



**33RD ANNUAL
CENTRAL MASS OPEN
SATURDAY, MARCH 9, 2024**

**GARDNER HIGH SCHOOL
GARDNER, MA
REGISTRATION BEGINS AT 7:30AM
TOURNAMENT BEGINS AT 9:00AM**

**AWARDS FOR 1ST - 4TH PLACE
UNIQUE AWARDS
FOR BLACK BELT GRAND CHAMPIONS**

**PRE-REGISTRATION IS ONLINE ONLY
OPEN THROUGH MARCH 1, 2024
VISIT WWW.CENTRALMASSOPEN.COM**

OR USE THE QR CODE BELOW

**FOR MORE INFORMATION, CONTACT MIKE OR SUE SONIA
INFO@STERLINGMARTIALARTS.COM OR 978-798-9995**



Welcome to the 33rd annual Central Mass Open! As always, we expect great competition between respectful martial artists from all over New England. We thank you for your support, and good luck to all!

Promoters: Sue & Mike Sonia

Date: Saturday, March 9, 2024

Time: Tournament will begin at 9:00 AM.

Location: Gardner High School – 200 Catherine St., Gardner, Massachusetts

Ring assignments: A ring assignment sheet will be provided at check-in as well as through email and on Facebook.

Rating: I.P.P.O.N.E.

Pre-Registration: \$60 ONLINE ONLY by Friday, March 1. The online form will shut down at 11:59PM on 3/1/24. Register at www.centralmassopen.com. **IPPONE Members** – email info@sterlingmartialarts.com for your family discount codes.

Registration (day-of-event): \$70 for all events if registering on the day of the tournament. The table opens at 7:30 a.m. **No refunds. CASH ONLY.**

Spectator Fee: \$10 – Ages 13 and up, \$5 – Ages 3 to 12, Ages 2 and under – free (**Pay at the door on day-of-event – cash only.**)

Safety Equipment: Soft-padded (non-cloth) hands (fingers and thumb covered), feet (all toes covered), headgear, and mouthpiece are mandatory in all SPARRING divisions. Protective cup is mandatory for all male competitors.

Black belt officials: Must be in gi or school uniform

Weapons: Blue Belt (intermediate rank) and up only!

Coaching: Coaching during sparring matches is **NOT** allowed. Respectful cheering and encouragement are welcome.

FOR ADDITIONAL DETAILS ON REQUIRED EQUIPMENT & RULES:

<https://ippone.com/guidelines.html>

Contact info: info@sterlingmartialarts.com, 978-798-9995

