

## ***Frequently Asked Questions***

Please do not leave registrations to the last minute because you need to leave time for your instructor to sort out any problems before the cut off date.

### ***What are the age divisions?***

Mini-Kids	5-8 years old
Senior Mini-kids	5-8 years old Yellow belt & above (8th gup & above)
Peewee	9-10 years old
Pre-junior	11-14 years old
Junior	15-17 years old
Senior	18-35 years old
Advanced Senior	36-45 years old
Veterans	46 years old +

### ***What events can I enter in?***

All events open to all grades with the exception of sparring for 10th and 9th gups (white and yellow stripes) ages prejunior (11 years) and up.

### ***What time do I have to be at the venue?***

Form Up is at 8.45am.

### ***What do I use as my age on the entry form?***

Your age is your age on the day of tournament

### ***What grade do I use on the entry form?***

Your grade is your grade on the day of the tournament

### ***What are the rules?***

They are the ITFNZ rules found here [2020 Tournament Rules](#)

Note amendments are listed on the ITKD website

### ***Can I enter after the cutoff date?***

The region has decided that late entries will no longer be accepted

### ***Can I cancel my entry?***

Yes, up to the cutoff date. All cancellations after that date will be refunded less a \$10 admin fee per person.

### ***How do I know which ring I'll be competing in?***

You will be emailed a sheet with information about the divisions you are entered into and approximately what time and ring they will be held in. Please check in with the ring marshal closer to the time for more detailed times on the day. Be prepared to be at your ring at least 30 minutes before the scheduled time as the timetable is only approximate.

### ***What time will the tournament end?***

We aim to finish by 4.30pm. However the last event you are entered into may finish earlier.

### ***Patterns***

10<sup>th</sup> gups will do Saju maki (both sides) and Saju jirugi (both sides) as your 2 patterns.

9<sup>th</sup> gups will do Chon- ji and Saju jirugi (both sides). In case of a draw Saju makgi

Yellow to red belt - highest pattern of the lower grade of both competitors, second pattern will be random

Black - one of three current patterns, second pattern at random

### ***Sparring***

Sparring will be 2 x 2 minute rounds.

### ***Contact level***

Minikids will be non contact .

Pewees will be "tag" contact (tag contact or light touch).

All others – touch contact

### ***Safety Equipment***

All protective gear must be ITF Approved.

Head gear will be provided for all competitors (you can optionally use your own but must be an approved brand and clearly marked red or blue as determined by your bout)

Gloves and foot protectors of approved type. ***These will be provided for mini-kids and pewees only.***

Competitors must provide their own mouth guard (clear only). **All males must have a groin guard (except for non-contact sparring).** Padded shin guards are allowed but will not be provided.

### ***Where do I buy gear from?***

Please consult your instructor.

### ***Team Patterns (5 per team)***

There will be 2 coloured belt divisions and one black belt division.

Pre-junior and below (up to 14 years)

Junior & Seniors (15 years plus)

Black belt (any age but all team members must be black belt)

Each division is mixed rank and gender but all team members must be in the set age group.

One optional pattern only

## 2024 AN/CM Regional Special Technique Requirements

Male 10 <sup>th</sup> -5 <sup>th</sup> gup	Age	Height (metres)				
		High	Turning	Reverse Turning	Midair	Side
Mini kids & Senior Mini kids	5-8	to pad	N/A	N/A	N/A	N/A
Peewee	9-10	to pad	N/A	N/A	N/A	N/A
Pre-Junior	11-14	to pad	N/A	N/A	N/A	N/A
Junior	15-17	to pad	N/A	N/A	N/A	N/A
Senior	18-35	to pad	N/A	N/A	N/A	N/A
Advanced Senior	36-45	to pad	N/A	N/A	N/A	N/A
Veteran	46-55	to pad	N/A	N/A	N/A	N/A

Female 10 <sup>th</sup> -5 <sup>th</sup> gup	Age	Height (metres)				
		High	Turning	Reverse Turning	Midair	Side
Mini kids & Senior Mini kids	5-8	to pad	N/A	N/A	N/A	N/A
Peewee	9-10	to pad	N/A	N/A	N/A	N/A
Pre-Junior	11-14	to pad	N/A	N/A	N/A	N/A
Junior	15-17	to pad	N/A	N/A	N/A	N/A
Senior	18-35	to pad	N/A	N/A	N/A	N/A
Advanced Senior	36-45	to pad	N/A	N/A	N/A	N/A
Veteran	46-55	to pad	N/A	N/A	N/A	N/A

