

**REGULATIONS: THE LONG BRANCH MAYOR'S CUP  
TAEKWONDO CHAMPIONSHIPS  
Sunday, December 6, 2009**

**1. Sparring Divisions**

- (1) Divisions will be based upon gender, age, weight, and rank.  
Each division for **all belts under 12 years old** will have no more than 4 competitors.  
NOTE: This method ensures every competitor will get a Medal or trophy. Thus, there are 4 registered players in each division.
- (2) The winners of the first bout will progress to the finals, while the losers will be awarded 3<sup>rd</sup> place, bronze medals or trophies.
- (3) All competitors must be over 4 years old.
- (4) No head contact for competitors age 6-11 years old.
- (5) Light contact on the head for competitors age 12 and up

**2. Black Belt Divisions**

- (1) The national junior black belt division covers competitors aged 14 to 17.
- (2) Senior national division is for competitors 18 Year Old and over.

\*Please fill out the Competitor Entry Form. Then, with 2 photos send to: **U.S. Taekwondo Center Rt. 36 & 71 West Long Branch, NJ 07764** Phone: (732) 544-8811 Fax: (732) 544-8891  
If you have any question, don't hesitate to contact us.

**SCHEDULE**

**Sunday, December 6, 2009**

8:00 am – Volunteers Meeting (Volunteer T-shirt pickup)

9:00 am – Entrance (Parents & Competitors)

**10:00 am – Breaking & Sparring Competition – Age 4 to 9 (All Belts)**

1:00 pm – Opening Ceremony and Lunch Break

1:30 pm – Weight-In Adult & Junior Black Belt Only

**1:30 pm – Breaking & Sparring Competition – Age 10 and Up**

**\*Admission Fee: Adult (18 & up) \$10 / Children, Competitors, Masters and Instructors – No Fee**

**4. REGISTRATION DEADLINE IS**

**December 4, 2009 by 7PM**

**MAIL REGISTRATION SHOULD BE POSTMARKED BY DECEMBER 2**

**5. No Door Registration**

**We are not going to accept door registration on the day of championships**

**6. Coach Pass**

Those who want to coach must have coach pass. Otherwise they are not allowed to coach.