

# THE 2024 BOCCUP

*Prince George B.C.*



WHERE:  
**DUCHESS PARK SECONDARY**  
747 WINNIPEG STREET

WHEN:  
**JUNE 15, 2024**

EVENTS:  
**PATTERNS | SPARRING**  
**BOARD BREAKING**

HOSTED BY:  
**FAMILY TAEKWONDO**





# 2024 BCCUP Prince George B.C.



**JUNE 15, 2024**



2024 ITF TAEKWONDO  
BC CUP

DUCHESS PARK  
SECONDARY SCHOOL  
747 WINNIPEG STREET,  
PRINCE GEORGE, BC

OPEN TO ALL BELT  
LEVELS AGED 5+

Dear Grandmasters, Masters and Instructors,

All Colour Belt and Black Belt members of the Canadian Taekwon-Do Federation International are invited to participate in the 2024 ITF Taekwon-Do B.C. Cup in Prince George, British Columbia.

For full information on the event, please direct your competitors to the event web site at: [www.itfofbc.org](http://www.itfofbc.org).

It is our goal to provide an outstanding and memorable experience for all participants and their supporters. This will be a well-organized event with an excellent level of competition and sportsmanship, demonstrating the true spirit of the original ITF Taekwon-Do.

For the 2024 ITF Taekwon-Do B.C. Cup we are also pleased to provide the following features to the tournament program:



- Fully matted competition rings
- All participants will register and make payment directly online via the internet.
- Double elimination sparring
- Male and female open weight class sparring grand championship event.



Join us for the ITF Taekwon-Do B.C. Cup on June 15, 2024!

Hosted By:



**Family Taekwon-Do**

Sincerely,

Mr. Jordan Boudreau  
Host



**JUNE 15, 2024**



## EVENT INFORMATION

- WHAT:** 2024 ITF Taekwon-Do B.C. Cup
- WHO:** All official ITF affiliated schools and practitioners in Canada.
- WHEN:** Saturday, June 15, 2024.  
Check Family Taekwon-Do website and following pages for full schedule.
- WHERE:** Duchess Park Secondary School,  
747 Winnipeg Street, Prince George B.C.
- HOSTED BY:** Family Taekwon-Do Prince George
- ORGANIZING CONTACT:** Mr. Jordan Boudreau (VI)
- TOURNAMENT CONTACT:** Mr. Brian Thompson ([tournament@itfofbc.org](mailto:tournament@itfofbc.org))
- UMPIRE CONTACT:** Mr. Chris Law ([umpire.itfofbc@gmail.com](mailto:umpire.itfofbc@gmail.com))
- REGISTRATION:** All registration will be online via the Internet. Registration closes May 25, 2024, at 11:00PM PDT. See the official event website at [www.itfofbc.org](http://www.itfofbc.org) for complete information.
- EVENTS:** This fun and exciting competition will see the following events:
- Colour belt and black belt individual patterns.
  - Colour belt and black belt individual sparring (double- elimination)
  - Black belt pre-arranged sparring.
  - Power and Specialty Breaking.
  - Team events (Time Permitting).
  - Adaptive Division for those with disabilities.
  - Kids Adaptive Division.

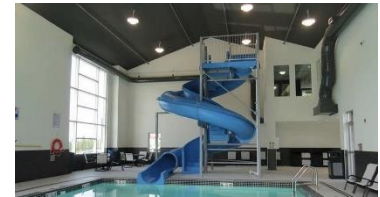
## SCHEDULE

<b>FRIDAY June 14th</b>	<b>HOST Taekwon-Do school (Family Taekwon-Do)</b>
	<b>Location: 531 2nd Ave, Prince George</b>
6:00 PM – 8:00 PM	Black belt weigh-ins. Instructors and coaches check-in.
<b>SATURDAY June 15 – VENUE</b>	
7:30 AM – 8:30 AM	Black belt weigh-ins. Instructors and coaches check-in.
8:30 AM	Black belt and officials meeting.
9:00 AM	Opening ceremonies.
9:30 AM – 12:30 PM	Colour belt competition. Breaking competition. Tigers/TKD Kids competition. Adapted competition.
12:30 PM – 5:00 PM	Black belt competition. Breaking competition.

