

2021 CaRMAA

Capital District Taekwondo Tournament COMPETITOR'S REGISTRATION FORM

Please return this form along with your registration fee (NON-REFUNDABLE)

Registration Deadline, MUST BE RECEIVED by October 20th 2021

Absolutely no applications will be accepted after October 20th 2021

Please Fill in ALL Information - Important: If any information is missing, application will not be processed.

Last Name: _____ Age: _____

First Name: _____ Phone: _____

Address: _____

City: _____ State: _____ Zip: _____

Rank (belt color): _____ Sex: M F

E-mail: _____

School Name: _____

EVENTS

Check all events competing in

___ Forms ___ Weapons ___ Breaking
___ Olympic Style Sparring

Total # of Events Competing in: _____

FEES

One Event = \$40
Two Events = \$50
Three Events = \$55
Four Events = \$60

TOTAL _____

BOARDS Pre-Order

Please List how many boards you will need.

___ 1"x10" (Adult) ___ 1/2"x10" (Children)
___ 1/2"x6" (7 & Under)

DO NOT PAY FOR BOARDS NOW, PAY DAY OF EVENT

NOTE:

For Breaking Events:

- ALL BOARDS MUST BE purchased the day of the event, at the event.
- Boards will be available at the cost of **\$2.50* per board.**
- Spacers & Tape will not be provided.
- Three sizes of boards will be available:
10"x12"x1/2" (Recommended for competitors age 12 - 8),
6"x12"x1/2" (Recommended for competitors age 7 & Under) &
10"x12"x1" (Recommended for competitors age 13 and over)

**Board Price may vary with industry pricing and constraints.*

Make certified check or money order payable
to **Pil-Sung Martial Arts.**

1095C Central Ave Albany, NY 12205

Tournament Director: Master Adam Grogin

Hosted by CaRMAA

The Capital Region Marital Arts Alliance

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518 Martial Arts

www.518MartialArts.com

2021 CaRMAA

Capital District Taekwondo Tournament
TEAM FORMS REGISTRATION FORM

Please return this form along with your registration fee (NON-REFUNDABLE)

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Important: If any information is missing, application will not be processed.

Team Name: _____

School Name: _____

Team Member Name:

Age:

Rank:

All Team Members Must Complete the Waiver Form Individually and submit with the Team Registration

FEES

\$20

Make certified check or money order payable to your own Tae Kwon Do School.

Tournament Director: Master Adam Grogin

Hosted by CaRMAA

The Capital Region Marital Arts Alliance

&

518 Martial Arts

www.518MartialArts.com

2021

Capital District Taekwondo Tournament
LIABILITY and HOLD HARMLESS RELEASE and WAIVER AGREEMENT

I _____ hereby make application for participation in the CaRMAA Capital District Taekwondo Tournament, and upon acceptance, I sincerely pledge to obey all rules and regulations as set forth within the event and its organizers. I clearly recognize that a risk is involved in the study and practice of this martial art, and related activities, which has been completely explained to and/or understood by me and/or my parents and/or guardians.

In consideration of accepting my application for entry into this event, I do hereby for myself, my heirs, executors, administrators, parents and guardians assign, release, acquit and forever discharge CaRMAA, 518 Martial Arts, the individual CaRMAA School owners, their instructors, members, volunteers, participants, agents, assistants, representatives, officers, and directors of this event, of and from any and all liability, actions, claims, demands, or suits whatsoever, which I may now or hereafter have or claim to have, on account of any injury sustained and suffered by me while traveling to or from or while practicing the techniques any related activities in connection with this event, and (if applicable) the parents and/or guardians of the applicant hereby request that this application be accepted, and in consideration thereof, agree to indemnify and release all members of CaRMAA, 518 Martial Arts, the individual CaRMAA School owners, its instructors, members, volunteers, participants, agents, assistants, representatives, officers, and directors from all claims made or which may be made on behalf of the applicant, for the aforesaid consideration

I consent that any pictures furnished by me or any pictures and/or video taken of me in connection with the organization can be used for publicity and promotion and I waive compensation in regards thereto. I clearly understand that this activity involves bodily contact, physical exertion, and exercise. I hereby accept that my participation in this event is contingent upon my good conduct and that should the proprietors of this activity determine my actions, behavior and/or attitude inappropriate in any way that my right to participate in this activity will be revoked and I shall sacrifice all fees paid. Additionally, I am fully aware of my personal medical condition and hereby certify that I am mentally and physically fit to participate in this activity.

