

2017 CANADIAN NATIONAL TAEKWONDO CHAMPIONSHIPS



MAY 25 - MAY 28, 2017
OLYMPIC OVAL, CALGARY, ALBERTA

WELCOME

On behalf of Taekwondo Canada, it is with great pleasure that we welcome you to attend the 2017 Canadian National Taekwondo Championships, being held in the City of Calgary, Alberta at the Olympic Oval from May 25th to 28th. The City of Calgary and our organizing team are waiting to welcome you and make you feel at home.

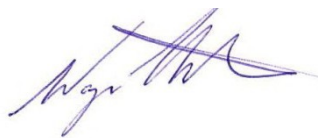
The 2017 Canadian National Taekwondo Championships will offer both colour belt and black belt divisions for poomsae and sparring.

With the addition of para-taekwondo at the 2020 Paralympic Games, para-taekwondo will continue to grow in popularity. To foster its development and to give our Canadian athletes access to competition, Taekwondo Canada is excited to, once again, offer para competition in both sparring and poomsae.

This Canadian National Taekwondo Championships is positioned to be the premier National level taekwondo event in the country this year and you will find all the information needed for registration within this general information package.

We look forward to greeting you in Calgary!

Bonne Chance



Wayne Mitchell
President, Taekwondo Canada



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PARTICIPANT AGREEMENT/WAIVER - READ CAREFULLY

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Thank you for your interest in the 2017 Canadian National Taekwondo Championships.
As a requirement for event registration, I agree to the following terms and conditions:

1. I declare that I am over the age of 18 years old or I am a parent/guardian of a participant under the age of 18 years old.
2. I understand that as a condition of event participation, I must have insurance coverage in the event that I require emergency medical treatment. I may be asked to provide proof of my insurance information to the event organizers as a condition of participation.
3. I am fully aware of the risks involved and the degree of fitness required in taking part in this event. I accept that the event organizers and their agents cannot be held responsible for any injury or loss, however caused.
4. I agree to allow Taekwondo Canada and their agents to capture myself on still image or video for the purposes of promotion.
5. I understand that all fees are non-refundable.
6. I understand that I am required to stay at the official hotel / venue of the event in order to register as a participant unless I am a local resident of the host city or if I have received an exemption from the event organizer. (To request an exemption or for more information please see HOST HOTEL tab).
7. I understand that if I participate in a sparring division, I must be present at the weigh-in on the day prior to my competition as stated in the official schedule. I understand that there will not be any exceptions to this rule.
8. I understand that all athletes and their clubs are required to register with Taekwondo Canada prior to registration.
9. I understand that in order to pick up my accreditation or my child(ren)'s accreditation, I must present a valid photo identification for myself or for my child(ren).
10. Athletes and coaches must adhere to the policies of the World Anti-Doping Agency (WADA). I understand that as a participant, I, or my athlete, may be subject to anti-doping testing.
11. I have reviewed the list of prohibited substances recognized by WADA found on the Prohibited List.
12. I understand that an athlete is required to declare a Therapeutic Use Exemption (TUE) for medication used for illness or other medical reasons if the medication is on WADA's Prohibited Substance List. More information on TUE can be found in the DOPING CONTROL section on Page 23.



GENERAL INFORMATION AND ADMISSION

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DATE Thursday, May 25th - Sunday, May 28th, 2017

VENUE Olympic Oval
University of Calgary
2500 University Dr NW
Calgary, AB T2N 1N4
oval.ucalgary.ca

GENERAL ADMISSION

(At the Door Only)

Day Pass (1 day only)	Adult - \$18 Kids 12 & Under - \$5
Weekend Pass (Sat and Sun only)	Adult - \$30 Kids 12 & Under - \$10
Week Pass (All 4 days)	Adult - \$50 Kids 12 & Under - \$15



ACCOMMODATION AND TRANSPORTATION

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ON-CAMPUS ACCOMMODATION

Hotel Alma and Residences

169 University Gate NW

Calgary, AB T2N 1N4

Phone: 1-877-498-3203 or 403-220-3203

Email: stay@hotelalma.ca

- Eurostyle Standard Room (Hotel Alma) – \$139 + taxes
- Two-Bedroom Apartment (Global Village) – \$139 + taxes
- Three-Bedroom Apartment (Yamnuska Hall) – \$179 + taxes
- Traditional Dormitory (Kananaskis Hall) – \$74 + taxes

Taxes: 5% GST, 4% Room Tax, 3% Destination Marketing Fee.

DEADLINE to book: April 23th, 2017

For all individual bookings, please request the 2017 Taekwondo Canada National Championships rates.

