

# FROSTY FRIENDS



## Information at a Glance

- Date -** Saturday February 17<sup>th</sup> 2024
- Location -** JAPANESE CANADIAN CULTURAL CENTER
- Address -** 6 Sakura Way, Toronto, ON, M3C 1Z5
- Spectators -** \$40 per day. CASH ONLY  
\$20 Children under 6, and Seniors over 65 CASH ONLY
- Athlete Check -** 9:00 am – 10:00 am  
Registration will close at 10 am for Rules Meeting  
All Participants must check in at this time
- Weigh in -** 9:00 am sharp (immediately after weigh-in)  
One coach from athlete's club must attend weigh ins.
- Important -** If the athlete is not present when called, the athlete's bout is cancelled. Please check the bout list (Posted online)
- Rules Meeting -** 10:00 am (in warm up room)  
All athletes and coaches must attend the meeting.  
Attendance will be taken of all the clubs attending.

### KICK LIGHT RULES

- All bouts will be 2 x 2 minutes (60 second rest)
- All boxing techniques are legal (except spinning back fist)
- All kicks to the head/body and upper leg are legal
- Illegal techniques include – knees, lower leg kicks, leg catches, throws, clinching

Contact level will be approximately 30%. The development tournament concept is to have very strict contact levels to allow for a safe and encouraging competitive environment. Ensure all athletes abide by this rule. It will be strictly enforced.

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## Important Information Below for Athletes – Coaches – Spectators

### All athletes must enter the ring with the correct equipment and outfitting

- We will not give you time to replace incorrect equipment or outfitting. If you are unsure about your equipment have it checked well before the bout. Ensure that it fits properly!
- Athletes must wear shin/instep pads OR footpads with shin pads
- Shin pads must reach 3 inches below the knee
- Headgear must be put on before the athlete enters the ring
- Gloves will be provided and must be put on once athletes have entered onto the mat.

### Bout Order

The bout order for each bracket will be listed in each warm up area and will be posted online through a QR Code that will be available at registration.

### Coaching Requirements

Only 2 free coaching passes will be provided to each club for registered coaches that have their coaching cards on hand. All other coaches must pay the Coaching Fee of \$40 for the day. WAKO Canada has a ZERO TOLERANCE policy for any inappropriate verbal or abusive behavior of any sort towards any officials, athletes or coaches. First offense will result in the automatic removal of the coach and potential disqualification of the athlete.

### Center Facility

Ensure that members of your club are only in the warm up area and/or the competition hall and not roaming the facility. Please respect the facility and other renters that rely on this center for their programs.

This rule will be strictly enforced. No athletes/coaches are allowed to warm up anywhere in the facility other than that the warm up room.

### Warm Up Room

Only coaches and athletes will be permitted in the warm up rooms. This rule will be enforced.

### Spectators

Spectator cost is \$40/Day - Cash only - payable at the door. WAKO relies on spectator fees to cover the large costs associated with a tournament-style event. WAKO tournaments are organized and run by volunteers who work together to help athletes have opportunity for competitive experience.

All spectators, athletes and coaches are expected to follow directions and respect the work done by these volunteers. All individuals are expected to behave in a respectful manner throughout the tournament. Those that do not will be removed from the event.