

2025 AUCKLAND NORTH/ COUNTIES MANUKAU REGIONAL TOURNAMENT

FREQUENTLY ASKED QUESTIONS

Please do not leave registrations to the last minute because you need to leave time for your instructor to sort out any problems before the cut-off date.

What are the age divisions and what can I enter?

Mini-Kids: 5-8 years of age **and** 9th & 10th Gup

9th & 10th gup (*including all mini-kids ranks*) Fundamentals, Non-Contact Sparring, Power punch, High kick

Senior Mini Kids 5-8 years of age **and** yellow belt or higher

8th-5th gup - Patterns, Light contact sparring, Power punch, High kick

4th-1st gup - Patterns, Light contact sparring, Power punch, High kick

Peewee: 9 & 10 years of age (ranks as listed)

9th & 10th Gup – *Mini-kids divisions*

8th -1st gup - Patterns, Sparring, Power punch, High kick

Black Belts - Patterns, Sparring, Power, Special

Pre-Junior 11-14 years of age at tournament date

10th-9th Gup - Patterns

8th-5th Gup - Patterns, Sparring

4th-1st gup - Patterns, Sparring, Power, Special

Black belts - Patterns, Sparring, Power, Special

Junior 15-17 years of age at tournament date

10th-9th Gup - Patterns

8th-5th - Patterns, Sparring

4th-1st - Patterns, Sparring, Power, Special

Black belts - Patterns, Sparring, Power, Special

Senior 18-35 years of age at tournament date

10th-9th Gup - Patterns

8th-5th - Patterns, Sparring

4th-1st - Patterns, Sparring, Power, Special

Black belts - Patterns, Sparring, Power, Special

Vets 36 + years of age at tournament date

10th-9th Gup - Patterns

8th-5th - Patterns, Sparring

4th-1st - Patterns, Sparring, Power, Special

Black belts - Patterns, Sparring, Power, Special

What are the Sparring Weight Divisions?

WEIGHT DIVISIONS:

	Male					Female				
	Pee Wee	Pre-junior	Junior	Senior	Vet	Pee Wee	Pre-junior	Junior	Senior	Vet
Micro	Up to 25 kg	Up to 40 kg	Up to 50 kg	Up to 57 kg		Up to 25 kg	Up to 35 kg	Up to 45 kg	Up to 50 kg	
Light	Over 25 to 32 kg	Over 40 to 46 kg	Over 50 to 56 kg	Over 57 to 63 kg		Over 25 to 32 kg	Over 35 to 41 kg	Over 45 to 50 kg	Over 50 to 56 kg	
Middle	Over 32 to 39 kg	Over 46 to 52 kg	Over 56 to 62 kg	Over 63 to 70 kg	Up to 68Kg	Over 32 to 39 kg	Over 41 to 47 kg	Over 50 to 55 kg	Over 56 to 62 kg	
Light Heavy	Over 39 to 46 kg	Over 52 to 58 kg	Over 62 to 68 kg	Over 70 to 78 kg	Over 68Kg	Over 39 to 46 kg	Over 47 to 53 kg	Over 55 to 60 kg	Over 62 to 68 kg	Up to 65Kg
Heavy	Over 46 to 55 kg	Over 58 to 65 kg	Over 68 to 75 kg	Over 78 to 85 kg		Over 46 to 55 kg	Over 53 to 60 kg	Over 60 to 65kg	Over 68 to 75 kg	Over 65Kg
Hyper	Over 55 kg	Over 65 kg	Over 75 kg	Over 85 kg		Over 55 kg	Over 60 kg	Over 65 kg	Over 75 kg	

What time do I have to be at the venue?

Registration is from 8am

Form up is at 8.50am

What do I use as my age on the entry form?

Your age is your age on the day of the tournament

What grade do I use on the entry form?

Your grade is your grade on the day of the tournament

What are the rules?

They are the ITFNZ rules for the Star Series tournament which can be found on this website link:

https://ringmarshall.com/files/iTKD_Star_Series_Rules_2021.pdf

Can I enter after the cutoff date?

There will be no late entries – no exceptions

Can I cancel my entry?

Yes, you can cancel your entry up to cut off date. All cancellations after that date will be refunded less a \$10 admin fee per person.

How will I know what ring I will be competing in?

If you look at the website a couple of days before the tournament you will see your bout number listed on your entry. The first number is your ring number. The other numbers are your bout/ round number. For example: 432 would be ring 4, bout/ round 32.

At the tournament there will be a full draw on the wall for you to check.

You can also check in with your ring marshal closer to the time for more detailed times on the day.

Be prepared to be at your ring at least 30 minutes before the estimated time as any estimates are just that.

It is 100% your responsibility to be at the ring for your round/ bout. An effort will be made to call your name/ try to find you if you are not there but this will only be done once and if you are not at the ring at the right time you will miss out on your event.

What time will the tournament end?

We aim to finish by 4.30pm. However, the last event you are entered into may finish earlier. Best overall belt trophies will be given out at the end of the tournament.