OFF-CAMPUS ACCOMMODATION

ALOFT Calgary University

2359 Banff Trail NW

Calgary AB T2M 4L2

Phone 1-403-338-4419

Toll-free 1-877-462-5638

- Traditional Queen Room (2 Queen Beds) – \$139 + taxes
- Traditional King Room (1 King Bed) – \$139 + taxes

Taxes: 5% GST, 4% Room Tax, 3% Destination Marketing Fee. Rates include buffet breakfast

DEADLINE to book: April 23th, 2017

Hampton Inn & Suites

2231 Banff Trail NW

Calgary AB T2M 4L2

Phone 1-403-289-9800

Toll-free 1-888-432-6777

www.hamptoncalgary.com

- 2 Queen Beds Room (2 Queen Beds) – \$149 + taxes
- King Study (1 King Bed) – \$159 + taxes

Taxes: 5% GST, 4% Room Tax, 3% Destination Marketing Fee. Rates include deluxe hot continental breakfast

DEADLINE to book: April 19th, 2017

Please note that there is a 7-day cancellation policy for all individual reservations made under the group blocks



PARTICIPANT AGREEMENT

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Per the Participant Agreement, all participants of the 2017 Canadian Nationals are required to stay at the official host hotel/residences in order to register as a participant unless they are a local resident of the host city or if they have received an exemption from the Event Organizers.

STAY TO SAVE RATIONALE

Building the taekwondo community under one roof.

Staying at the host hotel as a group facilitates the opportunity for participants to meet, interact and build relationships with Canadian taekwondo community members. Taekwondo Canada wants to create a memorable experience through building a sense of community under one roof.

Lowered costs

It is estimated that participants will pay at least 30% more if rooms are booked outside the group rate. Registration fees for this event were significantly lowered due to this negotiation with the Hotel.

A bright future

The price-point negotiated with the host hotel is intended to benefit participants of today and of the future. The price will remain in that range for the next quadrennial, despite inflation and inevitable rising costs. Furthermore, as a non-profit organization, profits generated at this event are guaranteed to be invested back into the taekwondo community through national programs, services and national team support. This event hosting model will benefit the Canadian taekwondo community as a whole.

EXEMPTIONS

Taekwondo Canada will accept applications for exemption. The exemption application form is available on the Taekwondo Canada website.

TRANSPORTATION

Please visit the Taekwondo Canada website for a map with directions to and from the airport and the venue.



COMPETITION SCHEDULE

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WEDNESDAY MAY 24	THURSDAY MAY 25	FRIDAY MAY 26	SATURDAY MAY 27	SUNDAY MAY 28
12:00-4:00pm Accreditation Olympic Oval Admission Desk	9:00am-4:00pm Accreditation Olympic Oval Admission Desk	9:00am-4:00pm Accreditation Olympic Oval Admission Desk	9:00am-4:00pm Accreditation Olympic Oval Admission Desk	
9:00am-4:00pm NCCP Workshop Hotel Alma Charleswood Room	8:00am Athletes Call 8:30am Competition Begins	8:00am Athletes Call 8:30am Competition Begins	8:00am Athletes Call 8:30am Competition Begins	8:00am Athletes Call 8:30am Competition Begins
9:00am-5:00pm Referee Poomsae Seminar Yamnuska Hall Basement Lounge	Sparring Cadet Females All Elite BB Divisions Junior Males All Elite BB Divisions	Sparring Cadet Males All Elite BB Divisions Junior Females All Elite BB Divisions	Sparring All Youth BB Divs All Rec BB Divisions All Ultra BB Divisions All Exec BB Divisions All Senior BB Olympic Divisions	Sparring All Colour Belts Divisions All Para Sparring Divisions
9:00am-5:00pm Coaches Seminar Yamnuska Hall Academic Lounge				
1:00-3:00pm Test scales Olympic Oval Locker Rooms 3:00-4:00pm Weigh-In Olympic Oval Locker Rooms	1:00-1:30pm Opening Ceremonies	Poomsae Individual Elite Black Belt Cadet & Junior Team & Pair Elite Black Belt Cadet & Junior Para/AWAD All BB Divisions	Poomsae Individual Rec Black Belt U5, U7, U9 Individual Elite Black Belt Youth, U30, U40, U50, U60, U65, O65 Team & Pair Elite Black Belt Youth, U30, O30 Freestyle All BB Divisions	Poomsae All Colour Belts Divisions Para/AWAD All Colour Belt Divisions
6:00-7:00pm Technical Meeting Coaches/Referees Olympic Oval Room #54 (Lower level)				
	3:00-4:00pm Weigh-In Olympic Oval Locker Rooms * Test scales available near locker rooms from 1:00-3:00pm *	3:00-4:00pm Weigh-In Olympic Oval Locker Rooms	3:00-4:00pm Weigh-In Olympic Oval Locker Rooms	



Registration Fees	Early Bird Rate (April 21st - May 3rd)	Regular Rate (May 4th - May 12th)
Colour Belt and Recreational Black Belt	\$65.00 (1 individual event) \$110.00 (2 individual events)	\$95.00 (1 individual event) \$150.00 (2 individual events)
Elite Black Belt	\$150.00 (1 individual event) \$285.00 (2 individual events)	\$220.00 (1 individual event) \$390.00 (2 individual events)
Pair/Team Poomsae	\$150.00 (per pair/team)	\$245.00 (per pair/team)
Coach Fee for Colour Belt and Recreational Black Belt Events	\$25.00	\$40.00
(C1) Performance Coach Fee for Elite Black Belt Events	\$50.00	\$90.00
(C2) Coach Fee for Elite Black Belt Events	\$75.00	\$120.00
(C3) Special Status Coach Fee AI Certified, DC Trained	\$150.00	\$240.00
(C4) Special Status Coach Fee AI Trained	\$200.00	\$300.00
Changes from May 3rd - 12th Coaches/Athletes	\$20.00	
Changes until May 21st Coaches/Athletes	\$75.00	
New Accreditation	\$50.00	

