



TAEKWONDO CANADA



2019 CANADA OPEN

INFORMATION PACKAGE

OCTOBER 4-6, 2019 | MONTREAL, QUEBEC, CANADA

www.taekwondo-canada.com

presented by



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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 2019 Canada Open and 2019 Canada Para Open. The event will be held at the Complexe Sportif Claude-Robillard in Montreal, Quebec from October 4-6, 2019.

After 7 consecutive years of this prestigious tournament, the Canada Open has grown bigger and bigger. After hosting the 2018 Canada Open on the west coast of Canada, Taekwondo Canada is looking forward to bringing the event to the great city of Montreal.

The 2019 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 Montreal, Canada in October.



Phil Power

President, Taekwondo Canada

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 Licence (GAL) prior to competition.
8. I understand that all coaches and officials are required to obtain a Global Official Licence (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>.



PARTICIPANT AGREEMENT / CONCUSSION PROTOCOL

Concussion recognition tool: here.

You must be 18 or older (born in 2001 or earlier), otherwise must be completed by your parent or guardian.

As an athlete,

I certify that I am not currently experiencing signs and symptoms of a concussion or mild traumatic brain injury.

I certify that should I suffer a concussion or mild traumatic brain injury in any activity, from the time of registration until the date of my competition at the 2019 Canada Open, I will:

1. Notify Taekwondo Canada immediately
2. Obtain an assessment by a MEDICAL DOCTOR (MD)
3. Following recovery from the concussion, or mild traumatic brain injury, I will obtain written notice from a Medical Doctor certifying that I am authorized to return to the sport of full contact taekwondo.

If you recently suffered a hit to the head, neck or fell with rapid motion of the head and neck and you have any of these symptoms in the days following the injury you may have had a concussion. Please notify your medical doctor and obtain an assessment.

If you have any questions about how to recouping concussion you can contact Taekwondo Canada's medical advisor at medical@taekwondo-canada.com.

As a coach or a trainer,

I have read and understand the Concussion recognition tool provided to me by Taekwondo Canada.

To the best of my knowledge all the athletes I intend to coach in both sparring and Poomsae at the 2019 Canada Open and Para Open (October 4-6, 2019) do not currently have a concussion.

In the event that one of the athletes I intend to coach at the 2019 Canada Open and Para Open (October 4-6, 2019) suffers a head injury that I am aware of I will recommend to the athlete and their parent/guardian seek a medical assessment prior to further sparring participation.

In the event that one of my athletes is diagnosed with a concussion or a brain injury I will confirm with the athlete /parent/guardian that they must withdraw from the 2019 Canada Open and Para Open (October 4-6, 2019).

As a team manager,

I have read and understand the "Concussion Recognition tool" I understand that as team manager it is my role to assist any athlete suffering from concussion or brain injury within 30 days of the 2019 Canada Open and Para Open in withdrawing from the event.

As a team doctor,

I am competent to complete the Sport Concussion Assessment Tool 5 on any athlete under my care at the 2019 Canada Open. I understand it is my responsibility to report any concussed or acutely brain injured athlete to the National medical director during the event. I understand that if an athlete has been diagnosed with concussion or acute brain injury by myself it is also my responsibility to:

1. Not allow the athlete to compete
2. Inform Taekwondo Medical director of the name of the athlete not permitted to compete.

GENERAL INFORMATION

Sanctioning	Kyorugi: World Taekwondo G1 Event Poomsae: World Taekwondo G1 Event Para Taekwondo: Unsanctioned
WT PSSSystem	Kyorugi: Daedo Gen 2 Poomsae: KPNP Para Taekwondo: Daedo Gen 2
Date	October 4-6, 2019
Venue	Complexe sportif Claude-Robillard 1000 Avenue Émile-Journault, Montréal, QC H2M 2E7 Website: http://ville.montreal.qc.ca/portal/page?_pageid=7957,87901866&_dad=portal&_schema=PORTAL

ADMISSION

Full Event Pass (3 days)	Adults	CAD \$50
	Ages 5-12	CAD \$25
	5 and under	Free
2 Day Pass	Adults	CAD \$35
	Ages 5-12	CAD \$20
	5 and under	Free
1 Day Pass	Adults	CAD \$20
	Ages 5-12	CAD \$10
	5 and under	Free

