



North Island
Invitational
Championships

21 March 2020

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Welcome from the Taekwondo Union of New Zealand President

Dear Instructor

It is with great pleasure that we invite you and your members to participate in the 2020 TUNZ North Island Invitational Championship, which will be hosted by New Plymouth Taekwondo Club. This tournament will be held on 21 March, at TSB Stadium, 1 Rogan Street, Welbourn, New Plymouth.

This is a one day event and will include Kyorugi (sparring), Poomsae (individual, pairs and teams) as well as a jumping front kick competition. The tournament is open to all invited WT players regardless of affiliation and as usual Union members will receive a discounted price on all events.

The Daedo electronic system will be used for all red and black belt Kyorugi divisions. Competitors in these divisions will need to supply their own Daedo sensor socks. These need to be purchased prior to the tournament as they will not be available to buy at the event.

Registrations should be managed by each club and submitted as per the instructions within this document by 5.00pm on **Friday 6 March**. Late registrations will not be accepted.

Instructors will be given a competitors list on 11 March and will have until 5.00pm Friday 13 March to advise the organisers of any changes or alterations (due to incorrect weight etc or uncontested players). The final draw will be published on Friday 20 March.

Remember, **registrations close on Friday 6 March**.

If you need any assistance or require additional information please contact the Tournament Director.

Best of luck to all the competitors and may I wish you all a successful and fun tournament.

Yours in Taekwondo

Joan Fountain
PRESIDENT
TAEKWONDO UNION OF NEW ZEALAND

Information Brief



TSB Stadium, 1 Rogan Street, Welbourn, New Plymouth. There are plenty of toilets and change room facilities onsite. There is a cafe onsite as well as eateries within walking distance of the venue. <http://www.npeventvenues.nz/Venue-Hire/TSB-Stadium/Location>

Friday night weigh in: New Zealand Couriers
 3/674 Devon Road
 Waiwhakaiho
 New Plymouth 4312



March 2020

Friday	6 March	Registrations close at 5.00pm.
Wednesday	11 March	Instructors will be given a player list so they can advise the organisers of any errors (such as weight or age of players). The list will include uncontested players or players requiring matches.
Friday	13 March	No further changes permitted to the player list after 5.00pm.
Friday	20 March	Final draw published.
Friday	20 March	Weigh-in 6.00 – 8.00pm.
Saturday	21 March	Weigh in for remaining competitors/tournament starts.



Friday

6.00 - 8.00pm	Weigh-in available to all athletes at New Zealand Couriers, 3/674 Devon Road, Waiwhakaiho, New Plymouth 4312 Managers can collect their team packs.
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Saturday (some event start times may vary subject to entry numbers)

7.00am	Doors open, officials arrive, set up mats and electronics.
7.30 - 9.00am	Weigh-in (only competitors who need to weigh in are permitted entry at 7.30am).
8.00am	Team and spectators' entry.
9.00am	Poomsae starts with senior belts through to coloured belts. Officials meeting followed by coaches meeting.
9.30am	Junior sparring will start, moving to senior belts.
12.15 - 12:45pm	Officials lunch.
12.30 - 1.30pm	Jumping front kick competition.
6.00pm	Event concludes (depending on number of entries).

- A coaches' briefing will occur 30 minutes prior to the start time of competition to go over the process for the day and rule clarifications. This meeting will not provide an opportunity to make match plays or change to the draw. This briefing is compulsory for coaches.
- Medals will be presented throughout the day as each division finishes, not at the end of the tournament.

Events:	WT Kyorugi	Yellow tab (9 kup) upwards
	Traditional Poomsae	Yellow belt (8 kup) upwards
	Jumping front kick competition	Yellow tab (9 kup) upwards

Tournament Director: Richard Coomber
 Contact number: 021 215 3508
 Email: nptkdtournament@hotmail.com

Mail entries to: Angela Caldwell, C/- NZ Couriers, PO Box 4031, New Plymouth 4340

If there are any problems or questions in relation to this tournament then please contact the Tournament Director.

Eligibility

Entry is open to all TUNZ clubs; NZETKD affiliated clubs; and other WTF/ITF clubs regardless of affiliation which have been invited by the TUNZ Executive Council (secretary@tunz.net.nz).

The competitor's club will be responsible for submitting the required forms (individual entry forms and team list) and payment via mail or internet banking to the host club.

Individual registrations will be accepted only if they are the only competitor from their club. To register the process is the same, as the Club instructor will be required to sign the relevant forms.

