



DESTINATION ROCKET CITY

**2024 TIGER-ROCK
NATIONALS COMPLETE
ATTENDEE GUIDE FOR
COMPETITION & TESTING**



2024 Tiger-Rock Nationals Complete Attendee Guide for Competition & Testing

Important Information and What to Expect



About Our Signature 42nd year of National Championships

Experience the spirit of friendly competition as families and members of the TR Nation, with shared respect and community values, motivate one another to succeed in the competition.

July 25th – 27th, 2024
Von Braun Center, 700 Monroe St SW, Huntsville,
AL 35801



DESTINATION ROCKET CITY



Welcome to Huntsville 2024 Tiger-Rock Martial Arts National Championships

We welcome you to the 2024 Tiger-Rock Martial Arts National Championship in Huntsville, Alabama!

This event is our annual celebration of martial arts athleticism as Tiger-Rock students from around the country come together to demonstrate their abilities.

The National Championship also allows participants to socialize with like-minded individuals and interact with some of the most prominent figures in the Tiger-Rock organization.

Within our 3 Day Event, we will have National Testing, Open/ Traditional Competition, the Monroe Trophy, and the All-Star Competition.



Travel

Auto: [link to AAA advice for your safety.](#)

Plane: [link to FAA consumer site for information.](#)



Where to Park

Parking at the Von Braun Center is \$10. The VBC is a cashless facility accepting card and mobile payments only. No cash will be accepted at parking, concessions, or bars.

We recommend parking in lot P2 as this will be the closest access to the main (South) Hall.

There is also a covered parking garage with convenient indoor access to all venues. Access to the South Hall Parking Garage (P2) is from Clinton Avenue, turn onto Pollard Street and follow signs into the garage.



Entering the Event Center

Security

When you enter the building, you will be by the South Hall. Prepare to go through security once inside. For your safety, we have invested in scanners to pass through to detect items that could be harmful. Weapons are not allowed in the Center. We will also be screening for liquids that must have sealed tops.

Competitor Check in Process

Go to the Event Check-In area and notice the lanes are organized alphabetically by last name. Here you will pick up your registration packets, which will include your competitor badges with Pod and Competition Station assignments, Testing Badges with group and table, and any spectator passes that were purchased.



DESTINATION ROCKET CITY



Your lanyard is King, refer to it for your competition time and ring assignment.



Late Registration and Upgrades

If you have not yet registered for the tournament, you can do so with an at-the-door fee of \$100. This is also the place to do ticket upgrades and any changes that may be required to your belt rank.

****If you have not yet registered, please arrive an hour early. ****

Spectator Passes

Spectator passes are required for anyone ages 8 and older who is not competing. Spectator passes can be purchased at check-in for \$30 each and are good for the entire event. If you are attending the event for more than one day, please do not remove your spectator wristband from your wrist. They are waterproof and will last throughout the event.

Event Spaces

There are 9 areas to be aware of:

1. Pods
2. Stage
3. Stage Audience
4. Pro Shop
5. Tigerrockland
6. Judge Break Area
7. Competitor Check IN
8. Security
9. First Aid

Each area will provide a different experience or service.

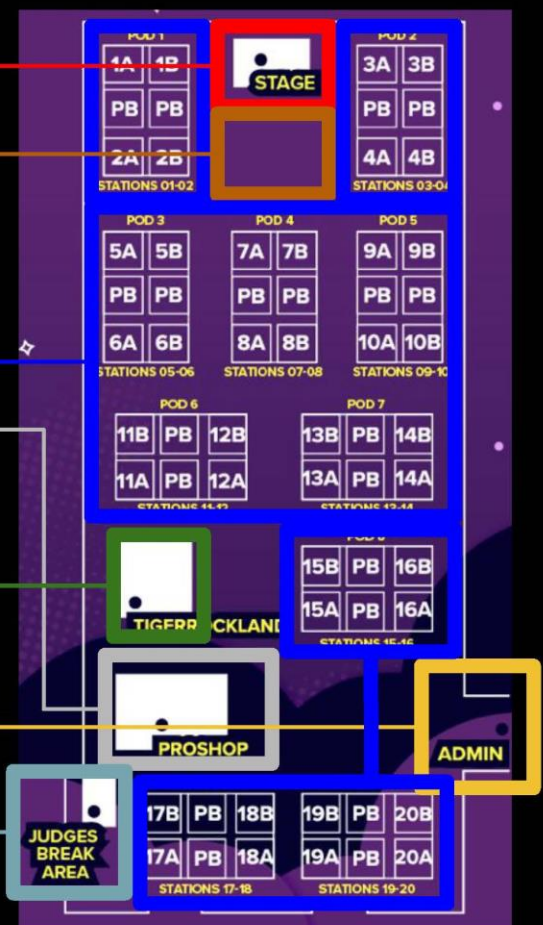
****Only competitors, judges, and pod managers are allowed inside pods****

