



*LEAD BY EXAMPLE*  
**SHOWDOWN**

**Saturday 12/7/2024**

**Pre-Register by Midnight, Saturday 11/30  
and get your name on our Tournament Tee!!  
Late Registration ends Wednesday 12/4**



**AWARDS FOR 1<sup>ST</sup>-8<sup>TH</sup> PLACE & divisions will be no larger than 8**



# **TOURNAMENT GENERAL INFORMATION**

**When:** **Saturday, December 7, 2024**

**Register using this link or scan the QR code:**

**<https://cp.mystudio.io/e/?=LBETKDFO/3293/635174//1729009991>**

**FO & SR students may register on their school's My Studio App.**

**All Pre-registered and paid competitors will have their name on the Tournament Tee**

**Tournament Tees may be worn in class until January 31, 2025**

**Pre-Registration ends 11/30/24 and Late Registration Ends Midnight 12/4/24**

**Absolutely NO REGISTRATIONS will be accepted at the DOOR!**

**Where:** **LORTON COMMUNITY ACTION CENTER**

**9506 Richmond Highway, Lorton VA 22079**

**Why:** **The LBE Showdown Tournament is a fun event that promotes courage, school spirit sportsmanship, camaraderie, and gives awards. Each year, our TKD schools get together for a friendly competition with each other and to help students develop confidence in their competitive skills. You do not need any prior tournament experience to compete, this is a great place to start your competition career! There are divisions for all ages and ranks and trophy awards for 1<sup>st</sup>-8<sup>th</sup> place for all divisions. No matter what rank you are, everyone has an opportunity to compete and go home with an award after showing their best! This is a great chance to meet other students and build friendships in a positive and competitive environment.**

**Who:** **EVERYONE can compete!** You may compete at your current rank or previous rank (only if you graduated to your new belt within 3 months, check with your instructor first)

**Cost:** **\$70 Competitors (pre-registration price, includes 2 spectators)**  
**Additional Spectators \$5 (for ages 3yrs and up)**  
**\$20 Late Registration Fee (11/24 - 12/4 per competitor)**

**Please SCAN the QR CODES below to register and/or buy a Tee**  
**FO & SR Parents & Students may Register on their school's My Studio App.**  
**NO REGISTRATION after 12/4, NO REGISTRATIONS at the DOOR!**



**SHOWDOWN QR CODE**  
Scan to Register

**SATURDAY 12/7 @LORTON COMMUNITY ACTION CENTER**

**9:00 AM WHITE & GOLD BELTS ages 3 to 6 years**  
**10:30 AM WHITE & GOLD BELTS ages 7 to Adult**  
**12:00 PM ORANGE & GREEN BELTS**  
**1:30 PM PURPLE & BLUE BELTS**  
**3:00 PM RED, BROWN & NOVICE BLACK BELTS**  
**4:30 PM BLACK BELTS**