## ENTRY FEES

Colour belts (all) Patterns and/or Sparring	\$70
• Includes Tigers/TKD Kids and Adapted competition	
Black Belts (all) Patterns and/or Sparring	\$70
Prearranged Sparring (only junior and senior black belt)	\$20/team
Special Technique (Ages 15+, Blue Belt and Higher)	\$20
Power Breaking (Ages 15+, Black Belts)	\$20
Senior Head Coach or Black Belt Coach	\$50

## ACCOMMODATION



### BEST WESTERN PLUS

387 Highway 16 West, Prince George, BC, V2N 5P8

Room with 2 Queen Beds: \$160+tax per night

[Click here to book online](#)

Reservations: 1 (800) 780-7234 Local: (250) 964-8833

Group Booking Code: **BC cup Taekwondo**

### COURTYARD BY MARRIOTT

900 Brunswick Street, Prince George, BC, V2L 0E3

Room with 2 Queen Beds: \$159+tax per night

[Click here to book online](#)

Reservations: 1 (250) 596-6274

Group Booking Code: **Family Taekwon-do**





THE FOLLOWING PAGES CONTAIN IMPORTANT INFORMATION REGARDING REGISTRATION AND THE RULES. THERE HAVE BEEN RECENT CHANGES TO THE CTFI/ITF RULES FOR COMPETITION. THERE ARE ALSO SOME VARIANCES USED AT ITF OF B.C. EVENTS. PLEASE PAY CLOSE ATTENTION.

## REGISTRATION

**All competitors must be registered by their Coach directly through the SportData system. Do not use the ITF on-line system.**

COACHES, please make it clear to your members that they must not try to make their own registration – if they do try it will be rejected.

If a coach already has a Club account in SportData that was used for a previous event, they can re-use that account.

See the additional document “COACHES – how to create Club Account and register competitors, coaches and umpires” for a tutorial showing how to create an account and how to register competitors and umpires. This document is found under the “Downloads” button on the SportData web page for the event, or go to the link below:

<https://bit.ly/3Vbir80>

**Registration Deadline for all Competitors, Coaches and Umpires is May 25, 2024**

## INTERNATIONAL ID NUMBER

Registration will require an “International ID” number for all competitors.

Colour Belts: enter “N/A” as the International ID number.  
Black Belts: enter the International ID number found on the Black Belt wallet card (see image circled in red).





## NOTES TO COACHES

Degree number (i.e. C-1-1234) is NOT acceptable. For competitors who have recently examined for 1st Dan Black Belt rank and have not yet received their new wallet card, please request the ID number from Ms. Mazzei at [ctfihq@gmail.com](mailto:ctfihq@gmail.com).

The International ID number does not change as a competitor moves up in rank. If their number is 123456 as a 1st Dan Black Belt, it will also be 123456 if they are promoted to 2nd Dan. Therefore, if they recently have tested and do not have their new card, they can obtain their number from their old wallet card.

## INSTRUCTOR CHECK-IN

All instructors or coaches must report to the tournament check-in and pick up the dobok stickers for their competitors. Instructors are responsible for making sure competitors have these stickers on their dobok as proof that they are registered competitors. Instructor Check-in will be available on Friday, June 14, 2024 at the host dojang from 6pm until 8pm.

## BLACK BELT CARD

All Black Belts, all ages, must be certified with ITF headquarters. When using the on-line registration process, there will be a space for providing the Black Belt ITF ID number (see above). Black Belts who were recently promoted may not have their certification cards yet. Their certification will be confirmed with CTFI Headquarters.

All Black Belts must show their ITF Black Belt registration card at the Weight Check/Check-in (see below). A photocopy of the Black Belt certificate showing name, rank and date information as well as the name of the ITF President is acceptable. Any Black Belt without appropriate proof of certification in the ITF will be disqualified with no refund of event fees. Black Belts not competing in sparring MUST check-in and show ID to confirm Black Belt status. Failure to do so will result in disqualification.



## DECLARATION OF CONSENT AND PROTECTION FORMS

Coaches will be responsible for downloading Declaration of Consent and Data Protection forms and having all competitors or their legal guardians sign them. Coaches are responsible for sending scanned or photographed images of these files to the Tournament Director.

The forms are downloadable from here:

<https://bit.ly/itfconsent>

Competitors who do not have valid forms submitted to the Tournament Director by the deadline will not be allowed to compete.

