

# NORFOLK OPEN

Championship Series

2018

# 27th

# November

OPEN TO ALL STYLES, CLUBS and ASSOCIATIONS

Competitor £16

each additional £14

Spectators £5

Pre-registration is:

Competitors £14  
each additional £12

Doors Open at 9.30 am for a 10.30 start

KATA registration closes 10 am

POINTS CHILDREN registration closes 10.30 am

POINTS ADULTS registration closes 11.30 am

LIGHT-CONTINUOUS registration closes 12 noon



Stalham Sports Centre, Ingham Rd, Stalham, Norfolk NR12 9DG

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# Norfolk Open Championship Series 2016

1. Traditional Open Hand Kata -16 years
2. Traditional Open Hand Kata +16 year
3. Traditional Open Weapons Kata -16 years
4. Traditional Open Weapons Kata +16 years
5. Creative Kata (None Weapon) -16 years
6. Creative Kata (None Weapon) +16 years
7. Creative Kata (Weapon) -16 years
8. Creative Kata (Weapon) +16 years
9. Open Team Kata (2 or 3 persons)
10. Tag Team Points 7yrs to 9yrs old
11. Tag Team Points 10yrs to 12yrs old
12. Tag Team Points 13yrs to 15yrs old
13. Tag Team Points Ladies 16+
14. Tag Team Points Men 16+
15. Pee Wees (Mixed) - 4ft (All Grades)
16. Boys -4ft 4" (Beginners)
17. Boys -4ft 4" (Intermediate)
18. Boys -4ft 4" (Advanced)
19. Boys -4ft 8" (Beginners)
20. Boys -4ft 8" (Intermediate)
21. Boys -4ft 8" (Advanced)
22. Boys -5ft (Beginners)
23. Boys -5ft (Intermediate)
24. Boys -5ft (Advanced)
25. Boys -5ft 2" (Beginners)
26. Boys -5ft 2" (Intermediate)
27. Boys -5ft 2" Advanced)
28. Boys -5ft 4" (Beginners)
29. Boys -5ft 4" (Intermediate)
30. Boys -5ft 4" (Advanced)
31. Boys +5ft 4" (Beginners)
32. Boys +5ft 4" (Intermediate)
33. Boys +5ft 4" (Advanced)
34. Girls -4ft 4" (Beginners)
35. Girls -4ft 4" (Intermediate)
36. Girls -4ft 4" (Advanced)
37. Girls -4ft 8" (Beginners)
38. Girls -4ft 8" (Intermediate)
39. Girls -4ft 8" (Advanced)
40. Girls -5ft (Beginners)
41. Girls -5ft (Intermediate)
42. Girls -5ft (Advanced)
43. Girls -5ft 2" (Beginners)
44. Girls -5ft 2" (Intermediate)
45. Girls -5ft 2" (Advanced)
46. Girls -5ft 4" (Beginners)
47. Girls -5ft 4" (Intermediate)
48. Girls -5ft 4" (Advanced)
49. Girls + 5ft 4" (Beginners)
50. Girls +5ft 4" (Intermediate)
51. Girls +5ft 4" (Advanced)
52. Ladies (Beginners) -69kg
53. Ladies (Intermediate) -69kg
54. Ladies (Advanced) -69kg
55. Ladies (Beginners) +69kg
56. Ladies (Intermediate) +69kg
57. Ladies (Advanced) +69kg
58. Ladies Veterans (Over 35 years) -69kg
59. Ladies Veterans (Over 35 years) +69kg
60. Men's (Beginners) -64kg
61. Men's (Intermediate) -64kg
62. Men's (Advanced) -69kg
63. Men's (Beginners) -74kg
64. Men's (Intermediate) -74kg
65. Men's (Advanced) -74kg
66. Men's (Beginners) -84kg
67. Men's (Intermediate) -84kg
68. Men's (Advanced) -84kg
69. Men's (Beginners) +84kg
70. Men's (Intermediate) +84kg
71. Men's (Advanced) +84kg
72. Men's Veterans (Over 35 years) -79kg
73. Men's Veterans (Over 35 years) +79kg
74. Kids Continuous Mixed -30kg
75. Kids Continuous Mixed -40kg
76. Girls Continuous -50kg
77. Girls Continuous -60kg
78. Girls Continuous +60kg
79. Boys Continuous -50kg
80. Boys Continuous -60kg
81. Boys Continuous +60kg
82. Ladies Continuous -70kg
83. Ladies Continuous -80kg
84. Ladies Continuous +80kg
85. Men Continuous -70kg
86. Men Continuous -80kg
87. Men Continuous +80kg

**Beginners ... under 12 months (first 3 grades)**

**Intermediates ... 1 - 3 years (4 - 7 grades)**

**Advanced ... 3 years plus (7 grade and above)**

**£25 Team Kata**

**£20 Tag Team**

**£16 Competitors**

**£14 Additional Category**

**£6 Spectator**

All categories must have at least 3 competitors in it or it may be merged with the next category above.

All Categories merging are at the discretion of the organiser.

The Category you start in; you stay in for the rest of the year.



How to find out what category you should be in. If unsure please speak to the competition organiser  
And your Instructor / Coach. We run a fair, honesty policy, we trust you to choose the correct category.

It is up to you to remember your category number for the future series.