Male 4 <sup>th</sup> -1 <sup>st</sup> gup	Age	Height (metres)				
		High	Turning	Reverse Turning	Midair	Side
Mini kids & Senior Mini kids	5-8	to pad	N/A	N/A	N/A	N/A
Peewee	9-10	1.6	1.4	N/A	N/A	0.8
Pre-Junior	11-14	1.8	1.6	N/A	N/A	.9
Junior	15-17	1.9	1.7	N/A	N/A	1
Senior	18-35	2	1.8	N/A	N/A	1.1
Advanced Senior	36-45	1.9	1.7	N/A	N/A	1
Veteran	46-55	1.8	1.6	N/A	N/A	0.9

Female 4 <sup>th</sup> -1 <sup>st</sup> gup	Age	Height (metres)				
		High	Turning	Reverse Turning	Midair	Side
Mini kids & Senior Mini kids	5-8	to pad	N/A	N/A	N/A	N/A
Peewee	9-10	1.5	1.3	N/A	N/A	0.7
Pre-Junior	11-14	1.7	1.5	N/A	N/A	.8
Junior	15-17	1.8	1.6	N/A	N/A	.9
Senior	18-35	1.9	1.7	N/A	N/A	1
Advanced Senior	36-45	1.8	1.6	N/A	N/A	0.9
Veteran	46-55	1.7	1.5	N/A	N/A	.8

Male Dan	Age	Height (metres)				
		High	Turning	Reverse Turning	Midair	Side
Peewee	9-10	1.7	1.5	1.4	1.4	0.8
Pre-Junior	11-14	1.9	1.7	1.6	1.6	1
Junior	15-17	2.0	1.8	1.7	1.7	1.1
Senior	18-35	2.1	1.9	1.8	1.7	1.2
Advanced Senior	36-45	2.0	1.8	1.7	1.6	1.1
Veteran	46-55	1.8	1.6	1.5	1.4	.9

Female Dan	Age	Height (metres)				
		High	Turning	Reverse Turning	Midair	Side
Peewee	9-10	1.5	1.4	1.3	1.3	0.8
Pre-Junior	11-14	1.7	1.6	1.5	1.5	1.0
Junior	15-17	1.8	1.5	1.5	1.5	1
Senior	18-35	2.0	1.7	1.6	1.5	1.1
Advanced Senior	36-45	1.9	1.6	1.5	1.4	1
Veteran	46-55	1.7	1.7	1.3	1.2	.8

## 2024 AN/CM Regional Power Technique Requirements

<b>Male 10<sup>th</sup>-5<sup>th</sup> gup</b>	<b>Age</b>	<b>Elbow</b>	<b>Knifehand</b>	<b>Side Piercing Kick</b>	<b>Turning Kick</b>	<b>Reverse Turning Kick</b>
Mini-kids and Senior Mini-kids	5-8	punch/open fist to pad	N/A	N/A	N/A	N/A
Peewee	9 -10	punch/open fist to pad	N/A	N/A	N/A	N/A
Pre-Junior	11-14	digital pad	N/A	digital pad	N/A	N/A
Junior	15-17	digital pad	N/A	digital pad	N/A	N/A
Senior	18-35	digital pad	N/A	digital pad	N/A	N/A
Advanced Senior	36-45	digital pad	N/A	digital pad	N/A	N/A
Veteran	46-55	digital pad	N/A	digital pad	digital pad	N/A

<b>Female 10<sup>th</sup>-5<sup>th</sup> gup</b>	<b>Age</b>	<b>Elbow</b>	<b>Knifehand</b>	<b>Side Piercing Kick</b>	<b>Turning Kick</b>	<b>Reverse Turning Kick</b>
Mini-kids and Senior Mini-kids	5-8	punch/open fist to pad	N/A	N/A	N/A	N/A
Peewee	9 -10	punch/open fist to pad	N/A	N/A	N/A	N/A
Pre-Junior	11-14	digital pad	N/A	digital pad	N/A	N/A
Junior	15-17	digital pad	N/A	digital pad	N/A	N/A
Senior	18-35	digital pad	N/A	digital pad	N/A	N/A
Advanced Senior	36-45	digital pad	N/A	digital padd	N/A	N/A
Veteran	46-55	digital pad	N/A	digital padd	N/A	N/A