REGISTRATION PROCEDURE

REGISTER ONLINE: <http://taekwondo-canada.com/2017-canadian-national-taekwondo-championships/>

All **ATHLETES** and **COACHES MUST** be registered with Taekwondo Canada in order to be eligible to compete. Please see the Taekwondo Canada website for details.

COACHES MUST have recently participated in an Assistant Instructor (AI) NCCP certification course or have a minimum of AI certification. Note: this is a special status available to first time coaches for one year only. In the second year coaches must be AI certified and have recently participated in a Dojang Coach (DC) NCCP certification course. The DC special status is also available for one year only. In the third year coaches must be DC certified for continued participation as a coach at National Championships.

Athletes will be required to identify their coach and a secondary coach when registering.

1. Matches will not be held for coaches. Secondary coach will be called on if the primary coach is unavailable.
2. Coach-athlete identification will aid in coach selection and development following the championships.

ACCREDITATION

Accreditation is mandatory to access the competition area or the warm-up area.

Accreditation Cards will be produced for all registered persons (athletes, coaches, officials, team officials).

All sparring athletes must pick up accreditation prior to officially weigh-in.

ACCREDITATION PICK UP TIMES

Wednesday, May 24th	Olympic Oval - Admission Desk	12:00pm - 4:00pm
Thursday, May 25th	Olympic Oval - Admission Desk	9:00am - 4:00pm
Friday, May 26th	Olympic Oval - Admission Desk	9:00am - 4:00pm
Saturday, May 27th	Olympic Oval - Admission Desk	9:00am - 4:00pm

***Identification will be required to pick up accreditation for all Athletes and Coaches**

COACHES

Elite Black Belt Coaches:

- Be registered and in good standing with Taekwondo Canada
- NCCP Assistant Instructor and Dojang Coach Certified
- Be registered with Professional Coaching - Coaches Association of Canada
- Hold a Kukkiwon Poom or Dan Certificate
- Must hold a current GOL

Special Status DC Coach Pass for Elite Events:

(Note: Special Status is available to coaches for one year only)

- Be registered and in good standing with Taekwondo Canada
- NCCP Assistant Instructor certified and have recently participated in a Dojang Coach workshop
- Be registered with Professional Coaching - Coaches Association of Canada
- Hold a Kukkiwon Poom or Dan Certificate
- Must hold a current GOL

Continued on next page...



Special Status AI Coach Pass for Elite Events:**(Note: Special Status is available to coaches for one year only)**

- Be registered and in good standing with Taekwondo Canada
- Must have recently participated in an Assistant Instructor workshop
- Be registered with Professional Coaching - Coaches Association of Canada
- Hold a Kukkiwon Poom or Dan Certificate
- Must hold a current GOL

Recreational Black Belt and Colour Belt Coaches:

- Be registered and in good standing with Taekwondo Canada
- Be registered with Professional Coaching - Coaches Association of Canada
- Hold a Kukkiwon Poom or Dan Certificate

ALL COACHES

- Adhere to:
 - NCCP Coaches Code of Conduct and TC Code of Conduct
- Dress code for coaches:
 - Athletic attire/team tracksuit or business attire
 - Closed footwear only
 - No heels or sandals
 - No chewing gum or use of electronic devices such as cell phone, PDA or video cameras
 - Any coach perceived to be under the influence of alcohol or drugs will not be allowed in the competition area

ANTI-DOPING RULES APPLY

- The WTF Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions.
- For more information, see Doping Control section

WEIGH-IN

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Weigh-In for all sparring competitors will be the day prior to their competition day

Athletes will have to weigh-in during the time allotted the day prior to their competition day and will have two attempts to make the weight within that time frame

Test scales will be available each day 2 hours prior to the official weigh-in

WEIGH-IN DATES AND TIMES

Date	Time	Divisions
Wednesday, May 24th	3:00 - 4:00pm	All Thursday Divisions
Thursday, May 25th	3:00 - 4:00pm	All Friday Divisions
Friday, May 26th	3:00 - 4:00pm	All Saturday Divisions
Saturday, May 27th	3:00 - 4:00pm	All Sunday Divisions
** All weigh-ins will occur in the locker rooms on the lower level of the Olympic Oval **		

SPECIAL NOTE - Extenuating Circumstance Weigh-In Exemption: ELITE BLACK BELT only

For those who are unable to make the allotted weigh-in times due to an extenuating circumstance, please fill out the Extenuating Circumstance Form found on the Taekwondo Canada website



ELIGIBILITY

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REGISTRATION - INDIVIDUAL/CLUB, PROVINCIAL/NATIONAL

All registration must be done online by the deadlines outlined and in accordance with all registration requirements.

