



photo by: Marlene Wilson



CANADA OPEN
OPEN DU CANADA
— RICHMOND —

2018 CANADA OPEN

INFORMATION PACKAGE

SEPTEMBER 14 - 16, 2018 | RICHMOND, BRITISH COLUMBIA, CANADA

www.taekwondo-canada.com

TABLE OF CONTENTS

MESSAGE FROM THE PRESIDENT OF TAEKWONDO CANADA.....	3
MESSAGE FROM THE MAYOR OF THE CITY OF RICHMOND.....	4
PARTICIPANT AGREEMENT/WAIVER.....	5
GENERAL INFORMATION.....	6
ADMISSION.....	6
TRAVEL SERVICES.....	7
HOST HOTEL.....	7
LOCAL TRANSPORTATION.....	8
VISA APPLICATION.....	9
EVENT SCHEDULE.....	10
REGISTRATION FEES.....	11
REGISTRATION PROCEDURE.....	12
WT GLOBAL LICENCE.....	12
ACCREDITATION.....	13
WEIGH-IN.....	14
COACH ELIGIBILITY.....	15
WT COACH CERTIFICATE COURSE.....	15
ATHLETE ELIGIBILITY.....	16
OTHER ACCREDITATIONS.....	17
DOPING CONTROL	18
CANADA OPEN - KYORUGI (WT G1 EVENT).....	19
CANADA OPEN – POOMSAB (WT-G1 EVENT).....	22
CANADA PARA OPEN (UNSANCTIONED).....	23

Thank you to our partners and sponsors





MESSAGE FROM THE PRESIDENT OF TAEKWONDO CANADA

Dear Sir / Madame,

I send you my warmest greetings from Taekwondo Canada.

On behalf of Taekwondo Canada, it is with great pleasure that we welcome you to the 2018 Canada Open and 2018 Canada Para Open. The event will be held at the Richmond Olympic Oval in Richmond, British Columbia from September 14-16, 2018.

Richmond, one step away from the second busiest airport in Canada (Vancouver International Airport), provides its rich multicultural mosaic and will leave you with an unexpected and enjoyable flavour. The city of Richmond, Richmond Olympic Oval staff, and the Taekwondo Canada organizing team are ready to welcome you.

After 5 consecutive years of this prestigious tournament, the Canada Open has grown bigger and bigger. At the 2017 Canada Open, a record breaking number of athletes from all over the world visited Canada. In 2018 Taekwondo Canada, with Pan American Taekwondo Union's support, will continue our work and invite all World Taekwondo community members to Canada.

The 2018 Canada Open will focus on the black belt divisions for the following categories:

- Kyorugi (G1): Youth and above
- Poomsae (G1): Youth and above
- Para Taekwondo: Color belt and black belt

You will find the information you need for all levels of competition in the information package.

We look forward to greeting you in Richmond, Canada in September.



Wayne Mitchell

President, Taekwondo Canada



MESSAGE FROM THE MAYOR OF THE CITY OF RICHMOND



CANADA OPEN
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— RICHMOND —

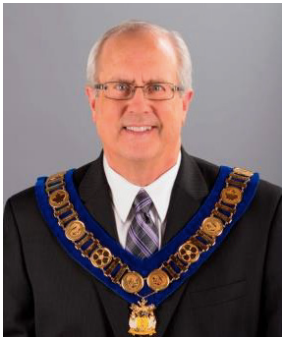
Dear Sir / Madame,

On behalf of City Council and the residents of Richmond, I would like to extend warm greetings and welcome everyone to the 2018 Canada Open International Taekwondo Championships, being held on September 14 – 16, 2018 at the Richmond Olympic Oval.

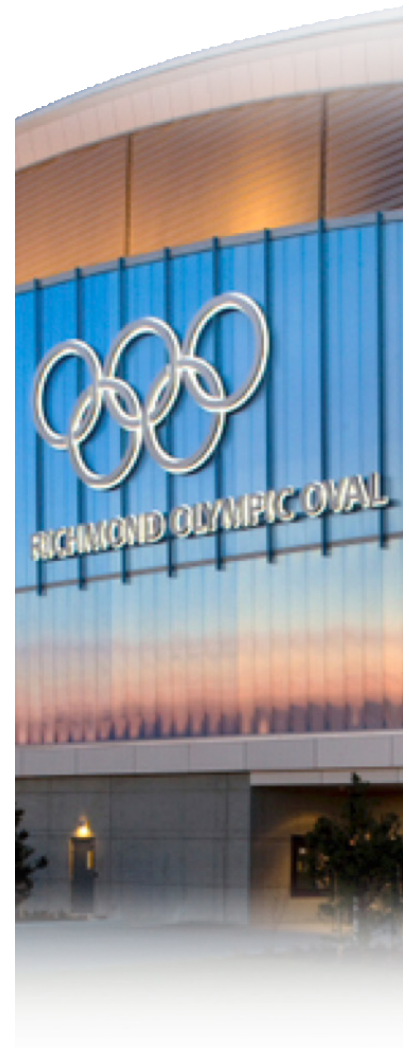
The Canada Open International Taekwondo Championships, hosted by Taekwondo Canada and sanctioned by World Taekwondo, will feature over 900 athletes from over 30 countries. The tournament will allow competing athletes to accumulate points towards their world and Olympic ranking. Participating in sports is an integral part of our lives – it teaches us skills, good sportsmanship, team spirit, and commitment. I am sure that this event will be enjoyable and exciting, as well as display an extremely high level of competitiveness.

