



## OMA – Regional Championships

*Dear Instructor / Students*

You and your students are invited to attend the above Championships on **Sunday 18<sup>th</sup> February at Deeside Leisure**

- Doors open at 9.30 a.m.
- Junior competitors 10:00 a.m. Start
- Adult competitors 1:00 p.m. Start
- Inclusive Categories 1:00 p.m. Start

If you and any of your Black Belts could officiate on the day, it would be greatly appreciated.

### **Costs**

- OMA members £20 all main events
- Non OMA members £25 all main events
- Tag Team – additional £5 per competitor register and pay on the day
- Team Patterns – additional £5 per competitor register and pay on the day
- Spectators £5 on the door (under 5's free)

Entries are via kihapp. Register via this link:

<https://www.kihapp.com/tournaments/14119-oma-regional-championship>

### **Uniform**

Club uniforms and Official White Doboks can be worn.

### **Category description for all Events**

Tiny Tots up to and including 4ft

Juniors 16 years and under

Adults 17 years and over

## SPARRING

Divisions will be organised by belt and weight as follows:

By Belt as follows (subject to change on the day depending on numbers):

- 1- White Belts, Yellow Stripes, Yellow Belts and Green Stripes
- 2- Green Belts and Blue Stripes
- 3- Blue Belts and Red Stripe
- 4- Red Belts and Black Stripe
- 5- Black Belts

**Each round 1 1/2 Minutes** [L] [SEP]

### **Juniors – Up to & including 16 years old (Five height divisions)**

Tiny tots	Up to and including 4'
Peewee	Up to and including 4'6" <small>[L] [SEP]</small>
Light weight	Over 4'6" up to and including 5'
Middleweight	Over 5' up to and including 5'6"
Heavyweight	Over 5'6"

All Junior Sparring will be **POINT STOP**

### **Coloured Belt Men (Three weight divisions)**

Light weight	Up to and including 70kg.
Middleweight	Over 70kg up to and including 80kg.
Heavyweight	Over 80kg
<b>Executive**</b>	40 years old and above one division regardless of weight (numbers depending)

Adults White belt to blue stripe will be **point stop** / Adults' Blue belts & above will be **continuous** / Executive Sparring will be **Point stop**

### **Coloured Belt Ladies (Three weight divisions)**

Light weight	Up to and including 60kg <small>[L] [SEP]</small>
Middleweight	Over 60kg up to and including 65kg.
Heavyweight	Over 65kg
<b>Executive**</b>	40 years old and above one division regardless of weight (numbers depending)

Adults White belt to blue stripe will be **point stop** / Adults' Blue belts & above will be **continuous** / Executive Sparring will be **Point stop**

### **Black Belts will be split by male / female and weights – depending on numbers**

#### **Male**

Light weight	Up to and including 75kg.
Heavyweight	76 kg and over

#### **Female**

Light weight	Up to and including 75kg.
Heavyweight	76 kg and over

**Executive\*\*** 40 years old and above one division regardless of weight  
(numbers depending)

*Adults White belt to blue stripe will be **point stop***

*Adults' Blue belts & above will be **continuous***

*Executive Sparring will be **Point stop***

### **INCLUSIVE SPARRING (Students with additional needs) divisions:**

- 1- Juniors – Boys and Girls one division allocated on the day**
- 2- Adults – Male and female one division allocated on the day**

*Inclusive sparring will be **Point stop***

### **PATTERNS**

**Categories:** For coloured belt divisions students can perform any pattern ***up to and including your grade***

Male and Female divisions for all patterns categories as follows:

#### **Tiny Tots (Up to and including 4ft) division:**

- 1- White/Yellow/Green belt** (includes all belts up to blue stripe)
- 2- Blue/Red Belt** (includes all belts up to black stripe)

#### **Juniors and Adults divisions:**

- 1- White /Yellow Belts** (includes white, yellow stripe, yellow belts, green stripe)
- 2- Green Belts** (includes green belts and blue stripes)
- 3- Blue Belts** (includes blue belts and red stripes)
- 4- Red Belts** (includes red belts and black stripes)
- 5- Black Belt** (any black belt pattern including Choong Moo)

#### **Executive Patterns (over 40s) divisions:**

- 1- White/Yellow/Green belt** (includes all belts up to blue stripe)
- 2- Blue/Red Belt** (includes all belts up to black stripe)
- 3- Black Belt** (any black belt pattern including Choong Moo)

#### **Inclusive Patterns (Students with additional needs) divisions:**

- 3- Juniors – Boys and Girls any grade**
- 4- Adults – Male and female any grade**

## **ADDITIONAL CATEGORIES**

### **TAG TEAM SPARRING (additional cost of £5 per competitor on the day)**

Tag team consists of a 3 person team and the divisions are split as follows:

- All coloured belts together
- All black belts together
- Male and female divisions
- Open weight

Registration is to be made at the venue on the day. Please register and pay at the top table when you arrive at the venue.

### **TEAM PATTERNS (additional cost of £5 per competitor on the day)**

Team patterns consists of a 3-person team and the divisions are split as follows:

- All coloured belts together – male and female mixed
- All black belts together – male and female mixed
- Synchronised and cascading patterns allowed.

Registration is to be made at the venue on the day. Please register and pay at the top table when you arrive at the venue.

### **DESTRUCTION/BREAKING – Black Belts only (included in the entry fee)**

Ladies hand – any technique (including elbow)

Ladies foot – any standing kick

Men's Hand – any technique not including elbow

Men's Foot – any standing kick

### **SPEEDING KICKING – Juniors only (included in the entry fee)**

Speeding kicking divisions will match the patterns divisions and will take place immediately after the pattern division has finished.

It will consist of ***30 seconds of turning kicks at shoulder level and the foot must return to the floor after each kick.***

The student with the most kicks wins.

If the same score is reached, then time increases by 15 seconds until you have a winner.

**These will take place immediately after the patterns division, let the umpire team know you'd like to take part and make sure you are at the ring once the patterns for your division have finished**

### **Referees & Umpires.**

If you have any black belts that can help out on the day this will be much appreciated, please register here before the event <https://forms.gle/DFeyCtkoTCb45hrDA>