

FOR MORE INFORMATION TEXT OR CALL: (916) 288-9830











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Message from the Tournament Director



Master Clinton S. Robinson

Dear Grandmasters, Masters, Instructors, Competitors, Referees and Parents,

It is with great honor that Grandmaster and I invite you to participate in the 20th Annual Sacramento Invitational Taekwondo Championship on June 3rd, 2023. This Championship will be held at the West Park High School.

The Sacramento Invitational is committed to providing a level of competition for all ages and ranks from beginners to the national level. Our Taekwondo Tournament is for competitors who are seeking quality competition. Our tournament staff is committed to making this event as fair and enjoyable for all participants as possible. We are continually refining various aspects of our tournament production to better the overall tournament experience.

This prestigious event is known for Electronic Scoring by True Score, Certified Black Belt Judges and fully padded competition rings. Our competition is used by many athletes to prepare for national level tournaments.

We look forward to seeing you June 3rd, 2023 at the Sacramento Invitational Taekwondo Championship.

Sincerely,

< All.

Master Clinton S. Robinson Tournament Director

Schedule of Events

Register online Early and SAVE Early Registration Ends Sunday, May 8, 2023

Online Registration Ends Saturday, May 27, 2023

Saturday, June 3, 2023					
Ticket Booth Opens	West Park High School-Main Gymnasium	7:30 AM			
Volunteer Check-in	West Park High School-Main Gymnasium	7:30 AM			
Early Weigh-ins	West Park High School-Main Gymnasium	7:30 AM - 8:15 AM			
Competitor Card Pick Up and Check-in	West Park High School-Main Gymnasium	8:00 AM - 8:45 AM			
Doors Open	West Park High School-Main Gymnasium	8:00 AM			
Poomsae Competition Begins	West Park High School-Main Gymnasium	9:00 AM			
Late Weigh-ins	West Park High School-Main Gymnasium	9:00 AM - 10:00 AM			
Board Breaking, Sparring and Rapid Kick Competition Begins	West Park High School-Main Gymnasium	Immediately after Poomsae			
Lunch Break		12:30 PM			

BE ON TIME!



June 3rd, 2023

West Park High School, 2401 Panther Pl, Roseville, CA 95747 Register online at: **WWW.SACINVITATIONAL.COM** Text or Call for more Info: (916) 288-9830

COMPETITION RULES & REGULATIONS

The Organizing Committee recognizes that each school may have a different belt color system. Please refer to the rank & color chart below and register yourself to compete in the approved USAT/WTF belt color and rank.

COLOR BELT CHART

Rank	10-9-8-7	6-5	4-3	2-1	Poom-Dan
USAT/Kukkiwon Belt Colors	White-Yellow-Orange	Green-Purple	Blue	Brown-Red	Black
Poomsae: Taeguek	1 or 2	3 or 4	5 or 6	7 or 8	Designated Rank

POOMSAE: Poomsae competitors must perform only the Poomsae designated for their specific rank. Scores will be based on: proper order, beauty, grace, rhythm, accuracy, power, technique and attitude. Authorized Poomsae are those approved by the World Taekwondo Federation: Taeguek 1-8 and black belt Poomsae:

KYOROOGI: The current USAT competition rules will govern this championship. The Organizing Committee may modify some rules according to the local conditions. It also reserves the right to combine or divide weight categories depending on the number of players in their respective groups. The Sacramento Invitational Tournament Organizing Committee reserves the right to make modifications to the divisions to provide fair and sufficient competition for all competitors. In the event that the Tournament Committee cannot find a suitable match, we will attempt to arrange an exhibition match. If a suitable match cannot be made, you will be awarded a gold medal for an uncontested win. There will be no refund due if no suitable match can be made.

KYOROOGI Rules for Ages 7 & Under (All Belts) and Ages 11 & Under (Color Belt Divisions)

Sparring competitors, ages 11 & under (color belts) and 7 & under (all belts), may not make head contact at any time during the competition. Any competitor who executes a technique to the head area will be subject to one of the following actions:

- 1. Any technique attempted to the head area but does not make contact will be given a warning by the referee (Kyong-go).
- 2. Any technique which causes injury to the head area will result in a one-point deduction by the referee (Gamjeom)
- 3. If the competitor cannot continue because of injury caused by contact with the head area, the attacker will be disqualified.
- 4. The referee, with or without consultation with the tournament medical staff, shall determine if there is an injury and if the attack is excessive or non-excessive.