Liability

All participants in the competition take part at their own risk. While all care is taken, the organisers and their representatives can take no responsibility, under any circumstances, for any damages, injuries or loss to individuals or equipment to competitors or spectators.

Privacy

Personal details collected are solely for the purpose of the competition involved. They will not be passed to a third party.

Photographs taken at the event, and competition results, may be published.

General Public Entry

People not on the team list (which will include valid officials) must pay to enter.

Cost of Admission: \$5 adults, \$2 children 5 to 12, under 5s free.

TUNZ and the tournament organisers reserve the right to exclude or remove any person from the venue at their discretion.

Accommodation

There are a number of accommodation providers located within walking distance to the venue. We will be contacting a few motels to see if we can secure team discounts. Please keep an eye on the event Facebook page as we will advise of any special deals as they arrive.

Entering

Entry Forms and Team Lists

Each competitor must accurately complete and sign the Entry Form for each event that they would like to participate in. The competitor, parent (if applicable) and instructor's signature are required on this document.

Clubs then complete the Team List form and send to the organiser with the individual entry forms. Team lists must be completed correctly and accurately and be provided in LANDSCAPE format. The Team List will have the names of all competitors, their grade, age, weight and identify the events they are competing in. Please clearly mark the entry fee they have paid as this will be tallied against the payment made. Both documents must be sent to the organisers prior to registration closing date. Scanned and emailed entries are acceptable.

Individuals are welcome to enter if their club is not attending, by completing the individual form, getting their instructor's signature, paying the appropriate fee, and meeting the registration closing date.

Payment

All entries must be paid at the time of registration. Entries will not be processed until payment is made.

Cheques must be made out to: **New Plymouth Taekwondo**

All mailed cheques and entries are to be sent to: **Angela Caldwell, C/- NZ Couriers, PO Box 4031, New Plymouth 4340**

Payment by internet banking – ONE payment per club please. Scanned copies of entries should be sent to: **nptkdtournament@hotmail.com**

Account name: **New Plymouth Taekwondo**

Account number: **15-3957-0062973-00**

Particulars/code/reference: Your **club name** (that you have entered under), and **NIs2020**

Refunds

Refunds will be given for withdrawal up to 5.00pm Friday 13 March. A doctor's certificate is required for refunds after the final draw has been published. There will be a \$10 administration fee for all withdrawals regardless of the time the competitor withdraws (with the exception of uncontested players).

Entry Fees

Events	TUNZ Member		Non-TUNZ Member	
	Adult	Youth	Adult	Youth
One event (e.g. sparring, individual poomsae)	\$45	\$35	\$60	\$50
Two events (e.g. sparring plus individual poomsae)	\$60	\$50	\$80	\$70
Three events (e.g. sparring plus individual poomsae plus pairs poomsae)	\$75	\$65	\$100	\$90
Jumping Front Kick Competition	\$10	\$10	\$15	\$15

Remember **registrations close on Friday 6 March**

General Information

Jumping Front Kick Competition

The jumping front kick involves kicking a target on the jump kick machine or held by an individual.

- Competitors will be grouped in their ages and height on the day.
- Each competitor may have up to three attempts in total, once this is reached the competitor is eliminated.
- All athletes must land on their feet.

Uncontested Players

Uncontested players may elect to receive either a medal or a full refund (no administration fee will be charged). Players wishing to receive a medal are to be present in full dobok or club tracksuit when directed.

Medical Conditions

Players are advised to inform their coach of any relevant health information for the purposes of treatment. Instructors are advised that they should maintain appropriate emergency contact details for their players. St John Ambulance will be onsite to provide any medical care to players throughout the tournament. If a player has a medical condition which may affect their ability to compete safely this must be disclosed to the organisers at the time of entry so that a determination can be made about whether the entry will be accepted.

Protests

The WT card protest process will be in place for the Kyorugi matches. Each match will have an automatic quota of one protest per player.

Under no circumstances are any other Officials to be approached in relation to a protest.

Team Coaches and Managers' Meeting

A coaches' briefing meeting will occur 30 minutes prior to the start time of competition. Coaches are required to attend briefings. During this meeting only the process of the day and rule clarifications will occur. The Tournament Director will also announce any draw changes due to competitors' absence, and any match play changes required to accommodate these players.

