

2026 Maritime ITF Taekwon-Do Championships

Saturday, April 11, 2026

Doors open at 8am

Black Belt meeting @9am

Opening Ceremonies immediately following the meeting

- ✓ Patterns
- ✓ Sparring
- ✓ High Kick

\$50 for 1 or 2 events

\$55 for 3 events

**SPECTATORS
\$5**



Location

Amherst Regional High
School

190 Willow St. Amherst, NS



Phone Number

1-902-667-5425

Please see your Instructor for more information.



February 23, 2026

Dear Masters and Instructors,

We are excited to invite you to participate in the 2026 Maritime ITF Taekwon-Do Championships in Amherst, NS on Saturday, April 11, 2026.

Please complete the online register form: <https://forms.office.com/r/3qPFk3nwF4>
Coach/Umpire/Photographer Form: <https://forms.office.com/r/mD483qLLwL>

The registration fee for 1 or 2 events is \$50, 3 events is \$55 when pre-registering before April 3, 2026. Registrations received between April 4 and the day of competition; the price increases by \$10. Events include Patterns, Sparring and High kick.

Once you have registered, please pay your instructor for your registration and lunch fees. Instructors, I will provide you with an invoice for all your students who have registered. Please make one payment via e-transfer to amhersttkdparentsassociation@gmail.com.

Divisions will be prepared on the day of the tournament.

Patterns

- 2 Competitors elimination system will be used for all Coloured Belt and Black Belt divisions for ITF TKD students, for other martial arts divisions will have competitors perform their pattern 1 at a time
- Colored Belt patterns: Pattern from current rank or previous rank option.
- Black Belts – Pattern of their choice from their current rank
- Judging: Umpires will assess the pattern performance and vote at the end for the competitor with the better overall pattern, no ties.

Sparring

Sparring matches will be as follows:

Colored Belts	1 round of 2 minutes
Black Belts; Pre-junior, Junior, Adult	2 rounds of 2 minutes, 1 minute rest between rounds
Black Belts; Cadet, Senior, Veteran	2 rounds of 1.5 minutes

- In the event of a tie, there will be an additional 60 seconds added to the round. If competitors are still tied, we will go to first scored point.
- Point system for sparring will be the ITF Union Point system:
 - Same as previous rules but add 1 point for point scored while in the air
 - Punch to the head 1 point
 - Punch to the body 1 point
 - Kick to the body, mid-section 2 points
 - Kick to the head, 3 points.
 - Add 1 point for point scored while in the air. Example
 - Punch to the head (off the ground) 2 points
 - Punch to the body (off the ground) 2 points
 - Kick to the body, mid-section (off the ground) 3 points
 - Kick to the head, (off the ground) 4 points)

Contact Policy – Same contact level as in the past, controlled light contact

Warnings may be issued for the following reasons:

- Stepping completely out of the ring
- Falling down (whether intentional or not)
- Faking an injury
- Intentionally avoiding sparring (i.e. running away, using Centre Referee as shield)
- Any unintentional attack to an illegal target (i.e. both above or below the belt)
- Adjusting equipment during the match without consent of Referee
- Pushing with hands, shoulders or body

Fouls may be issued for the following reasons

- Heavy contact (contact made to an opponent without any attempt to control or retract)
- Attacking a fallen competitor
- Leg sweeping

- Holding or grabbing
- Intentional attack to an illegal target (targeting or contact to any prohibited target both above or below the belt)
- Unsportsmanlike Conduct (any action by competitor showing disrespect, lack of following directions or unacceptable behavior towards referee and opponents or other officials)

Disqualifications may be issued for the following reasons:

- Misconduct against officials or ignoring instructions
- Uncontrolled or excessive contact
- Receiving three (3) minus points/fouls given by referee
- Being under the influence of alcohol or drugs
- Loss of temper
- Insulting an opponent, coach and/or official
- Biting/scratching
- Attacking with knee, elbow or forehead
- Being negatively responsible for causing loss of consciousness

Note: Any blood drawn by any opponent under the age of 18 years old will be an automatic disqualification or at the Centre Referee's sole and absolute discretion.

