

ORGANIZATION

TITLE SPONSOR: EMBASSY OF THE REPUBLIC OF KOREA

Address: 150 Boteler Street, Ottawa, Ontario, K1N 5A6

Event Contact: canada@mofa.go.kr

EVENT ORGANIZER: TAEKWONDO CANADA

Address: 2451 Riverside Drive, Ottawa, Ontario, K1H 7X7

Event Contact: events@taekwondo-canada.com

PLATFORM & DATE

PLATFORM

Online platform through YouTube to collect video submissions

COMPETITION DATES

November 25-26, 2023

ELIGIBILITY

ATHLETES

- Must be registered and in good standing with their Provincial/Territorial Sport Organizations and Taekwondo Canada
- Black Belt athletes must have a Kukkiwon Dan/Poom Certificate

PARA ATHLETES

- In addition to the above athlete requirements, Para Poomsae Athletes require INAS Eligibility as seen on the INAS master list

*****It is the athlete's responsibility to ensure that the above requirements are met.
Athletes that do not meet the above criteria will be disqualified*****

GENERAL COMPETITION FORMAT

POOMSAE DIVISIONS

- Individual Recognized Recreational Poomsae
 - 10-8 Gup
 - 7-5 Gup
 - 4-1 Gup
 - Black Belt
- Individual Recognized High Performance Poomsae
 - Black Belt
- Individual Freestyle High Performance Poomsae
 - Black Belt
- Individual Recognized Para Poomsae
 - Black Belt

POOMSAE COMPETITION

- Competition will be held through pre-recorded videos
- All videos must abide by the video recording technical specifications published by World Taekwondo (See [Video Requirements section](#))
- Poomsae videos will be uploaded using a single video to the athlete's personal or club YouTube channel
- Video YouTube links must be submitted on the registration form at the time of registration prior to the deadline
 - High Performance athletes will submit a video link for each of their poomsae (two (2) separate video links)
- **Recreational athletes:**
 - Select one compulsory poomsae of their choice from those listed in their division outlined in the [Recreational Poomsae Competition section](#)
- **High Performance athletes (Recognized):**
 - Poomsae Draws will be released on the [Taekwondo Canada website](#) on November 1, 2023 no later than 12:00 PM ET in accordance with [World Taekwondo rules](#)
- **Para athletes:**
 - Select one poomsae of the athlete's choice
- During the Registration process, athletes may consent to having their videos shared with other competitors on the published results page

SCORING

- A minimum of three (3) judges will score both presentation and accuracy
 - The average of the scores will be the athlete's final score
- The maximum possible score based on presentation and accuracy is 10.0
- In the event of a tie, the athlete with the higher presentation score will determine the winner
 - If the score is still tied, then the two videos shall be scored by a panel of at least three (3) different judges
- Deductions are outlined in each respective poomsae competition section:
 - [Recreational Poomsae Competition](#)
 - [High Performance Poomsae Competition](#)
 - [Para Poomsae Competition](#)

JUDGING

- Judging will occur over the competition dates with results being determined by the highest average score
- Poomsae judging will not be live or streamed online

RESULTS

- Results will be determined using the highest average scores
- Full Results will be shared on the Taekwondo Canada website on November 28, 2023
 - Athletes that consent to their video being shared with other competitors will have their video link posted with their result

VIDEO REQUIREMENTS

- All videos must abide by the video recording technical specifications published by World Taekwondo (See technical specifications [here](#))
- **Entirety of the Poomsae must be captured in one continuous recording**

- ***Beginning from *Charyeot* (attention) stance and ending at *Shi-o* (rest). Any video that is not one continuous recording and begins partway through the poomsae will not be scored and marked as disqualified***
- Video editing is prohibited
- Videos can be recorded indoors or outdoors
- Displays of political, religious and non-recognized NOC flags are prohibited
- All YouTube videos should be titled using the following format: First Initial, Last Name, Birth year, Sex, Division, and Poomsae (ie. B.Rich, 1994, Female, Recreational 7-5 Gup, Taegeuk 4)