Athletes and coaches must be registered and in good standing of their Taekwondo Canada Provincial/Territorial Taekwondo Organization and Taekwondo Canada. The athletes and coaches club must also be registered and in good standing.

All Black Belt registrants must be a Global Athlete License (GAL) holder, this includes Elite and Recreation.

AGE

The age limit is based on the year, not on the contestant's birth date (month).

DIVISIONS, BIRTH YEARS AND CATEGORY

Age Divisions	Birth Years	Event(s)	Category
U5 (5 & under)	Born 2012 or later	Poomsae and Sparring	Colour Belt, Rec Black Belt, Para
U7 (6-7)	Born 2010 - 2011	Poomsae and Sparring	Colour Belt, Rec Black Belt, Para
U9 (8-9)	Born 2008 - 2009	Poomsae and Sparring	Colour Belt, Rec Black Belt, Para
Youth (10-11)	Born 2006 - 2007	Poomsae and Sparring	Colour Belt, Youth Black Belt, Para
Cadet (12-14)	Born 2003 - 2005	Poomsae and Sparring	Colour Belt, Elite & Rec Black Belt, Para
Junior (15-17)	Born 2000 - 2002	Poomsae and Sparring	Colour Belt, Elite & Rec Black Belt, Para
Senior (18-32)	Born 1985 - 1999	Sparring	Colour Belt, Elite Black Belt, Para
Ultra (33-40)	Born 1977 - 1984	Sparring	Colour Belt, Ultra Black Belt, Para
Exec 1 (41-50)	Born 1967 - 1976	Sparring	Colour Belt, Exec Black Belt, Para
Exec 2 (51+)	Born 1966 and earlier	Sparring	Colour Belt, Exec Black Belt, Para
O12 (12+)	Born 2005 and earlier	Poomsae	Freestyle Individual, Pair, Team
U17 (12-17)	Born 2000 - 2005	Poomsae	Freestyle Individual, Pair, Team
O17 (18+)	Born 1999 and earlier	Poomsae	Freestyle Individual, Pair, Team
U30 (18-30)	Born 1987 - 1999	Poomsae	Colour Belt, Elite Black Belt, Para
U40 (31-40)	Born 1977 - 1986	Poomsae	Colour Belt, Elite Black Belt, Para
U50 (41-50)	Born 1967 - 1976	Poomsae	Colour Belt, Elite Black Belt, Para
U60 (51-60)	Born 1957 - 1966	Poomsae	Colour Belt, Elite Black Belt, Para
U65 (61-65)	Born 1952 - 1956	Poomsae	Colour Belt, Elite Black Belt, Para
O65 (66+)	Born 1951 and earlier	Poomsae	Colour Belt, Elite Black Belt, Para

ANTI-DOPING RULES APPLY TO ELITE BLACK BELTS

- The WTF Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions. For more information, see Doping Control section

POOMSAE CATEGORIES AND COMPULSORY POOMSAE

Age Divisions	Birth Years	Black Belt Recognized Individual Compulsory Poomsae	Pair/Team Compulsory Poomsae	Individual, Pair/Team Freestyle Poomsae	Colour Belt Recognized Individual Compulsory Poomsae
U5 (5 and under)	Born 2012 or later	T4 to Koryo	N/A	N/A	White Belt and Yellow Stripe (10th/9th Gup) Taegeuk 1 or 2
U7 (6-7)	Born 2010 - 2011	T4 to Koryo	N/A	N/A	
U9 (8-9)	Born 2008 - 2009	T4 to Koryo	N/A	N/A	
Youth (10-11)	Born 2006 - 2007	T4 to Koryo	T4 to Koryo	N/A	
O12 (12+)	Born 2005 and earlier	N/A	N/A	*Team Freestyle	Yellow Belt and Green Stripe (8th/7th Gup) Taegeuk 2 or 3
Cadet (12-14)	Born 2003 - 2005	T4 to Keumgang	T4 to Keumgang	N/A	
Junior (15-17)	Born 2000 - 2002	T4 to Taebaek	T4 to Taebaek	N/A	
U17 (12-17)	Born 2000 - 2005	N/A	N/A	Individual & Pair Freestyle	Green Belt and Blue Stripe (6th/5th Gup) Taegeuk 3 or 4
O17 (18+)	Born 1999 and earlier	N/A	N/A	Individual & Pair Freestyle	
U30 (18-30)	Born 1987 - 1999	T6 to Shipjin	T6 to Shipjin	N/A	
O30 (31+)	Born 1986 and earlier	N/A	T8 to Chonkwon	N/A	Blue Belt and Red Stripe (4th/3rd Gup) Taegeuk 5 or 6
U40 (31-40)	Born 1977 - 1986	T6 to Shipjin	N/A	N/A	
U50 (41-50)	Born 1967 - 1976	T8 to Chonkwon	N/A	N/A	
U60 (51-60)	Born 1957 - 1966	Koryo to Hansu	N/A	N/A	Red Belt and Black Stripe (2nd/1st Gup) Taegeuk 7 or 8
U65 (61-65)	Born 1952 - 1956	Koryo to Hansu	N/A	N/A	
O65 (66+)	Born 1951 and earlier	Koryo to Hansu	N/A	N/A	
*Team Freestyle (mixed): O12 (U17 and O17 Team Combined) requires 5 members including more than 2 males and 2 females and 1 substitute max (if substitute is used the team must still have at least 2 males and 2 females)					

FREESTYLE POOMSAE REQUIREMENT OVERVIEW

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This Freestyle outline (below) is a guideline provided in addition to the official WTF Poomsae Competition Rules and Interpretation. Article 16 section 2 (page 24).

