



4th LIONS CUP

NOVEMBER 18 - 19

2023

FORMS AND SPARRING



- Color belt sparring all belts ages and all poomsae divisions.
- Best Male and Female Athlete Awards
- Experienced referees.

Equipment information:

- All sparring divisions will use electronic hogus
- Divisions that allow head contact will use a electronic head gear
- All Divisions will have video replay
- We will have Rings that will be dedicated to Poomsae and Sparring.
- We will get right into the competition with no time wasting.
 - Gen2 for all world class divisions.
 - Video replay
 - We are going to use the best of 3 system

WE WILL HAVE MEDALS ON THE DAY OF THE TOURNAMENT.

Sanctioned with 10.0 ranking by:



REGISTRATION WILL BE

AT SPORT 80

For more information

please call: (818) 994-9439

email: Lionscup@lionstkdacademy.com



Pasadena Convention Center
300 E. Green St., Pasadena, CA 91101

4TH LION'S CUP INTERNATIONAL

Hello Taekwondo friends and family!

Thank you for attending the 4th Lion's Cup!

Our goal is to create a high-level tournament experience for all the participants and help athletes gain the expertise they need to reach world-level results.

This year will be the best and largest Lions Cup yet. We have a great venue that is centrally located in Pasadena. This facility is easily accessible and has plenty of parking for everyone.

We have high-level athletes coming from different states and countries, which will ensure exciting and dynamic matches using the new WT rules. We can't wait to see how each competitor adapts and plays to their strengths in order to win. The opportunity to enter the 4th round and double-elimination (for select divisions) will ensure athletes the appropriate ring time needed.

We hope everyone enjoys this experience and look forward to seeing everyone there.



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Sanctioned / Tournament Ranking

USATKD Ranking: 10.0

Dates

November 18-19, 2023

Registration

<https://www.usatkd.org/4th-international-lion-s-cup>

Venue Location

PASADENA CONVENTION CENTER

300 E Green St., Pasadena, CA 91101

Hotel Information

SHERATON PASADENA HOTEL

303 Cordova St., Pasadena, CA 91101

Group rate locked link for hotel: \$179 per night (limited supply)

<https://www.marriott.com/event-reservations/reservation-link.mi?id=1686682750669&key=GRP&app=resvlink>

Updates/Changes


Any and all updates will be posted on the Official USA TKD event page:

<https://www.usatkd.org/4th-international-lion-s-cup>

Admission

NO CASH WILL BE ACCEPTED.

ALL PURCHASES MUST BE THROUGH EVENTBRITE FOR ADMISSION.

Admission Purchase Date:	1 Day Pass:	2 Day Pass:
Early Bird Special: Aug 12, 2023 – Nov 3, 2023	\$30	\$50
Regular: Nov 4, 2023 – Nov 19, 2023	\$35	\$60
All Tickets are available to Purchase at Eventbrite: https://www.eventbrite.com/e/4th-lions-cup-international-admission-tickets-only-tickets-674369727007		

Children (Ages 5 and under): Admission is free.

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Competition Rules

The current WT and PATU competitions rules will be used in this event.

<http://www.worldtaekwondo.org/rules-wt/rules.html>

Equipment Requirements

All Sparring Competitors must have all the following gear:

Chest Guards (hogu):

Electronic Daedo Chest guards will be used for all sparring divisions. This will be provided.

Head Protector:

Divisions that do not have head contact will need to provide their own white head protector. Red and Blue helmets may also be worn but must match hogu color.

Divisions with head contact will use Electronic Daedo Helmets. This will be provided.

Mouth guard:

Mouthguards must be clear or white. Other mouthguards will not be allowed. If the competitor has braces, both top and bottom braces must be completely covered.

Forearm guards:

All competitors are required to wear their own forearm guards.

Shin guards:

All competitors are required to wear their own shin guards.

Male and female Groin cup protectors:

All competitors, male and female, are required to wear a groin cup under their uniform. If it is worn on top, you will be required to put it on properly.

Daedo Socks:

All sparring competitors are required to wear their own Daedo socks. (You may use Gen 1 or Gen 2 Electronic socks)

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GEN 1



GEN 2



Official Uniforms:

OFFICIAL SPARRING UNIFORM (DOBOK)

All contestants must wear a white Taekwondo V-neck PATU/WT uniform (dobok) in good condition.

Black belts must wear black-collared uniforms.

Poom rank (14 and under black belts) may wear poom uniforms with black and red collars.

Color belts must wear white-collared uniforms; color belts cannot wear black-collared uniforms.

No tape will be allowed on any part of the uniform.