REGISTRATION

- Registrations will be completed using an online form located on the [Taekwondo Canada website](#)
 - Registration form can also be accessed HERE or using the following link:
<https://www.cognitoforms.com/TaekwondoCanada1/2023KoreanAmbassadorsCup>
- **REGISTRATION OPENS: November 1, 2023 at 12:00 AM ET**
- **REGISTRATION CLOSES: November 20, 2023 at 5:00 PM ET**

REGISTRATION FEES

CATEGORY	REGISTRATION RATE
Recreational Poomsae	\$40.00 CAD per entry
High Performance Poomsae (Recognized and Freestyle)	\$60.00 CAD per entry
Para Poomsae	\$40.00 CAD per entry

- Athletes are permitted to compete in one category
 - Recreational Poomsae OR High Performance Poomsae OR Para Poomsae
- High Performance athletes are permitted to compete in multiple events in the High Performance category (ie. Individual Recognized and Individual Freestyle)
 - Please submit two separate registration forms if competing in both High Performance Recognized and High Performance Freestyle

RECREATIONAL POOMSAE - COMPETITION

INDIVIDUAL MALE OR INDIVIDUAL FEMALE

DIVISION	AGE	BORN	COMPULSORY POOMSAE
10-8 Gup	Children U7	2016+	Taegeuk 1 OR 2
	Children 8-9	2014-2015	
	Youth	2012-2013	
	Cadet	2009-2011	
	Junior	2006-2008	
	U30	1993-2005	
	U40	1983-1992	
	U50	1973-1982	
	U60	1963-1972	
	U65	1958-1962	
O65	1957 and earlier		

DIVISION	AGE	BORN	COMPULSORY POOMSAE
7-5 Gup	Children U7	2016+	Taegeuk 3, 4 OR 5
	Children 8-9	2014-2015	
	Youth	2012-2013	
	Cadet	2009-2011	
	Junior	2006-2008	
	U30	1993-2005	
	U40	1983-1992	
	U50	1973-1982	
	U60	1963-1972	
	U65	1958-1962	
O65	1957 and earlier		

DIVISION	AGE	BORN	COMPULSORY POOMSAE
4-1 Gup	Children U7	2016+	Taegeuk 6, 7 OR 8
	Children 8-9	2014-2015	
	Youth	2012-2013	
	Cadet	2009-2011	
	Junior	2006-2008	
	U30	1993-2005	
	U40	1983-1992	
	U50	1973-1982	
	U60	1963-1972	
	U65	1958-1962	
O65	1957 and earlier		

DIVISION	AGE	BORN	COMPULSORY POOMSAE
Black Belt	Children U7	2016+	Koryo, Keumgang OR Taebaek
	Children 8-9	2014-2015	
	Youth	2012-2013	
	Cadet	2009-2011	
	Junior	2006-2008	
	U30	1993-2005	
	U40	1983-1992	
	U50	1973-1982	
	U60	1963-1972	
	U65	1958-1962	
O65	1957 and earlier		

RECREATIONAL POOMSAE - UNIFORM

- Any World Taekwondo (WT) style uniform

RECREATIONAL POOMSAE - DEDUCTIONS

- Major accuracy deductions (-0.3) will apply for the following at each instance:
 - Extra step taken to move around object or due to inadequate space
 - Missing kihap and/or stomp
 - Hand and/or foot movement out of the camera's view or due to poor lighting
- A one-time -0.6 deduction will apply for each of the following occurrences:
 - Camera moving during performance (no zooming in/out or panning left/right permitted)

- Object, person or pet coming into view during poomsae
- Wearing footwear and/or hand coverings (ie. shoes, socks, gloves, etc.)
- Restart
- Disqualification will be issued for the following:
 - Athlete performs a poomsae other than the designated poomsae for his/her division
 - Video does not comply with the recording guidelines provided by World Taekwondo (see Video Requirements)

RECREATIONAL POOMSAE - AWARDS

- Medals will be awarded to the top four (4) individuals in each division
 - These will be mailed to each individual's home address