TIME:

The Freestyle Poomsae time window is 60 to 70 seconds.

MUSIC:

For competition bring on USB in mp3 format.

For validation and submission send in mp3 format via email.

CHOREOGRAPHY:

For competition bring on USB in pdf format.

For validation send in pdf format via email.

CHOREOGRAPHY SUBMISSION:

Deadline May 15 at 4:00 PM EST to submit Music and Choreography for validation to events@taekwondo-canada.com.

Music and Choreography submission is mandatory and the choice of the athlete, but must not have political, racial, sexual or any other controversial undertones.

The **sequence** of the kicks under WTF Rules Article 16 section 2, freestyle poomsae technical skills is as follows.

2.1.1.1 refers to Jumping flying side kick

2.1.1.2 refers to forward Multiple kicks like front jump kicks. > Multiple kicks in the air with front kick above the belt higher with more than 80% extension of knee.

2.1.13 refers to Spinning kicks with as many spins as possible while in the air.

2.1.14 refers to Sparring action type kicks which must be non-stop and limited to 5 kicks and the more complex the better. > The athlete should bounce between 3 to 5 times simulating sparring foot work prior to execution of Olympic sparring kicks. Deduction points will be given if an athlete bounces less than 3 times or more than 5 times.

2.1.15 refers to Acrobatic action kicks where there has to be a kicking action involved with the leg extension showing a kicking motion.

WTF Rules will apply

ANTI-DOPING RULES APPLY TO ELITE BLACK BELTS

- The WTF Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions.
- For more information, see Doping Control section

SCORING SYSTEM: KP&P

WTF approved system will be used for all sparring divisions.

IVR will be used for Cadet, Junior and Senior divisions only. No IVR for Youth.

SPARRING COMPETITION - DIVISIONS, FORMAT, ROUNDS

Note: Taekwondo Canada reserves the right to modify the competition format for all divisions in accordance with WTF rules.

ELITE BLACK BELT DIVISIONS

Age Division	Birth Years	Draws	Format	Number of Rounds	Time per Round	Rest Time	Head Contact
Youth (10-11) Youth BB	Born 2006-2007	Random	Double Elimination	3	1.5 min	30 sec	No Head Contact
Cadet (12-14) Elite BB	Born 2003-2005	Random	Double Elimination	3	1.5 min	30 sec	Head Contact
Junior (15-17) Elite BB	Born 2000-2002	Random	Double Elimination	3	2 min	60 sec	Head Contact
Senior (18+) Elite BB	Born 1999 and earlier	Random	Double Elimination	3	2 min	60 sec	Head Contact
Ultra (33-40) Ultra BB	Born 1977-1984	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact
Exec 1 (41-50) Exec BB	Born 1967-1976	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact
Exec 2 (51+) Exec BB	Born 1966 and earlier	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact

COLOUR BELT AND RECREATIONAL BLACK BELT DIVISIONS

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Age Division	Birth Years	Draws	Format	Number of Rounds	Time per Round	Rest Time	Head Contact
U5 (5 & under)	Born 2012 and later	Random	Double Elimination	2	1 min	30 sec	No Head Contact
U7 (6-7)	Born 2010-2011	Random	Double Elimination	2	1 min	30 sec	No Head Contact
U9 (8-9)	Born 2008-2009	Random	Double Elimination	2	1 min	30 sec	No Head Contact
Youth (10-11) Colour	Born 2006-2007	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact
Cadet (12-14) Colour	Born 2003-2005	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact
Cadet (12-14) Rec BB	Born 2003-2005	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact
Junior (15-17) Colour	Born 2000-2002	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact
Junior (15-17) Rec BB	Born 2000-2002	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact
Senior (18-32) Colour	Born 1985-1999	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact
Senior (18-32) Rec BB	Born 1985-1999	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact
Ultra (33-40) Colour	Born 1977-1984	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact
Exec 1 (41-50) Colour	Born 1967-1976	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact
Exec 2 (51+) Colour	Born 1966 and earlier	Random	Double Elimination	2	1.5 min	30 sec	No Head Contact

SPARRING WEIGHT CLASSES

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- For PARA weight classes, please see the PARA section.
- U5, U7, U9, Ultra, Exec 1 and Exec 2 Rec Black Belt and Colour Belt weight classes will be determined on site.

