

MYFEST 23! Tournament

Sat Sep 14, 2023
Noon - 5pm
Hope Bible Church
1900 Ft Bragg Rd
Fayetteville, NC

Name: _____ Belt: _____ Rank: _____
Address: _____
City State Zip Code
Tel: _____ Age: _____ Wt: _____ Male ___ Female ___
Instructor: _____ Rank: _____ School: _____

Tournament Fee

(Take \$25 off if you attended the “Back to School Tournament):
\$45 Color Belts. \$65 Dans (Black Belts) REGISTRATION CLOSED 10/12/23

Check the events you are participating in:
\$45: Color Belts White - Red Belts, all ages: ___ Forms ___ Sparring
\$65: Black Belts, Masters: ___ Forms ___ Sparring ___ Weapons

Two Options to register

1. Pay online at www.sktsd.com (Click “MYFEST23!) Mail application to SGRO Karate.
2. Mail your tournament application and check made out to “SKTSD” to:

SGRO Karate
c/o “MYFEST23!”
2631 Raeford Rd
Fayetteville, NC 28303

Divisions are combined or split at the discretion of the Tournament Director.

Waiver of Claim: I hereby submit my application for registration in MYFEST23! Tournament. I agree to waive all claims against any persons, school, or association connected with Hope Bible Church, SGRO Karate, and David Sgro. I assume complete and full responsibility for any injuries I may sustain, and likewise will assume full responsibility for all my actions in connection with this tournament. I understand further that I will strictly observe and obey the rules and regulations as posted for this tournament. I understand Foam Type Head Gear, Hand Pads, Foot Pads and Mouth Guards are required for all Sparring Divisions. A groin cup is recommended for males.

Date: _____

Signature: *If under 18 years, guardian must sign*

MYFEST 23! Tournament RULES

1) **INDIVIDUAL AND WEAPON FORMS:** Only recognized Forms allowed. No splits, gymnastic or acrobatic type moves. No live blades allowed in the Weapons Forms

2) **SPARRING:** Foam Gear Safety equipment: Head Gear, Hand Gear (Thumbs must be covered), Foot Gear (Toes must be covered). Mouthpiece and Groin cup for males recommended. For competitors choosing NOT to wear a mouthpiece and/or groin cup there is a release form they must sign at the ring.

POINTS: All techniques are 1 point. 2 judges are needed to award a point.

ACCEPTABLE TARGET AREA: Front & side of the body and face, from belt up.

UNACCEPTABLE TARGET AREA: Anything below the belt; the back and neck; top of the head. No contact to the eyes, nose, mouth “triangle area”)

ALLOWABLE CONTACT: Light contact to the body and side of the head.

NON-ALLOWABLE CONTACT: No striking the top or back of the head or the “face triangle” (eyes, nose, mouth)

ILLEGAL TECHNIQUES: No Spin backfist or open hand, (ie palm heels or spear hand). No elbow or knee kicks allowed.

TIME LIMIT: 2 minutes, high score wins. 1-minute rounds until a tie is broken. (No sudden victory).

JUDGES 4 HAND CALLS

MYFEST23! Will have 3 judges. 2 judges required to call a point.

1. “Point Red” or “Point Blue”: Raise the Red or Blue flag.
2. “No point”: Low X Block
3. “Out of bounds”: Point to the floor.
4. “Contact”: Judges strike the flags together to signify excessive contact.

WARNINGS (i.e. Excessive Contact, Illegal Techniques)

Excessive Contact, Illegal Techniques, Unacceptable

1st Warning: Verbal warning

2nd Warning (same category): A point is awarded to the Opponent 3rd

Warning: Disqualification.