

# GMS OPEN CHAMPIONSHIPS XXXII



RAVENS CRAIG SPORTS FACILITY, MOTHERWELL

## SUNDAY MAY 17th 2026



### INDIVIDUAL AND TEAM EVENTS



# ***GMS XXXII Invitation***

Dear Grand Masters, Masters and Instructors

I would like to invite you and your club along to the **32<sup>nd</sup> GMS Open Championships** to be held on *Sunday 17<sup>th</sup> May 2026, in Ravenscraig Sports Centre Motherwell.*

*GMS XXXII will have Individual and Team Events.*

**GM Sutherland** created the first Open Championships back in 2007, *The Miss* enjoyed seeing everyone sharing the mats and bring students together from all our Taekwondo Family.

The event is open to all styles regardless of affiliation, gyms can wear their own federation or club doboks and belts. ***Just ensure they are entered onto the correct division for patterns and for sparring.***

Registration is now open and if I can be of any assistance please don't hesitate to get in touch.

Yours in Taekwondo

*Mr Raymond Kaczmarek VI Dan*  
**Tournament Organiser**





# ***GMSMA Open Championships***

**Date: -** Sunday 17<sup>th</sup> May 2026

**Venue:-** Ravenscraig Regional Sports Facility –  
*1 O'Donnell Way, MOTHERWELL- ML1 2TZ*

**Start:-**

Doors Open –	08:00
Umpires & Coaches Meeting –	08:30
Competition Starts–	09:00
Juniors & Seniors (15+) -	12:30

**Entry Fees:-** **Individual £25** – First Category  
(£10 for additional Categories)  
*Pattern & Sparring, Special techniques*

**3 - Man Tag Team- £10pp**

**Registration: -** Online Registration on KiHapp;  
<https://www.kihapp.com/tournaments/24330-gms-xxxii-open-championships>

**Instructors must double check all Student Entries.**

**Closing date: *Wednesday 13<sup>th</sup> May 2026***

\*Withdrawal of competitors before closing date is possible with no fee  
Competitors withdrawn after this date are subject to the full entry fee\*

**Divisions:-**

- Kids – Up to 8 Years
- Cadet – 9-11 Years
- Pre Juniors – 12-14 Years
- Juniors – 15-17 Years
- Seniors – 18+ Years





# ***GMSMA Open Championships***

## **Patterns**

**Colour Belts:** Optional Pattern.

**Black Belts:** Optional Pattern from with their grade.

Patterns will be judged as per the encyclopedia on technical content, power and intent.

Patterns Divisions may be mixed

## **Sparring**

We try have at least 3 Belt Divisions for each age group. With at least 3 height/weight splits per division to keep the events as competitive as possible.

If Instructors feel a student would benefit from being entered in a higher division, then we encourage this. Please email myself to arrange this.

As per previous events we also have some affiliated Kickboxers entering sparring, they will follow **ITF Rules** and use appropriate safety equipment. If you'd like to register your Kickboxers please get in touch to ensure they enter the correct level for them.





# ***GMSMA Open Championships***

## **Divisions:**

**Up to 11 Years – Height**  
**Pre Junior, Juniors & Seniors - Weight**  
*Divisions will be split into Male/Female*

## **Regulations**

<b>Match Times:</b>	Under 9 Years –	1 Minute
	9-11 Years -	1.5 Minutes
	12+ Years –	2 Minutes
	Black Belts	2 x 2 Minutes

**Points:** 1 Point for a Hand Technique to the body or Head  
2 Points for a Foot Technique to the Body  
3 Points for a Foot Technique to the Head.

This is a Development Competition and we aim to build confidence in all competitors and focus on controlled techniques over power.

**Heavy Contact will not be tolerated.**





## Sparring Continued

Scoring:

### Kids (Up to 8 Years )-

Points Sparring (Stop/Start)

**1 Minute round**

Kicks and Punches to the Body Armor and Head Guard only.

**No Contact to the Face.**

### Youths 9-11 Years –

Continuous Sparring

**1.5 Minute round**

Kicks and Punches to the Body and Head Guard,

**Touch contact to the face.**

### Pre Juniors, Juniors & Seniors (12+ Years)

Continuous Sparring all grades.

**2 Minute Round – Black Belts 2x2**

Controlled contact to the Body & Head

### **Safety Equipment:**

Gloves -Open Hands, Closed Fingers, Feet Guards, Head Guard,  
Shin Guard, Gum Shield, Groin Protection

***(Kids (under 9 years) don't have to wear a Gum Shield, Groin Guard or Shin Guards, but it is still advised. Body Armour is recommended for students under 9 Years but not compulsory)***

All equipment should fit properly and be in good condition  
with no tares. **No Strapping is allowed.**





# ***GMSMA Open Championships***

## **Umpires:-**

To ensure the event runs smoothly all Schools must provide at least one umpire for every 10 Competitors.

*They will be looked after and won't be expected to do anything they are not confident with.*

***Umpires can be from 2nd Kup, 14+ Years***

Umpires must wear blue or black trousers, shirt and tie for Black Belts. Open collar shirt for any Colour Belts umpiring.

## **Coaches:-**

Coaches must be registered in advance and Passes will only be issued to clubs who meet the Umpire requirement.. They must wear training bottoms, trainers, and a club t-shirt or top.

***NB Only one coach is permitted at ringside at any time.***

**Coaches must respect officials at all times. Any disrespect shown by Umpires or Competitors will result in a disqualification.**





# 3 Man Tag Sparring

Up to 10 Years (Mixed)

11-13 Years

14-17 Years

18-35 Years

35+ Years

Colour Belts & Black Belts must be in separate Teams.

*Up to 10 Year Old Teams can be Mixed for Sparring, but 11 Years+ must be Separate teams for Male & Female for Sparring.*

**Tag Sparring Regulations :** Tag sparring is a continuous bout, where competitors change every 30 seconds. On Command the referee will halt the bout and then the next 2 competitors enter and continue once the command is given. Scoring is the same as Individual Sparring and a continuous score is accumulated throughout the bout. *Coaches should endeavour to ensure that competitors get a chance to compete against different opponents each time.*

**Up to 10 years –**

3 Minutes

**11+ Years -**

4.5 Minutes