For those of you visiting Richmond, I hope you find the opportunity to enjoy the restaurants that are abundant in our city, as well as our many shopping destinations and recreational facilities.

Thank you to all the organizers and sponsors who worked so diligently to make this tournament a huge success. Best wishes and good luck to all the athletes!



Malcolm D. Brodie
Mayor, Richmond





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— **RICHMOND** —

PARTICIPANT AGREEMENT/ WAIVER

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 film for the purposes of promoting the Canada Open events.
5. I understand that all fees are non-refundable.
6. 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 and the random weigh-in on the day of my competition as stated in the official schedule. I understand that there will not be any exceptions to this rule.
7. I understand that all athletes are required to obtain a Global Athlete License (GAL) prior to competition.
8. I understand that all coaches and officials are required to obtain a Global Official License (GOL) prior to competition.
9. 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.
10. I have reviewed the list of prohibited substances recognized by WADA found here: [Prohibited List](#).
11. 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 here: [Therapeutic Use Exemptions](#).
12. Canadian Athletes may also refer to the CCES found here <http://cces.ca>.

GENERAL INFORMATION



CANADA OPEN
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— RICHMOND —

Sanctioning	Kyorugi:	World Taekwondo G1 event
	Poomsae:	World Taekwondo G1 event
	Para Taekwondo:	Unsanctioned
WT PSS System	Daedo:	All ages and divisions
	Further information will be provided as it becomes available.	
Date	September 13:	first weigh-in day
	September 14 -16:	competition days
Venue	Richmond Olympic Oval 6111 River Road, Richmond, British Columbia, Canada V7C 0A2	
	Richmond Olympic Oval website: http://richmondoval.ca	

ADMISSION AT THE DOOR ONLY*

Full Event Pass (3 days)	Adults	CAD \$50
	Kids 5-12 years old	CAD \$25
	Under 5 years old	Free
Two Days Pass (2 days)	Adults	CAD \$35
	Kids 5-12 years old	CAD \$20
	Under 5 years old	Free
1 Day Pass	Adults	CAD \$20
	Kids 5-12 years old	CAD \$10
	Under 5 years old	Free

*USD accepted at CDN \$ par



TRAVEL SERVICES

AIR CANADA DISCOUNT

Taekwondo Canada is pleased to announce that Air Canada has been chosen as the official airline for the 2018 Canada Open.

SAVE 5%-10% OFF AIR CANADA FLIGHT TICKETS

APPLICABLE RULES

- The promo code can be used for 300 passengers
- The booking is to be made to the following city: Vancouver, YVR (BC)
- Only bookings made to the designated event city are eligible for the Discount. Bookings originating in the event city are not eligible.
- The travel period begins Thursday, September 06, 2018 and ends Sunday, September 23, 2018.
- Discount: 5% on Tango fares, 10% on Flex fares & up.
- The Discount is applied to the fare at the time that the travel ticket with Air Canada is purchased. The Discount and the fare are subject to all applicable taxes and surcharges.

STEP-BY-STEP

1. Go to: www.aircanada.com and book your flight
2. Enter the Promo Code **YT9NTMU1** in the search panel

Please contact canadaopen@taekwondo-canada.com if you have any further questions.

HOST HOTEL

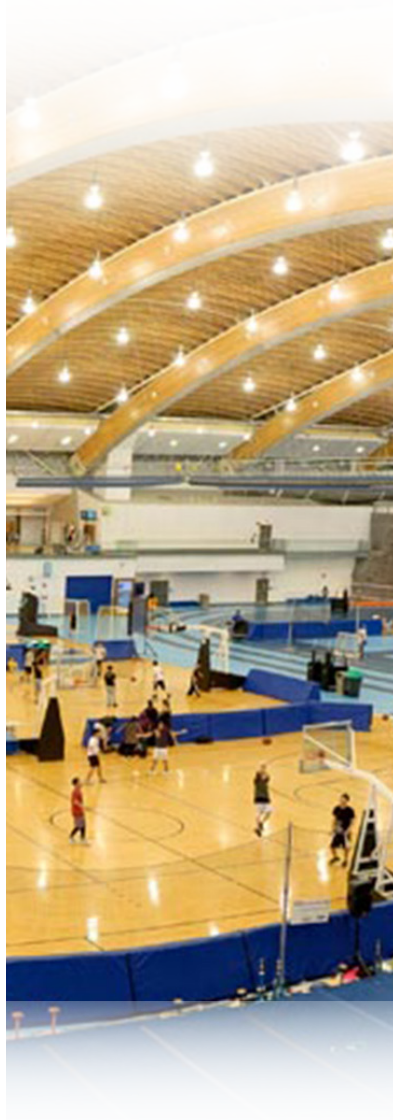
EXECUTIVE HOTEL VANCOUVER AIRPORT (HEADQUARTERS)

Address: 7311 Westminster Highway, Richmond, BC, V6X 1A3

Phone: 1-800-663-2878; 1-604-278-5555

Website: <http://www.executivehotels.net/vancouver-airport-hotel/>

- Free overnight parking, free high-speed Internet, WiFi in the guest room.
- Free airport transfer between 5 am and 11 pm, shuttle bus runs every 30 min.
- Reserve your room before August 10, 2018 to have the following rate.