Event Spaces

1. Pods
2. Stage
3. Stage Audience
4. Pro Shop
5. Tigerrockland
6. Judge Break Area
7. Competitor Check In
8. Security*
9. First Aid**

*Outside Event Space

** TBD by Medical Staff



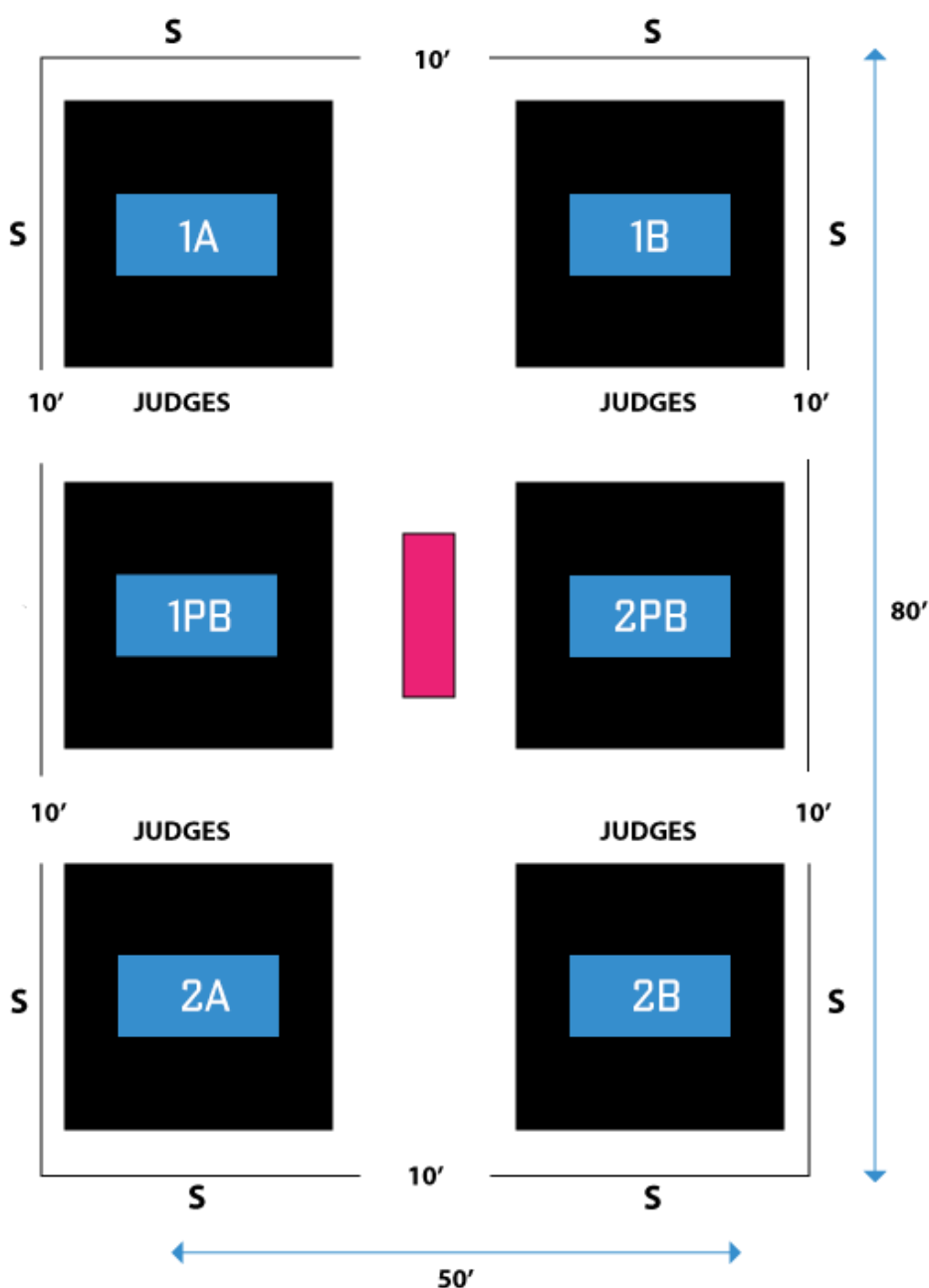


DESTINATION ROCKET CITY



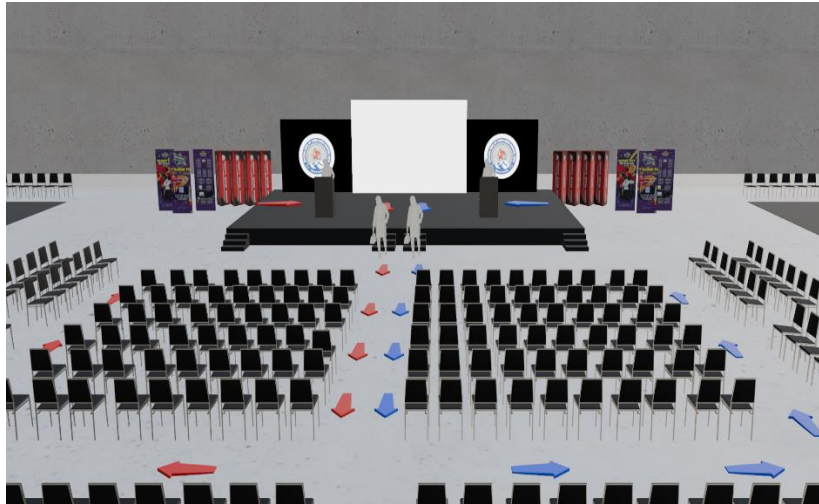
Pods and Competition Stations

Each pod consists of 2 competition stations. Your entire competition experience will happen in one of these pods. Every pod and ring are labeled with a corresponding number and letter. Each pod has rings for form, sparring, board breaking, and player 2 sparring. Seating is available for spectators outside of the stanchions. Pay close attention to your badge for information on which pod and what time your competition occurs.



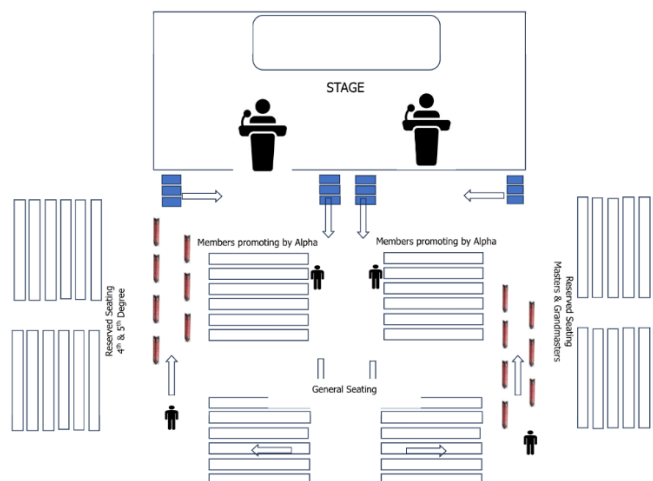
Stage

The official Tiger-Rock presentation stage is where high-rank belts will be awarded, and any other official matters announced.



Stage Audience

The stage audience area has been organized in a way convenient for both spectators and members. Last year in San Antonio we introduced alphabetical seating to improve the flow of each ceremony. We will continue this at the 2024 Huntsville National Event. Below is a diagram of the stage audience arrangement.





DESTINATION ROCKET CITY



Pro Shop

The Championship Shirt and belt patches are a must-purchase at the Pro Shop located in the South Hall. In addition, if you forgot any of your equipment, sparring gear, mat shoes/socks, and uniforms, the Pro Shop will have these items available for you to purchase.

Belt Patch System



National Medalist: To recognize those martial artists who have demonstrated exceptional skill during competition, the term "National Medalist" is used to identify 2nd and 3rd place finishers. Medalists will be awarded silver and bronze medals, respectively.



National Titlist: Competitors who finish in 1st place in their event category at Tiger-Rock's highest level of competition are awarded with the Gold Medal and a "National Titlist" designation.

**TIGER-ROCK
Pro-Shop**

*EXCLUSIVE EVENT PRICING!
REBOUND BAG ONLY \$70!