YOUTH MALE	DIVISION	YOUTH FEMALE
Not exceeding 27kg		Not exceeding 25kg
Over 27kg and not exceeding 31kg		Over 25kg and not exceeding 29kg
Over 31kg and not exceeding 35kg		Over 29kg and not exceeding 33kg
Over 35kg and not exceeding 40kg		Over 33kg and not exceeding 37kg
Over 40kg		Over 37kg
WEIGHTS ARE FOR ELITE AND RECREATIONAL BLACK BELTS		
CADET MALE	DIVISION	CADET FEMALE
Not exceeding 33kg		Not exceeding 29kg
Over 33kg and not exceeding 37kg		Over 29kg and not exceeding 33kg
Over 37kg and not exceeding 41kg		Over 33kg and not exceeding 37kg
Over 41kg and not exceeding 45kg		Over 37kg and not exceeding 41kg
Over 45kg and not exceeding 49kg		Over 41kg and not exceeding 44kg
Over 49kg and not exceeding 53kg		Over 44kg and not exceeding 47kg
Over 53kg and not exceeding 57kg		Over 47kg and not exceeding 51kg
Over 57kg and not exceeding 61kg		Over 51kg and not exceeding 55kg
Over 61kg and not exceeding 65kg		Over 55kg and not exceeding 59kg
Over 65kg		Over 59kg
JUNIOR MALE	DIVISION	JUNIOR FEMALE
Not exceeding 45kg		Not exceeding 42kg
Over 45kg and not exceeding 48kg		Over 42kg and not exceeding 44kg
Over 48kg and not exceeding 51kg		Over 44kg and not exceeding 46kg
Over 51kg and not exceeding 55kg		Over 46kg and not exceeding 49kg
Over 55kg and not exceeding 59kg		Over 49kg and not exceeding 52kg
Over 59kg and not exceeding 63kg		Over 52kg and not exceeding 55kg
Over 63kg and not exceeding 68kg		Over 55kg and not exceeding 59kg
Over 68kg and not exceeding 73kg		Over 59kg and not exceeding 63kg
Over 73kg and not exceeding 78kg		Over 63kg and not exceeding 68kg
Over 78kg		Over 68kg
SENIOR MALE	DIVISION	SENIOR FEMALE
Not exceeding 58kg		Not exceeding 49kg
Over 58kg and not exceeding 68kg		Over 49kg and not exceeding 57kg
Over 68kg and not exceeding 80kg		Over 57kg and not exceeding 67kg
Over 80kg		Over 67kg

INSPECTION

Athletes must pass inspection before each match.

Athletes will have 10 minutes to report and pass inspection.

Athletes receiving medical attention are not considered checked into inspection.

MANDATORY PROTECTIVE GEAR

The following list of mandatory equipment must be worn by all sparring athletes and must be WTF approved:

- Sensor socks
- Head gear
- Shin guards
- Groin protector
- Arm pads
- Gloves
- Mouth guards (clear or white – medical will not approve colour mouth guards)
- Competition Uniform *sparring and poomsae athletes: must be WTF approved.
- WTF Recognized Brands

Please ensure that the sensor socks are purchased prior to the tournament.

The Electronic Scoring System will be KP&P.

All black belt sparring athletes must wear the chest protector provided by Taekwondo Canada.

Both athletes in each sparring match must wear the same size chest protector.

Junior and Senior divisions will use the sizes set out in the WTF Rules.

COLOR BELT PROTECTIVE GEAR

Mandatory protective gear applies to color belts for the exception of the following;

Color belt competition will not be using the KP&P PSS.

Athletes are to wear their regular hogu. No e-socks are required.

White or black helmets are permitted for color belt competition, although red/blue are recommended.

PARA/AWAD ATHLETE ELIGIBILITY SPARRING AND POOMSAE INFO, DIVISIONS AND FORMAT

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RULES

WTF Rules will apply - Para Sparring and Para/AWAD Poomsae

ANTI-DOPING RULES APPLY

NOTES:

- No Head Contact in Para Sparring
- The Referee can decide the winner by RSC (Referee Stop Contest) in case of significant difference in technical skills between two athletes.

SCORING SYSTEM: KP&P

WTF approved system will be used for all sparring divisions. IVR Senior Black Belt divisions only.

PARA SPARRING - ATHLETE ELIGIBILITY

- Any athletes with Limb Deficiency (arm amputations – above or below elbow on one or both arms) or PROM (Impaired Passive Range of Movement).
- Deaf Athletes should register under Recreational Black Belt or Elite and make the center referee aware before the start of competition.
- Identify disability during registration process.

PARA SPARRING COMPETITION - DIVISIONS, FORMAT, ROUNDS

Note: Taekwondo Canada reserves the right to modify the competition format for all divisions in accordance with WTF rules.

