

ALL VALLEY CHAMPIONSHIP

SCHEDULE OF EVENTS

All times are **estimated**. All athletes should arrive *a minimum* of one-hour *prior* to their scheduled age division. Athletes that arrive *less than one-hour prior* to event may lose the opportunity to compete in their respective age division.

(Athletes will start being called to their rings at 8:30AM)

8:00–9:00AM Obstacle Course (All ages 11 years & under)

2 athletes per race divided by age

9:00–11:00AM 7 years & below

Divisions: 5 years & under and 6-7 years

Events: Forms, Board Breaking, Weapons, Power, Sparring

11:00–12:30PM 8-11 years

Divisions: 8-9 years and 10-11 years

Events: Forms, Board Breaking, Weapons, Power, Sparring

12:30–1:00PM Lunch

1:00–2:30PM 8-11 years (continued)

Divisions: 8-9 years and 10-11 years

Events: Forms, Board Breaking, Weapons, Power, Sparring

2:30–5:00PM 12 years & above

Divisions: 12-14 years, 15-17 years, 18-32 years, 33 years & above

Events: Forms, Board Breaking, Weapons, Power, Sparring

At the discretion of the tournament host, some age and belt divisions may be combined or divided to create a better tournament experience.

20 ALL VALLEY 25
MARTIAL ARTS
CHAMPIONSHIP

SEPTEMBER 13
ENTER NOW!

SCAN QR CODE TO REGISTER

www.AllValleyChampionship.com

STANDARD TOURNAMENT RULES HALSEY, OREGON

COMPETITION RULES

OPENING EVENT: OBSTACLE COURSE

Athletes 11 years and younger will compete with another athlete in their age group and race around a challenging obstacle course that will surround the gymnasium. This event is conducted in a dedicated competition area for Obstacle Course athletes.

EVENT #1: INDIVIDUAL & PAIRS/TEAM FORMS

Judges will look for power, speed, focus, balance, rhythm, breathing, synchronized movements, accurate targets, and the correct form for the athlete's belt rank. Three judges will award athletes a score from 5-10 with increments of a tenth of a point. Pairs/Team forms require a minimum of 2 athletes with synchronized movements.

EVENT #2: WEAPONS FORMS

Judges will seek mastery of the weapon, power, intensity, and creativity—a ninety-second-time limit. No sharp weapons allowed. Black belts 12 years & above will compete in a single elimination bracket, and winner will advance.

EVENT #3: STRIKEPRO POWER

Test your power in the StrikePro Power event—utilizing the advanced technology of the sKORE PAD™. This device precisely measures the force of your punch and kick in real time using pounds-force (lbf). Each athlete will deliver one punch and one kick. The combined force of both strikes determines your final Power sKORE. The top performers with the highest total Power sKORE will be crowned the StrikePro champions.

EVENT #4: FLYING SIDE KICK BOARD BREAKING

Board-breaking athletes must supply their board. Boards are available for purchase at the tournament. Each athlete is allowed one board to break. Athletes will have three attempts; after the third attempt, the athlete is disqualified. Board sizes will depend on the age of the athlete. Breaking is scored like the forms competition, and competitors will earn bonus points for flying over an obstacle, which can be set from 0-4 foot height increments. The higher the obstacle, the more bonus points an athlete will earn. Athletes who choose not to fly over an obstacle will not gain bonus points.

EVENT #5: SPARRING

All sparring rings will use Daedo electronic scoring. Sparring divisions are a two-match guarantee. Participants must wear headgear, chest guard, forearm pads, shin/instep pads, mouthpiece and groin cups (male only). Gear used for traditional or point sparring - foam boots and foam chops or gloves are not permitted. All matches will be two - one-minute rounds with a 30-second rest.

All beginner divisions and ages 11 years and under are not allowed any contact to the head or face. Ages 12 years and over are permitted controlled contact to the head with the foot—absolutely no striking to the head with the hands. Points are scored from a displacement of the body. No techniques are permitted below the belt. Any abrasion or bleeding caused by contact will result in a loss. Black belt adults will follow *modified* USAT rules.

CODE OF CONDUCT

The All Valley Championship believes strongly in the value of sportsmanship and leadership through example. As a competitor at our tournament, your actions reflect not only on you but also on your parents, school, and coach/instructors.

As a player/parent/coach/spectator at the All Valley Championship, I agree to abide by and follow the rules and guidelines below:

- I will never curse or use foul language.
- I will always respect my coaches and listen carefully to their instructions. I understand they are giving their time to make me a better martial artist.
- I will support and respect my teammates and opponents at all times. I will not tease, ridicule, put down, or make fun of any players in my school or the opposing schools at any time.
- I understand my behavior reflects on my parents, school, and coaches/instructors. I will always be mindful of being on my best behavior at tournaments.
- I will not complain about penalties, scoring, or calls made by the referee or judges, and I will always respect their decisions. I understand that they are in charge of enforcing the tournament rules, and I will always respect their opinions.
- I will always show good sportsmanship, both when winning and losing. I will always congratulate the other competitors and coaches and wish them good luck.
- I will be committed to developing as a martial artist, including attending practice, listening to my coach, and always giving my best.

I realize that violating this Code of Conduct may result in a forfeit of a match or even ejection from the All Valley Championship.

GET TO KNOW YOUR HEAD REFEREES

NICK RUSE: 4TH DEGREE BLACK BELT

Here's just a few of his many achievements: Oregon State Hanmadang: 2018 Silver, 2019 Silver, 2022 Gold, 2023 Gold, 2024 Gold. National Hanmadang 2019 Gold, 2023 Gold.

WAYLON YEAGER: 4TH DEGREE BLACK BELT

Here's just a few of his many achievements: Oregon State Hanmadang: 2018 & 2019 Gold. National Hanmadang: 2018 & 2019 Gold Medalist.

JASON ST. CLAIR: 3RD DEGREE BLACK BELT

A very well versed and former champion martial artist. Mr. St. Clair shines in all facets of martial arts, including sparring, forms, weapons and breaking.

AMANDA McCLEMENTS: 3RD DEGREE BLACK BELT

Here's just a few of her many achievements: 2018 USAT National B Team, 2019 Pan-Am Championships-Bronze, 2019 All-American athlete, 2020 US Open-Bronze, 2021 AAU Nationals-Bronze, 2022 CUTA Team Trials-Gold, 2022 AAU National team trials-Silver.

OWEN SHOEMAKER: 3RD DEGREE BLACK BELT

Here's just a few of his many achievements: 2019 USAT Grand Slam-Bronze, 2021 USAT Grand Prix West-Silver, 2022 Collegiate Nationals-Bronze, 2023 AAU National Championships-Bronze, 2023 AAU National team trials-Bronze.

LAUREN HARRINGTON: 3RD DEGREE BLACK BELT

Here's just a few of her many achievements: 2019 President's Cup-Bronze, 2021 AAU National Championships-Bronze, 2022 AAU National B Team Member, 2022 Collegiate National Championships- Gold, Collegiate National Team Member.