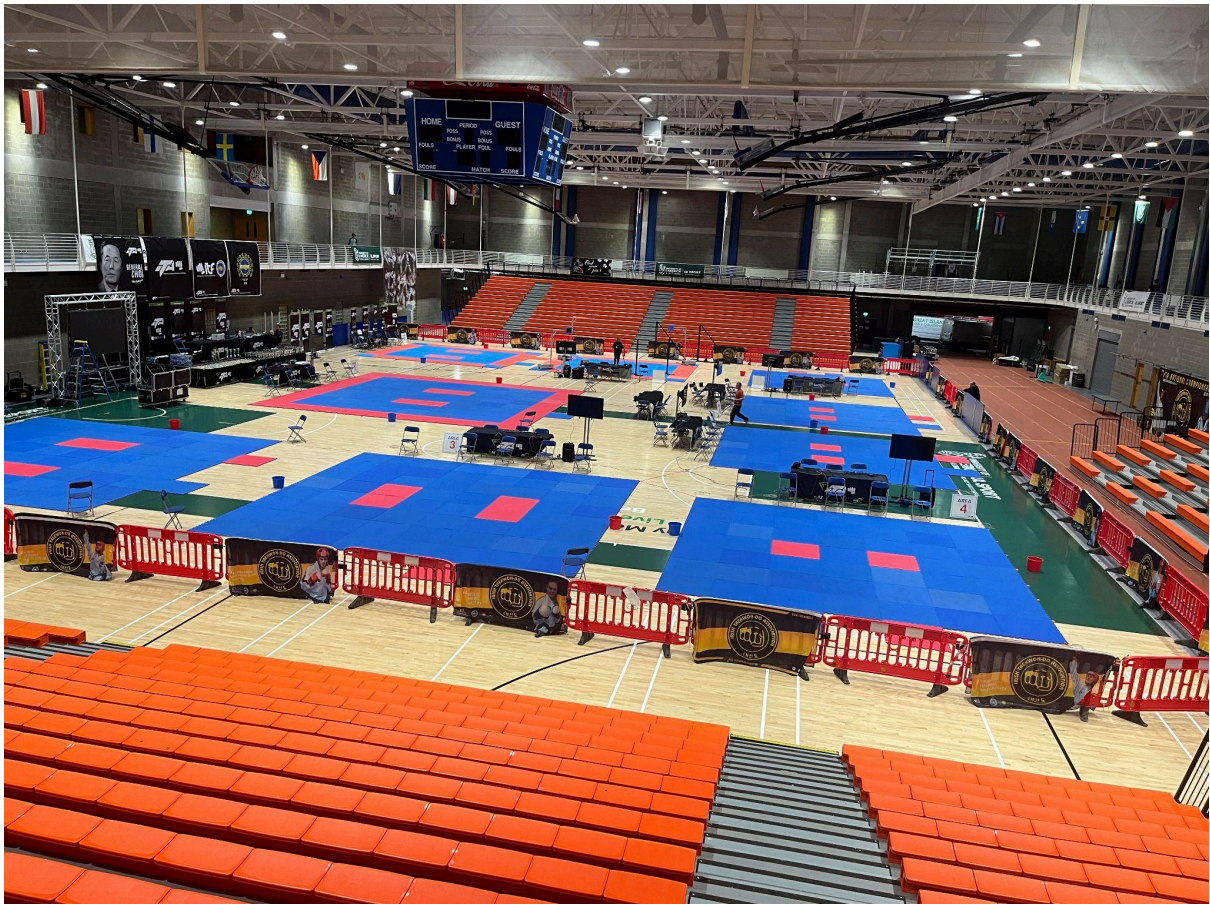


Irish National Championships & ITA Irish Cup 2024



2nd – 3rd November 2024

University of Limerick Arena



ITA Irish Cup 2024

Irish National Championships



Date:	National Championships 2 nd November 2024 – 15 & Under, 15-17, Senior Black belts
	ITA Irish Cup 2 nd November 2024 – 14+ Colour Belts, Veteran Black Belts 3 rd November 2024 – Aged 13 and Under Colour Belts
Location:	University of Limerick Arena
Registration:	From 8:30am on both days of competition
Weigh in:	Friday (TBC Please check ITA Facebook for Updates) Saturday 8:30am – 10:30am, Sunday 8:30am – 9:30am
Height Check:	Sunday During Pattern competition
Umpire Meeting:	9:30am on both days
Start of competition:	10am on both days
Entry Fee:	€35 per competitor

