

## Tournament Checklists

Getting ready to attend your first Tournament? Your first National Tournament? Are you competing? Do you have a Son or Daughter competing? Are you Coaching? Or are you just a Spectator? If you answered YES to any of the above, then these Checklists are for you!

Attached are detailed lists of: Competitor's Equipment, Supplies, Food, and Miscellaneous Sundries for Coaches, Competitors, and Spectators (yes Spectators). You will notice that certain items are duplicated from list to list. This is to insure that EVERYONE is prepared. The lists have been prepared with appropriate page breaks, to allow for document separation.

## Competitor Checklist

- Paperwork (primarily for Regional, National and International events):
  - Copies of ALL Registration paperwork – including: Competitor Entry Form, Waiver, Bracket Sheet, Eligibility Certificate, Cashier’s Check or Money Order Receipt, sponsoring organizations’ Membership card (*e.g.*, AAU, USTU, JJIF, etc.) rank certificate (if applicable), Proof of Citizenship, Proof of Age, and Proof of Delivery (see below).
  - [Registration paperwork should be sent to any Tournament Organizer by way of “secure” mail (U.S. Postal Service, Federal Express, United Parcel Service, etc.). Federal Express and United Parcel Service provide web based printing of the “proof of delivery”.]
  - Insurance Card
    - For those under eighteen traveling without Parents or Guardians – Signed Waiver for Medical Treatment (to be used by Coach or Team Manager).
  - Hotel Reservation and / or Confirmation Number (and phone number)

## Equipment: & Supplies

- Equipment
  - Two (2) clean uniforms with appropriate markings (Country if International competition, State if National competition, School if Local competition)
  - Belt
  - Warm-Up Suit or other “Team” Jacket
  - Two Mouthpieces
  - protective equipment *e.g.*, Hogu (Chest Protector), hand and foot protection, shin guards, groin protection (worn under uniform), helmet
  - kicking target for warmups as needed
- Additional Equipment:
  - Extra Contact Lenses (if applicable)
  - Pre-Wrap and Athletic Tape
  - Spray Ice and / or Breakable Ice Packs Band Aids
  - Antiseptic Cream (Neosporin, etc.)
  - Ibuprofen or Motrin
  - Finger / Toenail Clippers (make sure your nails are clipped prior to competition)
  - Towel
  - water bottle (optional)
  - Prescription Medicine (if required)
  - Cash (for water, snacks, and food – see below) Notes:
- Notes:
  - Most of the above should fit in a standard “equipment bag”.
  - Medical or other non-essential items can be packed separately in a suitcase. If you are traveling by air, TAKE YOUR BAG ON THE PLANE. [While you may be able to purchase new and / or replacement equipment at the Tournament, the cost

will be outrageous, and there is no certainty that they will have your size in stock.].

- Once at the Tournament, purchase plastic bottles of Water and / or Gatorade to have during and after your fight(s). Also, you may want to purchase fruit and / or snacks (that provide quick energy and are nutritious – Power Bar, etc.). At the Tournament:
- Allow sufficient time for Competitor “check-in” (pick up paperwork, Badge, etc. and weigh-in), and arrive (at the Competition Venue) early the day of competition.
- Make sure you have your BADGE the day of competition.

## Coach Checklist

- Paperwork (primarily for National and International events):
  - Copies of ALL [Competitor] Registration paperwork – including: Competitor Entry Form, Waiver, Bracket Sheet, Eligibility Certificate, Cashier’s Check or Money Order Receipt, sponsoring organizations’ Membership card (*e.g.*, AAU, USTU, JJIF, etc.) rank certificate (if applicable), Proof of Citizenship, Proof of Age, and Proof of Delivery (see below).
  - Copies of ALL [Coach] Registration paperwork – including Coach Entry Form, Waiver, Cashier’s Check or Money Order Receipt, sponsoring organizations’ Membership card (*e.g.*, AAU, USTU, JJIF, etc.) rank certificate (if applicable), Credentials (Certification of Seminar Completion, etc.), Proof of Citizenship and Proof of Delivery (see below). [Registration paperwork should be sent to any Tournament Organizer by way of “secure” mail (U.S. Postal Service, Federal Express, United Parcel Service, etc.). Federal Express and United Parcel Service provide web based printing of the “proof of delivery”.]
  - For Competitors under eighteen traveling without Parents or Guardians – Signed Waiver for Medical Treatment and / or Insurance Card.
  - Hotel Reservation and / or Confirmation Number (and phone number)

## Equipment and Supplies:

- Equipment list
  - Warm-Up Suit or other “Team” Jacket
  - Spare Mouthpieces (in various sizes)
  - Kicking Target (Focus Paddle)
  - Pre-Wrap and Athletic Tape Spray
  - Ice and / or Breakable Ice Packs
  - Band Aids
  - Antiseptic Cream (Neosporin, etc.)
  - Ibuprofen or Motrin
  - Finger / Toenail Clippers
  - Towel
  - Stopwatch
  - Paper and Pencil
  - Sponsoring organization (USTU, NABL, AAU etc.)’s Rule Book
  - Required Credentials
  - Water (see below)
  - Cash (for water, snacks, and food – see below)
  - Cash (for Protest Fees)
  - Notes: Once at the Tournament, purchase plastic bottles of Water and / or Gatorade for Competitors to have during and after their fight(s). Also, you may want to purchase fruit and / or snacks (that provide quick energy and are nutritious – Power Bar, etc.).
- At the Tournament:

- Allow sufficient time for Coach “check-in” (pick up paperwork, Badge, etc. and weighin) and required Seminars.
- Arrive (at the Competition Venue) early during the competition.
- Make sure you have your BADGE the day of competition.

## Parent Checklist

- Paperwork (primarily for National and International events): [Applicable only if not in Competitor's possession]
  - Copies of ALL [Competitor] Registration paperwork – including: Competitor Entry Form, Waiver, Bracket Sheet, Eligibility Certificate, Cashier's Check or Money Order Receipt, sponsoring organizations' Membership card (e.g., AAU, USTU, JJIF, etc.) rank certificate (if applicable), Proof of Citizenship, Proof of Age, and Proof of Delivery (see below).
  - Registration paperwork should be sent to any Tournament Organizer by way of "secure" mail (U.S. Postal Service, Federal Express, United Parcel Service, etc.). Federal Express and United Parcel Service provide web based printing of the "proof of delivery".
  - Hotel Reservation and / or Confirmation Number (and phone number)
  - Insurance Card

### Equipment and Supplies:

[Applicable only if not in Competitor's possession]

- Kicking Target (Focus Paddle)
- Pre-Wrap and Athletic Tape
- Spray Ice and / or Breakable Ice Packs
- Band Aids
- Antiseptic Cream (Neosporin, etc.)
- Ibuprofen or Motrin
- Finger / Toenail Clippers
- Towel
- Cash (for water, snacks, and food – see below)
- Cash (for Entrance Fees – YES Tournaments charge Entrance Fees from \$5 to \$15)
- Ice Chest (if bringing water, snacks, and food)

### Notes:

Once at the Tournament, purchase plastic bottles of Water and / or Gatorade for Competitors to have during and after their fight(s). Also, you may want to purchase fruit and / or snacks (that provide quick energy and are nutritious – Power Bar, etc.).

### At the Tournament:

- Allow sufficient time for Late Registration and / or Competitor "check-in" (pick up paperwork, Badge, etc. and weigh-in), and arrive (at the Competition Venue) early during the competition.
- Make sure you have your SPECTATOR PASS the day of competition.