OFFICIAL POOMSAE UNIFORM (DOBOK)

All contestants must wear a white Taekwondo V-neck PATU/WT approved uniform or WT approved Poomsae competition uniform in good condition, and appropriate to the contestants' division.

Black Belts must wear black-collared white uniforms or WT approved Poomsae competition uniform.

Only black belt athletes 14 and under may wear a poom belt. If an athlete wears a poom collar uniform, they must wear a poom belt.

Color belts may not wear black-collared uniforms.

Registration:

Competitor Registration

All participants must register at <https://usataekwondo.sport80.com/>.

All payments are non-refundable.

Registration Date:	One Event:	Each Additional Event:
Early Registration: Jun 25, 2023 – Oct 8, 2023	\$115	\$45
Final Registration: Oct 9, 2023 – Nov 4, 2023	\$125	\$55

Coach Registration

All coach registrations must register at <https://usataekwondo.sport80.com/>

All coaches must follow rules and regulations and keep in Martial Arts conducts and abide by

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USATKD/PATU/WT rules and regulations. Must comply with all USATKD Coach Rules.
OUR PRIORITY IS THE SAFETY OF ALL OUR ATHLETES.

Registration Date:	Registration:
Early Registration: Jun 25, 2023 – Oct 8, 2023	\$75
Final Registration: Oct 9, 2023 – Nov 4, 2023	\$95

Check-In/Credential Pick-Up

All competitors must check in the day prior to their competition date and pick up their credentials. A valid photo ID is required to pick up credentials and check-in. (valid ID includes Passport Book or Card, School ID or Report Card, Valid Driver's License or Government Issued ID, or Military ID). Failure to check in will result in disqualification.

Weigh-Ins

All sparring competitors must weigh in at the weight class they registered for the day prior to their competition day. (i.e., if you are competing on Saturday, you must weigh in on Friday; see full schedule)

To change weight classes, you must change your weight class on the Sport80 portal before the registration period ends. After registration is closed, you must change your weight class there is a \$60 division change fee day of event.

Any irregular action by the competitor or coach during the weigh-in may result in disqualification from event participation.

A maximum of two (2) Official Weigh-Ins are allowed per athlete. All Official Weigh In, must occur during the Check-in/Weigh-In Period. If an athlete is unable to make their weight division, they must change their division prior to their 2nd official weigh-in. If you do NOT make weight, you will not be allowed to compete.

Sparring Divisions

World-Class weights classes will be used. Cadets (ages 12-14) will have the option to compete in either World Class or Grass Roots Divisions.

World Class Cadet Divisions will have full head contact.

Grassroots Cadet Divisions will use junior safety rules (light head contact).

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Seeding

All bracketing will be made by rank provided by USATKD. If there is no ranking data, there will be a random draw. All brackets are final and will NOT be changed. After weigh-ins close, brackets will be processed and posted online.

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Date	Event	Time	Division	
October 8th, 2023	Early Registration Deadline	11:59 PM MT	All Divisions	
November 4th, 2023	Final Registration Deadline	11:59 PM MT	All Divisions	
November 10th, 2023	Designated Poomsae		Designated Poomsae Posted Online	
Friday, November 17th, 2023	Check-in/ Weigh-In	5:00 pm - 8:00 pm	Sparring Kids (4-5) - M/F - All Belts Dragon (6-7) - M/F - All Belts Tiger (8-9) - M/F - All Belts Youth (10-11) - M/F - Black Belts Cadet (12-14) - M/F - Black Belts Junior (15-17) - M/F - Color Belts Senior (18-32) - M/F - Color Belts	Poomsae Individual - Color belts (All Ages) Individual - Black belts (Junior 15-17) Individual - Black belts (Under 30) Individual - Black belts (Under 40) Individual - Black belts (Under 50) Individual - Black belts (Under 60) Individual - Black belts (Under 65) Individual - Black belts (over 65)
Saturday, November 18th, 2023	Competition	9 am - TBD	Sparring Kids (4-5) - M/F - All Belts Dragon (6-7) - M/F - All Belts Tiger (8-9) - M/F - All Belts Youth (10-11) - M/F - Black Belts Cadet (12-14) - M/F - Black Belts Junior (15-17) - M/F - Color Belts Senior (18-32) - M/F - Color Belts	Poomsae Individual - Color belts (All Ages) Individual - Black belts (Junior 15-17) Individual - Black belts (Under 30) Individual - Black belts (Under 40) Individual - Black belts (Under 50) Individual - Black belts (Under 60) Individual - Black belts (Under 65) Individual - Black belts (over 65)