Room type	Single Rate	Double Rate
Plaza / Courtyard Room	CAD \$179	CAD \$179
One Bedroom Condo Suite	CAD \$199	CAD \$199
Two Bedroom Condo Suite	CAD \$219	CAD \$219

LOCAL TRANSPORTATION

VANCOUVER INTERNATIONAL AIRPORT (YVR)

Vancouver International Airport is the second busiest airport in Canada. Many international airlines offer non-stop flights to this airport from the major cities in each continent, such as Seoul, Delhi, Manila, Osaka, Tokyo, Taipei, Beijing, Shanghai, Auckland, Sydney, Dublin, London, Munich, Zurich, Paris, Amsterdam, Santa Clara, etc.

AIRPORT TO HOTEL: SHUTTLE

The hotel shuttle bus is available at the Vancouver Airport from 5 am to 11 pm. The shuttle bus runs every 30 min. Any time before 5 am, or after 23 pm, you are required to call 1-604-278-5555 to check the availability of the hotel shuttle.

AIRPORT TO HOTEL: SKYTRAIN

The SkyTrain (Canada Line) is also available from the airport to the hotel.

Step 1:

Canada Line (Waterfront direction)

YVR-Airport Station to Bridgeport Station

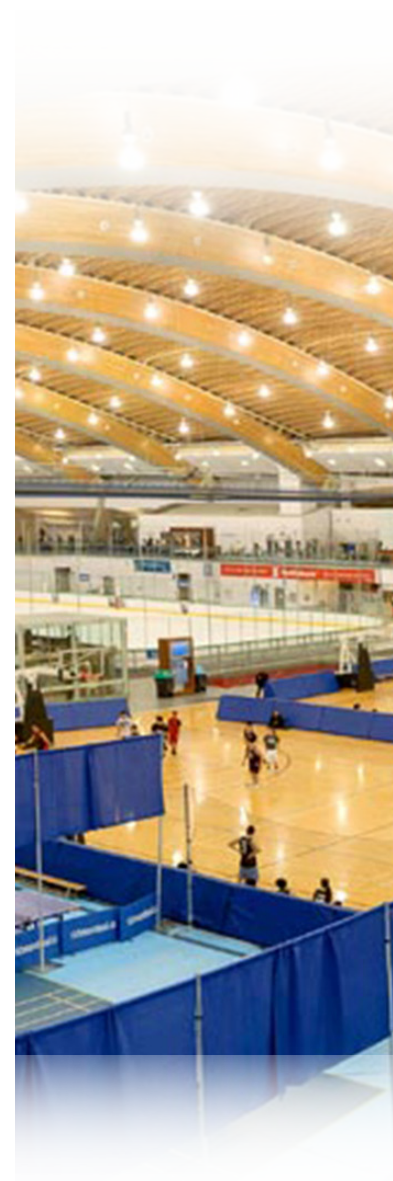
Step 2:

Canada Line (Richmond-Brighthouse direction)

Bridgeport Station to Richmond Brighthouse Station

Step 3: 11 min walk to hotel

Map: <http://bit.do/emq8Z>

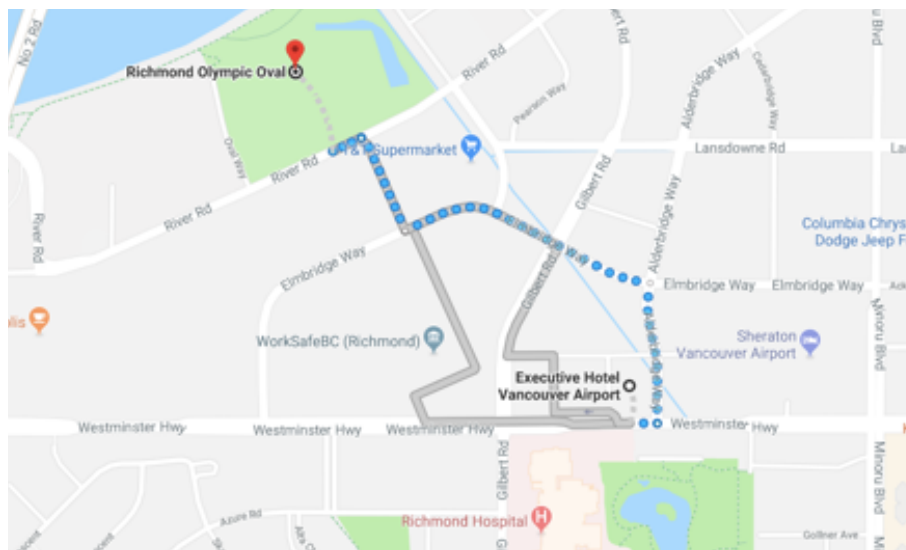


HOTEL TO VENUE: WALKING DISTANCE

It is a 10 minute walk between headquarter hotel to the event venue.

