



TAEKWONDO CANADA

SENIOR KYORUGI & POOMSAE *National Championships*

WINNIPEG, MANITOBA | MARCH 9-10, 2024



INFORMATION PACKAGE



Canada



The following Event Information Package was published prior to the release of the World Taekwondo (WT) and Pan American Taekwondo Union (PATU) competition calendars for 2024. Dates for Taekwondo Canada domestic events are subject to change based on the WT and PATU official event calendars for 2024.

- GENERAL INFORMATION -

ORGANIZATION

TAEKWONDO CANADA

Address: 2451 Riverside Drive, Ottawa, Ontario, K1H 7X7
Event Contact: events@taekwondo-canada.com
Simply Compete Contact: gms@taekwondo-canada.com

VENUE & DATE

VENUE

RBC Convention Center
375 York Avenue
Winnipeg, Manitoba
R3C 3J3

COMPETITION DATES

March 9-10, 2024

- 2024 INTERNATIONAL EVENTS -

- It is the responsibility of the coach and athlete to review the corresponding team selection criteria on the Taekwondo Canada website
 - 2024 Senior Kyorugi National Team Selection Criteria
 - 2024 Poomsae National Team Selection Criteria

- PARTICIPANTS -

ELIGIBILITY

ATHLETES

- Athletes must be Canadian citizens
- Must be in good standing with their Provincial/Territorial Sport Organization and Taekwondo Canada
- Must have a Kukkiwon Dan/Poom certificate
- Must have a valid 2024 World Taekwondo Global License with event pass
- Must not be serving a period of ineligibility for an anti-doping rule violation or be under a provisional suspension following the assertion of an anti-doping rule violation by either WT, the Canadian Centre for Ethics in Sport or any other Anti-Doping Organization
- Para Athletes require INAS Eligibility as seen on the INAS master list
- Age Requirements:

KYORUGI - SENIOR	POOMSAE - RECOGNIZED	POOMSAE - FREESTYLE	POOMSAE - PARA
Born 2007 or earlier	Youth - Born 2013-2014 Cadet - Born 2010-2012 Junior - Born 2007-2009 U30 - Born 1994-2006 U40 - Born 1984-1993 U50 - Born 1974-1983	U17 - Born 2007-2012 O17 - Born 2006 or earlier	P20 U30 - Born 1994-2006 P20 O30 - Born 1993 or earlier P60 U30 - Born 1994-2006 P60 O30 - Born 1993 or earlier

	U60 - Born 1964 -1973 U65 - Born 1959-1963 O30 - Born 1993 or earlier O65 - Born 1958 or earlier		
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COACHES

- Must be in good standing with their Provincial/Territorial Sport Organization and Taekwondo Canada
- Must have a valid 2024 World Taekwondo Global License with event pass
- Must be registered and in good standing with the Coaching Association of Canada's Professional Coaching department
- Must have completed Respect in Sport - Activity Leader Training
- Must have engaged in Taekwondo's NCCP training and be Assistant Instructor Certified, Dojang Coach Certified or Performance Coach Certified
 - C1 - Performance Coach (PC) Certified
 - C2 - Dojang Coach (DC) Certified
 - C3 - Assistant Instructor (AI) Certified
 - Coaches may only register as a C3 once in a lifetime
- **Coaches must have completed their certification prior to the close of event registration**

DOCTORS

- Must be in good standing with their Provincial/Territorial Sport Organization and Taekwondo Canada
- Must have a valid 2024 World Taekwondo Global License with event pass
- Doctors must have appropriate medical certification

- KYORUGI COMPETITION -

COMPETITION RULES

- The latest published World Taekwondo Competition Rules & Interpretation shall be applied

METHOD OF COMPETITION

- Single elimination

DURATION OF CONTEST

- Best of 3 system
- 2 minute rounds and 1 minute break time between each round

DRAWING OF LOTS

- Draws will be fully seeded using March 2024 World Rankings
- Draws will be posted to the Taekwondo Canada website following General Weigh-In each day

WEIGHT CATEGORIES

FEMALE	MALE
-46kg	-54kg
-49kg	-58kg
-53kg	-63kg

-57kg	-68kg
-62kg	-74kg
-67kg	-80kg
-73kg	-87kg
+73kg	+87kg

- **Weight Changes**
 - **No weight changes will be accepted after February 29th, 2024 at 5:00 PM ET**
 - Weight changes prior to February 29th, 2024 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 a 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 the Inspection Desk in time
- Athletes receiving medical attention are not considered checked into inspection
- Athletes who do not report to the Inspection Desk will 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