*Only CAD and USD will be accepted

*USD accepted at CAD par

TRAVEL /TRANSPORTATION

TRAVEL

AIR CANADA DISCOUNT

- Taekwondo Canada is pleased to announce that Air Canada has been chosen as the official airline for the 2019 Canada Open.
- Discount: 5% on Standard fares, 15% on Flex fares & up.
- The promotion code is: CU66XWR1

TRANSPORTATION

TRANSPORTATION

- Between Airport and Hotel: Free
- Guests arriving Montréal-Pierre Elliott Trudeau International Airport and staying at the Holiday Inn & Suites Pointe-Claire, please collect luggage and call Holiday Inn Front Desk at 514-697-7110 or 1-800-375-2680.
- Speak to the Front Desk to request for airport pick up. The Front Desk Clerk may ask them their last name to confirm that they do indeed have a reservation at the hotel.
- The Front Desk Clerk will advise when the driver will be at the airport to pick them up and where to go to get the shuttle.

MONTREAL PUBLIC TRANSPORTATION - STM

Montreal has a great public transportation system that visitors are encouraged to use throughout their trip. It is equipped with over 200 bus lines and almost 70 metro stations to make traveling within the city as convenient as possible. Visit <http://stm.info/en> for more details.

Fare Cards

One of the following fare cards will likely be perfect for your stay:

- 1 trip - \$3.25
- 2 trips - \$6
- 1 day - \$10
- 3 days - \$19
- Unlimited evening - \$5.25
- Unlimited weekend - \$13.75
- Weekly pass - \$26.25

[Complete fare chart](#)

747 P-E Trudeau Airport / Downtown

The 747 shuttle provides bus service **24 hours a day, seven days a week**, between Montreal-Trudeau Airport and downtown. Two route options are available to you from the airport.

1. Destination Terminus Lionel-groulx metro station.
2. Destination Centre-ville (Downtown).

The 747 information booth and vending machines to buy your local transit fare are located on the airport's international arrivals level.

[More info about the 747 shuttle](#)

Free transportation for kids

Public transit is always free for children 5 years old or under when accompanied by an adult.

Exclusive Discounts

Take advantage of discounts exclusive to STM transit users!

[Check out STM offers](#)