The average lowest and highest temperature in Richmond in September is between 9 and 18 Celsius.

Map: <https://goo.gl/maps/7ZcQuzwB8tQ2>



VISA APPLICATION

INVITATION REQUEST FORM

Individuals or delegations requiring an invitation letter are required to fill out the Canada Open Invitation Request Form online (link: <https://www.cognitoforms.com/TaekwondoCanada1/CanadaOpenInvitationRequestForm>).

Please do not send in duplicate applications.

If you have any questions, please email canadaopen@taekwondo-canada.com

SUBMISSION OF APPLICATIONS

Canada does not have a visa office in every country. It is important that delegates visit the [website of the visa office](#) responsible for processing their visa applications. Information is available on the website on how to submit a visa application and the documentation required.

Delegates are encouraged to submit their visa applications well in advance of the date of the event at a [Visa Application Centre](#). It sometimes takes time to process.

EVENT SCHEDULE

September 13 (Thursday)	September 14 (Friday)	September 15 (Saturday)	September 16 (Sunday)
Richmond Olympic Oval	Richmond Olympic Oval	Richmond Olympic Oval	Richmond Olympic Oval
	8:00am Random weigh-in starts 8:30am Athlete call 9:00am Competition Begins	8:00am Random weigh-in starts 8:30am Athlete call 9:00am Competition Begins	8:00am Random weigh-in starts 8:30am Athlete call 9:00am Competition Begins
Location of the following events: Richmond Oval WT Coach Certification course: Kyorugi: 1:00pm-3:00pm Poomsae 3:00pm-5:00pm Technical Meeting: 5:00pm-7:00pm Referee Meeting: 7:00pm-9:00pm	KYORUGI: Senior Female: -46kg, -57kg, -62kg, -67kg Senior Male: -68kg, -74kg, -87kg, +87kg Junior Female: All divisions	KYORUGI: Senior Female: -49kg, -53kg, -73kg, +73kg Senior Male: -54kg, -58kg, -63kg, -80kg Junior Male: All divisions	KYORUGI: Youth Male & Female (All divisions) Cadet Male & Female (All divisions) PARA KYORUGI: K41, K42, K43, K44
	RECOGNIZED POOMSAE: Individual Youth/Cadet Team and Pair Youth/Cadet/Junior/U30 PARA POOMSAE: All divisions	RECOGNIZED POOMSAE: Individual Junior/U30 Team and Pair O30 FREESTYLE : Individual: U17/O17	RECOGNIZED POOMSAE: Individual U40/U50/U60/U65/O65 FREESTYLE : Pair, Team: U17/O17
Test Scales: 10:00am-12:00pm (Richmond Olympic Oval) Weigh in: 12:00pm-2:00pm (Richmond Olympic Oval) Para Poomsae Classification: 2:00pm-2:30pm (Mandatory for all Para Poomsae divisions)	Random weigh-in in the morning Test Scales: 10:00am-12:00pm (Richmond Olympic Oval) Weigh in: 12:00pm-2:00pm (Richmond Olympic Oval)	Random weigh-in in the morning Test Scales: 10:00am-12:00pm (Richmond Olympic Oval) Weigh in: 12:00pm-2:00pm (Richmond Olympic Oval) Para Kyorugi Classification: 2:00pm-2:30pm (Mandatory for all Para Kyorugi divisions)	Random weigh-in in the morning

(Schedule is subject to change)



Photo: Richmond Olympic Oval



REGISTRATION FEES

	Youth & Cadet	Junior & Senior	Coach	(Trainer, Team Doctor, Team Manager)
EARLY BIRD RATE - 11:59pm EST Aug 5	USD \$100	USD \$115	USD \$60	USD \$100
REGULAR RATE 00:00 EST Aug 6 - 11:59pm EST Aug 26	USD \$130	USD \$145	USD \$100	USD \$100
LATE RATE 00:00 am EST Aug 27 - 11:59pm EST Sept 3	USD \$170	USD \$185	USD \$150	USD \$100
	Para Athlete	Para Coach	All Other Para Competition Officials	
Registration Fee - 11:59pm EST Sept 3	USD \$90	USD \$60	USD \$45	

Please note, Para competition's accreditation only applies to Para events.

OTHER FEES

WT COACH CERTIFICATE COURSE	Poomsae: USD \$100 Kyorugi: USD \$100
WEIGHT CHANGE	August 5th-26th : USD \$0 After August 26th: USD \$100 (Weight change can be requested up until the first weigh-in attempt. After the first attempt, weight change requests will not be permitted.)
ACCREDITATION REPRINT	CAD \$40 (pay on site at the event venue)
MEDICAL TAPING	CAD \$10 (pay on site at the event venue)

NOTES

- On-site changes (at the venue) are cash only. USD exchange rate will be at par with CDN currency.
- There will be NO REFUNDS of registration fees under any circumstance.

REGISTRATION PROCEDURE



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— RICHMOND —

G1 POOMSAE AND G1 KYORUGI

The event registration will only be accepted through the WT online registration system (<http://worldtkd.simplycompete.com>) and registration is only possible with a valid WT Global Licence. The entries will not be confirmed until the registration fee is paid in full.