Important Dates:

- 1st September 2024: Online Registration Opens
- 25th October 2024: 23:59 Registration Closes
- 31st October 2024: Schedule Published Online

**** Withdrawal of competitor before 27th October is possible without a fee ****
competitors withdrawn after this date subject to full entry fee

No changes/additional entries in pattern, sparring, special technique or power
categories on the day of the event and any competitor entered in the wrong category will be removed

Age Categories

National Championships

Saturday: 15 & Under Black Belt, 15-17 Black Belt, Senior Black Belt (18+)

ITA Irish Cup

Saturday: 14-17 Colour Belt, Senior Colour Belt (18+), Veteran (35+)

Sunday: Under 10, Colour Belt (11-13)





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Categories

Patterns

Colour Belts:

Optional Pattern

Black belts:

Preliminary Rounds: 1 x designated patterns (Chon-Ji - Current Grade)

Semi Final & Final: 2 x designated patterns

This is for Cadet and Senior patterns only, 15 & Under and Veteran Black Belt categories will be from Chon-Ji – 1st Dan Patterns

Sparring

Saturday: Weight Categories

Sunday: Height Categories all Under 10, 11-13 Yellow/Green

Height/Weight for 11-13Yrs Blue/Red Belts

***Note:** For 11-13 years Blue/Red belts, categories are initially divided by height but may be adjusted or modified at the discretion of the tournament committee to take competitor weights into account, please also include weights on entries for these competitors

The organisers reserve the right to further divide categories if there is a large difference in weight/height across the category.

Match Times

Irish Cup

Under 10: 1 round, 1.5 minutes

Colour belts (11 yrs+) & Veterans (35+): 1 round, 2 minutes

National Championships:

Black belts (3 competitors Pools): 2 rounds, 1.5 minutes

4+ Competitors Black belts:

Main Draw: 2 rounds, 1.5 minutes

Finals: 2 rounds, 2 minutes

Requalifying matches for 3rd place: 1 round, 2 minutes

Special Technique

Blue/Red Belt 11 Yrs + M/F: Front Kick & Side Kick
Turning kick may be used as a playoff technique

Black Belt M/F: Front Kick, 360 Mid Air Kick, Reverse Turning Kick

In the event of a playoff, any of the 5 techniques may be selected

Power

Black Belt M/F: Knifehand Strike, Side Kick, Turning Kick

In the event of a playoff, any of the 5 techniques may be selected
Special Technique/Power heights/number of boards on last page of invite.



ITA Irish Cup 2024

Irish National Championships



Umpires

Saturday: 1 – 7 competitors = 1 umpire, 8 – 14 competitors = 2 umpires etc.
Sunday: 1 – 10 competitors = 1 umpire, 11 – 20 competitors = 2 umpires etc.

We need as many senior umpires as possible to ensure a high level of refereeing on all rings.

All umpires will receive free lunch and snacks on the day of the competition.

Umpires must wear: Navy pants, navy jacket, white shirt, tie, white shoes.

International teams may be excused the requirement to provide umpires

Coaches

There will be no coaching allowed during patterns.

Clubs must meet the umpire to competitor ratio on each day they to receive coaching passes

1-15 competitors = 1 coach, 2-30 competitors = 2 coaches etc. Maximum of 1 coach per ring

Saturday coaches may be cadets (14-17) or seniors, who can coach at ringside.

Sunday coaches must be cadets (14-17) blue belt upwards. No senior coaches are allowed at ringside.

In the interest of fairness on Sunday, if one competitor does not have a coach for a match then the other competitor will not be allowed a coach for that match.

Safety Equipment: Equipment must be of an ITF approved type.