Note: Inability to continue competition because of fright, crying or loss of will following a legal kick to the body, does not constitute grounds for disqualification of the attacker.

KYOROOGI Rules for Competitors Ages 8-11 (Black Belts), Ages 12-14 (All Belts), and Ages 15-17 (Color Belts)

- 1. The competitor is allowed to kick to the facial area; however, the kick must be **LIGHT** contact with appropriate control without causing any injury or excessive contact, or the appropriate penalty shall be invoked.
- 2. The competitor who executes a successful technique (light contact without causing injury) shall be awarded three (3) points.
- 3. The competitor who executes a kick to the face which results in a minor injury, shall receive a one-point deduction ("Gam-jeom"). A minor injury is defined as abrasion or bleeding caused by non-excessive contact. The referee, with or without consultation with the tournament medical staff, shall determine if the abrasion or bleeding is a minor injury and if the attack is a non-excessive one.
- 4. The competitor who executes a kick to the face which results in the inability of the opponent to continue sparring because of injury shall be disqualified. The referee, with or without consultation with the tournament physician, shall determine if an excessive contact, and if the injury is a major one.

Note: Inability to continue because of fright, crying or loss of will, following a LEGAL kick to the head, does not constitute grounds for disqualification of the attacker.

Excessive contact to the facial or head area:

- 5. Even in the absence of visible injury, such as slight bleeding or abrasion, the referee may deem the contact to be excessive and declare the appropriate penalty.
- 6. Where Junior Competition Rules are in effect per USAT Article 1.B, the competitor who executes a successful technique to the face (light, controlled contact without causing any injury) shall be awarded three points. This is to better align with current WTF standards; however, the criteria for "excessive contact" will continue to be strictly enforced.
- 7. 8-Count: Under Junior Competition Rules, the referee should NOT give an 8-count for ANY technique, even a legal one, to the head area; if a kick to the head is powerful enough to warrant an 8-count it should be considered excessive, and the appropriate penalty should be declared. However, the referee can and should begin an 8-count for a legal kick to the trunk area that results in a knock-down condition.

Competition Category	Punch to Body	Kick to Body	Turning Kick to Body	Kick to Head	Turning Kick to Head
Black Belts 15-17 & 18 - 32	1 Point	2 Point	4 Points	3 Points	5 Points
Black Belts 8-11 & 12-14	1 Point	2 Point	4 Points	3 Points	5 Points
Black Belts 7 & Under	1 Point	2 Point	4 Points	N/A	N/A
33 & Over All Belts	1 Point	2 Point	4 Points	3 Points	N/A
Color Belts 12 - 17	1 Point	2 Point	4 Points	3 Points	N/A
Color Belts 4 - 11	1 Point	2 Point	4 Points	N/A	N/A

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Daedo Electronic Hogu will be used for All Black Belt Divisions. Daedo Socks are required. You may purchase Daedo Socks on their website at: http://www.daedousa.com/electronic-foot-sensor-socks.html

KYOROOGI WEIGHT DIVISIONS

Attention

The 20 point Gap will be used for this Tournament for **ALL Divisions**

Black Belts 10-11				
Boys Weight (lbs)	Girls Weight (lbs)			
66.0 lbs. & Under	66.0 lbs. & Under			
66.1 - 77.0 lbs.	66.1 - 77.0 lbs			
77.1 - 90.2 lbs.	77.1 - 90.2 lbs			
90.3 - 101.2 lbs.	90.3 - 101.2 lbs			
101.3 - 115.0 lbs.	101.3 - 115.0 lbs			
115.1 lbs. & Over	115.1 lbs. & Over			

Black Belts 12-14

Boys Weight (lbs)	Girls Weight (lbs)
75.0 lbs. & Under	70.0 lbs. & Under
75.1 - 87.0 lbs.	70.1 - 82.0 lbs.
87.1 - 100.0 lbs.	82.1 - 94.0 lbs.
100.1 - 112.0 lbs.	94.1 - 106.0 lbs.
112.1 - 125.0 lbs.	106.1 - 120.0 lbs.
125.1 lbs. & Over	120.1 lbs & Over

Black Belts 15-17

Divisions	Men Weight (lbs)	Women Weight (lbs)
Fin/Fly	105.8 lbs. & Under (48 kg)	97.0 lbs & Under (44 kg)
Bantam/Feather	105.9 - 121.3 lbs. (48-55 kg)	97.1 - 108.0 lbs (44-49 kg)
Light/Welter	121.4 - 138.9 lbs. (55-63 kg)	108.1 - 121.3 lbs (49-55 kg)
Light Middle/Middle	139.0 - 160.9 lbs. (63-73 kg)	121.4 - 138.9 lbs (55-63 kg)
Light Heavy/Heavy	161.0 lbs. & Over (73kg & Over)	139.0 lbs & Over (63 kg & Over)