**BUY A TEE QR CODE**  
Scan to Purchase

**AWARDS FOR 1<sup>ST</sup>-8<sup>TH</sup> PLACE & divisions will be no larger than 8**



# **Tournament RULES & REGULATIONS**

- Age Rule:** Students must compete at the age they are on the date of the tournament. In the event that a student's age is challenged, the competitor must show a copy of a birth certificate or a photo ID that displays DOB. You will have 2 minutes to provide proof or be disqualified.
- Belt Rank:** You may compete at your previous belt rank if you have graduated to your new belt within the last 3 months; otherwise you must compete at your current belt rank. Please see your instructor if you are not sure. You must wear the belt you are competing at.
- Uniform:** Full Uniforms (Matching Top and Bottom) are required for Basics & Forms Divisions. TKD school Student Tees may be worn during Sparring competition.
- Point Spar:** Proper equipment is required to participate including: Face Shields, Mouth Guards, Hand, Feet, Chest, Shin Guards and Groin Cups for Males. All equipment must be in GOOD condition to spar. If a competitor is missing a piece of equipment, you have 1 minute to get properly equipped or be disqualified. Adult Black Belts have the option of wearing a chest guard. Earn 1 point for punches, 2 points for kicks. Majority of judges must agree to earn a point. Matches are 2 minutes long or a 7-point spread, whichever occurs first. NO WARNINGS for fouls, Penalty point (automatic point to opponent) for first infraction and disqualification for 2 or more infractions depending upon excessiveness of the foul. Center Judge will make final decisions if needed. Infractions include: excessive/hard contact, running out of bounds, falling to avoid contact, sweeping, any contact to illegal areas (such as striking below the belt, back or any blind/wild techniques). AUTOMATIC DISQUALIFICATION for cursing, dissent (talking back to the judges), taunting, drawing blood (accidentally or not), or any other unsportsmanlike conduct. Divisions with 3 or less competitors may be combined with the next available division. Parents and Instructors, please keep in mind that cheering is encouraged but to be fair to all competitors, coaching is not allowed. Point Sparring is available for Orange Belt and above.
- Bopper Spar:** Equipment is optional for bopper sparring; mouth guards are recommended. Earn 1 point for all strikes on the top of the head, front of the body (chest/stomach), and legs. Judges may call Split points if both competitors score at the same time. Majority of judges must agree to earn a point. Matches are 1 minute long or first to 5 points, whichever occurs first. NO WARNINGS for fouls, Penalty point (automatic point to opponent) for the following infractions: excessive/hard contact, striking illegal areas (face, ears, groin), using two hands to swing, diving (knee touches the ground), running out of bounds, or falling to avoid contact. AUTOMATIC DISQUALIFICATION rules for point sparring also apply to bopper sparring. Bopper sparring is available for White to Advanced Gold Belts.
- Forms:** Students will compete 2 at a time according to when they registered for the competition. Music will be used for Orange Belt Jayoo, Chosang, Exodus, Beethoven, and Granada divisions. Divisions with only 1 competitor will be combined with the next older division. Judges will be evaluating 33% timing and accuracy, 33% technique, 33% attitude/focus/power and 1% size of your smile. In case of a tie for any of the top 4 places, scores will be reviewed, and the winner determined by whom had the majority of the judge's score higher for them.
- BB Forms:** Black Belts may compete in both a Traditional and a Musical Form. 1<sup>st</sup> Dan will perform Beethoven 2<sup>nd</sup> Dan will perform Granada and 3<sup>rd</sup> Dan will perform Twilight.
- PARENTS:** Please Remember, NO SHOES on the mats unless approved martial arts shoes. All Belongings may be placed in the cubby area located along the wooden floors. Please do not leave small children unattended. Only Instructors, Volunteers, and Competitors are allowed in the Ring Areas. There are two Bathroom/Changing Rooms across the floor mats towards the back area. Videotaping and Pictures are allowed at the Tournament as long as it does not distract nor impede a competitor from participating in the Intramurals.
- REMEMBER TO:** Check in early at the front desk. Wristbands must be worn at ALL times while in the STUDIO or for re-entrance. Wear your Full Matching Uniform, Bring ALL Sparring Equipment, Pick up your Courage Trophy at the trophy table on your way out. Let's HAVE GOOD SPORTSMANSHIP & LOTS OF FUN!



# **JUDGE'S REQUIREMENTS**



**A Center Judge must be a Black Belt approved by Master T. Lightfoot. All Center judges must have prior tournament experience, knowledge of all rules, and will be assigned a Ring #.**

**Ring Judges should always LOOK ALERT! Keep your focus on the ring that you are assigned to. Please remember that students will be competing 2 at a time, depending on the numbers.**

**JUDGING FORMS: Keep detailed notes so if a parent questions your judging or fairness. Write something about each competitor such as what you noticed when they performed and their final scores. Please use the Judges Score Sheet provided. Use the first 3 competitors as your lo-med-hi range and remember to leave some space in between your numbers to place the other competitors. Your score for each additional competitor should reflect how you compare their performance with the first group of performers.**

**VERY IMPORTANT: When scoring for FORMS, Be consistent with YOURSELF! Please stay within your range of scores, do not look at the other judges as their range may be different from yours. If you notice that your scores are higher compared to the other judges, DO NOT change your standards halfway through the competition. If you do, you will drastically affect the outcome of the scores and awards. Stay with the score ranges that you started with in the division. The Center Judge should always review the scoring range dependent upon the number of competitors in the division at the beginning of each division competition.**

**JUDGING POINT SPARRING: Know the Rules!**

- **Absolutely NO Warnings will be given!**
- **Any Judge may call a Penalty Point. Majority rules to award a penalty point for any infractions which include: excessive/hard contact (head rocks back - Center Judge discretion), running out of bounds, falling to avoid contact, sweeping, and any contact to illegal areas (below the belt/blind or wild techniques)**