- General Weigh-In of athletes shall take place during 10:00 to 12:00 on the day before their respective weight category
 - Athletes may have two attempts to make weight before the end of the weigh-in period
- There will be NO EXEMPTIONS to weigh-in time
- 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)
- Athletes must have photo identification when attending weigh-in.
 - Event accreditation can be used as photo identification. Athletes may be asked for additional photo identification (ie. passport, driver's license, etc.) if event accreditation photo is outdated.

RANDOM WEIGH-IN

- Random weigh-in of athletes shall take place in the morning of the competition day of their respective weight category, except for heavy weight division (W+67kg and M+87kg)

- 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 7:00am local time on each day of competition
- Athletes selected for random weigh-in must be in the competition area by 8:00am local time on their competition day
- The rate of selection for the random weigh-in shall be determined by the number of contestants in the weight category:
 - More than 32 athletes: 20% of total
 - 17-32 athletes: 6 athletes
 - 9-16 athletes: 4 athletes
 - 5-8 athletes: 2 athletes
 - 4 or below: no random weigh-in

- POOMSAE COMPETITION -

CLASSIFICATION OF COMPETITION

POOMSAE – RECOGNIZED	POOMSAE - FREESTYLE
Male Individual Female Individual Pair (1 male & 1 female) Male Team (3 males) Female Team (3 females)	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 first poomsae and second 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 2024 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 of competition day
 - Music must not contain lyrics or any political, social or religious contents that may harm, discriminate or offend others

POOMSAE DRAWS

- Draws will be completed at the Technical Meeting and posted on the Taekwondo Canada website

DESIGNATED COMPULSORY POOMSAE

INDIVIDUAL	PAIRS & TEAMS	PARA
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	Youth - T4 to Koryo Cadet - T4 to Keumgang Junior - T4 to Taebaek U30 - T6 to Shipjin O30 - T8 to Chonkwon	P20 U30 - Choice of Poomsae P20 O30 - Choice of Poomsae P60 U30 - Choice of Poomsae P60 O30 - Choice of Poomsae

UNIFORM & EQUIPMENT

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

- WORLD TAEKWONDO GLOBAL LICENSE -

GLOBAL LICENSE REGISTRATION

- All accredited individuals (athletes, coaches, doctors) must **FIRST** be registered with a valid 2024 WT Global License
- To register or renew a WT Global License visit: taekwondocanada.simplycompete.com
 - **Athletes:** must upload a photo, Kukkiwon certificate and a valid Canadian passport or proof of Canadian citizenship
 - **Coaches:** must upload a photo and Kukkiwon certificate
 - Ensure that the "Order Global License" checkbox is clicked
- Failure to apply or renew a Global License will not extend registration deadlines

**** NOTE: A NEW APPLICATION OR RENEWAL COULD TAKE UP TO 30 DAYS TO BE PROCESSED****

- REGISTRATION -

REGISTRATION FEES

**** PAYMENT IS IN USD, AS WE ARE USING SIMPLYCOMPETE AS THE REGISTRATION PLATFORM ****

REGISTRATIONS ARE NON-REFUNDABLE

CATEGORY	EARLY REGISTRATION RATE	REGULAR REGISTRATION RATE	LATE REGISTRATION RATE
Athlete - 1 event (1 kyorugi or 1 poomsae event)	\$140.00 USD	\$150.00 USD	\$200.00 USD

Coach - C1 <i>Performance Coach Certified</i>	\$40.00 USD	\$50.00 USD	\$100.00 USD
Coach - DC <i>Dojang Coach Certified</i>	\$90.00 USD	\$100.00 USD	\$150.00 USD
Coach - AI <i>Assistant Instructor Certified</i> <i>*can only use this once in a lifetime*</i>	\$190.00 USD	\$200.00 USD	\$250.00 USD
Doctor	\$65.00 USD	\$75.00 USD	\$125.00 USD

TIMELINES

- **Early Registration:** December 1st, 2023 to December 17th, 2023
- **Regular Registration:** December 18th, 2023 to January 31st, 2024
- **Late Registration:** February 1st, 2024 to February 16th, 2024 at 5:00pm ET

IMPORTANT REGISTRATION NOTES

- **Registration link:** taekwondocanada.simplycompete.com
- Onsite accreditation reprint fee: \$100.00 CAD
- Athlete taping: \$15.00 CAD
 - Payments must be made via credit or debit. No cash will be accepted onsite.