Black Belts 18-32

Divisions	Men Weight (lbs)	Women Weight (lbs)
Fin/Fly	127.9 lbs. & Under (58 kg)	108.2 lbs & Under (49 kg)
Bantam/Feather	128.0 - 150.4 lbs. (58-68 kg)	108.3 - 125.8 lbs (49-57 kg)
Light/Welter	150.5 - 176.5 lbs. (68-80 kg)	125.9 - 147.8 lbs (57-67 kg)
Middle/Heavy	176.6 lbs. & Over (80 kg & Over)	147.9 lbs & Over (67 kg & Over)

All Color Belts, All Ages & Black Belts Ages 9 & Under and 33 & Above

MALE DIVISIONS			F	EMALE DIVISION	S	
AGES	LIGHT	MIDDLE	HEAVY	LIGHT	MIDDLE	HEAVY
5 & Under	42.7 lbs. & Under	42.8 - 55.0 lbs.	55.1 lbs. & Over	40.0 lbs. & Under	40.1 - 55.0 lbs	55.1 lbs. & Over
6-7	50.0 lbs. & Under	50.1 - 65.0 lbs.	65.1 lbs. & Over	47.5 lbs. & Under	47.6 - 66.7 lbs	66.8 lbs. & Over
8-9	65.0 lbs. & Under	65.1 - 80.0 lbs.	80.1 lbs. & Over	64.7 lbs. & Under	64.8 - 79.7 lbs	79.8 lbs. & Over
10-11	81.0 lbs. & Under	81.1 - 96.7 lbs.	96.8 lbs. & Over	82.0 lbs. & Under	82.1 - 97.0 lbs	97.1 lbs. & Over
12-14	103.0 lbs. & Under	103.1 - 118.0 lbs.	118.1 lbs. & Over	105.0 lbs. & Under	105.1 - 120.0 lbs	120.1 lbs. & Over
15-17	137.0 lbs. & Under	137.1 - 152.0 lbs.	152.1 lbs. & Over	117.0 lbs. & Under	117.1 - 132.0 lbs	132.1 lbs. & Over
18-32	157.0 lbs. & Under	157.1 - 170.0 lbs.	170.1 lbs. & Over	125.0 lbs. & Under	125.1 - 147.0 lbs	147.1 lbs. & Over
33-39	167.0 lbs. & Under	167.1 - 182.0 lbs.	182.1 lbs. & Over	135.0 lbs. & Under	135.1 - 150.0 lbs	150.1 lbs. & Over
40-49	167.0 lbs. & Under	167.1 - 182.0 lbs.	182.1 lbs. & Over	135.0 lbs. & Under	135.1 - 150.0 lbs	150.1 lbs. & Over
50 & Over	167.0 lbs. & Under	167.1 - 182.0 lbs.	182.1 lbs. & Over	135.0 lbs. & Under	135.1 - 150.0 lbs	150.1 lbs. & Over

Duration of Rounds:					
Age 11 & Younger All Belts	Age 12 & Older All Belts	Age 15 - 32 Black Belts	Age 15 - 32 Black Belt Finals		
2 - 60 Second Rounds	2 - 60 Second Rounds	2 - 90 Second Rounds	3 - 90 Second Rounds		

30 Second rest between rounds. All Rounds stated may be changed if deemed necessary

Kvorooogi Divisions: The Sacramento Invitational Organizing Committee reserves the right to make modifications to the divisions to provide fair and sufficient competition for all competitors. In the event that the Tournament Committee cannot find a suitable match, we will attempt to arrange an exhibition match. If a suitable match cannot be make, you will be awarded a gold medal for an uncontested win.





OFFICIAL ENTRY APPLICATION

*Pre-Register and Save at www.sacinvitational.com. Both sides of application must be completed.

