



(Photo by: Thierry Aime/Athletic Shoot)



NATIONAL TAEKWONDO
CHAMPIONSHIPS

CHAMPIONNATS NATIONAUX
DE TAEKWONDO

OTTAWA 2018

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(Photo by: Dan Kim)

WELCOME

On behalf of Taekwondo Canada, it is with great pleasure that we welcome you to attend the 2018 Canadian National Taekwondo Championships, being held in the City of Ottawa, Ontario at the EY Centre from February 15th to 18th. The City of Ottawa and our organizing team are waiting to welcome you and make you feel at home.

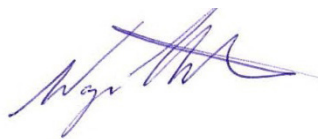
The 2018 Canadian National Taekwondo Championships will offer black belt divisions for poomsae and sparring.

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 Ottawa!

Bonne Chance!



Wayne Mitchell
President, Taekwondo Canada



1. ORGANIZATION



EVENT ORGANIZER

Taekwondo Canada
2451 Riverside Drive, Ottawa
ON, K1H 7X7
E: info@taekwondo-canada.com
T: (613) 695-5425

CONTACT US

General inquiries: info@taekwondo-canada.com
Event Manager: Darryl Elyk
E: events@taekwondo-canada.com
GMS Coordinator: Karen Armour
E: gms@taekwondo-canada.com

2. VENUE AND DATE



VENUE

EY Centre
4899 Uplands Dr, Ottawa
ON, K1V 1S2

DATE

Feb 15 – 18, 2018

3. ADMISSION

Admission tickets are available 8:00am-5:00pm at the venue from Feb 15th-18th

Category	Adult	Kids 12 years old & under
1 Day Pass	\$20	\$5
2 Day Pass	\$40	\$10
3 Day Pass	\$45	\$15
4 Day Pass	\$50	\$15

4. HOSPITALITY

HEADQUARTERS HOTEL

Hilton Garden Inn Ottawa Airport

2400 Alert Road, Ottawa, Ontario, K1V 1S1

Tel: 613-288-9001

Standard two queen beds: \$155+tax

Standard king bed with pull out couch: \$155+tax

Reserve online at <https://goo.gl/Sdnxjv>

Block code: TKDO (applies online booking and phone call booking)

Booking deadline: January 14th, 2018

Additional information:

- breakfast not included
- free shuttle from the airport, free parking, free wifi
- Distance to the venue: 5 minute walk, 1 minute drive

ADDITIONAL HOTELS

Hampton Inn by Hilton Ottawa Airport

2869 Gibford Dr. Ottawa, Ontario, K1V 2L9

Tel: 613-248-1113

Standard two queen beds: \$159+tax (breakfast included)

Standard king bed with pull out couch: \$169+tax (breakfast included)

Block code: TKD (applies online booking and phone call booking)

Booking deadline: January 14th, 2018

Additional information:

- breakfast included
- free shuttle from the airport, free parking, free wifi
- Distance to the venue: 20 minute walk, 4 minute drive

Holiday Inn Express & Suites Ottawa Airport

2881 Gibford Dr, Gloucester, ON K1V 2L9

Tel: 613-247-9500

Standard two queen beds: \$179+tax (breakfast included)

Standard king bed with pull out couch: \$189+tax (breakfast included)

Block code: TKD (applies online booking and phone call booking)

Booking deadline: January 14th, 2018

Additional information:

- breakfast included
- free shuttle from the airport, free parking, free wifi
- Distance to the venue: 20 minute walk, 4 minute drive



5. TRANSPORTATION

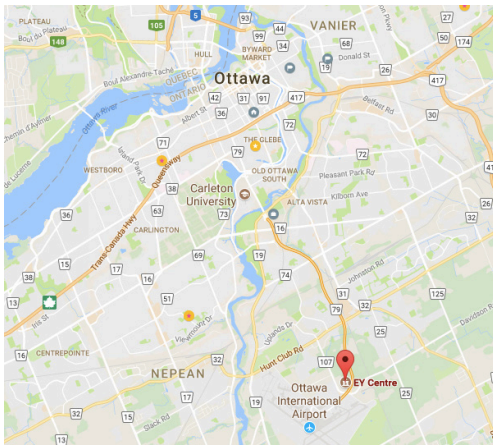
FLIGHTS

Air Canada Coupon number: YZCDJCX1

Travel dates: Feb 08, 2018-Feb 25, 2018

Discount: 5% on Tango fares, 10% on Flex fares & up.

