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## HERE IS WHAT YOU'LL NEED TO KNOW TODAY

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- **ID LANYARDS MUST BE WORN AT ALL TIMES.** If there is any incorrect information, please see Master Daniel
- **SPECTATORS MUST WEAR THEIR WRISTBAND** IN ORDER TO ENTER THE EVENT.
- **COMPETITORS WILL BE CALLED BY THE EVENT & GROUP # LISTED ON THEIR ID LANYARD.** i.e. Form Group #1
- **WHEN YOUR GROUP # IS CALLED, REPORT TO THE STAGING AREA IMMEDIATELY.**
- **REMOVE YOUR SHOES BEFORE YOU ENTER THE STAGING AREA.**
- **ONLY COMPETITORS ARE ALLOWED ON THE COMPETITION MAT. FOR THE YOUNGER STUDENTS HAVE ONE PARENT ASSIST YOUR CHILD TO THE STAGING AREA.**
- **PLEASE HAVE YOUNG COMPETITORS USE THE RESTROOM BEFORE ENTERING THE STAGING AREA.**
- **SPARRING COMPETITORS MUST HAVE ALL OF THEIR SPARRING GEAR ON EXCEPT CHEST GUARD BEFORE ENTERING THE STAGING AREA.**
- **SPECTATORS MUST REMAIN IN THE STANDS AT ALL TIMES. PARENTS – PLEASE KEEP AN EYE ON YOUR LITTLE ONES TO ENSURE THAT THEY DO NOT RUN ONTO THE COMPETITION FLOOR. THIS IS FOR THEIR SAFETY AS WELL AS THE COMPETITORS.**
- **COACHING WILL NOT BE PERMITTED. HOWEVER, CHEERING FROM YOUR SEATS IS ENCOURAGED.**
- **ONCE YOU FINISH WITH YOUR 1ST EVENT, YOU MAY LEAVE OR YOU ARE WELCOME TO STAY AND CHEER ON THE OTHER COMPETITORS!! SPARRING WILL BEGIN AFTER FORMS COMPETITION IS COMPLETED.**

### ORDER OF EVENTS

1. OBSTACLE – 10:30
2. FORMS – 10:30
3. SPARRING – after forms competition is competed

**ALL STUDENTS MUST CHECK IN BETWEEN 8:45 – 9:15AM**

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### MANDATORY SPARRING GEAR

1. CHEST PROTECTOR
2. HEAD GEAR
3. FOREARM GUARD
4. SHIN & INSTEP
5. GLOVES
6. GROIN CUP (MALES)
7. MOUTHPIECE

### Disqualified if...

- You do not have all your gear
  - Your toenails and fingernails are not cut short
- We have **gear for purchase** at the snack bar.
- Chick-Fil-A and drinks are available for purchase onsite.

**THANK YOU FOR YOUR COOPERATION!**



**NO FOOD ALLOWED INSIDE THE GYM.**