Patterns

10th gups will do Saju Makgi (both sides) and Saju Jirugi (both sides) as your 2 patterns.

9th gups will do Chon-Ji and one of the 10th gup patterns. In case of a draw, you will do the other 10th gup pattern.

Yellow to red belt – highest pattern of the lower grade of both competitors, second pattern will be random.

Black – one of three current patterns, second pattern at random

Sparring

Sparring will be 2 x 2-minute rounds, unless otherwise directed by the ring juror.

Contact Level

Mini-kids will be non-contact

Peewees will be “tag” contact (tag contact or light touch)

All others – touch contact

Safety Equipment

All protective gear must be ITF approved.

Limited head gear will be provided for competitors but if you have your own or access to borrow some please bring it along. This must be an approved brand and clearly marked red or blue as determined by your bout.

Glove and foot protectors of an approved type. There will be a limited selection provided for mini-kids and peewees only.

Competitors must provide their own mouth guard (CLEAR ONLY).

All males must have a groin guard (except for non-contact sparring).

Padded shin guards are allowed but will not be provided.

All sparring gear will be checked before the competitor will be allowed to enter the ring.

Where do I buy gear from?

Please consult your instructor.

Team Patterns (5 per team)

There will be coloured belt team patterns and black belt team patterns

Each division is mixed age and gender but all members must be in the nominated rank division.

One optional pattern only.

Pre-Arranged Sparring

There will be coloured belt pre-arranged and black belt pre-arranged.

Each division is mixed age and gender but all members must be in the nominated rank division.

The routine must be longer than 1 minute but no longer than 1 minute 15 seconds.

2025 AN/CM Regionals Power Technique Requirements

Male 10 th -5 th gup	Age	Elbow	Knife-hand	Side Piercing Kick	Turning Kick	Reverse Turning Kick
Mini-kids & Senior Mini-kids	5-8	Power Punch to pad	N/A	N/A	N/A	N/A
Peewee	9-10	Power Punch to pad	N/A	N/A	N/A	N/A
Pre-Junior	11-14	N/A	N/A	N/A	N/A	N/A
Junior	15-17	N/A	N/A	N/A	N/A	N/A
Senior	18-35	N/A	N/A	N/A	N/A	N/A
Veterans	36+	N/A	N/A	N/A	N/A	N/A

Female 10 th -5 th gup	Age	Elbow	Knife-hand	Side Piercing Kick	Turning Kick	Reverse Turning Kick
Mini-kids & Senior Mini-kids	5-8	Power Punch to pad	N/A	N/A	N/A	N/A
Peewee	9-10	Power Punch to pad	N/A	N/A	N/A	N/A
Pre-Junior	11-14	N/A	N/A	N/A	N/A	N/A
Junior	15-17	N/A	N/A	N/A	N/A	N/A
Senior	18-35	N/A	N/A	N/A	N/A	N/A
Veterans	36+	N/A	N/A	N/A	N/A	N/A

Male 4 th – 1st gup	Age	Punch	Knife-hand	Side Piercing Kick	Turning Kick	Reverse Turning Kick
Peewee	9-10	N/A	N/A	Digital Pad	Digital Pad	Digital Pad
Pre-Junior	11-14	N/A	N/A	0.5	0.5	0.5
Junior	15-17	N/A	N/A	2	1	1
Senior	18-35	1.5	1.5	2.5	1.5	1.5
Veterans	36+	0.5	0.5	1.5	0.5	0.5

Female 4 th – 1st gup	Age	Punch	Knife-hand	Side Piercing Kick	Turning Kick	Reverse Turning Kick
Peewee	9-10	N/A	N/A	Digital Pad	Digital Pad	Digital Pad
Pre-Junior	11-14	N/A	N/A	0.5	0.5	0.5
Junior	15-17	N/A	N/A	1	0.5	0.5
Senior	18-35	0.5	0.5	1.5	0.5	0.5
Veterans	36+	0.5	0.5	0.5	0.5	0.5

Male Dan	Age	Punch	Knife-hand	Side Piercing Kick	Turning Kick	Reverse Turning Kick
Peewee	9-10	N/A	N/A	0.5	0.5	N/A
Pre-Junior	11-14	N/A	N/A	1.5	1	1
Junior	15-17	N/A	N/A	2.5	1.5	1.5
Senior	18-35	2	2	3	2	2
Veterans	36+	1	1	2	1	1

Female Dan	Age	Elbow	Knife-hand	Side Piercing Kick	Turning Kick	Reverse Turning Kick
Peewee	9-10	N/A	N/A	0.5	0.5	N/A
Pre-Junior	11-14	N/A	N/A	1	0.5	0.5
Junior	15-17	N/A	N/A	1.5	0.5	0.5
Senior	18-35	1	1	2	1	1
Veterans	36+	0.5	0.5	1	0.5	0.5

Notes:

