



HUNG SAO DO CHAMPIONSHIP

Junior (16 and Under)

Sunday 6th June 2010 from 10:00 at Forest Hall

2010

CATEGORIES

1	Mixed	Under 3'6" All Grades (107cm)	6	Boys	4'-4'6" Blue Belt and above (122cm-137cm)
2	Mixed	3'6"-4' All Grades (107cm-122cm)	7	Boys	4'6"-5' Blue Belt and above (137cm-152cm)
3	Boys	4'-4'6" White to Blue Tag (122cm-137cm)	8	Boys	5'+ Blue Belt and above (152cm)
4	Boys	4'6"-5' White to Blue Tag (137cm-152cm)	9	Girls	Aged 12 and under All Grades
5	Boys	5'+ White to Blue Tag (152cm)	10	Girls	Aged 13 to 16 All Grades

TEAM EVENT (3 PERSON)

11	Mixed	Aged 8 and under All Grades	13	Mixed	Aged 14 and under All Grades
12	Mixed	Aged 12 and under All Grades	14	Mixed	Aged 16 and under All Grades

COMPETITION RULES

- EQUIPMENT:** Sparring Mits or Semi-Contact Gloves; Shin/Instep or Semi-Contact Boots; Groin Guard; Gum Shield; Head Guard; A clean and pressed GI or Hung Sao Do T-shirt.
- ROUND DURATION:** Each round is 90 seconds. In the event of the scores being level after 90 seconds has lapsed, the first fighter to score, wins.
- ROUND AWARD:** Maximum score 10 points. Fighter with the most points after the round will be declared the winner
- SCORING:**

Punch/Back Fist/Ridge Hand	- 1 point	Clean Body Kick	- 1 point
Sweep & Technique	- 1 point		
A technique correctly executed whilst in the air	- 2 points		
- SCORING AREAS:** Front/Side of Head; Abdomen/Chest
- MAT VIOLATIONS:** Exits from the mat shall be penalised as follows: 1st Exit – Warning. 3rd Exit – 1 point to opponent.
- BODY CONTACT:** Contact to body shall be "light contact"
- HEAD CONTACT:** Contact to head shall be "touch contact"
- CONTACT:** Excessive force may be either followed by a warning or a disqualification
- GENERAL:** All finals will be held at the end of the competition
- GENERAL:** Only participants and Instructors are allowed within the competition area
- GENERAL:** The competition will be run on traditional lines, so good attitude and etiquette is essential
- GENERAL:** No protests whatsoever will be allowed regarding the referee's decision. Protests regarding rule infringements must be taken directly to the Chief Referee whose decision is final
- GENERAL:** Any queries about this event will be dealt with by Mr Bivona

Declaration: Whilst Hung Sao Do will run this event in the strictest of manners, and take every care possible to ensure the well being of everyone concerned, the organisation takes no responsibility in respect of personal injuries or losses to any participants or spectators in relation to this event. The parent or guardian of all participants will have to sign a declaration before the student can compete in this event.

Complete and DETACH the entry form below and give to your instructor at your earliest convenience



Please complete both portions using BLOCK CAPITALS

HUNG SAO DO CHAMPIONSHIP 2010 (JNR) ENTRY (INSTRUCTOR RETURN THIS PORTION TO MR BIVONA IMMEDIATELY)

NAME: _____
 CLUB: _____
 GRADE: _____
 HEIGHT: _____ AGE: _____
 COMPETITION CATEGORY:
 TEAM CATEGORY:
 TELEPHONE: _____
 SIGNATURE: _____
 SIGNATURE OF PARENT / GUARDIAN

HUNG SAO DO CHAMPIONSHIP 2010 (JNR) RECEIPT (INSTRUCTOR TO STAMP & RETURN TO ENTRANT)

NAME: _____
 CLUB: _____
 ENTRY FEE: £5.00
 FEE COVERS ENTRY INTO THE INDIVIDUAL AND TEAM COMPETITIONS
 SPECTATORS: FREE

PLEASE BRING THIS RECEIPT ON COMPETITION DAY
 For more information, please visit www.hungsaodo.com