



TAEKWONDO
CANADA

2020 High Performance Protocols (As of September 25th 2019)

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Section 1: General Information

1. Introduction

Purpose

- The purpose of this document is to group under ONE document the process and criteria that will be used by Taekwondo Canada (TC) to select athletes and coaches to different teams, events, or camps.
- All Taekwondo Canada (TC) events shall be conducted in accordance with World Taekwondo (WT) rules and regulations except as otherwise stated.
- Any changes in the selection criteria and procedures necessitated only by a change in WT rules and regulations will be distributed to the affected athletes as soon as reasonably possible. Should such a circumstance occur, TC will review and amend these Internal Nomination Procedures to comply with the new regulations or conditions. Amendments to this document will be communicated directly to the affected athletes directly as well as posted on the Taekwondo Canada website.

Objective

- The primary objective of this document is to have a fair and transparent Selection Process which selects the best athletes and coaches to represent Canada at official international events

Process for Approval

- The High-Performance Director (HPD) will make final decisions.

2. Athlete's Eligibility requirements

At the time of nomination to an event, all athletes seeking nomination to the team must meet the following eligibility requirements:

2.1 Classification for 2020 events:

Sparring:

- **Cadets:** members born in 2006, 2007 or 2008
- **Junior:** members born in 2003, 2004 or 2005
- **Senior:** members born in 2003 or earlier

Recognized Poomsae:

- **Junior:** members born in 2003, 2004 or 2005
- **U30:** members born between 1990 & 2002

Freestyle Poomsae:

- **U17:** members born between 2003 & 2008
- **O17:** members born in 2002 or earlier

2.2 Must be a registered participant in good standing with Taekwondo Canada.

2.3 Must be a Kukkiwon Dan / Poom certificate holder.

2.4 For Para Sparring events, must hold either a Taekwondo Dan or Poom issued by Kukkiwon or an MNA recognized 5-1 Geup, and be at least 16 years old to participate and meet Para Taekwondo requirements.

2.5 Must hold a valid World Taekwondo Global Athlete License.

2.6 Must be eligible to represent Canada at major international events under the eligibility requirements of World Taekwondo (WT) and Taekwondo Canada (TC). Athletes must be Canadian citizens to represent Canada at official international events or to compete at national championships.

- 2.7 Must not be serving a period of ineligibility for an anti-doping rule violation or be under a provisional suspension following the assertion of an anti-doping rule violation by either WT, the Canadian Centre for Ethics in Sport or any other Anti-Doping Organization.
- 2.8 Must sign an Athlete Agreement as required by TC
- 2.9 Should any of the eligibility requirements enumerated above change between the time of publication of this document and the time of the event for reasons that are beyond the control of Taekwondo Canada, all athletes will be promptly notified.

3. Athlete General Requirements to Maintain Nomination to a specific team / event

- 3.1 Maintain ongoing eligibility requirements in accordance with Section 2 above.
- 3.2 Athletes must declare to the HPD any injury or illness (as soon as it arises) that can affect their training preparation for the event he or she qualified for.
- 3.3 A medical report (from a TC recognized medical staff) can be requested by the HPD.
- 3.4 A Training & Competition Plan may be required at any time by the HPD in preparation for major events (such as Olympic Games). An athlete may also have to prove appropriate competitive readiness through the submission of a training diary and a successful official weigh-in. This submission may, at the HPD's discretion, include:
 - The athlete's training schedule, plans and targets;
 - Updated Test results (on identified gaps from previous tests);
 - Injury status, if applicable; or
 - Injury prevention, treatments and medical intervention strategies, if applicable.

4. Loss of Nomination Status

- 4.1 An athlete's nomination may be withdrawn at any time, even after notification, acceptance, or signing of an Athlete's Agreement, if in the opinion of the HPD, an athlete has failed to:
 - fulfill eligibility to be selected and be Invited (to the team or as an alternate); or
 - fulfill ongoing obligations of the athlete under this policy.

5. Replacement of an athlete

- 5.1 Should an injury or unforeseen circumstance prevent a selected athlete from competing at a specific event for which he or she qualified, the athlete must immediately notify Taekwondo Canada in writing.
- 5.2 The next highest ranked eligible male or female athlete in the selection event MAY be considered as replacement.
- 5.3 The decision to nominate the athlete to that particular event will be made at the sole discretion of the HPD.

6. Exceptional Circumstances

- 6.1 An athlete who does not meet the selection process set out in Section 2 of this document may be considered for selection if she or he meets the conditions of the Exceptional Circumstances provisions of illness, injury or unexpected personal reasons approved by the HPD as being a valid reason to not compete.
- 6.2 Should an injury or unforeseen circumstance prevent an athlete from competing in a selection event, the athlete must notify Taekwondo Canada in writing, within the 10 days before the event, with a thorough explanation. The decision to nominate the athlete to a team will be made at the discretion of the HPD and the ED, taking into consideration the accumulated results during the qualification period, the overall potential of the athlete, and the written explanation of the athlete's health status, recovery, and training plan.

