



TAEKWONDO CANADA

**RECREATIONAL
ONLINE POOMSAE
NATIONALS**
🍁 2021 🍁

**INFORMATION
PACKAGE**



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ORGANIZATION

Event Organizer

Taekwondo Canada
2451 Riverside Drive, Ottawa, Ontario
K1H 7X7

Email: info@taekwondo-canada.com
Telephone: (613) 695-5425

Contact Us

Events: events@taekwondo-canada.com



EVENT DATE

February 13, 2021 - March 7, 2021



PLATFORM

Online platform through YouTube to collect video submissions.



ELIGIBILITY

Athletes

- Must be in good standing with their P/TSOs and Taekwondo Canada
- Are not registered to compete in the same division at the High Performance Online Poomsae Nationals 2021



REGISTRATION

Registration will be through an online form that will be located on the [Taekwondo Canada website](#).



Registration Timeline

Registration Window	Divisions	Access to Registration Form
Monday, February 8, 2021 to Thursday, February 11, 2021	Individual 10-8 Gup All Age Groups	Registration Form
	Pairs 4-1 Gup All Age Groups	
Monday, February 15, 2021 to Thursday, February 18, 2021	Individual 7-5 Gup All Age Groups	Registration Form
	Pairs Black Belt All Age Groups	
Monday, February 22, 2021 to Thursday, February 25, 2021	Individual 4-1 Gup All Age Groups	Registration Form
	Pairs 10-8 Gup All Age Groups	
Monday, March 1, 2021 to Thursday, March 4, 2021	Individual Black Belt All Age Groups	Registration Form
	Pairs 7-5 Gup All Age Groups	

* Registration windows will open at 12:00 AM EST on the Monday and close at 11:59 PM EST on the Thursday indicated for each division *

Registration Fees

Category	Regular Rate CAD
Individual/Pair event	\$45 CAD per event
Coaches (C1, C2, C3)	FREE



COMPETITION FORMAT

YouTube links must be uploaded at the time of registration prior to each applicable deadline. Judging will occur on the Saturday and Sunday, with results being determined by the highest average score. Results will be posted on Taekwondo Canada website on the following Tuesday.



POOMSAE COMPETITION

Recognized Poomsae: Individual Male, Individual Female, Pairs

Division	Born	Compulsory Poomsae
10-8 Gup	2014+	Taegeuk 1 or 2
	2012-2013	
	2010-2011	
	2007-2009	
	2004-2006	
	1991-2003	
	1971-1990	
	1970 and earlier	

Division	Born	Compulsory Poomsae
7-5 Gup	2014+	Taegeuk 3, 4, or 5
	2012-2013	
	2010-2011	
	2007-2009	
	2004-2006	
	1991-2003	
	1971-1990	
	1970 and earlier	

Division	Born	Compulsory Poomsae
4-1 Gup	2014+	Taegeuk 6, 7, or 8
	2012-2013	
	2010-2011	
	2007-2009	
	2004-2006	
	1991-2003	
	1971-1990	
	1970 and earlier	

Division	Born	Compulsory Poomsae
Black Belt	2014+	Koryo, Keumgang, or Taebaek
	2012-2013	
	2010-2011	
	2007-2009	
	2004-2006	
	1991-2003	
	1971-1990	
	1970 and earlier	



RULES

Individual

- Athletes will select one compulsory poomsae of their choice from those listed in their division outlined in the Poomsae Competition section

Pairs

- Pairs will select one compulsory poomsae of their choice from those listed in their division outlined in the Poomsae Competition section
- **Pairs may be athletes of the same or opposite sex**
 - However, both athletes must be registered within the same age and Gup division

Scoring

- A minimum of 3 judges will score both presentation and accuracy
 - The average of the 3 scores will be the athlete's final score

SCHEDULE

Scoring Dates	Divisions
February 13, 2021 - February 14, 2021	Individual 10-8 Gup All Age Groups
	Pairs 4-1 Gup All Age Groups
February 20, 2021 - February 21, 2021	Individual 7-5 Gup All Age Groups
	Pairs Black Belt All Age Groups
February 27, 2021 - February 28, 2021	Individual 4-1 Gup All Age Groups
	Pairs 10-8 Gup All Age Groups
March 6, 2021 - March 7, 2021	Individual Black Belt All Age Groups
	Pairs 7-5 Gup All Age Groups



AWARDS

- Certificates will be awarded to the top 4 individuals in each division
- Certificates will be delivered via email



EQUIPMENT

- Any World Taekwondo (WT) style uniform



LIABILITY AND WAIVERS

As a requirement for event registration, participants must agree to the terms and conditions listed in [Appendix A](#).



TAEKWONDO CANADA



PARTNERS



**WORLD
TAEKWONDO**



**WORLD
TAEKWONDO
PAN AMERICA**



Canada



SPONSORS





APPENDIX A

Participant Agreement/Waiver

Thank you for your interest in the 2021 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 have not suffered a concussion for which I have not been medically cleared to compete, or suffered a concussion for which I have not been treated in the last 30 days.
4. I understand that I am expected to have completed Making Head Way in Sport and have familiarized myself with concussion return to play steps.
5. I agree to allow Taekwondo Canada and their agents to capture myself on still image or video for the purposes of promotion.
6. I understand that all fees are NON-REFUNDABLE.
7. I understand that all athletes and their clubs are required to register with Taekwondo Canada prior to registration.
8. I have reviewed and understand the anti-doping policies of Taekwondo Canada, WADA and CCES.
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 [2021 Prohibited List](#). More information on TUE can be found [here](#).