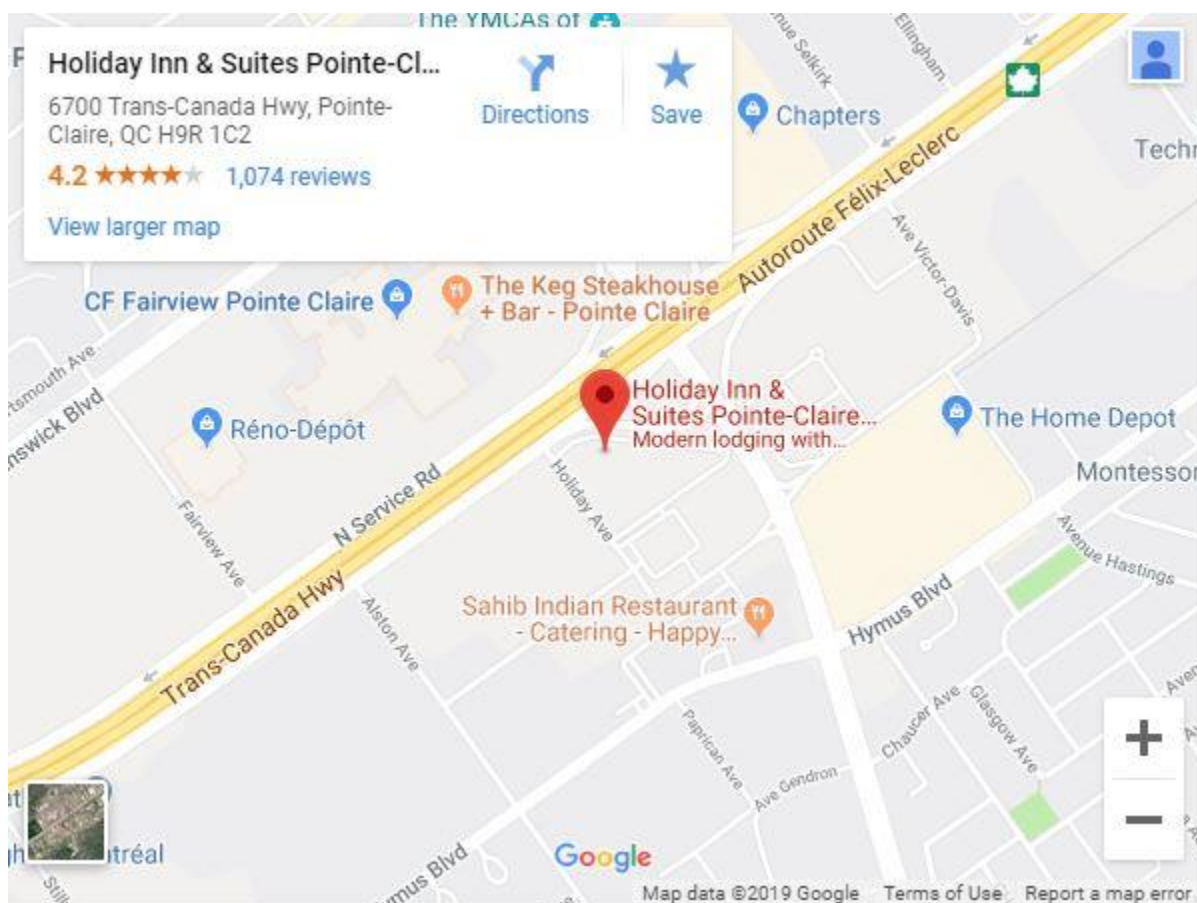
HOLIDAY INN & SUITES POINTE-CLAIRE MONTREAL AIRPORT

- **Address:** 6700 Trans Canada, Pointe Claire, Quebec, H9R1C2 Canada
- **Website :** <https://www.ihg.com/holidayinn/hotels/us/en/reservation> (Map below)
- **Phone number:** 514-697-7110 (Toll free: 1-800-375-2680)
- **Booking link:** [Taekwondo Canada](#)
- **Block Code:** **ZTT**
- **Parking:** Onsite Parking Available
 - Ample free outdoor parking, video surveillance, very close to entrance door. Available also for motor coach.
- **Transportation:**
 - Between Airport and Hotel: Free
 - Guests arriving Montréal-Pierre Elliott Trudeau International Airport and staying at the Holiday Inn & Suites Pointe-Claire, please collect luggage and call Holiday Inn Front Desk at 514-697-7110 or 1-800-375-2680.
 - Speak to the Front Desk to request for airport pick up. The Front Desk Clerk may ask them their last name to confirm that they do indeed have a reservation at the hotel.
 - The Front Desk Clerk will advise when the driver will be at the airport to pick them up and where to go to get the shuttle.

Reserve your room before September 24 to have the following rate.

Room Type	Rate
King Bed and Double Sofa Bed	\$169.00
2 Queen Beds	\$169.00
2 Queen Beds and Double Sofa Bed	\$179.00
Suite	\$189.00

MAP



ENTRY VISA APPLICATION

INVITATION LETTER REQUEST FORM

Individuals or delegations requiring an invitation letter are required to fill out the Canada Open [Invitation Request Form online](#).

- Please do not send in duplicate applications.
- The request form must be submitted before September 21, 2019. Late applications will NOT be responded to.
- 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 as it can take time to process.



