



Rockwood Summit High, 1780
Hawkins Road, Fenton, MO
63026

More info at www.showmecup.com Tel 314-604-7623 Email: showmecup@showmecup.com

Tournament director GM WooSop

GENERAL INFORMATION

- Name:** Show Cup Me
- Director:** Tournament Directorm Grand Master WooSop
- Time:** 9:00 am
- Date:** 3/24/2018
- Dead line:** 3/11/2018
- Fee:** \$65
- Price after dead line** \$85
- Competitions in:** Sparring and Forms
- Format:** Single Elimination in Sparring : Will fight for 3rd place.
- Location:** Rockwood Summit High, 1780 Hawkins Road, Fenton, MO 63026
- Spectator Fee:** \$8 online - \$10 at the door — Senior citizens and Under 5 years old - No Charge
- Competition age:** 4 and 17
- Security:** Security will be extremely strict: you must have proper identification.
- Weigh In:**
To ensure fairness,
a. All competitors must weigh in, If they do not make the weight listed on the application they will be adjusted to the appropriate weight division.
b. All competitors must wear shorts and T-shirts or tkd uniform only for weigh in
- Awards:**
Medals will be awarded for 1st, 2nd, and 3rd place. All 4-10 year old competitors will receive participation medals for sparring.
- Procedure for concerns:**
Please relate your concern to your school master first or coach and have him/her talk to the tournament director.



COMPETITION RULES

INDIVIDUAL SPARRING

WE WILL BE USING 2016 SPARRING RULES (PUSHING IS NOT ALLOWED!)

Under House Rules Sparring

*All Green Belts and under "NO HEAD CONTACTS "

Junior safety rules will be applied to all Sparring.

Blue Belts and Black belts point system

*Head kicks-2 points with adding one more point for turning kick

*Body kicks-1 point and add one more point for turning kick

Green Belts below point system

*Body kick-1 point and add one more point for turning kick

**If you are Green Belts but want to compete in the Blue Belts division you may do so with permission from your instructor.

If a junior competitor's size is considerably smaller or larger than his/her peers, and the tournament director feels there is a risk to any competitor's safety, a competitor may be moved into a different age category after discussion with the athlete's coach.

MANDATORY SPARRING EQUIPMENT

All participants must wear a white uniform in excellent condition. Protective Gear: forearm pads, shin & instep pads, mouthpiece, headgear, chest protector, groin cup (male students only). Safety of both competitors, the Eyeglasses are not recommended.



SCHEDULE EVENT

All athletes must weigh in one hour before the competition!

9:00 am-10:30 am

12-17 Black Belts Form and Sparring

10:30 am-12:30 pm

12-17 Color Belt Forms and Sparring

12:30 pm-1:00 pm

Lunch

1:00 pm-2:30 pm

4-6 Forms and Sparring

7-8 Forms and Sparring

2:30 pm-4:30

9-10 Forms and Sparring

10-11 Forms and Sparring