Please note, for Poomsae Pairs & Teams registration, each athlete must register and make their payment through the registration system and must list the team members' names.

PARA REGISTRATION

For Para Open registration, please go to: <https://bit.ly/2JQ76WW>

WT GLOBAL LICENCE

- Event registration is only possible with a valid WT Global Licence.
- World Taekwondo Global Licence registrations & renewals can only be made through the World Taekwondo recognized Member National Associations. The application should be made at least **two months before the tournament** to ensure the requested licence can be processed and approved in time.
- If you are a Canadian athlete or official, please refer to this page for your Global Licence Registration or Renewal: <http://taekwondo-canada.com/page/global-licence>
- There will be NO World Taekwondo Global Licence registration on site.





ACCREDITATION

ACCREDITATION PICK UP

- A Photo ID (government issued ID or WT GAL/GOL card) must be presented for each participant at the time of accreditation pick up.
- Accreditation is mandatory to access the competition area or the warm-up area. Accreditation will be produced for all registered persons (athletes, coaches, officials, team officials).
- All sparring and para sparring athletes must pick up accreditation prior to official weigh in.
- Coaches picking up for others must present the photo ID for each participant at the time of accreditation pick up.
- For coaches who do not have their WT Coach Certification and will be attending the WT Coach Certification Course, your accreditation will be provided to you after the course.



ACCREDITATION PICK UP		
Date	Time	Location
Thursday, September 13	9:00am-4:00pm	Richmond Olympic Oval
Friday, September 14	7:45am-4:00pm	Richmond Olympic Oval
Saturday, September 15	7:45am-4:00pm	Richmond Olympic Oval
Sunday, September 16	7:45am-4:00pm	Richmond Olympic Oval

GENERAL WEIGH-IN (MANDATORY)

- General weigh-in (mandatory) for all sparring competitors will take place on the day before their respective weight category. Athletes will have two chances to make the weight within the general weigh-in time frame.
- Test scales will be available 2 hours prior to the official weigh-in.
- For those who are unable to make the allotted weigh-in times due to an extenuating circumstance, please fill out the Extenuating Circumstances Weigh-in Exemption form: <https://bit.ly/2sR0wpd>

RANDOM WEIGH-IN

- Random weigh-in for all sparring competitors shall take place in the morning starting from 8am on the competition day of their respective weight category. More information will be communicated prior to the competition date.

GENERAL WEIGH IN			
Date	Time	Divisions	Location
Thursday, September 13	TEST SCALES: 10:00am-12:00pm WEIGH IN: 12:00pm-2:00pm	All Friday Divisions	Richmond Olympic Oval
Friday, September 14	TEST SCALES: 10:00am-12:00pm WEIGH IN: 12:00pm-2:00pm	All Saturday Divisions	Richmond Olympic Oval
Saturday, September 15	TEST SCALES: 10:00am-12:00pm WEIGH IN: 12:00pm-2:00pm	All Sunday Divisions	Richmond Olympic Oval





COACH ELIGIBILITY

Coaches can register as a Global Official through the website <https://worldtkd.simplycompete.com>

Coaches must have

- An approved Global Licence, and be in good standing of a World Taekwondo Member National Organization.
- A valid WT Coach certificate - this applies to both Kyorugi and Poomsae coaches.

DRESS CODE

- The dress code for coaches is appropriate athletic attire/team tracksuit or business attire and closed footwear only. Heels and sandals will not be permitted.
- The use of electronic devices such as cell phone, PDA or video cameras will not be permitted in the coaches designated areas. Any coach perceived to be under the influence of alcohol or drugs will not be allowed in the competition area.
- Chewing gum will not be permitted in the coaches designated areas.
- Coaches are required to wear a suit jacket at the semi-finals and finals.

ANTIDOPING RULES APPLY

- The WADA Anti-Doping Rules shall apply throughout the competitions.
- For more information, see Doping Control section.

WT COACH CERTIFICATE COURSE

Taekwondo Canada is pleased to announce as part of the pre-2018 Canada Open program, two WT Coach Certificate Courses will be offered on Thursday, September 13th at the Richmond Olympic Oval

- Kyorugi course 1:00pm - 3:00pm
- Poomsae course 3:00pm - 5:00pm

Registration in this course will provide coaches with the certification required for all 2018 G1 and G2 events organized by WT Continental Unions. All Coaches (Sparring and Poomsae) registering must have their valid WT Coach Course Certification.

Canadian Coaches who are Assistant Instructor and Dojang Coach Certified will also obtain NCCP Professional Development points.



REGISTRATION

- Online Registration for WT Coach Course Certification can be found here: <http://taekwondo-canada.com/events/wt-coach-certificate-course>
- You can register for the course at the door. Please note all door registration will be charged additional USD \$10. You can download the paper seminar registration on our website.

