

<b>DATE:</b>	Saturday, November 15th, 2025
<b>PLACE:</b>	Lowell Scott Middle School: 13600 W McMillan Rd, Boise, ID 83713
<b>CONTACT:</b>	Tournament Directors: Master Hannah Kim & Master Eric Kim
<b>SCHEDULE:</b>	Phone: (208) 887-6768 Email: <a href="mailto:Idahocuptaekwondo@gmail.com">Idahocuptaekwondo@gmail.com</a>  An updated schedule and staging times will be posted on the event website page after registration closes.
<b>REGISTRATION:</b>	<p><b><u>All participants must register by November 5<sup>th</sup> 2025 deadline.</u></b> To register as a competitor or coach, go online to: <b><u>Idahocup.com</u></b> Registration and payment will be done online. If you have any questions, please contact us. Competitors &amp; coaches will be required to sign and/ or have ready participation waiver upon credential pick-up. For participants 17 years &amp; under your parent or legal guardian must sign this waiver. No Refunds. No registration on-site for competitors or coaches.</p> <p><b>Sparring Early Registration Fee before October 25<sup>th</sup>, 2025</b> First Event: \$99 Each Additional Events: \$25 each</p> <p><b>Poomsae (Form) Early Registration Fee before October 25<sup>th</sup>, 2025</b> First event: \$99 Each Additional Event: \$25 each</p> <p><b>Board Breaking Early Registration Fee before October 25<sup>th</sup> 2025</b> First event: \$139 (Includes 10 Boards) Each Additional Event: \$25 each</p> <p><b>Regular Registration Fee after October 25<sup>th</sup>, 2025, before November 5<sup>th</sup>, 2025</b> Sparring &amp; Poomsae First Event: \$119 / Board Breaking First Event: \$169 Each Additional Events: \$25 each</p>
<b>ADMISSION FEE:</b>	Entry Fee for Spectators: \$25 ea. Under 3yrs. FREE No Refunds.
<b>EVENT:</b>	Olympic Style Sparring, Individual Poomsae, Board Breaking, Little-Tiger speed kick & obstacle course
<b>RULES:</b>	Modified USAT Rules for poomsae, breaking and Olympic Taekwondo sparring divisions. For detailed IDAHO CUP Rules and Regulations visit
<b>WEIGH-IN:</b>	Weigh-in has to be on November 14th, Friday from 5:00pm to 9:00pm

**Question Please send email [Idahocuptaekwondo@gmail.com](mailto:Idahocuptaekwondo@gmail.com)  
Director Head Master Kim & Master Hannah / Phone: 208-887-6768**

## Competitors and Coaches Registration:

### EQUIPMENT:

Mandatory for all competitors: Must wear taekwondo uniform and belt.

All Olympic Style Sparring competitors must provide their own taekwondo approved equipment: shin, instep and forearm guards, groin protector, head gear, mouth guard & WT Style chest protector. No MMA or boxing gloves, taekwondo gloves only. No metal/plastic allowed during sparring such as eyewear, hard hair accessories, medical brace, etc.

All equipment, uniform and belt must fit properly in working conditions and improper, missing or damaged gear may result in disqualification.

### MASTER:

Dress code: No offensive attire, no tank tops, no hats, no flip flops, no shorts. No coach will be allowed in competition area when their competitor is not competing.

### ASSISTANCE:

If you require further assistance or special request, please contact us at [IdahocupTaekwondo@gmail.com](mailto:IdahocupTaekwondo@gmail.com).

**Good luck to all competitors**  
**For more information and to register online visit our website at:**  
**[www.IdahoCup.com](http://www.IdahoCup.com).**