



Feb 4th 2022

Spirit Competitive Selection Criteria:

In the interest of member safety we are introducing competitive selection criteria.

The aim of this document is to reduce the chance of injury to members while taking part in the sport of Taekwondo. and whilst we are fully aware that accident can and will always happen, we will always take measures to reduce such risks.

Competitive performance is measured by a panel of instructors through the following criteria:

- Situational awareness
- Emotional control under pressure
- Cognitive function under pressure
- Ability to follow instruction
- Physical ability (including fitness)
- Attendance records
- Incident history

Situational awareness:

The ability to respond to situations as they happen, spacial or otherwise.

Emotional control under pressure:

The ability to remain calm whilst under high pressure situation and make sound decisions

Cognitive function under pressure:

As above

Ability to follow instruction:

The ability to understand instruction and execute said instruction

Physical ability: (including fitness)

A base level of physical ability and fitness is required. This varies depending on division, belt, category etc.

Attendance records:

A minimum attendance of 2 or more sessions a week in relevant training sessions for a prolonged period of time (sparring).

Incident history:

Any member seeking to compete needs to have an attendance record free from significant injury for at least 3 months prior to competition. Significant being head injury, joint and or soft tissue damage that may impede performance etc.

Competition entry:

All competition entries must be approved by team management or head coach prior to application as must competition category and weights.

Weight cutting :

Weight cutting is not allowed unless approved and supervised by team management.

Exceptions:

Any exceptions to the the above criteria can only be granted with approval from the Spirit Team Manager or head coach.

If you have any questions or concerns regarding this policy, please do not hesitate to contact us.

Regards

Spirit Taekwondo Pty Ltd