LOCAL TRANSPORTATION



Highway 417: Highway 417 is a major artery running East–West and many alternate routes connect the many urban, suburban and rural neighbourhoods.

By Bus: The public transit system, OC Transpo, features dedicated bus lanes and expressways, a North–South rail connection, and frequent service.

Taxi, Uber and Car Rental: Taxis and Ubers are abundant and reasonably priced, and convenient car rentals are available from several locations, including the airport.



(Ottawa Parliament Hill. Photo by: Taxiarchos228 at the German language Wikipedia)

6. SCHEDULE

WEDNESDAY FEB 14	THURSDAY FEB 15	FRIDAY FEB 16	SATURDAY FEB 17	SUNDAY FEB 18
9:00am-5:00pm Referee Seminar Poomsae/Kyorugi Room B EY Centre	8:00am-4:00pm Accreditation EY Centre	8:00am-4:00pm Accreditation EY Centre	8:00am-4:00pm Accreditation EY Centre	
9:00am-4:00pm Accreditation EY Centre	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
1:00-3:00pm Test Scales 3:00-4:00pm Weigh-In EY Centre	KYORUGI	KYORUGI	KYORUGI	KYORUGI
6:00-8:00pm Technical Meeting Coaches/Referees Room B EY Centre	Youth Olympic Games Team Selection ** ONLY ** All YOG Female Divisions All YOG Male Divisions ** Eligibility ** Please refer to our website for the team selection protocols: https://goo.gl/AyMDhh	Senior Females All Divisions Senior Males All Divisions	Youth Males/Females All Divisions Cadet Males/Females All Divisions Para Males/Females All Divisions Junior Females All Divisions	Junior Males All Divisions
	POOMSAE (8:30am start)	POOMSAE (8:30am start)	POOMSAE (8:30am start)	POOMSAE (8:30am start)
	1:00pm Opening Ceremonies	Junior Females & Males Individual, Team, Pair	U30, U40, U50 U60, U65, O65 Females & Males Individual U30, O30 Team & Pair Freestyle All Divisions	Youth Females & Males Individual, Team, Pair Cadet Females & Males Individual, Team, Pair
	WEIGH-IN	WEIGH-IN	WEIGH-IN	
	1:00-3:00pm Test Scales 3:00-4:00pm Weigh-In EY Centre	1:00-3:00pm Test Scales 3:00-4:00pm Weigh-In EY Centre	1:00-3:00pm Test Scales 3:00-4:00pm Weigh-In EY Centre	



7. REGISTRATION

Please note: Colour Belt and Recreational BB competitions will not be offered at the 2018 National Taekwondo Championships.

Category	Early Bird Rate (Jan 8 - Jan 28)	Regular Rate (Jan 29 - Feb 4)
Individual - 1 event	\$150.00	\$240.00
Pair (Poomsae)	\$240.00 (per pair)	\$320.00 (per pair)
Team (Poomsae)	\$360.00 (per team)	\$480.00 (per team)
C1 Coach Fee	\$0.00	\$50.00
C2 Coach Fee	\$75.00	\$125.00
C3 Coach Fee	\$150.00	\$250.00
C4 Coach Fee	\$300.00	\$500.00
Trainer (No access to field of play)	\$50.00	\$100.00
Category	Date	Price
Weight/Division Changes	Jan 8 - Jan 28	\$0.00
Weight/Division Changes	Jan 29 - Feb 4	\$25.00
Weight/Division Changes	Feb 4 - 11	\$75.00
New Accreditation (on-site)	Feb 15 - 18	\$50.00
Taping (can be purchased at the admission desk)	Feb 15 - 18	\$10.00

8. AWARDS

Kyorugi: Medals will be presented to Top 3 finishers

Poomsae: Medals will be presented to top 4 finishers

MVP male and MVP female (present on Feb. 18)

Best Coaches and Best Referees (present on Feb. 18)

9. LIABILITY AND WAIVER

As a requirement for event registration, I agree to the terms and conditions listed in the appendix 1.

10. ELIGIBILITY

ELIGIBILITY: ATHLETE

- Must be Canadian Citizen
- Must be in good standing with their P/TSO and Taekwondo Canada
- All athletes must have Global Athlete Licence

ELIGIBILITY: COACH

- Must be in good standing with their P/TSO and Taekwondo Canada
- Must have valid Coaching Licence to coach black belt event athletes
- As a minimum, coaches must have engaged in Taekwondo NCCP training at the Beginner Instructor level (Assistant-Instructor).
 - C1 - Performance Coach certified
 - C2 - Dojang Coach certified
 - C3 - AI certified and DC training; can register in this category only once in a lifetime
 - C4 - AI trained; can register in this category only once in a lifetime
- Must be registered with the Coaching Association of Canada's Professional Coaching department

DRESS CODE: COACHES AND ATHLETES

- 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
- Athletes from provincial teams are encouraged to wear their provincial team jackets.