Celebrate this year's victories with official Tiger-Rock Martial Arts commemorative shirts, patches, branded gear, and apparel.

Available at the Pro-Shop. Limited Supply

2024 NATIONAL CHAMPIONSHIP
HUNTSVILLE
ALABAMA
ROCKET CITY



DESTINATION ROCKET CITY



Tigerrockland

Take a walk through Tigerrockland to discover our history, style, lifestyle, passion, and future. Ask questions along the way!





DESTINATION ROCKET CITY



Career and Franchise Ownership Opportunities

Tiger-Rock is a company focused on growth and is looking for individuals interested in helping us expand across America. Sign up for a timeslot below to discuss opportunities with a Tiger-Rock leader.

<https://tigerrockmartialarts.regfox.com/tigerrockland>

OR

[Join our Facebook Event](#)





DESTINATION ROCKET CITY



Judges Break Area

Judges have a break area in the event space's southwest corner. Here, they can eat lunch, have snacks, and rest for a bit in between assignments. There is a time for lunch built into the schedule in between the morning and afternoon flights. Water and snacks will be available in the space.



****ONLY REGISTERED JUDGES ARE ALLOWED IN THIS SPACE****

First Aid Protocol:

OBSERVED INJURY BY JUDGES, COMPETITORS OR GUARDIANS

Judges are required to stop the competition and ask have the first aid medical team to inspect the student if

- The judges observe an injury, anxiety or fear on the part of a competitor
- If a competitor requests first aid
- If a parent or guardian requests first aid

Important Notice About Competitor Injury

- Judges, parents, or competitors are not allowed to let a competitor to continue under any circumstance if any member of a first aid medical team advises that the competitor not continue.
- In the event that the injury was caused by the other competitor the competitor will be automatically disqualified.



DESTINATION ROCKET CITY



Required Tournament Clothing and Gear

- **Color Belts:** White TR Uniform Top, TR Approved Footwear (Mat Shoes or Socks), Current Season Dri-Fit, Belt, Speed Gloves, Sparring Gear (Green Belts & Higher- Listed Below)
- **Black Belt:** Red TR Uniform Top (Black if certified), TR Approved Footwear (Mat Shoes or Socks), Current Season Dri-Fit, Belt, Speed Gloves, Sparring Gear (Listed Below)
- Sparring Gear (Green Belts and Higher): Sparring Gloves, Sparring Kicks, Sparring Helmet, Mouthpiece, Groin Protector, Forearm/Elbow Pad, Shin Pad, TR Approved Footwear (Mat Shoes or Socks)
- Jackets will be off and the current season dri-fits will be worn during XP Weapons (belt on) and Board Breaking (belt on).
- Speed Gloves and TR Approved Footwear will be required for White Belts and higher during Player 2 Sparring and Board Breaking.

Mini Vacation

Turn the Championships into a Mini Vacation for you and your family!



Things to Do

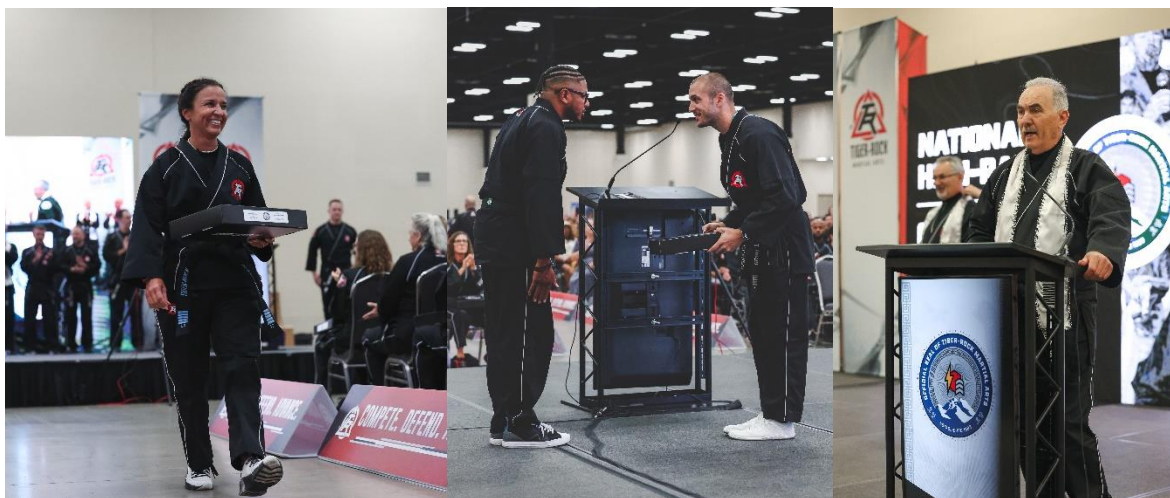
Take advantage of being in Huntsville for the National Championship and get out to see some local sights!