**Deadline for Declaration of Consent and Data Protection forms submitted to Tournament Director: May 25, 2024.**

## COACHES

### Senior Head Coach

Each School will be allowed to have one senior Black Belt eligible to coach black belts. This person is the designated "Head Coach" for each school. Please note that the Head Coach will be required to judge for the Black Belt patterns competition, especially Head Coaches with rank of 4th degree or higher. Coaches **MUST** purchase a coaching pass.

### Colour Belt Coaches

No designated colour belt coaches for this event.

### Black Belt Coaches

Black Belt Coaches may be any person regardless of rank. Please note that Black Belt Coaches may be asked to judge for Colour Belt competition or for Black Belt patterns, especially Black Belt Coaches with rank of 4th degree or higher. Black Belt Coaches will not be asked to judge for Black Belt Sparring. Coaches **MUST** purchase a coaching pass. There is a limit per club of 1 coach for every 4 Black Belt competitors.

## COACHING RULES

For individual or team competition, there will be only one (1) Coach, close to the square. During the tournament, coaches must wear an athletic training suit, gymnastic shoes and carry a towel.





Coaches must also carry gloves. They will be seated at least one (1) meter away from the square. They must not interfere in the competition by action or words. They are the only ones allowed to present an official protest.

Coaches must present their coaches passes to the jury table before the match.

**Failure to abide by the above-mentioned rules may render the coach liable to be disqualified from his/her advisory position.**

## **TOURNAMENT RULES**

All events at this tournament will follow the Canadian Taekwon-Do Federation International (CTFI) Rules for Colour Belt Competition and the International Taekwon-Do Federation (ITF) Rules for Black Belt Competition.

### **Pre-Junior, Junior & Senior Black Belt Sparring Weight Divisions**

The following are the ITF Black Belt weight categories for Individual Pre-Junior, Junior and Adult free sparring competition.

#### **PRE-JUNIOR (AGE 12-14) WEIGHT CATEGORIES**

**Male:**

- (a) Up to 40 kg
- (b) 40.1 to 45 kg
- (c) 45.1 to 50 kg
- (d) 50.1 to 55 kg
- (e) 55.1 to 60 kg
- (f) 60.1 to 65 kg
- (g) Over 65 kg

**Female:**

- (a) Up to 40 kg
- (b) 40.1 to 44 kg
- (c) 44.1 to 48 kg
- (d) 48.1 to 52 kg
- (e) 52.1 to 56 kg
- (f) 56.1 to 60 kg
- (g) Over 60 kg





### JUNIOR (AGE 15-17) WEIGHT CATEGORIES

#### Male:

- (a) Up to 50 kg
- (b) 50.1 to 55 kg
- (c) 55.1 to 60 kg
- (d) 60.1 to 65 kg
- (e) 65.1 to 70 kg
- (f) 70.1 to 75 kg
- (g) Over 75 kg

#### Female:

- (a) Up to 45 kg
- (b) 45.1 to 49 kg
- (c) 49.1 to 53 kg
- (d) 53.1 to 57 kg
- (e) 57.1 to 61 kg
- (f) 61.1 to 65 kg
- (g) Over 65 kg

### ADULT (AGE 18+) WEIGHT CATEGORIES

#### Male:

- (a) Up to 57 kg
- (b) 57.1 to 63 kg
- (c) 63.1 to 69 kg
- (d) 69.1 to 75 kg
- (e) 75.1 to 81 kg
- (f) 81.1 to 87 kg
- (g) Over 87 kg

#### Female:

- (a) Up to 50 kg
- (b) 50.1 to 55 kg
- (c) 55.1 to 60 kg
- (d) 60.1 to 65 kg
- (e) 65.1 to 70 kg
- (f) 70.1 to 75 kg
- (g) Over 75 kg

**COACHES:** Please be careful to enter your Black Belt competitors' weight correctly in your club account in SportData so the correct category is offered when registering.

#### Category Merging

Categories may be merged if there are 2 or less competitors. They will always be merged within the same age group. This is to ensure there are no competitors alone in their category and improve competition for the athletes.

#### Weight Verification

All Black Belts (all ages) must have their weight category verified at the weigh- ins. Weigh-in procedure will follow ITF World Junior/Senior Championships rules. Black Belts must present their Black Belt certification card at the weight check.

Black Belts in Senior (age 36-45) and Veteran (age 46+) categories must be within +/- 3kg of their stated weight or they will be disqualified.



Pre-Junior, Junior and Adult Black Belts (age 12-35) in unmerged categories must fall within their registered weight categories or they will be disqualified.

