

2022 Canadian National Poomsae and Senior Kyorugi Taekwondo Championships

TORONTO, ONTARIO

JANUARY 7-9, 2022



INFORMATION PACKAGE



TAEKWONDO CANADA

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ORGANIZATION

Event Organizer

Taekwondo Canada
2451 Riverside Drive
Ottawa, Ontario
K1H 7X7

Contact Us

Event:

- events@taekwondo-canada.com

GMS coordinator:

- gms@taekwondo-canada.com

VENUE AND DATE

Venue

Westin Harbour Castle
1 Harbour Square
Toronto, Ontario
M5J 1A6

Competition Dates

January 7–9, 2022

COVID-19 INFORMATION

- All Taekwondo Canada events must and shall follow international, federal, provincial and municipal policies related to COVID-19 and COVID-19 vaccinations. All those participating in sanctioned Taekwondo Canada events shall follow the governmental guidelines of the respective province in which the event is being held. Failure to adhere to these guidelines will prevent the person(s) from participating in the event in any capacity.

HOSPITALITY

Westin Harbour Castle
1 Harbour Square
Toronto, Ontario
M5J 1A6
(416) 869-1600

- Single Room, Double Room: \$124/night + tax
- Triple: \$144/night + tax
- Quad: \$164/night + tax
- **Book your group rate [here](#).**
 - Cut off date: December 23, 2021

ADMISSION

- A decision on allowing spectators will be made closer to the event. The decision will be posted on the [Taekwondo Canada website](#).

ELIGIBILITY

Athletes

- Must be a Canadian citizen
- Must be in good standing with their P/TSO and Taekwondo Canada
- Must have a VALID 2022 World Taekwondo Global Athlete License with event pass
- Must follow Ontario Health policies related to [COVID-19](#) and [COVID-19 vaccinations](#).
- Age requirements for sparring athletes: Must be born in the year 2005 or earlier
- Age requirements for poomsae athletes:

RECOGNIZED POOMSAE		FREESTYLE POOMSAE	
Youth	Born 2011-2012	U17	Born 2005-2010
Cadet	Born 2008-2010	O17	Born 2004 and earlier
Junior	Born 2005-2007		
U30	Born 1992-2004		
U40	Born 1982-1991		
U50	Born 1972-1981		
U60	Born 1962 - 1971		
U65	Born 1957 - 1961		
O65	Born 1956 and earlier		

Coaches

- Must be in good standing with their P/TSO and Taekwondo Canada
- Must have a VALID 2022 World Taekwondo Global License with event pass
- 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
 - C3 - AI certified (may only register as this once in a lifetime)
- Must be registered and in good standing with the Coaching Association of Canada's Professional Coaching department
- Must follow Ontario Health policies related to [COVID-19](#) and [COVID-19 vaccinations](#).

Trainer/Manager/Doctor

- Must be in good standing with their P/TSO and Taekwondo Canada
- Must have VALID 2022 World Taekwondo Global License
- Trainers must be certified Taekwondo Canada NCCP C3
- Doctors must have appropriate medical certification
- Must follow Ontario Health policies related to [COVID-19](#) and [COVID-19 vaccinations](#).

POOMSAE COMPETITION

- Scoring System: KPNP
- Divisions will be competing as per the 2022 Poomsae Selection document and youth individual poomsae

SPARRING COMPETITION

IVR System

- IVR will be used for sparring 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.
- There will be NO EXEMPTIONS to weigh in time.

Random Weigh In

- Random weigh in lists will be posted on the Taekwondo Canada website by 6:00 am the morning of each day of competition.

Inspection

- Athletes will have 10 minutes to report to inspection with all required equipment on.
- Athletes receiving medical attention are not considered checked into inspection.
- Athletes who do not report to inspection with all required equipment on within the 10 minutes will be immediately disqualified. No exceptions.

WEIGHT CHANGES

- No weight changes will be allowed after January 4, 2022.
- Weight changes prior to January 4, 2022 must be made by emailing events@taekwondo-canada.com.

EQUIPMENT

- WT recognized equipment must be worn.
 - The equipment includes: KPNP socks, shin guards, groin protector, forearm guards, gloves, mouth guards (clear or white – medical will not approve colour mouth guards), sparring uniform or poomsae uniform as required.
- See the list of the World Taekwondo Recognized Brands [here](#).

