



MARTIAL ARTS
PROMOTIONS

SCOTTISH CUP 2026

ITF TAEKWON-DO OPEN EVENT

  **MARTIALARTSPROMOTIONS**

- ✓ **ELEMENTARY TAEKWON-DO**
- ✓ **PATTERNS**
- ✓ **SPARRING**
- ✓ **TEAM PATTERNS**
- ✓ **TEAM SPARRING**

22 MARCH

**PlaySport
East Kilbride**

WWW.MARTIALARTSPROMOTIONS.COM



Dear Instructors,

It is with great pleasure that you and your students are invited to the SCOTTISH CUP on Sunday 22 March 2026.

This competition is a Junior event open to ITF Taekwon-Do students ages 4-17 years, 10th Kup to 3rd Degree, from any affiliation. Please take the time to read the following information and do not hesitate to contact the event organisers should you have any questions (our contact details are at the bottom of this invitation).

We look forward to seeing you and your students at the competition.

Sincerely,

Martial Arts Promotions Team

A Martial Arts Promotions Event



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INVITATION & RULES

SCOTTISH CUP

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GENERAL INFORMATION

DATE & VENUE

The event will be held on
Sunday 22ND March 2025

PlaySport – Caledonia Gladiators Arena
Stewartfield Way, East Kilbride, Glasgow, G74 4GT

PARTICIPATION

The SCOTTISH CUP is an open event. This means clubs from any affiliation are welcome to participate. Please familiarise yourself with the rules in this document prior to attending.

REGISTRATION OF SCHOOLS AND CLUBS

All registrations of schools and clubs will be done through KIHAPP:

<https://www.kihapp.com/tournaments/20386-scottish-cup-2026>



Please note: There is an early bird discount on the competitor entry registration fee up until the 31st January 2026. Thereafter, all entry fees will be charged at full price.

CONDITIONS OF REGISTRATION - IMPORTANT

Every school/club taking part is required to provide a minimum of 1 full time umpire, who will be able to help for the entire duration of the event. Of course, we would greatly appreciate for each club to supply more than 1 umpire as we aim for a diverse representation of officials across the competition to help with fairness and also ensure that there is enough support so this event can run as smoothly as possible.

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PROMOTIONS

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UMPIRE CRITERIA:

- Minimum age of 16 years old
- 1st degree Black Belt or above

Clubs who do not meet the minimum umpire quota shall incur a £100 fine (payable by cash prior to the event starting). If this is not adhered to, all club competitors will be unable to compete in the event.

COACHES

All clubs are welcome to supply their own coaches to assist their competitors at the competition.

Each club must designate a Head Coach who will be the only representative that will be able to liaise with the event organisers and head official. Head Coaches should make themselves known to the organisers at the coaches meeting prior to the event starting. All other club coaches should go through their Head Coach to communicate any problems, issues or concerns on the day of the event.

A coach must be a training, licensed member of your school and apply for a coaching pass at the time of club registration.

There is no charge for coaches passes but each club has a maximum allowance of 6 coaches for this event. Number of coaches cannot exceed the total amount of competitors entered by your club/school.

ENTRY IDENTIFICATION

All coaches and umpire's will be supplied with an event ID pass/band which they must have on their person at all times during the event. These will be issued on the morning of the event at the relevant coach/umpire meetings.

Spectators and competitors will have entry tracked by coloured wristbands. The competitor wristbands will be available to collect at registration and spectator wristbands will be available to purchase at registration and at the door on the day.

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PROMOTIONS

A Martial Arts Promotions Event

REGISTRATION

All competitors **MUST** register under the official registration processes. Any competitor who does not register on time will be removed from the competition and unable to compete. Clubs may choose to complete weight/height check either virtually or in person according to the following schedule.

The virtual height/weight check will take place via zoom on the following dates and times:

THURSDAY 19TH March @ 6-7pm (Virtual queue)

FRIDAY 20TH March @ 6-7pm (Virtual queue)

The in-person weight/height check will take place at Caledonia Gladiators Arena at the following date & time:

SATURDAY 21ST March @ 4-6pm (any competitor)

If a student does not make height/weight they will be charged a £5 admin' fee to be moved into the correct category. If the admin' fee is not paid, they will be removed from the event entirely.

