

Regional Championships

Ring Guidelines

Please ask the tournament committee if you have any queries.

Patterns	
(Round Robin to be run if there are 3 in a category)	
<p style="text-align: center;">Degree Grades – All Choice Pattern Semi-Final Onwards – Choice and Designated Patten</p>	<p style="text-align: center;">Kup Grades – All (Flag System to be used) Eliminations/Finals – Choice Pattern Only</p>

Sparring		
(Round Robin to be run if there are 3 in a category)		
	Degree Grades	Colour Belts
Senior/Adults (18+)	<p>2 x 2 Minute Rounds <u>Draws</u> 1st Occasion – 1 Extra Minute 2nd Occasion – First Point</p>	<p>2 x 2 Minute Rounds <u>Draws</u> 1st Occasion – 1 Extra Minute 2nd Occasion – First Point</p>
Under 18's (14-17)	<p>1 x 2 Minute Rounds 2 x 2 Minute Final <u>Draws</u> 1st Occasion – 1 Extra Minute 2nd Occasion – First Point</p>	<p>1 x 2 Minute Round 2 x 2 Minute Finals <u>Draws</u> 1st Occasion – 1 Extra Minute 2nd Occasion – First Point</p>
Under 14's (12-13)	<p>1 x 1.5 Minute Rounds 2 X 1.5 Minute Final <u>Draws</u> 1st Occasion – 1 Extra Minute 2nd Occasion – First Point</p>	<p>1 x 1.5 Minute Rounds 2 x 1.5 Minute Final <u>Draws</u> 1st Occasion – Extra 30 Seconds 2nd Occasion – First Point</p>
Cadets (7-11)		<p>1 x 1.5 Minute Round 2 X 1.5 Minute Final <u>Draws</u> 1st Occasion – Extra 30 Seconds 2nd Occasion – First Point</p>
Generation-X (4-7)		<p>1 x 1.5 Minute Round 2 x 1.5 Minute (Straight Final) <u>Draws</u> 1st Occasion – Extra 30 Seconds 2nd Occasion – First Point</p>

Power

Note: Every competitor will attempt a choice of one kick and one hand technique from the options below.

Competitors will get 1 point for every bent board, 2 points for every broken board.

	Adult Male (18+)	Adult Female (18+)
Optional Kick		
Side Piercing Kick	4	3
Turning Kick	4	3
Optional Hand		
Knife hand strike	3	2
Punch	3	2

Kids Flying Technique

Note: After each successful round, the distance will increase in 20cm increments until a winner is achieved. The pad must be hit whilst in the air with the correct foot position.

Flying Side Kick	Micro	Light	Welter	Middle	Heavy	Hyper
Starting point from hurdle	140cm	150cm	160cm	170cm	180cm	180cm

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