# Norfolk Open Championship Series

## On The Door Price List

1st INDIVIDUAL Category £16  
Each additional INDIVIDUAL Categories £14  
TEAM kata £25  
TAG TEAM £20  
Spectators £6

## Pre Registration Price List

1st INDIVIDUAL Category £14  
Each additional INDIVIDUAL Category £12  
TEAM Kata (2 or 3) £23  
Points TAG TEAM (2) £16

# Registration on the day

## Closing times

Doors Open at 9:30am

For a 10:30am start

All Katas etc ... Registration closes at 10 prompt

All Points Tag Teams & Children Points ... Registration closes at 10:30 prompt

Adult Points ... Registration closes at 11:45 prompt

All Light-Continuous ... Registration closes at 12:30 prompt

## COACHES FREE DAY PASS

All coaches bringing 3+ competitors  
Are entitled to pre-register themselves  
For a DAY FREE COACH PASS

To take advantage of this offer ..... You **MUST**  
Register yourself before  
**FRIDAY 6th May**

Please forward :-

Your full name and club

Email: [norfolkopen@hotmail.co.uk](mailto:norfolkopen@hotmail.co.uk), [jacqui1416@live.co.uk](mailto:jacqui1416@live.co.uk)

[https://www.facebook.com/Norfolk-Open-677664935668880/?ref=aymt\\_homepage\\_panel](https://www.facebook.com/Norfolk-Open-677664935668880/?ref=aymt_homepage_panel)

Or facebook message me

**CONFIRMATION WILL BE SENT TO YOU ON RECEIPT**

## Norfolk Open Championship Series Rules and Regulations

### Fighting Durations

- \* Each round will last for one and a half minutes; Tag Team is 3 minutes.
- \* The final round will last two minutes. Three minutes for Tag Team Final.
- \* If both fighters have equal points at the end of time then an extra thirty seconds will be added.
- \* If at the end of thirty seconds both fighters still have equal points the winner will be decided by Sudden means the winner is the first fighter to score the point  
(two referees must agree the same point to score)

If a competitor fails to show after their name has been called three times; they will have two minutes to get to their area fully dressed with the correct safety equipment.

### Legal Scoring Techniques

- \* 1 Point - Hand technique to body
- \* 1 Point - Hand technique to the front, side or back of head.
- \* 1 Point - Hand technique to face (with control)
- \* 1 Point - Sweep (Hands and body MUST touch the floor)
- \* 2 Points - Foot technique to body
- \* 3 Points - Foot technique to the front, side or back of head
- \* 3 Points - Foot technique to face (with control)
- \* 3 Points - Jumping foot technique to body
- \* 4 Points - Jumping foot technique to the front, side or back of the head

Points for jumping techniques will only be awarded if both feet leave and return to the floor without the hands touching the floor.

### Illegal Techniques

- \* No scoring and dropping to the floor
- \* No scoring and stepping out the area (Additional time may also be added .. Between 10 and 20 seconds)
- \* No scoring to the top of the head
- \* No scoring to the back
- \* No strikes to the neck or shoulder
- \* No strikes to joints or below the belt
- \* No Backfist or Ridgehands to the body (head only)
- \* No grappling
- \* No dropping, time wasting or refusing to fight deliberately (Additional time may also be added between 10 and 20 seconds)
- \* No elbow strikes or spinning backfists
- \* No excessive contact (as deemed by the referee on the appropriate area)

Excessive contact may result in being instantly disqualified.

### Exiting the area

If a fighter should exit the area; they will be deducted one point on the third exit and one point for every exit thereafter. (Unless a fighter is kicked, punched or pushed out of the area).

### Scoring rules

Scoring rules are majority rules. (two or more referees must score the same point for it to be awarded). If two or more referees score the same technique, but different scoring zones, the lowest point will be awarded.

The winner will be the fighter with the most points at the end of time. There is no maximum score.

The centre referee on the appropriate area has control. If you have any disagreement with the referee on your area then the head referee will make the final decision.

#### Round robin

If a category should be drawn with only three persons in it then there will be a round robin. Each fighter will fight both of the other fighters. The fighter with the most wins will be declared the winner. If the fighters should have equal wins then the fighter with the most overall scored points will be declared the winner. If two fighters both have equal points then they will fight off for first and second place.

**Beginners** under 12 months (or first 3 grades) / **Intermediate** (1 - 3 years) 4th - 7th grade  
**Advanced** (3 years plus) 7th grade or above

#### Kata

All contestants must present themselves suitably attired and ready to compete. The competitor shall wear a uniform that in his/her opinion best represents the style or form he/she is to perform.

The Martial Artist must show that he/she is the Master of his/her body and its movements and that he/she can complete his/her routine with control, ease, style and exactness. With this in mind, the Officials must first look for good posture, continuity, crispness of movement and proper technique.

Judges shall use a decimal point system for scores (e.g 6.5) NO music in traditional Kata's.

#### Grand Championship and U.F.M.A.A Invites (only for Kata etc and Points Sparring)

You must attend three of the four events from the series including the last one; to be awarded with the Grand Championship Title for your category.

#### School Grand Championship

The School / Club with the most overall points at the end of the series will be awarded the School Grand Championship Trophy. The School / Club must attend three of the four events from the series including the last event to be awarded the Grand Champion.