To avoid this, we highly recommend that all competitors double check their height/weight when registering for the event.

During weigh in, ALL competitors must wear dobok trousers and club t-shirt. A weight tolerance of 0.5kg is given to account for clothing. There is no extra tolerance for height check.

Virtual height/weight check requirements:

- All clubs utilising the virtual registration process must have the following equipment
 - Height measurer – SECA stick
 - Electronic scales*
 - Access to Zoom

**Instructors will be asked to calibrate/validate scales using a free-weight (e.g. 8kg kettlebell/dumbbell).*

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CONFIRMATION OF COMPETITOR DETAILS

It is solely the responsibility of the instructor to verify that their students' details are correct and that they have been placed in the suitable event categories. Instructors should cross-check their student's information prior to event registration taking place from 19th-21st March. This can be done in the KiHapp system online.

Competitors may be asked to complete a random spot check of height/weight at the event.

There will be no time to make changes to categories on the day of the competition. We want to reiterate that ALL competitors must attend one of our official registration processes in order to compete and that if a student does not make height/weight there will be a £5 admin' fee charged to make any category adjustments. If the admin' fee is not paid, they will be removed from the event entirely.

REGISTRATION & PAYMENT DETAILS

This is a club event which means that all entries should be done as a club and not as a regional group/organisation. Registration must be completed online via:

<https://www.kihapp.com/tournaments/20386-scottish-cup-2026>

- Registration opens on Sunday 9th November 2025
- Registration closes @ 11pm on Sunday 7th March 2026



NO ENTRIES WILL BE TAKEN AFTER THE CLOSING DATE HAS PASSED.

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MARTIAL ARTS
PROMOTIONS

A Martial Arts Promotions Event

Instructors must pay registration fees via KiHapp, any umpire fines must be paid on the day of the event before the start of the event. Instructors failing to pay the fine will risk all of their students being withdrawn from the competition without any refunds being given.

COMPETITION ENTRY FEES

All Individual Competitors	£44
Early Bird Entry	£39 (before 31 st January 2025)
Coaches	FREE
Team Entry Fees	£27 per team per event (£9 per team member)

(All of the above must be registered online prior to the closing date)

Spectators	£6.00 Over 5 years
	£4.00 Children 4 years and under

(All spectator fees are payable on the day of event)

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MARTIAL ARTS
PROMOTIONS

A Martial Arts Promotions Event

OFFICIAL ATTIRE

ATHLETES

As this is an open event, all dobok styles will be allowed as long as they are white in colour.

All black belt competitor belts must show their current degree, variations of calligraphy will be allowed.

All Kup grades must have a single colour belt with tags on either end or a full colour striped belt.

Competitors in Kids programmes within their school may wear their kids programme uniform but with the equivalent ITF Taekwon-do belt.

COACHES

All coaches must also wear official club attire, training shoes and have a towel with them when coaching at ringside.

Coaches must be respectful to tournament organisers, umpires, coaches and competitors. Coaches must not delay a ring from proceeding. If you wish to make a protest or question a decision, please see Head Umpire, Mr John Munro (A-Class International Umpire) via your assigned Head Coach.

Coaches who do not comply with organisers and event staff will have their coaching privileges revoked.

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PROMOTIONS

A Martial Arts Promotions Event

UMPIRES

Umpires and Jury Members must wear official SCOTTISH CUP umpire attire:

- Official Scottish Cup Polo Shirt (**issued on day of the event – all umpires should complete the Polo Shirt Size form that has been sent out with the official invitation by Sunday 7th March**).
- Navy Suit trousers
- White shoes
- White socks

All umpires will also be supplied with lunch and will receive a token gift at the end of the event as a thank you for your hard work and support.

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PROMOTIONS

A Martial Arts Promotions Event

TOURNAMENT RULES

ITF rules will apply with modifications to suit age, experience, and gender. Please familiarise yourself with the adapted changes we've made below.

DIVISIONS & CATEGORIES

The competition will be divided into the following age divisions:

- Youth 0-8 years
- Cadets 9-11 years
- Pre-Jnr 12-14 years
- Jnr 15-17 years

GENDER

All categories will be split male and female.

BELT COLOUR GROUPS

Please refer to all categories for specific bandings of colours.

