



## **2020 6th Annual Federal Way Mayor's Cup**

Greetings Parents and Students,

Welcome to the 2020 Federal Way Mayor's Cup Taekwondo Championship. I am very honored to host our Annual Mayor's Cup. This is a community charity event to benefit a Federal Way charity chosen by our mayor. This benefit event is a "kids helping kids" theme for taekwondo students. Competition can be a very positive experience for students. Learning to prepare, train, focus, be dedicated and improve every day toward their goals is what a championship is about. We also want our students to have a service mind and give back to the community. This championship is the culmination of both endeavors..

Thank you for your support,  
**Master Richard Na**

---

<b>Date:</b>	<b>Saturday, May 16, 2020</b>
<b>Location:</b>	Decatur High School Gym, 2800 SW 320 <sup>th</sup> Street, Federal Way 98023
<b>Championship Begins:</b>	9:00AM Sharp!
<b>Registration:</b>	Online Registration Only. No at the door registration. 2 divisions \$80 and \$10 extra divisions. Doors open at 8 am.
<b>ONLINE</b>	<i>Pre-registration: 2 division \$80 and \$10 for each additional division. For more info: <a href="http://www.facebook.com/FederalWayMayorsCup">www.facebook.com/FederalWayMayorsCup</a></i>

**Registration link at: [www.federalwaymayorscup.com](http://www.federalwaymayorscup.com)**

**There is no at the door registration. No mail in registration. Use the above link for online registration.**

<b>Spectator Fee:</b>	Adults (12 & Older): \$10, Children (5-11): \$5 Kids 4 & under Free
<b>Awards:</b>	First, Mayor's Cup 3 foot trophy. Second, and Third Place trophies
<b>Scoring System:</b>	<b>We will use electronic scoring system for both poomsae and sparring. Daedo Gen II sparring system and Poomsae Score system for World Class.</b>

**Schedule: Both Poomsae and Sparring will compete during designated times. There will be some overlap in starting times. Please be prepared and on time. Event Schedule.**

<b>9:00 am</b>	Opening Ceremony & Demo Team Performance <b>Staging for 9-12 year old. Poomsae, Breaking &amp; Sparring</b>
<b>10:00 am</b>	9-12 years old Competition. Staging for 5-8 year old.
<b>11:30 am</b>	5-8 years old Competition. Staging for 13-17 year old.
<b>12-1 pm</b>	13-17 years old Competition.
<b>1:30 pm</b>	18+ Adults

# **Competition Rules and Regulations**

**Sparring Rounds:** Adult Black Belts 1 min 30 seconds, 2 rounds. All other divisions: 1 min, 2 rounds (30 sec rest) Point Rules: Modified WTF Rules. with USAT Jr. Safety Rules

## **Legal Scoring Area:**

**Body,** red or blue colored area of body protector.

**Head.** Area above the collar bone

Valid points: 1 point for valid FIST attack to trunk protector

2 points for valid kick to the trunk

3 points for valid TURN kick and Kick to head

4 points for valid turning kick to head (adult division only)

Unlike adult rules, turning kicks to the head will not be awarded an extra point in divisions competing under Junior Safety Rules. Match score shall be the sum of points of the two rounds. In the event of a tie, competitors spar one more round and whoever gets the first point wins. (Golden Point Round). If nobody scored during the "Golden Point Round", it will be referee/judge's decision.

**Breaking:** White/Yellow Belts 5 boards, Green/Blue Belts 7 boards, and Red/Black belts 10 boards. Boards must be purchased at tournament (\$2 each). Score will be determined by break, and difficulty of technique.