EVENT SCHEDULE

EVENT SCHEDULE			
October 3 (Thursday)	October 4 (Friday)	October 5 (Saturday)	October 6 (Sunday)
Location: Holiday Inn & Suites Pointe-Claire Montréal Airport	Location: Claude Robillard Sports Complexe	Location: Claude Robillard Sports Complexe	Location: Claude Robillard Sports Complexe
	08:30: Athlete Call 09:00: Competition begins	08:00 Random Weigh-in 08:30: Athlete Call 09:00: Competition begins	08:00 Random Weigh-in 08:30: Athlete Call 09:00: Competition begins
Registration and admission 09 :00-16 :00	Registration and admission 07:45-16:00	Registration and admission 07:45-16:00	Registration and admission 07:45-16:00
Champagne ballroom WT Poomsae coaching certificate: 13:00 – 15:00 WT Kyorugi coaching certificate: 15:00 -17:00	Competition: All Poomsae Divisions	Competition: All Senior Kyorugi Divisions	Competition: All Junior, Cadet, and Youth Kyorugi Divisions
	14:00 Opening ceremony		All Para Taekwondo Events
	12:00-14:00 Test Scales 14:00-16:00 weigh-in (senior Kyorugi)	10:00 – 14:00 Test Scales 11:00 – 13:00 (Junior Kyorugi) 14:00 – 16:00 (Youth and Cadet Kyorugi)	
Champagne ballroom 18:00 Poomsae technical meeting 19:00 Referee meeting	18:00 Kyorugi Technical meeting – 3 rd floor 19:00 Referee meeting – 3 rd floor		

(Schedule is subject to change)

REGISTRATION

POOMSAE AND 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.

ADDITIONAL REGISTRATION INFORMATION

1. Please note that anyone registering to more than one category will have to pay the registration fees for all categories.
2. Athletes, coaches and all others must pay IN FULL by the early, regular or late registration deadline to receive the registration fee at that rate. This means if you register during the Early Registration period but do not pay by the deadline you will have to pay the fee applicable for the registration period when you pay.
3. If you register and pay for a division at early/regular period and then add a new division at regular or late registration period, you will be charged the difference between two registration periods for your first division and pay respective fees for the period registered for your 2nd division. For example: If you register during the early registration period and paid 100 USD and then add additional division during the regular Registration date period (19 Aug–14 Sept, 2019), you will be charged 130 USD for the addition you have made and pay 30 USD for the registration fee difference from the early registration to the regular registration fee for the first division.
4. If you make weight category changes within the same registration period that you registered and paid it will be FREE. If you make weight category change in a different registration period from when you initially registered and paid you will be charged the difference e.g. Registered and paid during early bird (until 19th Aug 2019) you can change any time during this period for FREE. If you then change weight category during regular bird (19 Aug–14 Sept.) you would be charged 50 USD if you change during late registration period (Sept. 15-21) you would be charged 100 USD.
5. **New Partner Invitation Function for Poomsae Event:** WT GMS has implemented a new function for an individual member to invite partner(s) for Pairs and Teams Poomsae. During the registration for a poomsae event, there is a new button called “**Invite/Add**”. Your partner will receive an email about the invitation, then he/she needs to accept the invitation by registering through GMS to 2019 Canada Open. Until the pair/partner accepts the invitation, your registration will not be valid and complete. You can find detailed infographics on how the function works:

PARA

For registration to para events, please visit this [link](#).

FEES

G1 POOMSAE AND G1 KYORUGI				
	Youth & Cadet	Junior & Senior	Coach	All Other
EARLY BIRD RATE -11:59pm EST Aug 18	USD \$100	USD \$115	USD \$65	USD \$100
REGULAR RATE 00:00 EST Aug 19 -11:59pm EST Sept 14	USD \$130	USD \$145	USD \$90	USD \$100
LATE RATE 00:00 EST Sept 15 -11:59pm EST Sept 21	USD \$170	USD \$185	USD \$125	USD \$100

Post late registration will be \$50 USD administration fee.

PARA			
	Athlete	Coach	All Other
ONE RATE -11:59pm EST Sept 21	USD \$90	USD \$60	USD \$45

OTHER FEES	
WT COACH CERTIFICATE COURSE	USD \$100
WEIGHT CHANGE	Aug 19 – Sept 14: USD \$50 Sept 15 – Sept 21: USD \$100 After September 22: USD \$150 (MUST BE PAID ON SITE during Accreditation) No weight changes will be permitted once the official weigh in commences
ACCREDITATION REPRINT	CAD \$50
MEDICAL TAPING	CAD \$10

- On-site changes (at the venue) are cash only. USD exchange rate will be at par with CAD.
- There will be NO REFUNDS of registration under any circumstances.
- Registration amounts are subject to WT transaction fees.