Where categories for Pre-Junior, Junior or Adult Black Belts (age 12-35) have been merged the competitor must fall within the weight bounds of the merged category. These weight boundaries will respect the ITF category boundaries listed above.

#### Examples:

Adult Male categories (a), (b) and (c) are merged. The weight boundaries for the new category will be **“Up to 69kg”**

Junior Female categories (e) and (f) are merged. The weight boundaries for the new category will be **“57.1 to 65kg”**.

Weight checks will be available on Friday June 14th at the host dojang from 6pm until 8pm, and at the tournament venue on Saturday June 15th from 7:30am until 8:30am.

#### Black Belt Age Categories

##### Valid Age for Category

The valid age for all competitors during the competition is the age at which they enter the year. To calculate this age, use the following formula:

Year of competition - Year of birth – 1 = Competitors valid age during the competition

#### Examples:

Year of event 2024 - Year of birth 2006 - 1 = 17  
This Competitor is only allowed to compete as a **Junior**

Year of event 2024 - Year of birth 2005 - 1 = 18  
This Competitor is only allowed to compete as a **Senior**

Year of event 2024 - Year of birth 2009 - 1 = 14  
This Competitor is only allowed to compete as a **Pre-Junior**





**JUNE 15, 2024**



### Black Belt Age Categories

The 2024 B.C. Cup will have the following Black Belt age categories for both patterns and sparring:

Pre-Junior	Age 12-14
Junior	Age 15-17
Adult	Age 18-35
Senior	Age 36-45
Veteran	Age 46+

NOTE: Black Belts age 36+ may choose to enter the Adult Age 18+ category. Categories may be merged if there are less than 3 competitors.

### Colour Belt Age Categories

Minimum age is 5 years old. As per CTFI competition rules, the appropriate age division for all competitors will be determined based on the age of the person on the first day of the Tournament – June 15, 2024. Please note that Colour Belt age divisions with less than 3 people may be merged with other groups. Best effort will be made to create categories that are close in rank and age.

### INSURANCE

The Organizing Committee and ITF of B.C. are not responsible for any injuries. Participants must have full third-party liability insurance cover for any injuries they may cause to others. Instructors must provide proof of insurance to the Tournament Director and to ITF of B.C. via email to [tournament@itfofbc.org](mailto:tournament@itfofbc.org) (by May 25, 2024, or their competitors will not be allowed to participate).

Note: ITF of B.C. member schools who are covered under the provincial insurance plan do not need to complete this step.



## **PATTERNS – SINGLE ELIMINATION**

### **Colour Belt Patterns**

Competitors may perform the pattern of their rank or the pattern immediately below their current rank to accommodate recently promoted students. Colour Belts may not perform any pattern above that of their current rank.

### **Individual Black Belt Patterns**

Black Belts Pre-Junior, Junior, Adult and Senior will compete 1 to 1 and will perform two (2) Designated Patterns. The first designated pattern will be drawn randomly of the three patterns regarding the level of degree. The second designated pattern is drawn randomly from pattern Chon-Ji to the highest pattern of the degree. In a match with competitors of different degree, the designated pattern will be that of the lowest degree in the match.

Black Belts Veteran will compete 1 to 1 and will perform one (1) Designated pattern The designated pattern will be drawn randomly of the three patterns regarding the level of degree.

Black Belts may have categories merged with a different rank. Patterns performed will be for the lower rank of the competitors in the division.





### FREE SPARRING – DOUBLE ELIMINATION

DURATION OF MATCHES	
Colour Belts	1 round of 2 minutes.
Pre-Junior, Junior and Adult Black Belts 12-35	2 rounds of 1.5 minutes.
Super Senior and Veteran Black Belts 36+	2 rounds of 1.5 minutes.

SAFETY EQUIPMENT
Hand, Foot and Head guards of an approved type (see below);
Mouth guard – <b>must</b> be transparent with no colours;
Groin protection for all males (must be worn inside the trousers).
Optional Safety equipment:
Shin protectors of an approved type (no hard materials);
Groin protection or chest protection for females (must be worn inside the dobok).

#### Approved types of sparring safety equipment:

**Black Belts** competing in the **Pre-Junior, Junior and Adult** divisions must have hand, foot and head protectors approved by ITF for international competition. Full details of approved equipment are found in the ITF Combined Competition Rules and Regulations.