ELIGIBILITY: 2018 QUALIFICATION EVENTS

The 2018 National Taekwondo Championships contain the following qualification events:

Event	Categories
2018 World Taekwondo Junior Championships	10 Junior divisions - female and Male
2018 Youth Olympic Games	3 YOG divisions - female and Male
2018 Pan Am Kyorugi and Poomsae Taekwondo Championships	• Kyorugi: 8 SRW divisions. Female and Male • Poomsae: All divisions. Female and Male and age groups
2018 Pan Am Para Taekwondo Championships	Please refer to the official tournament guidelines
2018 World Taekwondo Poomsae Championships	Female and Male and all age groups and events

Please refer to our website for the team selection protocols:

www.taekwondo-canada.com/programs/high-performance/selection-protocol



11. KYORUGI COMPETITION

IVR SYSTEM

IVR will be used for cadet, junior and senior divisions only.

SCORING SYSTEM: KP&P

WEIGH IN

- Weigh in for sparring competitors will take place one day prior to their competition day
- Athletes will weigh-in during the time allotted on the day prior to their competition day. Athletes will have two attempts to make the weight within this time frame
- Test scales will be available each day 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 Extenuating circumstance weigh-in exemption form before the end of registration deadline.
- Extenuating circumstance form: <http://taekwondo-canada.com/page/weigh-in-exemption>

INSPECTION

Athletes will have 10 minutes to report and pass inspection before each match. Athlete receiving medical attention are not considered checked into inspection.

EQUIPMENT

- WT approved equipment must be worn. The equipment includes: sensor socks, headgear (only provided to the cadet, junior and senior Kyurogi athletes), shin guards, groin protector, forearm guards, gloves, mouth guards (clear or white – medical will not approve colour mouth guards), uniform.
- World Taekwondo Recognized Brands are recommended but not required. See the list of the World Taekwondo Recognized Brands here: <http://www.worldtaekwondo.org/wtf-partners/recognized/>
- Athletes who will participate in Youth categories will not use PSS system and e-socks, need to wear their own regular hogu, can wear white or black helmet while red/blue helmets are recommended.



AGE AND CATEGORIES – BLACK BELT DIVISIONS

Age Division	Born	Draws	Format	Number of Rounds	Time per Rounds	Rest Time	Head Contact
Youth (10-11)	2007-2008	Random	Double Elimination	3	1 min	30 sec	No Head Contact
Cadet (12-14)	2004-2006	Random	Double Elimination	3	1 min	30 sec	Head Contact
Junior (15-17) ---- including World Juniors selection	2001-2003	Random	Double Elimination	3	1.5 min	30 sec	Head Contact
YOG Selection (16-17)	2001-2002	Random	Double Elimination	3	1.5 min	30 sec	Head Contact
Senior (18+) ---- including Pan Am Senior Selection	2001 and earlier	Random	Double Elimination	3	2 min	60 sec	Head Contact

Please note: Taekwondo Canada reserves the right to modify the competition format for all divisions in accordance with WT rules.



(Photo by: Alexandru Steanu)



12. POOMSAE COMPETITION

ELITE RECOGNIZED POOMSAE: INDIVIDUAL

Division	Born	Compulsory Poomsae
Youth	2007-2008	T4 to Koryo
Cadet	2004-2006	T4 to Keumgang
Junior	2001 -2003	T4 to Taeback
U30	1988-2000	T6 to Shipjin
U40	1978-1987	T6 to Shipjin
U50	1968-1977	T8 to Chonkwon
U60	1958-1967	Koryo to Hansu
U65	1953-1957	Koryo to Hansu
O65	1952 and earlier	Koryo to Hansu

ELITE RECOGNIZED POOMSAE: PAIR AND TEAM

Division	Born	Compulsory Poomsae
Youth	2007-2008	T4 to Koryo
Cadet	2004-2006	T4 to Keumgang
Junior	2001 -2003	T4 to Taeback
U30	1988-2000	T6 to Shipjin
O30	1987 and earlier	T8 to Chonkwon

ELITE FREESTYLE POOMSAE: INDIVIDUAL, PAIR AND TEAM

Division	Born
U17	2001-2006
O17	2000 and earlier

MAXIMUM REGISTRATION

Athletes may enter in maximum of FOUR (4) Divisions of competition unless he or she is limited by gender or age.