<b>Male 4<sup>th</sup>-1<sup>st</sup> gup</b>	<b>Age</b>	<b>Punch</b>	<b>Knifehand</b>	<b>Side Piercing Kick</b>	<b>Turning Kick</b>	<b>Reverse Turning Kick</b>
Peewee	9 -10	N/A	N/A	to digital pad	to digital pad	to digital pad
Pre-Junior	11-14	N/A	N/A	0.5	0.5	0.5
Junior	15-17	N/A	N/A	2	1	1
Senior	18-35	1.5	1.5	2.5	1.5	1.5
Advanced Senior	36-45	1	1	2	1	1
Veteran	46-55	0.5	0.5	1.5	0.5	0.5

<b>Female 4<sup>th</sup>-1<sup>st</sup> gup</b>	<b>Age</b>	<b>Elbow</b>	<b>Knifehand</b>	<b>Side Piercing Kick</b>	<b>Turning Kick</b>	<b>Reverse Turning Kick</b>
Peewee	9 -10	N/A	N/A	to digital pad	to digital pad	to digital pad
Pre-Junior	11-14	N/A	N/A	0.5	0.5	0.5
Junior	15-17	N/A	N/A	1	0.5	0.5
Senior	18-35	0.5	0.5	1.5	0.5	0.5
Advanced Senior	36-45	0.5	0.5	1	0.5	0.5
Veteran	46-55	0.5	0.5	0.5	0.5	0.5

<b>Male Dan</b>	<b>Age</b>	<b>Punch</b>	<b>Knifehand</b>	<b>Side Piercing Kick</b>	<b>Turning Kick</b>	<b>Reverse Turning Kick</b>
Peewee	9 -10	N/A	N/A	0.5	0.5	N/A
Pre-Junior	11-14	N/A	N/A	1.5	1	1
Junior	15-17	N/A	N/A	2.5	1.5	1.5
Senior	18-35	2	2	3	2	2
Advanced Senior	36-45	1.5	1.5	2.5	1.5	1.5
Veteran	46-55	1	1	2	1	1

<b>Female Dan</b>	<b>Age</b>	<b>Elbow</b>	<b>Knifehand</b>	<b>Side Piercing Kick</b>	<b>Turning Kick</b>	<b>Reverse Turning Kick</b>
Peewee	9 -10	N/A	N/A	0.5	0.5	N/A
Pre-Junior	11-14	N/A	N/A	1	0.5	0.5
Junior	15-17	N/A	N/A	1.5	0.5	0.5
Senior	18-35	1	1	2	1	1
Advanced Senior	36-45	0.5	0.5	1.5	0.5	0.5
Veteran	46-55	0.5	0.5	1	0.5	0.5

### **Notes:**

- White belts and yellow stripes (10<sup>th</sup> and 9<sup>th</sup> gup) Mini kids, senior mini kids and peewees

will be using a pad on a rotating mechanical measuring machine.

- White belts and yellow stripes (10<sup>th</sup> and 9<sup>th</sup> gup) Pre-junior and up will be using a pad with a digital readout of the power.
- The half board is placed at the back, not the front. This is because the rearmost board breaks first. If the half board is at the rear, they might just be able to break the half board but not the entire stack, or the rearmost if there were only full boards. Therefore in regards to safety and timeliness the half board should be placed in the machine first, at the back of the stack to be broken.
- Each board scores normally, that is, a completely broken board = 3 points, a bent board = 1 point. This applies to both full and half boards. So, in the case of 1.5 boards in the machine:
  - A completely broken 1/2 board plus a completely broken full board = 6 points.
  - A broken ½ board + a bent full board = 4 points
  - A bent ½ board + a bent full board = 2 points
  - A bent ½ board + an unbroken/bent full board = 1 point
  - An unbroken ½ board + an unbroken full board = 0 points
- Where a tie break is required, with an increased number of boards necessary, a ½ board is to be added in preference to a full board. JP may use their discretion – if in the previous round everything was broken extremely easily then a further full board may be used as a tie breaker. A tie break may consist of a repeat of the previous number of boards if the JP thinks this will get a result more quickly and safely than adding a ½ or full board. JP should also use their common sense with tie breaks in regard to what happened in previous rounds – if the randomly selected tie break technique is unlikely to see anyone break it, or is highly likely to cause injury based on previous performances, JP should select a different technique. However, this should not favour or disadvantage any competitor. The outcome should be judged equally probable for all competitors i.e. they will all succeed, or all fail, or all get injured. If the JP thinks one competitor only will succeed or fail or get injured then the selected tie break should be used.
- Hand techniques are restricted to adults 18+, and junior black belts members who need to have tournaments to prepare for the World Championships.