



Sunday 6th September 2026

**Cults Sports Complex, Quarry Road, Cults
Aberdeen, AB15 9TP**



Dear masters/ instructors,

Inspired by the thriving Taekwon-Do scene in the North East of which we are proud members, we are delighted to invite you and your club to a brand new competition opportunity.

The **Northern Cup** will take place on Sunday 6th September, 2026. The event will be an ITF-style Taekwon-Do competition designed with the key principles of being safe, fair, and fun for all competitors.

The event will be open to clubs from all federations and associations. Our vision is to create an event that promotes genuine harmony and collaboration - **because we believe competition is only for the mats.**

We look forward to welcoming your club to this exciting new event that brings a high-quality Taekwon-Do tournament opportunity to the North of Scotland.

In Taekwon-Do spirit,
Miss Poppi Roberts II Degree and Miss Niamh Roberts I Degree

Venue

We look forward to hosting the Northern Cup at Get Active @ Cults, Cults Sports Complex, located within Cults Academy, Aberdeen.



Get Active @ Cults
Cults Sports Complex
Quarry Road, Cults
Aberdeen, AB15 9TP



Travel and parking

Cults is located in the South of Aberdeen, conveniently off the A90. The Sports Complex offers plenty of free parking facilities around the campus.

Wheelchair Access

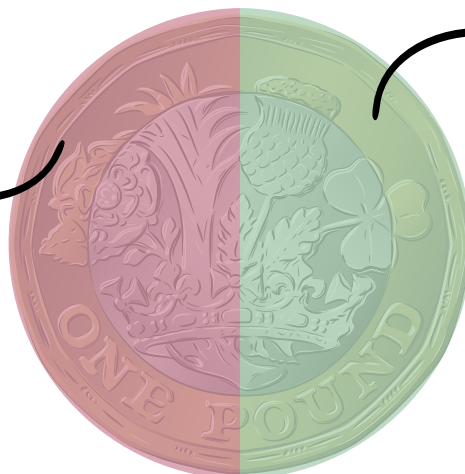
The venue and event itself is fully wheelchair accessible from the main outdoor surface-level car-parks.

Spectator Entry

Spectator entry is by an optional suggested minimum donation of £2 per adult and £1 per child. Please bring cash for this donation.

50% of spectator fees towards Team ICON's fundraising

Supporting young local Taekwon-Do athletes with costs associated with national and international competitions opportunities.



50% of spectator fees donated to Instant Neighbour

A local charity supporting families in Aberdeen and the Shire, providing essential services including a food bank, homelessness prevention support, and more.

Find out more [here](#).



Registration Details

Arrival Times

ALL AGE GROUPS: Registration open from 09:30-10:00 for a 10:15 start

Officials Brief 09:30

Coaches Brief 09:45

Division checks will take place at random at time of registration.

Ages 4-12 : Height only

Ages 13-17 Height and/ or weight

Running Order

All competitors will compete in categories in the following order:



Officials and Coaches

We kindly ask that all schools in attendance aim to offer ONE official (Either an umpire or a table official, please specify which.) We will inform you in advance with further details if your official will be required and what their role will be. Officials must be 2nd Kup and above, age 14+. If your school is unable to offer an official, don't worry, this won't affect your competitors.

Officials dress code: White long sleeved shirt, dark trousers (Northern Cup tie will be provided.)

There is no limit on number of coaches per school, regardless of numbers of competitors. Coaches can be 2nd Kup and above, age 14+. Competitors wishing to also coach must be registered as such on Kihapp.

Coaches dress code: Full club kit only. No coaching will be permitted in doboks.

Officials and coaches must be registered in advance on Kihapp.



Patterns Rules

Patterns will follow the standard elimination format, based on a majority jury decision. Juries will be of 3 or 5 individuals. Patterns judges cannot score a draw.

Patterns divisions are organised as follows:

3-7 Years: Choice Pattern (Pre-selected).

Competitors aged 7 and under will be asked to select the pattern they will perform at the time of registration.

Example: a 6-7 year old male will see the below patterns category options on Kihapp. Please select **one** only.

Patterns

- ☐ Patterns 6-7 years M - Basic Techniques
- ☐ Patterns 6-7 years M - Saju-Jirugi
- ☐ Patterns 4-7 years M - Chon-Ji
- ☐ Patterns 4-7 years M - Dan-Gun
- ☐ Patterns 4-7 years M - Do-San
- ☐ Patterns 4-7 years M - Won-Hyo

Competitors will be asked to perform:

4 x Punches

4 x Middle inner-forearm blocks

4 x Front snap kicks

In judges count, with a demonstration provided as a guide.

Saju-Jirugi

Competitors will be asked to perform Saju-Jirugi in judges count, with a demonstration provided as a guide.

Chon-Ji and Above

Competitors will be prompted to state the name of their pattern and will perform it in their own time at the command of the head judge.