COMPETITION RULES

The latest WT poomsae competition rules and interpretation will be applied. (except: participants can compete in more than 2 events in the tournaments.) The designated recognized poomsae pattern in the competition will be announced in the technical meeting.

COMPETITION FORMAT OF PLAY

Taekwondo Canada reserves the right to modify the competition format for all divisions in accordance with WT rules

FREESTYLE SUBMISSIONS

The music and choreography must be submitted to poomsae@taekwondo-canada.com via email by Feb 9, 2018 (Friday). Bring a copy of your music to the event on a USB drive as back-up.

UNIFORM

WT approved uniform



(Photo by: Dan Kim)



13. PARA TAEKWONDO: SPARRING

IVR SYSTEM

IVR will be used for cadet, junior and senior divisions only.

SCORING SYSTEM: KP&P

WEIGH IN

- Weigh in for sparring competitors will take place one day prior to their competition day
- Athletes will weigh-in during the time allotted on the day prior to their competition day. Athletes will have two attempts to make the weight within this time frame
- Test scales will be available each day 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 Extenuating circumstance weigh-in exemption form before the end of registration deadline. (<https://goo.gl/forms/qWXSFYZAZu84n0D33>)

INSPECTION

Athletes will have 10 minutes to report and pass inspection before each match. Athlete receiving medical attention are not considered checked into inspection.

EQUIPMENT

- WT approved equipment must be worn. The equipment includes: sensor socks, headgear, shin guards groin protector, forearm guards, gloves, mouth guards (clear or white – medical will not approve color mouth guards), uniform.
- World Taekwondo Recognized Brands are recommended but not required. See the list of the World Taekwondo Recognized Brands here: <http://www.worldtaekwondo.org/wtf-partners/recognized/>

ELIGIBILITY AND CLASSIFICATION

The preliminary classification for this tournament will be determined by consulting International Classifiers (either medical stream or technical stream or both). The classification for this tournament will be determined by Chief Referee.

AGE AND CATEGORIES

Age Division	Born	Draws	Format	Number of Rounds	Time per Rounds	Rest Time	Head Contact
Youth (10-11)	2007-2008	Random	Double Elimination	2	1 min	1 min	No Head Contact
Cadet (12-14)	2004-2006	Random	Double Elimination	2	1 min	1 min	No Head Contact
Junior (15-17)	2001-2003	Random	Double Elimination	2	1 min	1 min	No Head Contact
Senior (18+)	Born 2000 and earlier	Random	Double Elimination	2	1 min	1 min	No Head Contact

Please note: Taekwondo Canada reserves the right to modify the competition format for all divisions in accordance with WT rules.

WEIGHT DIVISIONS

Age	Weight Divisions
Senior	M-61kg, M-75kg, M75+kg; F-49kg, F-58kg, F+58kg

Please note: Youth, Cadet, Junior all belt weight divisions will be communicated before the tournament and determined onsite. Taekwondo Canada reserves the right to adjust or combine categories to ensure athletes are able to compete.





14. PARA TAEKWONDO: POOMSAE

ELIGIBILITY AND CLASSIFICATION

- The preliminary classification for this tournament will be determined by consulting International Classifiers (either medical stream or technical stream or both). The classification for this tournament will be determined by Chief Referee.
- P20 athletes require INAS provisional eligibility as seen on the INAS Master list.

BLACK BELT RECOGNIZED POOMSAE: INDIVIDUAL

Division	Born	Compulsory Poomsae
Youth	2007-2008	Athlete's choice
Cadet	2004-2006	T4 to Keumgang
Junior	2001 -2003	T4 to Taeback
U30	1988-2000	T6 to Shipjin
U40	1978-1987	T6 to Shipjin
U50	1968-1977	T8 to Chonkwon
U60	1958-1967	Koryo to Hansu
U65	1953-1957	Koryo to Hansu
O65	1952 and earlier	Koryo to Hansu

15. ANTI-DOPING

The WT Anti-Doping Rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions.

APPENDIX 1 – PARTICIPANT AGREEMENT/ WAIVER

Thank you for your interest in the 2018 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 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.
7. I understand that all athletes and their clubs are required to register with Taekwondo Canada prior to registration.
8. 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).
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 on the 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: <http://cces.ca/medical-exemptions>



PARTNERS

CANADA 150

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