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

- 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

- Delta Hotels Winnipeg - 350 St Mary Avenue, Winnipeg, Manitoba, R3C 3J2
 - **Room Rate:** \$185.00 + tax
 - Book with our group through the following link: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1698167729192&key=GRP&app=resvlink>
 - ****CUT-OFF DATE: FEBRUARY 6, 2024****

- SPECTATORS -

- Tickets will be sold onsite
- \$20.00 CAD per day or \$30.00 CAD for an event pass (access to all competition days)
- Children aged 4 and under are free

- SAFE SPORT -

If you are a victim or witness of harassment, abuse or discrimination in sport, contact the free, anonymous and confidential Abuse-Free Sport Helpline to report and/or be referred to the appropriate resources:

- Call or text: 1-888-837-7678
- info@abuse-free-sport.ca

The Abuse-Free Sport Helpline is not a crisis line. For all urgent situations requiring immediate intervention, contact 911.

Taekwondo Canada is a signatory with the Office of the Sport Integrity Commissioner (OSIC) and follows Abuse Free Sport. Taekwondo Canada possesses a strict and comprehensive Safe Sport Policy Suite. Abuse Free Sport is an initiative that is mandatory for all National Sport Organizations within Canada to adopt. Taekwondo Canada has done so, and it is now a requirement that people in supervisory positions with Taekwondo Canada athletes must undergo and successfully complete a background check.

The focus of these policies is to ensure the safety of our athletes and the strong motivation to keep them safe from all kinds of abuse, including harassment, bullying and improper touching. We will also be providing training for our membership regarding Abuse Free Sport and its implementation. We are partnering with OSIC to bring this training to Taekwondo Canada membership.

To view Taekwondo Canada's Safe Sport policies, please visit: taekwondo-canada.com/safesport/safe-sport-policies

To view the Abuse Free Sport website, please visit: abuse-free-sport.ca

- LIABILITY & WAIVERS -

- As a requirement for event registration, participants must agree to the Terms and Conditions listed in Appendix A

- SCHEDULE -

****Schedule is subject to change****

DATE	TIME	EVENT	LOCATION
March 7, 2024	14:00 to 16:00	Accreditation Pick-Up	Delta Hotel Winnipeg
March 8, 2024	9:00 to 12:00	Accreditation Pick-Up	
	9:00 to 10:00	Test Scale	
	10:00 to 12:00	General Weigh-In F-62kg, F-67kg, F-73kg, F+73kg M-54kg, M-58kg, M-63kg, M-68kg	
	17:00	Referee Meeting	
	19:00	Technical Meeting	
March 9, 2024	7:30	Doors Open	RBC Convention Center
	8:00 to 15:00	Admission & Accreditation Pick-Up	
	8:00	Random Weigh-In F-62kg, F-67kg, F-73kg M-54kg, M-58kg, M-63kg, M-68kg	
	9:00	Competition Begins <u>Poomsae</u> Individual Recognized: Youth, Cadet, Junior, U30 Individual Freestyle: U17, O17 <u>Kyorugi</u> F-62kg, F-67kg, F-73kg, F+73kg M-54kg, M-58kg, M-63kg, M-68kg	
	9:00 to 10:00	Test Scale	Delta Hotel Winnipeg
	10:00 to 12:00	General Weigh-In F-46kg, F-49kg, F-53kg, F-57kg M-74kg, M-80kg, M-87kg, M+87kg	Delta Hotel Winnipeg
March 10, 2024	7:30	Doors Open	RBC Convention Center
	8:00 to 15:00	Admission	
	8:00	Random Weigh-In F-46kg, F-49kg, F-53kg, F-57kg M-74kg, M-80kg, M-87kg	
	9:00	Competition Begins <u>Poomsae</u> 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 <u>Kyorugi</u> F-46kg, F-49kg, F-53kg, F-57kg M-74kg, M-80kg, M-87kg, M+87kg	

- APPENDIX A -

PARTICIPANT AGREEMENT/WAIVER

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 2024 Prohibited List. More information on TUE can be found [here](#).