

Friendship TOURNAMENT

2025



KATA - SPARRING - WEAPONS - FLAG SPARRING

JUNE | 21 | 2025

8:00am - Flag Sparring

9:00am - General Competition Begins

Portland, Maine Area - Location TBA

www.ippone.com

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Tournament Rules

Date: Saturday June 21, 2025

Pre-Registration Date: June 13, 2025

Pre-Registration Fee: \$60 for three events, +\$10 for Flag Sparring, or \$35 Flag Sparring Only - Cash and checks accepted.

Checks made out to:

Katie Jordan

Mail To:

342 Great Road, Suite 7
Acton, MA 01720

At-the-door-registration: (Cash Only) \$70 for 3 events (Cash only), +\$10 Flag Sparring, or \$45 Flag Sparring only

Spectator Fee: \$10 ages 13-59, \$5 for ages 6-12 and 60+, 5 & Under Free

Grand Championships: Unique awards for under belt forms/weapons

CASH GRANDS! Black Belt Divisions

Full uniforms must be worn. Gi pants must be worn with appropriate Gi jackets!

All competitors must wear the following gear:

Flag Sparring:

Mouth Piece
Headgear*

Kumite:

Mouth Piece
Headgear*
Hand Pads*
Foot Pads*
Males - Athletic Protector
Shinguards & Chest Guards are optional

*Mandatory foam-dipped gear. Kumite gloves without thumb protection, or kumite foot pads without heel protection are NOT permitted. Ringstar Shoes Black Belt divisions only.

Kumite Rules:

Kumite (Sparring) - 3-point matches for under black belt, 5-points black belts. No time limit. Flag Sparring - 1-minute time limit. Each time out of bounds loses 1 flag. No kicking, punching, uniform grabbing, or bear hugging. Falling on the ground results in loss of one flag. Ages 4-12, novice and intermediate ranks only.

Scoring:

Controlled contact to padded area of headgear, face shield, stomach, ribs, and chest target areas.

No groin strikes

No knee strikes

No strikes to back or spine

No blind techniques

No strikes below the belt level

Light face contact Adult Black Belts Only

Sweeps in black belt divisions only

Single elimination rules - all sparring and flag sparring divisions.

The tournament promoter reserves the right to combine divisions.

Any questions please contact Tournament Promoter Katie Jordan at katie@borgesmartialarts.com

Friendship TOURNAMENT

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Rank: _____ Age: _____ Phone: _____
 Email: _____
 Instructor: _____
 School: _____

Pre-Registration due by June 13, 2025

\$60 for 3 events, +\$10 for Flag Sparring
 \$35 Flag Sparring Only
 NO CHECKS DAY OF EVENT

Make Checks Payable To:
 "Katie Jordan"

Mail To:

Katie Jordan
 342 Great Road, Suite 7
 Acton, MA 01720

Novice – White, Yellow, Orange / Intermediate – Blue, Green, Purple / Advance – Red, Brown

Forms **Sparring**

Boys **Girls**

- 6 & Under All Ranks
- 7 – 8 Novice
- 7 – 8 Intermediate
- 7 – 8 Advance
- 9 – 10 Novice
- 9 – 10 Intermediate
- 9 – 10 Advance
- 11 – 12 Novice
- 11 – 12 Intermediate
- 11 – 12 Advance
- 13 – 14 Novice
- 13 – 14 Intermediate
- 13 – 14 Advance
- 15 – 17 Novice
- 15 – 17 Intermediate
- 15 – 17 Advance

Special Needs

- Weapons
- Forms
- Sparring

Flag Sparring (+\$10)

- 4 – 6 Novice
- 4 – 6 Intermediate
- 7 – 9 Novice
- 7 – 9 Intermediate
- 10 – 12 Novice
- 10 – 12 Intermediate

Weapons (Int/Adv)

- Boys 8 & Under
- Girls 8 & Under
- Boys 9 – 10
- Girls 9 – 10
- Boys 11 – 12
- Girls 11 – 12
- Boys 13 – 14
- Girls 13 – 14
- Boys 15 – 17
- Girls 15 – 17
- Men 18+
- Women 18+

Black Belt Weapons

- Boys 11 & Under
- Girls 11 & Under
- Boys 12 – 13
- Girls 12 – 13
- Boys 14 – 15
- Girls 14 – 15
- Boys 16 – 17
- Girls 16 – 17
- Men 18 – 34
- Women 18 – 34
- Sr Men 35 – 44
- Sr Women 35 – 44
- Executive Men 45 – 54
- Executive Women 45 – 54
- Sr. Executive Men 55+
- Sr. Executive Women 55+

Adult Under Belt

Forms **Sparring**

- Men 18 – 34 Novice
- Men 18 – 34 Int/Adv
- Women 18 – 34 Novice
- Women 18 – 34 Int/Adv
- Sr. Men 35+ Novice
- Sr. Men 35+ Int/Adv
- Sr. Women 35+ Novice
- Sr Women 35+ Int/Adv

Black Belt

Forms **Sparring**

- Boys 11 & Under
- Girls 11 & Under
- Boys 12 – 13
- Girls 12 – 13
- Boys 14 – 15
- Girls 14 – 15
- Boys 16 – 17
- Girls 16 – 17
- Men 18 – 34
- Women 18 – 34
- Sr Men 35 – 44
- Sr Women 35 – 44
- Executive Men 45 – 54
- Executive Women 45 – 54
- Sr. Executive Men 55+
- Sr. Executive Women 55+

I, the undersigned, hereby release Katharine Jordan, The Friendship Tournament, S.M.A.R.T., I.P.P.O.N.E., and all persons and venues associated with this event in any capacity, from being sued or any liability due to injury, etc., that may incur as a result of my attendance and/or participation at the above specified event. Furthermore, I hereby waive any compensation whatsoever for the use of pictures, movies, media coverage, etc., utilized by those associated with this event at any time.

 Signature / Date

 Signature of Parent/Guardian (If Under 18) / Date