

2008 Bando National
Free-Fighting Tournament

*“Honoring our Military Veterans
and
Recognizing 50 Years of Bando in the U.S.”*

Registration Information

Critical Date:

Register for the tournament by **April 30th** and **SAVE!!!**

If you have questions contact:

Bill or Leslie Darr, Tournament Directors

703.727.7888 or 703-727-7887

- OR -

Email us at

bill@novabando.com or leslie@novabando.com

Bando Instructors and Practitioners,

We are honored to be hosting this year's National Free-Fighting tournament in **Ashburn, VA** – about 10 minutes from **Dulles International Airport (IAD)** and less than 30 miles from Washington, DC. Other area airports include Reagan National in Washington, D.C. and BWI in Baltimore, MD. Shuttle service to the Headquarters Hotel from Dulles is available and complementary for hotel guests. Shuttle service from Reagan National and BWI may be purchased through the Super Shuttle at <http://www.supershuttle.com/> for as little as \$17/person from BWI and as little as \$13/person from Reagan National each way if you coordinate your ride in advance with other Bando travelers. Of course, you may prefer to rent a car at one of several car rental providers or use the Washington Flyer, our official Metropolitan Washington Airports Authority taxi service. There is no charge for parking at the hotel or at the tournament location.

We have reserved a block of rooms at our Headquarters Hotel, the **Embassy Suites Hotel, Dulles-North located at 44610 Waxpool Road, Ashburn, VA 20147**. There are only 50 rooms blocked, so **make your reservations early!**

Our group rate is **\$99.00 per night**, plus taxes. This price includes airport shuttle service, full cooked-to-order breakfast, and evening Manager's Receptions with cocktails and light snacks. All rooms are **suites** with sofa beds. Thus, even King Rooms sleep up to four individuals. **The special \$99 suite rate is only good through May 2nd**. Our block of rooms will be released after that date.

To book your reservation:

The Embassy Suites has set up an on-line reservation option for our group - <http://embassysuites.hilton.com/en/es/groups/personalized/WASNLES-ABA-20080522/index.jhtml> (if the link does not direct you to the site, either ctrl + click on the link or copy and paste the link into your browser) or contact the hotel directly at 703-723-5300 and ask for the American Bando Association rate.

On behalf of the Northern Virginia Bando Club, we look forward to seeing you in May!!!

Best regards,
Bill and Leslie Darr
Tournament Directors

2008 Bando Free-Fighting Divisions and Registration

M / F

Name: _____ Age: _____ Wt: _____

Rank: Black: _____ (level) _____ Brown: _____ Green: _____ White: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

School: _____ Instructor: _____

FEES: Pre-registration is \$45.00/competitor, before April 30th.

After April 30th, registration is \$65.00/competitor.

**Please make checks payable to Northern Virginia Bando, c/o Bill Darr, 20331
Kiawah Island Drive, Ashburn, VA 20147.**

BLACK	Forms Division	√	Sparring Division	√	
	Animal Form		Light Weight Men < 159		
	Other Empty Hand Form		Middle Weight Men 160-179		
	Stick Form		Heavy Weight Men 180-199		
	Edged Weapon Form		Super Heavy Weight Men 200+		
				Women	
			Senior Men (35+)		
			Senior Women (35+)		
BROWN	Forms Division	√	Sparring Division	√	
	Empty Hand Form (No Animal Forms)		Light Weight Men < 159		
	Stick Form		Middle Weight Men 160-179		
	Edged Weapon Form		Heavy Weight Men 180-199		
				Super Heavy Weight Men 200+	
				Women	
			Senior Men (35+)		
			Senior Women (35+)		

GREEN	Forms Division	√	Sparring Division	√
	Empty Hand Form [Point, Square, Cross, T, Triangle, Circle]		Light Weight Men < 159	
	Stick Form		Middle Weight Men 160-179	
			Heavy Weight Men 180-199	
			Super Heavy Weight Men 200+	
WHITE	Forms Division	√	Sparring Division	√
	Empty Hand Form [Punching/Blocking/Kicking/Other Drills, Point and Square Forms]		Light Weight Men < 159	
	Stick Form		Middle Weight Men 160-179	
			Heavy Weight Men 180-199	
			Super Heavy Weight Men 200+	
JUNIOR	Forms Division	√	Sparring Division	√
	Empty Hand Form		Light Weight Men < 159	
	Stick Form		Middle Weight Men 160-179	
	Edged Weapon Form (wood only, no blades)		Heavy Weight Men 180-199	
	Forms allowed for each belt level are the same as those outlined in the above listed Adult divisions			Women
BEGINNER	Calisthenics/Exercises	√		
	Sit Ups			
	Push Ups			
	Commando Crawl			

Please Note: Division breakdowns are subject to change as deemed necessary by Tournament Director(s) on the day of the tournament.