Officials

Without the assistance of officials, we would be unable to host this tournament. In order to make sure we have enough officials we would like to ask that each club provide the name of at least one (more if possible) person who can be identified to assist as an official. If you are interested in being a referee, corner or poomsae judge, include your details on the team registration list or email nptkdtournament@hotmail.com directly.

- All officials will have lunch catered for them on the day, and there will be plenty provided to eat and drink during the day.
- A meeting for officials will be held at the venue on Saturday morning prior to the coaches' and managers' briefing. Please listen for the announcement.

We would like to thank in advance everyone who donates their time to be an official at this tournament.

Determining Age

Ages for both Kyorugi and Poomsae are as per WT Rules, where the age is determined as at 31 December 2020. For example, a person born in 2010 will be deemed to be age 10 years regardless of whether they are born on the 1st of January or the 31st of December.

Individual Awards

Medals will be presented as close as possible to the respective divisions finishing. For example, Poomsae medals will be presented after each session. **Medallists must be dressed appropriately in either full dobok or full club uniform.** This will allow those who need to depart early to do so, without needing to stay the whole day.

Three medals will be presented per division for Kyorugi and Poomsae:

- Champion – Gold
- Runner-up – Silver
- Semi Finalist – Bronze

Jumping front kick will have one medal per division, divisions to be made up depending on entrants:

- Champion – Gold

TUNZ Trophy Awards

TUNZ Kyorugi Trophy

Will be presented to the club with the most points following the tally of all Kyorugi results from the day.

TUNZ Poomsae Trophy

Will be presented to the club with the most points following the tally of all Poomsae results from the day.

Points will be determined as follows: Gold 3 points, Silver 2 points, Bronze 1 point.

Kyorugi Information

Kyorugi Competition Rules

- WT Competition Rules will apply. A complete copy of the WT Competition Rules can be downloaded from the link below:
<http://www.worldtaekwondo.org/wp-content/uploads/2019/08/WT-Competition-Rules-Interpretation-Manchester-May-15-2019.pdf>
- There will be no video review. Review will be consensus between judges, referee and Tournament Director.

Kyorugi Coaches

Coaches must be identified on the team entry form, and the organisers will provide them with accreditation. **Only accredited coaches will be permitted entry to the official marshalling area and Kyorugi courts.**

A coaches' briefing will occur 30 minutes prior to the start time of competition. Coaches are required to attend briefings. During this briefing only the process of the day and rule clarifications will occur. This meeting will not provide opportunity to make match plays or change to the draw.

Coaches are expected to behave in a respectful manner to players and officials at all times. Only one warning will be issued to a coach if their behaviour is deemed unacceptable. Upon receiving a second warning, that coach will have their accreditation removed and thus will no longer be permitted to act as a coach for the remainder of the tournament.

It is the coach's responsibility to ensure their player is ready to commence their fight. It is highly advisable that coaches ensure their players have transitioned into the official marshalling area at least four fights in advance of their fight number.

A maximum of two (2) calls to the field of play will be given. If a player is not ready with their coach at the commencement of their fight, the fight will be cancelled. No match play will be provided.

Kyorugi Coloured Belt Divisions

Every effort is made to match players based on the weight, height, grade and age as submitted on the entry form. All details on the entry form are to be checked by the Club Instructor to ensure that the competitor can be entered into the correct division.

Instructors will be contacted if there is no suitable competitor available, and to have a discussion on what options may be available to provide a match for the competitor.

Weigh-In for Kyorugi Competitors

It is the responsibility of each Instructor to check the weight, height, age and grade of their competitors, and to ensure the entry forms are completed correctly. After this it then becomes the responsibility of the player to make the correct weight for the division that they have been entered into. Failure to make weight will lead to disqualification. All Kyorugi competitors are required to weigh-in. There will be two opportunities for competitors to weigh-in, either Friday evening 6.00 - 8.00pm or Saturday morning from 7.30 -9.00am.

We encourage as many teams as possible to weigh in on Friday evening, as this will greatly assist the organisers. If a competitor fails to make weight they have until the end of that weigh-in session to try a second time to make weight. If a competitor is concerned about their weight, they should weigh-in early, as weigh-in will close at 8.00pm.

Please note: Players failing to pass the weigh WILL be disqualified. Any competitor required to weigh-in that fails to do so will be disqualified. If you choose to weigh in on Friday night you will not be weighed in on Saturday. If you do not make weight on Friday night, you will be disqualified.