DRESS CODE

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 phones, PDA or video cameras
- Any coach perceived to be under the influence of alcohol or drugs will not be allowed in the competition area

REGISTRATION

**** NOTE: WE ARE USING SIMPLYCOMPETE FOR REGISTRATION,
PAYMENT IS IN USD ****

Registration Site: <https://taekwondocanada.simplycompete.com/>

Registration Opens: December 1, 2021

Registration Deadline: December 17, 2021 at 11:59 PM ET

Late Registration: December 18, 2021 – December 30, 2021 at 11:59 PM ET

REGISTRATIONS ARE NON-REFUNDABLE

CATEGORY	REGULAR RATE	LATE REGISTRATION RATE
Athlete – 1 event (sparring or individual poomsae)	\$150.00 USD	\$200.00 USD
C1 Coach Fee (Comp Dev Certified)	\$50.00 USD	\$100.00 USD
C2 Coach Fee (DC Certified)	\$100.00 USD	\$150.00 USD
C3 Coach Fee (AI Certified – can only do this one time)	\$200.00 USD	\$250.00 USD
Trainer – no access to field of play Team manager – no access Team doctor – valid credentials are needed	\$75.00 USD	\$125.00 USD
CATEGORY	DATE	PRICE
Accreditation reprint (on site)	January 7–9, 2022	\$150.00 CAD
Taping (purchase at admission desk)	January 8–9, 2022	\$10.00 CAD

SCHEDULE

Poomsae Divisions

SATURDAY, JANUARY 8, 2022

DAY 1

- Recognized Individual
 - Youth Male & Female
 - Cadet Male & Female
 - Junior Male & Female
 - U30 Male & Female
 - U40 Male & Female
 - U50 Male & Female
 - U60 Male & Female
 - U65 Male & Female
 - O65 Male & Female
- Freestyle Individual
 - U17 Male & Female
 - O17 Male & Female

**Note: Poomsae athletes may
compete in a maximum of
two (2) events.**

Sparring Divisions

SATURDAY, JANUARY 8, 2022

DAY 1

- Female -46kg
- Female -49kg
- Female -53kg
- Female -57kg
- Male -74kg
- Male -80kg
- Male -87kg
- Male +87kg

SUNDAY, JANUARY 9, 2022

DAY 2

- Female -62kg
- Female -67kg
- Female -73kg
- Female +73kg
- Male -54kg
- Male -58kg
- Male -63kg
- Male -68kg

SCHEDULE - COMPETITION DAYS

**** ALL EVENTS WILL OCCUR AT THE WESTIN HARBOUR CASTLE ****

Friday, January 7, 2022

- ID PICK UP
 - 12:00 PM – 3:00 PM
 - Room to be announced
- TEST SCALES
 - 1:00 PM – 2:00 PM
 - Room to be announced
- WEIGH IN
 - 2:00 PM – 4:00 PM
 - Room to be announced
 - Day 1 athletes only
- REFEREE MEETING
 - 5:00 PM
 - Room to be announced
- TECHNICAL MEETING
 - 7:00 PM
 - Room to be announced

Sunday, January 9, 2022

- WESTIN HARBOUR CASTLE BALLROOM
 - Doors Open: 7:30 AM
 - Only accredited coaches and athletes will be allowed in before 8:00 AM
 - Random Weigh In: 7:30 AM
 - Admission: 8:00 AM
 - Competition: 9:00 AM

Saturday, January 8, 2022

- ID PICK UP
 - 8:00 AM – 3:00 PM
 - Room to be announced
- TEST SCALES
 - 1:00 PM – 2:00 PM
 - Room to be announced
- WEIGH IN
 - 2:00 PM – 4:00 PM
 - Room to be announced
 - Day 2 athletes only
- WESTIN HARBOUR CASTLE BALLROOM
 - Doors Open: 7:30 AM
 - Only accredited coaches and athletes will be allowed in before 8:00 AM
 - Random Weight In: 7:30 AM
 - Admission: 8:00 AM
 - Competition: 9:00 AM

DRAWS

Poomsae

- Poomsae Draws will be posted to the [Taekwondo Canada website](#) immediately following the Technical Meeting, where they will be drawn.

Sparring

- Sparring Draws will be fully seeded using December 2021 World Rankings. Draws will be posted to the [Taekwondo Canada website](#) following the Technical Meeting and Weigh Ins.
- Sparring divisions will be either single elimination or double elimination. Final decisions will be made and posted, no later than December 17, 2021.

ANTI-DOPING

- The World Taekwondo Anti-Doping rules, and where necessary the Code of the World Anti-Doping Agency, shall apply throughout the competitions.

LIABILITY AND WAIVERS

- As a requirement for event registration, participants must agree to the terms and conditions listed in Appendix A.

PARTNERS

Canada 



SPONSOR



APPENDIX A

Participant Agreement/Waiver

Thank you for your interest in the 2022 Canadian National Poomsae and Senior Kyorugi 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 2022 Prohibited List. More information on TUE can be found [here](#).
12. I understand that I will be required to provide proof of vaccination prior to being given my ID card for the event.