## **Disqualification:**

1. Total of 4 point deduction (8 warnings)
2. Competitor or coach intentionally disobeys the referee, the completion rules, or displays unsportsmanlike conduct.
3. Does not show up in time for the match.
4. Heavy contact to the head with the hand or foot that results in an injury, or injuring any opponents and rendering him or her unable to continue. (Junior Safety Rules)
5. Foul (Profanity) language by coach or player, verbal abuse

**No Contact to head for 12 years and under, for all belts. Light head contact for Black Belts 13 to 17. sides only without causing abrasion or bleeding.**

**Required Equipment:** Head Protector, Arm Pad, Shin & Instep Pad, Chest & Groin Protector, Mouth Guard, Uniform is Mandatory. (must be provided by competitor)

**Sparring Rounds:** Adult Black Belt – 1 Minute 30 Seconds. 2 Rounds (30 sec rest)  
All Other Divisions – 1 Minute 2 Rounds (30 sec rest)

# Individual and Pairs Poomsae

Poomsae competitors must perform only the Poomsae designated for their specific rank. Scores will be based on: Proper order, beauty, grace, rhythm, accuracy, power, technique, and attitude. Authorized Poomsae are those approved by the Kukkiwon & WTF. Taegeuk 1 - 8, and black belt Poomsae: Koryo, Keumgang, Taebaek etc.

## Authorized (World Taekwondo) Poomsae Rules

- Authorized Poomsae refers to Poomsae formulated by the Kukkiwon
- Method of competition: Cut - off system
- Contest time: More than 30 seconds and less than 90 seconds
- Attire: Approved Dobok (Taekwondo uniform), Open dobok accepted.
- Members of contest: Individual: 1 person, Pair/Team: 2 - 4
- Divisions by age and/or gender
- Group competitors comprises of men and women, may be of mixed gender. Groups must adhere to age divisions.

## Scoring Criteria for Authorized Poomsae

Scoring Parts	Details	Score
Accuracy (4 points total)	Accuracy of technique	2.0
	Accuracy of direction	2.0
Performance (6 points total)	Speed and Power	2.0
	Rhythm	2.0
	Intensity	2.0

## Creative (Open) Poomsae Rules

Creative Poomsae is newly created Poomsae using various taekwondo techniques. This division also includes Forms from other recognized organizations, i.e. American Taekwondo Association, I.T.F. or Tang Soo.

- Method of competition: Cut - off system
- Contest time: More than 60 seconds and less than 120 seconds
- Attire: Approved Dobok (Taekwondo uniform), open dobok accepted
- Members of contest: Group: 1 to 5 people
- Divisions by age and gender
- Group competitors comprises of men ,women and mixed gender (men/women) and proportion of males and females is not specified. Groups may consist of competitors from any age division.

# Scoring Criteria for Creative Poomsae

Scoring Parts	Details	Score
Accuracy (2 points total)	Accuracy of technique	2.0
Performance (6 points total)	Speed and Power	2.0
	Rhythm	2.0
	Intensity	2.0
	Team Synchronization	2.0

## Demo Team Rules

- Method of competition: Cut - off system
- Contest time: More than 5 minutes, Less than 7
- No more than 10 members on the team.
- Attire: Approved Dobok, creative team uniform accepted.
- Same scoring criteria as Creative Poomsae
- Team must bring their own music source.
- 5 foot Grand Champion trophy awarded to first place, 3 foot to second and third place winners.  
Only one trophy will be awarded to the winning teams. No individual trophies will be awarded.

## Board Breaking Rules

Board breaking techniques are as shown on the breaking chart. Breaking techniques must consist of minimum of three stations. The first station must be a hand technique with rest of the stations must be foot techniques.

## Breaking Board Size

1. Demo boards sized 8.85 x 11.73 x 1/4 are to be used for divisions age 6-16.
2. Boards sized 8.85 x 11.73 x 1/2" will be used for divisions age 16 and up.

***Boards must be purchased at the tournament to ensure consistency and fairness.  
Cost per board is \$2 each. One attempt per break.***

- There is a minimum of 1 board and a maximum of 10 boards for hand breaks. Spacers are required for all hand breaks over 1 board. All boards must be taped with spacers prior to competition.
- Hand breaks must be performed with a breaking stand
- There is a minimum of 1 board and a maximum of 6 boards for foot breaks. Spacers are not allowed for foot breaks.
- Board holders for foot breaks must be provided by the contestant.
- Each competitor will be allowed two (2) minutes to set up and complete his/her routine
- Competitors will only be allowed one (1) attempt per station. (After an unsuccessful 1st attempt you must move on to the next station immediately)
- 1 point will be deducted for each unsuccessful break
- **WARNING: BOARDS ARE NOT ALLOWED TO BE PRECUT. YOU WILL BE DISQUALIFIED IF YOUR BOARDS ARE SCORED.**