ATHLETE ELIGIBILITY

WT GLOBAL LICENCE MANDATORY REQUIREMENT

- Athletes must hold an approved global licence and be in good standing of a World Taekwondo Member National Association (MNA). The athlete's global licence profile requires the following information:
 - Current and Approved Passport or National ID (e.g. birth certificate, citizenship certification or permanent residence card) of the MNA for which they are registered with
 - Colour Picture
 - Kukkiwon

AGE

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

- For instance, competition in the Junior category (15-17), for an athlete turning 15 in the year of competition:
 - If the event is held in September, 2018 and the contestant is born in October he/she is still eligible to compete in the Junior category (because he/she turns 15 in the year of the competition).

POOMSAE: Info on ages and categories see **Canada Open - Poomsae section**

KYORUGI: Info on ages and categories see **Canada Open - Kyorugi section**

PARA: Info on Ages and Categories see **Canada Para Open section**

PARTICIPANT AGREEMENT/ WAIVER

Your registration represents that you have read and understood the participant agreement, accept the agreement, and agree to be bound by it.



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— RICHMOND —





OTHER ACCREDITATIONS

TRAINER

- For those who do not meet Coach Requirements, you may select the Trainer Pass.
- You must have a valid Global Licence to register as a trainer.
- To register as a Trainer please ensure your GMS profile or secondary role lists you as a **Global Official and Trainer**.
- Register through the GMS through this website: <https://worldtkd.simplycompete.com>

DOCTOR, PHYSIOTHERAPIST AND CHIROPRACTOR

- Register as a Global Official through this website: <https://worldtkd.simplycompete.com>
- Must have official credentials/certificate for related field (Doctor, Physio, etc).

MEDIA AND PHOTOGRAPHER PASS

- Accreditation for official news, media personnel, or photographers.
- Fee: CAD \$100
- Registration: <http://taekwondo-canada.com/events/2018-canada-open>
- You must purchase accreditation on site after the deadline of September 3.

INTERNATIONAL REFEREES

- International Referees will be invited and contacted to participate.
- You can find the Referee Application Form here: <https://bit.ly/2kPOcBe>
- The application deadline is Friday, June 22nd.



DOPING CONTROL



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OPEN DU CANADA
— RICHMOND —

ALL ATHLETES ARE SUBJECT TO DOPING CONTROL

Doping control testing, in accordance with WADA may be conducted as outlined by the World Taekwondo. For more information click [HERE](#).

CANADIAN CENTRE FOR ETHICS IN SPORT (CCES)

CCES, The Canadian Centre for Ethics in Sport, or World Taekwondo recognized anti-doping agent may be administered in accordance with the Canadian Policy on Doping in Sport and Canadian Doping Control Regulations.

Please visit www.cces.ca

WADA PROHIBITED LIST

For a complete list of banned substances from the world Anti-Doping Agency - click [HERE](#).

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

THERAPUTIC USE EXEMPTION (TUE)

Athletes are 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 here: [Therapeutic Use Exemptions](#).





CANADA OPEN - KYORUGI (WT G1 EVENT)

RULES

- The latest World Taekwondo rules will apply.

SCORING SYSTEM

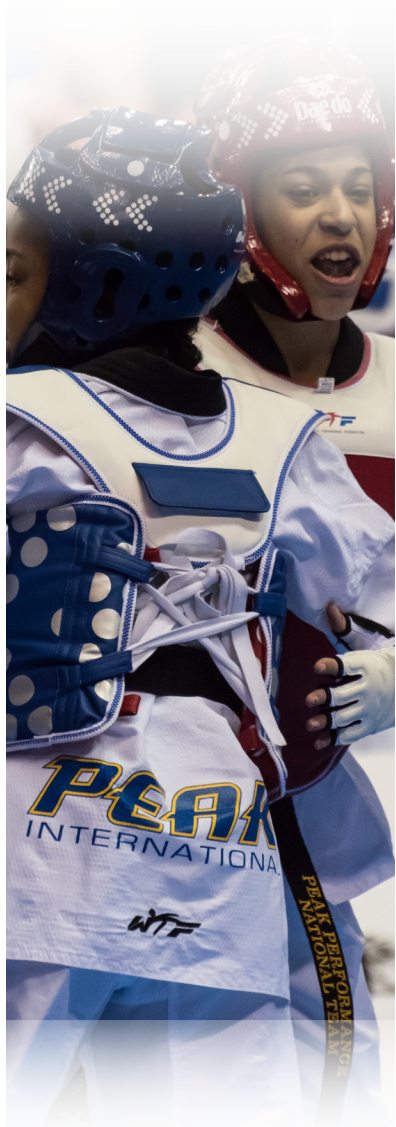
- Daedo will be used for all Kyorugi competitions.
- IVR will be used for Cadet, Junior and Senior divisions only.
- IVR will NOT be used for Youth categories. Youth athletes must bring their own helmets.

SPARRING CATEGORIES - BLACK BELT ONLY

- **Cadet, Junior, Senior** – with head contact
- There will be **NO Recreational Senior Sparring Categories** (i.e. no over 30, etc.)
- **Youth** – with no head contact
 - No Head Contact for Youth Category Rationale: For the safety of the 10 - 11 year old Youth athletes, and in accordance with the [Canadian Sport for Life - Long Term Athlete Development](#) principles, Taekwondo Canada has decided NOT to include head contact for the Youth categories at this time. Based on a review of the 2013 Canada Open, Light Head Contact competition was found to create an even greater risk of concussion to athletes. Full head contact will NOT be offered at this time, as there is not enough evidence to support that the inclusion of head contact in competition in this age group will significantly contribute to an athletes preparation and long-term development.