Safety Equipment

- Sparring athletes must wear WT approved full colour chest protector, head guard (matching colour or white), groin, shin, arm guards and gloves.
- Mouth guards are compulsory for everyone and must be white or clear (NO EXCEPTIONS).
- **Red and Black belt divisions**
 - Require Daedo electronic foot protectors. Internet suppliers of Daedo equipment are <http://www.daedoaustralia.com.au> and <http://www.mooto.com.au>
 - The organisers will provide the electronic chest guards to use, and electronic head guards for head kick divisions.

Equipment Checks

To ensure the smooth transition of fighters and to ensure we have a safe tournament, each competitor will be required to pass through the official equipment inspection area.

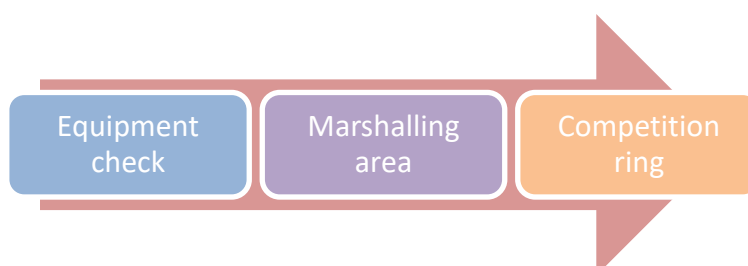
Players must arrive wearing all their safety equipment ready for their fight, this includes groin guard (under their dobok) in preparation for inspection. Players will only be passed through to the marshalling area once they have passed the equipment inspection.

Marshalling Area

Only accredited coaches and players will be permitted entry into the official marshalling area and Kyorugi courts. There will be plenty of space in this area to allow players to stay warm and continue pad work with their coaches.

Players will be sat at their court immediately when the fight prior to them has started. Seats will be provided for up to three fights in the bus area per court. The purpose of this is to ensure no time is wasted between fights while waiting for players to get ready.

Both players and coaches are to listen and follow the instructions of the Marshalling Area Coordinator to ensure they don't miss their fight. Players will only be called two (2) times, and if they don't report to the Marshalling Area Coordinator, they will be disqualified.



Head Kicks

When the NO HEAD KICK rule applies, a head kick, either intentional or through lack of caution, will be treated as a prohibited act with the same penalty as rule 4.1.8 (hitting the opponent's head with the hand). A Gamjeom (deduction point), or disqualification will be applied.

Division	Age	White Yellow Tip	Yellow/Green	Blue	Red	Black
Youth	Under 11 years	No	No	No	No	No
Cadet	12 – 14 years	No	No	Optional	Yes	Yes
Junior	15 – 17 years	No	Yes	Yes	Yes	Yes
Open	17 – 35 years	No	Yes	Yes	Yes	Yes
Masters	Over 35 years	No	Yes	Yes	Yes	Yes

Kyorugi Divisions (weight in kilograms)

Youth 5 to 11 years											
GIRLS AND BOYS											
Over	-	18	21	24	27	31	35	40	45	50	
Under	18	21	24	27	31	35	40	45	50		

Cadet 12-14 years											
MALE											
Over	-	33	37	41	45	49	53	57	61	65	
Under	33	37	41	45	49	53	57	61	65		
FEMALE											
Over	-	29	33	37	41	44	47	51	55	59	
Under	29	33	37	41	44	47	51	55	59		

Junior 15-17 years											
MALE											
Over	0	45	48	51	55	59	63	68	73	78	
Not exceeding	45	48	51	55	59	63	68	73	78		
FEMALE											
Over	0	42	44	46	49	52	55	59	63	68	
Not exceeding	42	44	46	49	52	55	59	63	68		

Open or Masters 18 years + (Divisions determined based on entries)											
MALE											
Over	-	54	58	63	68	74	80	87			
Not exceeding	54	58	63	68	74	80	87				
FEMALE											
Over	-	46	49	53	57	62	67	73			
Not exceeding	46	49	53	57	62	67	73				

Poomsae Information

Poomsae Competition Format

Competition will be in the Traditional Poomsae competition format for coloured belts and black belts. All patterns are judged against the WT specified technique.

Contestants can compete in the following categories unless limited by age, grade, or gender:

- Men's individual
- Women's individual
- Pair

WT format	Traditional
Must be mixed gender	Must be mixed gender with no age restrictions (e.g. a family team of one child and one adult). All team members must be in the same competition category.

- Team

WT format	Traditional
Must be three people of the same gender	Must be of the same gender with a minimum of three people with no age restrictions (e.g. a family team of two children and one adult). All team members must be in the same competition category.