I also affirm that I am not affiliated with any defined terrorist or extremist hate groups as recognized by the laws of the United States of America or any organization with secondary affiliation with such organizations, nor am I the subject of any criminal investigation, charges, or related activity of any type.

PARTICIPANT SIGNATURE

DATE

PARENT/GUARDIAN SIGNATURE
(Parent or Guardian sign if participant is under 18)

DATE

ADDRESS: _____

Relationship to Athlete _____

2021

Capital District Taekwondo Tournament

Rules

Forms

- Forms will be judged on a Point Scale.
- We realize that every school does different forms at different ranks and there will be no judging based on the form performed in comparison to the rank.
- We realize that every school does the same forms a little differently and will not be judging on the exact technical accuracy of one particular school. Forms judging will be based on universal principles we all know, not the technically way each of us do a form at our own school, it is a known fact each local school does each form differently.

Breaking

- Breaking will be judged on a Point Scale.
- Color Belts: 3 Breaks max, Black Belts 5 Breaks max
- What is a break? 1 strike or multiple Simultaneous strikes breaking the materials at the exact same time. ie:
 - Downward Hammer Fist= 1 break, Roundhouse kick=1 break
 - Scissor Kick; 2 kicks executed and breaking boards at exact same time= 1 break
 - Roundhouse Low High Combo= 2 Breaks! Because it is one kick/break following another
 - Double downward hammer fist= 1 Break (each hand simultaneously strikes its own boards and both hands break both boards/stacks at the same time)
 - Round House Spin Hook Kick= 2 Breaks (one kick following another is NOT same time)
- Spacers allowed but not supplied
- Competitors must supply their own stands. No concrete stands allowed
- All Boards must be purchased from the Event on the Day of the Event
- Board Size: 7 & Under: ½"x6"x12", 8-12 years old: ½"x10"x12", 13 Years and Older: 1"x10"x12"

Team Forms

- Divisions created based on best possible similarities, not all will be perfectly definable.
- Mirroring or Cascading is allowed
- Must be Synchronized 75% of the time. (Limited Staggering or solos allowed)
- Synchronization and creativity are key additional points looked for, in addition to standard forms principles, balance, snap strength, breathing, sharpness, etc.
- Normal Point system.

Open Weapons

- Limited Divisions (based on registration, most likely Child, Teen, Adult).
- This event is for fun.
- Any weapon, any style form, traditional, creative, extreme anything goes.
- Point system of judging.
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Capital District Taekwondo Tournament

Rules

Olympic Style Sparring

1 Point for Kicks to Chest Protector

1 Point for Clean Reverse Punch to Chest Protector

2 Point for Kick to the Head Gear (light contact)

All Ages may target the headgear with light contact, excessive contact will be considered if the head gets "jolted" or moves hard due to the kick

Color Belts: 2 60 Second Rounds with 30 Second Break

Black Belts: 2 90 Second Rounds with 30 Second Break

"Kyong-go" – Warning Penalty

Two "Kyong-go" shall be counted as an addition of one (1) point for the opposing contestant

Crossing the Boundary Line

Falling down

Avoiding or delaying the match

Grabbing, holding or pushing the opponent

Lifting the knee to block or/and impede the opponent's kicking attack, or lifting a leg for more than 3 seconds, without execution of any attacking technique, to impede opponent's attacking movements

Kicking below the waist

Attacking the opponent after "Kal-yeo"

Hitting the opponent's head with the hand

Butting or attacking with the knee

Attacking the fallen opponent

Misconduct of contestant or coach

Gam-jeom—Penalty

Shall be counted as an addition of one (1) point for the opposing contestant

Serious misconducts of contestants or coaches

Not complying with the referee's command or decision

Inappropriate protesting or criticizing of officials' decisions

Inappropriate attempts to disturb or influence the outcome of the match

Fleeing from the competition area to avoid normal technical exchange. If a contestant attempts to avoid a normal technical exchange by behavior such as crossing the boundary line or intentionally falling down in repeated manner, the referee may give a Gam-jeom, after a Kyong-go

Clearly intentional punch to the opponent's face

Clearly intentional attack the opponent after "kal-yeo"

Clearly intentional attack to a fallen opponent

Clearly intentional attack below the waist

Provoking or insulting the opposing contestant or coach

Only accredited team doctor/physician are allowed to be seated in the doctor's position. Unaccredited doctor/physicians or other team officials found to be seated in the doctors position shall be ordered to leave the FOP, and the athlete shall be penalized with a "Gam-jeom"

Any other severe misconduct or unsportsmanlike conduct from a contestant or coach