



Dear Instructors and Assistant Instructors,

I would like to extend an invitation to all I.T.F. of B.C. members to attend the **"2010 I.T.F. of B.C. Provincial Championships"** on Saturday, May 1, 2010. This year the tournament will be held at Vernon Secondary School in beautiful Vernon, British Columbia. The tournament will begin at 9:30 a.m. with the line up and official bow in.

Any instructor who sends students will receive a rebate of 10% of all entry fees from their club attending the tournament. Also, any instructor who sends 25 or more students will have his/her hotel room expense covered by the tournament (must be an official hotel).

All black and red belts will be required for judging and refereeing on Saturday and will receive lunch. Lunch breaks will be on a rotational basis and will begin at Noon. We will be making use of the "On Deck" system to ensure that all rings are constantly running and all competitors have ample time to check in. All competing students will receive a certificate celebrating their participation.

Please see the general information section of this package for specifics on the tournament including hotel information, scheduling, divisions and other miscellaneous details. We will be holding a social dinner after the tournament. All competitors and guests are invited to join us at a location to be determined. I hope everyone will come together for this event in Vernon to enjoy the beautiful weather and some great competition.

Yours in Taekwon-do,

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David White  
IV Degree Black Belt  
Tournament Director

**Please note that the cut off date for registration is April 24, 2010.**  
**We will not be accepting any registrations after this date.**

### **Sundance Martial Arts Ltd**

#418 - 3304 35 Avenue, Vernon, B.C., V1T 8M6  
(250) 306-2285 [instructor@sundancetaekwondo.com](mailto:instructor@sundancetaekwondo.com)



## General Information

### Payment of entry fees

***Patterns and/or Sparring: \$45.00***

***Black Belt Power Breaking: \$15.00***

Please have all of your students pay you individually. Then you, the instructor, pay for your entire group with one payment. Payment for the tournament is requested prior to the event day. You may pay by cheque or cash (Payable to Sundance Martial Arts Ltd.). Payment must be received one week before competition begins Saturday, May 1, 2008.

Mailing Address:  
418-3304 35 Avenue  
Vernon, BC  
V1T 8M6

### Order of events

9:00 Umpire/referee meeting and ring assignment

9:30 Bow in

10:00 Youngest age, lowest belt, patterns and sparring (RINGS 1, 2, 3 and 4)

12:00 Lunch rotation begins

Note: any umpire/referee failing to return to their ring will be disqualified from Competing. All belts continue to compete in order of age and rank.

1:30 Black belt competition begins (Rings 1, 2, 3, 4 and 5)

5:00 Tournament ends.

7:30 Dinner/social, TBA

If a division has less than 4-people, we reserve the right to change or modify the divisions to provide the fairest and most fun competition for each student. PLEASE NOTE that all members must register with their instructor before the deadline date.

## Tournament Venue

Vernon Secondary School  
2303 18th Street  
Vernon, BC

# **Dinner and Social**

Following the championships we will be having a dinner and social. Deetails to follow

## **Special notes**

All divisions will compete in patterns at one ring and then compete in the same ring for sparring. The sparring will take place immediately after patterns competition. Male and female will be combined for patterns when necessary. Medallions will be awarded after patterns and sparring are both completed.

All umpire/referee assignments will be completed prior to the day using entry forms to determine availability. Any black belts not competing, but who will be available on Saturday for umpire/referee duties, please send notice with the entries from your club so we can assign you to a ring, your help is greatly appreciated.

All red and black belts 15 years and older will also be required for judging and will be assigned as per their entry forms to rings. There should not be more than one red belt per ring for judging.

Entries can be e-mailed to the organizing committee at [sundancetkd@shaw.ca](mailto:sundancetkd@shaw.ca) . Please enter the data onto an excel file with each entry in a different row and each piece of data in a different column. Data required is first name, last name, age, gender, weight, belt level, and categories entered (individual sparring/patterns and power breaking). Please be accurate as errors cause major problems with divisions. You must bring the actual signed entry forms with you on the day of the tournament.

All referees and judges must wear official ITF dress:

- White Shirt, Blue Tie, Blue Pants, white shoes
- ITF Dobok
- Casual clothing will not be permitted on the floor.
- When umpiring, officials are asked to wear an official's badge for identification purposes.

# Tournament Rules

All events will follow the Rules for Coloured Belt and Black Belt Competition as specified by the International Taekwon-Do Federation. Additions or exceptions to those rules are as noted below.

## Patterns

- Black Belts competing in Final round for their division will be required to perform one pattern of their choice from their rank, and one pattern randomly selected by the judges. All elimination rounds will be only one pattern of the competitor's choice.
- Coloured Belt competitors may perform the pattern of their rank or one pattern below their current rank. Colored Belts may not perform any pattern above that of their current rank. Colour belts will be allowed one "restart" with no penalty assessed.

## Free Sparring

Duration of Matches:

- Coloured Belts: 1 round of 90 seconds.
- Black Belt Elimination: 1 round of 2 minutes.
- Black belt Finals: 2 rounds of 2 minutes.

In the event of a draw, a further round of 1 minute will take place. In the event of a second draw, the match will continue following rules for "first point scored".

Mandatory Safety equipment:

- Hand and foot safety equipment of an approved type (no hard materials)
- Mouth guard
- Groin protection for all males (must be worn inside the trousers)
- Head protector is mandatory for all youths under the age of 15 years.

Optional Safety equipment:

- Shin and forearm protectors of an approved type (no hard materials);
- Head protector for Juniors (age 15-17)
- Groin protection or chest protection for females (must be worn inside the dobok)

Note: Students without required safety equipment will not be allowed to compete. Competitors sharing equipment is welcomed. No jewellery, watches or other adornments may be worn, hair may be kept in place using a material of a soft elastic nature only, no grips or slides are allowed.

# Accommodation

## Official Hotel #1: The Prestige Hotel and Conference Centre

4411 32 Street  
Vernon, BC V1T 9G8  
Phone: (250) 558-5991  
[www.prestigehotelsandresorts.com](http://www.prestigehotelsandresorts.com)



- Hot Tub
- Indoor Pool
- Guest Laundry
- Full Service Convention Centre
- Complimentary High Speed Internet
- Fitness Centre
- ORA Restaurant and Lounge
- 42" flat screen T.V.'s in every room

\$99.00/per night - Room with one bed  
\$109.00/per night - Room with two beds

**Mention the Taekwon-Do Championships to get these rates.** There are also several other rooms to choose from.

## Official Hotel #2: Sandman Hotel

4201 32nd Street  
Vernon, BC V1T 5P3  
Phone: (250) 542-4325



<http://www.sandmanhotels.com>

- Kitchenettes and executive suites
- Indoor pool
- High speed Internet access available
- Denny's 24 hour Restaurant with room service
- Complimentary in-room coffee, tea, hairdryers, iron and ironing boards

\$79.00/per night + Tax - Several rooms and suites to choose from.

**\*\*Rooms are blocked under "Provincial Tae Kwon Do" and are being held until March 31, 2010.** Please ensure that you book prior to this date to guarantee your rate.