COMBINATION OF CLASSES AND DIVISIONS

With the exception of the Senior (17+) categories, Taekwondo Canada reserves the right to adjust or combine categories to ensure athletes are able to compete.



WEIGHT CATEGORIES



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— RICHMOND —

SENIOR MALE (17+) Born 2001 and earlier	SENIOR FEMALE (17+) Born 2001 and earlier
Not exceeding 54 kg	Not exceeding 46 kg
Over 54 kg & Not exceeding 58 kg	Over 46 kg & Not exceeding 49 kg
Over 58 kg & Not exceeding 63 kg	Over 49 kg & Not exceeding 53 kg
Over 63 kg & Not exceeding 68 kg	Over 53 kg & Not exceeding 57 kg
Over 68 kg & Not exceeding 74 kg	Over 57 kg & Not exceeding 62 kg
Over 74 kg & Not exceeding 80 kg	Over 62 kg & Not exceeding 67 kg
Over 80 kg & Not exceeding 87 kg	Over 67 kg & Not exceeding 73 kg
Over 87 kg	Over 73 kg
JUNIOR MALE (15-17) Born 2001-2003	JUNIOR FEMALE (15-17) Born 2001-2003
Not exceeding 45 kg	Not exceeding 42 kg
Over 45kg & Not exceeding 48 kg	Over 42kg & Not exceeding 44 kg
Over 48 kg & Not exceeding 51 kg	Over 44 kg & Not exceeding 46 kg
Over 51 kg & Not exceeding 55 kg	Over 46 kg & Not exceeding 49 kg
Over 55 kg & Not exceeding 59 kg	Over 49 kg & Not exceeding 52 kg
Over 59 kg & Not exceeding 63 kg	Over 52 kg & Not exceeding 55 kg
Over 63 kg & Not exceeding 68 kg	Over 55 kg & Not exceeding 59 kg
Over 68 kg & Not exceeding 73 kg	Over 59 kg & Not exceeding 63 kg
Over 73 kg & Not exceeding 78 kg	Over 63 kg & Not exceeding 68 kg
Over 78 kg	Over 68 kg
CADET MALE (12-14) Born 2004-2006	CADET FEMALE (12-14) Born 2004-2006
Not exceeding 33 kg	Not exceeding 29 kg
Over 33kg & Not exceeding 37 kg	Over 29 kg & Not exceeding 33 kg
Over 37 kg & Not exceeding 41 kg	Over 33 kg & Not exceeding 37 kg
Over 41 kg & Not exceeding 45 kg	Over 37 kg & Not exceeding 41 kg
Over 45 kg & Not exceeding 49 kg	Over 41 kg & Not exceeding 44 kg
Over 49 kg & Not exceeding 53 kg	Over 44 kg & Not exceeding 47 kg
Over 53 kg & Not exceeding 57 kg	Over 47 kg & Not exceeding 51 kg
Over 57 kg & Not exceeding 61 kg	Over 51 kg & Not exceeding 55 kg
Over 61 kg & Not exceeding 65 kg	Over 55 kg & Not exceeding 59 kg
Over 65 kg	Over 59 kg
YOUTH MALE (10-11) Born 2007-2008	YOUTH FEMALE (10-11) Born 2007-2008
Not exceeding 27 kg	Not exceeding 27 kg
Over 27 kg & Not exceeding 30 kg	Over 27 kg & Not exceeding 30 kg
Over 30 kg & Not exceeding 35 kg	Over 30 kg & Not exceeding 35 kg
Over 35 kg & Not exceeding 40 kg	Over 35 kg & Not exceeding 40 kg
Over 40 kg	Over 40 kg



INSPECTION

Athletes must pass inspection before each match. All mandatory equipment is required at the time of inspection.

Athletes will have **10 minutes** to report and pass inspection. NO EXCEPTIONS.

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 WT approved:

- PSS Sensor socks - please ensure that the socks are purchased prior to the tournament.
- Blue and Red head gear (youth must supply own helmets)
- Shin guards
- Groin protector
- Arm pads
- Gloves
- Mouth guards (clear or white)
 - medical will not approve colour mouth guards; Athletes with dental braces needs to wear special mouthguard for braces recommended by their dentist and submit the letter from their dentist stating that the athlete is safe to compete with the mouthguard that the dentist recommended.
- Uniform (WT recognized brand)

All black belt sparring athletes must wear the chest protector provided by the tournament. 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 WT Rules.

Company (Brands)	Product Item	PSS	Kyorigi Competition Uniform	Forearm/ Shin/ Groin Guards	Hand Protector	Head Protector	Mask Head Protector	Trunk Protector	Poomsae Competition Uniform	Mat	Poomsae Competition Scoring System
Daedo International (Daedo)											
KP&P (KPNP)											
Mooto Co., Ltd. (Mooto)											
Lucent Gate Inc. (Tusah)											
Double D (adidas)											
Twin Tower (Wacoku)											
Kwon KG (Kwon)											
SBI Sport AB (Budo-Nord)											
Taishan Sports Equipment Co., Ltd. (Taishan)											
Xiamen ANTA Company Limited (ANTA)											
Fujian Weizhixing Sports Goods (Wesing)											
UBI Spo (TaekwonSoft)											
Woori Sports (Woori Sports)											
Taekwon Family Corp. (KSD)											
Trocellen Italia (PROGAME BY TROCELLEN)											
MJI Sportswear Limited (JC)											

WT-recognized Brands

CANADA OPEN – POOMSAE (WT-G1 EVENT)

RULES

- The latest World Taekwondo rules will apply.

