

HUB CITY TÆKWON-DO TOURNAMENT



LOCATION: *École Antonine-Maillet*
1630 Dieppe Blvd, Dieppe NB

DATE: *Saturday, May 2nd 2026 @ 10am*

EVENTS:

- *Patterns*
- *Sparring*
- *Pre-Arranged Sparring*
 - o *Green Belt +*
 - o *13 years old +*
- *High Kick / Jumping Snap Kick*

Prices:

- *Competitors: \$65*
- *Spectators: \$5*

HOSTED BY PRESTIGE TÆKWON-DO

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- When:** Saturday, May 2nd 2026 @ 10am
- Location:** École Antonine-Maillet
1630 Dieppe Blvd
Dieppe, NB
E1A 0E4
Parking is accessible from rue des Élèves and Elsliger St
- Contact:** Mrs Monique Flynn
P: (506) 588-4636
E: prestigetkditf@gmail.com
- Registration:** Fill out registration form at the following link:
<https://forms.gle/TxWjenzrzatvhegH9>
- Registration Deadline:** Wednesday, April 22nd 2026
- Events:**
- Individual Patterns – white belts +
 - Individual Free Sparring – white belts +
 - Pre-Arranged Sparring – Green Belt and up (age 13 +)
 - High Jump / Jumping Snap Kick
- Entry Fees:** \$65 per competitor
- Competitors: pay the registration fee to your instructor
 - Instructors: an invoice with a list of your registered competitors will be sent via email after the registration deadline

HUB CITY TOURNAMENT RULES

PATTERNS:

- COLOURED BELTS:
 - Single elimination style: compete 1 on 1 at same time
 - Competitors may perform pattern of their current belt level or one level below their current belt level
- BLACK BELTS:
 - Single elimination style: compete 1 on 1 at same time
 - Perform 2 patterns: 1 black belt pattern from the lowest Dan competing in that category, and 1 one other pattern, other than the one just performed (both to be randomly picked by the jury president or volunteer at the head table)

SPARRING:

- EQUIPMENT (soft materials only):
 - Foot protector – must cover entire top of foot and toes (no sharp materials)
 - Hand protection – must cover back of hand, knuckles and fingers (no sharp materials)
 - Head protection
 - Mouth guard
 - Groin protection (cup – mandatory for men, optional for women)
 - Optional: shin protection (must be soft material, ie foam, no plastic)
- COLOURED BELTS:
 - 1 round of 2 minutes for all ages
 - 1 overtime round of 30 seconds if necessary – if there is still a tie after the overtime round, the competitor with the least amount of warnings and fouls in the last 2 rounds, will be the winner
- BLACK BELTS:
 - 2 rounds of 2 minutes for all black belts
 - 1 overtime round of 30 seconds if necessary – if there is still a tie after the overtime round, the competitor with the least amount of warnings and fouls in the last 3 rounds, will be the winner
- POINT SYSTEM:

- When feet are on ground:
 - 1 point: legal punch to head
 - 2 points: legal kick to body
 - 3 points: legal kick to head
- When jumping:
 - Add 1 point to each technique mentioned above (ie: jumping legal punch to head would be 2 points)
- WARNINGS, FOULS & DISQUALIFICATIONS:
 - WARNINGS (-1 point per 3 warnings):
 - Pretend to score a point by making celebratory gesture(s) or sound
 - Completely stepping outside the ring
 - Falling down or touching the ground with anything other than your feet (intentional or not)
 - Wasting time: faking an injury, running away, using ref as shield
 - Attack on illegal target/area (ie: the back, below the naval area)
 - Adjusting equipment during match without center referee's consent
 - Illegal techniques or tactics: pushing, holding or grasping
 - FOULS (automatic -1 point)
 - Excess contact (no attempt to retract or lack of control)
 - Attack a fallen competitor
 - Intentional leg sweep
 - Holding or grabbing to gain advantage and attack or attempt to attack an illegal target/area
 - Unsportsmanlike conduct (ie: disrespectful action, failure to follow instructions, etc)
 - DISQUALIFICATIONS:
 - Misconduct
 - Uncontrolled and/or excessive contact with intent to harm
 - Under the influence of drugs, alcohol or other substances
 - Loss of control (repeated unsportsmanlike conduct, for example)
 - Insulting officials, opponents, coaches, etc
 - Receive 3 fouls (minus points) from the center umpire (disqualified at third foul)

HIGH JUMP / JUMPING SNAP KICK:

- Competitor must make contact with the target and land on their feet
- Competitors will be eliminated if:

- They miss the target
- They hit the target with the incorrect part of the body
- They fall or touch the floor with hands, or other, to regain balance at landing
- If all the finalists miss their kick in the last round, they will be given another chance to hit the target again until there is a winner

PRE-ARRANGED SPARRING:

- Groups of 2, can be mixed, all female or all male teams
- Green belt and above, 13 years old and above
- Routines must be between 60 and 75 seconds. Automatic disqualification if duration is more than 75 seconds or less than 60 seconds.
- Competition will be single elimination style.
- The two teams will be bowed in and will exit the ring. Hung will have their turn to perform, then Chong. Once the 2 teams have completed their routine, they will be called back into the ring and umpires will vote. Winner will be the one with majority vote.
- Procedure of performance:
 - Teammates position themselves in the middle of the ring when called in by the Center Umpire
 - The senior belt announces bow towards umpires (Charryot Kyong-ye) and then facing their teammate (Charryot Kyong-ye), in that order
 - Teammates step back into an “L” stance with guarding block – time starts once senior belt says “Shi-Jak”
 - Techniques must be performed as you would see them in patterns – ie with proper chambers and sine wave, as shown in the encyclopedia
 - Attack moves must be blocked or avoided in a realistic way
 - Only one acrobatic technique sequence can be incorporated in the performance for each teammate. If additional acrobatic sequences are performed, team is automatically disqualified
 - Last attack to show final winning blow - the loser of the routine ends on the floor after final blow, winner of the routine finishes in “L” stance with guarding block and says “Goman” to indicate end of routine
 - Time stops when winner of the routine says “Goman”
 - The senior belt announces bow towards their teammate (Charryot Kyong-ye) and then facing the umpires (Charryot Kyong-ye), in that order

ATTIRE:

- Competitors: dobok that is clean and presentable
- Umpires: dobok or dark suit (navy blue or black) with white shirt, tie (black or navy), white or black shoes if desired
- Coaches: tracksuit or dark coloured suit

NOTES:

- Competition mats (tatami) will be used to create the rings
- Only registered coaches will be allowed on the competition floor
- Limit of 1 coach per 10 students
- Coaches must be 16 years of age or higher, black stripe and above
- There will be first aiders present for the safety of all competitors
- Only judges, coaches and competitors are allowed in the competition area (if your group is not competing, please remain in the spectator area)

Thank you for your participation and support. Our goal is to provide you with a well-run tournament so participants, volunteers and spectators alike can enjoy their experience. See you soon!

Monique Flynn

Owner & Head Instructor
Prestige Taekwondo LTD.