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	Check-in/ Weigh-In	10 am -2 pm	<p>Sparring Poomsae</p> <p>Youth (10-11) - M/F - Color Belts Individual - Black belts (Dragon 6-7) Cadet (12-14) - M/F - Color Belts Individual - Black belts (Tiger 8-9) Junior (15-17) - M/F - Black Belts Individual - Black belts (Youth 10-11) Senior (18-32) - M/F - Black Belts Individual - Black belts (Cadet 12-14) Ultra (33-45) - M/F - All Belts Mixed - Recognized - Pairs Ultra (46+) - M/F - All Belts Male - Recognized - Team Female - Recognized - Team Male - Freestyle - Individual Female - Freestyle - Individual Mixed - Freestyle - Pairs Mixed - Freestyle - Teams</p>	
Sunday, November 19th, 2023	Competition	8 am - TBD	<p>Sparring</p> <p>Youth (10-11) - M/F - Color Belts Cadet (12-14) - M/F - Color Belts Junior (15-17) - M/F - Black Belts Senior (18-32) - M/F - Black Belts Ultra (33-45) - M/F - All Belts Ultra (46+) - M/F - All Belts</p>	<p>Poomsae</p> <p>Individual - Black belts (Dragon 6-7) Individual - Black belts (Tiger 8-9) Individual - Black belts (Youth 10-11) Individual - Black belts (Cadet 12-14) Mixed - Recognized - Pairs Male - Recognized - Team Female - Recognized - Team Male - Freestyle - Individual Female - Freestyle - Individual Mixed - Freestyle - Pairs Mixed - Freestyle - Teams</p>

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Cadet Weight categories are classified as follows.

Men's division		Women's division	
Under 33kg	Not exceeding 33kg	Under 29kg	Not exceeding 29kg
Under 37kg	Over 33kg & not exceeding 37kg	Under 33kg	Over 29kg & not exceeding 33kg
Under 41kg	Over 37kg & not exceeding 41kg	Under 37kg	Over 33kg & not exceeding 37kg
Under 45kg	Over 41kg & not exceeding 45kg	Under 41kg	Over 37kg & not exceeding 41kg
Under 49kg	Over 45kg & not exceeding 49kg	Under 44kg	Over 41kg & not exceeding 44kg
Under 53kg	Over 49kg & not exceeding 53kg	Under 47kg	Over 44kg & not exceeding 47kg
Under 57kg	Over 53kg & not exceeding 57kg	Under 51kg	Over 47kg & not exceeding 51kg
Under 61kg	Over 57kg & not exceeding 61kg	Under 55kg	Over 51kg & not exceeding 55kg
Under 65kg	Over 61kg & not exceeding 65kg	Under 59kg	Over 55kg & not exceeding 59kg
Over 65kg	Over 65kg	Over 59kg	Over 59kg

Cadet Height categories are classified as follows.

Men's division			
Cadet contestants' Height		MAX. Weight	MIN. Weight
Under 148cm	Not exceeding 148cm	45kg	33kg
Under 152cm	Over 148cm & not exceeding 152cm	48kg	35kg
Under 156cm	Over 152cm & not exceeding 156cm	51kg	37kg
Under 160cm	Over 156cm & not exceeding 160cm	53kg	39kg
Under 164cm	Over 160cm & not exceeding 164cm	56kg	41kg
Under 168cm	Over 164cm & not exceeding 168cm	59kg	43kg
Under 172cm	Over 168cm & not exceeding 172cm	61kg	45kg
Under 176cm	Over 172cm & not exceeding 176cm	64kg	47kg
Under 180cm	Over 176cm & not exceeding 180cm	67kg	49kg
Over 180cm	Over 180 cm	80kg	52kg

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Women's division			
Cadet contestants' Height		MAX. Weight	MIN. Weight
Under 144cm	Not exceeding 144cm	43kg	32kg
Under 148cm	Over 144cm & not exceeding 148cm	45kg	33kg
Under 152cm	Over 148cm & not exceeding 152cm	48kg	35kg
Under 156cm	Over 152cm & not exceeding 156cm	51kg	37kg
Under 160cm	Over 156cm & not exceeding 160cm	53kg	39kg
Under 164cm	Over 160cm & not exceeding 164cm	56kg	41kg
Under 168cm	Over 164cm & not exceeding 168cm	59kg	43kg
Under 172cm	Over 168cm & not exceeding 172cm	61kg	45kg
Under 176cm	Over 172cm & not exceeding 176cm	64kg	47kg
Over 176cm	Over 176 cm	75kg	50kg

Tentative Schedule - SUBJECT TO CHANGE - for all updates, check Facebook <https://www.facebook.com/LionsCupInternational> or <https://www.usatkd.org/4th-international-lion-s-cup> .