Age Division	Birth Years	Draws	Format	Number of Rounds	Time per Round	Rest Time	Head Contact
U5 (5 and under)	Born 2012 and later	Random	Double Elimination	2	1 min	60 sec	No Head Contact
U7 (6-7)	Born 2010-2011	Random	Double Elimination	2	1 min	60 sec	No Head Contact
U9 (8-9)	Born 2008-2009	Random	Double Elimination	2	1 min	60 sec	No Head Contact
Youth (10-11)	Born 2006-2007	Random	Double Elimination	2	1 min	60 sec	No Head Contact
Cadet (12-14)	Born 2003-2005	Random	Double Elimination	2	1 min	60 sec	No Head Contact
Junior (15-17)	Born 2000-2002	Random	Double Elimination	2	1 min	60 sec	No Head Contact
Senior (18+)	Born 1999 and earlier	Random	Double Elimination	2	1 min	60 sec	No Head Contact



PARA SPARRING WEIGHT CLASSES

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- WEIGHT CATEGORIES: U5, U7, U9, Youth, Cadet, Junior - All Belts weight categories will be determined onsite.
- COMBINATION OF CLASSES AND DIVISIONS - Taekwondo Canada reserves the rights to adjust or combine categories to ensure athletes are able to compete.

Senior Para Sparring Male	Senior Para Sparring Female
Not exceeding 61kg Over 61kg and not exceeding 75kg Over 75kg	Not exceeding 49kg Over 49kg and not exceeding 58kg Over 58kg

INSPECTION

Athletes must pass inspection before each match and inspection sheets are used to confirm proper inspection. Athletes will have 10 minutes to report and pass inspection. Athletes receiving medical attention are not considered checked into inspection.

MANDATORY PROTECTIVE GEAR

The following list of mandatory equipment must be worn by all sparring athletes and must be WTF approved:

- Sensor socks
- Head gear
- Shin guards
- Groin protector
- Arm pads
- Gloves
- Mouth guards (clear or white – medical will not approve colour mouth guards)
- Competition Uniform *sparring and poomsae athletes: must be WTF approved.
- WTF Recognized Brands

Please ensure that the sensor socks are purchased prior to the tournament.
The Electronic Scoring System will be KP&P.

All Para sparring athletes must wear the chest protector provided by Taekwondo Canada.

Both athletes in each sparring match must wear the same size chest protector.



- All abilities are invited to compete.
- Identify disability during registration process (i.e. Intellectual Disability, Deaf, Blind, Cerebral Palsy, any other).

PARA/AWAD POOMSAE CATEGORIES and COMPULSORY POOMSAE

Age Divisions	Birth Years	Colour Belt Recognized Individual Compulsory Poomsae	Black Belt Recognized Individual Compulsory Poomsae
U5 (5 and under)	Born 2012 and later	Athletes Choice	Athletes Choice
U7 (6-7)	Born 2010-2011	Athletes Choice	Athletes Choice
U9 (8-9)	Born 2008-2009	Athletes Choice	Athletes Choice
Youth (10-11)	Born 2006-2007	Athletes Choice	Athletes Choice
O12 (12+)	Born 2005 and earlier	White & Yellow Stripe (10th and 9th Gup) Taegeuk 1 or 2	N/A
Cadet (12-14)	Born 2003-2005		T4 to Keumgang
Junior (15-17)	Born 2000-2002		T4 to Taebaek
U17 (12-17)	Born 2000 - 2005	Yellow & Green Stripe (8th and 7th Gup) Taegeuk 2 or 3	N/A
O17 (18+)	Born 1999 and earlier		N/A
U30 (18-30)	Born 1987 - 1999	Green & Blue Stripe (6th and 5th Gup) Taegeuk 3 or 4	T6 to Shipjin
O30 (31+)	Born 1986 and earlier		N/A
U40 (31-40)	Born 1977 - 1986	Blue & Red Stripe (4th and 3rd Gup) Taegeuk 5 or 6	T6 to Shipjin
U50 (41-50)	Born 1967 - 1976		T8 to Chonkwon
U60 (51-60)	Born 1957 - 1966		Koryo to Hansu
U65 (61-65)	Born 1952 - 1956	Red & Black Stripe (2nd and 1st Gup) Taegeuk 7 or 8	Koryo to Hansu
O65 (66+)	Born 1951 and earlier		Koryo to Hansu

-INTERNATIONAL COMPETITION REQUIREMENTS ONLY – FOR YOUR INFORMATION
****WANT TO COMPETE INTERNATIONALLY? ADHERE TO THE BELOW TO BE ELIGIBLE****
ATHLETE ELIGABILITY - PARA POOMSAE
INAS PROVISIONAL ELIGIBILITY

Poomsae Intellectually Disabled (ID) (P20) athletes require INAS provisional eligibility as seen on the INAS Master list: https://inas.sport80.com/public_reports/master_list/provisional



INAS MEMBER ORGANIZATIONS

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Applications for INAS provisional eligibility shall be made through the INAS national member organizations which can be found on the following link: <http://www.inas.org/member-services/affiliation-and-fees/member-organisations>

In the case that a WTF MNA does not have an INAS member organization the application for provisional eligibility can be processed through the WTF. We ask that you get this process started as soon as possible as it can take INAS up to 30 days to process your applications.

Application form: http://www.inas.org/wp-content/uploads/2013/01/Reg_form_Mar14.pdf

IMPORTANT:

When you submit your INAS Application to your countries INAS organization please cc Olof Hansson para-tkd@wtf.org from the WTF Para Taekwondo division.