Last Name	First Name					
Address	City					
ZipEmail Address						
D.O.B Age	Sex	M or F Heigh	t	Weight	lbs.	
Evening Phone ()		· /)			
School Name		Instructor's I	Name			
BELT COLOR:	Green	Purple Blue	Brown Rec] IBlack]	
Taeguek: 1 or 2	3 or -	-	7 or 8	Designated Black Belt Poomsae		
oomsae (Forms) Gyoroogi (Sp	parring)	Breakin (Boards m	ng ust be purchased at v	Rapid Kick		
1st Timer (Check for First Time Competing) Sparring Competition will sta	urt imme	<u>diately after</u>	Poomsae Co	mpetition!!		
MANDATORY PRO	TECTIVE	EQUIPMENT	NO EXCEPTI	ONS!!		
HEAD GEARSHIN GUARDS		EST PROTECTO DTECTIVE CUP	-	ARM GUARDS MOUTH PIECE		
Make all money orders/cashier's checks			ENTRY	FEE		
payable to: Robinson's Taekwondo				ly Registration) (After May 8th)		
Mail completed entry form to:				After May 27th)		
ROBINSON'S TAEKWONDO 6840 Watt Ave North Highlands, CA 95660		\$2	20 Each Additie	onal Event		
(916) 332-6979 WWW.SACINVITATIONAL.COM		R	Registration at 1 Event			



June 3rd, 2023

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LIABILITY WAIVER FORM, ASSUMPTION OF THE RISK DECLARATION AND RELEASE AND INDEMNIFICATION AGREEMENT FOR THE 19th ANNUAL SACRAMENTO INVITATIONAL TAEKWONDO CHAMPIONSHIP June 3, 2023

*Pre-Register and Save at www.sacinvitational.com.

In consideration for the privilege of participation in The 2023 20th Annual Sacramento Invitational Taekwondo Championship, I hereby assume the risk during participation, and waive any and all rights to recovery from, (for personal injury sustained during The 2023 20th Annual Sacramento Invitational Taekwondo Championship), and subsequently hold harmless and will indemnify the Organizers, Robinson's Taekwondo, Clinton Robinson, West Park High School, Volunteers and any agents, representatives or spokespersons of such above mentioned entities.

The AGREEMENT shall apply to any form of participation related to the Tournament and is not limited to: general participation, traveling to and from the competition, competing during the competition, watching others compete, coaching, aiding participate, as well as any and all activities related to the Tournament.

As a participant, I recognize and assume the risk that, as a participant in the Fighting Competitions, other participants and competitors will be using all techniques possible to win such competitions. As a result of such techniques, I assume the risk that I will be subject to :KICKS TO VARIOUS PARTS OF THE BODY, PUNCHES TO VARIOUS PARTS OF THE BODY AND GENERAL COMBATIVE TECHNIQUES, which may result in injury.

I certify that I am healthy and have not been advised by any doctor, coach, or trainer not to compete for medical or other reason. In addition, I hereby grant permission for trained medical technicians to provide first aid to me in the event of an injury, and such, will hold harmless such technicians for all services performed in a reasonable manner. I hereby accept any and all financial obligations incurred as a result of such immediate medical treatment and subsequent related costs. I agree to indemnify the Organizers, Robinson's Taekwondo, Clinton Robinson, Antelope High School and any agents, representatives, or spokespersons of such above mentioned entities, for all costs related to treatment administered during Tournament.

I consent that any pictures furnished by me or any pictures taken of me in connection with the championship can be used for publicity, promotion, or television shows, and I waive compensation in regards thereto.

I certify that I am familiar with the rules, sports, and nature of Taekwondo. I realize as a participant, there is a high risk of injury due to the very nature of Taekwondo. I assume all risks related to this Tournament and hold harmless and will indemnify the Organizers, Robinson's Taekwondo, Clinton Robinson, West Park High School, Volunteers and any agents, representatives, or spokespersons of such above mentioned entities.

This Waiver and assumption of the risk shall apply to all participants, heirs, assigns, parents, guardians, executors, and as such I agree to hold harmless and will indemnify the Organizers, Robinson's Taekwondo, Clinton Robinson, West Park High School, Volunteers and any agents, representatives, or spokespersons for such above mentioned entities

SIGNEDContestant	Parent/Guardian if und	DATE ler 18 years of age
Emergency Contact:		
Name:	Relationship	Phone
Medical Insurance Information:		
Insurance Co:	Policy #	Exp Date:
Subscriber's Name	Relationship	Phone
Address	City	State Zip

Mail completed application along with payment to:

ROBINSON'S TAEKWONDO 6840 Watt Ave North Highlands, CA 95660 (916) 332-6979



Text or Call for more Info: (916) 288-9830

OFFICIAL COACHES/MASTERS APPLICATION

*Pre-Register and Save at www.sacinvitational.com

Full Name(Last,	P ' ()	Phon	e ()
(Last,	First)		
Address		City	Zip
D.O.B Age	Rank		
School Name	Instruct	tor's Name	
Address	City	Zip	Phone
I am applying for Coach Pass	Master Pass		
I, the undersigned, do hereby voluntarily submit my appli Invitational Tae Kwon Do Championship and hereby assu incur, if any, while attending or participating, and I waive Sacramento Invitational Tae Kwon Do Championship, im that any medical treatment given to me will be of a first a taken of me in connection with the championship can be regards thereto. If under 18 years of age this release and	ame full responsibility for all claims against the pro- dividually or otherwise fo id treatment type only. I dused for publicity, promot	any and all damages, moters, operators and r any claim for injurie consent that any pictu- ion or television show	injuries or losses that I may sustain of I sponsors of said 2023 20th Annual es that I may sustain. I fully understan res furnished by me or any pictures ws, and I waive compensation in
SIGNEDCoach/Master	Parent/Gua	rdian if under 18 years	DATE s of age
Make all money orders/cashier's checks payable to:		Coach	EES
ROBINSON'S TAEKWONDO 6840 Watt Ave North Highlands, CA 95660 (916) 332-6979		Master	rery 10 Competitors



June 3rd, 2023

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REFEREE APPLICATION

Robinson's Taekwondo would be honored to have you serve as Tournament Referee at the upcoming event on Saturday June 3rd, 2023 at West Park High School. Each Referee will receive:

1. Donuts in the morning in the Hospitality Room

Referee

2. Lunch during the luncheon intermission

3. Must Register by 5/27 Checks will be issued at end of tournament

4. Group Dinner after tournament

Only the first 30 registered referees will be accepted. Your support for this tournament is greatly appreciated. Please fill out the form below and submit to the address below.

Full Name	(1	ast, First)	Phone ()		
Address	(L	asi, filsi)	City	Zip	Zip
D.O.B.	Age	Rank			
School Name	Instructor's Name				
Address		City	Zip	Phone	
I am able to officiate as:					

Check the box			
	Center Referee	Corner Judge	

NOTE: In order to run a smooth and organized tournament, Robinson's Taekwondo reserves the right to choose volunteers and to reassign the preference that was chosen above.

I, the undersigned, do hereby voluntarily submit my application for attendance and participation in the said 2023 20th Annual Sacramento Invitational Tae Kwon Do Championship and hereby assume full responsibility for any and all damages, injuries or losses that I may sustain or incur, if any, while attending or participating, and I waive all claims against the promoters, or operators and sponsors of said 2023 20th Annual Sacramento Invitational Tae Kwon Do Championship, individually or otherwise for any claim for injuries that I may sustained. I fully understand that any medical treatment given to me will be of a first aid treatment type only. I consent that any pictures furnished by me or any pictures taken of me in connection with the championship can be used for publicity, promotion, or television shows, and I waive compensation in regards thereto. If under 18 years of age this release and consent must also be signed by parent or guardian.

SIGNED

Parent/Guardian if under 18 years of age

DATE____

Referee Honorarium				
Non Certified Referee	Certified	International Referee		
\$50	\$100	\$150		



June 3rd, 2023

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ADVERTISEMENT ORDER FORM

This is an Advertising Order for space in the Souvenir Program book for The 2023 20th Annual Sacramento Invita-						
tional Taekwondo Championships						
PRINT ALL INFORMATION						
Advertiser:						
Contact Name:						
Address:						
Business Phone:		_Fax:				
ADVERTISING RATES AND INFORMATION						
All advertising artwork must be camera ready in PDF Format! All advertising orders will receive one free program						
SPECIAL PAGES:						
Back Cover Inside Front Cover Inside Back Cover	\$1000 \$800 \$800	full color full color full color	8-1/2" x 11"			
INSIDE PAGES:						
Full Page Half Page (horizontal) Quarter Page Business Card Good Luck Line Deadline:	\$500 \$300 \$200 \$100 \$50 May 19	black & white black & white black & white black & white black & white black & white black & white	8-1/2" x 11" 5-1/2" x 5.5" 4" x 5" 2" x 3" 1" x 2" (Includes Spectator Fee)			
CONDITIONS OF THIS CONTRACT						
All camera ready artwork must be submitted by email in PDF Format to csrobinsontkd@att.net no later than May 19th, 2023. A company/cashier check must accompany this order with authorized signature. Please make check payable to: Robinson's Taekwondo						
Please send Checks to: Robinson's Taekwondo 6840 Watt Ave North Highlands, CA 95660 916-332-6979						