Completed forms and payment must be postmarked on or before April 30th in order to qualify for the pre-registration rate. Registration packets postmarked after April 30th will be assessed an additional \$20 fee payable prior to tournament participation.

Please remember to include your check or money and all completed and signed forms to:

Bill Darr, Northern Virginia Bando, 20331 Kiawah Island Drive, Ashburn, VA 20147

2008 BANDO FREE-FIGHTING NATIONALS

SPARRING RULES

I. RULES FOR ALL DIVISIONS

A. General:

1. All competitors must have their own complete set of safety equipment to include:
 - a. Mouth guard
 - b. Head protector
 - c. Soft, foam-padded safety glove covering the fingers (**no leather, boxing or bag gloves - you will absolutely not be permitted to wear these**)
 - d. Chest protector for women and children
 - e. Groin protector for all male competitors
 - f. Shin pads
 - g. Soft, padded-safety kick boots or instep pads
2. Competitors shall be required to spar from the middle or long range, only temporarily entering the close range to deliver their offensive techniques, and then immediately withdrawing to the middle or long range.
3. Permitted target areas are:
 - a. Face (light contact is permitted to the head protector in Adult divisions)
 - b. Sides of head (except ears)
 - c. Front and sides of torso
 - d. Outside of thighs
4. **Intentional hard contact is not allowed or permitted head or face targets.** However light contact is permitted to the head protector in Adult divisions.
5. Bouts will be two minutes in duration, unless otherwise determined by the tournament director.

B. Prohibited Acts:

1. Adult Divisions:
Excessive contact to the face.
2. Junior Divisions:
Contact to the head and face. Intentional heavy contact to the torso.
3. Fighting after a "break" is called by the Ring Referee or Judges.
4. Fighting out of the ring.
5. Drawing blood either with a single blow or cumulative blows.
6. Executing blind techniques.
7. Striking the spine.
8. Striking the inside of the legs.
9. Striking the knees or below.

10. Striking an opponent after he/she has dropped a mouthpiece.
11. Unsportsmanlike conduct including unbecoming actions, profanity, or disrespect towards the competitors or the officials.
12. Excessive shouting or coaching instructions, coaches entering the ring, or unsportsmanlike conduct as described in #11 above.
13. Disobeying Ring Referee or tournament officials.
14. Failure to wear approved safety equipment. Equipment cannot be shared, including:
 - a. Mouth guard
 - b. Head protector
 - c. Soft, foam-padded safety gloves covering the fingers (no boxing or bag gloves)
 - d. Chest protector for women and children
 - e. Groin protector for all male competitors
 - f. Shin pads
 - g. Soft, padded safety-kick boots or instep pads

No safety equipment shall have loose or torn pieces which could injure a competitor. The judgment of the Ring Referee is final.

Any such violation in the first instance may result in immediate elimination without warning. Upon the second offense in the same or subsequent bout, the offending competitor may be disqualified from that bout or the tournament at the discretion of the Ring Referee or as a result of a joint decision among the judges and Ring Referee.

Bouts are to be decided by the judges and Ring Referee's overall decision voting in favor of one competitor.

The Ring Referee will break a tie in the judges' decision. A disputed decision by the ring staff may be appealed to the Tournament Director. All decisions by the Tournament Director are final.

2008 BANDO FREE-FIGHTING NATIONALS RULES AGREEMENT

I, the undersigned applicant/competitor, as part and parcel of my application for permission to participate in the 2008 BANDO FREE-FIGHTING NATIONALS, do hereby agree and certify under oath as follows:

- A. I have read or had explained to me prior to arriving at the Tournament all the rules of the Tournament, and I understand same; furthermore, I have been given an additional copy of the rules in connection with registration and have reviewed them to refresh my memory as to the rules.
- B. I have attended or will attend the general rules demonstration which will be presented prior to sparring competition, and I hereby expressly agree to be bound by the rules and to comply with them at all times. I understand that my failure to comply with these rules will be grounds for disqualification and removal from the competition.

I understand, agree and certify that the statements on this page are sworn statements and that false swearing is or may be a crime under the laws of this state, and that the Promoter (as defined in the WAIVER) and other persons with whom I may compete are relying on the truthfulness of the representation I have just made in A. and B. above.

