



## 2022 Canadian National Kyorugi Championships

### COMPETITION FORMAT RATIONALE

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In alignment with Taekwondo Canada's (TC) stated position on defining high performance (HP) in Kyorugi (<https://taekwondo-canada.com/high-performance/defining-high-performance/>), the 2022 National Championships will be structured in such a way as to support our expressed need to transition more athletes towards Olympic qualification, as well as improving the quality of athletes throughout our development system. The aim of our HP pillar is to help athletes transition along the Podium Pathway towards Olympic success. We must value, respect, and recognize the incremental steps it takes to become an Olympic medalist while not losing sight of our ultimate goal. As a starting point, our domestic system will be looking to build over multiple Olympic cycles in order to gain an understanding of how we can identify the athletes that are showing the potential to achieve HP.

Athletes demonstrating progression towards the HP standard are considered to be on the High Performance Pathway (HPP), which has some clearly articulated objectives for those that are both entering into or already within the performance window of their competitive careers. TC's Athlete Assistance Program criteria outlines performance criteria for both Junior and Senior athletes that requires our National Championships to be run in accordance with the performance environment they are expected to excel in at International Championship events. As such, we will be running both the Junior and Senior divisions under the following conditions:

- Single Elimination
- Best of three rounds match scoring
- Competition rules based on the expected World Taekwondo rules that Junior and Senior World Championships will be following

While the Cadet division athletes are still within the HPP, the emphasis at this level shifts more towards gaining experience, confidence, and increasing opportunities to participate at Nationals. Our goal is to create a competition environment that helps to develop a stronger foundation to support their competitive careers as they progress towards the more performance-oriented age divisions. As such, our intention is to run the Cadet division under the following conditions:

- \*Double Elimination
- Using published Cadet Weight categories
- Best of three rounds match scoring
- Competition rules based on the expected World Taekwondo rules that Cadet World Championships will be following

\*Please note that while the intention is to run Cadets using a double elimination format, the number of athletes registered for the event will determine the logistical feasibility of this being a practical option. Depending on final registration numbers, TC may be required to run Cadets as single elimination given the requirement that all Cadet matches need to fit within a reasonable time period on a single day.