



# Traditions / White Crane Fall Tournament 2011

October 15, 2011

Registration starts at 12:00. Tournament starts at 12:30.



## Rules

This is a Round Robin tournament. Each participant competes against every other participant in his or her division.

Each division will have at least two competitors but not more than 8. Divisions may be combined by rank or age to meet the minimum or split to stay within the maximum number.

### Form competition rules:

Forms will be scored on accuracy, power, control, technique, grace, and rhythm for the competitor's rank. Empty hand forms are limited to traditional forms.

Acceptable weapons used in forms include staff, knife, sword(s), stick(s).

### Sparring competition rules:

Points will be awarded for strikes or indicated strikes . Check diagram for contact and non-contact areas.

Light contact is allowed to chest, stomach, rib cage, back, and side of head.

No contact is allowed to face, top or back of head, spine or groin. Points may be awarded for indicated strikes to these areas.

Techniques that are not allowed:(use of these techniques may result in warning, point reduction or disqualification)

Elbows that make contact

Knees that make contact

Sweeping the knee

Holding

Head butts

Finger jabs

Blind techniques

Take downs or throws

Mouthpiece and foot and closed finger gear are mandatory for sparring.

Recommended sparring gear includes head gear, chest protector, shin guards, and groin protector.

The tournament director is final arbiter of all disputes.

## Registration

1 event \$15 / \$20 late 2+ events \$20 / \$30 late

Name: \_\_\_\_\_ Address \_\_\_\_\_ Phone: \_\_\_\_\_

Age: \_\_\_ Gender: Male \_\_\_ Female \_\_\_ Martial Arts School \_\_\_\_\_ Belt color: \_\_\_\_\_

Division: Empty hand form \_\_\_\_\_ Weapons form \_\_\_\_\_ Sparring \_\_\_\_\_

This tournament, seminar and clinics are sponsored by Traditions/White Crane Martial Arts and is not associated with the City of Nampa or the Nampa Recreation Center. I agree that I accept all responsibility for injury &/or illness that may be incurred during the course of this event. I also agree to hold organizers of this event, presenters and their agents blameless for such injury &/or illness. Pictures or video may be taken and used in future promotion.

\_\_\_\_\_  
Signature (Parent or guardian if under 18)

## Form and Sparring Divisions

### Empty Hand Forms

<u>Div.</u>	<u>Age</u>	<u>Rank</u>
F1	5-7	White & Yellow
F2	5-7	Orange & Green
F3	5-7	Blue & Red
F4	8-10	White & Yellow
F5	8-10	Orange & Green
F6	8-10	Blue & Red
F7	11-13	White & Yellow
F8	11-13	Orange & Green
F9	11-13	Blue & Red
F10	14-17	White & Yellow
F11	14-17	Orange & Green
F12	14-17	Blue & Red
F13	Adult	White & Yellow
F14	Adult	Orange & Green
F15	Adult	Blue & Red
F16	Adult	Black Belt - men
F17	Adult	Black Belt - women
F18	Under 18	Black Belt - junior

### Sparring

<u>Div.</u>	<u>Age</u>	<u>Rank</u>
S1	5-7	White & Yellow
S2	5-7	Orange & Green
S3	5-7	Blue & Red
S4	8-10	White & Yellow
S5	8-10	Orange & Green
S6	8-10	Blue & Red
S7	11-13	White & Yellow
S8	11-13	Orange & Green
S9	11-13	Blue & Red
S10	14-17	White & Yellow
S11	14-17	Orange & Green
S12	14-17	Blue & Red
S13	Adult	White & Yellow
S14	Adult	Orange & Green
S15	Adult	Blue & Red
S16	Adult	Black Belt—men
S17	Adult	Black Belt - women
S18	Under 18	Black Belt – junior

### Weapons Forms

<u>Div.</u>	<u>Age</u>	<u>Rank</u>
W1	All	Under belt weapons
W2	All	Red & Black belt weapons

(Participation may be limited based upon registration date and availability of qualified judges.)

(Black Belt events are contingent on enough qualified judges being present.)

(Fees will refunded for events not held or not combined with events.)

**Contact point areas:** Sides of head, Front-Neck to belt, Back-Armpits to belt

**Non-contact point areas:** Top of head, Face and neck, Belt to groin

### Sparring Point Areas