Traditional Poomsae - Individual Competition

Each competitor will be required to perform two patterns.

Coloured belts will perform the two patterns identified in the Poomsae list below.

Belt Level	Pattern 1	Pattern 2
Yellow (8 to 7 Kup)	Il Jang (1)	E Jang (2)
Green (6 to 5 Kup)	E Jang (2)	Sam Jang (3)
Blue (4 to 3 Kup)	Sa Jang (4)	Oh Jang (5)
Red (2 to 1 Kup)	Yuk Jang (6)	Chil Jang (7)

Black belts will perform Koryo as the first Poomsae and the second will be of the player's choice. The Poomsae must be announced to the Judging Panel immediately prior to the beginning. Selection of the second Poomsae must be from the range as described by WT (see WT Poomsae list on page 11).

Traditional Poomsae - Pairs and Teams Competition Categories

For either competition there will be a compulsory Taegeuk and the second Taegeuk is of the pair/teams choice. Selection of the second Poomsae must be from the range as described below:

- **Grade 8 to 6** - Taegeuk 1 is compulsory as the first of the two patterns. Taegeuk 1 may not be performed twice. Only Taegeuk 1 to 8 may be performed.
- **Grade 5 to 3** - Taegeuk 4 is compulsory as the first of the two patterns. Taegeuk 4 may not be performed twice. Only Taegeuk 1 to 8 may be performed.
- **Grade 2 to 1** - Taegeuk 6 is compulsory as the first of the two patterns. Taegeuk 6 may not be performed twice. Only Taegeuk 4 to 8 may be performed.
- **Black belts** - Will perform Koryo as the first Poomsae and the second will be of the players' choice. The Poomsae must be announced to the Judging Panel immediately prior to the beginning. Selection of the second Poomsae must be from the range as described by WT (see WT Poomsae list below).

WT Poomsae List - Black Belt Only

Individual	
Age Group	
12 – 14 years	Taegeuk 4, 5, 6, 7, 8, Koryo, Geumgang
15 – 17 years	Taegeuk 4, 5, 6, 7, 8, Koryo, Geumgang, Taebaek
18 – 30 years	Taegeuk 6, 7, 8, Koryo, Geumgang, Taebaek, Pyongwon, Shipjin
31 – 40 years	
41 – 50 years	Taegeuk 8, Koryo, Geumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon
51 – 60 years	Koryo, Geumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon, Hansu
61 – 65 years	
Over 65 years	

Teams and Pairs	
Age Group	
12 – 14 years	Taegeuk 4, 5, 6, 7, 8, Koryo, Geumgang
15 – 17 years	Taegeuk 4, 5, 6, 7, 8, Koryo, Geumgang, Taebaek
18 – 30 years	Taegeuk 6, 7, 8, Koryo, Geumgang, Taebaek, Pyongwon, Shipjin
Over 30 years	Taegeuk 8, Koryo, Geumgang, Taebaek, Pyongwon, Shipjin, Jitae, Chonkwon

Entry Forms

Checklist

Competitors – have you

- ✓ Completed the entry form with accurate information (e.g. weight, grade) so you are placed in the correct division
- ✓ Signed or got your parent or guardian, if applicable, to sign the form
- ✓ Paid your club your entry fee
- ✓ Given the form to your instructor to sign and forward to the organisers

Club instructors – have you

- ✓ Checked ALL information completed by the applicant is correct (especially in relation to age and weight divisions)
- ✓ Signed the entry forms
- ✓ Completed the Team List
- ✓ Added names of officials from your club
- ✓ Sent ALL paperwork to the organisers with payment

Determining age: Ages for both Kyorugi and Poomsae are as per WT Rules, where the age is determined as at 31 December 2020. For example, a person born in 2010 will be deemed to be age 10 years, regardless of whether they are born on the 1st of January or the 31st of December.

Closing date for registrations: Friday 6 March 2020

Post to: Angela Caldwell, C/- NZ Couriers, PO Box 4031, New Plymouth 4340

Email to: nptkdtournament@hotmail.com

KYORUGI ENTRY FORM

First name:		Surname:		
Gender (circle one):	Male Female	Grade:	Age:	DOB: / /
		Weight in kgs:	Height in cm:	

DECLARATION

I, the undersigned, submit my application for registration as a competitor in the TUNZ North Island Championships. In doing so I declare that:

- (1) I meet the eligibility criteria.
- (2) The information supplied is true and correct.