Note: Only one colour of approved safety equipment is required for this tournament.

**Colour Belts, Senior and Veteran Black Belts (age 36+)** may wear ITF approved safety equipment or foam-dipped safety gear such (e.g. Macho or Century). Any colour is allowed for this group, but we recommend red or blue (if you have it) to help the umpires.

No jewelry, piercings, watches, or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only. Hard materials are not allowed.

All equipment must be in good condition. Safety equipment not found to be in good condition during the equipment check will be required to find a replacement in accordance with the rules of competition.



## POWER AND SPECIAL TECHNIQUE BREAKING

All breaking competition will follow the ITF rules for World Cup competition:  
(Section IV and Section V)

<https://itftkd.sport/wp-content/uploads/2023/07/Official-ITF-Rules-of-Competition-Version-2022v2.pdf>

NOTE In all categories, competitors must successfully make at least 1 break to qualify for a medal.

### Power Breaking

Power Breaking will be open only to Black Belts age 15+. Competitors will attempt 2 breaks – one hand technique of choice and one foot technique of choice from the allowed list below

HAND TECHNIQUES	FOOT TECHNIQUES
Fore fist Front Punch (Ap Joomuk Jirugi)	Side kick (Yop Chagi) )
Knife hand strike (Sonkal Taerigi)	Back kick (Dwit Chagi)
Back fist strike (Dung Joomuk)	Turning kick (Dollyo Chagi)
Reverse knife hand strike (Sonkal Dung Taerigi)	Reverse turning kick (Bandae Dollyo Chagi)

### Board counts

Age Category	MALE		FEMALE	
	BOARDS (hand)	BOARDS (foot)	BOARDS (hand)	BOARDS (foot)
15 - 17 years	1	2	1	1
18 - 35 years	2	3	1	2
36 years +	1	2	1	2

All board counts are 1 board lower than ITF World Cup standard to a minimum of 1 board.





### Special Technique Breaking

Special Technique Breaking will be open to Blue Belts and above, age 12 and above. Competitors will attempt 2 techniques – Flying High Front Kick, Flying High Side Kick. All board heights are 10cm lower than ITF World Cup standard.

Board Heights			
Korean	English	Male	Female
<b>Age 12 – 14</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	220 cm	190 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	110 cm	90 cm
<b>Ages 15 – 17</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	240 cm	210 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	120 cm	100 cm
<b>Ages 18 – 35</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	250 cm	220 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	130 cm	110 cm
<b>Ages 36 +</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	240 cm	210 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	110 cm	80 cm
<b>Ages 46 +</b>			
Twimyo Nopi Ap Cha Busigi	Flying High Front Kick	230 cm	190 cm
Twimyo Nopi Yop Cha Jirugi	Flying High Side Kick	100 cm	70 cm



**JUNE 15, 2024**



### **TKD KIDS (Tigers, Cubs, Champs, etc.)**

These events are designed to introduce students ages 5 to 7 to concepts of competition if they are not yet performing patterns or free sparring as part of their current curriculum. Entry in the TKD Kids category automatically gives competition in both of the event listed below.

This will be a mixed female/male category.

**NOTE:** Competitors age 6+ who are training in the standard ITF Taekwon-Do program should not enter this category.

### **Patterns – Sigle Elimination**

Competitors compete 2 at a time performing simultaneously. They will be asked to demonstrate each of the following fundamental movements that are found in the official ITF Kids Course.

Judges will give commands:

1. parallel stance middle punch
2. walking stance low block
3. walking stance rising block
4. guarding block front snap kick
5. guarding block front rising kick

Judging will be based on technique and power. The panel of judges will decide by show of flags which player wins and moves on to the next round. Medals will be awarded for first, second and third place.

**Note:** The techniques may be demonstrated by a ring council member if the player is having difficulty.

### **Belt Tag “Sparring” – Double Elimination**

Players will each have 2 flags attached to a belt around their waist. The goal is to take a flag from the other competitor. Each flag captured will result in a single point. Play will be stopped with the capture of a flag to replace the flag and then restart play.

The player with the most points at the end of the round will be declared the winner. Double elimination rules will be followed so each player will have at least 2 rounds.

Round length: 60 seconds





Warnings will be issued for the following infractions:

1. Running away from the opponent.
2. Falling.
3. Leaving the ring.
4. Grabbing or holding any part of the uniform or body other than the flag of the opponent.
5. Kicking, punching or contacting any part of the body with the intent to cause harm.
6. Verbally disputing a decision of the referee.