REFEREE REGISTRATION

Referees must register on tkdreferee.com. The deadline for registration is June 25.



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.

ATHLETE ELIGIBILITY

WT GLOBAL LICENCE

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 October, 2019 and the contestant is born in November 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 / CONCUSSION PROTOCOL

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

DOPING CONTROL

WORLD TAEKWONDO

All athletes are subject to doping control testing in accordance with WADA and may be conducted as outlined by 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 for more information.

WADA PROHIBITED LIST

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

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

THERAPEUTIC 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](#).

WEIGH-IN

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 prior to the official weigh-in.

GENERAL WEIGH IN			
Date	Time	Divisions	Location
Friday October 4	TEST SCALES 12:00-14:00	Senior Kyorugi event	Claude Robillard Sports Complex
	WEIGH-IN 14:00 – 16:00		
Saturday October 5	TEST SCALES 10:00 – 14:00	Junior, Cadet and Youth Kyorugi events	Claude Robillard Sports Complex
	WEIGH-IN 11:00–13:00 (Junior and Para)	Para Kyorugi events	
	14:00 – 16:00 (Youth and Cadet)		

RANDOM WEIGH-IN

Random weigh-in for CADET, JUNIOR and SENIOR 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.

COACH ELIGIBILITY

ELIGIBILITY

Coaches can register for a Global Official Licence through the Simply Compete website:

<https://worldtkd.simplycompete.com>.

Coaches must have:

- An approved Global Licence and be in good standing with a World Taekwondo Member National Organization.
- A Valid World Taekwondo Coach Certificate MUST be provided as proof of certification.

DRESS CODE

- Appropriate athletic attire / team gear or business attire with closed footwear.
- Heels and Sandals WILL NOT be permitted.
- Coaches must wear a suit jacket at the semi-finals and finals.

OTHER RULES FOR COACHES

- The WADA Anti-Doping rules will apply throughout the entire competition.
- Chewing gum WILL NOT be permitted in the coaches designated areas.
- The use of electronic devices such as cell phones, 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 permitted in the competition area.

WT COACH CERTIFICATE COURSE

Taekwondo Canada is pleased to announce as part of the pre-2019 Canada Open program, two WT Coach Certificate Courses will be offered on Thursday, October 3 at the Holiday Inn & Suites Pointe-Claire Montreal Airport (Champagne Ballroom). Click [here](#) for the registration link.

- Poomsae course – 13:00 – 15:00
- Kyorugi course – 15:00-17:00

Registration in this course will provide coaches with the certification required for all 2019 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.

- Online registration for the WT Coach Certification Course can be found [here](#).
- No Door Registration will be accepted.

ACCREDITATION

TYPES OF ACCREDITATION

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: \$100
- Must provide proof of Media Identification
- Please email events@taekwondo-canada.com to apply.

REFEREE

- Referees must register on tkdreferee.com. The deadline for registration is June 25.

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, October 3	9:00-16:00	Holiday Inn & Suites Pointe-Claire
Friday, October 4	7:45- 16:00	Claude-Robillard Sport Complex
Saturday, October 5	7:45- 16:00	Claude-Robillard Sport Complex
Sunday, October 6	7:45- 16:00	Claude-Robillard Sport Complex

RULES

- The latest World Taekwondo rules will apply.
- If the athlete has dental braces, a dentist letter **MUST** be submitted confirming the mouthguard is customized.

SCORING SYSTEM

- Daedo Gen 2 will be used for all Kyorugi competitions.
- Instant video replay (IVR) will be used for Cadet, Junior, and Senior divisions only.
- IVR will not be used for Youth categories.
- Youth athletes are required to 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. Over 30) or colour belt categories.
- Youth – NO head contact
 - 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 athlete's preparation and long-term development.

CLASSES AND DIVISIONS

Except for the Senior (17+) categories, Taekwondo Canada reserves the right to adjust or combine categories to ensure athletes can compete.