ENTRIES

There must be at least two (2) competitors in any division and/or category for the category to run. In case of only one (1) competitor, the organising committee reserve the right to merge the competitor to another category.

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PATTERN

COLOURED BELTS:

Competitors will perform **ONE PATTERN** within their graded belt, up to and including the final. See allowable patterns for each rank below:

- **Elementary TKD:** 4 Punches forward & backwards in Walking Stance
- **White Belt:** Saju-Jirugi / Saju-Makgi / Chon-Ji
- **Yellow Belt:** Dan-Gun / Do-San
- **Green Belt:** Won-Hyo / Yul Gok
- **Blue Belt:** Joong-Gun / Toi Gye
- **Red Belt:** Hwa-Rang / Choong-Moo

Please note: 'Elementary TKD' is aimed at students within Kids Programmes, that haven't yet learned an ITF Taekwon-do Pattern. Students Should wear a belt that is white in colour.

BLACK BELTS:

Competitors will perform **ONE DESIGNATED PATTERN** according to their grade, up to and including the final. See designated pattern options below:

- 1st Degree: Kwang-Gae / Po-Eun / Ge-Baek
- 2nd Degree: Eui-Am / Choong-Jang / Juche
- 3rd Degree: Sam-Il / Yoo-Sin / Choi-Yong

In all patterns divisions, there will be:

- 1st Place Trophy Awarded
- 2nd Place Trophy Awarded
- 3rd place Trophy Awarded (play-off for 3rd place podium position)

SCORING CRITERIA:

All patterns will be scored with the negative marking criteria with deductions given subjectively for the following:

- Incorrect Routine
- Hesitating for more than 2 seconds
- Performing incorrect technical movements

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PROMOTIONS

A Martial Arts Promotions Event

PERFORMANCE NOTES:

Patterns should be performed as follows:

- Correct routine performed without hesitation
- Correct technical movements performed within the requirements of the pattern
- Patterns should be performed with sufficient power, breath control and flow utilising good rhythm and timing

In the case of a draw:

Colour Belts – both competitors will be asked to perform their chosen pattern again.

Black Belts – both competitors will be given a designated pattern from Chon-Ji up to the limit of the lowest grade competing, excluding any pattern that was performed previously.

SPARRING

SAFETY EQUIPMENT

Compulsory equipment

- Closed finger, Open palm sparring gloves
- Foot protection
- Head protection
- Gum shield
- Groin guard (Males only)
- Breast Guard (Females only)

Optional Equipment

- Body Armour (10 years and under)
- Shin guards
- Groin Guard (Female)

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PROMOTIONS

A Martial Arts Promotions Event

CATEGORIES DEFINED BY HEIGHT

YOUTH <110CM, <120CM, <130CM, <140CM, >140CM

CADETS <140CM, <150CM, <160CM, >160CM

NB: Using the Youth Category as an example. <110cm means it's up to and including 110cm. <120cm means over 110.1cm and up to 120cm.

BELT COLOUR GROUPS FOR HEIGHT DEFINED CATEGORIES

YOUTH AND CADETS will be split both MALE and FEMALE with the following belt colour groups:

- White – Yellow Belt
- Green – Blue Belt
- Red - Black Belt

CATEGORIES DEFINED BY WEIGHT

PRE-JNR AND JUNIORS will compete in the following belt colour groupings:

- White – Green Belt
- Blue – Red Belt
- Black Belt

The following weight categories will apply for PRE-JNR COLOURED BELTS:

- Male <45KG, <55KG, <65KG, >65KG
- Female <44KG, <52KG, <60KG, >60KG

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PROMOTIONS

A Martial Arts Promotions Event

The following weight categories will apply for PRE-JNR BLACK BELTS:

- Male <40KG, <45KG, <50KG, <55KG, <60KG, <65KG, >65KG
- Female <40KG, <44KG, <48KG, <52KG, 56KG, <60KG, >60KG

The following weight categories will apply for JUNIOR COLOURED BELTS:

- Male <55KG, <65KG, <75KG, >75KG
- Female <49KG, <57KG, <65KG, >65KG

The following weight categories will apply for JUNIOR BLACK BELTS:

- Male <50KG, <55KG, <60KG, <65KG, <70KG, <75KG, >75KG
- Female <45KG, <49KG, <53KG, <57KG, <61KG, <65KG, >65KG

NB: Using the Junior Male Black Belt Category as an example. <50kg means it's up to and including 50kg. <55kg means over 50.1kg and up to 55kg.

