

20th Annual Upstate Open Championships
Friday & Saturday, April 23rd & 24th – 2010

Location: Total Sports Experience
880 Elmgrove Road
Rochester, NY 14624

Hotel: **Quality Inn Rochester Airport**
1273 Chili Ave 14624
Rochester, NY 14606 (585) 464-8800

Promoter: Richard Everage, Sr. – (585) 298-1063

Sanctions: IFMA 'AAAAA' Rated

Schedule: Friday - 7:00 PM Continuous Sparring – Breaking All Belts – **3 Men Team Fighting**,

Saturday - 8:00 AM Registration
9:00 AM Judges Rules Meeting
9:30 AM Tournament “ WE WILL START ON TIME”
➤ Point Stick Fighting, “**New**” **Double Stick**
➤ Self-Defense Divisions – Kyu Belts
➤ Weapons – All Belts
➤ Kyu Belt Forms, Traditional, Followed by Open Forms
➤ Kyu Belt Sparring ----- Kyu Belt Grands
➤ Black Belt Divisions Self-Defense Black Belt ,

Rules: IFMA Only – Tournament Rules will be covered in Black Belt Meeting
➤ You must compete for the entire season at the age you were on January 1, 2010
➤ Traditional Forms – Must be performed in proper uniform wearing top and pants
Competitors must follow uniform codes of the style that the competitor is representing

Safety Equipment: All Equipment must be foam dipped or vinyl safety equipment for hands, feet, and head.
Mouth piece must be worn. Groin Cup for males is MANDATORY!!!!
Equipment must be in good condition at the discretions of the Head Arbitrator.
IF ANY OF THE ABOVE EQUIPMENT IS MISSING, YOU WILL BE GIVEN
(2) MINUTES TO OBTAIN IT BEFORE YOU WILL BE DISQUALIFIED!

Tournament Directions

From West: Exit from NYS Thruway I90 onto Exit 47 (Leroy Exit). Take 490 East to Exit 7 (Rt. 33 West-Buffalo Road) to Elmgrove Road (Rt. 386). Turn Right onto Elmgrove Road. Total Sports Experience is on the Right – 880 Elmgrove Road.

From East: Exit from NYS Thruway I90 onto Exit 45 and take (490 West). Go 490 West to Spencerport (Exit 531). Exit at Elmgrove Road (Rt. 386) and turn Left onto Elmgrove Road to Total Sports Experience is on the Left – 880 Elmgrove Road.

From South: Take 390 North to 490 West (Buffalo Road Exit). Take (490 West) to Spencerport (Exit 531). Exit at Elmgrove Road (Rt. 386) and turn Left onto Elmgrove Road to Total Sports Experience on the Left – 880 Elmgrove Road.

Hotel: From 390 North, Get off at (Lyell Avenue-Exit 21) make a Right. Go thru next light and Hotel is on the Left just before the Hess Gas Station.
From 490 North, get off at (Lexington Road Exit 22) and turn Right. At next light Lee Road Intersection to the end of the road. Turn Left onto Lyell Avenue. Hotel is on the Left just before the Hess Gas Station.