Signature of Competitor: _____ **Date:** _____

Signature of Parent or Guardian: _____ **Date:** _____
(if under 18 years)

Signature of Instructor: _____ **Date:** _____

Club Name:
Instructor's name:
Instructor's phone number:
Instructor e-mail address:
Note - If club instructor's contact details are shown on the team list, they do not need to be replicated above.

ENTRY FEE - See Schedule of Entry Fees in entry pack.

Make the payment to your club. Your Instructor must make ONE payment to **New Plymouth Taekwondo**.

Closing date for registrations - 6 March 2020

POOMSAE ENTRY FORM

First name:		Surname:			
Gender (circle one):	Male Female	Grade:	Age:	DOB: / /	
Poomsae Category: (tick relevant boxes)		Traditional Individual []		Traditional Pair [] Traditional Team []	
Pairs name:		Pairs partner:			
Team name:		Team partners:			

DECLARATION

I, the undersigned, submit my application for registration as a competitor in the TUNZ North Island Championships. In doing so I declare that:

(3) I meet the eligibility criteria.
 (4) The information supplied is true and correct.

Signature of Competitor: _____ **Date:** _____

Signature of Parent or Guardian: _____ **Date:** _____
 (if under 18 years)

Signature of Instructor: _____ **Date:** _____

Club Name:

Instructor's name:

Instructor's phone number:

Instructor e-mail address:

***Note** - If club instructor's contact details are shown on the team list, they do not need to be replicated above.*

ENTRY FEE - See Schedule of Entry Fees in entry pack.
 Make the payment to your club. Your Instructor must make ONE payment to **New Plymouth Taekwondo**.

Closing date for registrations - 6 March 2020

TEAM and OFFICIALS LIST (2 of 2)

Name	Belt Grade	Sex	Age (at 31 Dec)	Year Born	Traditional Poomsae			Kyorugi		Jumping Front Kick	Fee Paid
					Individual	Pair	Team	Weight KGs	Height CM		

Name	Mobile	Coach	Referee	Jury	Corner Judge	Poomsae Judge

Post to: Angela Caldwell, C/- NZ Couriers, PO Box 4031, New Plymouth 4340

Email to: nptkdtournament@hotmail.com

TUNZ HAZARD CONTROL PLAN

Tournament Competition

Hazard Description:	Forceful direct contact with opposing player
Details:	A taekwondo tournament is a competition which is decided, within the rules, by direct physical contact and forceful physical collisions between contestants, and therefore competitors have an inherent risk of physical injury.
Category:	Physical
Date Hazard Identified:	1 November 2004
Review Hazard Frequency:	Annual or after major accident or incident
Next review:	1 November 2020
Hazard Location:	Tournament competition ring
People Exposed:	Tournament competitors
Other Relevant Documents:	Current World Taekwondo Competition Rules
Possible Harm:	Sprain, strain, bruising, open wound, fracture, brain-damage, paralysis, death.
Hazard Significance:	Significant Hazard
Hazard Control Type:	Minimise
Action Required:	

World Taekwondo rules attempt to minimise risk by:

- Specifying weight, age and grade requirements when matching competitors.
- Specifying protective equipment to be worn.
- Restricting the types of attack used and the target areas.
- Specifying procedures to punish or disqualify competitors who infringe.
- Specifying procedures to use in the event of an injury.
- Specifying procedures for referees and coaches to use if it becomes apparent that a competitor is at risk.

Tournament Director

- Ensure the player draw is as evenly matched as possible.
- Impose additional rules if considered necessary (e.g. no head contact, mandatory mouth guards).
- Ensure procedures in place for competitors to receive appropriate medical attention if necessary.

Referees

- Maintain control of contest ensuring competitors abide by the rules.
- Stop contest if necessary as per competition rules and procedures.

Coaches

- Ensure contestant has knowledge of the rules.
- Ensure competitor is sufficiently skilled and in physical condition to compete safely in their division.
- Withdraw contestant if necessary before or during the contest as per competition rules and procedures.
- Ensure their competitors are aware of and understand this hazard.

Competitors

- Wear protective equipment as specified in the rules and additional equipment if deemed necessary by Tournament Director (e.g. mouth guard).
- Abide by competition rules.
- Do not compete without doctor's approval if suffering from a medical condition which could be worsened by competing.
- Do not compete if you have received a head injury (e.g. concussion) within 30 days preceding the competition. As well as this stand-down period a medical clearance is required before competing again.