

Canada



DAN DO

**TORONTO, ONTARIO
JANUARY 4-7, 2023**

The background of the poster is a collage. It features a view of the Toronto skyline at dusk, with the CN Tower prominently on the left. Overlaid on this are three Taekwondo athletes in white uniforms with "KPNP" on the chest. One athlete is in a high jump, another is in a defensive stance, and a third is in a ready position. A large, semi-transparent red maple leaf is also visible behind the athletes.

**2023 CANADIAN NATIONAL
TAEKWONDO CHAMPIONSHIPS**

INFORMATION PACKAGE



TAEKWONDO CANADA



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ORGANIZATION



EVENT ORGANIZER

Taekwondo Canada
2451 Riverside Drive
Ottawa, Ontario
K1H 7X7

CONTACT US

Events:

- events@taekwondo-canada.com

Simply Compete & Global Licenses:

- gms@taekwondo-canada.com



VENUE & DATES



VENUE

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

COMPETITION DATES

January 4-7, 2023



COVID-19



- Taekwondo Canada continues to monitor the evolution of the Coronavirus (COVID-19) and how it may impact its events and National Teams. In line with Government of Canada and Ontario Provincial guidelines for COVID-19 proof of vaccination, Taekwondo Canada has elected to remove the vaccination requirement for its events and National Teams. Taekwondo Canada reserves the right to amend this stance based on government regulations both provincially and/or federally.
- At this time, Taekwondo Canada's COVID-19 Vaccination Policy will not be in effect for the 2023 Canadian National Taekwondo Championships.



ELIGIBILITY



ATHLETES

- Must be a Canadian citizen
- Must be in good standing with their Provincial/Territorial Sport Organization and Taekwondo Canada
- Must have a Kukkiwon Dan or Poom certificate
- Must have a valid 2023 World Taekwondo Global License with event pass
- ~~Must comply with Taekwondo Canada's COVID-19 Vaccination Policy~~
- Para Athletes require INAS eligibility as seen on the INAS master list
- Age Requirements:

KYORUGI

- Youth - Born in 2012 or 2013
- Cadet - Born in 2009, 2010, or 2011
- Junior - Born in 2006, 2007, or 2008
- Senior - Born in 2006 or earlier

POOMSAB - RECOGNIZED

- Youth - Born 2012-2013
- Cadet - Born in 2009-2011
- Junior - Born in 2006-2008
- U30 - Born 1993-2005
- U40 - Born 1983-1992
- U50 - Born 1973-1982
- U60 - Born 1963-1972
- U65 - Born 1958-1962
- O30 - Born 1992 and earlier
- O65 - Born 1957 or earlier

POOMSAB - FREESTYLE

- U17 - Born 2006-2011
- O17 - Born 2005 or earlier

POOMSAB - PARA

- P20 U30 - Born 1993-2005
- P20 O30 - Born 1992 or earlier
- P60 U30 - Born 1993-2005
- P60 O30 - Born 1992 or earlier



COACHES

- Must be in good standing with their Provincial/Territorial Sport Organization and Taekwondo Canada
- Must have a valid 2023 World Taekwondo Global License with event pass
- Must be registered and in good standing with the Coaching Association of Canada's Professional Coaching department
- As a minimum, coaches must have engaged in Taekwondo's NCCP training at the Beginner Instructor Level (Assistant-Instructor)
 - C1 - Performance Coach Certified
 - C2 - Dojang Coach Certified
 - C3 - Assistant Instructor Certified (coaches may only register as C3 once in a lifetime)
- **Coaches must have completed their certification prior to the close of event registration**
- ~~Must comply with Taekwondo Canada's COVID-19 Vaccination Policy~~

DOCTORS

- Must be in good standing with their Provincial/Territorial Sport Organization and Taekwondo Canada
- Must have a valid 2023 World Taekwondo Global License with event pass
- Doctors must have appropriate medical certification
- ~~Must comply with Taekwondo Canada's COVID-19 Vaccination Policy~~

2023 INTERNATIONAL EVENTS

- It is the responsibility of the coach and athlete to review the corresponding [team selection criteria](#) and event procedure information on [Taekwondo Canada's website](#)
 - 2023 Cadet Kyorugi National Team Selection Criteria
 - 2023 Junior Kyorugi National Team Selection Criteria
 - 2023 Senior Kyorugi National Team Selection Criteria
 - Divisions with athletes selected through 10.4 Priority 1 or 10.4 Priority 2 of the 2023 Senior National Team Selection will be announced on the [Taekwondo Canada website](#) no later than December 7th, 2022
 - 2023 Poomsae National Team Selection Criteria
 - 2023 Pan American Games Internal Nomination Procedure
 - Senior Olympic Fight-Offs on Day 3 and Day 4 will be used for the Santiago 2023 Pan American Games Qualifier event