There will be a 0.5kg exceedance tolerance for all weight categories to account for dobok bottoms and club t-shirt when competitors are weighing-in.

SPARRING FORMAT

All categories will be in continuous sparring format. There will be no point stop sparring.

In all sparring divisions, there will be:

- 1st Place Trophy Awarded
- 2nd Place Trophy Awarded
- 3rd place Trophy Awarded (play-off for 3rd place podium position)

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SPARRING MATCH DURATION

All matches are elimination rounds. If resulting in a draw, the match will be concluded in a golden point (1st to score a point) deciding round.

The time duration for all matches, up to and including the final, are as follows:

- **YOUTH & CADETS** - All grades will be 1 x 90 secs.
- **PRE-JUNIOR & JUNIOR** - All grades will be 1 x 120 secs.
- **Golden point** – no official time limit, the match concludes when a majority scoring decision has been reached (i.e. 2 judges score in favour of the same competitor when signalled to show by the centre referee)

SPARRING SCORING

- One (1) point will be awarded for any legal Hand Attack directed to mid or high sections.
- Two (2) points will be awarded for any legal Foot Attack directed to mid section.
- Three (3) points will be awarded for any legal Foot Attack directed to high section.

There will be no additional scores given for jumping, flying or spinning techniques.

In the case of a round robin (only 3 competitors in the category):

Bouts in a round robin division could finish as a draw. However, if after all bouts have been played and all or any of the competitors are tied on results then the podium positions will be decided using the following criterion in the order of priority that is listed below:

- Judges flags totalled throughout all bouts in the division
- Total points recorded per competitor over all bouts
- Total fouls recorded for each competitor over all bouts
- Total warnings recorded for each competitor over all bouts

If after looking at all of the above, there is still a tie for all or any competitors, then the match shall be replayed again and the process will be followed again as stated above. There will be a separate record sheets available to JP's to facilitate round robin divisions.

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MARTIAL ARTS
PROMOTIONS

A Martial Arts Promotions Event

SPARRING WARNINGS

Warnings will be assigned for the following offences:

- Pretending to have scored a point by raising one or both arms.
- Stepping completely out of the ring (both feet). Please Note: If a competitor is pushed out of the ring with intent (without undergoing a technique) then he/she will not receive a warning. The competitor who pushed shall receive a warning.
- Falling down, whether intentional or not (it means any part of the body, other than the feet, touching the ground).
- Faking a blow/pretending to be injured to gain an advantage.
- Intentionally avoiding sparring.
- Adjusting equipment during the bout without the consent of the Centre Referee.
- Unintentional attack to a target that is not a scoring target (i.e. not the front or sides of the trunk of the body, top, front or sides of head guard/face).
- Pushing with the hands, shoulders or body.

The sum of three 3 warnings automatically results in the deduction of one 1 point.

SPARRING FOULS

- Misconduct against officials or ignoring instructions.
- Uncontrolled or excessive contact – Centre Referee's discretion.
- Receiving three (3) minus points/fouls directly given by the Centre Referee.
- Being under influence of alcoholic beverages or drugs.
- Loss of temper and bad sportsmanship.
- Insulting an opponent, coach and or official.
- Biting, scratching.
- Attacking with the knee, elbow, or forehead.
- Being determined culpable for causing a loss of consciousness.

Receiving three (3) minus points/fouls directly given by the Centre Referee will result in disqualification.

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MARTIAL ARTS
PROMOTIONS

A Martial Arts Promotions Event

TEAM EVENTS

TEAM PATTERN

Patterns teams will consist of 3 team members (teams can be mixed from different clubs).

Age Categories

- CADETS (9-11 years)
- PRE-JUNIOR (12-14 years)
- JUNIOR (15-17 years)

There will be no option to move up or down age categories for individuals competing in teams.

Gender

Teams must be split male and female (single sex).

Belt Ranks

- Beginner/Intermediate (White-Blue Belts)
- Advanced (Red-Black Belts)

Pattern Choice

One optional pattern - must be within the rank of the lowest ranking team member.