3 warnings will result in the loss of one point from the player's total.

## **ADAPTED CATEGORIES**

Patterns are judged visually using the following progression:

1. Who performs it as close to how the pattern is supposed to be performed.
2. If they both can perform it properly, judge it as you would a regular coloured belt event.

### **Procedure:**

1. 3 to 5 judges
2. Competitors enter the ring together and bow as normal. The coach may enter the ring and stay near them for assistance.
3. Competitors will perform the pattern of their choice.
4. Competitors may perform patterns simultaneously, unless the coach requests to perform individually. No deductions.
5. Competitors may have their coach visible and actively helping them by oral instruction or gesture, but the coach may not simply perform the pattern in time with the competitor.
6. There are no automatic zeroes. (A missed step is a regular deduction)
7. Be tolerant of the fine details. Since scoring is comparative, you don't have to worry about each and every step. You just have to choose whoever is closest to the original pattern.
8. A missed or extra movement due to disability is ignored. For example, putting a hand down to roll a wheelchair is not a deduction.

## **Mixed Abilities**

### **Procedure:**

1. 3 to 5 judges
2. Competitors enter the ring together and bow as normal.
3. Competitors will perform one at a time as in prearranged patterns.
4. Competitors may use props such as boards for breaking, or kicking pads and punch mitts. Competitors will perform with their coach or assistant as a partner.
5. Only the competitor will win a medal. (Nothing for the partner)
6. Minimum of 45 seconds to a maximum 75 seconds. Timer starts at "Si jak". and ends at "Go man".



7. Competitors will perform any techniques and abilities to showcase their skills.
8. Scoring is comparative.
9. After BOTH performances, Judges will decide the winner with these criteria in mind:
  - a. TIME
  - b. TECHNICAL ABILITIES
  - c. POWER
  - d. CREATIVITY
  - e. TEAMWORK
  - f. COMPOSITION

## Competitor Dress Code

**Competitors must wear the internationally approved ITF dobok from a recognized manufacturer.**

Head / neck coverings may be worn by all competitors. Head / neck coverings **MUST**:

- Be constructed of a solid white colour,
- Be made of a soft and/or elastic material,
- NOT contain any hard materials, metal, grips, or slides,
- Fit, and remain, fully within the confines of the safety headguard and the dobok jacket while the competitor is sparring.

Undergarments, of a soft or elastic nature **ONLY**, may be worn beneath the competitor's dobok (beneath the top and/or trousers). Undergarments (only those garments that are visible while competitor is competing) **MUST**:

- Be of a solid white colour,
- Be made of a single layer of soft and/or elastic material.

Undergarments **MUST NOT**:

- Provide additional protection from impact,
- Contain any hard materials, metal, grips or slides.
- Extend past the distal portion of either the wrist or the ankle.

Tape/soft bandaging/soft strapping may be used for medical or first aid reasons, provided: That it is not used in an excessive manner,

- No hard plastic/metal fasteners, laces, studs or mechanical fasteners are to be used,
- No mechanical means of support are included in the bandaging/taping/strapping. (Including though not limited to: bracing/stays/splints, mechanical joints/articulations/hinges...)
- The Umpire Committee is satisfied that it's use does not give the competitor any undue advantage,





All Tape/soft bandaging/soft strapping **MUST** be either white or skin-colour if it is visible while competitor is competing. Any Tape/soft bandaging/soft used on areas not visible (i.e. knee) may be of any colour so long as the colour is not plainly visible through the material of the dobok

Tape/soft banding/soft strapping may **NOT** be used in the following circumstances:

- Special Technique: NO tape/soft bandaging/soft strapping may be used on any joint of the competitor's lower extremities. (Knees, ankles, toes)
- Power Test: NO tape/soft bandaging/soft strapping may be used on any part of the competitor's attacking tool or the joints associated with the break being performed. (Fingers, wrist, elbow, toes, ankle, knee).

Tape/soft bandaging/soft strapping may be used on parts of the body not directly involved in the breaking process.

Example 1: Breaking with right fore-fist and competitor has banding on left elbow due to injury in sparring.

Example 2: Breaking with left side piercing kick and competitor has a bandaid/plaster on left hand due to a laceration.