POOMSAE COMPETITION



CLASSIFICATION OF COMPETITION

RECOGNIZED POOMSAE COMPETITION

- Male individual
- Female Individual
- Pair (1 male & 1 female)
- Male Team (3 males)
- Female Team (3 females)

FREESTYLE POOMSAE COMPETITION

- Male Individual
- Female Individual
- Pair (1 male & 1 female)
- Mixed Team (5 members including a minimum of 2 males and 2 females)

COMPETITION RULES

- The latest published [World Taekwondo Poomsae Competition Rules & Interpretation](#) shall be applied

DURATION OF CONTEST

- **Recognized Poomsae:** Individual, Pair, and Team competitions up to 90 seconds
 - Break time between 1st Poomsae and 2nd Poomsae is a minimum of 30 seconds
- **Freestyle Poomsae:** Individual, Pair, and Mixed Team competitions from 90 seconds to 100 seconds



METHOD OF COMPETITION

- Poomsae athletes may register in a maximum of three (3) poomsae events
 - Should there be any athletes who qualify more than two (2) divisions for Taekwondo Canada's 2023 Poomsae International Event team(s), the athletes must select the two (2) divisions in which they wish to retain their National Team Positions
- All divisions will use the Cut-Off system
- Recognized Poomsae Competition:**
 - Preliminary rounds, Semi-Final rounds and Final rounds will proceed with two poomsae
- Freestyle Poomsae Competition:**
 - Music must be provided on a USB the morning on competition day
 - Music must not contain lyrics or any political, social, or religious contents that may harm, discriminate or offend others

DRAWS

- Draws will be completed at the Technical meeting and posted on the [Taekwondo Canada website](#) afterwards

DESIGNATED COMPULSORY POOMSAE

INDIVIDUAL

- Youth - T4 to Koryo
- Cadet - T4 to Keumgang
- Junior - T4 to Taebaek
- U30 - T6 to Shipjin
- U40 - T6 to Shipjin
- U50 - T8 to Chonkwon
- U60 - Koryo to Hansu
- U65 - Koryo to Hansu
- O65 - Koryo to Hansu

PAIRS & TEAMS

- Youth - T4 to Koryo
- Cadet - T4 to Keumgang
- Junior - T4 to Taebaek
- U30 - T6 to Shipjin
- O30 - T8 to Chonkwon

PARA

- P20 U30 - Choice of Poomsae
- P20 O30 - Choice of Poomsae
- P60 U30 - Choice of Poomsae
- P60 O30 - Choice of Poomsae

UNIFORM & EQUIPMENT

- KPNP Protector and Scoring System (PSS)
- Athletes are required to wear a World Taekwondo recognized poomsae uniform

PARA 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 Head Referee. The final classification for this tournament might be different from World Taekwondo official classification results.
- P20 and P60 athletes require INAS eligibility as seen on the INAS master list



KYORUGI COMPETITION



COMPETITION RULES

- The latest published [World Taekwondo Competition Rules & Interpretation](#) shall be applied
- Youth divisions will not have head contact

METHOD OF COMPETITION

- Single elimination for Senior, Junior, Cadet and Youth Kyorugi divisions

DURATION OF CONTEST

- Best of 3 system
- Round time and break times to be determined



DRAWING OF LOTS

- Senior Sparring Draws will be fully seeded using December 2022 World Rankings
- All Junior, Cadet and Youth Draws will be random
- Draws will be posted to the [Taekwondo Canada website](https://taekwondo-canada.com) following the Weigh Ins each day