Some fun activities for the family may include the US Space and Rocket Center, EarlyWorks Children's Museum, Huntsville Botanical Garden, Harmony Park Safari, and so much more!

Plus enjoy the many different restaurants within walking distance of the convention center. Use this link to view a map of the tournament locations as well as suggested activities:

[Click here for Activities Around Huntsville](#)

Three Days of Celebration and Challenge Creating Memories of a Lifetime!



THURSDAY: High Rank Testing & Champion Ceremony

National Testing	Champions Ceremony
<ul style="list-style-type: none"> • <u>Group A: 8:00</u> <ul style="list-style-type: none"> • 3 Degree Black - L3 (<i>Current Rank</i>) • <u>Group B: 9:30</u> <ul style="list-style-type: none"> ▪ 4th Degree Black - L1 (<i>Current Rank</i>) ▪ 4th Degree Black - L2 (<i>Current Rank</i>) • <u>Group C: 11:00</u> <ul style="list-style-type: none"> ▪ 4th Degree Black - L3 (<i>Current Rank</i>) ▪ 5th Degree Black - L1 (<i>Current Rank</i>) ▪ 5th Degree Black - L2 (<i>Current Rank</i>) ▪ 6th, 7th, 8th, 9th (<i>Current Rank</i>) 	<ul style="list-style-type: none"> • <u>Group A: 2:00 PM</u> <ul style="list-style-type: none"> • 3-Black-L3 (<i>Current Rank; By Alpha Last Name A - M</i>) • <u>Group B: 3:00 PM</u> <ul style="list-style-type: none"> • 4-Black-L2 (<i>Current Rank</i>) • 3-Black-L3 (<i>Current Rank; By Alpha Last Name N - Z</i>) • <u>Group C: 4:00 PM</u> <ul style="list-style-type: none"> • 4 Degree Black - L1 • <u>Group D: 5:00 PM</u> <ul style="list-style-type: none"> • 4th Degree Black - L3 (<i>Current Rank</i>) • 5th Degree Black - L1 (<i>Current Rank</i>) • 5th Degree Black - L2 (<i>Current Rank</i>) • 6th, 7th, 8th, 9th (<i>Current Rank</i>)



DESTINATION ROCKET CITY



FRIDAY: Traditional/Open Competition

All competitions will last approximately 1 hour & 30 Min

8:00 AM

- Adult Male (Ages 16+) All Ranks 4th, 5th, and 6th Degree
- Adult Female (Ages 16+) All Ranks 4th, 5th, and 6th Degree
- Teen Male (ages 12 – 15) All Ranks 4th Degree

9:30 AM

- Adult Male (Ages 16+) All Ranks Yellow – 3rd Degree
- Adult Female (Ages 16+) All Ranks Yellow – 3rd Degree
- Teen Female (Ages 12 – 15) All Ranks 3rd & 4th Degree
- Teen Male (Ages 12 – 15) All Ranks 3rd Degree

11:00 AM

- Teen Male (Ages 12 – 15) All Ranks White – 2nd Degree
- Teen Female (Ages 12 – 15) All Ranks White – 2nd Degree
- Junior (Ages 6 – 11) All Ranks 2nd & 3rd Degree

2:00 PM

- Tiger-Cubs (Ages 4 & 5) All Ranks
- Junior (6 – 11) All Ranks White, Yellow, Red, & 1st Degree

3:30 PM

- Junior (6 – 11) All Ranks Green, Blue, & Brown

5:00 PM

- Monroe Trophy



DESTINATION ROCKET CITY



SATURDAY: All-Star Competition

All competitions will last approximately 1 hour & 30 Min

8:00 AM

- Adult Male (Ages 16+) All Ranks Green – 4th Degree
- Adult Female (Ages 16+) All Ranks Green – 4th Degree
- Teen Male (12 – 15) All Ranks 4th Degree
- Teen Female (12 – 15) All Ranks 4th Degree