Any and all competitor safety equipment, protective wear, taping/bandaging/strapping, clothing and/or accessories/adornments may be subject to inspection and approval or rejection by the ITF of B.C. Tournament/Umpire Committees. Determination of the committee involved is final and binding.

An email describing sport goggles and a photo must be sent to the Umpire Committee for approval before the event: [umpire.itfofbc@gmail.com](mailto:umpire.itfofbc@gmail.com)

## **BELTS**

**Colour Belt** competitors must wear a solid colour belt for even number gup ranks. For odd number gup ranks, competitors must wear a solid colour belt with a 5mm stripe indicating rank no more than 5cm from the end of the belt, **or** a solid colour with a center stripe no more than 5mm wide running horizontally the length of the belt indicating the competitor's rank.

**Black Belt** competitors must wear a belt in accordance with the Official ITF Rules of Competition (2022v2)



## PROTESTS

Only the Coach for a competitor in a Junior or Senior Black Belt match can present a protest when a decision or procedure seems to violate the rules. All protests must be written on the official Protest Form (provided at each ring) and must be presented to the Jury President of the ring within 5 minutes of the end of the match in question. The Umpire Director and Tournament Director will rule on all protests. The protest tax for this event is fixed at CN\$100.

## UMPIRES

### Full Time Umpires

“It is our mission to provide a safe, fair, exciting and efficient competition for all students.”

The host and the ITF of B.C. are working very hard to produce a great event with a high calibre of competition that will be safe, fair and enjoyable for all participants. To have a successful event, it is critical that we have a strong team of full-time umpires and officials. All Full-time umpires (not competing in any events) must be registered by their instructor using their club account. Do not use the eReferee system that was used for the eTournament.

See the additional document “COACHES – how to create Club Account and register competitors and umpires” for a tutorial showing how to create an account and how to register competitors and umpires. This document is found under the “Downloads” button on the SportData web page for the event. [bit.ly/2024BCCupReg](http://bit.ly/2024BCCupReg)

If you have any difficulties, please contact the Tournament Director via email ([tournament@itfofbc.org](mailto:tournament@itfofbc.org)).

**Full Time Umpire Registration Deadline: May 25, 2024 11pm PST.**

### Competitor/Coach Umpires

All Black Belts (age 16 +) are **required** to assist with the umpire duties at this tournament. In the event of an umpire shortage, Red Belts and Black Stripes age 16+ and Black Belts age 14+ may also be asked to assist with umpire duties for colour belts.

All Umpires will receive a complimentary lunch on the day of competition.

All Umpires must attend the Black Belt meetings to be held at the beginning of the tournament at the time noted in the schedule above.

All umpires must wear official ITF dress:

FOR DETAILS AND DOCUMENTATION: [familytkdinpg.com/2024bccup](http://familytkdinpg.com/2024bccup)





**JUNE 15, 2024**



- White Shirt
- Blue Tie
- Blue Pants (no jeans)
- White athletic shoes

OR

- Full ITF Dobok (no track jackets)
- White athletic shoes

Casual or club clothing will not be permitted.

Black Belts who do not participate in umpiring as assigned will not be allowed to compete.

Registration of Black Belts will be used to create the Umpires list.

## AWARDS

Four (4) medals will be awarded for each pattern competition category: gold, silver and two bronzes.

Three (3) medals will be awarded for each sparring competition category: gold, silver and bronze.

Medals for all competitors and events will be presented immediately after completion of their events at an award podium set up at the competition venue. It will be arranged so that supporters can get close to take good photographs.



**JUNE 15, 2024**



## T-SHIRT SALES

**Price:** \$35 for all sizes.

**Sizes:** Youth S, M, L  
Adult S, M, L, XL, XXL

Please note: T-Shirts will not be sold at the event. You must order them online and pick them up on the day of the event.

Visit [www.familytkdinpg.com/bccup](http://www.familytkdinpg.com/bccup) to order for pickup at the event.

**Order Cut-off:** Friday May 17, 2024.





## REQUIRED INFORMATION FOR REGISTRATION AS A COMPETITOR

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Birthday DD-MM-YYYY: \_\_\_\_\_

Weight in kg: \_\_\_\_\_

Height in cm: \_\_\_\_\_

Gup (or belt color): \_\_\_\_\_

Dan (black belt): \_\_\_\_\_

Gender at Birth: \_\_\_\_\_

International ID (black belt): \_\_\_\_\_

SEND photo ID to your  
instructor's email: \_\_\_\_\_