Once the INAS Provisional Eligibility Number is received please email it to Taekwondo Canada at events@taekwondo-canada.com and cc Olof Hansson para-tkd@wtf.org.

We ask that you get this process started as soon as possible as it can take INAS up to 30 days to process your INAS applications.

For more information see the following links: INAS Website: www.inas.org.

World Taekwondo Federation Para Website: www.worldtaekwondofederation.net/para-taekwondo.

ATHLETE ELIGIBILITY – PARA SPARRING (K40)

CRITERION #1: Holder of a Global Athlete License GAL – Para. Register through your home country MNA.

CRITERION #2: Holder of 3-1 Gup or Dan/Poom recognized by Kukkiwon or WTF.

CRITERION #3: ALL Para athletes (all age categories) must go through Formal WTF Classification and be assigned Sport Class and Sport Class Status before the competition.

Formal WTF Classification process will occur as outlined in the Para TKD Classification Rules and Regulations <http://taekwondo-canada.com/wp-content/uploads/2017/01/WTF-Athlete-Classification-Rules-as-of-January-1-2017.pdf>

OPEN CLASS

The Open Class will be used for athletes not meeting the K41-K44 Minimum Disability Criteria (MDC) Classification Guidelines as defined. Athletes found not eligible through classification will have the opportunity to compete.

In the case of insufficient participation the Technical Delegate in consultation with the WTF Head of Classification will determine the combination of classes and/or divisions.

In the case of no contest in the same age group/class/weight category first consolidations will be made into a higher class within the same age group. If this is not available an exhibition match will be arranged



under para-taekwondo competition rules. This is so that all para-athletes can be assured that they get at least one match.

Athletes found not eligible (open class) will not be consolidated into K44 due to the world ranking.

Consolidation of classes will be done as follows:

Athletes should be consolidated into a higher class but same weight division as follows (consolidation of classes but not weights):

K41 to K42

K42 to K43

K43 to K44

Youth, Cadet and Junior athlete categories may be adjusted or consolidated to ensure competition and as deemed appropriate by the Technical Delegate in consultation with the WTF Head of Classification.

RANKING POINTS

All participants competing in the G1 Sanctioned categories (Senior K41-K44) will earn G-1 ranking points as per the World Ranking bylaw found here: http://www.worldtaekwondofederation.net/images/WTF_Ranking_Bylaw_Council_passed_on_October_10_2014.pdf.

When a category is consolidated, ranking points (10 points) will be given to the winner in the division the athlete is consolidated from.

Ranking points will also be given in the division where the athlete is consolidated into based on result.

ALL ATHLETES ARE SUBJECT TO DOPING CONTROL

ANTI-DOPING TRAINING - CCES E-LEARNING TRUE SPORT CLEAN 101

Athletes and Coaches - To keep stay informed and safe complete the online training on clean sport and doping by following the directions found under Athlete Resources on the Taekwondo Canada webpage (<http://taekwondo-canada.com/taekwondo-athlete-resources/>).

The CANADIAN CENTRE FOR ETHICS IN SPORT (CCES) Doping Control Testing may be administered in accordance with the Canadian Policy on Doping in Sport and Canadian Doping Control Regulations. Please see www.cces.ca.

Doping control testing conducted is in accordance with WADA as outlined by the World Taekwondo Federation. For more information visit <http://www.worldtaekwondofederation.net/medical-anti-doping/anti-doping/anti-doping/>

PROHIBITED SUBSTANCES LIST

Banned Substances List from the World Anti-Doping Agency:

https://www.wada-ama.org/sites/default/files/resources/files/2016-09-29_-_wada_prohibited_list_2017_eng_final.pdf

Use the [Online Global Drug Reference](#) to check on drugs specific to taekwondo.

THERAPUTIC USE EXEMPTION (TUE)

Athletes may have illnesses or conditions that require them to take particular medications.

If the medication an athlete is required to take to treat an illness or condition happens to fall under the Prohibited List, the athlete must fill out and submit a Therapeutic Use Exemption (TUE). This may give that athlete the authorization to take the needed medicine, verify using the Prohibited List and the links provided:

CCES Information: <http://cces.ca/therapeutic-use-exemptions>

Submit TUE no later than May 15th, 2017 at 4 pm est.

TUE must be emailed to events@taekwondo-canada.com.

VOLUNTEER SIGN UP

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Every successful event needs great volunteers! We need you! If you are interested in volunteering for the 2017 Canadian National Taekwondo Championships, please see the Taekwondo Canada Event Page for more information.

MEDIA INFORMATION

For any media inquiries, please find the media registration form on our website. You will need to complete all details and send the completed excel form back to us no later than May 15th, 2017. Please email the form to our Communications Coordinator Fei Wu at communications@taekwondo-canada.com.

EVENT DRAWS AND RESULTS

Draws and results will be posted online as they become available.

CONTACT INFORMATION

Any questions can be emailed to events@taekwondo-canada.com

PARTNERS AND SPONSORS

Taekwondo Canada would like to thank the following organizations and companies for their support with the 2017 Canadian National Taekwondo Championships.

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