WEIGHT CATEGORIES

<u>YOUTH</u>	<u>CADET</u>	<u>JUNIOR</u>	<u>SENIOR</u>
• Female -30kg	• Female -29kg	• Female -42kg	• Female -46kg
• Female -34kg	• Female -33kg	• Female -44kg	• Female -49kg
• Female -38kg	• Female -37kg	• Female -46kg	• Female -53kg
• Female -42kg	• Female -41kg	• Female -49kg	• Female -57kg
• Female +42kg	• Female -44kg	• Female -52kg	• Female -62kg
• Male -30kg	• Female -47kg	• Female -55kg	• Female -67kg
• Male -34kg	• Female -51kg	• Female -59kg	• Female -73kg
• Male -38kg	• Female -55kg	• Female -63kg	• Female +73kg
• Male -42kg	• Female -59kg	• Female -68kg	• Male -54kg
• Male +42kg	• Female +59kg	• Female +68kg	• Male -58kg
	• Male -33kg	• Male -45kg	• Male -63kg
	• Male -37kg	• Male -48kg	• Male -68kg
	• Male -41kg	• Male -51kg	• Male -74kg
	• Male -45kg	• Male -55kg	• Male -80kg
	• Male -49kg	• Male -59kg	• Male -87kg
	• Male -53kg	• Male -63kg	• Male +87kg
	• Male -57kg	• Male -68kg	
	• Male -61kg	• Male -73kg	
	• Male -65kg	• Male -78kg	
	• Male +65kg	• Male +78kg	

****No weight changes will be allowed after December 23, 2022 at 5:00 PM ET****
Weight changes prior to December 23, 2022 at 5:00 PM ET must be made by emailing
events@taekwondo-canada.com

UNIFORM & EQUIPMENT

- KPNP Protector and Scoring System (PSS)
- Athletes are required to wear World Taekwondo recognized kyorugi uniform and World Taekwondo recognized protective equipment
 - The latest version of World Taekwondo recognized manufacturers' list is available on the World Taekwondo website
- Protector and Scoring System (Headgear and Chest Protector) will be provided to athletes
- Athletes are required to bring their own groin guards, mouthpieces, gloves, sensing socks and shin and forearm guards for their personal use
- Instant Video Replay (IVR) System will be used

INSPECTION

- Before entering the field of play, all athletes will proceed to the inspection desk for inspection of their uniforms and protective equipment
 - Athletes will have 15 minutes to report to the inspection desk wearing all required equipment
 - **It is the athlete's responsibility to ensure they are at inspection in time**
- Athletes receiving medical attention are not considered checked into inspection
- Athletes who do not report to the inspection desk with all required equipment on within the 15 minutes will be immediately disqualified - no exceptions
- Athletes who wear unofficial uniforms or protective equipment will not be permitted to compete



WEIGH IN

- General weigh-in of athletes shall take place during the time allotted on the day before their respective weight category
 - Athletes may have two attempts to make weight before the end of the weigh-in period (12:00 PM)
- There will be NO EXEMPTIONS to weigh in time
- Random weigh-in of athletes shall take place in the morning on the competition day of their respective weight category, except for heavy weight divisions (Cadet F+59kg, Cadet M+65kg, Junior F+68kg, Junior M+78kg, Senior F+73kg, Senior M+87kg)
 - There will be no random weigh-in for Youth divisions
 - Random weigh-in will be conducted with plus 5% tolerance of the athlete's weight category
 - Athletes will have one attempt to make the weight
 - Random weigh in lists will be posted on the [Taekwondo Canada website](#) by 7:00 am the morning of each day of competition
 - Athletes selected for random weigh-in must be in the competition area by 8:00 am on the morning of their competition
- Youth, cadet and junior athletes must be weighed with underwear(s) and 100 grams will be allowed to compensate
- Weigh in may be conducted in the nude for senior athletes, if they wish to do so
 - Athletes that are 17 years of age and competing in the Senior division must weigh in with underwear(s)



WORLD TAEKWONDO GLOBAL LICENSE



GLOBAL LICENSE REGISTRATION

- All accredited individuals (athletes, coaches, trainers, managers, doctors, etc.) must **FIRST** be registered with a valid 2023 WT Global License
- To register or renew a WT Global License visit: taekwondocanada.simplycompete.com
 - Individuals must upload a photo, Kukkiwon certificate and a valid Canadian passport
 - Ensure that the "Order Global License" checkbox is clicked
- Failure to apply or renew a Global License will not extend registration deadlines for any reason

****A NEW APPLICATION OR RENEWAL COULD TAKE UP TO 14 DAYS TO BE PROCESSED****



REGISTRATION



TIMELINES

- **Registration Site:** taekwondocanada.simplycompete.com
- **Registration Opens:** November 15, 2022
- **Registration Closes:** December 8, 2022 at 11:59 PM ET
- **Late Registration:** December 9, 2022 - December 16, 2022 at 5:00 PM ET

IMPORTANT NOTES

- Accreditation reprint fee: \$150.00 CAD (only offered onsite)
- Athlete taping: \$15.00 CAD
 - Must be prepaid online through the [Taekwondo Canada website](#)
 - Athletes must provide their proof of purchase to the medical team before taping