HIGH PERFORMANCE POOMSAE - COMPETITION

RECOGNIZED POOMSAE - INDIVIDUAL MALE OR INDIVIDUAL FEMALE

DIVISION	AGE	BORN	COMPULSORY POOMSAE
High Performance Black Belts	Cadet	2009-2011	Poomsae Draws to be announced on November 1, 2023
	Junior	2006-2008	
	U30	1993-2005	
	U40	1983-1992	
	U50	1973-1982	
	U60	1963-1972	
	U65	1958-1962	
	O65	1957 and earlier	

POOMSAE DRAWS

- Poomsae draws will be released on the Taekwondo Canada website on November 1, 2023, no later than 12:00 PM ET
- Designated compulsory Poomsae by division can be found in the World Taekwondo Poomsae Competition Rules

FREESTYLE POOMSAE - INDIVIDUAL MALE OR INDIVIDUAL FEMALE

DIVISION	AGE	BORN
High Performance Black Belt	U17	2006-2011
	O17	2005 and earlier

HIGH PERFORMANCE POOMSAE - UNIFORM

- World Taekwondo approved Poomsae competition uniforms

HIGH PERFORMANCE POOMSAE - DEDUCTIONS

- -0.3 points deduction from accuracy:
 - Each extra step taken to move around object or due to inadequate space
 - Each hand and/or feet movement that cannot be seen by the referee as the participant moves beyond the camera's view
 - Each hand and/or feet movement that cannot be seen by the referee due to poor lighting (ie. backlighting, lighting too bright/dim, etc.)

- -0.3 points deduction from the final score will be given for the following:
 - Overtime (at more than 90 seconds)
- -0.6 points deduction from the final score will be given for the following:
 - Wearing incorrect dobok
 - Wearing incorrect belt
 - Wearing footwear and/or hand coverings (ie. shoes, socks, gloves, etc.)
 - Wearing jewelry
 - Object, person or pet coming into view during poomsae
 - A restart
- Disqualification will be issued for the following:
 - Video does not comply with the recording guidelines provided by World Taekwondo (see Video Requirements)
 - Video has been edited or shows proof of editing
 - Display of political, religious and non-recognized NOC flags
 - Movement of camera during performance (up/down and zoom in/out)
 - Athlete performs a poomsae other than the designated poomsae for his/her division

HIGH PERFORMANCE POOMSAE - AWARDS

- **First Place Prize**
 - All first place winners in the High Performance Poomsae Competition will receive Samsung Galaxy Buds as prize
- Medals will be awarded to the top four (4) individuals in each division
 - These will be mailed to each individual's home address

PARA POOMSAE - COMPETITION

INDIVIDUAL MALE OR INDIVIDUAL FEMALE

DIVISION	CLASS	AGE	BORN	COMPULSORY POOMSAE
Black Belt	P20	U30	1993-2005	One (1) Poomsae of the Athlete's Choice
		O30	1992 and earlier	

PARA POOMSAE - UNIFORM

- Any World Taekwondo (WT) style uniform

PARA POOMSAE - DEDUCTIONS

- Major accuracy deductions (-0.3) will apply for the following at each instance:
 - Extra step taken to move around object or due to inadequate space
 - Missing kihap and/or stomp
 - Hand and/or foot movement out of the camera's view or due to poor lighting
- A one-time -0.6 deduction will apply for each of the following occurrences:
 - Camera moving during performance (no zooming in/out or panning left/right permitted)
 - Object, person or pet coming into view during poomsae
 - Wearing footwear and/or hand coverings (ie. shoes, socks, gloves, etc.)
 - Restart
- Disqualification will be issued for the following:
 - Athlete performs a poomsae other than the designated poomsae for his/her division

- Video does not comply with the recording guidelines provided by World Taekwondo (see Video Requirements)

PARA POOMSAE - AWARDS

- Medals will be awarded to the top four (4) individuals in each division
 - These will be mailed to each individual's home address

APPENDIX A

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](#).

