

2016 Fonseca Cup Fact Sheet

when Saturday, October 15, 2016
Doors open at 7am

where Evanston Township High School (Beardsley Gym)
1600 Dodge Ave, Evanston, IL 60201

check-in times
Visit our website for the latest check-in times for every division, www.fonsecacup.com

fees For events: 1 event: \$60
2 events: \$85
Elite WKF Kumite/kata: \$100
20% early bird discount when you register before September 15, 2016

register Spectator admission: \$10 (ages 13+), children are free
Register online: www.tournamentinabox.com
Registration Deadline: Deadline is October 11, 2016.
There will be NO at-the-door registration with the exception of team entries.
All divisions will be charted prior to the competition.

events kata (forms) Beginner, novice and intermediate levels: 1 level-appropriate Kata
Advanced levels: 2 alternating Katas
Elite levels: WKF Olympic rules
kumite (sparring) Male and female divisions run separately
Beginner, novice, intermediate & advanced levels: USA Karate rules
Elite levels: WKF Olympic rules
Team kata Mixed male & female teams allowed
Enter according to the team member with the highest experience level
Team kumite Only ages 7&under mixed male & female teams allowed
Ages 8&up team must be all male or all female
Enter according to the oldest team member
Only 3 members allowed per team

gear uniform White gi ONLY with club, organization or federation patch
Mandatory equipment Fist guards, shin/instep guards, mouth piece and groin cup (males);
or WKF approved equipment for all kumite divisions
Optional equipment White headgear (with or without face shields), chest protectors

INFO For more information, call the FMA office at 847.866.0200 or email info@fonsecacup.com
This event is licensed by the Amateur Athletic Union of the U.S., Inc.
All participants must have a current AAU membership.
AAU membership may not be included as part of the entry fee to the event.
AAU Youth Athlete membership must be obtained before the competition begins, except where the event operator has a laptop available with an internet connection.
Be Prepared: Adult and Non-Athlete memberships are no longer instant and cannot be applied for at an event.
Due to background screenings, please allow up to 10 days for adult memberships to be processed.
Participants are encouraged to visit the AAU website www.aausports.org to obtain their membership.
Note: any contacts listed within this flyer MUST have a current AAU Membership.