Signed: _____ Date: _____
(Competitor)

Signed: _____ Date: _____
(Parent or Legal Guardian (if above signed is under 18))

2008 BANDO FREE-FIGHTING NATIONALS MEDICAL CERTIFICATION

I, the undersigned applicant/competitor, as part and parcel of my application for permission to participate in the 2008 BANDO FREE-FIGHTING NATIONALS, do hereby agree and certify under oath as follows:

- C. I am not injured or disabled in any way and can participate fully in the activities for which I have registered to compete at the 2008 BANDO NATIONALS, and I am under no medical restrictions of any kind concerning my ability to engage in the 2008 BANDO NATIONALS.
- D. I am in excellent health and physical condition and I am prepared to perform under serious athletic stress and I am taking no medication of any kind (over-the-counter or prescription) which will affect, limit, or cause an adverse reaction, by virtue of or in connection with my participation in the 2008 BANDO NATIONALS competition.
- E. I have no contagious disease of any kind whatsoever which can or may be spread to others by participation in the 2008 BANDO NATIONALS.

I understand, agree and certify that the statements on this page are sworn statements and that false swearing is or may be a crime under the laws of this state, and that the Promoter (as defined in the WAIVER) and other persons with whom I may compete are relying on the truthfulness of the representation I have just made in A., B., and C. above.

Signed: _____ Date: _____
(Competitor)

Signed: _____ Date: _____
(Parent or Legal Guardian (if above signed is under 18))

2008 BANDO FREE-FIGHTING NATIONALS DISCLOSURE & LIABILITY AGREEMENT

WAIVER/ASSUMPTION OF RISK/AGREEMENT NOT TO SUE

A.) I understand and agree that the Northern Virginia Bando Club, its instructors, Loudoun County Parks and Recreation, Loudoun County Public Schools, Karate Insurance, Inc (Providers) and the American Bando Association will not be held liable in any way for any occurrence in connection with your participation in the 2008 Bando Free-Fighting National Tournament which may result in injury or other damages to me or my family. I hereby expressly waive any and all claims in connection therewith as an essential prerequisite to my participation in the above training.

B.) In consideration for my acceptance as a participant in the 2008 Bando Free-Fighting National Tournament . I HEREBY FREELY AND COMPLETELY ASSUME ANY AND ALL RISKS in connection with the 2008 Bando Free-Fighting National Tournament , and I FURTHER FREELY ABSOLVE AND COMPLETELY RELEASE the Providers FOR ANY HARM, INJURY, OR DAMAGE which I may incur while I am participating in the 2008 Bando Free-Fighting National Tournament . I AFFIRMATIVELY BIND MY ESTATE, EXECUTORS, ADMINISTRATORS, REPRESENTATIVES AND ALL HEIRS to all provisions of this document.

C.) Also in consideration for my acceptance as a participant in the 2008 Bando Free-Fighting National Tournament . I HEREBY COVENANT, CONTRACT AND PROMISE AND AGREE NOT TO SUE the Providers FOR ANY HARM, INJURY, OR DAMAGE WHICH I MAY SUFFER.

D.) I hereby certify that I UNDERSTAND THE ABOVE AND THAT I FREELY CONSENT TO BEING BOUND BY EACH AND EVERY TERM AND PROVISION THEREOF, and that I am of sound mind and competent to enter into the above binding contract. I also understand that the Providers, who are beneficiaries of the above agreements, risk assumptions and releases, are relying upon this certification as an essential precondition to my participation in the 2008 Bando Free-Fighting National Tournament . I further state that I am of lawful age and legally competent to sign this document; that I understand the terms herein are contractual and not a mere recital; and that I have signed this document as my own free act.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS DOCUMENT BY READING IT BEFORE I SIGN IT.

APPLICANT (Print Name): _____

Address: _____ City _____ State _____ Zip _____

Phone: _____

Birthdate: _____

Signature: _____

PERMISSION OF GUARDIAN OR PARENT(S) FOR APPLICANTS UNDER THE AGE OF 18:

I/we, the undersigned, are the legal guardian(s)/parent(s) of the above applicant. I/we reaffirm that the terms and provisions of the above Disclosure and Agreement were explained to the Applicant (or that the Applicant read them) and that Applicant fully understands same; and that I/we have read and understand the terms and provisions of this document, binding myself/ourselves personally and in behalf of Applicant to the fullest extent permitted by Law.

PARENT/GUARDIAN: _____

IN CASE OF EMERGENCY, CONTACT:

Name: _____ Relationship: _____

Address: _____

Phone No. (day): _____ (night): _____

You **MUST** return pages: 3, 4, 7, 8, 9, and 10 (if a minor)

All **MUST** forms must be signed and sent with your check.

Registrations received without payment will not be considered complete and may be subject to the regular registration rate of \$65