(Photo by: Thierry Aime/Athletic Shoot)

VILLE DE QUÉBEC 2019 QUEBEC CITY

TAEKWONDO CANADA
LES
NATIONAUX
NATIONALS

TAEKWONDO
CANADA

INFORMATION PACKAGE

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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 2019 Canadian National Taekwondo Championships, being held in the beautiful Quebec City, Quebec at the Quebec City Convention Centre. Taekwondo Canada and our organizing team are waiting to welcome you and make you feel at home.

The 2019 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 Quebec City!

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

Quebec City Convention centre
1000 Boulevard René-Lévesque E, Québec
QC, G1R 5T8

COMPETITION DATE

January 10-12, 2019

3. ADMISSION

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

4. HOSPITALITY

DELTA HOTELS QUÉBEC

690 Boulevard René-Lévesque E, Québec, QC, G1R 5A8
Standard two queen beds: $125+tax (reserve the rate on taekwondo Canada website)
Booking deadline: December 12th, 2018
Breakfast is not included
Distance to the venue: the hotel is attached to the venue via an underground walkway

5. TRANSPORTATION

FLIGHTS

Air Canada coupon code: TBA
Travel dates: TBA
Discount: TBA

Local transportation:
It is a 23 min drive between the Quebec City airport (Jean Lesage International Airport) and the Quebec City convention centre.
The public transportation is accessible from the airport to the convention centre as well.

TRAIN

Quebec City is accessible via VIA RAIL.
VIA RAIL Quebec City station (Gare du Palais) is 8 minutes driving distance or 13 minutes by bus from the Quebec City Convention centre.

6. SCHEDULE

2019 CANADIAN NATIONAL TAEKWONDO CHAMPIONSHIPS COMPETITION SCHEDULE				
TUESDAY January 8	**WEDNESDAY** January 9	**THURSDAY** January 10	**FRIDAY** January 11	**SATURDAY** January 12
	9:00-16:00 Accreditation Delta Hotel	7:30-16:00 Accreditation Convention centre	7:30-16:00 Accreditation Convention centre	7:30-16:00 Accreditation Convention centre
		7:45-8:00 Random weigh-in (PAGQ selection) Venue	7:45-8:00 Random weigh-in (Junior males) Venue	7:45-8:00 Random weigh-in (Junior females and Para) Venue
	9:00-17:00 NCCP Evaluator Workshop	8:00 Athletes Call	8:00 Athletes Call	8:00 Athletes Call
9:00-17:00 Referee seminar - Poomsae	9:00-17:00 Referee seminar - Kyorugi	8:30 Competition Begins	8:30 Competition Begins	8:30 Competition Begins
	18:00-19:00 Technical Meeting 19:00-20:00 Referee Meeting	**KYORUGI**	**KYORUGI**	**KYORUGI**
		Cadet All divisions Pan American Games Qualification Team Selection All Female divisions All Male divisions	Junior Males All divisions	Youth Males and Females All devisions Junior Females All divisions Para Males and Females All divisions Para Pan American Games Qualification selection K43 and K44 combined
		POOMSAE	**POOMSAE**	**POOMSAE**
		Cadet Females Individual, Team, Pair Pan American Games Qualification Team Selection Freestyle Team Poomsae Freestyle U17 (Individual, Pair and Team) O17 (Individual, Pair and Team)	Junior Females & Males Individual, Team, Pair U30, U40, U50 U60, U65, O65 Individual U30, O30 Team & Pair	Youth Females & Males Individual, Team, Pair Cadet Males Individual, Team, Pair Pan American Games selection Individual Recognized Poomsae Individual Freestyle Poomsae 2019 Universiade Games Poomsae divisions Para Poomsae All divisions
		13:00 Opening Ceremonies		
	WEIGH-IN	**WEIGH-IN**	**WEIGH-IN**	
	Convention Centre	Convention Centre	Convention Centre	
	13:00-15:00 Test Scales	13:00-15:00 Test Scales	13:00-15:00 Test Scales	
	15:00-17:00 Weigh-In	15:00-17:00 Weigh-In	15:00-17:00 Weigh-In	

(subject to change)

7. REGISTRATION

Please note: Senior World Kyorugi divisions, Recreational Black Belt and Color Belt competitions will not be offered at this event.

Category	Early Bird Rate (Nov 19 – Dec 9)	Regular Rate (Dec 10 - Dec 16)
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
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 / Team Manager / Team Doctor (No access to field of play)	$50.00	$100.00
Category	**Date**	**Price**
Weight/Division Changes	Nov 19 – Dec 9, 2018	$0.00
Weight/Division Changes	Dec 10 - Dec 16, 2018	$50.00
Weight/Division Changes	Dec 16, 2018 - Jan 8, 2019	$100.00
Accreditation reprint (on site)	Jan 9 -12, 2019	$100.00
Taping (purchase at the admission desk)	Jan 10-12, 2019	$10.00

(not refundable)

8. AWARDS

Special selection events

- Certifications will be presented to the medalists

National Championships categories

- Kyorugi: Medals will be presented to top 3 finishers
- Poomsae: Medals will be presented to top 4 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-evaluation[1]
    - 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.

