

CELEBRATING 10 YEARS OF
ICON TAEKWON-DO

ICON

CHAMPIONSHIPS

27TH SEPTEMBER 2025

태권도

ICONTAEKWONDO.CO.UK



Dear masters and instructors,

We are delighted to invite you to the first ICON Championships. This is an exciting event marking 10 years of ICON Taekwon-Do and we are looking forward to welcoming you and your students to celebrate this with us.

We are proud that as an independent Taekwon-Do school, we will host schools from various styles and affiliations at this event. This collaboration across associations is a core value of ICON and serves to enhance the experience for all competitors.

The ICON Championships is a junior development competition designed to provide students with confidence in competitive Taekwon-Do, prioritising a safe, supportive environment, including providing feedback from officials to aid in students' progress. In this way, it is ideal for novice competitors as an early introduction to national-level competitions.

We look forward to a successful first event of many and wish you and your students a fantastic experience.

A stylized, handwritten signature in white ink, appearing to read "R Fisher", positioned above a horizontal line.

Ross Fisher

Founder and Head Instructor
ICON Taekwon-Do

VENUE

The ICON Championships will take place at the Rothes Halls, Glenrothes. It is situated in Glenrothes Town Centre, to the West of the Kingdom Shopping Centre. It is a renowned entertainment venue and provides a high standard of facilities including cafe amenities.



Rothes Halls Theatre
Rothes Square
Glenrothes
KY7 5NX

Access

By car

Glenrothes is conveniently located along the major A92, with an approximate travel time of 45-90 minutes for most of the central belt.

Parking

Recommended parking facilities are in the adjacent multi-story carpark, which costs £1 for the whole day on the roof floor (Level 3).



14-16 Lyon Way
Glenrothes
KY7 5NW

By bus

The venue is highly accessible by public bus, situated only a 5 minute walk away from Glenrothes Bus Station across the Kingdom Shopping Centre.

By train

Glenrothes is served by two train stations; Markinch, and Glenrothes with Thornton. Both are approximately a 10 minute drive-time from the town centre and are easily served by local taxis.

Facilities

Wheelchair Access

The venue and event itself is fully wheelchair accessible from alternative adjacent surface-level car-parks.

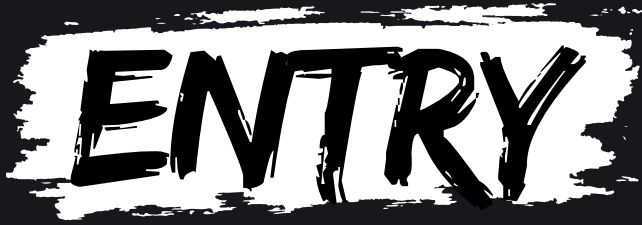
Amenities

- Cafe facilities serving hot and cold drinks and snacks
- Changing facilities

Spectator Seating

Spectators will watch the event from the fantastic theatre-style stands (Wheelchair seating in front row). Spectator tickets are £5, which can be purchased in advance on Kihapp or by cash or card at the door.





Fees

£35 fixed entry fee for both patterns and sparring - competitors may opt out of either event in advance.

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

Registration

All registration is via Kihapp at the following link:

<https://www.kihapp.com/tournaments/20212-icon-championships>

Registration deadline for GROUPS/ SCHOOLS: 29th August 2025

Registration deadline for COMPETITORS: 20th September 2025

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@iconataekwondo.co.uk

TIMING

Registration

Your school will access registration at a specific table. Please pay attention to signage and instructions from officials to ensure timely registration at the correct table.

4-7 years

8:30am Registration

9am Competition starts

8-11 Years

10:30am Registration

11am Competition starts

12+ Years

1PM Registration

1:30PM Competition starts

Height-checks may take place at random at time of registration.

Categories

Categories will gather in the holding area prior to commencement. Please pay attention to signage, instructions from officials, and announcements, to ensure you are in the correct area and to prevent delay to categories.

Running Order

All competitors will compete in their patterns division before preparing for their sparring division.

All timings subject to adjustment by organisers on the day based on the running of the competition.

RULES

Patterns

Patterns will follow the standard elimination format, based on a majority jury decision.

Patterns divisions are organised as follows:

4-7 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

Basic techniques

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 (Choice Pattern)

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.

Sparring

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 top of the head (Excluding back of the head and the neck)

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

4-7 Years

Point-Stop Sparring

Rounds of 1 minute and 30 seconds

8-11 Years

Continuous Sparring

Rounds of 1 minute and 30 seconds

12+ Years

Continuous Sparring

Rounds of 2 minutes

Warnings

Warnings will be tallied on the scoreboard, with 3 warnings resulting in a minus point. 9 warnings (3 minus points) will result in disqualification.

Warnings will be given to competitors for the following offences:

- Pretending to have scored a point by raising an arm
- 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 gloves

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.

Height-checks may take place at random at time of registration.

Coaching

Please note that to support a friendly competition environment for all juniors, the organisers have taken the decision **not to permit ringside coaching during sparring.**

Instructors passes will be issued to allow instructors to access the competition area to offer members emotional support or practical support i.e. with kit.

Instructors and other students and competitors are encouraged to support their fighters as well as other fighters. The organisers may revoke an instructor's access to the competition area if they are deemed to be 'coaching' from the sidelines in a particularly emphatic manner.