# COMPETITOR'S ENTRY FORM

\*\* PLEASE TYPE OR PRINT NEATLY \*\*

## STEP 1: Fill-In Competitor's Information Completely

First Name		Middle Initial	Last Name	
Home Address				
City		State	Zip	Home Phone # (     )     -
Date of Birth	Age	E mail		Gender
White/ Yellow Belt		Green/ Blue	Red/Brown	Orange
		Purple	Black Belt	

## STEP 2: Fill-In Martial Arts School Information Completely

Martial Arts School Name		Master Instructor's Name		
Martial Arts School Address				
City		State	Zip	Martial Arts School Phone # (     )     -

## STEP 3: Check and write the divisions your are competing

<input type="checkbox"/> Traditional Poomsae	<input type="checkbox"/> Creative Poomsae	<input type="checkbox"/> Breaking	<input type="checkbox"/> Weapons	<input type="checkbox"/> Pair/Team Poomsae
				<input type="checkbox"/> Demo Team

## STEP 4A: Check Event Fees (No Registration On Day Of Tournament)

<input type="checkbox"/> 1 Event (\$80.00)	<input type="checkbox"/> 2 Events (\$90.00)	<input type="checkbox"/> 3 Events (\$100.00)	<input type="checkbox"/> 4 Events (\$110.00)
--	---	--	--

## STEP 4B: Check Team Form Event (if applicable)

<input type="checkbox"/> Team/Group Poomsae All Team members must register for one event.	<input type="checkbox"/> Demo Team (\$100.00 Per Team) All Team members must register for one event. 5 foot Grand Championship Trophy to winning team.  <b>Team Name:</b>
--	---

## STEP 5 FINAL: Add Fees For Number Of Events And Spectator Tickets

# Of Events Step 4A (Check one)	<input type="checkbox"/> 1 Event <input type="checkbox"/> 2 Events <input type="checkbox"/> 3 Events <input type="checkbox"/> 4 Events	\$
Each team member must enter one event.	<input type="checkbox"/> Team/Group Poomsae (Add \$20)	\$
Each demo team member must enter one event.	<input type="checkbox"/> Demo Team (Add \$100)	\$
<i>TOTAL INCLOSED</i>		\$

## ***Liability Waiver Form***

**THERE IS NO REGISTRATION AT THE DOOR.**

***Online Registration Only***

**Go to: [www.federalwaymayorscup.com](http://www.federalwaymayorscup.com) and follow link or go directly to  
[https://events.membersolutions.com/event\\_register.asp?content\\_id=81124](https://events.membersolutions.com/event_register.asp?content_id=81124)**

**LIABILITY WAIVER FORM \*\* PLEASE READ AND SIGN \*\***

In consideration of your acceptance of my entry, I do hereby, for myself, my heirs, executors and administration waiver, release and forever discharge any and all rights and claims for damages which I may have, or may accrue to me against the MasterNa' Black Belt Academy, Master Na Martial Arts, Master Richard Na, Washington State Taekwondo Association, City of Federal Way and members of the championship, or their respective officers, agents, representatives, successors, and or assigns, and against any competitor for any and all damages which may be sustained by me in connection with my association with or entry in the above athletic meet, or which may arise out of traveling to, participating in, and returning from this athletic meet. I understand that taekwondo is a body-contact sport. I understand that the medical treatment given to me at this event will be first aid and give permission to administer aid if necessary. I consent that any pictures furnished by me or any pictures taken of me in connection with the championship can be used for publicity, promotion, or television show, and I waive compensation in regards thereto.

**I hereby agree to all of the terms and conditions of the liability waiver above.**

\_\_\_\_\_  
Competitors Signature (if under 18, no signature needed)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian (if under 18)

\_\_\_\_\_  
Date

**THIS FORM MUST BE ATTACHED OR COME WITH THE COMPETITOR'S ENTRY FORM. IF LIABILITY WAIVER FORM IS NOT WITH THE COMPETITOR'S ENTRY FORM, THEN IT WILL NOT BE ACCEPTED AND WILL BE RETURNED. PLEASE REMEMBER TO SIGN IT.**