All competitors must wear:

- Head Guard
- Gloves (open palm, enclosed fingers)
- Foot pads
- Shin Guards
- Gum Shield (Clear)
- Groin Guard (compulsory for all male competitors)

**** All Foot Pads, Gloves and Head Guards must be Red or Blue, no other colours will be allowed ****

Any strapping, supports must be accompanied by a medical note, however the T&U committee will make the final decision to allow the competitor to compete or not.

Contact and skill development

We place an emphasis on skill development over heavy contact in our events. Heavy contact will not be tolerated.

ITF Sparring is light contact, with the technique controlled on the target. Points will be awarded as follows:

- One point for hand techniques to body or head
- Two points for foot technique to the body
- Three points for foot technique to the head.



ITA Irish Cup 2024

Irish National Championships



Awards

Colour Belts: 1st, 2nd and joint 3rd Place

Black Belts: 1st, 2nd and 3rd Place

Special Technique/Power: 1st, 2nd and 3rd Place (2nd and 3rd in case of tie breaks)

Under 10 competitors up to green tag who are not placed will receive a commemorative medal.

Overall competitor awards for the most outstanding performance at cadet and senior black belt level.

Weight / Height Control

Competitors must wear a t-shirt and dobok pants. A 1kg tolerance is permitted.

On Sunday height control for juniors will take place during the patterns divisions. As each competitor is eliminated they will have their height checked. Any competitor not taking part in patterns must have their height checked during this time as well.

When registering please ensure your competitors are checked in the club and not at home. Instructors must take full responsibility for any incorrect heights or weights and must sign each entry form.

Insurance

All competitors must have adequate insurance for all eventualities.

Conduct:

All participants in the event, competitors, coaches, the public, umpires etc. should conduct themselves according to the tenets of Taekwon-Do at all times.

Competition Divisions/Categories

Divisions / categories must consist of two or more competitors – if there is only one competitor he/she will compete in a higher or lower category as deemed appropriate. This will be indicated on the competitor sticker as ReCat Up or ReCat Down as appropriate

For full list of categories please see the event page on the sportdata.org web page

Competition area

Only competitors for current division, officials, coaches with passes, tournament committee / organisers and VIPs allowed on competition floor.

Updates and other information will be published on ITA website and Facebook page and emailed to registered clubs as necessary

ITA Tournament and Umpire Committee

Tournament Director

Master Mark Buckley VII Dan

Tournament Coordinator

Master Stephen Ryan VII Dan

Umpire Chairperson

Mr Carl Smullen VI Dan

Tournament Administrator

Mr Stephen Smullen VI Dan

Contact

Email: entries@taekwondo.ie



ITA Irish Cup 2024

Irish National Championships



Techniques and Heights for Special Technique

Blue/Red Belts 11-13 Years	Female 11-13 yrs -155cm	Female 11-13 yrs +155cm	Male 11-13 yrs -155cm	Male 11-13 yrs +155cm
Flying high front kick (Scissors Motion)	180	190	190	200
Flying high side kick	90	100	100	110

Blue/Red Belts 14-17/Senior	Female 14-17 years	Female Senior	Male Senior	Male 14-17 years
Flying high front kick (Scissors Motion)	190	200	230	220
Flying high side kick	100	110	120	120

Black Belts	15 & Under Male	15 & Under Female	15-17 Yrs Male	15-17 Yrs Female	Senior Male	Senior Female
Flying high front kick (Scissors Motion)	220cm	200cm	240cm	210cm	250cm	220cm
Flying turning kick (Scissors Motion)	190cm	170cm	210cm	180cm	220cm	190cm
Flying reverse turning kick	170cm	170cm	190cm	170cm	200cm	180cm
360 mid air kick	170cm	170cm	190cm	170cm	200cm	170cm
Flying high side kick	120cm	110cm	130cm	110cm	140cm	120cm

Note: Measurements for height are made from the surface of the floor or mat, to the bottom (lowest) edge of the board, or tape in the case of the high side kick.

Power Breaking				
Technique	Junior Female	Junior Male	Senior Female	Senior Male
Forefist front punch (M) Front Elbow Strike (F)	1	1	1	2
Knifehand strike	1	2	1	2
Side piercing kick	2	3	2	3
Turning kick	1	2	2	2
Reverse turning kick	1	1	2	2

Black Belts will compete with the 3 highlighted techniques above