7. Approval and Appeal Process

- 7.1 Final decisions on the selection of athletes to participate on a specific event shall be made by the HPD.
- 7.2 Issues not otherwise addressed by this Bulletin shall be resolved by the HPD.
- 7.3 Appeals on matters of Team Selections can be brought directly before the Sport Dispute Resolution Center of Canada (SDRCC), who will then manage the appeal process.

8. Staff Selection for TC funded events

- 8.1 The HPD will select the staff (Coaches, Medical & Team Leader) traveling to each funded event according to the budget available. Whenever possible, at least one staff from each gender will be selected. Coaches will be selected in the following priority order:
 - 1) Coaches of OTP identified athletes.
 - 2) Performance coaches that qualified the most athletes
 - 3) DC certified coaches (if needed)
- 8.2 For travel involving minors, it is recommended that a responsible adult (chaperon or parent) travel with minors. For a TC funded event involving minors, TC will assign a staff person to assist minors. **NO MINORS SHOULD BE TRAVELING INTERNATIONALLY BY THEMSELVES.**
- 8.3 Coaches will need to sign and comply with a Coach Agreement.

9. Funding to Events

- 9.1 Starting in 2020, two (2) main criteria will be used to assess the level of funding an athlete will be receiving when named to a specific team:
 - 1) Readiness to compete (based on fitness level from testing / monitoring results)
 - 2) Actual results at the competition for which they have qualified
- 9.2 Athletes & coaches may also be offered a stipend to cover some of their travel cost (air or car). The amount will depend on the budget available. Effective 31 Mar 2020, only PC certified coaches will be eligible to receive funding. Personal coaches who are invited but not named to the TC Staff will be responsible to make their own travel arrangements.
- 9.3 The total number of coaches funded & the funding amounts by TC will be subject to the number of athletes traveling & the budget available for each event. If the event allows TC to register all personal coaches & TC chooses to proceed this way, personal coaches will be self-funded.

10. Monitoring / Testing Protocol

- 10.1 A standardized Testing protocol (adapted to taekwondo athletes) will be established in the coming months. This protocol will be implemented in most 2020 training camps and will also be used to monitor progresses & readiness.
- 10.2 Athletes not participating in these tests will lose access to any funding when qualifying for a specific team.

Section 2: Selection Criteria for International Events

TC will select Teams for the following 2020 International events: ***Events are subject to change***

- A. **020 Continental Qualification Tournament for Tokyo Olympic & Paralympic Games** (March 10-12, Costa Rica)
- B. **2020 World Taekwondo Poomsae Championships** (May 21-24, Herning, Denmark)
- C. **22020 Senior Pan Am Championships** (TBA)
- D. **Tokyo 2020 Olympic & Paralympic Games** (July 25-28 & Sept. 3-5, Tokyo, Japan)
- E. **2020 World Taekwondo Junior Championships** (Oct. 14-18, Sofia, Bulgaria)

A. 2020 Olympic Continental Qualification Tournament:

NATIONAL QUALIFYING EVENT: Continental Selections: *Laval, QC, January 18-19th 2020*

DIVISIONS COMPETED: TBD as per January 2020 WT Olympic Rankings

ELIGIBILITY: OPEN to athletes that competed in at least one (1) G1 event or higher G ranking event in 2019, who also meet eligibility criteria in Section 1. Junior athletes who were not age eligible for senior events in 2019, but who competed at an event in which the senior event was given a G1 (or higher) ranking will be considered as eligible.

COMPETITION FORMAT:

- **Phase 1:** all athletes not ranked in the top 32 of the January 2020 WT Olympic Ranking in the selected weight classes will be entered into a double elimination draw. The draw will be fully seeded based on the January 2020 Olympic rankings in the selected weight divisions. Unranked athletes will be randomly placed in the draw. This draw will be completed until the final 3 athletes are determined.
- **Phase 2:** Athletes who are ranked in the top 32 WT Olympic Rankings as of January 2020 will automatically be added into a double elimination draw with the top 3 from phase 1.

SELECTION TO THE TEAM:

- Gold medal winners from Phase 2 will be named to the 2020 Continental Qualification Tournament Team (or as 1st alternate in case of an athlete already qualified for Tokyo through the WT Top 5 Olympic rankings).