Rules

The same rules will apply for team patterns in terms of scoring. Choreography will also be taken into account.

In all team patterns divisions, there will be:

- 1st Place Trophy Awarded to each team member
- 2nd Place Trophy Awarded to each team member
- 3rd place Trophy Awarded to each team member (play-off for 3rd place podium position)

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PROMOTIONS

A Martial Arts Promotions Event

SCORING CRITERIA:

All patterns will be marked with a subjective negative marking criterion with deductions given for the following:

- Incorrect Routine
- Hesitating for more than 2 seconds
- Performing incorrect technical movements
- Performing movements out of sync with other team members (excluding choreographed breaks) – each team must include a minimum of 1 break per routine.

PERFORMANCE NOTES:

Patterns should be performed as follows:

- Correct routine performed without hesitation and in time with other team members (routine breaks are allowed but not on the first and last movement of the pattern)
- Correct technical movements performed within the requirements of the pattern
- Patterns should be performed with sufficient power, breath control and flow utilising good rhythm and timing
- Breaks performed during the first or last movement of any pattern routine will automatically be scored as 0 points.

In the case of a draw:

Colour Belts – both teams will be asked to perform their chosen pattern again.

Black Belts – both teams will be asked to perform their chosen pattern again.

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PROMOTIONS

A Martial Arts Promotions Event

TEAM SPARRING:

Sparring teams will consist of 3 team members (teams can be mixed from different clubs). The team sparring event will be open weight/height and performed in the continuous sparring format.

Age Categories:

- CADETS (9-11 years)
- PRE-JUNIOR (12-14 years)
- JUNIOR (15-17 years)

Gender:

- Teams will be split between male and female (single sex).

Belt Ranks:

- Beginner/Intermediate (White-Blue Belts)
- Advanced (Red-Black Belts)

Match Duration:

All team sparring bouts will be 1x90 seconds round regardless of rank.

Rules:

The same rules will apply for team sparring in terms of scores, warnings and fouls as per individual sparring.

Disqualification:

If a team member is disqualified in a bout, then they are unable to represent their team in future rounds. Their team is still able to compete as long as they have a minimum of 2 team members still available to compete. However, as a result of the disqualified team members, the opposing team will automatically be given a 4-0 judges decision on the score cards.

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PROMOTIONS

A Martial Arts Promotions Event

Results:

The decision will be an accumulation of the judges in favour of the winning competitor from each bout. In the case of a draw, each team will choose one player to play-off in a final round which will be concluded in a Golden point (1st point) decider bout.

In all team sparring divisions, there will be:

- **1st Place Trophy Awarded to each team member**
- **2nd Place Trophy Awarded to each team member**
- **3rd place Trophy Awarded to each team member (play-off for 3rd place podium position)**

GENTLE REMINDER:

We wish to reiterate that this is a developmental tournament aimed to encourage the next generation of TaeKwon-Do competitor to experience the competitive sport side of the art. Therefore, we expect all Instructors, Umpires, Coaches, Competitors and Spectators to respect this through the atmosphere they create from how they conduct themselves at this event. The organisers have full right to remove any person no matter their rank, position or involvement in this event if they feel that that individual is not behaving within the expected conduct we are trying to promote and encourage that is aligned with the tenets of TaeKwon-Do.

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PROMOTIONS

A Martial Arts Promotions Event

ACCOMMODATION

Premier Inn Glasgow East Kilbride (Nerston Toll) Hotel 2.5 miles

https://www.premierinn.com/gb/en/hotels/scotland/strathclyde/glasgow/glasgow-east-kilbride-nerston-toll.html?cid=GLBC_EASNER

Holiday Inn Glasgow – East Kilbride, an IHG Hotel 2.6 miles

<https://www.hieastkilbride.com>

Premier Inn Glasgow East Kilbride (Peel Park) Hotel. 2.7 miles

<https://www.premierinn.com/gb/en/hotels/scotland/strathclyde/glasgow/glasgow-east-kilbride-peel-park.html?ARRdd=13&ARRmm=09&ARRyyy=2024&NIGHTS=1&ROOMS=1&ADULT1=1&CHILD1=0&COT1=0&INTTYP1=DB&BRAND=PI>

CONTACT

Please do not hesitate to contact the organising team should you have any questions or require any assistance registering for the event.