8+ Years Coloured Belts

Choice pattern only.

Competitors will be prompted to state the name of their pattern (They may select the pattern for their own belt or one grade below their current belt) and will perform it in their own time at the command of the head judge.

8+ Years Black Belts

Choice and designated

Each round of patterns will consist of competitors performing 1 x Choice and 1 x Designated pattern, after which the jury will vote. Both patterns have equal 50% weighting on the judges' decision.

Choice: Competitors will be prompted to state the name of their pattern (They may select the pattern for their own belt or one grade below their current belt) and will perform it in their own time at the command of the head judge.

Designated: Competitors will be asked to perform one coloured belt pattern from Chon-Ji to Choong-Moo and will perform it in their own time at the command of the head judge. Failure to complete the pattern or performing the wrong pattern will result in a 0 for the designated pattern.



Sparring Rules

All sparring will be scored in line with ITF standard:

1 point for all valid hand techniques

2 points for all valid kicking techniques to the body (mid-section)

3 points for all valid kicking techniques to the head (high-section)

Valid scoring areas:

Head: Face, sides of the head, and front of the helmet (Excluding back of the head and the neck)

Body: Front and sides of the body from neck to belt.

3-7 Years

3-7 years will compete in point-stop sparring rounds of 1 minute and 30 seconds

8-12 Years

8-12 years will compete in continuous sparring rounds of 1 minute and 30 seconds.

13-17 Years

Coloured belts will compete in continuous sparring rounds of 2 minutes up to and including the final.

Black belts will compete in continuous sparring rounds of 2 minutes, with the final being 2 x 2 minute rounds.

Warnings

Warnings will be tallied on the scoreboard, with 3 warnings resulting in a minus point. 3 minus points will result in disqualification.

Warnings will be given to competitors for the following offences:

- Stepping completely out of the ring (both feet)
- Falling down (hands touching the ground)
- Faking a blow or pretending to be injured
- Pushing with the hands

- Avoiding sparring (deliberate turning of the head or excessive movement such as running away from opponent)
- Unintentional attack to an invalid target (Back, back of the head, or below the belt)
- Illegal techniques (Hooking, swinging punches, etc.)

Major Warnings/ Fouls

Major warnings/ fouls result in an immediate minus point. 3 minus points will result in disqualification.

Major warnings/ fouls will be given to competitors for the following offences:

- Heavy contact
- Attacking a fallen opponent
- Leg sweeping
- Holding/ grabbing
- Intentional attacks to illegal targets
- Unsportsmanlike conduct (Head umpire/ centre referee's discretion but may include: swearing, arguing with the referee, gesturing to opponent, excessive celebration of points scored, and any other unacceptable behaviours.)

Safety Equipment

Hand coverings/ gloves:

- Maximum 10oz weight
- Open palm, closed finger points gloves (Boxing glove style not permitted)

Feet coverings:

- Feet coverings must fit securely so that toes are completely covered

Headguard:

- Headguards must be worn by all competitors
- Visor-type headguards permitted for medical reasons only

Mouthguards:

- Fitted mouthguard compulsory for ALL sparring competitors

Groin Guards:

- Groin guards **compulsory** for all males in age 12+ sparring categories
- Groin guards **optional** for all males under 12

Optional safety equipment:

- Shin-guards (Soft only, worn inside Dobok trousers)
- Chest protect (for females) (to be worn inside the Dobok top)
- Approved soft-frame, prescription sports glasses

NO jewellery, piercings, watches, fitness monitors, headphones, or other items/ accessories may be worn.

Coaching

Coaches are permitted to stop the match to provide support to their student in case of injury or distress up to a maximum of 90 seconds, after which the match will be forfeited.

Coaches may not be overly emphatic, aggressive, unsportsmanlike. Unacceptable behaviour will result in the removal of a coaches pass.



Conditions of Entry

Fees

£35 fixed entry fee for all three events; patterns, sparring, and special technique.

There will be no penalties for category adjustment on the day, but please aim to enter all information into Kihapp as accurately as possible to avoid delays on competition day.

Registration

Register [here](#) via Kihapp by the following deadlines.

Registration deadline for GROUPS/ SCHOOLS: Sunday 30th August 2026

Registration deadline for COMPETITORS: Wednesday 2nd September 2026

Withdrawal

All refund requests are subject to the discretion of the event organisers. Refunds will only be considered under exceptional circumstances and are not guaranteed.

Examples of circumstances where a refund may be considered include:

- Documented medical injury or illness that prevents the competitor from participating.
- Extreme or unforeseen personal circumstances (e.g. family emergency).

Refunds will not be considered where a competitor has changed their mind or a scheduling conflict arises.

The organisers reserve the right to decline refund requests that do not fit the above criteria. Please direct any queries or concerns in writing to events@icon.taekwondo.co.uk