

SPARFEST 2018



Date: March 17th, 2018

Entry Fee: \$25 - all entry fees will be paid at the door (credit, debit, cash)

Included: Board breaking, sparring, lunch, certificate

Venue: Pat Hardy Primary School, Whitecourt

Itinerary:

9:30am: Doors open

10:00am: Board Breaking

11:00am: Lunch service opens

12:00pm: Sparring

Lunch: The included lunch will consist of pizza, bottle of water, dessert

Door Admission: FREE for all spectators

SparFest format is non-elimination sparring event where everyone will be given a punch card for 5 fights but will be subject to time (event ends at 4pm) depending on the number of competitors.

Belt color is not part of the criteria. Competitors get to choose their opponents, but referees will overrule if mismatch compromises safety. Competitors will be divided into three groups, based on ability and size. While this narrows competitors' choices, it should be more fun and increase the safety aspect.

**** Whitecourt Taekwondo club is not training for head contact and the majority of competitors are beginner or intermediate level. SparFest is aimed at giving an introduction to sparring without the pressure of head contact.****

SPARRING: We have certified referees tasked with keeping competitors safe and enforcing the newest WTF rules. Upcoming athletes will have the opportunity to practice referee development while being supervised and mentored.

TILE BREAKING CONTEST:

Each tile breaking station will be split into three age categories. Banner will be presented to the winner in each category.

Highest front jump kick

Longest flying side kick

Strongest hammer fist

Equipment: ALL protective equipment is mandatory. This includes: chest protector, arm and shin guards, groin protector and mouth guard

FOR MORE INFORMATION: (780) 778-0202 or email registration@whitecourttaekwondo.com

TO REGISTER: bit.ly/wctsparfest