Our team can be contactable via Email, Facebook or Instagram:

Email: info@martialartspromotions.com

Facebook: Martial Arts Promotions

Instagram: @martialartspromos

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JNR SCOTTISH CUP

PLAYSPORT - CALEDONIA GLADIATORS ARENA

21ST MARCH 2026 - HEIGHT & WEIGHT CHECK

22ND MARCH 2026 - COMPETITION DAY



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PROMOTIONS

COMPETITOR DETAILS - ALL PARTS MUST BE COMPLETED

Forename:	<input type="text"/>	Surname:	<input type="text"/>
DOB:	<input type="text"/>	Sex:	<input type="text"/>
Martial Arts School:	<input type="text"/>	Instructor:	<input type="text"/>
Licence No:	<input type="text"/>	Expiry Date:	<input type="text"/>
Grade:	<input type="text"/>		

AGE DIVISION

8 YEARS & UNDER	<input type="text"/>	9-11 YEARS	<input type="text"/>
12-14 YEARS	<input type="text"/>	15-17 YEARS	<input type="text"/>

INDIVIDUAL EVENTS

CATEGORIES		HEIGHT & WEIGHT (BOTH MUST BE COMPLETED)	
ELEMENTARY TKD*:	<input type="text"/>	HEIGHT:	<input type="text"/> CM.
PATTERNS:	<input type="text"/>	WEIGHT:	<input type="text"/> KG.
SPARRING:	<input type="text"/>		

*ELEMENTARY TKD IS AIMED AT STUDENTS 8 YEARS & UNDER WHO HAVE NOT YET LEARNED SAJU JIRUGI. COMPETITORS MUST ONLY COMPETE IN ELEMENTARY TKD OR PATTERNS. FULL RULES CAN BE FOUND IN THE COMPETITION INVITATION.

PLEASE NOTE ALL COMPETITORS MUST HAVE THE REQUIRED EQUIPMENT TO TAKE PART IN SPARRING, AS LAID OUT IN THE COMPETITION INVITATION.

TEAM EVENTS

AGE DIVISIONS:	9-11 YEARS	12-14 YEARS	15-17 YEARS
BELT DIVISIONS:	WHITE-BLUE	RED-BLACK	
CATEGORIES		TEAM PATTERNS	TEAM SPARRING
TEAM PATTERNS:	<input type="text"/>	<input type="text"/> NAME 1	<input type="text"/> NAME 1
TEAM SPARRING	<input type="text"/>	<input type="text"/> NAME 2	<input type="text"/> NAME 2
		<input type="text"/> NAME 3	<input type="text"/> NAME 3

DECLARATION & WAIVER

I WISH TO ENROL AS A COMPETITOR FOR THIS EVENT AND STATE THAT I AM PHYSICALLY FIT FOR PARTICIPATION IN MY CHOSEN EVENTS. I PARTICIPATE ENTIRELY AT MY OWN RISK AND HAVE ADEQUATE INSURANCE COVER SHOULD I BE INJURED. I ACKNOWLEDGE THAT I HAVE THE CORRECT DETAILS AND ACCEPT THAT I MAY BE DISQUALIFIED IF THE DETAILS ARE INCORRECT. I ALSO AGREE TO ABIDE BY THE RULES AND REGULATIONS OF THE COMPETITION EVENT AND WILL ACCEPT THE DECISIONS OF THE UPIRES AND REFEREES.

SIGNATURE:	<input type="text"/>
INSTRUCTOR SIGNATURE:	<input type="text"/>

ENTRY FEES
EARLY BIRD: £39 (BEFORE 31st JAN)
STANDARD: £44 (BEFORE 7th MAR)

TEAM FEES
PATTERNS: £9 PER TEAM MEMBER
SPARRING £9 PER TEAM MEMBER

ALL ENTRIES SHOULD BE ENTERED BY INSTRUCTORS ONLINE VIA WWW.KIHAPP.COM BEFORE THE FOLLOWING DEADLINES:

EARLY BIRD DEADLINE - 31st JANUARY 2026
REGISTRATION DEADLINE - 7th MARCH 2026