Sparring Equipment

All competitors must have the following mandatory gear to compete in the Sparring division:

- Foot protection
- Gloves
- Head Gear - *mandatory for all competitors*
- Mouthpiece
- Groin protection (Males)

High Kick

- Competitor's kick must touch the target and must be completed with a proper landing.
- Competitor must not touch floor with hands to regain their balance otherwise will be eliminated.

Uniforms (Athletes)/Attire (Judges)

- All athletes that will be competing in this tournament must be in proper uniforms. As this is an Open Taekwon-Do Championship, all styles of uniforms will be accepted.

- All judges volunteering at the tournament must wear proper attire consisting of a dark suit (i.e. black or navy), white shirt with tie, black shoes or white running shoes.

Coaches

- Only registered coaches will be allowed on the competition floor. There will be absolutely no exceptions to this rule. If you are not judging, coaching or competing you will have to sit in the stands. Coaches can be a Master, Instructor or a registered Black Belt and must be at least 16 years of age. And we will only allow 1 coach per 5 students. Coaches are reminded to bring their own towels and water bottles

Competitor Check In/Coaches Check In

Competitor check-in tables will be located as you enter the cafeteria area. Please see our volunteers to pick up your tournament information. We will have signs indicating competitor check in, Coaches check in and spectators.

Spectator fee is \$5 per person at the door.

Lunches- can be pre-ordered. Options include the following:

2 hot dogs and bottle of water for \$5

1 Wrap, bag of chips & bottle of water for \$10, wraps include turkey or ham.

Protein pack & bottle of water is \$10.

Pre-order lunch options are available on the registration form. We will have hot dogs available for purchase day of the tournament and a few wrap options.

Awards: medals will be awarded at the podium, located in the gymnasium to the left of the doors when facing the head table.

First aid station: will be in the gymnasium to the right of the main doors facing the head table.

Black Belt Meeting Will take place in the cafeteria at 9am. Please make your way to the cafeteria by 9am. Ring assignments, tournament rules etc will be discussed. We encourage Coaches to be familiar with the tournament rules attached in the tournament package.

Opening Ceremonies will begin immediately after the black belt meeting. We ask that you remain in the cafeteria to line up and enter the gymnasium with your students. We will organize the lineup of each club and have each school enter the gymnasium together, the Masters and Head Instructors will be seated at the head table, the students will line up in front of the head table facing General Choi, Masters and Instructors.

Accommodations

Comfort Inn, Amherst, NS 3.4 km to venue

Free hot breakfast

143 South Albion St. Amherst, NS B4H 2x2

Phone: 1-902-667-0404 Toll free 1-877-424-6423

Super 8 Amherst, NS, 3.8 km to venue

Pool and water slide, free breakfast

40 Ancestral Dr. Amherst, NS B4H 4W6

Phone: 1-902-660-888 or toll free 1-877-503-7666

Travel lodge 5.4 km to venue

Pool, Free breakfast

1539 Southampton Rd Amherst, NS B4H 3Y4

Phone: 1-902-917-5454 Toll free 1-800 525 4055

Schedule of Events

Saturday, April 11, 2026

8am Doors open

9am Black Belt/Umpire meeting

Immediately following the Umpire meeting

Opening Ceremonies

High Kick

Black Belt Patterns

Colored Belt Patterns

Colored Belt Sparring

11:30 am -1pm Lunches start

Black Belt Sparring

2-3pm Closing (we will do our best to have you headed home as early as possible)

11:30am	Ring 1 Lunch	
11:45am	Ring 2 Lunch	
Noon	Ring 3 Lunch	Ring 1 Resumes
12:15pm	Ring 4 Lunch	Ring 2 Resumes
12:30pm	Ring 5 Lunch	Ring 3 Resumes
12:45pm		Ring 4 Resumes
1pm		Ring 5 Resumes

We look forward to seeing you on April 11, 2026.

Yours in Taekwon,

Mr. Jim Ripley

VII Dan Head Instructor JC's Taekwon-Do

jripley@jcstaekwondo.com

Mrs. Terri McKillop

V Dan, Chair of Amherst & Area TKD Parents Assoc.

amhersttkdparentsassociation@gmail.com