****WE ARE USING SIMPLYCOMPETE FOR REGISTRATION SO PAYMENT IS IN USD****

REGISTRATIONS ARE NON-REFUNDABLE

**REGISTRATIONS ARE NON-REFUNDABLE**

CATEGORY	REGULAR REGISTRATION RATE	LATE REGISTRATION RATE
Athlete 1 event (One Kyorugi or One Poomsae event)	\$150.00 USD	\$200.00 USD
Coach - C1 (Performance Coach Certified)	\$50.00 USD	\$100.00 USD
Coach - C2 (Dojang Coach Certified)	\$100.00 USD	\$150.00 USD
Coach - C3 (Assistant Instructor Certified) <i>*Can only use this once in a lifetime*</i>	\$200.00 USD	\$250.00 USD
Team doctor - valid credentials are needed	\$75.00 USD	\$125.00 USD

**SCHEDULE****ALL EVENTS WILL OCCUR AT THE WESTIN HARBOUR CASTLE*****Schedule is subject to change*****Poomsae order of competition to be determined following the close of registration****** ID PICK UP ON COMPETITION DAYS WILL BE AVAILABLE AT ADMISSION ****

January 2, 2023	2:00 pm - 4:00 pm	ID Pick Up & Proof of Vaccination
January 3, 2023	9:00 am - 11:00 am	ID Pick Up & Proof of Vaccination
	9:00 am - 10:00 am	Test Scales
	10:00 am - 12:00 pm	Weigh In Junior F-46kg, F-49kg, F-52kg, F-55kg, M-73kg, M-78kg, M+78kg
	5:00 pm	Referee Meeting
	7:00 pm	Technical Meeting
January 4, 2023 - Day 1	7:30 am	Doors Open (Only accredited coaches/athletes will be allowed in before 8:00 am)
	8:00 am	Admission
	8:00 am	Random Weigh In Junior F-46kg, F-49kg, F-52kg, F-55kg, M-73kg, M-78kg
	9:00 am	Competition Poomsae Individual Recognized: Youth, Cadet, Junior, U30 Individual Freestyle: U17, O17
		Kyorugi Junior F-46kg, F-49kg, F-52kg, F-55kg, M-73kg, M-78kg, M+78kg
		Test Scales
	10:00 am - 12:00 pm	Weigh In Junior F-42kg, F-44kg, F-59kg, F-63kg, F-68kg, F+68kg, M-45kg, M-48kg, M-51kg, M-55kg, M-59kg, M-63kg, M-68kg

THIS CONTEST IS SANCTIONED BY TAEKWONDO ONTARIO, THE PROVINCIAL SPORT ORGANIZATION (PSO) OFFICIALLY RECOGNIZED BY THE PROVINCE OF ONTARIO.