- White belts and yellow stripes (10th and 9th gup) Mini kids, senior mini kids and peewees will be using a pad on a rotating mechanical measuring machine.
- The half board is placed at the back, not the front. This is because the rearmost board breaks first. If the half board is at the rear, they might just be able to break the half board but not the entire stack, or the rearmost if there were only full boards. Therefore in regards to safety and timeliness the half board should be placed in the machine first, at the back of the stack to be broken.
- Each board scores normally, that is, a completely broken board = 3 points, a bent board = 1 point. This applies to both full and half boards. So, in the case of 1.5 boards in the machine:
 - o A completely broken 1/2 board plus a completely broken full board = 6 points.
 - o A broken 1/2 board + a bent full board = 4 points
 - o A bent 1/2 board + a bent full board = 2 points
 - o A bent 1/2 board + an unbroken/bent full board = 1 point
 - o An unbroken 1/2 board + an unbroken full board = 0 points
- Where a tie break is required, with an increased number of boards necessary, a 1/2 board is to be added in preference to a full board. JP may use their discretion – if in the previous round everything was broken extremely easily then a further full board may be used as a tie breaker. A tie break may consist of a repeat of the previous number of boards if the JP thinks this will get a result more quickly and safely than adding a 1/2 or full board. JP should also use their common sense with tie breaks in regard to what happened in previous rounds – if the randomly selected tie break technique is unlikely to see anyone break it, or is highly likely to cause injury based on previous performances, JP should select a different technique. However, this should not favour or disadvantage any competitor. The outcome should be judged equally probable for all competitors i.e. they will all succeed, or all fail, or all get injured. If the JP thinks one competitor only will succeed or fail or get injured then the selected tie break should be used.
- Hand techniques are restricted to adults 18+, and junior black belts members who need to have tournaments to prepare for the World Championships.

2025 AN/CM Regionals Special Technique Requirements

HEIGHT (METERS)						
Male 10 th -5 th gup	Age	High	Turning	Reverse Turning	Midair	Side
Mini-kids & Senior Mini-kids	5-8	To pad	N/A	N/A	N/A	N/A
Peewee	9-10	To pad	N/A	N/A	N/A	N/A
Pre-Junior	11-14	N/A	N/A	N/A	N/A	N/A
Junior	15-17	N/A	N/A	N/A	N/A	N/A
Senior	18-35	N/A	N/A	N/A	N/A	N/A
Veterans	36+	N/A	N/A	N/A	N/A	N/A

HEIGHT (METERS)

Female 10th-5th gup	Age	High	Turning	Reverse Turning	Midair	Side
Mini-kids & Senior Mini-kids	5-8	To pad	N/A	N/A	N/A	N/A
Peewee	9-10	To pad	N/A	N/A	N/A	N/A
Pre-Junior	11-14	N/A	N/A	N/A	N/A	N/A
Junior	15-17	N/A	N/A	N/A	N/A	N/A
Senior	18-35	N/A	N/A	N/A	N/A	N/A
Veterans	36+	N/A	N/A	N/A	N/A	N/A

HEIGHT (METERS)

Male 4th – 1st gup	Age	High	Turning	Reverse Turning	Midair	Side
Mini-kids & Senior Mini-kids	5-8	To pad	N/A	N/A	N/A	N/A
Peewee	9-10	1.6	1.4	N/A	N/A	0.8
Pre-Junior	11-14	1.8	1.6	N/A	N/A	0.9
Junior	15-17	1.9	1.7	N/A	N/A	1
Senior	18-35	2	1.8	N/A	N/A	1.1
Veterans	36+	1.8	1.6	N/A	N/A	0.9

HEIGHT (METERS)

Female 4th – 1st gup	Age	High	Turning	Reverse Turning	Midair	Side
Mini-kids & Senior Mini-kids	5-8	To pad	N/A	N/A	N/A	N/A
Peewee	9-10	1.5	1.3	N/A	N/A	0.7
Pre-Junior	11-14	1.7	1.5	N/A	N/A	0.8
Junior	15-17	1.8	1.6	N/A	N/A	0.9
Senior	18-35	1.9	1.7	N/A	N/A	1
Veterans	36+	1.7	1.5	N/A	N/A	0.8

HEIGHT (METERS)

Male Dan	Age	High	Turning	Reverse Turning	Midair	Side
Peewee	9-10	1.7	1.5	1.4	1.4	0.8
Pre-Junior	11-14	1.9	1.7	1.6	1.6	1
Junior	15-17	2.0	1.8	1.7	1.7	1.1
Senior	18-35	2.1	1.9	1.8	1.7	1.2
Veterans	36+	1.8	1.6	1.5	1.4	0.9

HEIGHT (METERS)

Female Dan	Age	High	Turning	Reverse Turning	Midair	Side
Peewee	9-10	1.5	1.4	1.3	1.3	0.8
Pre-Junior	11-14	1.7	1.6	1.5	1.5	1.0
Junior	15-17	1.8	1.5	1.5	1.5	1
Senior	18-35	2.0	1.7	1.6	1.5	1.1
Veterans	36+	1.7	1.7	1.3	1.2	0.8