WEIGHT CATEGORIES	
SENIOR MALE (17+) Born 2002 and earlier	SENIOR FEMALE (17+) Born 2002 and earlier
<i>Not exceeding 54 kg</i>	<i>Not exceeding 46 kg</i>
<i>Over 54 kg & Not exceeding 58 kg</i>	<i>Over 46 kg & Not exceeding 49kg</i>
<i>Over 58 kg & Not exceeding 63 kg</i>	<i>Over 49 kg & Not exceeding 53 kg</i>
<i>Over 63 kg & Not exceeding 68 kg</i>	<i>Over 53 kg & Not exceeding 57 kg</i>
<i>Over 68 kg & Not exceeding 74 kg</i>	<i>Over 57 kg & Not exceeding 62 kg</i>
<i>Over 74 kg & Not exceeding 80 kg</i>	<i>Over 62 kg & Not exceeding 67 kg</i>
<i>Over 80 kg & Not exceeding 87 kg</i>	<i>Over 67 kg & Not exceeding 73 kg</i>
<i>Over 87 kg</i>	<i>Over 73 kg</i>
JUNIOR MALE (15-17) Born 2002-2004	JUNIOR FEMALE (15-17) Born 2002 - 2004
<i>Not exceeding 45 kg</i>	<i>Not exceeding 42 kg</i>

Over 45 kg & Not exceeding 48 kg	Over 42 kg & 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 2005-2007	CADET FEMALE (12-14) Born 2005-2007
Not exceeding 33 kg	Not exceeding 29 kg
Over 33 kg & 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 2008-2009	YOUTH FEMALE (10-11) Born 2008-2009
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.
- Cadets, Juniors, and Seniors must wear the same size hogos, in accordance with the sizes as outlined by the PSS brand specifications.

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 bring their own helmets).
- Shin guards.
- Groin protector.
- Arm pads.

- Gloves.
- Mouth guards (clear or white).
 - Medical staff will not approve coloured mouth guards.
 - Athletes with dental braces need to wear special mouthguards designed for braces that have been customized by their dentist. A letter from the athlete's dentist stating that the athlete is safe to compete with the recommended mouth guard must be submitted prior to competition.
- Uniform must be a WT recognized brand.
- All contestants are encouraged to wear the new WT licensed equipment and uniforms.

**WTF will be accepted until the end of 2019. From 2020, the new WT logo should be used for all WT recognised and promoted competitions and the old logo must be covered not to be shown.*

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.



WT-recognized Brands

2018

Company (Brands)	Product Item	PSS	Kyorugi 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)											

CANADA OPEN – POOMSAE (WT G1 EVENT)

RULES

- The latest World Taekwondo rules will apply.

CATEGORIES

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	2008-2009	2005-2007	2002-2004	1989-2001	1979-1988	1969-1978	1959-1968	1954-1958	1953 & 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	2008-2009	2005-2007	2002-2004	1989-2001			1988 & earlier		
Compulsory Poomsae	T4 to Koryo	T4 to Keumgang	T4 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	2002-2007	2001 & earlier

FREESTYLE POOMSAE: MUSIC

You must submit your music (in MP3) to poomsae@taekwondo-canada.com by September 21st, 2019 with the subject line: music submission – and name of athlete(s).

Freestyle Duration of Contest

- As per the WT Poomsae Competition Rules, Freestyle Individual, Pair and Team competitions will be from 90 seconds to 100 seconds.
- This will be applied at Canada Open 2019 Montreal.

Music Submission:

- Please put your music on a USB stick.
- With the name of athlete(s) on the music file title and a contact #.
- Submit music during Registration.

CANADA OPEN – 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 can 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.

RULES

- The latest World Taekwondo rules will apply.
- If the athlete has dental braces, a dentist letter MUST be submitted.

PARA COMPETITION - K40

Sport classes	K41, K42, K43, K44
Scoring system	Daedo Gen 2
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 • 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 need 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 customized.
- WT recognized uniform.

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

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.

PARA COMPETITION - P20

The Para Taekwondo Poomsae P20 sport class competitions for intellectually impaired athletes are recognized by INAS, the international sport federation for para athletes with 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 and older)
Women's events	Junior (12-15 years old), U30 (16-29 years old), O30 (30 and 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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