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: 2019 QUALIFICATION EVENTS

The 2019 National Taekwondo Championships (Quebec City) 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 Pan Am Games Qualification selection - Kyorugi	Olympic divisions
2019 Pan Am Games Qualification selection - Poomsae	Freestyle Poomsae - Team
2019 Pan Am Games pre-selection - Poomsae	Recognized Poomsae - Individual Freestyle Poomsae - Individual
2019 Pan American Junior and Cadet championships	Kyorugi and Poomsae
2019 World Cadet Championships	Kyorugi
2019 Universiade Games	Poomsae
2019 Para Pan American Games Qualification selection	Paralympic divisions
2019 Para World Championships	All P20, P30 and K40 divisions

11. KYORUGI COMPETITION

IVR SYSTEM

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

PSS SYSTEM: TBD

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 – Dec 31, 2018.
- 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

Random weigh-in for all senior and junior 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.
- 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)	2008-2009	Random	Double Elimination	3	1 min	30 sec	No Head Contact
Cadet (12-14)	2005-2007	Random	Double Elimination	3	1 min	30 sec	Head Contact
Junior (15-17)	2002-2004	Random	Double Elimination	3	1.5 min	30 sec	Head Contact
PAGQ selection (17 and above)	2002 and earlier	As per selection protocol	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.

12. POOMSAE COMPETITION

RECOGNIZED POOMSAE: INDIVIDUAL

Division	Born	Compulsory Poomsae
Youth	2008-2009	T4 to Koryo
Cadet	2005-2007	T4 to Keumgang
Junior	2002 -2004	T4 to Taeback
U30	1989-2001	T6 to Shipjin
U40	1979-1988	T6 to Shipjin
U50	1969-1978	T8 to Chonkwon
U60	1959-1968	Koryo to Hansu
U65	1954-1958	Koryo to Hansu
O65	1953 and earlier	Koryo to Hansu
PAG pre-selection - Individual	2002 and earlier	T6 to Shipjin (to be confirmed)
2019 Universiade	1995-2002 (to be confirmed)	T6 to Shipjin

RECOGNIZED POOMSAE: PAIR AND TEAM

Division	Born	Compulsory Poomsae
Youth	2008-2009	T4 to Koryo
Cadet	2005-2007	T4 to Keumgang
Junior	2002 -2004	T4 to Taeback
U30	1989-2001	T6 to Shipjin
O30	1988 and earlier	T8 to Chonkwon
2019 Universiade	1995-2002 (to be confirmed)	T6 to Shipjin

FREESTYLE POOMSAE: INDIVIDUAL, PAIR AND TEAM

Division	Born
U17	2002-2007
O17	2001 and earlier
PAGQ selection – Team only	2002 and earlier
PAG pre-selection – Individual only	2002 and earlier
2019 Universiade (format of play to be confirmed)	1995-2002 (to be confirmed)

MAXIMUM REGISTRATION

Athletes may enter in maximum of FOUR (4) Divisions of competition unless he or she participates PAGQ/PAG selection events.

COMPETITION FORMAT OF PLAY

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.

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

INSPECTION

Athletes will have 10 minutes to report and pass inspection after being called.
Athletes receiving medical attention are not considered checked into inspection.

FREESTYLE SUBMISSIONS

The music and choreography must be submitted to poomsae@taekwondo-canada.com via email by Jan 4, 2019 (Friday). Bring a copy of your music to the event on a USB drive as back-up.

UNIFORM

WT approved poomsae uniform.

13. PARA COMPETITION: SPARRING

IVR SYSTEM

IVR will be used.

PSS SYSTEM: TBD

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 – Dec 31, 2018.

RANDOM WEIGH IN

Random weigh-in for all 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.

ELIGIBILITY AND CLASSIFICATION

- Athletes must be at least 16 years old in the year of the event.
- The preliminary classification for this tournament will be determined by consulting International Classifiers (either medical stream or technical stream or both). The final classification for this tournament alone will be determined by Chief Referee. The final classification for this tournament might be different from WT official classification results.

CATEGORIES

Sport classes
K41
K42
K43
K44
K43 and K44 combined (Para Pan American Games qualification selection)

Male weight categories	Female weight categories
UNDER 61 KG	UNDER 49 KG
UNDER 75 KG	UNDER 58 KG
OVER 75 KG	OVER 58 KG

14. PARA COMPETITION: 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 final classification for this tournament alone will be determined by Chief Referee. The final classification for this tournament might be different from WT official classification results.
- P20 athletes require INAS provincial eligibility as seen on the INAS master list.

CATEGORIES – P20

Male categories	Female categories
Junior (12-15 years old)	Junior (12-15 years old)
Under 30 (16-29 years old)	Under 30 (16-29 years old)
Over 30 (30 or older)	Over 30 (30 or older)

CATEGORIES – P30

Sport classes
P31
P32
P33
P34

Male categories	Female categories
Male	Female

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 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. More information on TUE can be found here: http://cces.ca/medical-exemptions

PARTNERS

SPONSORS