B. 2020 World Taekwondo Poomsae Championships:

NATIONAL QUALIFYING EVENT: National Poomsae Championships: *Laval, QC, January 18-19 2020*

DIVISIONS COMPETED:

Recognized Poomsae Categories		
Individual		
Age	Categories	
12-14	<i>Cadet Male</i>	<i>Cadet Female</i>
15-17	<i>Junior Male</i>	<i>Junior Female</i>
18-30	<i>Under 30 Male</i>	<i>Under 30 Female</i>
31-40	<i>Under 40 Male</i>	<i>Under 40 Female</i>
41-50	<i>Under 50 Male</i>	<i>Under 50 Female</i>
51-60	<i>Under 60 Male</i>	<i>Under 60 Female</i>
61-65	<i>Under 65 Male</i>	<i>Under 65 Female</i>

Pair(2)	
Age	Categories
12-14	<i>Cadet Pair Male / Female</i>
15-17	<i>Junior Pair Male / Female</i>
18-30	<i>Under 30 Pair Male / Female</i>
31+	<i>Over 30 Pair Male / Female</i>

Team (3)		
Age	Categories	
12-14	<i>Cadet Male Team</i>	<i>Cadet Female Team</i>
15-17	<i>Junior Male Team</i>	<i>Junior Female Team</i>
18-30	<i>Under30 Male Team</i>	<i>Under 30 Female Team</i>
31+	<i>Over30 Male Team</i>	<i>Over 30 Female Team</i>

Freestyle Poomsae Categories		
Individual		
Age	Categories	
12-17	<i>Under 17 Male</i>	<i>Under 17 Female</i>
18+	<i>Over 17 Male</i>	<i>Over 17 Female</i>

Pair (2)	
Age	Categories
12-17	<i>Under 17 Male / Female</i>
18+	<i>Over 17 Male / Female</i>

Team (5)	
Age	Categories
12-17	<i>Under 17: at least 2 males, 2 females + alternate</i>
18+	<i>Over 17: at least 2 males, 2 females + alternate</i>

ENTRIES: Must be born in 2008 or earlier and must meet eligibility criteria in section 1.

COMPETITION FORMAT: 2-day event, athletes may participate in up to four (4) events.

SELECTION TO THE TEAM:

⇒ **For all categories EXCEPT for Junior Individual & U30:**

- Winner(s) of the 2020 National Poomsae Championships will be named to the 2020 World Taekwondo Poomsae Championships Team.

⇒ **For Junior Individual & U30:** These divisions will use a 4-part qualification system outlined below.

Phase 1: Preliminary round: All athletes perform two (2) Poomsae

Phase 2: The top eight (8) athletes will advance to next round and will perform four (4) additional Poomsae, which may not include the two (2) from Phase 1.

Phase 3: The highest & lowest scores from the previous six (6) Poomsae performed are taken out to give each athlete a total score for their remaining Poomsae. The four (4) athletes with the highest total combined score advance to next round.

Phase 4: The remaining four (4) athletes will perform the remaining two (2) Poomsae. The highest and lowest score over all eight (8) Poomsae performed will be removed and the athletes with the highest combined total for the day will be ranked as 1st, 2nd, 3rd etc. The athlete with the highest score will be declared the winner.

C. 2020 Senior Pan Am Championships:

NATIONAL QUALIFYING EVENT: 2020 Senior National Championships: *Edmonton, April 18-19th 2020*

DIVISIONS COMPETED: All senior division as per table below

F-46kg	F-49kg	F-53kg	F-57kg	F-62kg	F-67kg	F-73kg	F+73kg
M-54kg	M-58kg	M-63kg	M-68kg	M-74kg	M-80kg	M-87kg	M+87kg

ENTRIES: Athletes must be born in 2003 or earlier and must meet eligibility criteria in section 1.

COMPETITION FORMAT: Double elimination

SELECTION TO THE TEAM:

1. Athletes who have qualified for Tokyo 2020 through the Continental Qualification Tournament (in March 2020) will get a bye to the 2020 Senior Pan Am Championships Team in the corresponding World Weight class. (eg Qualify -68kg Olympic would be -68kg World)
2. Remaining positions (for the 2020 Senior Pan Am Taekwondo Championships Team) will be filled by the athlete with the highest finish at the 2020 Senior National Championships.
3. The next best finish may be named as the alternate (to the 2020 Senior Pan Am Taekwondo Championships Team).

D. 2020 Tokyo Olympic & Paralympic Games:

QUALIFYING EVENT: 2020 Olympic Continental Qualification Tournament (event A)

SELECTION TO THE TEAM:

1. Athletes who won a spot at the Continental Qualification Tournament will represent Canada at the Olympic and Paralympic Games.

E. 2020 World Taekwondo Junior Championships:

NATIONAL QUALIFYING EVENT: 2020 Junior National Championships: *Laval, QC, July 3-5th 2020*

DIVISIONS COMPETED:

F-42kg	F-44kg	F-46kg	F-49kg	F-52kg	F-55kg	F-59kg	F-63kg	F-68kg	F+68kg
M-45kg	M-48kg	M-51kg	M-55kg	M-59kg	M-63kg	M-68kg	M-73kg	M-78kg	M+78kg

ENTRIES: Athletes must be born in 2003-2005 and must meet eligibility criteria in section 1

COMPETITION FORMAT: Double elimination

SELECTION TO THE TEAM:

- Athletes finishing in 1st place (Gold Medal) at the 2020 Junior National Championships will be named to the 2020 World Taekwondo Junior Championships Team.
 - Athletes finishing in 2nd place (Silver Medal) at the 2020 Junior National Championships may be named as the Alternate to the 2020 World Taekwondo Junior Championships Team.
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