FREESTYLE POOMSAE: MUSIC AND CHOREOGRAPHY

- You can download the [Freestyle Poomsae Performance Plan](http://taekwondo-canada.com/events/2018-canada-open) document from 2018 Canada Open event page: <http://taekwondo-canada.com/events/2018-canada-open>
- You must submit your choreography plan (in PDF) and music (in MP3) to poomsae@taekwondo-canada.com by September 7th with the subject line: choreography & music submission – and name of athlete(s).

RECOGNIZED POOMSAE CATEGORIES

Individual	Youth	Cadet	Junior	U 30	U 40	U 50	U 60	U 65	O 65
Age	10-11	12-14	15-17	18-30	31-40	41-50	51-60	61-65	66+
Born	2007-2008	2004-2006	2001-2003	1988-2000	1978-1987	1968-1977	1958-1967	1953-1957	1952 & earlier
Compulsory Poomsae	T4 to Koryo	T4 to Keumgang	T4 to Taebak	T6 to Shipjin	T6 to Shipjin	T8 to Chonkwon	Koryo to Hansu	Koryo to Hansu	Koryo to Hansu
Pair & Team	Youth	Cadet	Junior	U 30			O 30		
Age	10-11	12-14	15-17	18-30			31 +		
Born	2007-2008	2004-2006	2001-2003	1988-2000			1987 & earlier		
Compulsory Poomsae	T4 to Koryo	Taeguk 4 to Keumgang	Taebak 4 to Taebak	Taeguk 6 to Shipjin			Taeguk 8 to Chonkwon		

FREESTYLE POOMSAE CATEGORIES

Division	U 17	O 17
Individual, Pair , Team Age	12-17	18 +
Born	2001-2006	2000 & earlier



CANADA PARA OPEN (UNSANCTIONED)

ELIGIBILITY

- Athletes must hold an approved Global Licence and be in good standing of a World Taekwondo Member National Organization.
- Classification is mandatory
- All new para sparring athletes who are not on the latest WT Para Taekwondo Classification Master List must go through Formal World Taekwondo Classification.
- Formal WT Classification process will occur as outlined in the Para TKD Classification Rules and Regulations on WT website.
- Those athletes who do not meet the Minimum Disability Criteria (MDC) and are not given a classification – the organizers will make every effort to set up an exhibition match.
- Taekwondo Canada reserves the right to adjust or combine categories to ensure athletes are able to compete.
- All belt levels will be accepted.
- Classification made at the event is not valid as International Classification.
- Parents/Guardians of minors should accompany their athletes.

REGISTRATION

Click here to register: <https://bit.ly/2JQ76WW>

RULES

- The latest World Taekwondo rules will apply.

PARA COMPETITION – K40

Sport Classes:	K41, K42, K43, K44
Scoring system:	Daedo will be used for all Para Kyorugi competitions.
Inspection:	Athletes must pass inspection before each match. All mandatory equipment is required at the time of inspection. Athletes will have 10 minutes to report and pass inspection. NO EXCEPTIONS. Athletes receiving medical attention are NOT considered checked into inspection.





Mandatory Protective Gear	<p>The following list of mandatory equipment must be worn by all sparring athletes and must be WT approved:</p> <ul style="list-style-type: none">• PSS Sensor socks• Blue and Red head gear (Youth must supply own helmets)• Shin guards• Groin protector• Arm pads• Gloves• Mouth guards (clear or white, medical will not approve colour mouth guards)<ul style="list-style-type: none">• Athletes with dental braces needs to wear special mouthguard for braces recommended by their dentist and submit the letter from their dentist stating that the athlete is safe to compete with the mouthguard that the dentist recommended.• WT recognized uniform <p>Please ensure that the sensor socks are purchased prior to the tournament.</p> <p>All black belt sparring athletes must wear the chest protector provided by the tournament. Both athletes in each sparring match must wear the same size chest protector.</p>
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PARA COMPETITION – P20

The Para Taekwondo Poomsae P20 sport class competitions for intellectual impaired athletes are recognized by INAS, the international sport federation for para athletes with an intellectual impairment.

- For INAS Provisional Eligibility, please visit: <http://www.inas.org/>
- You are required to start the INAS Eligibility application as soon as possible as it can take INAS up to 30 days to process your INAS application.

Men's events:	Junior (12-15 years old), U30 (16-29 years old), O30 (30 or older)
Women's events:	Junior (12-15 years old), U30 (16-29 years old), O30 (30 or older)

PARA COMPETITION – P30

The Para Taekwondo Poomsae P30 sport class competitions for athletes with a motor impairment.

Sport Classes:	P31, P32, P33, P34
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