January 5, 2023 - Day 2	7:30 am	Doors Open (Only accredited coaches/athletes will be allowed in before 8:00 am)
	8:00 am	Admission
	8:00 am	Random Weigh In Junior F-42kg, F-44kg, F-59kg, F-63kg, F-68kg, M-45kg, M-48kg, M-51kg, M-55kg, M-59kg, M-63kg, M-68kg
	9:00 am	Competition Poomsae Individual Recognized: U40, U50, U60, U65, O65 Pairs & Teams Recognized: Youth, Cadet, Junior, U30, O30 Pairs & Teams Freestyle: U17, O17 Para: P20 U30, P20 O30, P60 U30, P60 O30 Kyorugi Junior F-42kg, F-44kg, F-59kg, F-63kg, F-68kg, F+68kg, M-45kg, M-48kg, M-51kg, M-55kg, M-59kg, M-63kg, M-68kg
	9:00 am - 10:00 am	Test Scales
	10:00 am - 12:00 pm	Weigh In Youth F-30kg, F-34kg, F-38kg, F-42kg, F+42kg Cadet F-29kg, F-33kg, F-37kg, F-41kg, F-44kg, M-53kg, M-57kg, M-61kg, M-65kg, M+65kg Senior F-46kg, F-49kg, F-53kg, F-57kg, M-74kg, M-80kg, M-87kg, M+87kg
January 6, 2023 - Day 3	7:30 am	Doors Open (Only accredited coaches/athletes will be allowed in before 8:00 am)
	8:00 am	Admission
	8:00 am	Random Weigh In Cadet F-29kg, F-33kg, F-37kg, F-41kg, F-44kg, M-53kg, M-57kg, M-61kg, M-65kg Senior F-46kg, F-49kg, F-53kg, F-57kg, M-74kg, M-80kg, M-87kg
	9:00 am	Competition Kyorugi Youth F-30kg, F-34kg, F-38kg, F-42kg, F+42kg Cadet F-29kg, F-33kg, F-37kg, F-41kg, F-44kg, M-53kg, M-57kg, M-61kg, M-65kg, M+65kg Senior F-46kg, F-49kg, F-53kg, F-57kg, M-74kg, M-80kg, M-87kg, M+87kg *Senior Competition will begin after the Youth and Cadet Competitions have concluded*
	9:00 am - 10:00 am	Test Scales
	10:00 am - 12:00 pm	Weigh In Youth M-30kg, M-34kg, M-38kg, M-42kg, M+42kg Cadet F-47kg, F-51kg, F-55kg, F-59kg, F+59kg, M-33kg, M-37kg, M-41kg, M-45kg, M-49kg Senior F-62kg, F-67kg, F-73kg, F+73kg, M-54kg, M-58kg, M-63kg, M-68kg
		Senior Olympic Fight Offs F-49kg, F-57kg, M-80kg, M+80kg
January 7, 2023 - Day 4	7:30 am	Doors Open (Only accredited coaches/athletes will be allowed in before 8:00 am)
	8:00 am	Admission
	8:00 am	Random Weigh In Cadet F-47kg, F-51kg, F-55kg, F-59kg, M-33kg, M-37kg, M-41kg, M-45kg, M-49kg Senior F-62kg, F-67kg, F-73kg, M-54kg, M-58kg, M-63kg, M-68kg
	9:00 am	Competition Kyorugi Youth M-30kg, M-34kg, M-38kg, M-42kg, M+42kg Cadet F-47kg, F-51kg, F-55kg, F-59kg, F+59kg, M-33kg, M-37kg, M-41kg, M-45kg, M-49kg Senior F-62kg, F-67kg, F-73kg, F+73kg, M-54kg, M-58kg, M-63kg, M-68kg *Senior Competition will begin after the Youth and Cadet Competitions have concluded*
		Senior Olympic Fight Offs F-67kg, F+67kg, M-58kg, M-68kg

THIS CONTEST IS SANCTIONED BY TAEKWONDO ONTARIO, THE PROVINCIAL SPORT ORGANIZATION (PSO) OFFICIALLY RECOGNIZED BY THE PROVINCE OF ONTARIO.



AWARDS



INDIVIDUAL AWARDS

- Medals will be awarded to the top four athletes in each event
 - 1st Place: Gold Medal
 - 2nd Place: Silver Medal
 - 3rd Place: Bronze Medal
 - 3rd Place : Bronze Medal
- Medal Presentation will occur when the division has been completed or at the end of the day



DRESS CODE



COACHES

- Athletic attire/team tracksuit or business attire
- Jeans are not permitted
- 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



ANTI-DOPING



- Athletes are advised that the World Taekwondo Anti-Doping rules, and where necessary the Code of the World Anti-Doping Agency, may occur at this event
 - It is the Athlete's responsibility to comply with Anti-Doping rules and regulations



HOSPITALITY



HOTEL

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

ROOM RATES

- Single/Double Room: \$159 + tax
- Triple: \$179 + tax
- Quad: \$199 + tax

BOOK WITH OUR GROUP RATE [HERE](#)

OR

CALL 1-888-627-8559 AND STATE THAT YOU ARE PART OF THE
'TAEKWONDO CANADA NATIONALS BLOCK'

****CUT OFF DATE: DECEMBER 21, 2022****



SPECTATORS



- All individuals attending the event must comply with Taekwondo Canada's [COVID-19 Vaccination Policy](#)
- **Tickets will be sold online only**
 - Spectator admission will open online on November 15, 2022 and will remain throughout the competition
 - Tickets can be purchased through the [National Championships page](#) on the [Taekwondo Canada website](#)
 - Individuals must provide their proof of purchase [and proof of vaccination](#) at admission each day to receive a spectator's band
- \$20.00 CAD per day or \$70.00 CAD for an event pass



VOLUNTEERS



- Must comply with Taekwondo Canada's [COVID-19 Vaccination Policy](#)
- Volunteers must be available for the full day of competition and will be provided with lunch, as well as t-shirt
- Individuals interested in volunteering at this event must email ops@taekwondo-canada.com



LIABILITY & WAIVERS



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



PARTNERS



Canada



Ontario



SPONSOR





APPENDIX A



PARTICIPANT AGREEMENT/WAIVER

Thank you for your interest in the 2023 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 2023 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.