



(Photo by: Thierry Aime/Athletic Shoot)



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WELCOME

On behalf of Taekwondo Canada, it is with great pleasure that we welcome you to the 2019 Canadian National Taekwondo Championships in beautiful Montreal at the Claude-Robillard Sport Complex. Taekwondo Canada and our organizing team are anxious to welcome you, and make you feel at home in the province of Quebec.

The 2019 Canadian National Taekwondo Championships – Montreal edition will offer senior black belt kyorugi divisions only.

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 seeing you in Montreal.

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: events@taekwondo-canada.com
GMS coordinator: gms@taekwondo-canada.com

2. VENUE AND DATE

VENUE

Claude-Robillard Sport Complex
1000 Avenue Émile-Journault
Montreal, QC, H2M 2E7

COMPETITION DATE

February 9, 2019

3. ADMISSION

Category	Adult	Kids 12 years old & under
1 Day Pass	\$20	\$5

4. HOSPITALITY

Ramada Plaza Montreal
6445 Boulevard Decarie, Montreal, QC, H3W 3E1
Phone: 5147393800
Single Room, Double room: \$80 / night + Tax

5. TRANSPORTATION

FLIGHTS: Y4BJHX91



6. SCHEDULE

Feb 8 th (Friday)	Feb 9 th (Saturday)
Hotel	Venue
9:00-16:00 Accreditation	7:30 – 16:00 Accreditation and Admission
13:00 – 15:00 Test weigh in	7:45 Random weigh in
15:00 – 17:00 Weigh in	
18:00-19:00 Technical meeting	8:00 Athlete call
19:00-20:00 Referee meeting	8:30 Competition begins
	Kyorugi M -54kg, M -58kg, M -63kg, M -68kg, M -74kg, M -80kg, M -87kg, M 87+kg F -46kg, F -49kg, F -53kg, F -57kg, F -62kg, F -67kg, F -73kg, F 73+kg

(subject to change)

7. REGISTRATION

Category	Early Bird Rate (-Jan 13, 11:59 EST)	Regular Rate (Jan 14 – Jan 19, 11:59 EST)
Individual - 1 event	\$175.00	\$275.00
C1 Coach Fee	\$0.00	\$50.00
C2 Coach Fee	\$75.00	\$125.00
C2 Coach Renewal Fee	\$75 + DC Evaluation Application (\$175)	\$125 + DC Evaluation Application (\$175)
C3 Coach Fee	\$150.00	\$250.00
C4 Coach Fee	\$300.00	\$500.00
Trainer – no access to field of play Team manager – no access Team doctor – valid credentials are needed	\$50.00	\$100.00
Category	Date	Price
Weight/Division Changes	-Jan 13, 2019	\$0.00
Weight/Division Changes	Jan 14 - Jan 19, 2019	\$50.00
Weight/Division Changes	Jan 20 - Feb 7, 2019	\$100.00
Accreditation reprint (on site)	Feb 8 -9, 2019	\$100.00
Taping (purchase at the admission desk)	Feb 9, 2019	\$10.00

(not refundable)

8. AWARDS

- Kyorugi: Medals will be presented to top 3 finishers
- Special awards: MVP male, MVP female, Best Coaches and Best Referees

9. LIABILITY AND WAIVER

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



10. ELIGIBILITY

ELIGIBILITY: ATHLETE

- Must be a Canadian citizen
- Must be in good standing with their P/TSOs and Taekwondo Canada
- All athletes must have 2019 valid Global Athlete Licence
- It is athletes' responsibility to have secondary coach when the primary coach is not available during the event. The matches will not be held for coaches.

ELIGIBILITY: COACH

- Must be in good standing with their P/TSO and Taekwondo Canada
- Must have 2019 valid Global Licence
- 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
 - C2R - Dojang Coach undergoing DC re-evaluation¹
 - C3 - AI certified and DC trained; 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

¹ NOTE: Taekwondo Canada realizes there may be coaches who have not earned sufficient Professional Development/Maintenance points over the last five (5) years to renew their DC certifications and who will become “certified – not renewed” effective 1 January, 2019. Coaches in this situation are no longer eligible to register as C2 and cannot register as C3 or C4 coaches.

To address the needs of these coaches, for this year only, Taekwondo Canada has added a C2R coach category to permit coaches to register for DC evaluation and undergo formal observation and debrief with their Cadet athlete on the first day of event competition.

To register as C2R at this event, coaches must:

- Have a current Standard First Aid with CPR Level C certification
- Have a current referee seminar in the context in which the coach intends to re-certify (Kyorugi - since 1 Jun 2018, Poomsae - within last two years)
- Complete the DC portfolio
- Have a Cadet athlete in order to complete the formal observation and debrief on the first competition day, and
- [Register for DC evaluation](#) and undergo formal observation and debrief with their Cadet athlete on the first day of event competition.

ELIGIBILITY: Trainer

- Must be in good standing with their P/TSO and Taekwondo Canada
- Must have 2019 valid Global Licence
- As a minimum, coaches must have engaged in Taekwondo NCCP training at the Beginner Instructor level (Assistant-Instructor).

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. Canada and Provincial logos are allowed in the dobok.

ELIGIBILITY: 2019 QUALIFICATION EVENTS

The 2019 National Taekwondo Championships (Montreal) contain the following qualification events. It is athletes' and coaches' responsibilities to review the selection protocol on Taekwondo Canada [website](#) before entering the events.

Event	Categories
2019 World Championships	Alternate: F -46kg, F -57kg M -54kg, M -58kg, M -63kg, M -68kg, M -74kg, M -80kg, M -87kg, M 87+kg F -49kg, F -53kg F -62kg, F -67kg, F -73kg, F 73+kg
2019 Universiade Games - Sparring	M -58kg, M -63kg, M -68kg, M -74kg, M -80kg, M -87kg F -49kg, F -53kg, F -57kg, F -62kg, F -67kg, F -73kg



11. KYORUGI COMPETITION

IVR SYSTEM

IVR will be used for senior divisions only.

PSS SYSTEM: KPNP

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 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 – Jan 19, 2019.
- Youth, cadet and junior athletes cannot weigh in the nude. Females must wear brassiere and underwear. Males must wear underwear. 100 gram allowance shall be made.

RANDOM WEIGH IN

Athletes need to report to warm up area for Random weigh-in announcement. Random weigh-in for all senior competitors will take place in the morning starting from 7:45am on the competition of their respective weight category.

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 recognized 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. See the list of the World Taekwondo Recognized Brands [here](#).

AGE AND CATEGORIES – BLACK BELT DIVISIONS

Age Division	Born	Draws	Format	Number of Rounds	Time per Rounds	Rest Time	Head Contact
Senior (17 and above)	2002 and earlier	As per selection protocol	Double Elimination	3	2 min	60 sec	Head Contact

12. 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 2019 Canadian National Taekwondo Championships. As a requirement for event registration, I agree to the following terms and conditions:

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.

1. 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.
2. 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.
3. I agree to allow Taekwondo Canada and their agents to capture myself on still image or video for the purposes of promotion.
4. I understand that all fees are NON-REFUNDABLE.
5. 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 random weigh-in on the day of the competition as stated in the official schedule. I understand that there will not be any exceptions to this rule.
6. I understand that all athletes and their clubs are required to register with Taekwondo Canada prior to registration.
7. 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).
8. 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.
9. I have reviewed the list of prohibited substances recognized by WADA found on the Prohibited List.
10. 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 [2019 Prohibited Substance List](http://cces.ca/medical-exemptions). More information on TUE can be found here: <http://cces.ca/medical-exemptions>

PARTNERS



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