9:30 AM

- Teen Male (12 – 15) All ranks Green – 3rd Degree
- Teen Female (12 – 15) All Ranks Green – 3rd Degree
- Junior (6 – 11) All Ranks 3rd Degree

11:00 AM

- Junior (6 – 11) All Ranks Green, 1st & 2nd Degree

2:00 PM

- Junior (6 – 11) All Ranks Brown & Red Belts

3:30 PM

- Junior (6 – 11) All Ranks Blue Belts

5:00 PM

- XP Weapons



DESTINATION ROCKET CITY



Pod Directors

- Pods Directors are responsible for the Competition Rings in their designated Pods.
 - Ensure rings are running efficiently and on time
 - Ensure that all judges are in your pod
 - Ensure the Tiger-Rock Standards are being followed
 - Stay in your Pod during the entire competition
- Pod Directors are the go-to resource for Center Judges
- Pod Directors are responsible for any spectator issues/questions
 - We do not want our Judges having to deal with spectators
 - If you do not know the answer to a question, do not guess the answer, go find out first.
- Pod Directors will have a walkie talkie with a direct line to EMS and security.
- Attire
 - Blue Tiger-Rock Official Polo and Tiger-Rock Pants



Sparring Quick Reference Rules



1 point

- Hand technique to a legal area on the body
- Standing, spinning, sliding, or jumping kick to a legal target area on the body.
- NOTE: The outer edge of the front leg target is legal only for Adult and Teen with a #2 round kick. Target leg cannot be in the air. Punching points must be with the reverse or back hand and not with the front hand.

2 points

- Standing, spinning, sliding or jumping kick to helmet
- Standing, spinning, sliding or jumping kick to within 6" or less from face not protected by the helmet with NO contact.

Points from Strikes

- If the majority of judges agree that a strike has been committed before or after "break" is called. 1, 2 or 3 strike points are awarded to the appropriate competitor using a scale of one to three tolerance level.
- Strike Degree Level of Tolerance
 - One-point strike: minor
 - Two-point strike: more than minor concern
 - Three-point strike: unacceptable

Competition Legal Strikes

- Helmet with feet, but not hands
- Side and front of body above belt
- Front leg between knee and the butt for Adult and Teen

Competition Illegal Strikes

- Neck, Head and Helmet with hands
- Below belt, except for front leg of Adult and Teen with a #2 round kick. Target leg cannot be in the air.
- Back

Form Quick Reference Rules



Tiger-Rock Form Rules



Each Judge decides winner based on:

- a. Neither of the competitors made a mistake; best artistic/athletic performance wins
- b. One competitor makes a mistake and other did not; competitor not making a mistake wins
- c. Both competitors make a mistake; best artistic/athletic performance wins*

***Defining Characteristics (Artistic/ Athletic Components)**

- 1. Quick Feet
- 2. Tempo and Rhythm
- 3. No Wasted Motion
- 4. Dynamic Targeting
- 5. Applied Angles: 0, 45, 90, 135, 180
- 6. 50/50 Hands and Feet
- 7. Performance Science (essence elements)
- 8. Train "What Works and What We Can Use" in events including the event of life
- 9. Mind-Body-Heart

Medals

Friday medals & Saturday "B" Bracket Medals



Saturday, A Bracket gets all-star medals



The Monroe Trophy



Friday 5 p.m.

The "Monroe Trophy" is awarded annually to a "Black Belt" Competitor each year for their competitive achievement in the open Tiger-Rock Form 55 Style competition held during the finals at the National Championships.

It is named after Grandmaster Art Monroe (1952-2017), a founding member of Tiger-Rock and one of a few Tiger-Rock competitors to have won or placed in every event during his competitive career. Recipients of the Monroe Trophy will join the likes of Grandmaster Art Monroe as an elite athlete and member to a great fraternity of martial art competitors.

One competitor is selected by academy seniors or through academy side by side competition to represent their affiliated academy.



DESTINATION ROCKET CITY



Certificate of Participation

The discipline and dedication required to compete at the National Championships is one shared by all participants in attendance.

For this reason, Tiger-Rock awards all championship competitors a certificate of participation as a mark of their achievement. Each participant will receive their certificate during their first rank competition.

CERTIFICATE OF PARTICIPATION

NATIONAL CHAMPIONSHIP
SNXLII 2024

COMPETITOR

DATE

JUDGE

CERTIFICATE OF PARTICIPATION

TIGER-ROCK
MARTIAL ARTS